

# AMERICAN SOKOL

VOL. XCVI - NO. 11

NOVEMBER 1975

PUBLICATION OF THE AMERICAN SOKOL  
Educational and Physical Culture Organization

## TELLING IT AS IT IS . . .

The present day inactivity on the part of many of our Sokol Units across the nation has been a source of great disappointment to the many of us old-timers who were on the scene when Sokol enjoyed its finest hours - names like Gajdos, Jelinek, Kudrnovsky, Stransky, Matuska, Kos, Prihoda and many other all-time greats in the Sokol world were making headlines - and the Units themselves, such as: Sokols Chicago, Havlicek Tyrs, Pilsen, Town of Lake, Slavsky, Omaha, Cedar Rapids, Tyrs of Cleveland, etc., were throbbing with excitement and vast numbers of gymnasts. Typically, it was not unusual for Sokol Havlicek Tyrs to have as many as 600 performers, young and old, at its annual exhibition. - How can we ever forget the huge Slets that were held on Soldier's Field on Chicago's lake-front with some 50,000 spectators in attendance. Yes, those were glorious years, indeed!

But alas, we cannot dwell upon pleasant memories alone. Now, as we try to digest the various District reports we are brought back to the present day and actual reality.

Starting with the Eastern District we find Sokols Little Ferry, New York, Fuegner, Belcamp and Baltimore with a fair semblance of Sokol gymnastic activity. But please note, Sokols Newark, Philadelphia, Schenectady, Curtis Bay and now, Sokol Washington, D.C., hold no gym classes. Some of the latter group meet in the homes of the members, others boast of limited cultural activity, but all this is a far cry from action on the floor of the gymnasium, the basis of our Sokol ideology.

In turning to the Northeastern District we find Sokol Detroit as one of the brightest lights on the Sokol horizon. At the recent ASO Convention we've bore witness to their most remarkable achievements: A beautiful new Sokol building, many varied programs, and great Sokol spirit. Not much more can be added, for they've done it all.

In Cleveland the 3 Units there have had their share of urban problems, but despite them all, Sokols Cleveland-Cech-Havlicek, Nova Vlast, and especially Sokol Tyrs, have done fairly well considering the conditions they encountered. Sokol Tyrs was forced to dispose of its fine Sokol building due to the changing neighborhood, temporarily transferring its meetings and gym activity to Sokol Cleveland-Cech-Havlicek, and now making the mammoth move to the Bohemian National Hall. We admire their ambition and their fortitude. You can rest assured Sokol Tyrs will be heard from loud and clear.

But, what has become of the other two Units of the District - Sokol Moravan in Toledo and Sokol Rip in Pittsburgh? At one time they were the centers of the Czech community in their respective areas. Your writer vividly remembers the Bohemian Hall in Pittsburgh. With its loss all semblance of a Czech center disappeared and no doubt the Sokol membership dropped as a result.

In subsequent issues of this Sokol publication the other Units in the American Sokol Organization will be spot-lighted.

George Herink



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Published Monthly  
(Except Bi-Monthly July and August)

by the  
**AMERICAN SOKOL ORGANIZATION**  
6426 West Cermak Road, Berwyn, Illinois 60402  
Subscription: \$3.00 per year

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Editor must receive copy for publication by the  
3rd of the month.

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## ATTENTION

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

## Calendar of Events

- NOV. 28th - SOKOL SLAVSKY, CICERO, ILL.  
Jr. Board's Hoe Down Square Dance
- DEC. 6th - SOKOL NOVA VLAST, CLEVELAND, OHIO  
St. Nicholas Day Dance
- DEC. 7th - SOKOL CLEVELAND - CECH -  
HAVLICEK, CLEVELAND, OHIO  
Christmas Mart and Bake Sale
- DEC. 7th - SOKOL DETROIT, MICH.  
Czechoslovak Afternoon Dinner Party.

- DEC. 7th - SOKOL WASHINGTON, D.C.  
Mikulášská Zábava - Vepřové Hody - Budově Knights  
of Columbus. St. Nicholas Dance
- DEC. 14th - SOKOL SOUTH OMAHA, NEBR.  
Hall Director's Card Party
- DEC. 16th - SOKOL ST. LOUIS, MO.  
Sokol's Senior Citizen's Club Christmas Dinner.
- DEC. 31st - SOKOL TYRS, CLEVELAND, OHIO  
New Year's Eve Party
- DEC. 31st - SOKOL ST. LOUIS, MO.  
New Year's Eve Celebration
- DEC. 31st - SOKOL DETROIT, MICH.  
New Year's Eve Party
- DEC. 31st - SOKOL BROOKFIELD, ILL.  
New Year's Eve Party
- JAN. 24th - SOKOL TYRS, CLEVELAND, OHIO  
Nite in Prague
- JAN. 24th - SOKOL TABOR, BERWYN, ILL.  
110th Anniversary Dinner and Dance.
- FEB. 1st - SOKOL DETROIT, MICH.  
Winter Gymnasticale
- FEB. 1st - CLEVELAND SOKOLS  
Winter Gym Exhibition - Cleveland State University
- FEB. 14th - SOKOL WASHINGTON, D.C.  
Annual Šibřinky (Masquerade)
- FEB. 28th - SOKOL BALTIMORE, MD.  
104th Annual Šibřinky (Masquerade)
- FEB. 28th - SOKOL SOUTH OMAHA, NEBR.  
Annual Večírek
- MAR. 27th - SOKOL BALTIMORE, MD.  
Dozvuky
- MAY 9th - SOKOL TYRS, CLEVELAND, OHIO  
Jr. Hobby Club's Mother's Day Pancake Breakfast

## Sokol West Suburban

The membership was most gratified by the tremendous turn-out on the night of the gym class registration. The only regret is that so many had to be turned away, for there are only so many instructors and hours in the day to teach the Sokol ideals that any larger class groups would be virtually impossible. Hopefully, in the near future, a new building would enable larger enrollments.

The Jr. Girls made an excellent showing in gymnastic competition at the Binghamton Slet. All the girls placed in the upper half. Linda Schaffer placed 3rd in the High Division. Making the trip were 21 youngsters and 6 adults. - The advanced tumbling team performed at Ford City's Festival, Oct. 15th. - Halloween parties were held, Oct. 30th. - The Unit's annual Polka Party was to be held, Nov. 8th. - The gym instructors are: Sisters Claudia Heidler, Nancy Hecchia, Janice Polz, Bro. Frank Michalek and Jim Sides. - The Unit will hold its Exhibition, May 8th, at the Hinsdale South High School, with a special Sokol salute to the Bicentennial.

# AMERICAN SOKOL

VESTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. XCVI

November - 1975 - Listopad

Číslo - No. 11

## Tour to Europe - ZURICH SLET - June 1976

The Central District ASO is sponsoring a tour to Europe, in conjunction with the IV. Slet of the Sokols Abroad to be held in Zurich, Switzerland.

The tour is for 17 days, departing O'Hare, June 20th, and returning July 6th. Flight is on Pan American 707 jet, 178 seats. The land portion is for 16 days (15 nights), with choice of two (2) types of accommodations (both based on double occupancy).

**"A" Superior at \$845.00** (with private facilities).

**"B" Economy at \$765.00** (without private facilities).

Single accommodation "A" \$65.00 additional - "B" \$54.00 additional. Triple accommodation deduction "A" \$8.50 - "B" \$7.00. - These prices include round trip air fare, motor coach in Europe, Demi Pension continental breakfast and full dinner throughout, sightseeing, Rhine Cruise, luggage handling, most tips and taxes. The round trip air fare of \$385.00 may be utilized with individual travel in Europe but departure and return must be with group.

### BRIEF ITINERARY

JUNE 20: Depart from O'Hare airport. JUNE 21: Upon arrival in Zurich, you will be met by Escort and private motor coach. After clearing customs, you are off through the lovely Swiss countryside to Lucerne and your hotel, with a tour of the city. JUNE 22: This morning you motor to the Principality of Lichtenstein, then cross into Austria over the Arlberg Pass through the glorious scenery of the Tyrol to Oetz, where the founder of the Sokol movement, Dr. Miroslav Tyrs, lost his life. We stop at the memorial plaque placed here by the American Sokol Organization in 1962, then on to Innsbruck for overnight. JUNE 23: A variety of sightseeing begins this morning, then we continue traveling north into Germany and southern Bavaria to the city of the 1972 Olympics, Munich, for overnight. JUNE 24: This morning we'll be sightseeing in Munich, with the afternoon and evening free to do your own thing. JUNE 25: Today we begin our journey through southern Bavaria and the famed Black Forest to Heidelberg. After a brief tour of the city we settle at our hotel for the night. JUNE 26: Leaving Heidelberg,

we travel along the beautiful Rhine River where we board the River Steamer for a leisurely cruise. Disembarking, our coach awaits and we continue to Cologne for the night. JUNE 27: Today we're off to Holland, past windmills and farmlands to arrive in the city of small islands divided by canals and bridges, Amsterdam. JUNE 28: Today we tour Amsterdam with stops at the many interesting spots and continue along the River Amstel to a diamond cutting factory for a guided tour. The balance of the day is free. Amsterdam at night is very lively with something for everyone. JUNE 29: We head south this morning via Rotterdam on our way to Brussels with many sights to see. Then on to northern France and Paris. After checking into the hotel, the remainder of the day is free to explore. JUNE 30: This morning is free, but the afternoon we tour, visiting such spots as Notre Dame Cathedral, Ile de la Cite, Place de la Concorde, Eiffel Tower, Champs Elysees, Arch de Triomphe, Napoleon's Tomb and Luxembourg Gardens. Paris at night is for you to enjoy on your own. JULY 1: We wind our way through the French countryside back to Switzerland and the city of Geneva, with a brief tour of the city. Evening free. JULY 2: Across Switzerland to Zurich, the site of the 1976 Sokols Abroad Slet. JULY 3: Today begins the Slet activities, but there is time for sightseeing of the many points of interest. JULY 4: Full day devoted to the Slet. JULY 5: Today we take an excursion to Interlaken, an international vacation spot. The town lies between the lakes of Thun and Brienz, upon arrival time is yours to wander or join optional excursion by cable railway up the Jungfrau. JULY 6: We board our Pan American jet for our homeward journey, with fond memories.

**All reservations must be accompanied by deposit of \$100.00, 65 days prior to departure with full payment received 45 days prior to departure.** Detailed itinerary sent upon request.

**WEBER TRAVEL AGENCY, 6805 W. CERMAK RD.  
BERWYN, ILL. 60402**

Ann Basta, Secretary

Joseph Drnec, President

## Sokol Fort Worth's Grand Opening

Sokol Fort Worth and Lodge No. 154, SPJST held the grand opening of their new building, July 25-27th. This is a joint venture of the two organizations. Their new home is as fine as the pictures indicated. It is

located on a gentle rise on very choice land, not too far away from their old building. It is truly a beautiful setting, in two directions the land virtually meets the sky.

