

# AMERICAN SOKOL

VOL. XCVI - NO. 1

JANUARY 1975

PUBLICATION OF THE AMERICAN SOKOL  
Educational and Physical Culture Organization

## Let Us Be Proud To Be Sokols!

Being a Sokol means to be a better American. In this great nation of ours we have opportunities that no other country in the world can offer or duplicate. Take LIBERTY, for example. Many of us Sokols are aware of this blessing, and appreciate it, but we should take it upon ourselves to spread the gospel among our friends and associates. Invite them to join our Sokol ranks. No personal sacrifice is involved in becoming a member, and yet there is so much to be gained.

"A Healthy Mind in a Healthy Body" is more than a slogan. It is a prescription for a better and a more fruitful life. It means more friends, more enjoyment, and a greater compassion for our fellow man.

Under no circumstances must we forget our children, for they should be given the same opportunities for a healthier and moral growth. Our present youth is the source of future strength and Sokol leadership. Everything we have done in the past, and are doing today, is aimed toward their brighter tomorrow. It gives us great joy to see full classes of boys and girls, and witness their accomplishments under the capable leadership of our technical staffs.

Fred Anthony,  
Sokol Cedar Rapids

AL FITNESS  
S  
GYMNASTICS

# AMERICAN SOKOL



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June Pros, Secretary

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## Calendar of Events

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 Gymnastic

FEB. 2nd - SOKOL STICKNEY, ILL.

Pancake Breakfast

FEB. 8th - SOKOL BALTIMORE, MD.

103rd Šibřinky (Masquerade)

FEB. 8th - SOKOL CEDAR RAPIDS, IOWA.

Šibřinky (Masquerade Party).

FEB. 8th - SOKOL TOWN OF LAKE, CHICAGO, ILL.

27th Annual Masquerade Ball - Peacock Room, Old  
C.S.A. Bldg., Cicero, Ill.

FEB. 9th - NORTHEASTERN DISTRICT,  
CLEVELAND, OHIO

Winter Gymnastic Exhibition - Cleveland State  
University

FEB. 16th - SOKOL AND SOKOLICE MILWAUKEE,  
WIS.

Jaternice and Pork Dinner - International Institute,  
2810 W. Highland Blvd. - 11:30 A.M. to 2:30 P.M.

FEB. 22nd - SOKOL LOS ANGELES, CAL.

Šibřinky (Masquerade Party).

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 LOS ANGELES, CAL.

Josefská Taneční Zábava (St. Joseph's Dance).

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 12th - SOKOL LOS ANGELES, CAL.

Hollywood 75 - Cabaret and Dance.

APRIL 26th - SOKOL STICKNEY, ILL.

Gymnastic Exhibition

## XII AMERICAN SOKOL CONVENTION

We are now moving toward our Convention that will be held June 16, 17 and 18th, in Detroit, Michigan. There the plans and policies for the next five years will be set. It is important that the delegates have a deep interest and a wide knowledge of Sokol, plus new ideas, so that jointly we can make plans to move forward.

We must continue to be on the alert to find ways to satisfy the social, cultural and physical activity needs of our members and potential members in our communities. It is only through these efforts our Sokol Organization will be able to fulfill its purpose.

Stanley Barcal, President, A.S.O.

# AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. XCVI

January - 1975 - Leden

Číslo - No. 1

## SOKOL MIAMI'S FIFTH ANNIVERSARY

More than 350 guests filled the spacious hall of the Biscayne Garden Civic Center to be part of the 5th Anniversary Celebration of Sokol Miami. Many of the guests travelled long distances, even more than a thousand miles. Two full buses fared from the St. Petersburg area, sponsored by the American Tourist Club of that city, and another came from Sokol St. Louis, Mo. They all came on this memorable occasion, bringing messages of greeting, congratulation and salute to the officers and members of Sokol Miami; wishing them continued success and prosperity.

It was a rainy, cold afternoon upon arrival in Miami, but immediately upon entering the Banquet Hall old friends of former years were met. Suddenly the warm spirit of Sokol fraternalism embraced us and soon came a whirlwind of fellowship, imbued with rich experiences that help strengthen our devotion to the organization of which we are a part.

The celebration consisted of 5 parts: Social Hour - Banquet - Musical and Gymnastic Program - Dancing - all at the Biscayne Garden Civic Center, the home of Sokol Miami, on Saturday. On the following day, Sunday, a Farewell Dinner was held at the Czech Club in Miami.

The principal speaker of the evening program was Sis. Emilie Ruzicka who in her address welcomed the guests, especially the groups from St. Louis and St. Petersburg. Several Sokol dignitaries were introduced. Sis. Ruzicka touched lightly on the beginnings in Miami, concluded her message with the desires and hopes of Sokol Miami in years to come.

Among the introduced guests was Bro. Frank Prihoda, Sokol St. Louis' ageless Sokol mentor. The St. Petersburg Choral Group presented a vocal number in honor of Bro. Prihoda which was very warmly acclaimed. The choral group performed later in the program under the guidance of Bro. John Nozicka and the directorship of Bro. Joseph Svoboda and accompanied on the piano by Sis. Mamie Svoboda. Their repertoire consisted of several Czech and Slovak folk songs. They sang with gusto and zest, their voices filled with enthusiasm.

Subsequent numbers followed in the program:

Selections from "Libuse" by Olga Kraus. An inspired rendition of "Libuse's Prophecy," a gentle melody of the essence of the "Mother of Cities - Praha". Its future - glory - and joy.

Hoop Waltz, a number presented by the Sokol Women, was well performed, presenting a good example of how to keep healthy and fit throughout life through the Sokol program. "Health - Fitness Continuum" in motion.

Happy Polka, a dancing trio of Jr. Girls, displayed the free youthful movement and cheerful music which brought joy to the audience. Both the gymnastic numbers were composed and tutored by Sis. Ruzicka.

Selections from "Dr. Zhivago" were rendered vibrantly and dramatically in colorful costumes by Anthony Hruska and Vicky Pribyl.

"Bilé Konvalinky" was beautifully sung in a pleasant harmony by Vicky Pribyl and Kathy Plouzek.

Initiation of 27 new members was conferred by Bro. Charles Zraly, Pres. of the ASO Eastern District; and Sis. Camille Ulrich, Pres. of Sokolice St. Louis. The initiation was administered in accordance with the new procedures of the Sokol Pledge of Allegiance, and with true honor and dignity. The closing remarks by the administrating officers were well received and loudly acclaimed by the audience.

Five-Year Membership Pins to the Charter Members were awarded by past presidents Bros. George Zednek and Frank Simpach.

The closing remarks by Bro. Frank Ruzicka, Pres. of Sokol Miami, passed quickly through the Unit's history, economics, and its ultimate objective. From his radiating youthful optimism, one could feel, despite the high average age of the Sokol Miami's membership, its members have nothing in common with those oldsters who think their work is done; that all that remains is to stay at home, sitting in a rocking chair, awaiting for the end to come. Bro. Ruzicka's encouraging message was well received.

This most interesting and varied program was capably directed by Sis. Emilie Ruzicka and introduced by Bro. Charles Machacek. The Farewell Dinner the following afternoon at the Czech Club successfully concluded the Anniversary celebration. Sis. Mary Soukup, Pres. of the American Czechoslovak Tourist Club of St. Petersburg in her after-dinner address expressed her personal and members' enjoyment of this trip.

\* \* \*

**The Feast After-Course:**

Our Sokol past teaches us that the worthwhile success of any Sokol Unit, small or large, depends mainly on two factors: competent leadership and the unremitting toil and devotion of its members.

