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DR. MIROSLAV TYRŠ.  
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PHYSICAL FITNESS  
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## Calendar of Events

- SEPT. 9 - SOKOL STICKNEY  
Registration of classes
- SEPT. 10 - SOKOL SLAVSKY  
Registration of classes
- SEPT. 17 - SOKOL GREATER CLEVELAND  
Sokol Fish Fry
- SEPT. 17 - SOKOL MILWAUKEE  
Registration for gym classes
- SEPT. 19 - SOKOL SOUTH OMAHA  
Czech Festival

- SEPT. 19 - SOKOL MINNESOTA  
Highland Park Booya
- OCT. 2, '3 - WESTERN DISTRICT  
Annual Meeting, Omaha, NE
- OCT. 3 - SOKOL DETROIT  
Czechoslovak Heritage Day
- OCT. 10, 1982 - SOKOL BALTIMORE  
110th Anniversary
- OCT. 15 - SOKOL GREATER CLEVELAND  
Sokol Fish Fry
- OCT. 15-17 - DISTRICT DIRECTORS CONFERENCE  
Cleveland, Ohio
- OCT. 16 - SOKOL STICKNEY  
Farmers Dance
- OCT. 17 - SOKOL LOS ANGELES  
Moravian Festival
- OCT. 22 - SOKOL MILWAUKEE  
Members' Recognition Banquet
- OCT. 22 - SOKOL SOUTH OMAHA  
Dinner-Dance sponsored by Gym Club
- NOV. 19 - SOKOL GREATER CLEVELAND  
Sokol Fish Fry
- NOV. 19, 20, 21 - SOKOL MILWAUKEE  
Holiday Folk Fair
- DEC. 4 - SOKOL LOS ANGELES  
Silvestrovská Zábava
- DEC. 4 - SOKOL SLAVSKY  
St. Nicholas Dance at Sokol Berwyn
- DEC. 4 - SOKOL STICKNEY  
Spaghetti Dinner
- DEC. 5 - SOKOL WASHINGTON, D.C.  
Christmas Party
- DEC. 5 - SOKOL MILWAUKEE  
Christmas meeting - Election of Officers
- DEC. 16 - SOKOL WASHINGTON, D.C.  
Annual meeting
- DEC. 31 - SOKOL LOS ANGELES  
Silvester Dance
- FEB. 13, 1983 - SOKOL MILWAUKEE  
Jaternice Dinner
- MAY 20, 1983 - SOKOL MILWAUKEE  
Gym Graduation Program
- JUNE 18, 1983 - SOKOL MILWAUKEE  
115th Anniversary Celebration

## Help Our Sokol Grow

# AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CIII

September - 1982 - Září

Číslo - No. 9

## K stopadesátiletému výročí narozenin dr. Miroslava Tyrše

Letos v září je tomu 150 let od narození dr. Miroslava Tyrše jež s Jindř. Fugnerem založil sokolskou organizaci, která se významně zapsala jak do dějin národa ve staré vlasti tak do krajanského života vystěhovalců ve Spojených státech a v jiných zemích.

Miroslav Tyrš se narodil 17. září 1832 v rodině vrchnostenského lékaře Jana Vincenta Tirsche v městě Děčíně, ležícím na Labi v severozápadních Čechách. Jelikož záhy mu zemřeli oba rodiče, tak byl střídavě vychován v rodinách svých strýců. Středoškolské vzdělání nabyt v Praze; nejprve studii na německém malostranském gymnáziu, odkud přestoupil na akademické gymnásium, kde složil maturitní zkoušky s vyznamenáním. Během těchto studií se šestnáctiletý Mirek Tyrš v roce 1848 zúčastnil jako člen studentské legie bojů na barikádách v pražském povstání proti Habsburkům. V těchto bojích takřka zázrakem prý unikl smrti, když kulka Windischgratzových vojáků mu prostřelila čapku. Mladý Tyrš, jež dospěl k národnímu uvědomění již na německém gymnáziu na Malé Straně v Praze, byl událostmi roku 1848 a pozdějším Bachovským utužováním reakční persequce přesvědčen o nutnosti všeobecné tělesné a duševní výchovy v národních ideích vedoucích k sebeurčení českého národa. Tyrš již během studentských let cvičil v pražských tělocvičných ústavech Schmidta a Malýpetra, kde též pak působil jako placený cvičitel. Pro nedostatek peněz musil čas od času přerušit svá universitní studia působíc jako vychovatel v rodině továrníka Bartelmuse v Novém Jáchymově na Berounsku, jižně od Prahy. V roce 1860 dosáhl Tyrš doktorátu filosofie a vrátil se natrvalo do Prahy. Ač nyní svým vyškolením mu byla otevřena vědecká dráha a chtěl být vysokoškolským profesorem filosofie, estetiky a dějin výtvarných umění, tak tělovýchově věnoval nadále plnou pozornost. Vzorem tělovýchovy byly mu starořecké olympiády a jejich význam "v zápasech a národních slavnostech". Věříc, že i v českých zemích lze tělocvikem vychovávat "zdatné na duchu i na těle mladé pokolení, hotové působiti pro věc národní," Tyrš s docentem lékařské fakulty dr. Edvardem Grégrem, jeho bratrem advokátem a polití-

