

# AMERICAN SOKOL

VOL. XCVI - NO. 9

SEPTEMBER 1975

PUBLICATION OF THE AMERICAN SOKOL  
Educational and Physical Culture Organization

## The Story of Sokol Corpus Christi, Texas

Sokol Corpus Christi celebrated its 45th Anniversary when it hosted the Southern District Slet, June 7 - 8, 1975. The Sokol Unit was founded June 1, 1930, and became a member of the ASO on May 3, 1931 before an assemblage of many prominent Sokols of that day.

In the year 1924, a group of Czech Moravian-American settlers of the Bohemian Colony on the southwest of the City of Corpus Christi pooled their resources to build the National Hall on a one-acre tract of ground where the first school house stood on the southwest corner of the Joseph Kocourek's 80-acre farm. Shares of stock at \$10.00 each were sold to any interested party. The one acre of land was leased from the Kocourek family.

When the Sokol Unit was founded in 1930, most of the members donated their shares back to the Sokol. Those that requested their money were paid off in 1938. That same year the one acre tract was purchased for the sum of \$750. Four years later in 1942, 3 adjoining acres were purchased from the Zdansky family for the sum of \$848. A loan of \$1,500 was made from the SPJST Supreme Lodge.

In 1944, the Sokol Hall was enlarged and the roof raised. Material costs were \$970. All labor was donated. Since the majority of the local SPJST members donated their stock shares to the Sokol, there became an agreement that the SPJST Lodge will always be welcome to use the Sokol Hall free, for its meetings.

In February 1951, the Unit made another loan for \$5,000., again from the SPJST, to remodel and enlarge the building. This loan was paid off in 10 years. From 1954 to 1965 the 3 acres were leased to the Gulf Coast Little League for \$1.00 per year, with the understanding that they pay the city and school taxes. The entire 4 acres and building were exempt from state and county taxes. In 1972 the Sokol Unit purchased 5 acres of land for \$15,000. which was paid in cash.

With the advent of World War II, Gymnastic activity was curtailed due to the large number of young men off to war. From 1956 through 1963 there was no participation in Slets or Sokol competitions out of town. However, after that period, participation in courses and Slets began mounting.

Property damage by Hurricane Carla, September 11, 1961, caused great harm to the roof of the Sokol building. On August 3, 1970, Hurricane Celia caused serious ruin inside and out.

The Sokol Hall became the home of many organizations - American Legion, Eagles, Insurance Societies, etc. - until they each were able to establish their own buildings. All these organizations to this very day are working together harmoniously for the betterment of the community, state and nation.

The Sokol Hall has seen many celebrations, festivals, banquets, weddings, dances, a Czech library established, political rallies, public election voting, etc. In the past 45 years of endeavor, Sokol Corpus Christi has suffered some hardships and lost many irreplaceable members.

May our departed brothers rest in eternal peace and may their memory live forever.

John Stasa - SPJST Vestnik

# AMERICAN SOKOL

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## ATTENTION

Please notify the A.S.O. Office immediately  
upon change of address.

## Calendar of Events

SEPT. 19th - SOKOL SOUTH OMAHA, NEBR.  
Chicken-Shrimp Dinner

SEPT. 20th - SOKOL MILWAUKEE, WIS.  
Membership and Recognition Dinner

OCT. 4th - SOKOL STICKNEY, ILL.  
Farmer's Dance

OCT. 5th - SOKOL BALTIMORE, MD.  
Bull Roast

OCT. 9th - SOKOL ST. LOUIS, MO.

Sokolice Chicken Dinner

OCT. 18th - SOKOLICE RENATA TYRISOVA,  
CEDAR RAPIDS, IOWA

75th Anniversary Celebration

OCT. 18th - SOKOL SLAVSKY, CICERO, ILL.  
Dinner-Dance - Peacock Room, Cicero, Ill.

OCT. 25th - SOKOL BELCAMP, MD.  
Vinobraní (Harvest Dance)

NOV. 1st - SOKOL DETROIT, MICH.  
100th Anniversary Celebration

NOV. 8th - SOKOL HAVLICEK TYRS,  
BERWYN, ILL.

Fall Sokol Social - Sokol Brookfield

NOV. 8th - SOKOL WEST SUBURBAN, ILL.  
Czech Polka Party - Laborer's Hall - Westmont, Ill.

NOV. 13th - SOKOL ST. LOUIS, MO.  
Sokolice Chicken Dinner

NOV. 16th - SOKOL ST. LOUIS, MO.  
110th Anniversary and Celebration

NOV. 21-23rd - SOKOL MILWAUKEE, WIS.  
Holiday Folk Fair

DEC. 7th - SOKOL DETROIT, MICH.  
Czechoslovak Afternoon Dinner Party.

## James Jana, an Outstanding Young Sokol

Sokol Nova Vlast is proud to have among its membership a young man who has recently been appointed to the United States Air Force Academy. James Jana is one of the few exceptional students who are given the honor and privilege of attending this school. Jim comes from a very active and dedicated Sokol family and has been gyming since he was in little boys class. His father, George Jana, has been an assistant instructor for many years and has had all five of his boys participating in Sokol classes.

James has been an outstanding student and gymnast. He has excelled in all his endeavors and has been a distinguished example to other Sokols. We wish him continued success and a heartfelt NAZDAR!

Mildred Kolar  
Secretary, Sokol Nova Vlast

## Life's Offering

"Three hundred and sixty-five times a year," writes Jeanne Dixon in "My Life and Prophecies," "life offers another opportunity to increase the value of our existence and opens the door to a new level of fulfillment and accomplishment. It presents a chance to see and listen, to make new friends, share our blessings anew, and become less critical and more tolerant toward our fellow men."

# AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. XCVI

SEPTEMBER - 1975 - ZARI

Číslo - No. 9

## Sokolice Renata Tyrš' 75th Anniversary

(Editor's Comment: - Sokolice Renata Tyrš of Cedar Rapids, Iowa, will be marking their 75th Anniversary Saturday, October 18, 1975. Sis. Barbara Benda will be the Anniversary Chairman. Sis. Marie Vitek compiled the Unit's history. It has been greatly condensed for this publication.)

The Sokolice were first founded in 1892 with 17 members called the Gymnastic Unit of Sokolice Tyrš. First meetings were held in the Old Reading Hall. In 1896, 10 members participated in their first Slet in Chicago. Two years later the Unit disbanded due to lack of interest on the gym floor. However, in January 1900, a new Unit was established. The following three years a noticeable improvement was noted in the gymnastic efforts. The Sokolice participated in the 1906 Chicago Slet, attaining First Place. The first meeting in the present Sokol building was held in April 1909. A team was sent to compete in Omaha, Nebr., in 1914. It was in 1917 that the Unit was named after Renata Tyrš.

A group of women participated in a Slet in Chicago in 1921 under the leadership of Sis. Marie Kralik. In 1923, a beautiful American flag, bedecked with a ribbon and a dedication, was sent to Renata Tyrš in Prague upon her 70th birthday. In return, a letter and her autographed photograph were received. Both are kept as precious mementos.

It was in 1922, that Bro. Frank Machovsky, an outstanding gymnast of the Czechoslovak Sokol, arrived with his family to Cedar Rapids to become a new instructor. With him came new life and vigor in the Sokol. The Sokolice joined the A.S.O. in 1924, being members of the old National Organization since 1914. Sister Rose Paider represented the Unit at the 1932 Slet in Prague. During the 1933 Slet in Chicago a team of Jr. girls attained first place. A member of the Czechoslovak gymnasts who performed at that same Slet, made a special trip to Cedar Rapids to present the Sbor with a Czechoslovak flag, a gift of the Kolin Women's BOI.

A very successful membership drive was conducted in 1935 resulting in the initiation of 63 members in one month. That same year a team of Sokolice was sent to the Slet in Cleveland. Two years later 15 women participated in the Slet in Chicago. The transfer of both local Units into the Western District took place in October 1939. A group of 21 Jr. girls and 11 women led by Sisters Anna Kapoun and Marie Vitek participated in the 1941 Chicago Slet. The following year, 37 young members attended the instructor's course at Sokol Camp.

