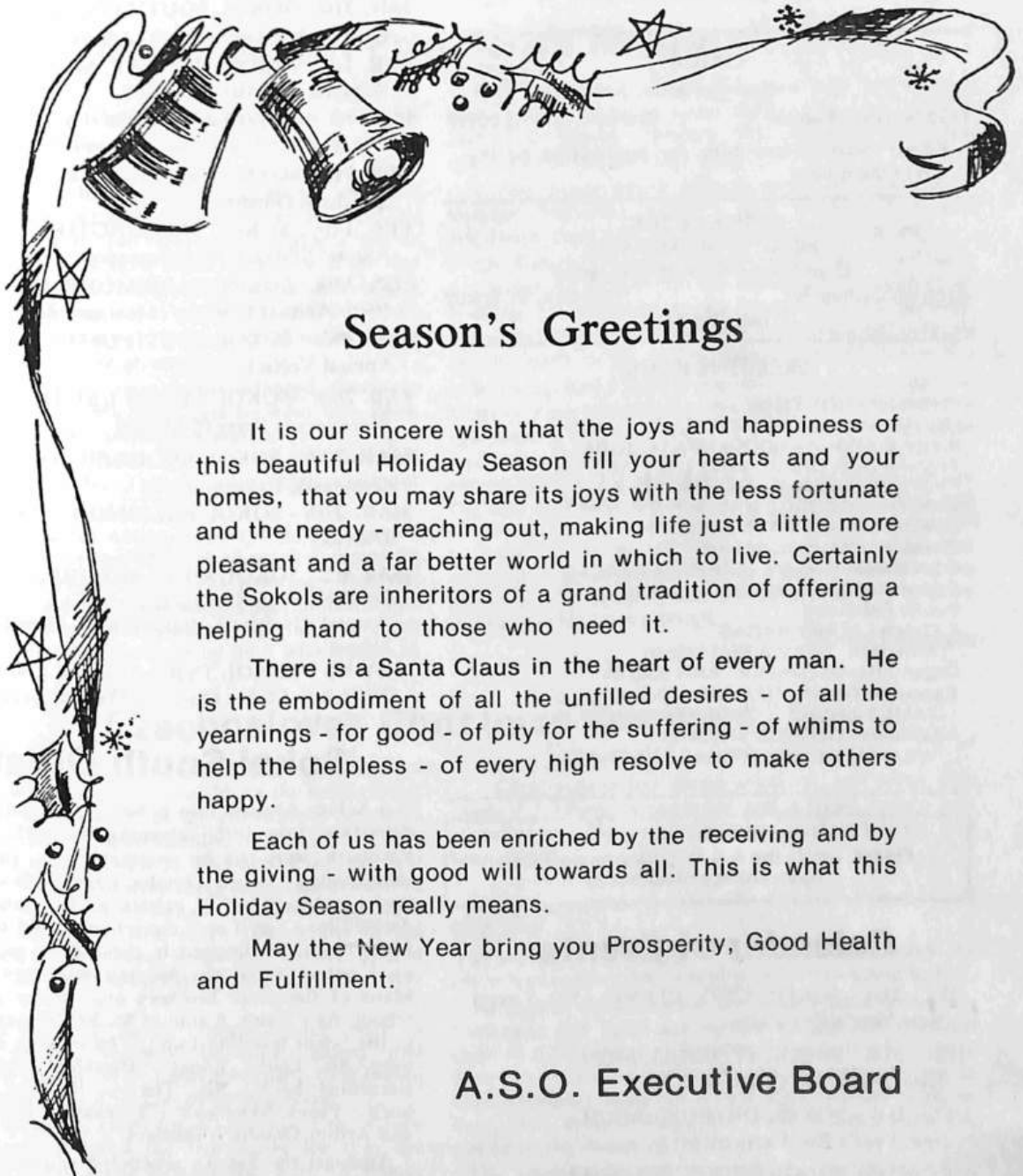


AMERICAN SOKOL

VOL. XCVI - NO. 12

DECEMBER 1975

PUBLICATION OF THE AMERICAN SOKOL
Educational and Physical Culture Organization



Season's Greetings

It is our sincere wish that the joys and happiness of this beautiful Holiday Season fill your hearts and your homes, that you may share its joys with the less fortunate and the needy - reaching out, making life just a little more pleasant and a far better world in which to live. Certainly the Sokols are inheritors of a grand tradition of offering a helping hand to those who need it.

There is a Santa Claus in the heart of every man. He is the embodiment of all the unfilled desires - of all the yearnings - for good - of pity for the suffering - of whims to help the helpless - of every high resolve to make others happy.

Each of us has been enriched by the receiving and by the giving - with good will towards all. This is what this Holiday Season really means.

May the New Year bring you Prosperity, Good Health and Fulfillment.

A.S.O. Executive Board

AMERICAN SOKOL



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EDITOR

George Herink

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OFFICE OF THE EXECUTIVE BOARD ASO.

EllenJeanne Schnabl, Secretary
6426 W. Cermak Rd. Berwyn, Ill. 60402
Tel.: 795-6671

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ATTENTION

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

Calendar of Events

- 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
- DEC. 31st - SOKOL LITTLE FERRY, N.J.
New Year's Eve Party

- DEC. 31st - SOKOL SOUTH OMAHA, NEBR.
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.
- JAN. 25th - SOKOL LITTLE FERRY, N.J.
Eastern District's Exhibition
- JAN. 31st - SOKOL SOUTH OMAHA, NEBR.
Gym Club's Annual Polka Dance
- FEB. 1st - SOKOL DETROIT, MICH.
Winter Gymnasticale
- FEB. 1st - CLEVELAND SOKOLS
Winter Gym Exhibition - Cleveland State University
- FEB. 7th - SOKOL BROOKFIELD, ILL.
Spaghetti Dinner
- 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
- FEB. 28th - SOKOL CEDAR RAPIDS, IOWA
Masquerade Party (Šibřinky)
- MAR. 20th - SOKOL BROOKFIELD, ILL.
Gymnastic Exhibition.
- MAR. 27th - SOKOL BALTIMORE, MD.
Dozvuky
- MAY 8th - SOKOL WEST SUBURBAN,
DOWNERS GROVE, ILL.
Annual Gymnastic Exhibition - Hinsdale So. High
School
- MAY 9th - SOKOL TYRS, CLEVELAND, OHIO
Jr. Hobby Club's Mother's Day Pancake Breakfast

Sokol South Omaha

A Sokols Abroad Trip is being planned. Anticipated departure, June 14th, returning, July 6th. Bro. or Sis. Pavoucek were to be contacted by the interested individuals. - South Omaha Czech school closed its books and went out of existence. The school's officers decided long ago if ever the school would terminate, its funds would be donated to the Sokols, as they always went out of their way helping wherever they could. Many of the older brothers and sisters attended the school. As a result, a sum of \$3,000.00 was turned over to the Sokol Building Fund. The officers of the school were: Sis. Louise Tonar - President; John Strnad - Recording Sec'y.; Sis. Theresa Novotny - Financial Sec'y.; Frank Sklenicka - Treasurer; Barbara Homic and Arthur Goodro - Trustees.

Amongst the Sokol's scheduled activities was a Las Vegas Tour, Nov. 13-16th. - Hall Board Directors Card Party, Dec. 14th. - New Year's Eve Dance, Dec. 31st. - Gym Club's Annual Polka Dance, Jan. 31st. - Every Thursday is Fun Night.

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. XCVI

December - 1975 - Prosinec

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Sokol Detroit President's Message

(Editor's comment:- Following is the address by Pres., Bro. George Eisenstein during the festivities marking Sokol Detroit's 100th Anniversary, November 1, 1975.)

We are gathered here tonight to celebrate and give recognition to a century of existence of SOKOL DETROIT. I am sure that our founding fathers had no idea that the fruits of their labor would be some day recognized and indeed, revered 100 years later. Little could they have known the important role their new founded organization would have in molding the minds and bodies of succeeding generations.

Those Czechoslovak immigrants adhered closely to the teachings of Dr. Miroslav Tyrš because they knew that his principle of physical training, spiritual and moral health would sustain them during the trials and tribulations of their day. Today, this principle continues to serve us well.