The dashing membership and Unit growth, in a comparatively short period of 5 years, proves that Sokol Miami is blessed with these prerequisites for success. By reason of the Sokol spirit and youthful optimism of its leaders, in the transmission of these powers to the membership at large, such splendid achievements of Sokol Miami were made possible.

Expounding this precept for general applicability: it seems that we must uphold and never lose this Sokol spirit and youthful optimism to keep the wheels in our upward journey turning. For as much as - there is always tomorrow - and another day - another month - another year - another lifetime - and another Sokol generation!

TO DREAM - TO HOPE - TO DARE!

O. J. Kudrnovsky

## Meeting of the Executive Board of the A.S.O.

NOVEMBER 26, 1974

Pres., Bro. Stanley Barcal presided. Present: Bros. R. Svoboda, G. Basta, E. Linhart, G. Herink, J. Rabas, E. Schnabl. Sisters B. Prener, J. Pros, A. Sotka, EJ. Schnabl, A. Basta.

Correspondence: Sokol Miami's request for 96 5-year membership pins. Also additional information on its forthcoming 5th Anniversary Celebration, Nov. 30th. - Appreciation from Bro. D. Stasa of Sokol St. Louis for assistance in material for his thesis on Sokol. - Approved, Xmas Greetings in the Hlasatel, Novy Svet, Americké Listy and Life Newspapers. - Invitation to the Czechoslovak National Council's 70th Birthday Celebration. Bro. Barcal will attend. - Announcement of the 1976 Slet of the Czechoslovak Sokol Abroad in Zurich, Switzerland. - Invitation to the Czechoslovak Society of America Open House, Dec. 1st. - Approved, \$25.00 donation for the Cermak Road Xmas decorations. - Request for delegates to the Bohemian Home for the Aged. Local Units have delegates.

Director of Men, Bro. Linhart: Reported upon the Nov. 24th Men's BOI meeting. - National Gymnastic Tumbling Clinic to be held in Sarasota, Fla., Dec. 26-30th. - U.S. Olympic Committee meeting in Orlando, Fla., Dec. 13-15th. - Letters will be sent all the recipients of the 1974-75 Merit Awards. - Reports on the USGF Congress of Coaches were submitted by Bros. Kalas and Fina. - Bro. Fina will attend the Annual Meeting of the USGF in Tucson, Dec. 3-4th. - 3 delegates from the Men's and Women's BOI will attend the ASO Convention, expenses to come from the Convention Fund. - Sokol USA Slet to be held in Binghamton, N.Y., June 27-29th. All material and tapes have been distributed to the Districts. - Presented short lecture and

slide presentation of past Sokol Slets at the Czechoslovak Arts Exhibit. - BOI members approved: Bros. Richard Ptacek and Roy Zitny, Assistants; Bro. Paul Lebloch, Sec'y.; Bros. George Kalas and Edward Schnabl, Merit Award; Bros. James Berousek, Stanley Barcal, Laddie Vanac, Board Members.

Director of Women, Sis. Schnabl: Reported upon the Nov. 22nd Women's BOI meeting. - Sis. Michalek reported upon the USGF Congress of Coaches. - Statistics arrived, except for the Eastern District. - Typed and ran the Tots drill for the Central District. - Met with the Merit Awards Committee. - Final Report Forms approved; Central District One-half-day Modern Rhythmic Clinic, \$40.00; 1-day Folk Dancing Clinic in St. Louis, \$63.27; Extra Instructors to Potter Lake School, \$120.00; 3-week Instructors School at Potter Lake (instructors), \$895.00. - Pacific District - 1-week Course at Dinky Creek, \$883.20.

Educational Committee, Sis. Prener: Received reports from Educational Directors of Sokols Berwyn, West Suburban and Newark. - Song Book sales very good. - Bro. Pirka will compile a listing of the founding dates of the Sokol Units. - By-Laws pertaining to this committee were reviewed and recommendations will be made.

Publicity, Sis. Basta and Bro. Rabas: Format for Xmas Greetings composed. - Articles regarding the sale of the Song Book distributed for publication.

Membership, Bro. Svoboda: Response very poor from the Units regarding the Membership Drive. Another letter will be sent out soon. Drive ends, March 1975.

Uniform Division, Sis. Prener: Orders picking up.

Financial Sec'y., Sis. Sotka: Federal Taxes deposited. - October report prepared. - Mailed address changes to 35 Units. - Insurance policies renewed with a new company. - Will transfer some Future Sokol Leaders Funds to a Savings Ass'n.

Treasurer, Bro. Basta: In agreement with the Financial Sec'y. report.

Memorial, Bro. Schnabl: Stated price submitted by one company. Stone to be approximately 10' high and 8' across. Artist's drawing will be made and be printed in the American Sokol.

Czechoslovak Art Exhibit: Held Oct. 20-Nov. 3rd, at Lincoln Federal Savings Ass'n. with an attendance of 4,465. Bro. Linhart and Sis. Prener were guest speakers. Central District's Folk Dancers performed. Sokol work was on exhibit.

## Sokol and Sokolice Cedar Rapids

The Pork Supper held Nov. 7th was successful in all respects. The advanced preparation of the various food items was well done, with about 400 guests served during the evening. Supper chairman, Bro. Stanek, had a well organized group of men and women having the ability to carry out all the details in serving such a large number of

people. A welcome addition on the scene were the new tables purchased by the sisters, and the 20 new well-padded chairs purchased from the monies collected from Sokol friends for improvements to the Sokol building.

On Dec. 2nd, the annual meeting was to be held, with a Pot Luck Supper preceding the meeting. - It was announced that Sokol Medallions are still on sale at their original cost. They are pure silver and available in neat plastic cases. In the years to come they will serve as a reminder of the Sokol's 100th anniversary, and their value will increase as the years go by.

On Oct. 7th, the Sokolice's meeting was special because some of the members were being honored for their many years in Sokol. 50-yr. pins were awarded to Sisters Emma Blahnik, Bessie Naxera and Anne Libor. 40-yr. pins to Vera Hanson, Cecilia Masha, Renata Hruska, Mary Blazek, Anna Bohac, Stella Stanek and Marcia Stark. 25-yr. pins to Vera Grow, Helen Kopecek and Joyce Polehna. 10-yr. pins to Karen Ankney, Gladys Balous, Helen Cimburek, Mildred Drahovzal, Vlasta Huston, Alice Petranek, Anna Spina, Gabriella Spjut, Joyce Webster and Marie Webster.

The Rummage Sale, Oct. 22-23rd, under the direction of Sisters Mana Zlatohlavek and Maxine Kinch was a financial success. - From the BOI: Rhonda Gerber, Sue Wood, Don Pulkrab and Dick Kittrell attended the USGF Congress in Chicago, Nov. 8-10th. From all reports much was learned, and a better overall view of the Gymnastic Program in the U.S. - 20 young people are enrolled in the Judges Clinic. - Fund-raising projects are now in full swing, with the proceeds for the Sokol USA Slet trip to Binghamton, N.Y., June 27-29th.

Sokol Cedar Rapids Bulletin

## Sokol South Omaha

The sale of the Sokol's Cook Book has been fantastic. Another 1,000 copies have been printed. That brings the total to 10,000. - Three new Sokol members were enrolled at the Nov. 4th meeting. - Two gymnasts, Patti and James Svoboda were to compete in the Senior Midwest Gymnastic Meet held in Chicago during Thanksgiving. - Jolene Hamann and Phyllis Swoboda received their national USGF judges rating. This is a very high honor. - Jolene Hamann was to hold an informal judging clinic for Sokols So. Omaha and Omaha members, Dec. 21st. - Bud Benak, Jolene Hamann, Phyllis and Patti Swoboda attended the USGF Congress in Chicago. To them it was a tremendous experience, covering the organizational structure and programs of the U. S. Gymnastic Federation to the current gymnastic techniques. Many Sokols from all parts of the country were in attendance. Sis. Mildred Prchal of Chicago was honored, receiving the first "USGF Master of Sports" award for her contribution to gymnastics. Sis. Prchal is currently head of Modern Gymnastics in the United States.