The structure is of concrete, and the size of the hall is more than enough for two full-size volleyball courts. Included is a portable stage, an adequate bar and a modern kitchen. The building is fully air-conditioned. Adjoining is a vast parking area.

Bro. Jerry Milan was the Chairman of this project. His family and all the Committee and the members deserve a vote of thanks from Sokols everywhere and the entire Czechoslovak community of Fort Worth for a job well done.

The ribbon-cutting ceremony was done by: Bro. Nick Morris, Supreme Lodge President SPJST; Bro. Cyril Pokladnik, District Director SPJST; Bro. Jerry Milan, President Lodge No. 154 SPJST; Bro. Stanley Barcal, Past President, ASO; Bro. George Prevrtil, President of the Southern District, ASO; Bro. William Renfro, President Sokol Fort Worth; Mayor Cliff Overcash of Fort Worth and B. D. Griffen, County Commissioner. The Key Bearer was Talon Milan, Youth Chief President. The ceremonies were well organized and most impressive.

Following the ribbon-cutting an excellent luncheon was served; and then came the afternoon's program with a different format each hour. The evening's dance had an entirely different audience from that of the afternoon. On Sunday, the following day, the crowd began to gather as early as 10:00 a.m. By noon, the huge facility was full. Everyone enjoyed the excellent dinner that was served, and again, the program changed every hour, much to the enjoyment of everyone present.

The 3-day grand opening was done in Texas Style (BIG) and most successful. All the talent for the programs, the many bands and orchestra, all donated their services. This was a most enjoyable and inspiring weekend.

This now makes the fourth new and modern Sokol facility in Texas, the first, Sokol Zizka in Dallas; Sokol Houston; Sokol Karel Havlicek Borovsky in Ennis, and now Sokol Fort Worth. They will soon be followed by Sokol Corpus Christi.

Stanley Barcal

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

October 29, 1975

Vice-Pres., Sis. Betty Prener presided. Present: Sisters E.J. Schnabl, A. Basta, A. Sotka, M. Ptacek, S. Pistorius, L. Zdenek, Bros. R. Svoboda, G. Basta, P. Lebloch, G. Herink, S. Barcal, E. Schnabl, J. Jindra, G. Simonek, W. Meyer, R. Vachata.

Correspondence: Sokol Fuegner's request for Sokol booklets. - Sokol St. Louis' request for a tour for its 110th Anniversary. Due to lack of time no tour will be planned. - Donation of \$10.00 from Wm. Zabransky. - Request for Citation of Merit Award for Bro. John Ourada. Mailed with congratulations. - Greetings from Eastern District's Annual Meeting. - Receipt of Organizational folders from Sis. Ruzicka in Miami. -

Bro. Pavoucek, Pres. of Western District, questioning the use of the word "Sokol" by non-members. - Letter sent to Sokol Portland regarding its financial obligation. - Request for Sokol attendance at the 57th Anniversary program given by the Czechoslovak National Council in Washington, D.C. - Chicagoland Sokol Association's request for use of Sokol Emblem on mailing list. Permission to use emblem was approved, but not the mailing list. - Educational Committee's request for scripts of "Bicentennial Minutes" received. - Ratification given for article in the Denni Hlasatel on Anniversary of the Czechoslovak Independence. - Request by the BOI certifying Bro. J. Hardy's appointment as Sokol's official representative to the ASU.

Old Business: Receipt of corrected copy of the By-Laws. After review of 5 bids it was approved the order for printing be placed with the DuPage Lithograph Co. - Contract-lease for rental of Sokol office was approved for the next five years. - Delinquent payments for Song Books were resolved. - Matter regarding Sokol Rip of Pittsburgh will be discussed at Sokol Detroit's 100th Anniversary celebration. - Sokolice South Omaha's By-Laws as submitted, were signed and returned. A Central District representative will meet with Sokol Fuegner of South Chicago in the formation of a better set of By-Laws.

Director of Women, Sis. Ptacek: Various forms mailed out. - Final Report forms all approved: Eastern District's 7-day Course, \$1,020.61; Pacific District's one-week Clinic, \$1,544.00; Central District's purchase of 10 USGF Women's Compulsory Apparatus exercise books, \$40.00. - Northeastern District's Special number is being reworked. - Merit Committee met. - National School Board Committee has been set up.

Director of Men, Bro. Lebloch: Attended Moravian Day festivities. - Stated Sis. Zdenek is the Chairman of the Merit Award Committee. - Set up ASO display along with Sis. Prener at the Czechoslovak Cultural Exhibit at Lincoln Federal Savings. - Approved, Bro. Paul Fina's expenditures in attending a USGF meeting in Tucson, Ariz., \$309.73.

Membership: Bro. Svoboda: Working on setting up a committee.

Educational, Bro. Barcal: Committee is composed of Bros. Fred Kala, Paul Lebloch, James Jindra, Jerry Rabas. Sisters Lorraine Zdenek, Betty Prener, EllenJeanne Schnabl and Blanche Kos. - Divided their field of activity: Education, Library and Archives. - Will work on Procedure Booklet. - Will have ASO office window displays during Bicentennial year. - Article by Bro. Kala will appear in the "Sokol Educator" column of the Sokol publication.

Editor, Bro. Herink: Approved, 4 pages be added to the Sokol publication each quarter.

Organizational, Sis. Basta: Reported upon promotion of Sokol for all ages. - Staging many events outside of the gym classes; working with the BOI and Educational Committee and participating in community affairs. Plans will be set up for saving the floundering Sokol Units as well as starting new ones. - The Central District will request Sokol Racine to call a special

meeting with the Organizational Chairman, District representatives and Pres. Bro. Roy Zitny to urge that Unit remain in the ASO. - Along that same vein, Bro. Pavoucek will be contacted as to the status of Sokol Wilber.

Publicity, Sis. Pistorius: Bro. Rabas submitted articles in the Denni Hlasatel. Also preparing ad for the special issue marking the Czechoslovak historic date, Oct. 28, 1918. - Contacted the Life Newspapers on Sokol articles. - Was granted permission to send out material to all Districts and Units.

Financial Sec'y., Sis. Sotka: Prepared financial and tax reports, Sokol Leaders Fund donors. - Received Sokol Detroit's check from the Convention Committee, \$988.36, plus all supporting records. - Approved, payment of one-half year's subscription of the Denni Hlasatel, \$31.50.

Treasurer, Bro. Basta: Agreed with Financial Report. - Presented chart of various assets and liabilities for the 3rd quarter of 1975.

Financial Committee, Bro. Schnabl: Committee met to study the Convention minutes as well as worksheets for the budget for the next 5-yr. period. - Salaries of the administrative office and Uniform Division, secretary of the Educational Committee and the Editor were determined and approved. - Will meet with the 2 Directors and the BOI secretary regarding their salaries.

Uniform Division, Sis. Prener: Sales ahead of 1974. - Investigating the cost of Identification ribbons.

Office Manager, Sis. Prener: General maintenance done by office personnel. - New letterheads and envelopes ordered. - Stressed the need to have the ASO Library catalogued. - By-Laws ready for printing.

Secretary, Sis. Schnabl: Answered all correspondence. - Answered orders for song books. - Aided in the mailing of invitations to Sis. Prchal's Recognition Dinner. - Will attend Sokol Detroit's 100th Anniversary with Bro. Schnabl.

New Business: Preparations for 1977 ASO Slet. - Suggestions requested for names of various chairmen and members for the sub-committees that will be required. - Competition and banquet sites will be investigated. - BOI plans being formulated.

## Pacific District

September 18, 1975

Pres., Bro. Vaclav Salak presided. Present: Sec'y., Sis. Kis; Treasurer, Sis. Nekuda; Director of Men, Bro. Hintnaus; Ass't. Director of Women, Sis. Pelc; Bros. Dusil and Nekuda.

The Zurich Slet, to be held July 2-4, 1976, was discussed. - Receipt of Slet tour information. Copies will be sent to Sokols San Francisco, Seattle and Fresno. Each Unit to take charge of its own participants with the District as co-ordinator. - Sokol Instructors Course will be under the direction of Sis. Provaznik; to be held 3 week-ends, Sept. 20-21st, Sept. 27-28th and Oct. 4-5th, 1975. Juniors from Sokol San Francisco are to attend. - Next year's Labor Day week-end at Hume

Lake was discussed. Bro. Filgas of Sokol Fresno will be contacted to make the arrangements. First choice is Logger Flats, second, Aspen Hollow. - Following are the expenses for the Children's Camp and Clinic at Harmony Ridge: (All kitchen help) Sis. Balcarek, \$90.00; Sis. Falls, \$40.00; Sis. Pelc, \$35.00; Sis. Wortner, \$35.00. Total, \$200.00. Thank you notes sent: Bro. Hintnaus and family, Sisters Pelc, Wortner, Clark, Louzensky, Hajny, Falls, Balcarek and Bros. Lorenz and Meier. - Approved, to hold next District meeting until after January 1976. - Portland Sokol still owes dues for several quarters.

## Eastern District Annual Meeting

September 21, 1975

Pres., Bro. Charles Zraly presided.

Delegates present: Sokol Baltimore - Bro. Henry Vrzalik, Sis. Libbie Vrzalik; Sokol Belcamp - Bros. Frank Novak, James Hesoun; Sokol Fuegner - Bro. Anton Chaloupka, Sisters Bertha Hochner, Blanche Zraly; Sokol Little Ferry - Bro. Richard Novotny; Sokolice Little Ferry - Sisters Beatrice Novotny, Blanche Bidnik, Helen Rhode; Sokol Newark - Bro. Frank Bartell, Sis. Ella Bartell; Sokol New York - Bro. Jan Babinec, Sisters Lillian Pribil, Mirka Jurnik; Sokol Philadelphia - Bro. George Novak, Sis. Josephine Tunkl; Sokol Washington - Bros. Mathew Neuman, Jerry Friedrich; Director of Men - Bro. Frank Capek; Director of Women - Sis. Audrey Benda; Sec'y., B.O.I. - Sister Tessie Mastik.

Reports were made by: Pres., Bro. Zraly; Sec'y., Sis. Zraly; Treasurer, Bro. Chaloupka; Financial Sec'y., Sis. Pribil. Present 1975 membership is 635 men, 732 women. A gain of 9 members since last year.

Director of Men, Bro. Capek: District participated in the United Sokols of the East competitions, track and field meet, bowling and volleyball tournaments. - Instructors Course was held at Rutgers University. Having problem selecting suitable site for the same. - Participated in the Sokol USA Slet in Binghamton. - Hope the gym classes will increase this year.