Currently this great nation of ours is busily engaged in Bicentennial festivities which shall reach a climax on July 4th of next year. It was 200 years ago that our United States of America was born. This significant and historical event was made possible only after a great struggle and personal sacrifices by men who fought to

form a democratic nation. I cannot help but draw a close parallel between those hardy American patriots and those Slovak stalwarts who came to this new country to seek a new way of life.

Today, many ethnic organizations and peoples of various national descent and background will emphasize their part in the founding of this nation.

The Czechs, through the Sokol movement have made a valuable contribution to the growth of this country by training its members to be better citizens through physical fitness programs and well rounded cultural activity such as its music, dances and education.

In conclusion, I wish to remind the members that the heart of your organization lies within the walls of this gymnasium. It is here that our youth is given direction and forged into manhood. It is here that he is taught to accept discipline and it is here he is taught the sense of fair play and moral responsibility. It is these ideals and virtues that those dedicated individuals, who preceded us forged into being and thus created a heritage. Not only a heritage, but left with us a legacy which we are entrusted to pass on to future generations. Let us carry the banner high! NAZDAR!!

George Eisenstein

Czechoslovak Christmas Customs

In the years since Czechoslovakia became a Communist nation, the religious side of the holidays has been neglected; but much of the celebration continues for its own sake. Traditionally, the Czechoslovak Christmas season began on St. Nicholas' Eve, the night of December 5th. There were three men, one dressed as St. Nicholas, one dressed as an Angel and the third disguised as the Devil who made the rounds of the villages. Good children were given fruit and candy and those who had been naughty during the year were switched by the Devil.

Christmas Eve, a family time, started with a traditional dinner, followed by gifts, games and caroling. The family, after home festivities, then moved on to the church for a special Midnight Mass.

Every Czech ate carp for Christmas Eve. Czech children carefully saved the fish scales for they are supposed to bring good luck in the form of money during the next year.

The traditional Christmas Eve menu for a family living in Prague is a long one. It includes:

Carp soup

Carp, cooked like wiener schnitzel, and eaten with mashed potatoes, a vegetable and a diced potato and mayonnaise salad to which celery and red beets had been added.

Compote of cooked fruits

Apple strudel, homemade cookies, kolacky and fresh fruit.

If anyone was hungry at midnight, there would be platters of sandwiches to nibble on before going to bed.

As soon as the Christmas Eve dinner table is cleared, Christmas tree lights are turned on and the youngest child in the family hands around the gifts which have been neatly stacked under the tree. Christmas trees in Czechoslovakia have not always stood on the table or floor, but, decked with fruit, used to hang from the ceiling in the corner of the room.

Old traditional carols are sung in an informal way during the evening, for nearly all Czech people are musical. During the course of the evening, games also are played that are as much a part of a traditional

Czech Christmas Eve as bobbing for apples has become a part of an American Halloween. One of the Czech games might be called "family check-up" to see if the family circle will still be intact on the next Christmas Eve. Each member takes an apple, slices it crosswise through the middle to expose the seeds, and then eats it. If the cut shows the seeds in the pattern of a star, all is well; but if the seeds fall into the shape of a cross, it means that the person holding the apple will not live to see the next Christmas. (We wish to make note of the fact that before the time of hybrids and scientifically-grown orchards, all apple cores were not perfect.)

Another unusual Christmas Eve custom is to light tiny candles set in walnut half shells and float them in a large bowl of water. The person whose candle goes out last will be the luckiest, but misfortune will hound those whose candles flicker out quickly. Some rascals would invariably rock the bowl, however.

In many little farm villages, the girls of the family would go out in the yard during the evening and, giggling, toss one of their shoes over the shoulder as they stood facing their parents' home. It is supposed to be a sign that they will be married within the year if the shoe points away from the house.

Christmas morning, many families sleep late. Christmas lunch traditionally is goose with rich Czech bread dumplings, sauer kraut and soup. For dessert, there are cookies. On December 26th, the traditional meat is rabbit.

New Year's Eve is a night of merrymaking, but the New Year's Day feast in Czechoslovakia would not fill Americans with eager anticipation. The ear or jowl of a hog must be eaten! These cuts of pork are served with marinated horseradish and apples, for the superstition is that this menu will insure happiness all during the ensuing year.

It used to be the custom for village boys to go around on January 6th in groups of three, each dressed in long robes and paper crowns to represent the Biblical "Three Kings". They scrawled their initials in chalk on doors and walls. "K" for Kaspar, "M" for Melchior and "B" for Balthazar. The houses they marked with these initials were supposed to be protected against misfortune for a year. The "Three Kings" received candy and apples or money from those they "protected".

The coming of the New Year was, until modern times, celebrated in the spring - sometime between Shrove Tuesday and Whitsun. This fact explains why some of the Czechoslovak New Year customs today seem inappropriate. They were not inappropriate when the New Year began in March or April. At one time, there was great significance attached to the destruction of "Death" and the arrival of new life or Spring. In remote country villages, particularly in Moravia, boys and girls in early spring sometimes still dress a grotesque straw figure like a scarecrow which they call "Morena". Morena represents the old winter, or "Death", and is carried on two or three Sundays about the fields while the young marchers sing doleful funeral music. "Life", or springtime, is represented by a little fir tree carried in the hands of the marchers and decorated with eggs and festoons like a miniature

Christmas tree. "Morena" is eventually beaten to pieces, her straw scattered to the winds, or drowned in a stream. This ceremony is supposed to make way for spring or new life.

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

November 25, 1975

Pres., Roy Zitny presided. Present: Sisters B. Prener, E.J. Schnabl, A. Sotka, M. Ptacek, A. Basta, S. Pistorius, L. Zdenek. Bros. G. Basta, P. Lebloch, S. Barcal, J. Rabas, J. Jindra, G. Simonek, W. Meyer.

Correspondence: Sokol South Omaha announcing Zurich tour. - Appreciation from Sokol USA upon ASO participation in Binghamton Slet. - Western District still has no District secretary. - Request from Sokol Wilber on the initiation dates of some of their members in preparation for a special program, Nov. 30th. - Western District's Amendment No. 4 to their By-laws, approved. - Bro. and Sis. Kalat now residing in Texas, stated of their dual membership. - Donation of \$20.00 approved to the Cermak Rd. Business Ass'n. for decorations for Christmas and the Houby Parade. - Half-page "ad" approved for the Denni Hlasatel's Christmas greetings. - Request from Bro. F. Bartos of Sokol Moravan for information on conducting a meeting. A set of By-laws will be sent mentioning procedures and the order of the day.

Old Business: Meeting was held with Sokol Fuegner of South Chicago. Bros. J. Jindra, E. Halik, G. Johnson, J. Overland and J. Mensik met to discuss the Unit's By-laws. They will be revised and re-submitted. - Letter from Bro. J. Bubenik that Sokol Portland has ceased to exist since 1972. The Pacific District will be asked for clarification. - Discussion ensued regarding Sokol Racine. An attempt will be made to arrange for a meeting there sometime in January.

Director of Women, Sis. Ptacek: Submitted 3 final report forms. Approved for payment: Pacific District's instructors' course, Sept. and Oct. 1975, air fares and salaries - \$879.10; Eastern District 2-day clinic, Oct. 18-19th, per diem and gas mileage - \$150.40; Northeastern District dance clinic, Oct. 11th, air fare, rental, salary - \$171.53. - Girls' Gymnastic Skills being prepared. - Tournament rules changes sent out.

Merit Award Committee, Sis. Zdenek: Recipients are as follows: Renewal - Central District - Janice Wostratzsky, Richard Linhart, James Hron, Jr.; Western District - James Riha; Southern District - David Houdek. New - Eastern District - Elizabeth Schroeder; Northeastern District - James Jana, Michael Eckhoff; Central District - Kim Rus, Jo Ann Hantak; Western District - Lynn Satorie, Vickie Reider; Pacific District - Helen Pelc. - Phase 2 application and rules sent out.

Director of Men, Bro. Lebloch: Bro. Paul Fina's expenses, \$241.73, attending the USGF Congress of Coaches in Denver, approved for payment. - The Morton High School will be contacted for the

use of the Hoffman Stadium for the Slet. - Prepared the application form for senior applicants of the Phase 2 Merit Award. - Congratulated Sokol Milwaukee on its participation and awards received at their Folk Fair.