Sokol South Omaha News-Letter

## Sokol San Francisco

The year 1974 was very eventful. During the year the Unit celebrated the 70th Anniversary of its founding, along with hosting a successfully organized District Slet. - The children under the direction of Bro. and Sis. Meier have made great progress in gymnastics. - The show presented by Jara Kohout and the unusual movie and narration of "Kantuta" by the voyager, Eduard Ingris, were both financial and moral successes.

The sale of the Sokol's Cook Book is continuing at a steady pace. - The gym classes are climbing in enrollment, presently holding 2 sessions a week. - Educational classes for the gymnasts on Sokol ideals and history have been started under the guidance of Bro. Charles Samal. - The purchase of Hi-lo bars and the donation of a good used horse by Bro. Bagatelos and a \$50.00 donation by 2 Sokol families towards the purchase of a crash-mat all added to the Sokol's equipment. - Fund-raising projects: Aluminum collections, Betty Crocker coupons, garage sales, etc., are all in full swing. - There is much to be done, nevertheless, the parents of the gymnasts are confident 1975 will be a rewarding year.

Sokol San Francisco Bulletin

## Sokol Stickney, Ill.

Judging by its activity in the past months, Sokol Stickney continues to prove it is one of the progressive Units in the ASO. As witnessed by the thanksgiving drawings of turkeys under the able chairmanship of Sis. Rose Sladek. This year 156 lucky people won turkeys. With the average weight of each bird about 11 lbs., this totals 1,716 lbs. of turkey!

Two swim parties (Jan. 15th and March 6th) at the Morton West swimming pool are on the agenda for the Sokol classes. Several special events are included in the program. - The Central District's volleyball tournament was held at Sokol St. Louis, Nov. 30th. Sokol Stickney was represented in the tournaments for Jr. Boys, Jr. Girls, Women and Men. First place trophies were won by the Men's and also the Women's teams.

The Sokol's Men's Golf Team was not too bad, either. For the second year in succession the team won first place in District play. The trophy the team won was a travelling trophy; whoever wins it 3 years straight retains it permanently, so no doubt the team will be trying extra-hard to achieve this end next season.

Janice Wostratsky, who participated in classes at the Sokol, and for many years instructed 2nd Class Girls was one of the recipients of the \$200.00 Sokol Merit Award for 1974-75. Janice is now away at college.

Other of the Sokol's activities was the traditional Xmas parties, New Year's Eve Party, Pancake Breakfast, Feb. 9th, and its Annual Exhibition at the Morton West gymnasium, April 26th.

Sokol Stickney News-Letter

## Sokol Milwaukee

What a successful Holiday Folk Fair we had. Seventy-four thousand people attended and practically bought out all of our Czech craft, imports, food, dumplings, koláče, apple strudel - you name it, they bought it. By Sunday afternoon the year's hard work and wonderful cooperation of members and many friends provided a financial reward. Sister Sokolice cannot be praised enough for their excellently formulated plans.

Sokol Milwaukee, in its 107th year of physical fitness through gymnastics, is still very active. The season began with a Sokol and Sokolice Membership Banquet in September, Recognition and History night in October, Folk Fair in November and Christmas Party in December.

A big event will be our Jaternice and Pork Dinner which will be held on Sunday, February 16, 1975 at the International Institute, 2810 W. Highland Blvd. This dinner always attracts over 300 people, so why not join us? Make reservations by contacting Mrs. Helen Pilger, 2974 N. 45th St., Milwaukee, Wis. 53210. Time is from 11:30 A.M. to 2:30 P.M.

On May 9th and 10th we will hold our Interclass Gym and Track Meets, followed by an Awards and Graduation night on Friday, May 16th. Anyone wishing to have their name appear in the Well Wishers section of our Program Book may do so for a minimal sum of 25c per person. These events will close our season as our delegates prepare themselves to attend the National Convention in Detroit.

So, Sokol and Sokolice members, continue attending our meetings the first Thursday of each month and enjoy the Social Hour and refreshments which follow every meeting.

Fred Stankovsky

## Sokol Tabor Berwyn, Ill.

The new building addition to the Sokol Hall is coming along very well, and expected to be completed by the end of the year. - The Unit's Jr. Girls "A" and "B" volleyball teams did very well in the Central District's tournament held in St. Louis (Nov. 30th), finishing first and second. The Jr. Boys also won first place, while the Men's team ended runner-up. - The Sokolice added 3 new members onto their membership at the Dec. meeting. - The Unit's Annual Exhibition will be held, March 8th. - Many of the Sokols and Sokolice are preoccupied with the weekly fund-raising Games Nights. All Chicago-land Sokols and their friends are invited to attend this worthwhile cause on behalf of the Building Fund.

Helen Onni

## Northeastern District B.O.I. Meeting

DECEMBER 12, 1974

On Sunday, February 9, 1975, the Cleveland Units will hold their Annual Gymnastic Exhibition at Cleveland State University. A well-rounded program is being planned, showing the skills of both gymnasts and instructors. Several special numbers will be performed including a rhythmic gymnastic routine featuring Indian Clubs. The Annual Exhibition of Sokol Detroit is scheduled on Sunday, February 2, 1975 at the Sokol Center.

With the renewed interest in rhythmic gymnastics, the District is fortunate in obtaining the assistance of Mrs. Hanna Christie who is an active judge and performer. A Clinic was held in December covering the basic use of jump ropes and rhythmic balls. Future sessions will include fundamentals using ribbons and hoops.

The Sokol's Folk Dance group has been actively preparing for commitments to dance in Swanton, Ohio with the Karlin Hall tour, as well as Czech Night at St. Mary's in Bedford. The group's musical accompaniment has been enhanced by the able assistance of Sis. Jean Dusek and her accordion. The dance group's popularity has proved to be a great asset to the Sokol spirit.

The Board would like to congratulate Sis. Jan Hosticka and Bro. Chuck Vavra who are the recipients of this year's Merit Awards. All classes are busy learning their apparatus exercises for the various competitions which will begin at the end of January.

## Financial Report

AMERICAN SOKOL ORGANIZATION

DECEMBER 1974

### RECEIPTS:

Dues .....	\$1,277.
Convention Fund .....	378.
Special Assessment .....	745.
Dividends and Interest .....	1,737.
Subscriptions to "American Sokol" .....	3.
Resale of Jewelry .....	168.
Sokol T. G. Masaryk Dues .....	20.
Sale of Song Books .....	532.
Membership Kits, Educational Pamphlets .....	75.
Office Supplies, Postage .....	14.
Miscellaneous Income .....	157.
	<hr/>
	5,107.

Transfer of funds for Merit Awards and Special Assessment requests .....	6,500.
A.S.O. Uniform Division - Payment toward Advance .....	1,500.
	<hr/>
Total Receipts	\$13,107.

HELP OUR SOKOL GROW

# SOKOL GYMNAST

JANUARY 1975

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 Edited by AMERICAN SOKOL BOARD OF INSTRUCTORS
 

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## TEACHING THE APPARATUS SKILLS

By: O. J. Kudrnovsky

Teaching the apparatus skills stands high on the priority list of our educational objectives; since, the apparatus work is the core activity of our Sokol training program.

The success in this area depends on several factors. Probably the foremost among these factors is the system used, in teaching the apparatus skills. There are three major systems used today.

The first of these is: **THE FORMAL, MASS TEACHING SYSTEM.**

Using this system, one instructor, usually alone, runs the entire class. Three or more pupils following his command or signal, perform on three or more pieces of apparatus at the same time.