Director of Women, Sis. Benda: Requests Units send in their reports of activities. - Conducted Instructors Course at Rutgers University. Stressed the need for students to be taught Sokol terminology. Suggests a 2-week course for beginners. Units should be more selective when choosing students to attend the Instructors Course. - Majority of the participants in the Binghamton Slet were from the ASO.

Southern Section, Bro. Edward Stetka: Held week-end Instructors schools and competitions. Only Units active gymnastically are Sokols Baltimore and Belcamp. - Wreath laying ceremonies were held at Arlington Cemetery, June 1st.

B.O.I., Sis. Mastik: A 2-week Instructors school will be held next year. Site not determined. Students to pay a deposit. Advanced school will be held if there are enough qualified students. Only students who had

attended beginners school will be accepted. - District Exhibition, which will include balance beam, parallel and high bars, will be held at Sokol New York in January. Special number prize will be awarded. - United Sokols volleyball tournament will be held in December, Bowling competition in January, Track and Field in March of 1976. - 1975 United Sokols Track and Field meet to be held Oct. 4th. - Week-end Clinic for advanced students will be held in the near future. Bro. Petracek will teach the men's and boys' calisthenics for the Zurich Slet at that time. - Zurich Slet will be held the first week of July 1976. Flight arrangements could be made with Swissair. A group of 40 is required. - Sokol Day at Sokol Camp, East Haddam, Conn., will be held June 6th. - A 2-day Clinic for women and junior girls will be held Oct. 4-5, 1975 at Sokol Little Ferry. - Bro. Capek and Sis. Benda have again been elected as District Directors.

#### UNIT REPORT

Sokol Baltimore, Bro. Vrzalik: Held many fund-raising affairs during the year. - Gym classes took part in many events. - Hosted District Exhibition in November 1974.

Sokol Belcamp, Bro. Novak: Active in gym classes. - Several social affairs held during the year.

Sokol Fuegner, Sis. Hochner: Fairly successful in gymnastic and social affairs. - Gymnasts victorious in many events.

Sokol Little Ferry, Bro. Novotny: Active in gym classes. - Drafting new by-laws. - Hope to sponsor more affairs.

Sokolice Little Ferry, Sis. Novotny: Very active in gym classes. - Held many successful affairs.

Sokol Miami, Sis. Emilie Ruzicka: Very active socially. Average winter attendance is 200. - Planning to attend Zurich Slet. - Started teaching junior group in dancing for exhibition work. - Will celebrate Unit's 6th Anniversary, Nov. 22nd.

Sokol Newark, Bro. Bartell: No gym classes. - Meet at homes of members.

Sokol New York, Bro. Babinec: Since their hall is tax exempt many improvements being made. - Will hold an Open House in October.

Sokol Philadelphia, Sis. Tunkl: No gym activity. - Combine socials with Slovak Sokols at their hall.

Sokol Schenectady, Sis. Caroline Jordan: No gym classes due to lack of participants. - Held Unit's 75th Anniversary, Oct. 19, 1974.

Sokol Washington, Bro. Friedrich: Unit was active gymnastically until it lost its gym night at St. Ann's School. - Hold many cultural affairs.

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Good of the Order: Bro. Zraly introduced several guests who were in attendance, also the 11 seniors and juniors who were present. - Sis. Provaznik had written an article about Sokol. It was suggested this matter be sent to the ASO Educator and to all the Unit Educators, and appear in the ASO publication. Sis. Provaznik also taped her lectures which are very educational. - Sister Tunkl has articles written by her

father upon the history of Sokol Philadelphia. They will be prepared for publication in the American Sokol.

Nomination of Officers: After much deliberation the present officers agreed to remain in office for another year.

New Business: American Sokol song books are available through Sis. Benda. - Sokol Manuals should be in the hands of every Unit. - District donated \$25.00 to the Future Sokol Leaders Fund in memory of Bro. James L. Cihak, former ASO Educator. - It was reported the ASO Convention in Detroit was one of the best. - Bro. Neuman is a delegate from the U.S. to the Zurich Slet. All information will be sent to the Units in November. - It was approved the District support the Czech Radio Hour. Decision will be made by the Board. - Invitation received from Sokol Baltimore to host the Annual Meeting, Sept. 25-26, 1976. - Since several new committees were accepted at the ASO Convention, the feeling was that some of these should be combined. This will be discussed at the next District meeting.

Treasurer, Bro. Chaloupka: Receipts - \$416.75. Disbursements - \$351.70.

## Northeastern District

September 24, 1975

Pres., Bro. Edwin Jirousek presided. He stated of being in contact with ASO Pres., Bro. Roy Zitny, and also, attended as many Sokol events as possible.

Vice-President, Bro. Bob Jirousek: Represented the District at the DTJ Exhibition; which was well drilled.

Director of Men, Bro. Pete Dusek: A BOI meeting was held, Sept. 4th. - A Folk Dance Clinic followed by a Social was to be held, Oct. 11th, at Sokol Tyrs-Bohemian National Hall. - Approved, a Bicentennial flag be purchased providing the Bicentennial Committee does not donate the same. - A sanction is to be asked from the ASO to participate in the Zurich Slet. - On Oct. 4th, the Folk Dancers were to participate at the Masaryk Hall in Toronto. - It is hoped to have films catalogued and organized by the first of the year. - All Units reported new instructors. Classes have already begun. - Bro. John Galik installed the new BOI officers.

Director of Women, Sis. Georgia Jencik: The BOI Committee at the ASO Convention discussed Fundamentals and also Phonetic Czech Songs. - Women are involved in various fund-raising projects for participation in the Zurich Slet. - Sokols took part in the All Nations Festival and at the DTJ Obzinky.

District Librarian, Sis. Jane Kotlan: BOI gave a very comprehensive report on the establishment of the library. An estimated initial expense was given to get the project in working order. It was approved that the District finance the District library at Tyrs-Bohemian National Hall.

Treasurer, Bro. John Galik: Each Unit to donate \$25.00 to the Novy Svet publication. - Checking account, \$1,096.56. - Savings account, \$2,024.09.

## UNIT REPORT

Sokol Cleveland-Cech-Havlicek: Will hold first membership meeting in October. Classes started.

Sokol Nova Vlast: District classes held throughout the summer. - Another meeting will be held upon the merger.

Sokol Tyrs: Will hold a New Year's Eve Party. - Working on the 4th floor of the Hall. - Games Nites will begin in October, also a Candy Sale the same month. - Rummage Sale coming up. - Annual meeting in December.

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A.S.I.: Priority to get the gymnastic rooms at the Hall ready for use. - 250 Club held its first drawing, Aug. 1st. - Attendance at the Beer Festival, Sept. 6th, was very good and the weather was excellent. - Plan to meet with the organizations using the Hall.

Announcements: Much interest is in the Zurich Slet. The Central District is sponsoring tour, leaving June 20th, returning July 6th. Northeastern District's tour leaves June 29th, returns July 20th. - Space still available on bus to Sokol Detroit's Centennial Banquet. Bro. Edwin Jirousek and wife will officially represent the District.

## Western District

September 8, 1975

Pres., Bro. Edward Pavoucek presided. Various bills totalling \$39.40 approved. - A Rhythmic Gymnastics Clinic under Sis. Mildred Prchal's direction was to be held, Sept. 27th, at the White House Motel. - Receipt of Sokol Schuyler's dues, \$35.00. - 75th Anniversary of Sokolice Cedar Rapids to be held, Oct. 18th. Motion to send District officers approved. - Matter of tipping to be brought up at Annual Meeting.

B.O.I.: Crete Workshop discussed. - New method in distributing trophies will be discussed at Annual Meeting. - Routines for 1976 District Slet were submitted.

Annual Meeting  
September 28, 1975

Pres., Bro. Pavoucek presided. Bills approved; Hotel and travel for Sisters Mildred Prchal and Kathy Brym, \$224.24; Miscellaneous, \$25.23. - Forms distributed to Units for data of the next 5 years' activities. - Old District Treasurer's Book revealed the District once had 33 Units. It now has only 13. - Sokol Omaha will celebrate its 100th Anniversary in 1977. - Disappointment expressed in the District not taking advantage of Travel Instructors Fund to send students to the National Instructors School. - Data received on the Zurich Tour. - An addition to the By-laws; tipping is a personal discretion and not an allowable expense. - A poll will be taken. If the number of students does not increase, NO 1976 District Instructors School will be held. - Suggested to hold Mini-Clinic and curriculum requirements meet standards for preparing students for teaching. - Semi-annual District Meeting to be held, April 3-4th. - Approved, the purchase of a Flag.

Director of Women, Sis. Bozena Drozda: District Directors, along with Bro. Al Walko, Men's Director of Sokol USA, conducted Workshop in preparation for the Binghamton Slet, April 13th. - Bro. Bud Benak and Sis. Jolene Hamann were on the teaching staff at the National Instructors Course. - Five students from the District attended. - Sis. Beverly Kilborn represented the Women's BOI at the ASO Convention. - Five Units were represented at the Slet. - Rhythmic Gymnastics Clinic was held, Sept. 27th.

Director of Men, Bro. Ray Lastovica: 1976 District Slet will be held, June 11-13th, at Sokol Omaha. - Sokol South Omaha sent one boy to the school in New York. - Gymnastic attendance report was given.

Historian, Sis. Blanche Heeren: Presented the 1975 book.

Auditing Committee, Bros. Vic Jirka and Don Pulkrab found the books in order.

New Officers: Pres., Edward Pavoucek; Vice-Pres., Leo Mach; Treasurer, Blanche Masek; Organizational Director, Bea Pavoucek; Educational Director, Robert Vanyo; Public Relations, Bernice Cahoy; Women's Director, Bozena Drozda; Ass't. Directors, Beverly Kilborn, Jolene Hamann; Director of Men, Ray Lastovica; Ass't. Directors, Phil Cahoy, Voymir Benak; Historian, Blanche Heeren; Auditors, Mickey Dalton, Don Pulkrab; Guide, Gary Masek. - Sis. Libbie Stastny installed the officers. - Site of the District will remain in Omaha.

### B.O.I. Meeting

Bro. Lastovica presided. - District had lowest number of students at the school in New York. - Convention BOI changes were reported: Physical Fitness Test will remain, Merit Award extended to Men and Women, a double entry fee charged for late entries, Special Assessment Fund to be kept, Sokol memberships kept in USGF and AAU, 2-week school mandatory at the Slets. - District Directors Conference will be held, November 1976. - USGF Denver Congress, Nov. 14-16th. - District Slet hosted by Sokol and Sokolice Omaha, June 11-13th. Other Districts will be invited. Men's and Women's Championship Competitions will have regional (non-Sokol) judges. - Judges Clinics will be held. - Approved, the Horse be raised 4 inches for Jr. Girls and Women for 1976 District Slet. - Women's Slet routines were presented by Sis. Jan Gathye. Units will give their views. - Approved, Sis. Kathy Brym return for another Rhythmic Gymnastics Clinic. - Sokol South Omaha Invitational Gymnastic Meet, March 20-21st.