Membership, Bro. Svoboda: Submitted the names of Bros. Leo Pajer and George Simonek as members of his committee.

Educational Committee, Bro. Barcal: Meeting dates are now held on the 2nd Friday of each month. - Bro. Kala furnished continuation of an article on the early immigrants to America for the Sokol publication. - Discussion ensued regarding the ASO library; sorting, cataloging, etc. - Bicentennial window displays were discussed. - Bro. Jindra obtained a "76" flag. - Progress has been made on job descriptions of officers and committees. - The "Minute Spots" appearing on TV will be distributed throughout the year.

Sis. Prchal's Recognition Dinner: Dinner was a huge success. Financial report not ready. Letters of appreciation to be sent to the various members, Sokol Tabor, the Central and Northeastern Districts for their efforts pertaining to the banquet.

Publicity, Bro. Rabas: Placed articles in the Denni Hlasatel on Bro. Zenkl and the Central District's new seal. - Sis. Pistorius submitted publicity in the local newspapers on Sis. Prchal's Recognition Dinner, also a picture of Sokolice Renata Tyrsova's anniversary. - Will update the late Bro. Suster's "Public Relations Information Booklet" and distribute same to all Units.

Financial Sec'y., Sis. Sotka: Prepared Financial report. - Served on the committee for Sis. Prchal's Dinner. - Received permission to transfer funds in order to pay off some special assessment requests. - Was requested to write Units in arrears to send remittances and totals of their associate members.

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

Uniform Division, Sis. Prener: Orders coming in nicely. - Back salaries paid the ASO for Sept. and Oct. - Books audited and found in order thru Sept. - Men's cotton jersey shirts and Tot's slippers now in stock. - Approved, the purchase of a clothes rack.

Secretary, Sis. Schnabl: Attended Sokol Detroit's Anniversary banquet. - By-laws sent to the printers. - Helped with Sis. Prchal's Dinner preparations.

President, Bro. Zitny: Attended Sokol Detroit's Anniversary banquet and Sis. Prchal's Dinner. - Has kept in touch with the office and officers.

1977 ASO Slet: Bro. Barcal agreed to be the chairman. Bro. Basta will be the Treasurer. Sis. Prener will work on the seals. A meeting will be held to select chairmen for the other important committees.

Isn't This True?

If there is righteousness in the heart, there will be beauty in the character. If there is beauty in the character, there will be harmony in the home. If there is harmony in the home, there will be order in the nation. And when there is order in the nation, there will be peace in the world.

- C.S.A. Journal

Western District

October 13, 1975

Pres., Bro. Edward Pavoucek presided with 11 delegates present. Since no District Sec'y. as of yet has been elected, Sis. Joleen Hamann volunteered to serve in compiling the minutes of this meeting. - It was requested that anyone holding an office in the District cannot represent his or her Unit as a delegate to the District.

Correspondence: Quarterly reports were received from Sokolice Crete and South Omaha. Also, from Sokols Cedar Rapids, Wilber, Wilson and South Omaha. - Invitation to Sokol St. Louis' 110th Anniversary celebration, Nov. 16th.

B.O.I., Sis. Bozena Drozda: ASO check from the Special Assessment Fund for \$592.16 received covering the April workshop and Sis. Janice Gathye's travel to Crete for a clinic.

New Business: New source for reproduction of the District minutes is being sought. - Sis. Helen Karpisek is the new chairman for the Nominating Committee. - The amendment to the By-Laws concerning tipping has not yet been received. - Bros. Pavoucek and Ray Lastovica will represent the District at Sokolice Cedar Rapids' 75th Anniversary. Provisions were made to cover their expenses. - It was approved that Bro. Pavoucek find something suitable to present to James Hartung and Philip Cahoy in recognition of their accomplishments in the USGF and AAU Junior Olympic programs while representing Sokol Omaha. - Word was received that Sokol Wilber will celebrate its 50th Anniversary sometime in November. Details will be given upon receipt of more information.

Treasurer's Report: Receipts - \$692.25. Disbursements - \$138.30.

Eastern District

November 17, 1975

Pres., Bro. Charles Zraly presided with 11 members present.

Correspondence: ASO identification ribbons, with name of Unit imprinted, are for sale at 75c each. - Letter of thanks from ASO for \$25.00 donation to the Future Sokol Leaders Fund in memory of Bro. James L. Cihak. - Approved, Czechoslovak Radio Hour request for yearly contribution of \$85.00. - Letter of congratulations to be sent to Sis. Mildred Prchal on the Recognition Dinner held in her honor, Nov. 2nd. - Sympathy expressed to the family of Bro. Joseph Fejfar of Sokol Belcamp upon his passing. - Receipt of ASO check of \$275.00, travel expenses for Sis. Ellen Garlicki, of Sokolice Little Ferry, in attending National Rhythmic Gymnastics Competition in California, May 10th. - Sis. Emilie Ruzicka is composing a walking drill for the Zurich Slet.

Director of Men, Bro. Frank Capek: Children's competitions were held at Sokol Little Ferry. - Attended 2 meetings of the United Sokols of the East. - Jr's.

bowling tournament will be held Nov. 30th, Seniors on Dec. 6th. - Jr.'s. and Seniors volleyball tourney will be held, Jan. 18th. - Inquiry will be made about facilities at Monroe, N.Y. where an Instructor's School could be held.

UNIT REPORT

Sokol Little Ferry, Bro. Novotny: Pork Dinner to be held, Nov. 22nd. - Will stage a New Year's Eve Party. - Accepted 2 new members.

Sokolice Little Ferry, Sis. Zabransky: Discussed associate membership at their Board meeting. - Held By-Laws meeting, Nov. 5th. - Chinese Auction netted a profit of \$1,220.76. - Sent flowers to Sis. Mildred Prchal upon her Recognition Dinner.

Sokol New York, Bro. Babinec: Great improvements made in the Sokol hall. - Attendance at the Masaryk celebration and opening of the hall numbered 200. - Unit's instructors requested to send reports of their activities to the Directors of the District and the ASO.

Sokol Fuegner, Sis. Hochner: Gymnasts victorious in a track and field meet. - Telegram of congratulations sent Sis. Prchal.

Announcements: District's Exhibition will be held, Jan. 25th, at Sokol New York. - Next District meeting will be held, Jan. 5th, at the Bohemian Hall, Astoria.

Treasurer, Bro. Chaloupka: Receipts - \$257.70. Disbursements - \$416.83.

Central District

October 22, 1975

Pres., Bro. Joseph Drnec presided with 19 delegates present.

Correspondence: As per request by the Denni Hlasatel an "ad" for \$20.00 was placed for that publication's special issue commemorating October 28, 1918. - Receipt of ASO check from the Special Assessment Fund for \$4,021.60 covering Binghamton course expenses. - ASO invitation to Sis. Mildred Prchal's Recognition Dinner. Bro. and Sis. Drnec are to represent the District.

Director of Women, Sis. Jindra: Requesting USGF to conduct a Clinic for exercise routines and also one for Judges; each Unit to send 4 members to the sessions. - Will conduct track and field events with awards only to the relay race winners. - Gymnasts and Folk Dancers participated during Czech Week at Ford City Plaza. - Preparations for St. Louis volleyball tournament, Nov. 22nd. - Calisthenics and exercise routines will be distributed. - Women's drill to be used as in 1948. - All classes will have calisthenics workshops in Jan. or Feb. - Suggested greater Sokol participation in the Cicero-Berwyn Houby Parade. - Permission given to purchase USGF films for women's routines; good for 4-yrs., then to be donated to the ASO BOI. - Approved, tapes to be purchased for all calisthenics and free exercise routines; then to be reproduced and distributed to all Units. - Sis. Jindra's travel expense to St. Louis approved for

payment. - Vaulting team workouts will be resumed under the direction of Bro. Rich Linhart at Sokol Tabor. - It was suggested the Districts take more active part within USA rather than travel abroad. This would permit more members to participate. - Sokols Abroad will be asked to hold their Slet in the USA.

Director of Men, Bro. Gilbert: Men's volleyball games started with 11 teams playing. Jr.'s to start shortly. Three teams entered for St. Louis tourney. Cleveland interested in invitational games. Omaha also interested. - Approved, the purchase of materials for 2nd class flags. - Bro. Halik's electric timer is to be used by both BOI's. - Various rental charges approved for payment. - 1975 District Slet audit completed satisfactorily. - Milwaukee and St. Louis trips to be audited properly.