### Manner of Procedure:

**CLASS ARRANGEMENT:** In this example, there are three sets of P-Bars available for a class of 36 pupils.

**CLASS FORMATION:** The class is divided into three squads; 12 pupils in each squad.

<b>I. P.B.</b>	<b>II. P.B.</b>	<b>III. P.B.</b>
<b>1. Squad</b>	<b>2. Squad</b>	<b>3. Squad</b>

This system of practice is less recreative and challenging, furthermore, it may retard the progress of the gymnastically well-adaptable pupils. For this reason, it is used mainly, for the most elementary exx. (exercises), and not beyond our I. and II. Children's class.

Yet this formal practice is superior to the more or less, "free for all practice"; where an instructor is usually stationed at one piece of apparatus, with a few students around him, and who are the only ones benefiting from his instructions. While the rest of the class roams around from one to another piece of apparatus - trying here and there, on their own.

The second major system is: **THE EXERCISE-TOPIC-HORIZONTAL PLANE- PROGRESSION** - of teaching of app. (apparatus) skills.

This system refers to the procedure by which the entire exx. (exercise) Group of the Tyrs system, the app. are divided into ex-topics. These topics in turn, are apportioned to the app. lesson plan. Practice by this system serves more as a vehicle to impart the general body mechanics and coordination, to each participant, and less as a means to acquisition of isolated skills. Contrary to the formal system: the ex-topic system comprises

the element of challenge; chance of success within reach, and allows for individual differences in the capability of every participant.

### Manner of Procedure:

In accordance with this plan all 12 app. classes are divided into ex-topics on a progressive scale, and in relation to the skill development of the individuals, for whom they are set, on the app. ex. roster.

Example of the App. Roster:

1 HR. H-BAR - 1. SQUAD

- a) Back-swing uprise b) Hip circle b-wd c) Squat-vault  
S-HORSE  
a) Rear spt.: back and side circle. b) Same as above with turns.

### TUMBLING

- a) Handspring b) Neckstring c) Headspring

The 2nd and 3rd squad, along the same lines; the ex-topics are downgraded per capabilities of the squad members.

**Class arrangement:** The class members are divided into squads of 6-8 members, according to their ability. The Squad-rotating plan is used.

**Squad conduct:** Each squad is in charge of the squad leader, who has been previously trained in the following:

- a) Interpretation of the topic of the day.  
b) Combining exx. per topic.  
c) Demonstrating the ex.  
d) In assistance and spotting techniques.  
e) In procedures of the "Whole-part-whole teaching method."

Note:

Using the "Whole-part-whole method," the ex. is presented in its entirety. However, if the execution exceeds the learner's capabilities or reveals a gross faulty performance, then, the ex. is broken down into simpler parts. Each part thereupon, is practiced separately until mastered, before, the ex. is tried again in its entirety. This process of breaking down and putting ex. together may necessitate several repetitions, before a satisfactory performance is apparent.

(Concluded next month)

Mildred Prchal:

**STREAMER**

(Illustrations)

Official for World's Championships.

Norm: **Material** - satin - (last decision was that since most countries do not understand the word "satin", the weight of the material will be given in the future). Baton is of bamboo or plastic tube. Fishing bait line used for connecting ribbon to baton which should be 18 to 22 inches in length.

**Width** of ribbon is 4 to 6 cm. (approximately 1 3/8" to 2").

**Length** 7 metres of ribbon are necessary (22'9") - ribbon is folded back 3'3" at baton end, so that total length of ribbon after attaching to baton is 19'6" (official length).

Remark: For teaching small girls or beginners, streamer may be 15 feet long.

**Duration of exercise** (official - 1 min., 30 seconds) (Same for ball, hoop and jump rope).

**Planes** - Frontal - lateral - diagonal.

**Characteristics:**

1. Swings, circles
2. Serpent - vertical - horizontal
3. Cobra - (only vertical, lower loop touching floor)
4. Spirals - vertical - horizontal
5. Waves - vertical - horizontal
6. Figure 8s.

**Holding streamer**

Streamer is held lightly at end of baton which must be hidden in palm. During change of streamer from one hand to the other or when throwing, the end of baton must not protrude from palm.

**Specific requirements:**

The technique demands precise coordination of body and streamer. The sketch of streamer in the air is the result of this whole body and streamer movement.

The streamer is very sensitive and the sketching must be clear and smooth. There must be no "dead end," dragging of streamer on floor, no snapping or noise and must not tangle or knot.

Proper dynamics, speed and strength of the arm and head is necessary for clear sketching.

Weaker movements cause streamer to slacken and touch body of gymnast. During all movements with one arm, it is necessary to keep free arm in prescribed position.

Left as well as right arm must be used to create balanced exercise.

**SWINGS** - Stand on both - streamer in right hand - ribbon in back of body

I. 1.-3. Dip to halfsquat - swing right arm forward to high, rising to toestand.

II. 1. - 3. Upper neck bend - swing ribbon to high back

III. 1. - 3. Halfsquat - moderate front bend - swing right arm forward to low rear, swing left arm forward.

**CIRCLES** (Frontal) From stand on both - arms to sides - streamer in right hand

I. 1. - 3. Rise on L toes, extend R high to side swinging right arm with streamer in BIG circle to left

II. 1. - 3. step on R forward to low arabesque - same frontal circle as in I.

**SERPENT** Serpents are close waving movements executed by the wrist or forearm. The quality of the sketch is influenced by the regularity of the formation of the individual wave. During vertical waves the movement must be directed straight toward the floor; it must not slant. During the movements the baton is held like a pencil but the end of the baton must be hidden in the palm. Movement must be smooth and even. Serpents are executed vertically, and horizontally. (Only the vertical is illustrated.)

**COBRA** - (Term used to distinguish between movement of serpent in air and same movement where each loop touches floor).

**SPIRALS** - These are small consecutive circles that may be the same size thruout or progressively bigger or smaller. The small circles are executed by turning in wrist or forearm; changing from bigger to smaller or vice versa depends upon movement from elbow to wrist.

**WAVES** - Using elbow, smooth raising and lowering of ribbon with broader movement.

**FIGURE 8** - (As in illustration. Center of movement is in shoulder - all arm joints are utilized. Stand on R with L in rear on toes - arms extended to sides, streamer in right hand.

I. 1. - 3. Step L forward on toes, bend R forward - horizontal circle starting forward over head

II. 1. - 3. Step on R to arabesque, L high in rear - horizontal circle in front under arm completing figure 8.

REMARK: The above are only a very few examples - both hands, of course, should be occupied throughout an exercise. Ribbon may be tossed and caught during exercise.

As with all apparatus, streamer is used in all planes.