## Southern District

September 25, 1975

Pres., Bro. George Prevrtil presided with 12 delegates and 4 guests present.

Correspondence: Announcement of Central District's tour to Europe and the Slet in Zurich. - Request from Sokol Corpus Christi for Southern District patches.

### UNIT REPORT

Sokol Zizka: Sept. meeting, 48 in attendance. Gained 4 regular and 2 associate members. - Sponsoring a Girls

Clinic, Dec. 5-7th. - Will participate in the Czech Day at the Fair. - Unit considering using USGF compulsory exercises.

Sokol Karel Havlicek Borovsky: Held Instructors Course, Sept. 20th. - Will take part in the Czech Day program. - Some instructors have volunteered to teach basic gymnastics to mentally retarded children. - Work being done on adjoining property. - New equipment ordered.

Sokol Fort Worth: Sept. meeting, 26. - Gym classes started off with huge attendance. - Instructors attending teaching and meeting sessions. - Will host volleyball tourney and annual BOI meeting, Sept. 27th. - Polka Festival to be held, Oct. 25-26th. - New equipment purchased.

Sokol Houston: Sept. meeting, 35. Gained 2 regular and 3 associate members. - Hold socials on Sundays. - Presented Sokol pins at a dinner-dance. - Will participate in volleyball tourney. - Girls performed special number at Hawkins Day, Sept. 21st. - Will hold Circus Day, Oct. 4th, games, dinner and dance. - Will participate in downtown parade, Oct. 11th.

\* \* \*

Director of Men, Bro. Larry Laznovsky: Sokol Yukon presently having no gym classes. Need an instructor. - Schedule for Czech Day will be finalized at annual BOI meeting. - Questioned ASO BOI funds for compiling gymnastic material from instructors and coaches for future use.

Director of Women, Sis. Sylvia Laznovsky: Informed by Sis. Prchal of possibility of a modern gymnastic clinic in Texas in near future. - Sokol Houston will not take part in the Czech Day due to Bicentennial commitments. - Ordered USGF compulsory exercises, and modern gymnastic exercises and code.

Educational Director, Bro. Oldrich Parma: File cabinet purchased for educational material. - Music being taped for song accompaniment. - Lectured at Sokol Zizka on Convention, Units and Districts.

Treasurer, Sis. Bernice Hamilton: Received percentage of Slet receipts, reimbursement from property fund, Unit membership dues and traveling fund dinner receipts.

## Sokol Educator

The opening act of the drama of the 30 Years War, essentially a struggle for supremacy between Protestants and Catholics, was staged in Bohemia. The Bohemian Protestant Estates in 1619, deposed their ruler and elected Frederick of the Palatinate, son-in-law of James I of England, as King of Bohemia. One year after the coronation, or on November 8, 1620, the armies of the imperialist engaged the Bohemian Army in battle, near Prague at what is called White Mountain, and defeated it. This was destined to become the most momentous event in Bohemian history. It marked the downfall of the nation's independence and the collapse of Protestantism in Bohemia and countries confederated with it. Many rebel chiefs fled with King Frederick, but June 21, 1621 became known as "Bloody Day of

Prague" as 27 rebels perished at the block, others had properties confiscated, and many others were imprisoned. As many as 36,000 Protestant families, including 185 houses of nobility, went into exile. Many fled into Transylvania, Russia, Sweden, Denmark, Hamburg, Holland, England and Switzerland. A few bold spirits sailed Dutch and English ships to America.

The first known Czech immigrant to America was known as Augustine Herrman. He came in 1633 by way of a Dutch port, and was employed by the West India Company. Three years later he was appointed Director and to the Council of New Netherlands, a body of nine men selected to assist the government by their council and advice. Herrman was well educated. He was a surveyor by profession, skilled in sketching and drawing, and an adventurous and enterprising merchant. He also was the first beginner of the Virginia tobacco trade.

In 1660 he moved from his home on Pearl Street in New York to Bohemia Manor in Maryland. This manor consisted of some 20,000 acres in Cecil and New Castle counties, and was granted by Lord Baltimore in recognition of services rendered by Herrman in drawing the map of "Virginia and Maryland" - "as it is Planted and Inhabited in the year 1670, Surveyed and Exactly Drawne by the Only Labour and Endeavour of Augustine Herrman, Bohemiancisc."

In addition Herrman named other land grants by proving his fondness of his native land - Three Bohemian Sisters, and Little Bohemia. By his Will, executed in 1684, he directed that in the event his family became extinct, a portion of Bohemia Manor goes to the State of Maryland for the founding of a Protestant School, college, and hospital to be known as Augustine Bohemia.

Another mid-17th century (1647) immigrant was Frederick Philipse. He settled in New York and was known as the "Bohemian Merchant Prince". He became one of the wealthiest men in America during his time. He built his home, Manor Hall, in Yonkers, and another home was built in Phillipsburgh and called "Castle Phillips". He was one of the appraisers of the property of Herrman, and the early American stories tell the tale that George Washington once fell in love with Mary Philipse, a descendant. Philipse also started what is known as the first Czech society in America.

Marriage and death records provide information that many other Czechs settled in the New England States during this period. Some settled in Northampton County, Virginia; Lancaster County, Virginia; and various areas of Massachusetts and Connecticut.

It is considered that William Paca, one of the signers of the Declaration of Independence, is of Czech extraction.

Samuel Barta signed a petition dated April 22, 1755 in Massachusetts appealing for protection of settlers. Alexander Barta, a relative of Samuel, was captured by the British in 1777.

In ships' rosters of 1635 we find names like Edward Benes bound for Barbados. On December 22, 1679 on the ship Virginia, also bound for Barbados, was listed a Edward Marson has 10 acres and 6 negroes, and Anthony Slany with 2 negroes.

# SOKOL GYMNAST

NOVEMBER 1975

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 Editor - Edward Linhart - 1820 Ridgeland Ave., Berwyn, Ill. 60402
 

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## 1975 Pacific District Instructors School LOS ANGELES, CALIFORNIA

On the West Coast of the United States, our American Sokol has established itself with active units in San Francisco, Los Angeles, and Fresno. This summer the Pacific District held an Instructors School and Bro. Jiří Liška sends his report of their activities in the Czech language.



### Župní cvičitelská škola v Los Angeles - 1975

Začala koncem září. Přiznejme si - nevěřili jsme, že se podaří získat dostatečný počet účastníků. Dokonce bylo konání kursu jednou odloženo, aby měla větší příležitost mládež. Ale sestra Provazníková vzkázala: "Budu přednášet třeba pro čtyři. Možná, že jeden nebo jedna z nich budou ti praví!" A ejhle - průměrná návštěva kursu bylo číslo blízké se dvacítkou: sedmáct.

Dny přednášek byly neobvyklé: sobota a neděle, celý den, třikrát za sebou. Posluchačstvem bylo sice rozdílné věkem, ale poměrně vyrovnané výcvikem a znalostmi, a tak po úvodních přednáškách o sokolské myšlence a cílech, mohli jsme využít hlubokých znalostí a rad sestry Provazníkové o metodice. Mnohým z nás se tím otevřely nové obzory, protože se naučili, jak prakticky postupovat u začátečníků nebo u méně nadaných cvičenců.

Vyučovací jazyk byl anglický, ale mladí si zopakovali s námi i hlavní sokolské písně v češtině, učili se vedení při pořadových a osvojili si základní kroky národních tanců.

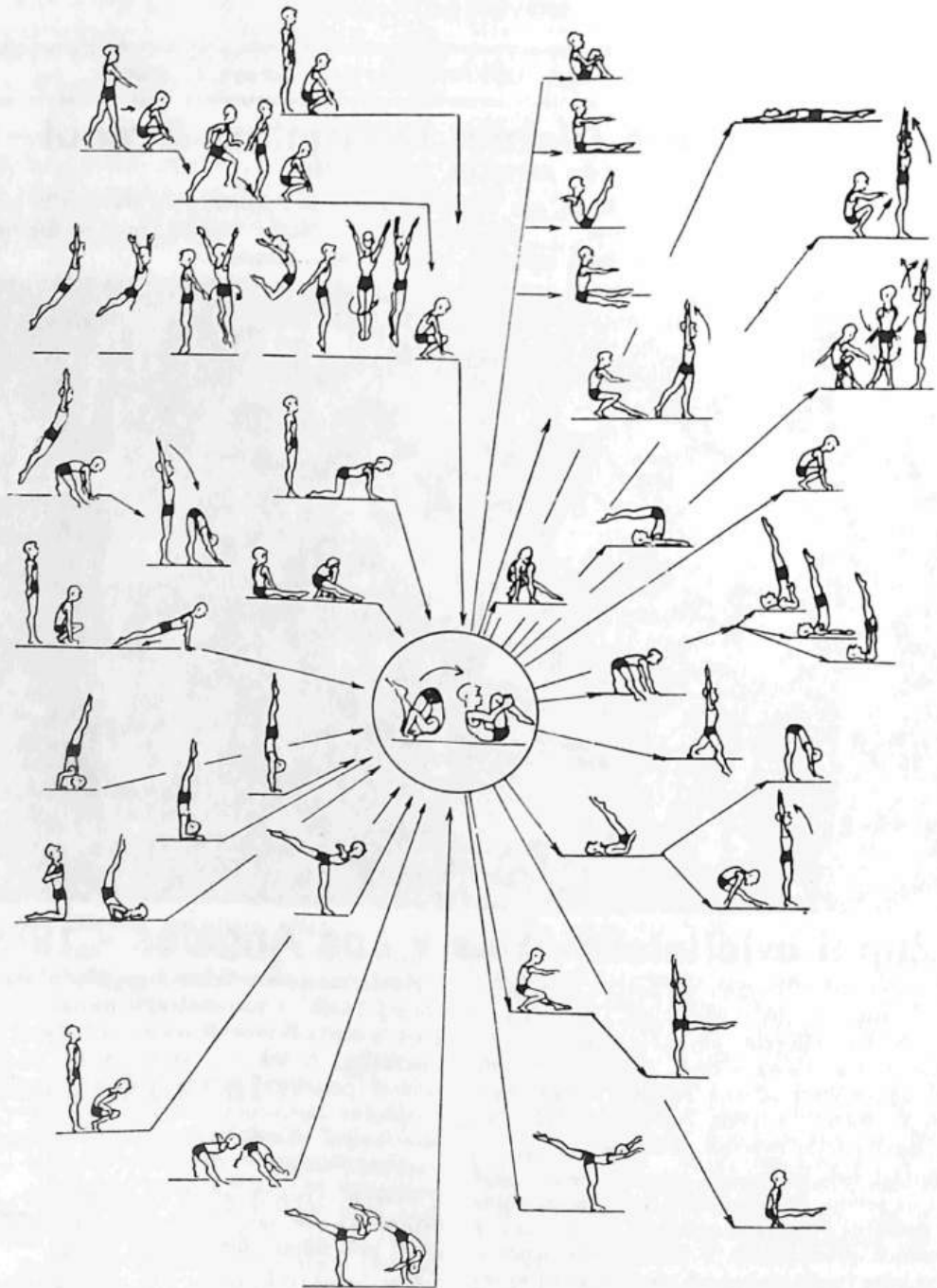
Nahražovali jsme nahráváním přednášek na magnetofonový pásek, a rozmnožením metodických řad, které poslala sestra Provazníková napřed. Ty se překládají do angličtiny. A tak náš kurs vlastně nekončí, protože učební pomůcky budou postupně dohotovovány a rozdávány zájemcům. Přejdou také do San Franciska těm milým dorostenkám, které k nám na každý weekend přilétaly.