Folk Dancers, Bro. Kala: Danced 2 nights at Ford City Plaza. Gymnasts from Sokols Berwyn and West Suburban also performed in tumbling routines. Other Folk Dance appearances: Sokol Day, Oct. 31st, at the Czech Exhibit at Lincoln Federal; Sokol USA Hody, Nov. 14th; Sokol Brookfield's Harvest-Fest, Nov. 15th; Scottish Old Peoples Home, Dec. 7th.

New Business: Announcement of Zurich Tours by the Northeastern and Western Districts. - Request from Sokol St. Louis for representation at its 110th Anniversary celebration. Bro. and Sis. Drnec will represent the District. - Announcement of Sokol Racine ending its gym activities, with plans to sell its building, and either dissolve or become inactive. Unit has many old members, lacks Sokol instructors, and has other internal problems. All the apparatus and library items have been offered to the District. Bro. and Sis. Jindra were to travel to Racine to gather all the library material. Sokol Racine will be asked to hold the apparatus until the necessary provisions can be made. - Bro. Halik showed films of the 1975 District Slet. Films are available to all Units.

Financial Report, Bro. Svoboda: Balance on Hand - \$751.85.

Southern District

October 23, 1975

Pres., Bro. George Prevratil presided with 13 members present. - A moment of silence was held in memory of Bro. Nolan Peel of Sokol Corpus Christi.

Correspondence: Invitation to Recognition Dinner honoring Sis. Mildred Prchal. - A check for \$15.00 from Sokol Corpus Christi for District patches.

UNIT REPORT

Sokol Corpus Christi: Membership voted to build new facilities on the present site. - Family Social, Oct. 24th. - Annual Festival, Oct. 25th, including dinner, gym program, bake sale and games. - Children's Christmas Party, Dec. 14th. Adults, Dec. 19th.

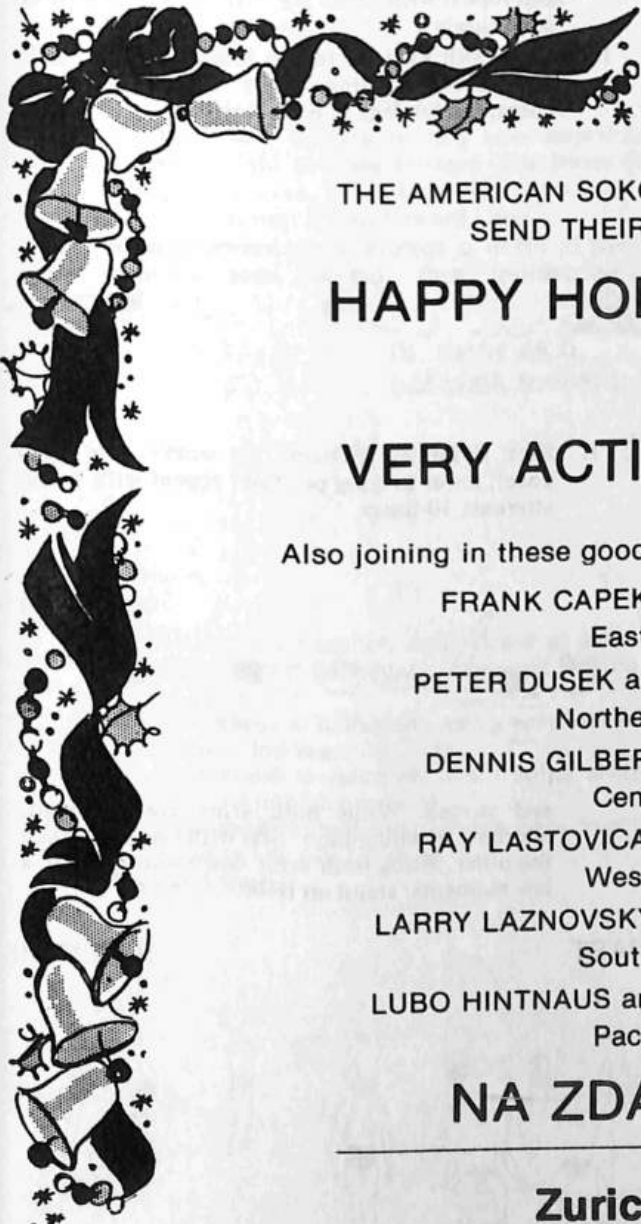
Sokol Ziska: October meeting, 55 in attendance. Gained 3 regular and 2 associate members. - Participated in Czech Day at the Fair. - Held 2 dances.

AMERICAN SOKOL

SOKOL GYMNAST

DECEMBER 1975

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



THE AMERICAN SOKOL BOARD OF INSTRUCTORS
SEND THEIR GREETINGS FOR A

HAPPY HOLIDAY SEASON

AND A

VERY ACTIVE NEW YEAR

Also joining in these good wishes are our District Directors:

FRANK CAPEK and AUDREY BENDA
Eastern District

PETER DUSEK and GEORGIANA JENCIK
Northeastern District

DENNIS GILBERT and LILLIAN JINDRA
Central District

RAY LASTOVICA and BOZENA DROZDA
Western District

LARRY LAZNOVSKY and SYLVIA LAZNOVSKY
Southern District

LUBO HINTNAUS and MARY FRANCES MEIER
Pacific District

NA ZDAR TO ALL

Zurich Slet

ATTENTION - DISTRICT DIRECTORS:

The Central and Northeastern Districts and Sokol So. Omaha of the American Sokol Organization have chartered flights to Europe for the 1976 Zurich Slet. It is hoped that all our gymnasts will participate in the Slet Calisthenics and Competitions.

There has been a postal strike in Canada and we have not received all the Slet material. When it becomes feasible, and in order to expedite delivery to

your district, we ask that you contact Bro. Jan Waldauf, Director of Men, Czechoslovak Sokol Abroad, direct. His Address:

Jan Waldauf
2333 Kenbarb Road
Mississauga, Ontario
Canada - L5B 2E9
(416) 275-4773

Mildred Prchal:

EXERCISES FOR SENIOR WOMEN

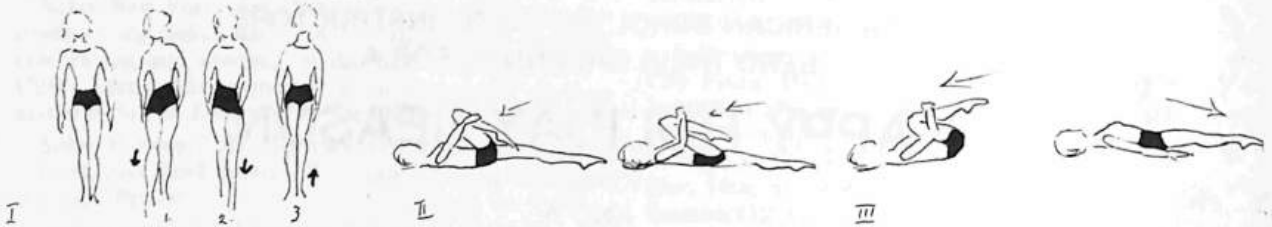
The following are morning exercises and start upon waking and still in bed - the repetitions in some cases are specified but they may be repeated as wished.

AFTER WAKING - LIE ON BACK:

- I Stretch R leg straight forward toward foot of bed; stretch L leg toward foot of bed; draw both back and repeat.
- II Bend R leg up to chest, take hold of right knee with both hands and draw knee closer to chest;

release knee, stretch leg again to lying position and repeat with other leg. (All of this should be done slowly.)

- III Bend both knees bringing knees to chest; hold both knees, pulling closer to chest; release knees, stretch legs to lying position.

WAKE UP - LIE ON BACK**LIE ON STOMACH - arms beside body:**

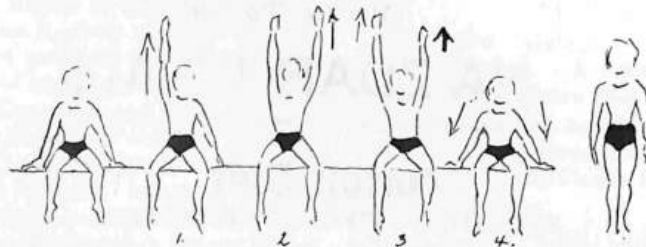
- I Raise head up and lower again - 6 times

- II Kick R foreleg to back (leg works only from knee); lower to lying position; repeat with L leg - alternate 10 times.