**American Sokol Convention**

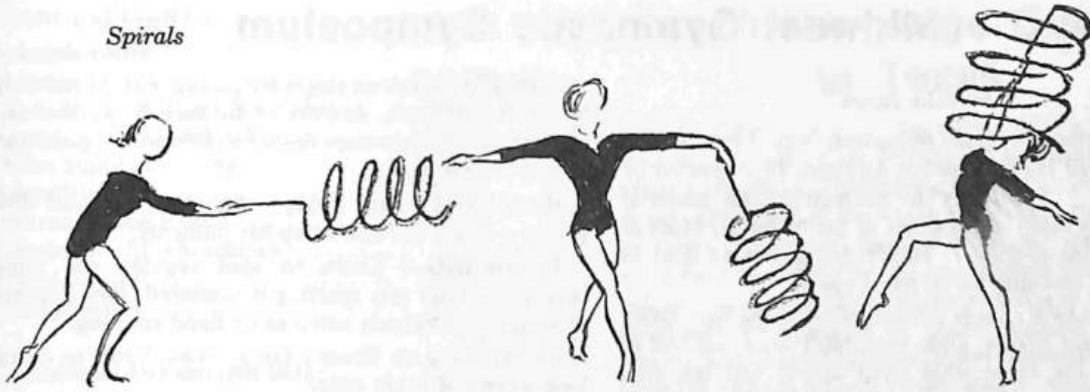
DETROIT, MICHIGAN

MONDAY - WEDNESDAY, JUNE 16 - 17 - 18, 1975

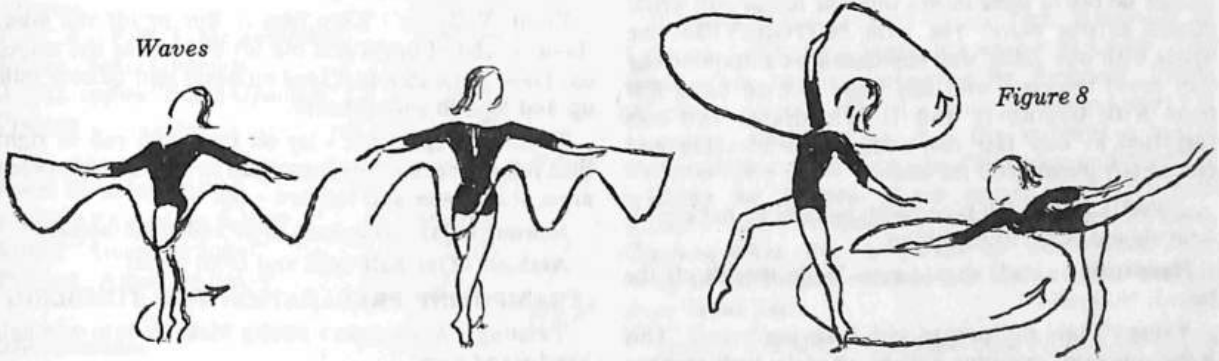
**Sokol Detroit Gymnastic Exhibition**

SUNDAY, JUNE 15, 1975

*Spirals*

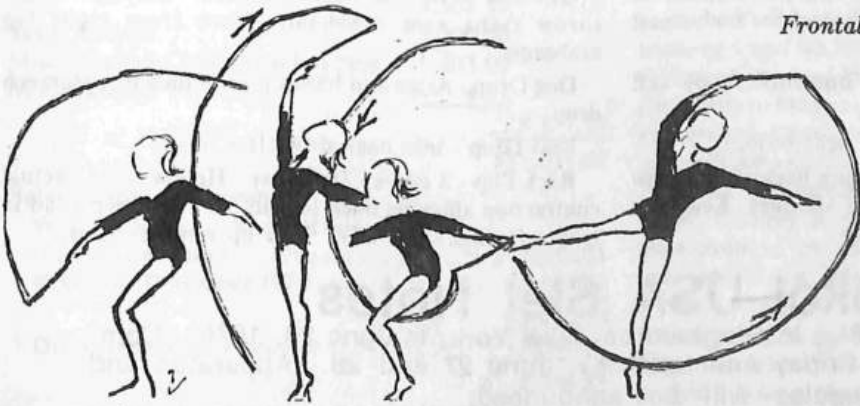


*Waves*

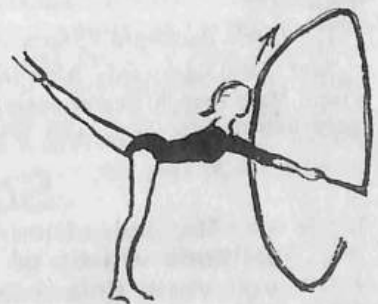


*Figure 8*

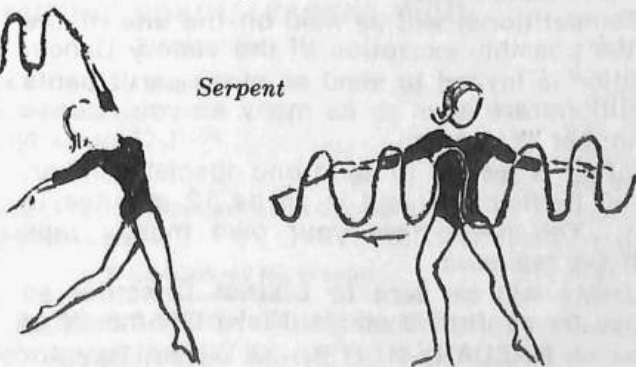
*Lateral Swings*



*Frontal Circles*



*Serpent*



*Cobra*



## Midwest Gymnastic Symposium

by Jane Jurew

This conference and discussion was held at the Addison Trail High School at Addison, Ill., directed by Dr. Lesch. - I will try to summarize the material presented by many top coaches of the Midwest. Most of the topics discussed were helpful hints that we tend to forget after teaching for so many years.

Most girls have a more difficult time on the bars doing pullovers, seat circles, glide kips, hip circles, etc. All of these have the same whip wrist action and the girls usually do two or three moves with the hands and wrists instead of one move. The term **MOTORCYCLE** the wrists with one zoom was mentioned as a terminology they could associate with this move. I tried using this term with beginners and Intermediates and was surprised at how fast they realized its meaning and completely understood the move.

**VAULTING** - Hit board with body tilted backward. Arm should come from behind.

**Handspring** - heels should actually do the lift off the board. No arch.

**Yama** - Slight tilt forward with body (on board). This is the only vault requiring a slight tilt of the body forward on the board.

**IMPORTANT** - Do not tuck the head - keep it up. After pre-flight there is a hard push of the hips upward to allow for a good after-flight.

**Twist** - No arch on twist vault. Twist comes from the hips and not the shoulders. Look forward at all times, do not let the head turn at all. 60 percent of the body must be tight at all times.

**BARS** - Twisting - keep head unturned (body and arms turn)

Hip Circle Backward - Starts at belly button.

Seat Circle Backward - After falling backward hollow chest. Must keep 90-degree angle at all times. Keep feet perpendicular to floor, then break.

Glide Kip - Work on single leg pullup with Motorcycle hands for strength. Important to keep head between arms on jump. Chin stays down on chest with a good and strong armpit stretch.

Hand Stand (Giant Swing) - Stand on side and slow gymnast down, but don't stop her suddenly.

**TUMBLING** - Learn to spot regular two hand cartwheel. After arm spotting is mastered, now advance to aerial. Cartwheels using same hand spotting.

Eye Spotting on Beam - On a forward roll on beam look to end of beam only.

Front Walkover - Keep hips in line or off she goes. Look at end of beam and big lift of body as she comes up. Look and watch foot land on beam and quickly pull up and look to end of beam.

Twisting preparation - lay on floor and roll to right then full roll back - Very important to keep head between arms at all times and forward - roll tight.

Joneau (Jona) - One-half twist and back aerial.

Arabian - One-half twist and front aerial.

### TRAMPOLINE PREPARATION FOR TUMBLING

Twisting - Arabesque - strong kick up into one-half hand stand turn.

One-half twist - Arm overhead to side twist is on and a T(arms) body tight drop.

One-half twist jump to spotter's shoulders, push feet over head and do front roll or front air, if you can hold girl (first roll is done tucked).

One-half twist into back walkover - On right twist, throw right arm overhead, start from right leg arabesque.

Dog Drop - Arms and hands pigeon toed into stomach drop.

Seat Drop - into back drop (Hee haw).

Back Flip - S curve - Jap Wave - Hollow chest - actual contraction allowing back to lead. At start keep head in front of arms. **DO NOT** look up until the end.

## Sokol USA Slet Notes

The date of the Slet in Binghamton, New York, is June 29, 1975. Competitions will be on Friday and Saturday, June 27 and 28. Apparatus and Volleyball time schedules will be announced.