A fund was established to finance Sokol excursions and training courses during the year 1946. A Bazaar netted a profit of \$4,000. Bro. Karel Vavra was secured as a new instructor the following year; a banquet given in his honor. Sisters Marie Vitek, Anna Kapoun and Alma Naxera along with Bro. T. B. Hlubucek attended the 1948 Slet in Prague. It was at this time that a most successful Czech Festival was held in Cedar Rapids with a great participation on the part of both Units. Also, 2 large buses were sent to the Slet in New York and the monthly bulletin was instituted.

The Sokol restaurant at Hawkeye Downs during the All-Iowa Fair in August 1950, and again in 1951, netted a profit totaling more than \$6,375. The Sokolice celebrated their 50th Anniversary in November 1950. The 90th Anniversary of the American Sokol was celebrated in December 1954. The 1955 Slet in St. Louis involved great participation on the part of the Sokolice.

With the local Czech organizations, and the Sokol Units in the forefront, the Centennial of Cedar Rapids in 1956 became a huge success, despite the poor interest expressed by the local City Council and Chamber of Commerce. Special commemorative seals and bronze medallions were issued to mark the occasion.

Meetings were now conducted in Czech and English. Television programs featuring Sokol were presented under the direction of Sis. Marie Vitek. Avid participation took place in Red Cross work, Czech dramatic plays, lectures, concerts, etc. The Sewing Circle through its untiring efforts raised thousands of dollars, as did the committee in charge of the Games Nites. Then there were the Jarmarks, Rummage Sales, Kolache Days, Roast Pork suppers, etc. The Sbor sisters, many of them in advanced age became exhausted, but always happy with the success of their endeavors.

Also, their efforts in behalf of the Childrens Camp near Center Point, the providing of modern kitchen facilities in the Club Room, the purchase of new draperies for the entire Sokol building, in addition to the frequent and large donations on the part of the Sokolice must never be overlooked.

At the close of World War II., the Federation of Czech Groups, with both Units represented, started the movement to erect a monument at the Czech National Cemetery in Cedar Rapids on behalf of all servicemen of Czech nationality who gave their lives for their country. The Unit also contributed generously toward the

purchase of a monument for the late Bro. Frank Machovsky.

The 1960 ASO Convention was held in Cedar Rapids. At the banquet all the Sokolice with 25 or more years membership were presented with Sokol pins. The Western District Slet was held at the Memorial Stadium. Sis. Barbara Nemecek represented the Unit in Washington, D.C., during the presentation of the T. G. Masaryk commemorative postage stamp that same year.

In 1962, Sis. Libbie Melsha was part of the ASO excursion to Europe: Attending the 100th Anniversary Slet of the Vienna Sokol, the ceremony at the shores of the turbulent river Aach where Dr. Miroslav Tyrs lost his life, and at the commemoration of the death of Jan Hus where he was burned at the stake for his beliefs in Constance, Germany.

The 1970 Western District Slet was held in Cedar Rapids, the main event took place in the LaSalle High School auditorium. That same year the Sokolice marked their 70th Anniversary. Sokol pins were presented to the 25, 40 and 50-yr. members. The 1970 ASO Convention in Cleveland had Sisters Bette Trefny, Libbie Melsha and Barbara Nemecek representing the Sbor.

The not too long ago 2-month Festival of Czech Arts at the Cedar Rapids Art Center attracted thousands of people to visit displays of: The Sewing Circle, quilting, egg decoration, lace making, in addition to the dancing of the Beseda, gymnastic exhibitions, musical programs, etc. Beautiful authentic national folk costumes were seen at every event during the Festival.

Many devoted Sokol sisters served as President and Director of Women since the Sbor Sokolice was founded many years ago. The list is too lengthy for publication.

A great deal could be written about the work, enthusiasm, love and loyalty of the Renata Tyrs Sokolice from the very beginning down through the years. Even though many sisters were growing older, and many had passed away, support was always given by the younger sisters in the ranks. Great appreciation is given to Sis. Kveta Smith, who is responsible for the gym activities, the enrollment and the growing number of youngsters in all classes.

Renata Tyrs has done more than its share to perpetuate the Sokol ideals. Its work is not finished. It will continue working and spreading the Sokol immortal mottos centering on better, healthier and morally strong men and women in our country.

## Southern District Slet

The Southern District Slet was held in Corpus Christi, Texas, June 6, 7 and 8th.

The Friday evening volleyball championships were held at Del Mar College in Corpus Christi. Five teams entered in the Junior Division and four teams in the Senior Division. Sokol Karel Havlicek Borovsky, Ennis, won the Junior Division and Sokol Zizka, Dallas, won the Senior Division.

Del Mar College was also the site of the apparatus competitions on Saturday. Approximately 260 girls,

junior girls, and women and 100 boys, junior boys and men competed. The facilities and apparatus were excellent and the competitions and tabulations went very smoothly. Swimming competitions were held in the college pool.

The traditional Victory Dance was held Saturday evening at the Moravian Hall, following a delicious fish fry at Sokol Corpus Christi. A capacity crowd witnessed the excited juniors and seniors as they received their awards.

The Sunday Slet program was held on the parade grounds of Sokol Corpus Christi. Despite a light rain, the program continued and was enjoyed by all that braved the weather. Several numbers were cancelled due to the rain; however, mass calisthenics by all classes, and eight special numbers competing for awards were presented. Bro. Sid Pokladnik and the Dallas Czech Concert Orchestra provided musical accompaniment until the rain forced it to quit. We continue to appreciate the time that Bro. Pokladnik and the orchestra put into providing us with excellent music. We especially appreciate the orchestra's many efforts connected with the trip to the Slet this year.

Special number awards were presented to Sokol Fort Worth in the Junior-Senior Division and to Sokol Houston in the Children's Division. Children's competition awards were presented during the Sunday program.

Sylvia Laznovsky

## "God Bless America"

GOD BLESS AMERICA,  
Land that I love.  
Stand beside her  
And guide her,  
Thru the night  
With a light from above.  
From the mountains,  
To the prairies,  
To the oceans white with foam,  
(God bless America,  
My home, sweet home:)

ŽEHNEJ AMERICÉ,  
Bože dobrý,  
Stůj vždy při ní  
a chraň jí,  
za noci s pomocí Tvé záři.  
Od velkých hor,  
ku preriím,  
až ku mořím šumícím.  
Žehnej Americé  
v Tvé oblasti.  
Naši domovně, naši vlasti.

(Editor's Note. - The Czech translation above was submitted by Sis. Anne Novotny of Sokolice South Omaha. It is the work of Bro. Frank Smrz, a member of Sokol Omaha, the Nebraska Czechs, Inc., and the President of the Omaha Czech Culture Club. Bro. Smrz is well known for his talents of writing original, and also, translating American songs into the Czech language.)



**BETTY PRENER**  
I Vice-President



**RUDOLPH SVOBODA**  
II Vice-President



**STANLEY BARCAL**  
Educational Director

## Cleveland's All Nations Festival

On a front page spread of the Cleveland Plain Dealer, dated August 1, 1975, there appeared a large picture of three Tyrs' Sokolice preparing potatoe pancakes for sale in the Sokol Tyrs booth during the All Nations Festival at the Hanna Fountain Mall in downtown Cleveland. The article stated: "Thousands of Clevelanders gave 5-stars to the potatoe pancakes and other exotic viands at the Festival at the Mall. Cooks at the Sokol's potatoe pancake booth were Joanne Prochazka, Audrey Roth and Kim Srsen. The Festival opened July 31st and was to continue through August 3rd."

Other contributions to the 4-day affair was a Folk dancing exhibition by the gymnasts of Sokol Tyrs and a program by the Sokol Tyrs' Concert Band. Sokol Tyrs got involved in this Festival last year and utilized the net proceeds to subsidize its other programs.