LIE ON STOMACH**SIT ON EDGE OF BED - knees slightly apart:**

Reach upward as high as possible with right arm (strong stretch); raise left arm overhead

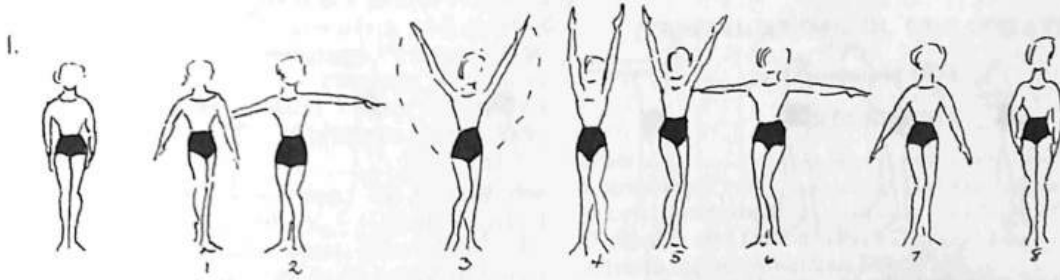
and stretch. While both arms are overhead, alternate reaching high, first with one arm, then the other. Bring both arms down and rest for a few moments; stand on floor.

SIT ON EDGE OF BED - KNEES SLIGHTLY APART**MARCH IN PLACE OR FORWARD****DEPENDING UPON SPACE - proper posture:**

- I Swing arms moderately, R arm forward with L step, L arm forward with R step - 16 steps

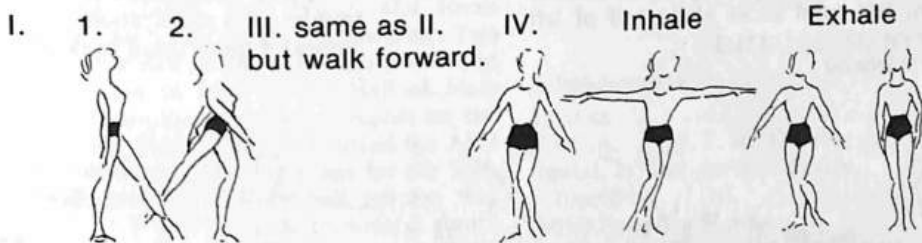
4 steps in place (or forward) - raise arms side-way to overhead; 4 more steps lowering arms to sides of body. Repeat all 6 times.

MARCH IN PLACE OR FORWARD



- II Point left foot forward turning knee outward; transfer weight to L leg forward (this leaves R toes pointed back, complete weight is on L leg; reverse all (point R foot forward, etc.)
- III March forward about 20 steps as in No. II (first pointing toes forward, then transferring weight.)

- IV March 2 steps forward - raise arms to side shoulder high and push them back while inhaling - march 2 more steps, close the arms to the side of body while exhaling. Repeat. (The second 2 steps may be made backward.)

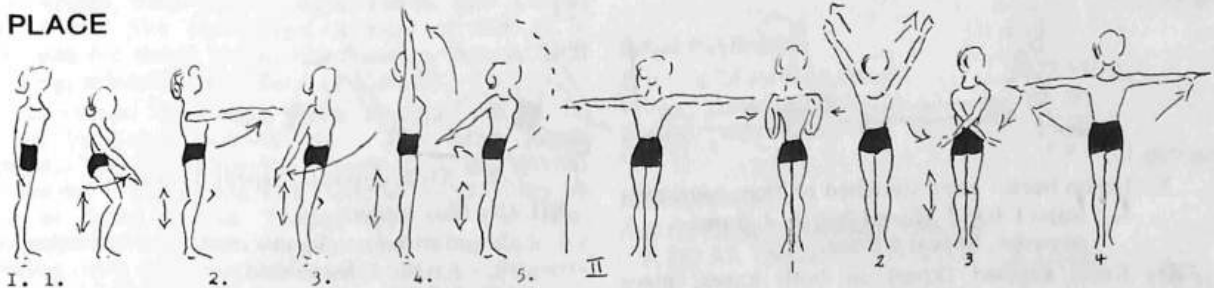


IN PLACE

- I 1. Stand, feet together, arms closed at sides.
 - 2. Flex knees to half squat - raise arms in front of chest.
 - 3. Flex knees to half squat - swing arms downward to low rear.
 - 4. Flex knees to stand on toes - swing arms forward to high overhead.
 - 5. Flex knees to half squat - swing arms forward to low rear (as in 3.)
- Repeat 5 times.

- II Stand, feet together, arms stretched to sides shoulder high:
 - 1. Bend forearms to touch shoulders on sides (upper arms close to sides of body.)
 - 2. Raise arms high and outward, palms front.
 - 3. Flex knees to half squat - loosely swing arms sideway to front of body (low) crossing one wrist over the other.
 - 4. Then swing arms out to sides shoulder high again as in preparation. (Repeat 6 times.) (When starting this exercise work slowly for precision.)

IN PLACE

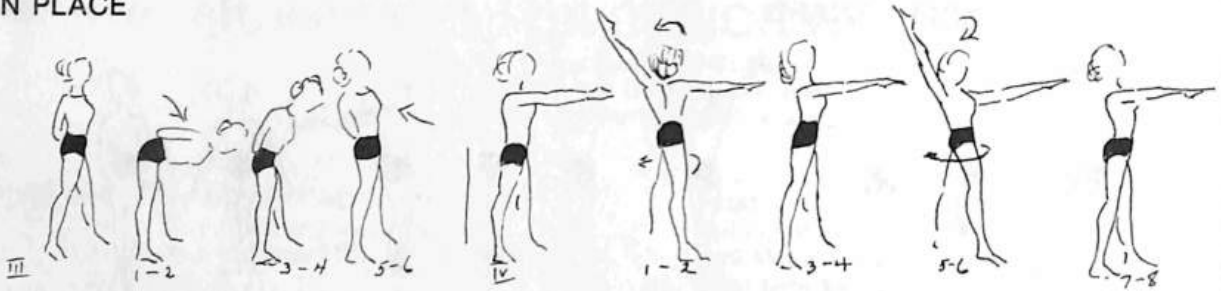


- III Stand with feet apart (strideleg) - bend forearms in back of waist:
 - 1.-2. Horizontal front bend - moderate back bend of head.
 - 3.-4. Slowly straighten body to moderate back bend.

Repeat 4 times.
- IV Stand with feet apart (strideleg) - arms stretched in front of chest.

- 1.-2. Turn trunk to left - L arm high outward - look toward raised arm.
 - 3.-4. Turn trunk front - lower left arm to front of chest.
 - 5.-8. Do same with right arm turning to right and back again.
- Repeat 4 times.
(Do above exercise slowly with pull and greatest amplitude.)

IN PLACE



V Stand with feet closed - hands on waist:

- 1.-2. 2 low jumps with feet together.
- 3.-4. 2 jumps with feet apart and landing with feet apart. (During jumping try to point the toes when off floor, land softly on the ball of the foot, knees flexed before placing the heels on the floor).

VI Stand with feet apart arms closed.

- 1.-2. Bend trunk to left - raise right arm sideway to high, left hand slides along calf of left leg.
3. Dip in sidebend

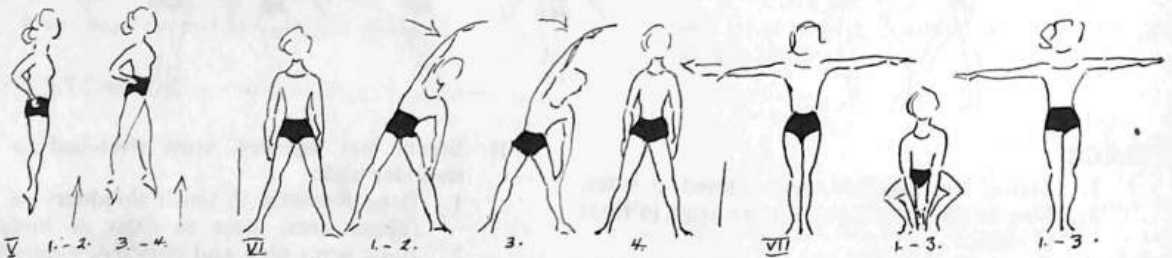
4. Straighten trunk - close right arm sideway.