All activities (Housing and Competitions) will be held on the site of the New York State University, with the possible exception of the Victory Dance.

The American Sokol Organization is invited to send as many participants as it chooses. Apparatus competitions are open to as many as you choose to send - not to any specific number of teams.

The American Sokol Organization is invited to send one special number. The number must have at least 50 participants and is to be 12 minutes in length, including entry and exit. You must have your own music; tape recorders and a P.A. system will be available.

In the near future survey sheets will be sent to District Directors so that facilities at the university may be confirmed and sufficient numbers of rooms made available.

NAZDAR!

Br. Al Walko, Director

**DISBURSEMENTS:**

**Administrative**

Salaries .....	\$341.95	
F.I.C.A. - F.W.T. for November ....	136.98	
Rental, Janitor Service, Phone .....	223.67	
Office Supplies, Postage .....	161.47	
Advertising .....	90.00	
Insurance, Box Rental .....	195.00	
Repairs to Office Machines .....	9.50	
Travel Expense .....	262.73	
Miscellaneous .....	304.50	
		\$ 1,726.30

**Educational Department BOI**

Salaries .....	\$208.82	
F.I.C.A. - F.W.T. for November ....	51.64	
Editor "Sokol Gymnast" .....	25.00	
Add'l. copies "Sokol Gymnast" .....	28.00	
Postage .....	.30	
		313.76

**Sokol Publication**

Printing "American Sokol" .....	\$742.70	
Editor "American Sokol" .....	75.00	
Postage "American Sokol" .....	56.57	
		874.27

**Miscellaneous**

Uniform Division - Salaries, F.I.C.A., F.W.T., Phone .....	\$317.23	
Special Appropriations -		
Southern District \$2,550.72		
Central District 1,118.27		
Pacific District 883.20		
		4,552.19
Merit Awards .....	3,200.00	
Miscellaneous Convention Expense ...	103.00	
Miscellaneous .....	4.87	
		8,177.29
		\$11,091.62

**Balance brought forward:**

Western National Bank of Cicero - Checking Account .....	\$ 2,332.21	
Receipts - December 1974 .....	13,107.62	
	15,439.83	
Disbursements - December 1974 .....	11,091.62	
		\$ 4,348.21

**FUTURE SOKOL LEADERS FUND**

December 1974

Sokol Chicago, in memory of Bro. Joseph Machacek .....	\$ 15.00
Dividends earned 12-31-74 .....	84.12
	\$ 99.12

Transfer of funds from Savings to Checking for Merit Awards .....	\$3,200.00
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**Donations are tax exempt**

**PARTICIPATE IN YOUR UNIT'S  
GYMNASTIC EXHIBITION**

## Czech Language Courses In Texas

During the past year the editor of the S.P.J.S.T. Vestnik (Journal), R. J. Sevcik, has conducted a survey of the institutions of higher learning in Texas pertaining to the instruction of the Czech language. Excellent co-operation has been received and the results most satisfying. According to the report more than one-half million Texans are of Czech descent. Czech is the third most popular language in Texas, outranked only in English and Spanish. Following are fragmentary reports from the various schools of learning in that state:

In the autumn of 1973 Texas Tech University in Lubbock instituted a beginning course in Czech. The introductory course, instructed by Professor Vlasta (Kopecky) Splawn, offered 3 hours of college credit per semester, designed to give the student a basic understanding of the language. Plans were underway for teaching the 2nd-year Czech course in the 1974-75 academic year. Professor Splawn is a native of Pilsen, Czechoslovakia. She completed the Commercial Academy in Pilsen and received her BA and MA degrees from Texas Tech.

Texas A and M University has been leading the nation in the number of students who have studied the Czech language. Czech has been a part of the language curriculum at that school of learning for a good many years. The late Professor John M. Skrivanek was largely instrumental and in the forefront of inaugurating this language program at A and M, and was its instructor until his untimely death in December, 1972. His twin brother, Professor Joseph J. Skrivanek, Jr., is now teaching Czech in his place at the University. Dr. John Skrivanek received his advance education at the Charles University in Prague. He authored a text on the language and recorded numerous instructional records as audio aids. Professors Skrivanek deserve a large amount of credit for the success of Czech instruction throughout Texas, not only in instructing the language itself, but in the concept of training teachers-to-be, realizing that the existence of the language in this part of the country depends on the young people.

Instruction in the Czech language at the University of Texas has taken place for a good number of years. The program has managed to flourish, and is currently enjoying widespread interest and support. Most of the courses are being taught by Professor Svatava Jacobson, who is of Czech origin, having completed studies at Charles University in Prague. Included in the courses are: Beginner Czech; Intermediate Czech; 3 individual courses devoted to literature oriented mainly toward the ideological trends in the Czech nation. The university at present offers a BA major and also a minor in Czech.

University of Houston offers two levels of classes for beginning and intermediate students, under the instruction of Professor Teofil Halama. Dr. Halama was born, raised and educated in Czechoslovakia and taught the native language there for 15 years. The University

announced two evening courses in Conversational Czech will be offered the public, starting Jan. 20th. Czech, therefore, is alive at the U of H by the fact that more than 50 students are enrolled in classes for the first time on a regular day-class schedule.

The fall of 1974 marked the beginning of Czech classes at Hill Junior College at Hillsboro, Texas. The initial enrollment of 49 students - with most of the majority for credit - must be something of a record for the number taking a beginning course in Czech. The college was fortunate in securing the services of Mr. James Mendl, a graduate of Czech courses at Texas A and M University under the late Dr. John Skrivanek, and more recently, Professor Joseph Skrivanek. The students come from Waco, Grand Prairie, Mt. Calm, Itasca, and other communities within a radius of 30-40 miles.

The first 10-week Conversational Czech class (2-hour session, one night a week) at the Alvin Junior College created such great interest that another series of classes for a 10-week period began Dec. 5th. Towns represented are: Alvin, Danbury, Manvel, Pearland, Rosharon and Seabrook. The classes are taught by Mr. William Soucek, who received his higher education at the University of Iowa. He learned to speak Czech from his parents where the language was predominantly spoken at all times at home.

Classes will resume January 20th at three different levels at Temple Junior College. Two of the courses will meet one night a week. Both two-semester-hour courses. The other, a four-semester-hour course taught during the daytime on the TJC campus twice weekly. The instructors are Calvin C. Chervenka and David Mikeska.

Elementary Czech, a study of oral, written and reading exercises will be inaugurated at the Wharton Junior College starting in January. The Course includes 3 lectures and 2 laboratory hours a week. Four semester hours of college credit are given. The College Board approved a future offering of an advanced Czech course. About 17.5 percent of this year's WCJC student body have surnames that are Czech.

El Campo High School has conducted classes in Czech on a high school level for the past 4 years. Enrollment at El Campo has been sizable and persistently high.

S.P.J.S.T. Vestnik

## Program Ideas

"The creative thought process begins with the search for ideas. One important technique for finding problem-solving ideas is the borrowing, or transportation, of ideas from one field, industry, organization or discipline to another. The creative mind is the skillful scavenger of ideas. The creative problem solver does not limit himself to the particular field of his problem. He reaches out to many fields, hoping that one of them will prove a source of problem-solving ideas. Not infrequently it does."

Albert H. Dunn, educator —  
marketing consultant.

## What's Gone Wrong?

"In America today . . . we have allowed to develop a belief that everything is coming apart and nobody is in control. And communication is the heart of our problem . . . We are using our primary forms of communication - which are television, radio, and the press - to foster turmoil. The mass media have been turning into a battleground where groups and cliques and political spokesmen confront each other with their non-negotiable demands. We are deliberately involved in breaking down community."