Since returning from the ASO Convention in June, the American Sokol, Inc. has purchased the Bohemian National Hall on Broadway Avenue. Two large rooms on the 3rd floor are being prepared as permanent apparatus rooms. Under the proposed plans, all apparatus would be located in such a manner in these rooms that it would never have to be moved.

Sokol Tyrs has decided to move all of its cultural and gymnastic activities to Bohemian Hall. The Unit held its first membership meeting in this Hall on July 16th. More than 90 members were present. It is the sincere hope, that even in an older Hall, the re-establishment of a social atmosphere among our members will certainly be justification in the decision to purchase this Hall.

Robert E. Jirousek

## A.S.O. Financial Report

July 1975

### RECEIPTS:

Dues .....	\$3,432.25
Convention Fund .....	60.00
Special Assessment .....	20.00
Dividends and Interest .....	168.75
Sokol T. G. Masaryk Dues .....	24.00
Sale of Song Books .....	8.50
Miscellaneous .....	2.55
<b>Total Receipts</b>	<b>\$3,716.05</b>

### DISBURSEMENTS:

#### Administrative

Salaries .....	\$265.00
F.I.C.A. - F.W.T. for June .....	110.82
I.W.T. - 2nd quarter 1975 .....	39.78
Rental, Janitor Service and Supplies, Phone, Electric .....	384.73
Office Supplies, Postage .....	44.52
Advertising .....	15.00
Travel Expense .....	207.73
	<b>\$1,067.58</b>

#### Educational Department BOI

Salaries .....	\$368.44
F.I.C.A. - F.W.T. for June .....	29.24
I.W.T. - 2nd quarter 1975 .....	12.48
Postage .....	.24
Editor "Sokol Gymnast" .....	25.00

435.40

**Sokol Publication**

Editor "American Sokol" ..... \$100.00  
 Postage "American Sokol" ..... 2.60

102.60

**Miscellaneous**

Convention Expense ..... \$ 31.54  
 Uniform Division - Salaries,  
 F.I.C.A., I.W.T., Phone ..... 147.51

179.05

Total Disbursements ..... \$1,784.63

**Balance:**

Western National Bank of Cicero -  
 Checking Account ..... \$3,368.94  
 Receipts - July 1975 ..... 3,716.05  
 7,084.99  
 Disbursements - July 1975 ..... 1,784.63  
 \$5,300.36

**FUTURE SOKOL LEADERS FUND**

July 1975

In memory of Bro. James Cihak:

George and Rose Vytlačil .. \$10.00  
 Al and Ann Barzyk ..... 10.00  
 Joseph and Agnes Sotka ... 10.00  
 Bretislav and Bozena Vanek 10.00  
 Jeanette Berquist ..... 10.00  
 Antoinette and Frank Pelich 10.00  
 Charles and Irene Ruzicka . 25.00  
 Anna Falta and  
 Mr. and Mrs. Joseph Falta . 20.00

\$105.00

Frank and Antoinette Pelich ..... 2.00

Dividends Earned ..... 150.93  
 107.00  
 \$257.93

**August 1975**

**RECEIPTS:**

Dues ..... \$ 605.75  
 Dividends and Interest ..... 675.00  
 Advertising in "American Sokol" ..... 180.00  
 Resale of Jewelry ..... 18.00  
 Sale of Songbooks ..... 17.50  
 Membership Kits ..... 12.50  
 Miscellaneous ..... 5.00  
 Total Receipts ..... \$1,513.75

**DISBURSEMENTS:**

**Administrative**

Salaries ..... \$655.72  
 F.I.C.A. and F.W.T. for July ..... 60.56  
 Rental, Janitor Service, Phone ..... 293.35  
 Office Supplies, Postage ..... 121.54  
 Insurance ..... 32.82  
 Travel Expense ..... 202.46  
 Petty Cash Fund for Secretary ..... 25.00  
 Miscellaneous ..... 43.30

\$1,434.75

**Educational Department BOI**

Salaries ..... \$368.44  
 F.I.C.A. for July ..... 46.80  
 Subscriptions and Fees ..... 65.00  
 District Course Diplomas ..... 32.00  
 Editor "Sokol Gymnast" ..... 25.00  
 Addtl. copies "Sokol Gymnast" ... 28.00

565.24

**Sokol Publication**

Printing "American Sokol" ..... \$1,067.48  
 Photos for "American Sokol" .... 66.15  
 Editor "American Sokol" ..... 100.00  
 Postage "American Sokol" ..... 58.87

1,292.50

**Miscellaneous**

Uniform Division - Salaries,  
 F.I.C.A., Office Supplies,  
 Phone ..... \$ 161.21

161.21

Total Disbursements

\$3,453.70

**Balance:**

Western National Bank of Cicero -  
 Checking Account ..... \$5,300.36  
 Receipts - August 1975 ..... 1,513.75  
 6,814.11  
 Disbursements - August 1975 ..... 3,453.70  
 \$3,360.41

**FUTURE SOKOL LEADERS FUND**

August 1975

In memory of bro. James Cihak:

Mr. and Mrs. Joseph Masek, Jr.  
 and Rose Travnicek ..... \$ 5.00  
 Frank and Camilla Ulrich ..... 10.00  
 John and Helen Kalicak ..... 10.00  
 John and Emily Reiner ..... 5.00  
 Isabelle Triska ..... 5.00  
 Hilda Jelinek ..... 10.00

\$45.00

In memory of sis. Marie Prener:

Kate Danko ..... \$10.00  
 Frank and Bessie Vorel ..... 10.00  
 Mr. and Mrs. Frank Guzy and  
 Mrs. Hattie Marek ..... 25.00  
 Dr. and Mrs. Henry Swiontek and  
 Family ..... 20.00  
 Mrs. Anna Marek ..... 10.00  
 Hilda Jelinek ..... 10.00

85.00

\$130.00

Donations are tax exempt

**A Notable Young Sokol**

Randolph R. Sijansky, a member of Sokol Corpus Christi, received several notable awards in the field of agriculture: (1) 1973 Reserve Champion Duroc Swine (FFA). (Two certificates and two pins). (2) Dekalb

# SOKOL GYMNAST

SEPTEMBER 1975

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Edited by AMERICAN SOKOL BOARD OF INSTRUCTORS

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## SISTER MILDRED PRCHAL IN ATHLETIC HALL OF FAME

Sister Mildred Prchal, of 2419 Scoville Ave., was one of three former competitors in gymnastics, now patrons of the physical fitness activity, named to the Citizens Savings Hall Gymnastics Hall of Fame in Los Angeles, Calif.

There have been 78 persons cited for the honor since 1959 when the Hall of Fame was instituted. Marian Twining Barone, of Philadelphia, and George Lewis, of Seattle, the other two honor recipients, and Mrs. Prchal, will all receive Hall of Fame awards at a special presentation ceremony.

Mrs. Prchal has been a coach and instructor of gymnastics, classical ballet, modern dance, acrobatics and tap. She studied in the United States, Paris, France; she also studied rhythmic dance and fencing in Prague, Czechoslovakia. Her Sokol training started in Pilsen Sokol, Chicago at the age of 5. Later she became pupil and instructor in Sokol Havlicek-Tyrs - she is, at present, a member of Sokol Tabor. Mrs. Prchal was fortunate in having such Sokol teachers as Bro. Haller, Bro. Rudolph Cermak, Bro. Joseph Cermak and Bro. Joseph Brouk.

In November of 1974 Mrs. Prchal was awarded the Master of Sports recognition at the USGF Congress of Coaches and was named honorary member of the American Sokol Organization during the 1975 ASO. National Convention in Detroit.