- 5.-8. Like 1. to 4. but opposite (bend trunk to right - raise left arm sideway, etc.) Repeat 4 times.

VII Stand with feet closed - arms stretched to sides, shoulder high.

- 1.-3. Squat, heels together (hands on floor between knees)
- 4.-6. Close feet, straighten knees - arms stretched to sides as in preparation. Repeat 4 times (hold back of chair).

IN PLACE



VIII Sit on floor, legs together and stretched - arms loosely closed along body;

- 1.-2. Place hands on floor in back of body while bending trunk back and inhaling.
- 3.-4. Straighten body - arms loosely along side of body - upper frontbend (exhale). Repeat 6 times.

IX Sit on floor - legs together and stretched - place hands in back of body for support.

- 1.-2. Bend both knees and bring close to chest raising feet from floor.
- 3.-4. Slowly lower legs to seat (legs stretched on floor).

Repeat 4 times.

X Lie on back - arms stretched on floor overhead;

1. Raise L leg; 2. Close L leg; 3.-4. Same opposite. Repeat 6 times.

XI Kneel support (kneel on both knees, place hands on floor in front.)

1. Raise L leg to rear stretching knee; 2. Kick left leg higher while it is raised in rear, 3.-4. Close L leg to kneel support again;

5.-8. Same opposite; repeat 6 times.

XII. (No illustration)

Stand with feet closed - arms closed at sides.

1. Extend L leg to side
2. Close L leg.
- 3.-4. Same opposite; repeat 6 times.

(Remark: XII should be done holding edge of table, or back of chair.)



Sokol Karel Havlicek Borovsky: Gained 10 regular and 16 associate members. - Held one dance. - Catered and hosted 3 dinners. - 150 gymnasts and twirlers participated in the Czech Day program. - 4 teams at the volleyball tourney, Sept. 27th. - Planning dual meet with Sokol Fort Worth. - Physical Fitness test for all classes, Dec. 9th and 16th. - Christmas Party, Dec. 14th.

Sokol Fort Worth: Oct. meeting, 28. Gained one regular and 28 associate members. - Hosted volleyball tournament, Sept. 27th. Had 4 teams, placed first in Jr. mixed and Women's teams. - 49 participated in Czech Day program. - 2 news-letters printed. - Were visited by the Pan-American coaches. - Benefit dance for parking lot paving, Nov. 22nd. - Bro. and Sis. Milan attended Pan-American games in Mexico City. - Dual meet with Sokol from Ennis, intermediate division. - Banquet for advanced and intermediate group, Nov. 23rd.

* * *

Director of Men, Bro. Larry Laznovsky: More than 200 gymnasts from Dallas, Fort Worth and Ennis participated in the Czech Day program at the Fair. Two special numbers presented at the coliseum, a one and one-half hour program in front of the Hall of State building and the Texas stage. - Gave a report on the Annual BOI meeting, Sept. 27th. - Discussed the ASO Convention BOI meeting. - Making plans for the Slet, will utilize USGF routines. - Volleyball tourney was hosted by Sokol Fort Worth. A good turnout. 2 courts were used, games were played rapidly. Next tournament at Ennis, Dec. 13th.

Director of Women, Sis. Sylvia Laznovsky: Received uniform price list. - Annual BOI meeting minutes prepared and mailed. - Also received invitation to Sis. Prchal's Recognition Dinner.

Educational Director, Bro. Oldrich Parma: Held singing sessions with gym classes at Sokol Ziska. - Sis. Jenny Cerny gave a report on functions of a District course at Sokol Fort Worth. - Bro. Jerry Milan, Master of Ceremonies, at the Sokol program at the Hall of State building, explained the Sokol Organization.

Treasurer, Sis. Bernice Hamilton: Receipt of membership dues from Sokols Yukon and Corpus Christi and Slet percentage. A total of \$180.92. - Expenses for travel to monthly meeting, Annual BOI Meeting, miscellaneous. Total of \$540.21.

Discussions: Approved, 1976 District Slet to be hosted by Sokol Fort Worth. - Bro. Miro Jurcik reported on attending the Czech Day in Yukon, Oklahoma. - Suggestion was made weekend clinics be held at Sokol Yukon. Motion approved that Bro. Prevratil visit that Unit. Arrangements to be made for meeting with its membership and BOI. - Property bequested jointly to the District and Sokol Zizka was sold for \$15,000, total expenses involved were \$771.76, leaving a net amount of \$14,228.24. - Approved, Bro. Laznovsky attend the Coaches Congress, Nov. 14-15th. - Annual Meeting will be held, Jan. 25th, at Sokol Fort Worth.

Financial Report

AMERICAN SOKOL ORGANIZATION

November 1975

RECEIPTS:

Dues	\$1,526.00
Convention Fund	36.00
Special Assessment	53.00
Dividends and Interest	468.75
Advertising in "American Sokol"	100.00
Resale of Jewelry	52.50
Sale of Song Books and "Progressive Czech" ..	163.50
Membership Kits, Postage	13.06
Miscellaneous	<u>129.50</u>
	2,542.31
A.S.O. Uniform Division - Payment toward Advances	993.78
Transfer of Funds from Savings to Checking ..	<u>1,434.56</u>
Total Receipts	\$4,970.65

DISBURSEMENTS:

Administrative	
Salaries	\$562.69
F.I.C.A. - F.W.T. for October	193.10
Rental, Janitor Service, Phone, Electric	387.14
Office Supplies, Postage	71.40
Printing Stationery and Membership Applications	668.73
Travel Expense	110.50
Miscellaneous	<u>388.50</u>
	\$2,382.06
Educational Department BOI	
Salaries	\$231.22
F.I.C.A. for October	46.80
Editor "Sokol Gymnast"	25.00
Add'l. copies "Sokol Gymnast" ...	28.00
Office Supplies, Postage and UPS charges	20.22
Travel Expense	<u>241.73</u>
	592.97
Sokol Publication	
Printing "American Sokol"	\$922.51
Editor "American Sokol"	100.00
Postage "American Sokol"	<u>64.95</u>
	1,087.46
Miscellaneous	
A.S.O. Uniform Division - Salaries, F.I.C.A., Phone	<u>\$517.51</u>
	517.51
Total Disbursements	\$4,580.00
Balance brought forward: Western National Bank of Cicero - Checking Account	\$ 615.41
Receipts - November 1975	<u>4,970.65</u>
	5,586.06
Disbursements - November 1975	<u>4,580.00</u>
	\$1,006.06

Help Our Sokol Grow

FUTURE SOKOL LEADERS FUND

November 1975

In memory of Sis. Mary Urbanek - Sokolice Town of Lake	\$ 10.00
Dividends Earned	<u>150.93</u>
	\$160.93

Donations are tax exempt

Northeastern District's Folk Dance Clinic

The District conducted its 3rd Annual Czech Folk Dance Clinic at the Sokol Tyrs-Bohemian National Hall, Oct. 11th. Bro. Fred Kala, from Sokol Berwyn, was again the instructor with 23 Cleveland and 9 Toronto, Canada, dancers.

The morning was spent upon the Slovak Beseda. Following the luncheon the Czardas was taught. The afternoon ended with Bro. Kala teaching a dance for "Men Only", using a cagan, a wooden hatchet about 3/4 inches in diameter and about 28 inches long. The tip is usually made of metal and colors may vary from natural to bright depending upon the region.

Bro. Kala was praised in again sharing his vast knowledge of Czech dance and culture with the enthusiastic dancers.

The busy day ended with a District Social. Music was provided by Detroit's Three Kays. The Toronto dancers presented several entertaining dances and looked very attractive in their authentic krojs. Thanks to the District's BOI the evening was most memorable.

D.B.

Sokol and Sokolice Havlicek Tyrs

First, a little bit of nostalgia. - Due to changing neighborhood Sokol Havlicek Tyrs was forced to dispose of its building several years ago. The purchasers, of Mexican ancestry, invested a great deal of funds in refurbishing the interior of the building, only to suffer a great heart-break when a disastrous fire caused complete ruin of the once proud Sokol Havlicek Tyrs. Just recently the building was leveled to the ground. Only vacant land remains.