- Rev. Dr. Everett C. Parker

## Czech Heritage In Cedar Rapids

It was the late Czech Senator Vojta Beneš who coined the nickname for our city - "The Czech Athens". This was not done because of the size of the city or more than 20,000 citizens of Czechoslovak extraction living in it but rather on the basis of unusual cultural activities. In those years the Council of Higher Education was founded by Sokol Brothers W. F. Severa, Prof. Bohumil Shimek, Paul Korab, Jos. Mekota. - Bro. Severa founded the American Home School at Brno Kralovo Pole, later an unique Federation of Czech Groups and Czech Fine Arts were organized. The first Czech school building was built in 1900 and during World War II another unique group was taken place under the Sokol roof - The Czech Guard - serving with Civil Defense. The Czech library contained some 5,000 volumes of Czech literature and both Fraternal Organizations, the Czechoslovak Society of America and the Western Bohemian Association were very active.

But several decades later - in 1974, it took the Kirkwood Community College to start an extensive Czech Heritage Program; receiving a \$25,000 grant from the government for this purpose.

As one of the projects within the framework of this program is a special educational film that will be used in Czech language classes in Junior and Senior High schools. Whether it was my 35 year activity on the Czech stage or number of years of teaching the Czech language - I still do not know - but I was selected to write a script for this film. It will be made at Kirkwood studios, consisting of five segments, entitled "A Typical Czech Family." A couple called Novaks arrived in this country from Czechoslovakia in early 1930. They have a daughter 18 years old who is engaged, with plans for an early wedding, and two young boys attending Czech school. They have a friend who attended Charles University in Prague who is well posted on current events.

The accent was given to the hospitality, closeness, patriotism and friendship of this family. While watching segments of this film, the students will be learning correct pronunciation of the Czech language. Several schools, colleges, cities and states are interested in this

project. As I understand, copies of the film will be made available to them.

Personally I feel honored to be able to participate in this worthwhile educational project. In my retirement years it also gives me something to do.

T. B. Hlubecek

## Rudolph F. Parizek

Bro. Rudolph F. Parizek, a devoted member of Sokol Baltimore, passed away suddenly on November 28, 1974. Eight days earlier he had attained his 80th birthday.

Bro. Parizek was born in Czechoslovakia, came to this country shortly before World War I and became a member of Sokol Baltimore in 1918. During the years he served on various committees and at one time was manager of the Sokol Hall on Gay and Preston Streets. For many years he was the chef in one of the hotels in Baltimore.

However, art was his first love and many of his paintings beautify the walls of many buildings and homes. The paintings which adorn the walls of our present gym will always remain a memorial to Brother Parizek.

Edward Stetka

## Sokolstvo

Bylo to 16. února 1862, kdy se Jednota v Praze stala kolébkou Sokola.

Hned v počátcích si byli zakladatelé vědomi, že sokolské činnosti je třeba, poněvadž malé národy musí vyvinout mnohem větší činnost, nežli národové velcí, aby i při skrovnějším počtu zůstali platnými a závažnými členy lidstva.

Rozhodnou sokolskou činností nejsou jen veřejná vystoupení, ale každodenní ustavičná činnost v tělocvičně. Povinností každého sokolského příslušníka je, aby svým sokolským chováním ve svém povolání i v životě veřejném přispěl k tomu, aby naše národy (jak československý tak americký) ve společnosti národů ostatních zachovaly nadále pověst národů zdatných, vzdělaných, mírumilovných a pokrokových.

Sokol v Československu z malých počátků vyrostl v silné jádro národa. I. sokolský slet v roce 1882 byl pod vedením Dr. Miroslava Tyrše. Zúčastněno bylo 720 cvičenců, avšak sokolské slety zmohutněly ve velká společná vystoupení mládeže a dospělých. Tato hromadná tělovýchovná vystoupení stala se tradicí neb jsou složkou kulturního života a zároveň bohatým vkladem českého národa do kulturní pokladnice světa. Strahovský stadion v Praze jest jak cvičební plochou, tak i počtem míst pro diváky, jedním z největších stadiónů světa. Zde v roce 1948 se zúčastnilo 126,877 mužů a žen v prostných cvičení; 77,344 dorostu; 90,531 žáků a žákyň a

18,800 hostů. Celkem 314,183 cvičících se podílelo na XI. sletě.

Tuto bohatou tradici, myšlenku a ideály nám předali naši předkové, kteří zde v Americe založili sokolské jednoty. Že se sokolská myšlenka zde dobře uplatnila jest důkazem 109 let činnosti sokolské. Dnes čítá Americká Obec Sokolská pět jednot, které již slavily 100 leté výročí svého založení, a příštím rokem se k nim připojí jednota Sokol Detroit, kdy oslaví sto let trvání svého působení.

Zároveň v červnu tohoto roku koná Americká Obec Sokolská svůj XII. sjezd v Detroit. Důkaz toho, že Sokol v Americe zakotvil dobře a pokračuje nadále v ideálech našich zakladatelů Jindřicha Fuegnera a Dr. Miroslava Tyrše.

Sokolská práce je ušlechtilá. Činnosti sokolské v celém svobodném světě přejí, by docílila cíle ještě větší!

Betty Prenerová

## Anna Rubín

Dne 27. listopadu 1974 zemřela ve pokročilém stáří známá sokolská a spolková pracovnice a nadšená vlastenka. Byla členkou Sokolic Havlíček Tyrš. Její práce ve spolecích a charitativní činnost vyplňovalo velkou část jejího šlechetného a plodného života. Viděli jsme jí při každé dobročinné události, kde byla výborná kuchařka.

Sestra Rubínová se narodila v Kladně, a při poslední návštěvě si stěžovala, že všechny domy v jejích ulicích strženy, jen v jejím domě byla nějaká kancelář, a jak sama říkala, že nikdy v životě tolik neplakala, když viděla okolí jejího rodiště tak opuštěné.

Naše krajanská větev ve Spojených státech ztratila v sestře Rubínové ženu ryzího charakteru a zlatého srdce, které měla vždy připravené pomoci každému a v každou dobu.

## Mirka Keith

11. prosince zemřela náhle v San Francisco sestra Mirka Keith. Sokolství bylo podstatnou ideovou náplní jejího života, měla je v krvi. Před 23 léty poznali jsme jí v uprchlickém táboře Paganí v Itálii. V tomto malém táboře pro uprchlíky s plicními i tělesnými vadami, upravila nemocniční sál na tělocvičnu, kterou vedení tábora vybavilo potřebným náradím. Ve dne sloužila mrzákům - a večery byly Sokolů. Pečovala jak o cvičení, tak i o namáhavou údržbu. Stala se srdcem i duší této nahodilě vzniknuvší malé sokolské rodiny.

Osud jí zanesl do Norska. I tam kolem sebe vytvořila ovzduší sokolského bratrství. Osobně jí nebyl osud příznivý. V Americe zapojila se do sokolské činnosti. V Belcampu soustředila se na výchovu dorostu. Měla radost z práce a úspěchu svých svěřenek na všech sletech Americké Obce Sokolské. Byla hrdá na své členství v americkém Sokole, v němž činně pokračovala až do svého onemocnění. Byla všude, kde bylo potřeba přiložit ruku k dílu. Pro své sokolské nadšení získala i svého

manžela, rozeného Američana, Br. Edwin Keitha, který jednotě vykonal velký kus poctivé práce, při níž si někdy i po česku zazpíval.

Odchod sestry Mirky Keith je pro naši jednotu citelnou ztrátou. Čest její památce!

M.H.