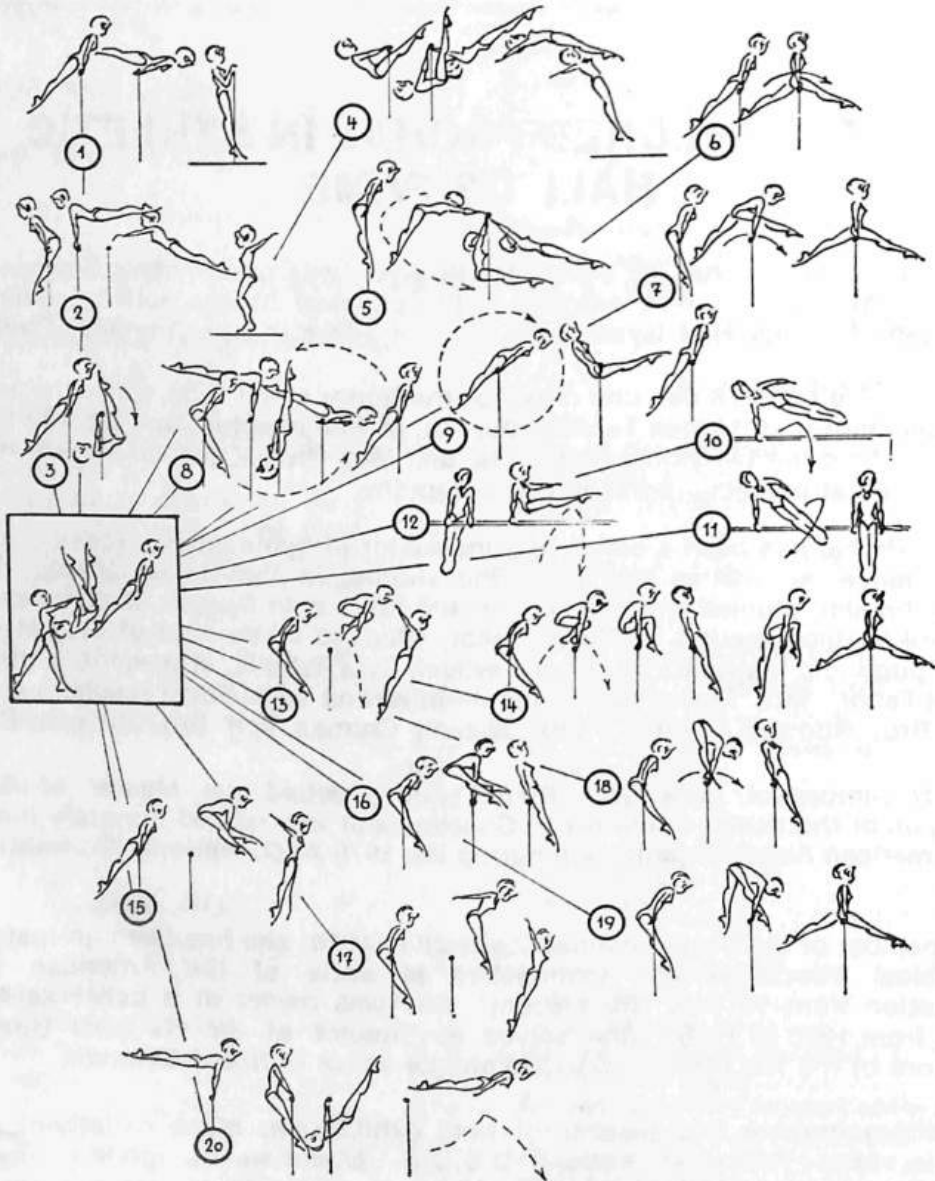
A member of the Sokol Gymnastics team in 1920, she has been an instructor of physical education and gymnastics in units of the American Sokol Organization from 1919 to the present. She was owner of a ballet school in Berwyn from 1926 to 1938. She served as director of the National Board of Instructors of the ASO from 1953-1965 and as editor of Sokol Gymnast.

A choreographer and teacher of field exhibitions, mass calisthenics and pageants, Mrs. Prchal is current U.S.G.F. chairman of modern rhythmic gymnastics and promoting the new trend in competitive modern rhythmic gymnastics for international competition.

She won the Chicago merit award in officiating at the Third Pan American Games in Chicago in 1959 and the Czechoslovakia sokol merit award from Czechoslovakia in 1920.

The Hall of Fame foundation maintains a sports museum and sports library and carries on an awards program, extending recognition also to outstanding amateur athletes of the world.

## Women - Uneven Parallel Bars



**BASIC EXERCISES** - From a stand parallel between bars, facing low bar with alternate rebound - overgrip: UPROTUL FRONTWAY TO FRONT SUPPORT ON LOW BAR - Pictured here are the many combinations possible after executing a front uprotul (insert in square.).

# Sokol USA XVII National Competition

BINGHAMTON, N.Y. JUNE, 1975

## RESULTS

### JUNIOR GIRLS - CHAMPIONSHIP

		Points
1. Mary Sue Stupka	USA - Union	118.75
2. Leanne Klinch	ASO - Renata Tyrs	113.55
3. Denise Moore	ASO - South Omaha	113.05
4. Kim Zamecnik	USA - Nitra	108.80
5. Pat Dickenson	ASO - South Omaha	102.85
6. Denise Micek	ASO - South Omaha	102.50
7. Kim Weber	ASO - Renata Tyrs	100.70
8. Marjorie Rapp	ASO - Little Ferry	100.40
9. Staci Pazdernik	ASO - Renata Tyrs	92.15
10. Paula Ament	ASO - Renata Tyrs	76.55

### JUNIOR BOYS - CHAMPIONSHIP

		Points
1. Jim Hartung	ASO Omaha	236.90
2. Phillip Cahoy	ASO - Omaha	227.70
3. Jim Swoboda	ASO - So. Omaha	219.30
4. Mark Johnson	ASO - Cedar Rapids	217.55
5. Tom Swoboda	ASO - So. Omaha	217.20
6. Steve Hangartner	ASO - Cedar Rapids	163.95

### JUNIOR GIRLS HIGH DIVISION TEAMS

1. ASO - South Omaha	242.8
2. ASO - Renata Tyrs	237.6
3. USA - Luddevit Stur	226.0
4. ASO - Nova Vlast No. 2	204.2

### JUNIOR BOYS HIGH DIVISION TEAMS

1. ASO - Omaha	547.9
2. ASO - Omaha	459.1
3. ASO - Cedar Rapids	419.5

### JUNIOR GIRLS - HIGH

		Points
1. Dawn Wallace	USA - Jan Kollar	84.9
2. Dana Parker	USA - Lud. Stur	81.2
3. Linda Schaffer	ASO - West Suburban	81.1
4. Kim Poulsen	ASO - South Omaha	76.5
5. Laura Gnesko	ASO - Nova Vlast	74.1
6. Dawn Parker	USA - Lud. Stur	72.6
7. Marianne Picha	ASO - Slavsky	72.2
8. Gail Chilla	USA - Lud. Stur	71.5
9. Lynn Cwyner	ASO - Nova Vlast	68.8
10. Barb Felthousen	ASO - South Omaha	66.6
11. Reggie Heeble	ASO - West Suburban	64.5
12. Donna Brown	ASO - Tabor	58.6
13. Jean Onesko	ASO - Nova Vlast	57.0
14. Deanna Stefanek	ASO - Nova Vlast	47.9
15. Alane Feleppelle	ASO - Nova Vlast	47.9

15 Participants

### JUNIOR BOYS - HIGH

		Points
1. John Hartung	ASO - Omaha	179.7
2. Rex Vlcek	ASO - Omaha	163.0
3. Chuck Chmelka	ASO - Omaha	159.9
4. Richard Thompson	ASO - Slavsky	152.5
5. Jesus Vazquez	ASO - Omaha	136.2
6. John Muller	ASO - Cedar Rapids	109.0