All who attended the Victory Night at this hall during the 1973 ASO Slet days will remember that as the night when the many trans-continental buses cluttered up the entire neighborhood and great numbers of Sokol visitors were unable to enter the building due to the vast throng inside.

But, that is all past. The men and women of Sokol Havlicek Tyrs have no intentions of being dormant as has been the case of the Sokol Units who had suffered similar experiences. The Chicago-land Sokol Building Ass'n. (composed of Sokols Havlicek Tyrs, Slavsky, Chicago and West Suburban) has been established with the intent to build a Sokol Center in one of the western suburbs of Chicago, however, progress has been painstakingly slow.

In the meantime, a good number of its gymnasts are distributed amongst the classes in the other Sokols in the area. - And again, as they did in many past summers, the Sokolice staged 10 weekly fund-raising picnics in the forest preserve, netting a tidy sum, ear-marked for future building. - In addition, they have staged many theater and bunco parties, bus tours to various places of interest, etc.

A successful Reunion Social was held, Nov. 8th, with a fine turnout of Sokol friends at Sokol Brookfield. During this occasion, the long-time members were presented with pins for their service to Sokol: 50-yrs - Sisters Blanche Delask, Jana Lehman, Marie Malina, Bessie Schotka. Bros. William Naus, John Budilovsky; 25-yrs - Sis. Agnes Kindl. Bro. Jerry Rabas; 10-yrs - Sisters Carol Killian, Irene Babor, Lillian Tichy, Bessie Skala, Marie Mengler. Bro. John Scheffel. Several of those mentioned were not in attendance on this special night.

Sokol and Sokolice Cedar Rapids

Bro. Melvin Novak, Director of Men, stated classes are continuing as usual, with good attendance. The Men are already working on some of the drills that will be used in the Western District Slet to be held during the summer in Omaha, Nebr. - The men were to prepare a Pork Supper, Nov. 13th. - The Sokol Sibřinky (Masquerade) has been officially scheduled for Feb. 28th.

The 75th Anniversary of the Sokolice Renata Tyrs was observed, Oct. 18th. A catered dinner was followed by a dance. Sis. Kveta Smith was Master of Ceremonies. Guests included: Mayor, Don Canney; Bro. Fred Anthony, Pres. of the Cedar Rapids Sokol; Bro. Edward Pavoucek, Pres. of the Western District (and wife); Sis. Betty Prener, Vice-Pres. of the ASO; Bro. Charles Prchal and Sis. Blanche Cihak, Past Officers of the ASO. The program included: Several Czech national songs sung by Sis. Lenore Topinka; Jr. Girls performing a modern rhythmic gymnastic number; and group singing led by Bro. Prchal. During the course of the evening 20 individuals made pledges of \$100.00 each toward the Building Fund.

Ballet classes are under way for the Jr. Girls. There are presently about 225 in the Girls' and Women's classes. - Thanks were given to all who contributed to the Bake Sale at the Lindale Plaza. A sum of \$56.00 was raised.

Sokol St. Louis' 110th Anniversary

In a short span of several months, Bros. John Reiner, Frank Ulrich, along with 9 other committee members arranged a very fine program to mark the 110th Anniversary of Sokol St. Louis.

It was on a mild, sunny, Sunday afternoon, November 16, 1975, that 500 people gathered at the Sokol Center to celebrate the occasion, A Cocktail Hour

preceded the program. The program itself opened with the Pledge of Allegiance and the singing of the National Hymns by the Hlahol Singers under the direction of Sis. Camilla Ulrich.

Bro. Frank Ulrich, the President of the Anniversary Committee, gave the welcoming address. Bro. John Reiner, the Master of Ceremonies, followed with the reading of Sokol St. Louis' history, which was gratefully received, The Singers again entertained with "Spějme dál" and "Lví sílou".

The next speaker was Bro. Joseph Sulz, President of Sokol St. Louis, who spoke first in Czech and then in English. His address was also well received. All living past presidents of the Sokol were then introduced, also included was beloved Bro. Frank "Teach" Prihoda. They all received great applause. The Honorary Members of Sokol and Sokolice Vlasta were then introduced. The Singers again performed with their rendition of "Sokol St. Louis" and "Vesnice zpívá". Congratulatory letters were read and all the out-of-town guests were recognized.

Bro. Joseph Drnec, President of the Central District, addressed the gathering. He was followed by his wife, Sis. Josephine Drnec, President of the Unity of Czech Ladies and Men, who congratulated the Sokol on behalf of her organization.

Several gymnastic numbers were presented, arrangements made by Bro. Prihoda and Bro. Norman Ulrich, Men's Physical Director. They included the "Pyramids", first displayed by the small children, then the juniors, and finally by the adult group. Most impressive were the "Marble Statues" - something that had not been seen on the St. Louis stage for many years. The Singers concluded the program with "Grand Old Flag" and "God Bless America".

A sumptuous buffet supper was served. The anniversary celebration was a great success, morally and financially, much to the delight of the committee.

William Milcic

Sokol St. Louis Secretary, 1953-1962

Sokol Milwaukee

A correction: In the story about Sokol and Sokolice Milwaukee which appeared in last month's issue of the American Sokol publication by Bro. Rudolph Richter, several names were misspelled.

The corrections are: Bro. Allen Shabart is a 70 year member; Bro. August Shabart is a 65 year member; Bro. Henry Zelenka is a 57 year member, and was President for many years and is now a member of the BOI and the Educational Committee.

He also wished to emphasize that Bro. Charles Richter is the present Treasurer and Financial Secretary of Sokol Milwaukee.

George Kucera

Bro. Kucera, who was one of the best Sokol St. Louis members, dating back to the old Sokol Hall on 9th and Allen Avenues, passed away recently. He was the son of our long deceased Bro. John Kucera. Although born in

this country, upon reaching 18 years of age he joined Sokol and served faithfully until illness in his old age prevented him from further activity. He was a veteran of the First World War. He could always be depended upon when called for some important task. For more than 30 yrs. he served on the Sokol Entertainment Committee; a job very few wanted. He also served on the Board of Directors of the National Hall and on the stage for countless years. He was easy-going and liked by all. He was a good man and a great Sokol.

John Reiner

Mají sokolská hesla význam v dnešní době?

Ovšem že mají. Ne jenom pro sokolstvo, ale možno je zařadit i do života všech, kteří si své zdraví, správné životní dobro a svobodu myšlení cenní nade vše.

Jest zajisté lehké pochopit význam, ku příkladu hesel jako jsou - ve zdravém těle, zdravý duch, - tužme se, anebo - ni zisk, ni slávu. Tyto hesla znají jak mladí členi sokola, tak i dlouholetí bratři a sestry, kteří prošli sokolskou školou. Jest ale přece záhodno, hlavně v dnešní době, kdy časy i myšlení lidská se, buď dobrovolně neb násilím a proti své vůli mění, připomenouti na jedno z nejvýznamnějších sokolských hesel, které nyní tak málo slyšíme, že skorem upadá v zapomenutí a které v sobě zahrnuje hlavní body, na jejichž základech jest budován pravý sokolský charakter. V hesle "Přeskoč, Přelez, Nepodlez" jsou zapojená: síla tělesná, síla duševní a síla mravní. Tyto tři nerozlučné vlastnosti, které mají míti stálý domov v srdci každého pravého Sokola, spojil v celek; Alexander Petrovič (Petrovič) když napsal roku 1900 následující:

Když mužem jsi, tak mužem buď,
ně loutka křehká ke zmaru,
jíž osud sem tam komíhá
po zvůli své a rozmaru.
Bojácným psem ten osud jest,
jež štěká sic, však uteče,
jak zostra se naň podíváš -
nuž: nedej se mu člověče.

Měj zásady a víru měj
a neboj se je obhájit,
i svou krev směle za ně lej,
nenech se do lží zapojit.
Radž stokrát zapři život svůj,
než abys zapřel sebe sám;
necht' třeba žití pozbudem,
jen hrob čestný když zbudem nám.

A své nezávislosti dbej,
za všechny statky na světě
jí nikdy jiným neprodej,
a pohrdej tím ničemou,
jež za sousto svou prodá hruď:
Žebrákem, jen né závislým,
to mužné heslo tvoje buď.