Velkým kladem kursu byla spolupráce všech při organizaci, počínaje vedením župy a konče pomocí staré gardy neší jednoty při přípravě obědů.

Chvilé, které jsme všichni zažili se sestrou Provazníkovou, zejména její krásná závěrečná Přednáška o historii českého národa a Sokola, to jsou dojmy, na které se nezapomíná. A cvičitelský dorost, naše naděje, jistě nezapomene! Na kursu spolupůsobil i br. Joseph Pokorný, jeden z našich nejstarších cvičitelů (85 let).

Jiří Liška

# Forward Fold Roll



**BASIC EXERCISE - FROM A STAND CLOSELEG - SQUAT SUPPORT - FOLD ROLL FORWARD (Bentleg)** into seats, lying positions, stands and balances. A variety of these exercises may be accomplished as illustrated from insert in circle.

## Discover the Magic of Ice

What powerful drug can kill pain almost instantly, help prevent infection help control bleeding, and costs almost nothing? An Ice Cube, of course!

It's a powerful anesthetic which has been used for certain major surgery while the patients are awake. Usually the patients almost immediately sit up in bed, eat, chat, and with no anesthetic after-effects or drowsiness.

For a sliver in a sensitive fingertip, put the tip on ice until numb and lift the sliver out painlessly with a needle sterilized in a match flame.

Before an immunization shot, place an ice cube on the area for about 15 seconds, dry with tissues, swab with alcohol, and inject while the spot is still numb.

Put a burned finger in cold water in which an ice cube or two have been placed, or apply directly over the burn until the sting is no longer felt when the cube is removed. More important, there will be very little swelling, and blisters won't appear; consequently, the burn will heal more rapidly.

A faint condition from intense summer heat - face flushed and eyes glassy - should respond dramatically to cold water containing ice cubes (thermos bottle) rubbed across arms, forehead, and back of neck.

Ice stops bleeding - not only visible, but also bleeding under the skin from a bruise. Black and blue discoloration is due to leakage of blood from torn blood vessels. Ice constricts the vessels so there is less leakage until clotting takes place. This means less discoloration, swelling, damage to surrounding tissues, and less pain.

A supply of ice cubes should be available at sports contests. Ice can be applied with utmost safety to any part of the body. Regardless of relief obtained, the injured person must not return to the game until seen by a doctor. An apparent sprain could be a fractured bone.

Ice helps prevent infection. Any refrigerated body part is not likely to become infected, even if contaminated with dirt, because cold keeps germs dormant. A cube against the wound until the doctor arrives practically eliminates the danger of infection. It is not dangerous because it refrigerates the tissues; it does not freeze them. The temperature of the tissues is lowered to between one-half to five degrees above freezing.

Do not add salt to ice. That can cause frost bite. Leave well enough alone. The ice cube will work sufficiently and safely by itself and needs no "help."

(Fraternal Herald)

## Competition - A Means of Motivation

By Robert Tomanek (Reprint)

Too frequently we boast about the overwhelming success of the Sokol program and its multitude of merits, but too seldom do we challenge the idea that we have in our midst a program that has achieved the status of "ideal."

Our argument should not be directed at the objectives of the Sokol movement, for they are well founded in the needs of the individual - a strong moral, physical and mental development. But, rather, we should ask - what is being done to **achieve these goals?**

One of the major areas of emphasis of the Sokol organization is physical fitness. Perhaps too many claims have been made about the fitness achievements of our masses. When in fact perhaps only a limited number of our active members attain a satisfactory level of physical fitness. It must be noted that merely attending a gymnasium sporadically, or a few weeks prior to an exhibition does not significantly promote one's level of physical fitness. A consistent dosage of a vigorous program is needed to attain this goal.

Similarly, we are concerned with developing individuals who are sound morally and emotionally. The close co-operative effort called brotherhood is also one of our goals. All of these things can be learned and promoted in a gymnasium.

Our problem, then, seems to be one of motivation. We want our **total enrollment** to attend regularly, and even more important, to take part enthusiastically and vigorously.

Yet merely insisting on regular attendance and full effort on the part of activities will not serve as much of a motivating factor. On the other hand - **competition**, which is the handmaiden of physical education, provides a definite stimulus for activity. A good Sokol program should include various forms of competition and exhibitions throughout the year. These need not be elaborate, but should serve as stimuli for achievement. Gymnastics has rapidly grown in the United States, and many individuals are looking for more development in this area. A great opportunity lies here. Yet we cannot be satisfied with merely introducing individuals to gymnastics, instead, we must strive to develop each to his maximum capacity. It is for this reason that several divisions, or levels are included in our Sokol competitions.

It is the obligation of every Sokol unit to promote direct and maintain gymnastic activity. It is through this medium that the very basis of our organization is justified, and our goals are attained.

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## Enroll That New Sokol Member NOW!

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1975

SOUTHERN DISTRICT SLET RESULTS

(Concluded)

I CLASS GIRLS - HIGH DIVISION

Teams

1. Fort Worth
2. Dallas

Individual

- |                     |           |
|---------------------|-----------|
| 1. Sharon Snider    | Houston   |
| 2. Patti Williams   | Ft. Worth |
| 3. Barbie Kozel     | Ft. Worth |
| 4. Maureen Kasowski | Houston   |
| 5. LeAnn Mason      | Ft. Worth |

13 Participants

Points

- 451.6
- 395.8

Points

- 120.4
- 118.8
- 117.5
- 115.0
- 110.8

I CLASS BOYS

Teams

1. Fort Worth
2. Ennis I
3. Ennis II
4. Dallas
5. Houston

1. Kirk Stoeppleman
2. Kevin Beaird
3. Wes Mach
4. Kenny Black
5. Rick Kennedy

25 Participants

- |          |
|----------|
| Ft Worth |
| Ft Worth |
| Ennis    |
| Ft Worth |
| Ennis    |

Points

- 576.5
- 542.2
- 488.0
- 479.6
- 325.5

- 153.8
- 150.0
- 143.3
- 141.4
- 138.5

I CLASS GIRLS - LOW DIVISION

Teams

1. Dallas I
2. Houston
3. Ennis I
4. Fort Worth I
5. Dallas II
6. Ennis II
7. Fort Worth II
8. Fort Worth III
9. Corpus Christi
10. Ennis III

Individual

- |                     |         |
|---------------------|---------|
| 1. Elizabeth Steele | Dallas  |
| 2. Sisie Skinner    | Houston |
| 3. LeAnn Williams   | Dallas  |
| 4. Alice Hyatt      | Dallas  |
| 5. Rhonda Mellins   | Houston |

Points

- 478.1
- 473.2
- 461.8
- 458.2
- 440.1
- 405.4
- 378.4
- 374.1
- 357.9
- 366.3

Points

- 122.7
- 121.5
- 120.2
- 119.7
- 119.4

II CLASS BOYS

Teams

1. Ennis I
2. Fort Worth
3. Dallas
4. Houston

1. Rodney Houdek
2. Troy Beaird
3. Kevin Oates
4. Jeffery Howard
5. Lee hamilton

25 Participants

- |                |
|----------------|
| Ennis          |
| Ft Worth       |
| Ennis          |
| Corpus Christi |
| Ennis          |

Points

- 586.6
- 565.4
- 492.7
- 410.2

- 152.3
- 148.1
- 146.9
- 144.9
- 144.5

II CLASS GIRLS - HIGH DIVISION

Teams

1. Fort Worth
2. Dallas
3. Houston I
4. Houston II
5. Ennis

Individual

- |                      |          |
|----------------------|----------|
| 1. Kelly Greene      | Ft Worth |
| 2. Kathy Angiel      | Dallas   |
| 3. Michelle Soucy    | Ft Worth |
| 4. Susie Snider      | Houston  |
| 5. Kelly Stoeppleman | Ft Worth |

24 Participants

Points

- 583.7
- 562.8
- 562.4
- 525.5
- 487.1

Points

- 151.5
- 149.8
- 147.1
- 146.2
- 146.0

SWIMMING - GIRLS

CLASS I

- 1st - Valerie Thomas
- 2nd - Dawn Mauer
- 3rd - Michelle Keim

CLASS II

- 1st - Nola Blake
- 2nd - Susan Kubiak
- 3rd - Kris Wallace

JUNIOR GIRLS

- 1st - Kim Wallace
- 2nd - Jane Harris
- 3rd - Holli Jackson

SWIMMING - BOYS

CLASS I

- 1st - Kirk Stoeppleman

CLASS II

- 1st - Mike Thomas
- 2nd - Steve O'Dell
- 3rd - Tal Milan

JUNIOR BOYS TROPHIES

- 1st - Mike Jutras
- 2nd - Kenneth Keim
- 3rd - Matt Durbin

MEN TROPHIES

- 1st - Curtis Epperson
- 2nd - Martin Brazil
- 3rd - Jimmy Miramones

51 Participants

II CLASS GIRLS - LOW DIVISION

Teams

1. Fort Worth I
2. Dallas I
3. Fort Worth II
4. Ennis I
5. Dallas II
6. Ennis II
7. Fort Worth III
8. Corpus Christi
9. Corpus Christi

Individual

- |                     |          |
|---------------------|----------|
| 1. Kari McCormick   | Ft Worth |
| 2. Shannon Manry    | Ft Worth |
| 3. Karen Kozel      | Ft Worth |
| 4. Debbie McCormick | Ft Worth |
| 5. Susan Hurth      | Ft Worth |

49 Participants

Points

- 585.9
- 554.6
- 532.4
- 503.9
- 485.8
- 483.1
- 472.3
- 459.1
- 370.3

Points

- 150.3
- 146.1
- 145.2
- 144.3
- 142.7

Thus started our early immigration from Bohemia to the USA.