### JUNIOR GIRLS INTERMEDIATE DIVISION TEAMS

1. ASO - South Omaha	221.5
2. ASO - Omaha No. 2	220.4
3. ASO - Omaha No. 1	218.4
4. USA - Monessen	216.0

5. USA - Lud. Stur	203.5
6. ASU - District MCT	191.9
7. ASO - Renata Tyrs No. 1	190.1
8. ASO - Nova Vlast	185.3
9. ASO - Detroit	178.7
10. ASO - Renata Tyrs No. 2	175.2
11. ASO - Omaha No. 3	172.7
12. ASO - West Suburban	170.2

### JUNIOR GIRLS - INTERMEDIATE

		Points
1. Carol Chmelka	ASO - Omaha	76.8
2. Cathy Hunsinger	ASO - Cleveland	76.6
3. Cathy Plumb	USA - Byram	76.2
4. Jean Bagel	USA - Lud. Stur	76.1
5. Teri Swoboda	ASO - South Omaha	75.3

58 Participants

### JUNIOR GIRLS LOW A DIVISION TEAMS

1. ASO - Cleveland	400.7
2. D. A. Sokol	390.7
3. USA - M. M. Hodza No. 1	390.2
4. ASO - West Suburban	384.2
5. ASO - Nova Vlast	382.6
6. USA - Lud. Stur	382.5
7. ASO - South Omaha No. 1	382.0
8. USA - Nitra	377.6
9. ASO - Baltimore	377.4
10. ASO - Detroit No. 1	376.1
11. ASO - Omaha	372.5
12. ASO - South Omaha No. 2	372.0
13. ASO - Berwyn	371.1
14. ASO - Crete	369.4
15. ASO - Tabor	366.9
16. ASO - Brookfield	363.3
17. USA - Lodge 306	360.7
18. ASO - Little Ferry	357.8
19. USA - M. M. Hodza No. 2	348.2
20. ASO - Tyrs	345.5
21. ASO - Detroit	343.4
22. USA - Tampa	334.1

### JUNIOR GIRLS - LOW A

1. Rebecca Burgoon	USA - M. M. Hodza	82.9
2. Ann Marie Bogater	ASO - Cleveland	82.3
3. Virg. Fernandez	USA - M. M. Hodza	82.2
3. Nancy Bresson	ASO - Cleveland	82.2
5. Colleen Guinane	ASO - South Omaha	81.4

175 Participants

### JUNIOR GIRLS - LOW B DIVISION TEAMS

1. USA - District MCT No. 1	398.8
2. USA - Byram	390.1
3. D. A. - Sokol No. 1	387.6
4. USA - New York	386.4
5. ASO - Cleveland No. 1	384.1
6. USA - District MCT No. 2	382.8
7. USA - Boonton	380.5
8. USA District Jan Kollar No. 1	371.2
9. D. A. - Sokol No. 2	368.5
10. ASO - West Suburban	359.8
11. USA - District Lake Erie	358.3
12. USA - District MCT No. 3	357.0
13. ASO - Omaha	353.6
14. USA - District Nitra No. 1	353.1
15. ASO - Baltimore	352.2
16. USA - District L. Stur	345.9
17. ASO - Little Ferry	345.2
18. USA - District Jan Kollar No. 2	344.0

19.	USA - District MCT No. 4	339.5
20.	USA - District Nitra No. 2	336.1
21.	ASO - Berwyn	325.1
22.	ASO - Detroit	322.1
23.	ASO - Nova V,ast	317.6
24.	ASO - Cleveland	317.3
25.	ASO - Brookfield	314.6
26.	ASO - Tyrs	302.8

**JUNIOR GIRLS - LOW B**

1.	Jane Knight	USA - New York	83.7
2.	Deidre Collins	USA - New York	82.4
3.	Lori Tartaglione	USA - Byram	82.1
4.	Heather Malony	USA - Byram	81.7
5.	Mary Cernicky	USA - MCT	81.6

186 Participants

**SENIOR WOMEN - HIGH DIVISION**

1.	Vicki Hurt	ASO - South Omaha	78.1
2.	Phyllis Swoboda	ASO - South Omaha	77.3
3.	Rhonda Gerber	ASO	77.1
4.	Karen Plane	ASO - Slavsky	76.2
5.	Karen Sam	USA - Jan Kollar	74.6
6.	Sue Franks	ASO - Tyrs	71.1

**SENIOR WOMEN - INTERMEDIATE DIVISION TEAMS**

1.	ASO - Baltimore	249.6
2.	ASO - Stickney	248.5
3.	ASO - Western District	245.2
4.	ASO - Nova Vlast	243.8
5.	ASO - Little Ferry	234.8
6.	ASO - Slavsky	226.8
7.	ASO - Detroit	218.7
8.	USA - MCT	205.6

**SENIOR WOMEN - INTERMEDIATE DIV.**

1.	Bernadine Wittman	ASO - Baltimore	86.5
2.	Jolene Hamann	ASO - South Omaha	85.1
3.	Kim Rus	ASO - Stickney	84.3
4.	Janice Wostratzky	ASO - Stickney	83.7
5.	Sue Vojt	USA - Byram	83.4

37 Participants

**SENIOR WOMEN - LOW A DIVISION TEAMS**

1.	D.A. Sokol	398.3
2.	ASO - Nova Vlast	385.6
3.	ASO - Tyrs	367.1
4.	ASO - Berwyn	336.4

**SENIOR WOMEN - LOW A**

1.	Lorraine Rut	D.A. Sokol	83.4
2.	Linda Dolezal	D.A. Sokol	82.7
3.	Christine Cerny	D.A. Sokol	82.6
4.	Dolly Baca	ASO - Tyrs	81.9
5.	Marion Peterka	ASO - Nova Vlast	81.4

40 Participants

**SENIOR WOMEN - LOW B DIVISION TEAMS**

1.	D.A. Sokol	397.0
2.	ASO - Central District	392.9
3.	ASO Nova Vlast	

**SENIOR WOMEN - LOW B**

1.	Barb Vondra	ASO - Stickney	85.8
2.	Elizabeth Rastetter	D.A. Sokol	83.4
3.	Janet Rastetter	D.A. Sokol	82.5
4.	Ann Sapienza	D.A. Sokol	81.7
5.	Alicia Mancini	ASO - Brookfield	80.7

20 Participants

**JUNIOR BOYS - INTERMEDIATE DIVISION TEAMS**

1.	D.A. Sokol Astoria	529.3
2.	ASO - Detroit No. 1	523.7
3.	ASO - South Omaha	497.3
4.	Sokol USA M.M. Hodza No. 1	471.0
5.	ASO - Detroit No. 2	451.8
6.	Sokol USA M.M. Hodza No. 2	408.7

**JUNIOR BOYS - INTERMEDIATE DIVISION**

1.	Paul Rut	D.A. Sokol	183.3
2.	Joe Melnik	ASO - Detroit	180.1
3.	John Tesar	D.A. Sokol	177.5
4.	Jack Jaroh	ASO - Detroit	172.0
5.	David Podrazo	ASO - South Omaha	171.8

32 Participants

**JUNIOR BOYS - LOW DIVISION TEAMS**

1.	D.A. Sokol	873.7
2.	ASO - South Omaha	845.9
3.	USA - M. M. Hodza	800.2
4.	ASO - Detroit	782.3
5.	ASO - Berwyn	753.0
6.	ASO -brookfield	716.9
7.	ASO - Detroit No. 2	602.7
8.	USA - Lud. Stur	572.7
9.	USA - Lodge 306	276.2

**JUNIOR BOYS - LOW DIVISION**

1.	Steven Ballek	D.A. Sokol	187.9
2.	Eugene Novacek	ASO - Detroit	184.8
3.	Scott Dobrusky	ASO - South Omaha	181.7
4.	Todd Vesely	D.A. Sokol	181.4
5.	Tom Satorie	ASO - South Omaha	179.6

72 Participants

**SENIOR MEN - CHAMPIONSHIP**

1.	Ed Pavek	ASO - Berwyn	215.85
2.	Terry Johnson	ASO - Cedar Rapids	208.55
3.	Frank Kudlac	USA - Nitra	202.55
4.	Steve Elsass	ASO - South Omaha	200.40
5.	Al Kittrell	ASO - Cedar Rapids	166.5