Spoj sílu, pevnost s odvahou,
pak zlost lidí ni osudu
nic proti tobě nezmohou.

Stuj pevně jako tvrdý dub,
jež při bouřce se neohne,
jej víchř může vyvrátit -
však jeho kmene neohne.

Když mužem jsi, tak mužem bud'!

Miloš Janouš
Sokol Miami.

Získání mládeže

Budoucnost naší organizace vůbec závisí od toho jak se nám do našich řad podaří získat mládež a jak ji v našich řadách udržíme. Je to náš přední úkol a je mu nutno především věnovat naše snahy.

Prvním předpokladem k splnění tohoto úkolu musí být naše úsilí o to, aby náplň našich cvičebních hodin odpovídala duchu mládeže, aby mládež "přitáhla". Musí obsahovat soutěživost, zvyšující se požadavky (mládež chce překonávat překážky) a musí být vedena v duchu doby.

Jen moderní osnova mládež získá a udrží. Sebelepší a v minulosti plně osvědčené tradiční formy tělovýchovy mohou dnešní mládeži připadat zastaralé - "nemají co říci dnešním mladým lidem". Proto dnes, kdy více než předtím, dominuje u mládeže snaha po generačním odlišení od "starých" je nutno hledat moderní podání osvědčených našich prostředků tělesné výchovy.

Je nutno hledat nové způsoby, neustále zlepšovat, dělat vše, aby se mládeži v Sokole líbilo a při tom se také plně docílilo splnění našeho poslání - výchovy mládeže v ryzím duchu sokolském.

Nelze při tom očekávat, že mládež sama si k nám najde cestu a sama od sebe nám zaplní tělocvičny a hřiště. Je nutno za mládeží jít - provádět cílevědomý nábor.

Musíme podchytit zájem mládeže o pohyb a sport; zvyšovat její pohybové schopnosti, odolnost a tělesnou zdatnost; získat ji pro naši činnost doplňkovou - odbíjenou, atletiku, výlety, táboření a pobyt v přírodě; využít přitažlivosti tělovýchovných vystoupení a vypsát, pravidelně konat soutěže odznaku zdatnosti.

K naší činnosti v zahraničí k tomu ještě přistupuje snaha o udržení naší řeči. I když je to vlastně již pole vzdělávací je to rovněž úsek činnosti, kde cvičitelé mládeže mohou vykonávat podstatný vliv; v každém případě by zpěv sokolských a národních písní měl být pravidelnou a samozřejmou součástí cvičení a výchovy naší sokolské mládeže.

Věstník Sokola Sydney, Australia

Zdařilý 35. Čsl. Den v Dallas, Texas

Náš výroční Čsl. den se nám opět krásně vydařil. Začátek byl ráno v Coliseu na výstavišti ve Fair Parku. Nejdříve obřadník toho slavného dne, prof. Calvin Chervenka přivítal obecenstvo nejdříve anglicky a pak též česky. Po přivítání dallaská koncertní kapela zahrála obě národní hymny. Potom kapela vždy zahrála pěkný kousek český mezi čísly. Sokolské děvčata z

Ennis a Fort Worth předvedly zvláštní čísla. Na to děvčátka z Abbott a z Dallas pěkně zatančila May Pole tanec. Moravská Beseda byla zatančena účastníky v krojích nejen z Dallas, ale i z Ennis a z Abbott. Patří jim dík za to, že přišli v národních krojích - obzvláště když je teplo, jak bývá o Českém dnu.

Po ukončení pěkného programu v Coliseu někteří šli do Band Shell a jiní do Women's Bldg., kde byl též pěkný program. Byla přehlídka původních národních krojů. Asi 22 osob se zúčastnilo programu. Celkem byly čtyři slovenské kroje, dva české a ostatní byly moravské.

Na Big Tex jevišti zase Sokolové měli představení, které vedl br. George Převrátil jako obřadník od dallaské jednoty. Též tančili Moravskou Besedu a pěvecký sobor z osady West zpíval písně.

Od tři do pěti hodin zase Sokolové měli představení na ulici před Hall of State, které vedli bratři Jerry Milan a Larry Lažnovský. Zvláštní čísla župy jižní byla od členů z Houstonu, Ennis, Fort Worth a Dallas. Vše bylo hezké.

Čsl. den se nám vydařil a doufám, že příštím rokem zase každého u nás uvidíme. Bylo to hezké a budeme mít na co vzpomínat.

Anežka Houdková
Věstník SPJST

Sokol San Francisco

Dne 4. října v Sokol Hall, Eduard Ingriš promítl jeho dobrodružný film "Untamed Amazon". - Eduard Ingriš organizoval plavbu po divoké řece Amazonce, filmoval celou cestu a podložil vlastní hudbou. Bylo to daleko více než co vidíme na televizi. Krásné barevné scény, život domorodců kolem řeky v džungly. Film doprovázela slovně Nina Ingrišová dobrou angličtinou. Mimo film syn Ingrišův Edoušek se svým kamarádem Štefanem zahráli mistrně několik hudebních čísel na piano. Byl to krásný večer, který byl dobře navštíven.

Eduard Ingriš nám chce promítnout jeho další film "Sailing the South Sea."

Petr Zenkl

Vzdáváme tu dnes poctu jednomu z nejmávanějších a neaktivnějších sociálních, politických a organizačních pracovníků. Jeho zásluhy, podněty a pracovní výsledky v těchto úsecích jsou oceňovány druhými. Bylo tu zhodnoceno jeho opravdové vlastenectví, jeho cit pro potřebu bližního, slabších nebo bezmocných, a zejména jeho nenapodobitelná pracovitost i vědomí zodpovědnosti vůči celku.

Nechceme zapomenout na jednu závažnou složku ovlivňující výrazně jeho povahový vývoj a náplň veškerého konání. Tím bylo sokolství.

Dr. Petr Zenkl byl uvědoměným Sokolem. Jeho bratrství bylo skutečné, věrné a obětavé. Náležel do tohoto bratrstva od svých dětských let a zůstal jeho příslušníkem až do své smrti. Nejdříve doma a pak v exilu.

V prostředí politického a veřejného života, je zvláště mnoho úkolů a příležitostí, vyžadujících k jejich řešení



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pevné mravní směrnice. Bratr Dr. Zenkl se nikdy vědomě sokolským zásadám nezpronevěřil. Měl vždy o národní a sokolské věci nejen vřelý zájem, ale i starost o jejich dobré vyřešení.

V dobách kritických pro náš národ, bratr Zenkl se vždy bolestně obával o jeho osud a budoucnost, ale pevně důvěřoval v sílu a účinek sokolské výchovy a bratrské organizace. Byl při tom vždy ochoten nésti i důsledky své příslušnosti a patřičný podíl sokolských povinností.

Sotva jiný pražský primátor oblékal a nosil svůj sokolský kroj tak hrdě jako bratr Zenkl. Nemnoho politických činitelů naší země se tak nadšeně k sokolství hlásilo jako bratr Zenkl. Nikdo se tak pyšně neoznačoval za nejstaršího Sokola v exilu jako on.

Byla to také především jeho velká důvěra v sokolské hnutí a jeho trvalou myšlenkovou základnu, která vedla Radu Svobodného Československa k usnesení věnovat její nemovitý majetek jednotě Washington.

Bratr Zenkl byl srdcem i jednáním hluboký vlastenec a snad proto i samozřejmě Sokol. I když jeho politické posláním na venek převažovalo, v duši byl věrným vyznavačem Tyršovy a Fuegnerovy sokolské a demokratické myšlenky.

Dovolte mi prosím, vážení, abych jako zástupce sokolské organizace v Americe, za její Ústředí, Župy a jednoty, vzpomenu v hluboké úctě sokolství bratra Zenkla a abych mu vzdal tichý hold jménem všech Sokolů i Sokolek po celém světě. Doma, v zahraničí i v našem exilu.

Bratře doktore Zenkle, děkuji Ti zvláště za Tvůj úzký vztah k sokolské jednotě ve Washingtoně i za Tvé osobní přátelství. Věříme, že Tvůj popel v cizině nezůstane a že splyne jednou s půdou země, kterou jsi tolik ctil a miloval.

Od nás Sokolů, přijmi naše poslední sokolské Nazdar.

Matthew Neumann

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