Documentation: Herman. Charles Payson Mallery - "Ancient Families of Bohemia Manor" Their Homes and Their Graves.

Historical Society of Delaware, Wilmington 1888.

Will - New Jersey Historical Society Proceedings. Vol. 21, No. 2, Pages 21-34.

Documentation: Felyps. History of County of Westchester. - First Settlement New York. Written 1848 by Robert Bolton.

## Sokol and Sokolice Milwaukee

The annual Membership and Recognition Dinner was held, Sept. 20th. Sokol Milwaukee is now in its 108th year of existence. With the support of our members and friends we hope to continue as long as there are a few of us left to carry on. The Milwaukee Sokols have a tremendous help from their Sokolice, and we are most appreciative of their assistance. Their generosity was evident as they gave this lovely dinner party.

Sokol Milwaukee has the honor and distinction of having 7 of its members already belonging to the 50-yr. Club: Bro. Allen Shabat, the oldest, presently a 70-yr. member; Bro. August Shabat, a 65-yr. member, attends every meeting. Was President for 10 yrs. and presently is very active on several committees; Bro. Frank Janecek, a 60-yr. member; Bro. William Ctibor, 58-yrs., now residing in Juneau, Wis.; Bro. Frank Zelenka, 57-yrs., was President for many years, and is now a member of the BOI and Educational Director; Bro. Edward Brickner, 57-yrs. Has now been laid up with an illness; Bro. Richter, 56-yrs. Was a very popular and efficient Physical Director for 48-yrs. Has also served for 48 years as Treasurer and Financial Sec'y., which is not as easy a task as it sounds. He is also an active member of the BOI.

We gathered on this special day to honor the new 50-yr. members: Bro. Anthony Sauders and Sisters Emily Falarsh, Jarmila Richter, Vlasta Vojta and Gladys Light. They all received their 50-yr. pins in appreciation of their long membership. Also, Bro. Drnec, Pres. of the Central District, presented them with 50-yr. certificates. This was the crowning point of the day.

Rudolph Richter

## Sokol St. Louis

As the day of our celebration of our 110 year Anniversary neared, I sat reminiscing of the days gone by and the efforts, the sacrifices, the disappointments by those members who had dedicated their whole life, in order that our Sokol Unit could reach this age. I think of the 65 original men . . . who on February 14th, 1865, laid the foundation to our great American Sokol Organization and of those dark days when only seven members kept it from extinction. Then I remember the glorious years that followed. The wonderful Slets, the

Gymnastic Exhibitions, the Dramatic Plays, the Operas, the Masked Balls, those outstanding New Year's Eve programs, the building of our Sokol Camp, unequaled in the history of the American Sokol, our Drum and Bugle Corps, our hikes, our wonderful gymnasts, those winning basketball teams and many other activities too numerous to mention. I can still see those Sokols of days gone by and had passed away. To name some and not all would only be unjust for they all BELIEVED! To them the word "Sokol" was sacred and to them we must forever remain grateful. We also remain thankful to the present generation for preserving the heritage left to them. Building our new and beautiful Czech Hall . . . the home of the Sokol, C.S.A., and J.C.D. and P., with Sokol the majority shareholder. They not only built it but worked hard in maintaining it. The same applies to the Sokol Camp Committee and the BOI in keeping the classes large and competitive with Tyrs' teachings. That is what this celebration means to us. It is a day of happiness and pride, that we are so fortunate to be living witness of it.

John Reiner

## Sokol South Omaha

Report of damage was made to Sokol Park during a recent wind storm. - Also, a full report was given on the recent fire at the Sokol Hall. Damage was done to the main floor bar room and upstairs meeting hall. New walls, a new ceiling and a few other new installations will be made to the bar room. - More than \$1,000. in Cook Book sales was made during the month of August. - On August 16th, 13 gymnasts performed at the Mabry Park in Carter Lake's Bicentennial Program. Bro. Bud Benak directed the gymnasts and Bro. Edward Pavoucek made the introductions and gave the history and heritage of Sokol South Omaha. - On Sept. 21st, a group of gymnasts performed at the Fontenelle Forest Nature Days. - On Oct. 4th, all the Unit's gymnasts, young and old, were to participate in the Boy Scouts of America Youth Parade at Highland Park. - The Sokol will sponsor a trip to Las Vegas. Leaving Nov. 13th. Returning Nov. 16th.

## Sokol Detroit

Registrations were in progress for the opening of the Unit's Czech School. Classes will be held on Friday evenings with Bro. Petr Peska the instructor. - Bro. Victor Hurych reported the Scholarship Fund Committee appropriated funds for 3 scholarships for the 1975-76 year. The recipients were: Paula Belavek - \$400.00; Ann Marie Seidel - \$400.00; Melanie Mily - \$200.00. - A group of 15 women are learning the Indian Club number to be performed in Zurich, Switzerland. Sis. Bertha Cerny was to come from Cleveland, Oct. 26th, to conduct a workshop on this number. - The Czechoslovakian Afternoon Christmas Dinner Party will be held, Dec. 7th, at which time the Czech customs at Christmas-time will be celebrated. - A New Year's Eve Party will be held. - It was announced the Women's competitions will be held, May 2nd.

## Sokol Slavsky

At a recent meeting, Sokol Slavsky honored its long-time members with membership pins for their service to Sokol. Pres., Bro. John Satek Jr., made the following presentations: 50-yrs - Bros. John Baumruk Jr., Frank Rytir and Sisters Martha Mudra, Blanche Svec; 40 yrs - Sisters Mildred Jezek, Elsie Josifek, Mildred Pinc, Slavia Sula; 25-yrs - Bros. John Kobida, John Satek Jr. and Sis. Josephine Kozak.

Those unable to be present to receive their pins were: 50-yrs - Bros. Frank Freiberg, Joseph Jelinek, O. J. Kudrnovsky, Bohumil Nekolny, Frank Sebek, Joseph Suchy and Sisters Sylvia Freiberg, Elsie Suchy; 40-yrs - Bros. George Cermak, Jerry Jana and Sis. Lydia Silhan; 10-yrs - Bros. Edwin Halik Jr., Frank Pflieger, Don Schroeder and Sisters Lillian Glowa, Dorothy Ptacek, Lillian Rusy, Etta Simonek.

## Financial Report

### AMERICAN SOKOL ORGANIZATION

September 1975

#### RECEIPTS:

Dues .....	\$ 919.00
Dividends and Interest .....	1,368.35
Resale of Jewelry .....	17.00
Sale of Song Books .....	96.00
Educational pamphlets, Decals, Postage .....	20.10
Sokol Detroit XII National Convention Committee .....	<u>988.36</u>
	3,408.81
A.S.O. Uniform Division - Payment toward Advances .....	<u>429.71</u>
<b>Total Receipts</b> .....	<b>\$3,838.52</b>

#### DISBURSEMENTS:

##### Administrative

Salaries .....	\$516.74
F.I.C.A. and F.W.T. for August ...	162.74
Rental, Janitor Service, Phone, Electric .....	384.23
Office Supplies, Postage .....	79.88
Insurance .....	188.00
Service Contract .....	115.00
Printing Dues Cards .....	212.86
Office Furniture .....	136.49
Miscellaneous .....	<u>15.00</u>
	\$1,810.94

##### Educational Department BOI

Salaries .....	\$368.44
F.I.C.A. for August .....	46.80
Editor "Sokol Gymnast" .....	25.00
Add'l. copies "Sokol Gymnast" ...	28.00
Postage and UPS charges .....	61.81
Sokol Manuals .....	975.00
Dues .....	100.00
Travel Expense .....	<u>205.37</u>
	1,810.42

##### Sokol Publication

Printing "American Sokol" .....	\$768.84
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Editor "American Sokol" .....	100.00
Postage "American Sokol" .....	<u>59.44</u>
	928.28

#### Miscellaneous

Uniform Division - Salaries, F.I.C.A., Phone .....	\$377.21
Convention Expense .....	8.60
Special Appropriations - Western District A.S.O. ....	592.16
Eastern District A.S.O. ....	<u>275.00</u>
	1,252.97
<b>Total Disbursements</b> .....	<b>\$5,802.61</b>
Balance: Western National Bank of Cicero - Checking Acct. ....	\$3,360.41
Receipts - September 1975 .....	<u>3,838.52</u>
	7,198.93
Disbursements - September 1975 .....	<u>5,802.61</u>
	1,396.32

### FUTURE SOKOL LEADERS FUND

September 1975

In memory of Sis. Marie Prener:

Ann Falta .....	\$ 5.00
Mr. and Mrs. John Skudrna .....	5.00
The Ed Schnabl Family .....	10.00
Emily and Frank Ruzicka .....	15.00
Joe and Agnes Sotka .....	10.00
Helen Vahldick, Anna Barcal, Mildred Barcal .....	25.00
Mr. and Mrs. Edward F. Regal .....	2.00
Stanley and Rose Barcal .....	<u>25.00</u>
	\$ 97.00

In memory of Joseph and Sis. Marie Prener:

Betty and Helen Prener .....	50.00
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In memory of James Cihak:

Bohumil and Adela Lankasovi .....	\$10.00
Eastern District A.S.O. ....	25.00
Charles and Mildred Prchal .....	<u>25.00</u>
	60.00

In memory of Jaroslava Madera:

Bohumil and Adela Lankasovi .....	\$10.00
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In memory of Bro. Frank Tlusty:

Sokol Chicago .....	<u>15.00</u>
	25.00

Dividends Earned

	<u>232.00</u>
	<u>388.86</u>
	\$620.86

October 1975

#### RECEIPTS:

Dues .....	\$3,638.25
Dividends and Interest .....	3.45
Donations - "American Sokol" publication ...	12.00
Resale of Jewelry .....	166.00
Sale of Song Books .....	105.50
Luggage Stickers, Educational Pamphlets ...	19.00
Postage .....	<u>10.45</u>
	3,954.65

A.S.O. Uniform Division - Payment toward Advances .....	762.47
Transfer of Funds for Special Assessment Requests .....	2,500.00
<b>Total Receipts</b>	<b>\$7,217.12</b>

Irwin and Agnes Proksa, in memory of Agnes Seckar, mother of Agnes Proksa	25.00
Frank and Camilla Ulrich, in memory of Josef Janosky of Collinsville, Ill.	15.00
	<u>\$110.00</u>