**SENIOR MEN - HIGH DIVISION**

1.	Rick Kalivoda	ASO - Detroit	160.8
2.	Greg Fiepel	ASO - Berwyn	42.5

**SENIOR MEN - INTERMEDIATE DIVISION TEAMS**

1.	ASO - Tyrs	514.7
2.	Sokol Canada	472.2
3.	ASO - Slavsky	451.7

**SENIOR MEN - INTERMEDIATE**

1.	Mike Eckhoff	ASO - Tyrs	186.7
2.	Don Kotlan	ASO - Nova Vlast	177.4
3.	Al Forest	Sokol Canada	172.3
4.	John Kolnik	ASO - Fuegner	169.3
5.	Terry Nesbitt	ASO - Tyrs	164.6

22 Participants

**SENIOR MEN - LOW DIVISION TEAMS**

1.	ASO Tyrs	581.9
2.	D.A. Sokol	521.8

**SENIOR MEN - LOW A**

1.	Jerry Jana	ASO - Nova Vlast	121.5
2.	John Ballance	ASO - Tyrs	121.2
3.	Ken Vencel	ASO - Tyrs	120.2
4.	Joe Vanecek	ASO - Tyrs	118.8
5.	Gary Stanford	USA - Lake Erie	118.1

32 Participants

**SENIOR MEN - LOW B DIVISION TEAMS**

1.	ASO - Nova Vlast	504.6
2.	ASO - Tyrs	471.6

**SENIOR MEN - LOW B**

1.	Greg Filo	ASO - Nova Vlast	103.1
2.	David Slowbe	ASO - Nova Vlast	103.0
3.	Glen Galaida	ASO - Nova Vlast	102.4
4.	Richard Smetana		
5.	Kevin Koelliker	ASO - Nova Vlast	100.7
		ASO - Tyrs	95.9

11 Participants

Agricultural Accomplishment Award. This award is for outstanding scholarship programs in agriculture. This certificate was received from Dekalb Ag-Research, Inc. (3) State Lone Star Farmer Degree, 1975. This is for keeping correct records in the FFA, 1972-1975, and listing all activities in FFA and outside activities. This is sponsored by the Texas Educational Ass'n.

Besides achieving all these awards, Randy is very active in Sokol. Since 1962, he has attended many Slets and District meetings and several courses. He is Assistant Director of Men, a right hand to his brother, Jerry, who is the present Director of Men at Sokol Corpus Christi.

Randy was to enroll at Del Mar College and continue in his studies to become a State Highway Safety Officer.

John Stasa

## From the Congressional Record

(Editor's Note: - Representative Henry Helstoski of New Jersey addressed the U.S. House of Representatives, May 15, 1975. His glowing tribute of our Sokol Organization was read at the XII. A.S.O. Convention in Detroit, Mich. by Sis. Betty Prener and was incorporated into the Convention minutes.)

Mr. Speaker, today we live in an age wrought with domestic anxiety and international tension. In every direction we turn, it seems as if another crisis waits to confront the spirit and fiber of the American people. Today, however, I would like to take a moment to pay tribute to an organization which over a 100 years has played a vital role in building a better America.

As a result of the fine record in preserving physical fitness, the American Sokol Educational and Physical Cultural organization has earned an important place among American service groups. Since 1865, American Sokol has played a dynamic role in instilling the principles of freedom, friendship and truth throughout the Nation, in promoting a strong bond of brotherhood among men and women in all parts of the country.

Furthermore, Mr. Speaker, I would like to take a moment to commend Little Ferry, N.J., Sokol in particular. In view of the fact that I have the honor of representing Little Ferry in Congress, I have had the opportunity to witness firsthand many of the outstanding contributions Little Ferry Sokol members have made in their community. For over 75 years, the men and women of Little Ferry Sokol have inspired their friends and neighbors through their tireless pursuit of personal fulfillment.

In conclusion, I would like to commend American Sokol once again, and in particular the members of the Little Ferry Chapter, for their many outstanding accomplishments. As William Zabransky, Jr., a long time member of Little Ferry Sokol, said to me a short time ago:

"If the people of the world could adopt the principles and ideals of Dr. Miroslav Tyrs, the founder of Sokol, there would be a better understanding of mankind on Earth today."

## A.S.O. ORGANIZATIONAL DIRECTOR



ANNA BASTA

## Czech Heritage and Culture At Sokol Houston

Texans of Czech-American descent honor the memory of their pioneers. Such was the case on July 6th as part of the Czech-American participation in opening of Houston's Bicentennial year festivities, Sokol Houston presented a Czech Day, with an outstanding program of Czech heritage in arts, folklore, mass physical culture and merriment.

The festivities began at noon with a dinner. Large crowds from Houston and out-of-town visitors soon filled the auditorium to capacity. The audience was entertained by a brass band playing popular Czech marches, polkas and waltzes.

The afternoon's program was produced and directed by Bro. John J. Pech. It opened with the Concert Choral Society presenting numbers, both in the classical and popular fields. The group performed in flawless grandeur. The appearance of the youth in the Sokol Heritage and Patriotic number received much applause. The festive atmosphere continued with the entrance of the newly-formed folkloric dancing and ensemble of young ladies. Their lovely costumes, joyous singing and the choreography by Sis. Birdie Hilsher was enthusiastically received.

One of the highlights of the program was the performance of calisthenics and special numbers by the young Sokol girls under the direction of Sisters Carrie Vodehnal and Margaret Kasowski. Their performances were flawless, same as when they and the folklore dancers performed July 4th on the stages at Allens Landing and Sam Houston Park.

Much laughter was brought on by the disheveled "Old Village Band", composed of the professional people among the Sokols. Music was not their chosen profession and that was no secret.

Sis. Hilsher is the chairman of the cultural events' activity. Without her there would be no Czech Heritage

participation in the Bicentennial festivities. Another evening of films on the Czech culture, heritage and history is in the making. In December, Bro. Pech's new musical program "The Yuletide Festival" will feature an English presentation of the "Czech Carols of Old" set to folkloric pantomime.

Emil Kuropata  
SPJST Vestnik

## Our Heritage

Not for just an hour, not for just a day, but always!

To be a Sokol means to be ready and on guard to protect our Bill of Rights. This is a very deep thought, when we stop to think how many young lives were sacrificed already for this country. Black or white, to bring about a better place to live. How many of our boys all over the world gave their lives to bring democracy and better understanding between nations? Dr. Miroslav Tyrs had foreseen all that, he knew very well what is best for a human body and a strong and healthy nation. Our Czech Heritage is something in which to be proud. During these trying times of recession let us all be better Americans and take up the burden that our boys so proudly and so nobly had thus far advanced. As President Lincoln stated: "Government of the People, by the People and for the People shall not perish from the earth."

Fred Anthony  
Sokol Cedar Rapids, Iowa

## "Back to Gym"

As loyal Sokol members, begin the movement "back to gym." With good will, the time for it can be found. And you mothers and fathers, devote some thought to the welfare of your children. Send them to the Sokol gym where they will live through some of the happiest moments of their lives.

Let us devote our efforts toward an increased interest in Sokol physical training. We can begin, first of all, in our families and then we can begin convincing our friends and neighbors that their children belong in the Sokol gymnasiums. They will eventually be grateful to you and you, yourself will find happiness in the thought that you have accomplished a worthy task in behalf of the individual and the nation.

Sokol Baltimore Topix

## LEADERSHIP

NO SUPERMEN. Shun the "superman urge", writes author-nutritionist **Carlson Wade**, adding, "No one can be perfect in everything. Decide which things you can do well, then put your major effort into these. They are apt to be the things you like to do, and give you the greatest satisfaction."