## Sokol Tyrš

Přes 100 členů jednoty Sokol Tyrš s rodinami a cvičiči dorost se ve velmi nepříznivém počasí dostavili do výroční schůze 1. prosince do sokolovny Sokola Cleveland-Čech-Havlíček. - Zvláštními ovacemi byl přivítán zakládající člen, 89-letý bratr Gus Hanáček. - Funkcionáři na rok 1975 byli zvoleni.

Do jednoty bylo přijmuto 25 nových členů a členek. - Odznaky za 40 let členství v Sokole uděleny: Gus Jr. a Emily Hanáčkovým, Franku Havránkovi, Frances Venclové a Josefu Bittnerovi. Za 25 let členství obdržela odznak Marie Hibler. - Po schůzi se přítomní pustili do hodování, které pro ně připravili ochotné sestry a bratři cvičitelského sboru, které ani počasí neodradilo, protože Penny Supper byla opravdu bohatá a prvotřídní.

Alegorický vůz Sokola vyhrál 4. cenu WIXY - May Co. Christmas Parade na Thanksgiving Day.

## Sokol Nová Vlast

Ve schůzi konané 9. listopadu za řízení starosty br. Přemka Kociána bylo přijato 8 nových členů. Zprávy br. náčelníka a ses. náčelnice oznamují pilné přípravy na veřejné cvičení 9. února na Cleveland State University. Ve všech třídách je 180 cvičičích. Ze župy je také sděleno, že společně veřejné cvičení je v pilné přípravě.

Čten protokol z Patronátu České síně Sokol. Konány četné opravy, které jsou vždy velmi nákladné a těžkým zatížením pokladny. Sezonní obědy skončeny v měs. říjnu. Začínají v měs. dubna.

K objasnění členů ohledně zasláné sumy br. náčelník přečetl kopii dopisu, který byl zaslán členům. Podle patronátních stanov z roku 1907, kdy byla síň zakoupena, naše jednoty přispěla částkou \$4,000.00 a jen tak bylo možno koupit uskutečnit. Tímto byla jednoty Sokol Nová Vlast inkorporována co spolumajitel síně o čemž svědčí jméno síně "Česká síň Sokol".

Podle stanov se jednoty zavazuje přispívat k udržování síně ročně peněžní částkou podle její možnosti a v případě, kdy by se tak nemohlo státi, Patronát opět přispěje jednotě. Celých 64 let nebylo toho třeba. Jednoty svoje roční příspěvky vždy splnila a i prací členové jednoty přispívali též k různým a četným opravám. Přítomně měsíční příspěvek jednoty je 175 dolarů.

Marie Polanka

## Sokol Berwyn

Schůze 14. listopadu zahájil br. Edward Schnabl. Byla vzdána čest sestře M. Peroutkové, povstáním. Pak byly přečteny dopisy a zprávy různých výborů. Z české školy ohlásila sestra Vodičková, že se děti připravují na vánoční vystoupení v museu Science and Industry. Cvičiči ohlásili, že budou závody-volleyball. - Br. Fred Kála, vzdělavatel, podal zprávu ze sokolské soutěže: "Proč mám rád Sokol". - Pak následovala zpráva z bunco. Sestra Hodovalová poděkovala všem sestřím, které šily zástěrky a všem členům, za krásné dárky.

Koncem října 71 členů a přátel prožilo velmi příjemný večer v divadle Candlelight Playhouse, ve hře Sound of Music, kde účinkoval i br. Zrna. - Sokol pořádal novoroční zábavu, a veřejné cvičení se bude konat dne 22. března.

M.H.

## Sokol Washington, D.C.

Listopadová schůze byla velmi zajímavá přednesenými zprávami a také dopisy. Jednoty začala počátkem roku 1974 cvičením s 19 cvičenců pod vedením br. náčelníka Štovíčkem. Dnes po šesti měsících se jejich účast zvýšila na 25. A to je opravdu radostné, že ve Washingtonu, D.C. byl založen Sokol ne nadarmo, a že zde Tyršovy a Fuegnerovy ideály zvitězily.

Stejnou radost jsme prožívali, když Sokol spolu s ostatními čs. organizacemi ve Washingtonu oslavoval v jediném dni 56. výročí založení Československé republiky, 30. výročí slovenského národního povstání, 150. výročí narození Bedřicha Smetany. Tak zdařilou oslavu jsme zde již dlouho neměli. Všichni účinkující byli na umělecké výši. Bylo to překrásné podzimní odpoledne.

Všichni jsme také nedávno vzpomněli velkých zásluh ses. Stázku Brandejsové, která se koncem listopadu dožila 88 let života. - 1. prosince jsme pořádal "mikulášskou" spojenou s vepřovými hody a 6. prosince byla valná hromada naší jednoty. Sokolské Šibřinky budou 25. ledna v Navy Yard, S.E.

Jan Klime

## Velký den Sokola Karla Vávry

V neděli dne 3. listopadu se v České síni Karlín sešlo přes 200 Sokolů a přátel bratra Karla Vávry, aby oslavili nejen jeho 58. narozeniny, ale - aby mu zároveň poděkovali za čtvrt století cvičitelské práce v Clevelandu. Slavnostní program zahájil a řídil náčelník jednoty br. Dennis Jiroušek.

Vzdělavatel župy, br. Karel Zahradníček, poděkoval br. Vávrovi za jeho skvělou dosavadní sokolskou činnost. Br. Edwin Jiroušek, starosta Župy Severovýchodní promluvil o nevšedních cvičitelských zkušenostech znalostech našeho oslavence, což potvrdil i staros Sokola Tyrš, br. Richard Franks. - Br. Lád'a Voris

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soustředil na br. Vávrovu stránku vzdělavatelskou a vlasteneckou s prohlášením, že nejen prostrná, narádí a disciplína jsou br. Vávrovými "koničky", nýbrž i znalost sokolské historie, cit a národní uvědomění. Za příklad dal zvláštní číslo "Červená, modrá, bílá", jež vyneslo clevelandským Sokolům tolik uznání všude, kde je předvedli.

Br. John Ballance napsal a přečetl líbivou sokolskou povídku, při které též ukazoval světelné obrazy z jeho života. - Do oslavencova vínu přibyla i sokolská básnička, kterou složil a zarecitoval br. Přemek Kocián. Společný dar, hodnotný dalekohled a veliký dort mu předala ses. Norma Eckhoff.

Konečný projev, - projev plný díky, měl sám oslavenec, br. Karel Vávra. Neděkoval pouze přítomným, ale děkoval v něm též svým plzeňským cvičitelům, kteří mu vštěpovali sokolskou myšlenku, kteří ho vedli po cestě bratrské lásky a zdatnosti a pak, nepoznání sokolským světem, zemřeli v nacistických koncentračních táborech v Německu a v Polsku. - Jeho projev učinil

na přítomné hluboký dojem. - Br. Karel nám všem promluvil do duše.

Kdyby však nebývalo moudrého rozhodnutí Československé obce Sokolské, která v roce 1947 vyslala do Ameriky jednoho ze svých nejlepších cvičitelů, br. Karla Vávru z Plzně, kdo ví, kde by on býval zakotvil.

Po začátcích v Cedar Rapids, Iowa, a vedení řady cvičitelských kurzů v různých sokolských městech Ameriky, usadil se v Clevelandě. - Jednota Sokol Tyrš mu 3. listopadu poděkovala za 25 let obětavé cvičitelské práce. Plaketa Sokola Tyrš, udělená mu v uznání za zásluhy o Jednotu, je br. Vávrovi jistě stejně milá jako v mládí trofej za výkon sokolského přeborníka.

Večírku na br. Vávrovu počest se také účastnili jeho četní odchovanci z řad žáků a dorostu. Většina je jich však už roztroušena po světě . . .

Byl to den, na který nebude celý život vzpomínat jen br. Karel a jeho milá rodina, - ale na který nezapomeně nikdo z přítomných.

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