Donations are tax exempt

**DISBURSEMENTS:**

Salaries .....	\$726.59
F.I.C.A.-F.W.T. for September....	108.94
I.W.T. for 3rd Quarter 1975 .....	42.85
Rental, Janitor Service, Phone .....	315.72
Office Supplies, Postage .....	123.01
Repairs to Office Machinery .....	3.26
Advertising and Subscriptions .....	52.50
Travel Expense .....	89.73
	<u>\$1,462.60</u>

**Educational Department BOI**

Salaries .....	\$368.44
F.I.C.A. for September .....	46.80
I.W.T. for 3rd quarter 1975 .....	24.48
Editor "Sokol Gymnast" .....	25.00
Add'l. copies "Sokol Gymnast" .....	28.00
Office Supplies, Postage, Phone....	22.99
Printing .....	66.01
Travel Expense .....	309.73
	<u>891.45</u>

**Sokol Publication**

Printing "American Sokol" .....	\$751.64
Editor "American Sokol" .....	100.00
Postage "American Sokol" .....	54.17
	<u>905.81</u>

**Miscellaneous**

Uniform Division - Salaries, F.I.C.A., I.W.T., Phone .....	\$616.57
Special Appropriations - Central District A.S.O. ....	4,021.60
Advance - Mildred Prchal Recognition Dinner .....	100.00
	<u>4,738.17</u>
<b>Total Disbursements</b>	<b>\$7,998.03</b>

**Balance brought forward:**

Western National Bank of Cicero - Checking Account .....	\$1,396.32
Receipts - October 1975 .....	7,217.12
	<u>8,613.44</u>
Disbursements - October 1975 .....	7,998.03
	<u>\$ 615.41</u>

**FUTURE SOKOL LEADERS FUND**

October 1975

William Zabransky, Jr., in memory of Bro. James Cihak .....	\$10.00
Celia Jirsa and daughters Celie and Vera, in memory of Ferdinand Jirsa .....	25.00
Charles and Irene Ruzicka, in memory of Mary Urbanek .....	25.00
John Stasa - In memory of Sis. Albina Stasa and Bro. James Cihak .....	10.00

## What Events or Sokol Personalities Influenced Me Most in My Sokol Life

What event? What personality? They do go together - for without the personalities, we wouldn't have the events, would we?

There are many memories of long ago that influenced my Sokol life, but I think the personalities that are the most outstanding are my Great Uncle Frank Lastufka and my Uncle Wencil Storek.

These wonderful men were two of the Founders of our Sokol Unit, and as you know, our Unit celebrated 70 years in 1974, so that goes a long way back - but then, so do I!!!

My Uncles were quite different. Their personalities often clashed, but their differences never interfered with their being great Sokols.

Uncle Frank taught - no, let us not use the word "taught" as his manner was such that we didn't realize we were being "taught". Let's say we learned through his subtle, patient, and wise ways, all about Sokol - the Ideals, Philosophy, and the whys and wherefores of our great organization. He was a true diplomat, and for a time served as Vice Consul to Czechoslovakia in San Francisco.

I remember him as a small, wizened, very bald man. He always wore a small black cap to keep his head warm. He could always calm the stormy Sokol waters by a wise statement presented in his usual calm, distinguished way.

I could picture him at many events, all impressive, especially to the young; at meetings, at opening ceremonies, at the Treasure Island World's Fair, and he was always serene, self-controlled, and dignified. And always with his small black cap upon his head.

Just so you don't get the idea Uncle Frank was perfect - he was a horrible driver! As youngsters, we often drove from the Peninsula to San Francisco with him. It was with great relief that we arrived safely home. As we walked in the door, we always gave thanks to God that we had "made it" once again!

Uncle Wencil came to California at a very young age, and was "under the wing" of Uncle Frank, but his personality did not reflect Uncle Frank's. He was much different. He was blustery, often offensive in his out-spokenness, and argumentive in many respects. BUT! What a wonderful, generous, and loving man he was and what a wonderful Sokol! Here - he DID reflect the lore of Uncle Frank.

Many are the people who came to the United States to San Francisco under his sponsorship. They worked in

his leather business until they could get themselves established in their new nation. Many were the material donations to Sokol, and many were the hours donated to Sokol work and activities.

Though I often had arguments with him as to what was right and what was wrong - and with Uncle Wencil there never seemed to be an inbetween - I loved and admired him.

He served as President of Sokol for many years. He was a self-educated man, and his speeches - thought to be long and boring to me at the time - were well thought out and well presented.

The problem of allowing our youth to "take hold" and present their ideas has always been evident in our Sokol Unit. As a "mládež", this was our biggest bone to pick, and many arguments ensued with these honorable men. However, I grew and survived, and today I am striving to show our youngsters the true Sokol meaning in the way it was so well presented to me.

As mentioned previously - I think events and personalities go together. I feel that I must add a few words about some of the many events that are outstanding in my memories.

There are the memories of Pacific District Slets, National Slets, Treasure Island World's Fair with its Czech Day and Exhibits. The memory of our young gymnasts striving to do their best - win or lose, and they sometimes won! The memory of a Sokol Course, and the friends made there! The memory of Barn Dances and New Year's Eve Dances. The memory of the year I was chosen Queen of Sokol San Francisco for outstanding achievement for our Unit, and the year I placed fourth in District competition when I was pregnant with our first boy, Wesley. These last memories are individual and very personal events of which I am very proud!

What keeps my interest and influences my Sokol life today?

Our move to San Mateo has once again made attending Sokol an interesting challenge. Since our move I have witnessed the children's gym classes grow from 15 to 50, plus. I have seen our Unit break records in our participants at a National Slet. I have seen us host a Pacific District Gymnastic Exhibition - the first in over 10 years. I have seen our youngsters improve in our gym from gangling gymnastic "triers" to Trophy winning gymnasts.

I still have much to learn, and there is still much to teach. Our youngsters must learn the Sokol Ideals. I think we are slowly, surely, and with determination, doing that.

In sincerity, I hope that I am able to influence our Sokol children today, as many years ago, I was so influenced by my Uncles - Frank Lastufka and Wencil Storek.

SECOND PLACE WINNER, ESSAY CONTEST  
IV. Division  
Mary Frances Meier, Sokol San Francisco

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## Help Our Sokol Grow

## Why I Go to Sokol

I like to go to Sokol because of the many things we do there. We march, run, play games, tumble, climb rope, and do stunts on the apparatus. It is fun. It is hard work. Before class starts we run around the gym and play ball. I like to climb the rope. Sometimes I am first. I also like the many parties at Halloween, Christmas and other times. Both my sisters, my mother and my father go to Sokol. Sometimes we all go together and have lots of fun. Sokol is fun, that is why I go.

SECOND PLACE WINNER, ESSAY CONTEST  
I. Division  
Michael Michalik, Sokol Stickney

## Competition

Competition means trying for the same object, position or prize, usually with certain rules. It is a contest, or match between another person or team. It makes gym more interesting and more fun than just using the gym equipment. Competition means hard work and competing against other kids. It is winning awards and having great honor. It is very exciting. When you're finished it seems that you have accomplished something. Part of it is working together with friends and team mates, and being a good sport whether you win or lose. It is many hours of hard work and practice. And in the end it is the joy of a job well done!

SECOND PLACE WINNER, ESSAY CONTEST  
II. Division  
Jeanne Marie Verlotta, Sokol Berwyn

## Planning New Programs

There is no other way for us to go but FORWARD. We must plan new programs and new projects and convert them into reality. We must organize the youth around the new program to keep them active and indoctrinate them in the Sokol principles. To accomplish this objective, we must provide better and more attractive facilities.

Sokol Baltimore TOPIX

## Leadership

"The simplest, most obvious and most effective way to make new friends is to call people by their first names, yet how many of us do it? . . . Most of us are not willing to take the time and energy necessary to fix indelibly in our minds. Professor William James once said, "The deepest principle in human nature is the craving to be appreciated." . . . The quickest way to let others know you appreciate their importance is to call them by name. Always remember, the most soothing, comforting music in the world is the sound of your own name on the lips of another person."

- Henry Legler, author

## What Is Physical Fitness?

In the old days of so-called "Physical Culture", big bulky muscles seemed to be the mark of fitness. Today, there is a much broader concept of fitness. Good muscle tone for strength and flexibility is a part of it. But fitness now also takes into account the efficiency of the heart, lungs and circulatory system as well as other systems of the body and their ability to respond to both daily and unusual demands. Further, fitness means a trim figure or physique, proper posture, a reserve of energy, and emotional poise. It requires good health habits including proper nutrition, rest and relaxation, and regular medical care. In short, fitness is the state of feeling good and looking good.

Sokol St. Louis News-letter

## Binghamton Reflections

In Binghamton, N.Y., June 27-29th, the best Sokol gymnasts in the U.S. were brought together for the National Sokol Slet hosted by Sokol USA, under the very capable direction of Bro. and Sis. Walko.

The Slet was well scheduled and all events took place within a half hour of their scheduled times. The Low Division Jr. Girls (Low A and B) with more than 300 competitors took over 6 hours to compete, but considering the figure this is not too extreme. This was the only class of competition where it was felt judging errors were made. Perhaps in the future we need to devote an entire day to the Low Division only, with no other events scheduled, for the judges' sake if for no other reason.

The Saturday afternoon Championship competition was a terrific meet from all points of view. A packed gym urged each gymnast on to routines truly thrilling to behold. The level of gymnastic performances was above any previous Slet remembered. This certainly is a tribute to all Sokol instructors everywhere, and to the competitors for choosing to advance their gymnastic skills through the Sokol system.

Those competitors who had the privilege of competing in an early morning event were treated to fresh air and the beautiful scenic mountain background of the Binghamton college campus, which also made a beautiful backdrop for the Sunday afternoon Slet program. An entire football field packed with Sokol gymnasts of all ages, all marching in unison, and flags waving, again showed the genius of Dr. Miroslav Tyrš. Gymnastic clubs and programs will come and go in our cities, but because of the extraordinary methodology and philosophy given us by Dr. Tyrš, Sokol will enjoy a great future.

### Sokol Instructor's Course

June 30th - State University at New York at Binghamton - 70 Sokol gymnasts - 7 Course instructors - these were the ingredients for 3 weeks of intense Sokol training.

To become a Sokol instructor there is a need of a working knowledge of the sport of gymnastics and most important of all, the need of the understanding of the

physical fitness system set up by Dr. Tyrš, the founder of our organization.

A typical day at the camp included classes in: marching tactics, calisthenics and apparatus terminology, practice teaching, spotting and safety, games and exercises, hand apparatus, first aid and anatomy, singing, apparatus training and Sokol history. Each of these areas were tested at the end of the 3-week camp.