## John J. Kriza

Brother John Kriza, 56, international ballet star and a member of Sokol Tabor in Berwyn, Ill., was the victim of a drowning accident on August 25, 1975, while swimming in the Gulf of Mexico near Naples, Fla. Bro. Kriza came from a well known Sokol family.

Bro. Kriza began his career as a student in the ballet school conducted by Sis. Mildred Prchal. He became a master of the ballet of world renown, performing on some of the most famous stages across the world, even including the White House in Washington, D.C.

A charter member and the premier star of the American Ballet Theater in the 1950's and 1960's, he gained international fame with his ballet interpretation of the Old West badman "Billy the Kid" in the production of that name. Although he starred in many other ballets he was always identified with his role in "Billy the Kid". A European reviewer once said of the production, "It is a colorful and moving interpretation of the American West and its star, John Kriza, is a master for any country, any century."

In semi-retirement, he devoted himself to teaching ballet at the University of Indiana but annually appeared in ballet in Denver, Colorado. He was a member of the Dance Panel for the Illinois Arts Council, and also the C.S.A.

Preceded in death by his parents, Marie and John Kriza, he is survived by a sister, Lillian Rosicky.

## Jerry Madera

Bro. Jaroslav R. Madera was a member of Sokol Town of Lake in Chicago for more than 50 years. He supported the Sokol movement actively and financially, for he believed in the benefit our youth derived from its program. He was an active member of the Sokol Townites Social Club and a delegate to the Central District, A.S.O., lending a hand whenever called upon. Served on the banquet committee during the National Sokol Slet and took movies of the competition and the gymnastic exhibition at the Morton West High School Stadium.

Bro. Madera was in charge of the Special Train Tour from Chicago to Washington, D.C. for the official issuance by the U.S. Post Office Department of the Sokol Centennial Commemorative Stamp in ceremonies held on Feb. 15, 1965.

He made many visits to Czechoslovakia and on several occasions was privileged to meet with Mrs. Hana Benes, wife of the second president of Czechoslovakia, Dr. Eduard Benes. He was a delegate to the Bohemian Home for the Aged, representing Lodge Woodrow Wilson No. 377, C.S.A., and Sokol Town of Lake. Served on the Board of Directors who in an expression of sympathy said: "Although he was born in the United States, Jerry was a true Czech in body and spirit, a man of sterling character and a heart of gold. We honor his memory."

Bro. Madera was a pharmacist by profession and operated a pharmacy on the south side of Chicago. His travels took him to many countries, he was interested in

people, culture, art and music as evidenced by his collection of tapes and pictures which he shared freely with his many friends.

To all of us who knew him, Bro. Jerry was a kindly soul, a true friend, a sincere and dedicated worker.

Irene Ruzicka  
Anton Smunt

## Helen Dusek

The responsibility that rests upon the shoulders of all those that have the love of Sokol within their heart - to support the Sokol dream - is so great that it must be shared with others. However, departed Sis. Helen Dusek not only did her share, but so much more, to enhance the mutual cooperation and understanding that constitutes the secret of a true Sokol.

Sis. Helen Lastovica Dusek was born in Omaha, February 10, 1892, the same year her folks moved to Pauline, Nebr. to a farm and took up housekeeping in a sod house. In 1899, the family moved back to Omaha where the remaining years of their lives were spent.

Beloved Sis. Helen Dusek first started on her unparalleled tour as a devoted Sokolice, as a gymnast, and a member of the Czech school shortly after the turn of the century. She joined Sokolice Omaha in 1909, making her a member for more than 66 years. In 1915, she was united in marriage to another young Sokol member - Charlie Dusek. They were blessed with two daughters - Helen and Mildred.

Sis. Dusek was very active in all the functions of Sokol Omaha, serving on countless committees. Another love of hers was the younger generation of Sokol. She, along with others, instigated the children's summer camping sessions, where many of her summers were spent as one of the cooks.

Being a talented seamstress, she worked with the Sokol ladies sewing circle. Thousands of their items were made and sold to promote the Sokol ideals. In 1942 she was elected Treasurer of the Western District, a capacity she served until 1965. In addition to that responsibility, she was elected President of Sokolice Omaha in 1950 and served in that office until 1965. She was a delegate at the American Sokol Conventions in 1950-1955-1960. In her last remaining years, she still carried the title of Courtesy Chairman.

As a person who could instill in others the true meaning of Sokol work, her two daughters are closely following her footsteps. Sis. Helen Karpisek is an active member of Omaha Sokol Ladies over 28 years, and is presently serving as President. Mildred Krejci has been a member more than 38 years. She held the office of Financial Sec'y. many years. Grand-daughter Janice Gathye now instructs the girls classes.

Sis. Helen Dusek's understanding and thoughtfulness along with her devoted and untiring work of many, many years has left an indelible guideline that all Sokols should strive to follow. Sokolice Omaha, as well as all Sokols, will miss her cheerful smile, her guidance, and devoted Sokol work. May she rest in peace.

Blanche Masek

## Wesley Vonasek

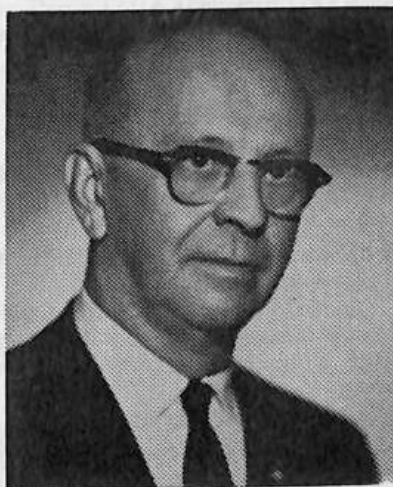
Sokol South Omaha lost another of its outstanding members with the passing of Bro. Vonasek. Born in South Omaha on February 23, 1902, and departed this life on May 5, 1975, at the age of 73 years.

Bro. Vonasek was a member of Sokol South Omaha for 55 yrs. He was a great gymnast, competing in many Slets and helped win many trophies and also a good number of individual medals. Many times he referred to the Sokol Hall as his "second home", as he spent most of his boyhood days in the gym, working out, playing basketball, etc. He was an active member, participating in all Sokol activities until his health failed. He served on many committees, both at the Hall and at Sokol Park. For several years he was a member of the Board of Directors.

Deepest sympathy is extended to his widow, Caroline; son, Joseph; and daughter-in-law, Diane, and a grand-daughter.

Sokol South Omaha News-Letter

## James L. Čihák



Hluboce želíme ztráty jednoho z vynikajících a nejobětavějších národních pracovníků naší doby - bratra James Čiháka.

Br. Čihák byl jedním s mála těch, kteří - ač již rodilí Američané - věnovali československé národní a spolkové činnosti v Americe celý svůj život. Vždy se hrdě hlásil ku svému čs. původu.

Br. Čihák se narodil 8. října 1900 v Chicagu, Ill. Zemřel 7. července 1975.

V roce 1917, ještě před vstupem Spojených států do první světové války, se jim, ve svých 17 letech, dobrovolně přihlásil do československé legie ve Francii, která bojovala za osvobození čs. země z nadvlády habsburské. Bojoval v bitvách u Mulhausen, Remeše, Verdunu a Vouzier a byl vyznamenán čs. válečným křížem s palmou, francouzským Croix de Guerre a dalšími řády. Ku konci války se stal členem osobní stráže presidenta

T. G. Masaryka. Za pobytu v Československu působil jako překladatel pro pomocnou misi amerického presidenta Hoovera.

Do Spojených států se br. Čihák vrátil v září 1919 a dokončil svá studia na Medill College of Commerce.

Po celá léta svého života se nezištně věnoval národní a spolkové činnosti. Oddán sokolské ideji Fuegnera a Tyrše, stal se vynikajícím členem Sokola Town of Lake, kde též zastával mnohé úřady. Po mnoho roků byl vzdělavatelem Americké obce sokolské a jeho různá pojednání o významu a úkolech Sokolstva budou ještě po mnoho let používána při výchovné a vzdělávací činnosti Sokola. Sokol byl druhou láskou br. Čiháka a svou činností sokolskou si vybudoval pomník - i když nechtíc - jako málokterý oddaný sokolský pracovník.

Byl zakladatelem První družiny čs. legionářů - a také jedním z posledních žijících členů této vlastenecké organizace, které sloužil po dlouhá léta jako předseda či velitel.

Byl zakládajícím členem a prvním předsedou řádu Woodrow Wilson, čís. 377, ČSA, členem francouzských válečných veteránů, Kanadské legie, Jugoslávské legie, řádu Illinois, ZČBJ a j.

Národní citění, oddanost k ideám presidenta Osvoboditele, T. G. Masaryka a americkým zásadám svobody, spravedlnosti a demokracie, vedly br. Čiháka k jeho členství v Československé národní radě americké, kde sloužil po dlouhá léta jako člen předsednictva.

Byl výborným písmákem a historikem. Napsal celou řadu historických spisů - o významu sokolstva, o práci T. G. Masaryka, o nebezpečí komunistické rozpínivosti, o nutnosti sjednocení československé větve v Americe k záchraně amerických zásad demokracie a spravedlnosti, o obnovení samostatnosti a svobody československého státu a j.

Br. Čihák byl šlechtitným mužem, váženým přítelem, upřímným a zásadovým člověkem.

Pozůstalé manželce, Blaženě, synu, plukovníku Edwardovi, snaze Susaně a vnukům Steven a Jimovi jakož i dalším příbuzným a přátelům, vyslovujeme upřímnou soustrast.

Čest budiž jeho nehynoucí památce!

James V. Krákora

## Letošní národnostní festival v Clevelandu byl nejúspěšnější!

Národnostní festival - All Nations Fair - na Mallu ve vnitřním městě navštívilo ve dnech 31. července, 1., 2. a 3. srpna přes 200,000 osob. Bohatý program, hudby, nepetržitě řady stánků, se těšily početné návštěvě účastníků zvláště v poledne a večer.

Z našich skupin vystoupily hudba Sokola Tyrš, rodina Liháni, taneční sokolská skupina.

Mladí Sokoláci, kteří tam napekli hromady bramborových placek a opekli tuny vuřtů "udělali" první stránku Plain Dealeru. Jejich usměvavé tváře za tuctem lívanečníků v parném počasí se rozhodně

vyjímaly lépe než bezradné tváře chlapců z Mount Pleasant Boys Club, sedících na chodníku před bývalou sokolovnou Tyrše na vých. 131. ulici, které jsme viděli v Plain Dealeru na první straně jednoho dne. Budova je zavřena a jejich vedoucí shání \$30,000 na její znovuotevření. Fondy totiž došly. Sokoláci pečou placky, aby sehnaly fondy na svoji druhou budovu - Českou národní síň!

Nový Svět

## Zlepšení úrovně cvičebních hodin v jednotách

### Posouzení situace a návrh opatření.

#### I.

Podle mých dosavadních zkušeností je cvičení všech složek v Americkém Sokole zaměřeno výlučně na nářadový tělocvik, případně na moderní gymnastiku. V důsledku toho postrádá náplň cvičebních hodin plnění základního požadavku, zdůrazňovaného již Tyršem, tj. požadavku všestrannosti. Neprovozuje se téměř vůbec lehká atletika (běhy, skoky, vrhy), plavání, zápas, šerm, bruslení, lyžování, jízda na koni, turistika. Výjimkou jsou odbíjená a košíková, kde opět je obtíž v tom, že její hráči se buď vůbec nebo jen velmi málo účastní pravidelných sokolských cvičebních hodin.

Program našich cvičebních hodin je příliš stereotypní: stále se opakující nacvičování, stále týchž prvků na nářadí, nemění se (v základě) prostná, které mimoto zabírají v jarních měsících všechnen čas, a unaví cvičence tak, že se těší, až bude po veřejném cvičení.

Doporučuji velmi naléhavě, aby tyto stinné stránky naší činnosti byly postupně odstraňovány.

Povzbuzením nám může být skutečnost, že i při nedokonalosti našich cvičebních hodin přichází nám stále více mládeže do cvičení, a to především díky rodičům, kteří neustávají naše cvičení chválit. Kdybychom však skutečně rovnoměrně prováděli Tyršovu tělocvičnou soustavu, asi tak, jak se jí přiblížila bývalá Československá obec sokolská v létech třicátých, musili bychom zažít přímo nával nových cvičenců.

V poslední době se projevuje ve veřejnosti velký zájem o získání a udržení tělesné zdatnosti, avšak tento zájem je zaváděn na scestí komerčními akcemi, které, mnohem více než je tomu v Sokole, si libují v jednostrannosti: joggování, odučňovací tělocvik, karate, joga, všechny možné odrudy diet atd. Jednostranná činnost však lidem brzy zevšední, a tak za čas odpadnou. Vyržší pouze osobnosti se sklonem k askesí.

V Sokole se ale jednotlivci udržuje (nebo - měl by se udržovat) z několika závažných důvodů: pestrost cvičení, zábavnost náplně, bratrské prostředí, jasnost cíle, tj. tělesná zdatnost získaná všestranným cvičením, která je prostředkem ke ztvárnění jednotlivce v člověka mravného a duševně čilého.

V sokolském prostředí mají nacházet uspokojení nejen tělesně zdatní, ale i ti, kteří pohybově nadaní nejsou. Má být přihlíženo k vyspělosti tak, aby i ti průměrní a podprůměrní měli předpoklady ku zlepšení.

Záleží tedy téměř všechno na cvičitelích a jejich přípravě.



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If you do not scale the mountain, you won't see the view.

An income is what you can't live without or within.

With the so-called liberals wanting more and more government, and the so-called conservatives wanting less and less, no wonder we're confused.

Education is something you get when your father sends you to college, but it isn't complete until you send your son there.

An efficiency expert is one who can tell you how to run your business, but isn't smart enough to start one of his own.

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Navrhují proto, aby na valném sjezdu byla předložena ke schválení tato opatření:

## II.

**N á v r h**

1. Obsahem sokolské tělesné výchovy není pouze výcvik ve cvičení na náradí. Změnit proto jméno časopisu Sokol Gymnast na "Sokol", aby i název odpovídal náplni. Případně vymyslet jiný vhodnější název, jako např. "Sokolský borec", "Sokolská zdatnost" nebo "Sokolský tělocvik".

2. V časopise uveřejňovat především pokyny pro správné vedení cvičebních hodin, dále pak jak dosud zprávy o činnosti v jednotách a instrukční články pro cvičení na náradí, ale i pro cvičení ostatní, zahrnutá v Tyršově tělocvičné soustavě (běhy, skoky, vrhy, hody, hry, plavání, bruslení, lyžování).

3. Mimo časopis vydávat v dostatečném množství nejen příručky jako "Sokol Manual", ale zejména instrukce pro pořádání cvičitelských kursů přímo v

jednotách (tzv. kursů pomahatelských) jako přípravu pro kursy ASO. Požadovat od jednot, aby takové základní kursy pořádaly.

4. Utvořit v rámci náčelnictva ASO, případně ve spolupráci se Sokolem USA a Čsl. sokolem v zahraničí studijní kruh cvičitelů zajímavících se o tělocvičnou a sportovní literaturu vydávanou v celém světě. Tento kruh odborníků by v časopise upozorňoval na vhodnou odbornou literaturu, vypracovával výtahy z ní a doporučoval ty novinky, které jsou pro sokolský tělocvik vhodné.

5. Přezkoumat, zdali jsou v jednotách, které již nevykazují aktivní tělocvičnou činnost, osobní předpoklady pro její oživení. Vzhledem k nově přichozím krajanům v každém větším městě je totiž pravděpodobné, že by se našli cvičitelé, a jejich zájem je třeba podchytit.

Tuto průzkomnou činnost uložit co nejdůrazněji župám.

Jiří Liška

náčelník Sokola Los Angeles

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