Bud Benak  
Sokol South Omaha

## Joseph Fejfar

The membership of Sokol Belcamp was saddened to learn of the passing of Bro. Joseph Fejfar on October 19, 1975. Bro. Fejfar was born, September 14, 1903 in Lany, Czechoslovakia. At an early age he attended Sokol classes there.

He became an employee of the Bata Shoe Company in Zlin, Czechoslovakia. It was during this time that he became Director of Men in his Sokol District.

In 1939, he was transferred to the shoe factory in Belcamp, Md., in a supervisory position. Shortly after his arrival into this country he became a member of Sokol Baltimore. Along with the late Bro. John Vaters, he was the main force in the founding of the Sokol Unit in Belcamp. He was elected Director of Men, a position he held for many years. He also served as President of Sokol Belcamp for several years. He was also active in the Southern Circuit of the Eastern District, and was secretary for many years.

Sokol services were held at the funeral home with a large delegation of members present. Bro. Frank Novak, President of Sokol Belcamp, delivered the eulogy to the strains of Dvorak's New World Symphony in the background.

Sokol Belcamp suffered an irrevocable loss with Bro. Fejfar's passing. His influence will long be remembered. Deepest sympathy is expressed to the members of his family.

Edward Stetka

## Sokolské zpravodajství

AOS zúčastní se sletu Sokola v zahraničí, který se koná ve dnech 3. a 4. července 1976 v Curychu ve Švýcarsku. Župa střední AOS pořádá velký letecký zájezd na tento slet. Odlétá se z Chicaga 20. června a návrat je 6. července (17 dní). Před sletem bude autobusový zájezd do různých míst ve Švýcarsku, Rakousku, Německu, Holandsku, Belgii a Francii. Také bude navštíven Oetz, místo, kde zakladatel Sokolstva, Dr. Miroslav Tyrš, ztratil svůj život.

Sokolice Cedar Rapids oslavili 75 let své činnosti na banketu, pořádaný dne 18. října t.r. Je to jedna z jednot opravdu sokolsky aktivních a důkladně připravovaná oslava tak významného jubilea bude jistě povzbuzením k další práci.

Sokol Tábor v Berwyn, Ill., připravuje také oslavu svého jubilea. Je to již 110. výročí založení této jednoty, která je druhou nejstarší v USA.

V Milwaukee, Wis. koná se každoročně ve velkém rozsahu Bazar národnostních skupin. Sokol Milwaukee každoročně velmi úspěšně reprezentuje tam českou národnostní skupinu. Předvádí národní tance v krojích a má tam vždy stánek s českou kuchyní a pečivem. Také letošního roku připravují se na tento Bazar, který bude 22. a 23. listopadu.

Sokol Detroit slaví tohoto roku 100 leté jubileum. Již jeho letní cvičení bylo ve znamení tohoto výročí. Počasí však tehdy nepřálo a vytrvalý déšť vše pokazil. Nyní připravili detroitští velkou oslavu jejich jubilea na 1. listopad, kdy bude banket s programem. - V moderní sokolské budově této jednoty konala se XII. konvence AOS. Vše bylo pro tuto konvenci vzorně připraveno a členstvo a činovníci jednoty zasluhují uznání za jejich obětavou práci.

Jerry Rabas

## Sokol Washington, D.C.

Československo-amerických organizací ve Washington, D.C., ve kterém je zastoupen Sokol Washington pořádá oslavu 57. výročí založení Republiky československé prezidentem Tomáše G. Masarykem 28. října 1918. Recepte, kterou následoval koncert který připravil Sokol Opera péčí sestry Lidy Brodenové u příležitosti společných oslav našeho národního svátku v Cannon Building Domu Representantů Spojených států. Rečníci byli Carl Albert, mluvčí Domu, Senátory Roman L. Hruška, Claiborne Pell a Congressmany Edward Derwinski, Edward Koch a Thomas Morgan.

Měsíční členskou schůzi spojenou s Valnou Hromadou se koná dne 5. prosince v Barton House v Arlingtonu. Mikulášská zábava Sokola bude dne 7. prosince v budově Knights of Columbus. Po obvyklé nadílce budou vepřové hody.

## Sokol a politika

Velmi často v sokolských jednotách jakmile někdo pronese něco o politice i kdyby to byla národní, již slyšíme námitku, že politika do Sokola nepatří. Vrat' me se k Tyršovi aby nám vysvětlil jak on se díval na politiku. Zájem o veřejný život vedl Tyrše i k činné účasti v politice. Cenil si politické práce spočívající ovšem na pevných zásadách. Politická činnost mu nebyla hlavním úkolem ale politice se nevyhýbal. Nechtěl být ani politickým vůdcem i když si toho tenkrát český lid přál, chtěl být jen prostým vojákem. Tyrš uznává politické strany za nutné, ale jejich program musí být jasný.

Od dob Tyrše Sokolstvo neprovádělo žádnou stranickou politiku, ale vždy když národ potřeboval politicky zasáhnout za svoji svobodu, Sokolstvo vždy doporučovalo aby každý člen ve své politické straně se postavil za společnou národní věc. Tak tomu bývalo za starého Rakouska, během I. světové války, v Masarykově republice, ve II. světové válce a musíme litovat, že Sokolstvo bylo nazistickým pronásledováno tak oslabeno, že se nepostavilo pevně na odpor komunistům, kteří se

snažili přesvědčit Sokoly, že politika do Sokola nepatří, zatím co oni zatáhli komunistickou politiku do škol, do továren i do rodiny. Dnes kdy říkáme, že Sokolstvo je opět na vzestupu své morální síly mělo by se více zajímat o demokratický politický boj. Osud Československa i koneckonců pro nás, americké Sokoly, budoucnost americké demokracie nesmí být lhostejná. Tyrš při jedné příležitosti pronesl bojovná slova, které můžeme i dnes potřebovat: "Bratřím lásku, svornost, mír, ale s vrahy žádný smír!"

Jiří Špánek

## Sokolská výchova

Smyslem sokolské výchovy je výchova jedince pro celek, tělesná cvičení hlavním nástrojem této výchovy a cvičiště a příroda její dílnou.

Sokolové zítřka rostou v tělocvičnách z dnešní sokolské mládeže, která je proto středem našeho zájmu a středem naší péče.

Sokolská tělesná výchova usiluje o zachování národa při síle tělesné, duševní a mravní.

Proto si v duchu Tyršově vytkla cíle zdravotní, mravní a estetické a z nich vyplývající cíle národohospodářské, sociální a branné.

Pečuje o rozvoj zdraví, síly, svěžesti tělesné i duševní a o zachování těchto vlastností až do pozdního stáří. Vedoucí zásadou je všestrannost, která vede k souladnému vývoji těla i duše, jež jsou nedílné stránky lidské podstaty.

VIII. valný sjezd ČOS

## Výstava čsl. umění

Výstava českého a slovenského umění byla otevřena dne 26. října. Zahájil jí předseda výstavního výboru, Br. Karel Prchal, bývalý starosta AOS. Výstava se konala do 9. listopadu v budově ústavu Lincoln Federal v Berwynu.

Letošní výstava byla zaměřena hlavně na Sokolstvo. Americká Obec Sokolská a manželé Milada a Karel Prchalovi tam měly pěkné výstavní stánky s historickými věcmi, snad jediná tohoto druhu na světě, výstava celé sbírky sokolských poštovních známek jak ČOS, tak i AOS, staré sokolské knihy, fotografie atd. Sdružení českých svobodomyšlných škol měl tam pěkný stánek jehož majitelem a vystavovatelem je br. Pírka z české sobotní školy Brookfield. Byly tam dvě nádherná řeřbařská díla pocházející z 16. a 17. století, Staré bible králické atd., atd. I něco z moderní vědy, něco co na výstavě nebývalo, koutek věnovaný Biorhythm, kde podle přání každý návštěvník dostal zdarma vypočítán jeho chart na dva poslední měsíce.

Vlasta Matelová

## U plynulo 57 let . . .

28. října 1975 má československá republika opět narozeniny. Letos už tedy sedmapadesáté. Slušný věk, zvláště uvážíme-li, že ne všechna ta leta byla a jsou



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-----  
**CAREER GIRL:** One who'd rather bring home the bacon than to fry it.

-----  
Old truck drivers never die. They just don't make the grade.

-----  
A meeting place is a place where everybody talks, nobody listens and everyone disagrees afterward.

-----  
Formula for youth: Keep your enthusiasms and forget your birthdays.

-----  
Things always look greener in the other fellow's wallet.

-----  
It's what we learn after we think we know it all that really counts.

-----  
Kids need LSD - Love, Security and Discipline.

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právě šťastná. Slušný věk, zvláště uvážíme-li, že ne všichni se k myšlence republiky hlásili stejně intenzivně. Dokázala-li i přesto přežít, cosí na té myšlence zřejmě musilo být.

Letos je v Československu 28. říjen už docela popřen. Nejen jako den nezávislosti, ale dokonce už se nebude vzpomínat ani **Den znárodnění**. Zůstalo jen na lidech, zda si vzpomenou či nikoli. Jistě vzpomenou. Tak jako vzpomínali čeští studenti v Praze 28. října 1939. Byl postřelen a zemřel Jan Opletal.

Tak jako vzpomínali Češi a Slováci v koncentráku Miranda de Ebru ve Španělsku a v lágrech kolem Archangelsku v Rusku, roku 1940. Tak jako vzpomínali jiní vojáci republiky už ne ve vězeních německého spojence Španělska, či německého spojence Sovětského svazu, všude po světě.

Třebaže republika po dobu války existovala jen ve svých vojácích a politikách v zahraničí, mohla právě proto, a proto, že nepřestala existovat v myslích svých občanů, vstát roku 1945 z mrtvých.

28. října 1944 útočila čs. jednotka u Dunkirku. Padlo na 65 jejích příslušníků, vláda dnešního Československa dodnes nepovolila umístit na Hostýně pamětní desku na jejich počest. Na počest těch, kteří platili za myšlenku republiky vlastní krví.

28. října 1975 bylo v mnohých městech Spojených států, Kanady, ale i Austrálie a Jižní Afriky vztyčeny československé vlajky. K uctění dne vzniku samostatného Československa, k uctění památky těch, kteří pod stejným symbolem republiky bojovali a umírali. K uctění dne, kterého se nesmí a nebude úředně vzpomínat v nesamostatném Československu, protože připomínat nezávislost a to, že historie Československa nezačíná ani nekončí s historií Komun. strany Československa je momentálně hřích.

Vlajka není jen kus obarvené látky a 28. říjen není jen jedním ze dnů v roce. Je to den, který se má vzpomínat nejen toho co bylo, ale kdy se máme každý sám sebe ptát zda jsme učinili dost pro to, co bude.

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