kem dr. Juliem Grégrem a Jindřichem Fugnerem založil českou tělocvičnou organizaci s názvem Tělocvičná jednota pražská. Stanovy této organizace byly schváleny 27. ledna 1862 a 16. února stejného roku se konala první valná hromada, na které byl zvolen starostou Jindřich Fugner a dr. Miroslav Tyrš dodatečně 13. května téhož roku se stal náčelníkem. Na valné hromadě v listopadu 1864 původní jméno Tělocvičná jednota pražská bylo změněno na název Sokol, který daleko lépe vyhovoval této nové vlastenecké organizaci. Náčelník a vlastenec Tyrš zdůrazňoval, že chce-li se uvarovat zkázy český národ, je sokolská tělovýchova povolána k tomu, aby jej zachovala "při té jarosti všestranné, která národům nedá odumřít, při té síle stálé a svěží, při té zdravoti tělesné, duševní a mravní, která nižádné zkáze vzniknouti nedá a tím i žádnému stanutí, žádnému zpátečnictví, tomu nejhoršímu, ba vražednému zločinu na národech páchanému." Tyrš tedy energicky odsuzoval zpátečnictví čili reakci a jakoukoliv persequci, jelikož tyto neřesti byly leckde používány k brzdění růstu sokolské organizace. Úsilí i základní principy Sokola dle dr. M. Tyrše spočívaly jak v tělovýchově v duchu národním k prospěchu českého národa, tak v osvětě, zvýšené vzdělanosti a opravdové národní uvědomosti členstva této nové organizace. Tyrš sepsal pro Sokol Základy tělocviku obsahující celou tělocvičnou soustavu, metodu i nové tělocvičné názvosloví a vypracoval též organizační řády. Především dal však tomuto spolku jednotný myšlenkový základ, takže Sokol je ve svých kořenech jeho dílem. Tyršova tělocvičná soustava odpovídá všem požadavkům vědy a jeho názvosloví všem požadavkům správného jazyka. V roce 1869 byl zásluhou dr. Mir. Tyrše založen Tělocvičný spolek paní a dívek pražských, pro který především zase zásluhou Tyrše byly Sokolem vychovány cvičitelky, aby ženský tělocvik mohl býti veden ženami. Ačkoliv pro odpor rakouských úřadů nedošlo během Tyršova života k sloučení sokolských jednot ze všech zemí habsburského císařství v jednotnou sokolskou organizaci, přece Tyrš prosadil uspořádání I. sokolského sletu v roce 1882, který se setkal s velikým úspěchem. Tento první slet zvaný Velký svátek všesokolský se konal ve dnech 17.-19. června 1882 - před 100 lety - v Praze, na Střeleckém ostrově na řece Vltavě. V čele slavnostního průvodu k zahájení tohoto prvního sletu jel na koni padesátiletý Miroslav Tyrš doprovázen sokolskou jízdní četou, a pak pochodovalo 1600 Sokolů ze 76 českých a moravských jednot s 56 praporey. Prostrná cvičení jichž

se zúčastnilo 720 cvičenců, složil sám Tyrš a řídil je údery na kovanou desku (bez hudebního doprovodu). Čtyřicet družstev cvičilo na nářadí; pro úřední neschválení cvičili na tomto prvním sletě pouze muži. Sokolstvo k této příležitosti vzdalo hold Tyršovi k jeho padesátinám přesto, že tento zakladatel české tělovýchovy odmítal jakékoliv osobní pocty a pokládal se jen za "prostého vojáka v řadách bojovníků za zájmy svobody a interesy naší drahé vlasti." Na tento první slet před 100 lety přijeli též sokolové z Vídně a z Ameriky. Od založení první sokolské jednoty v St. Louis, Missouri, v únoru roku 1865 se u nás ve Spojených státech Sokol rozrostl tak, že v Chicagu už existovala Národní jednota sokolská (ústředí Sokola v Americe), jejíž čestným členem byl Tyrš od roku 1880. Na sletu před sto lety byly bouřlivě uvítány delegace Jihoslovanského Sokola ze Záhřebu a Lublaně a z četných blahopřejných přípisů byl obzvláště nadšeně přijat pozdrav od polských Sokolů ve Lvově. Tyrš i jiní vedoucí Sokola již tehdy správně chápali velkou důležitost úzké spolupráce "polské orlice s českým lvem." Škoda, že podobně se později neřídili různí političtí představitelé ve staré vlasti; nedošlo by pak určitě k ostudně zrádnému Mnichovu, jelikož Československo ruku v ruce s bratrským Polskem by v roce 1938 smetlo Hitlera s povrchu zemského bez čekání a závislosti na pomoci odjinud. Úspěšný první slet před 100 lety byl příčinou velkého rozmachu sokolské organizace především pro své národní poslání. Dle statistik již v příštím roce měl Sokol 121 jednot, z toho 94 v Čechách a na Moravě, 20 v Americe, 4 mezi Jihoslovany a po jedné jednotě bylo ve Lvově, v Sofii a ve Vídni. V následujícím roce přibýlo dalších 16 jednot a další léta byla nadále úspěšná jak ve vzrůstu nových jednot tak v počtu nových členů **vstupujících** do jednot již existujících. Jelikož Tyršovi bylo po úspěšném prvním sletu a následujícím rozkvětu sokolské organizace jasným, že jeho zakladatelské díle je zajištěno, tak v červnu 1884 se vzdal ve prospěch mladších spolupracovníků funkce náčelníka a redaktora časopisu Sokol. Na podzim předešlého roku 1883 se Tyrš konečně stal profesorem filosofické fakulty pražské university, kde se již dříve věnoval dějinám umění. Tyrš podobně jako Lumírovci (Vrchlický, Zeyer, Sládek i ostatní spisovatelé soustředění kolem časopisu Lumíru) podporoval zezápadoevropského české literatury a propagoval tímto směrem též výtvarné umění. Tyrš byl též jedním z prvních výtvarných kritiků s jemným uměleckým instinktem a často zasedal v porotách při oceňování uměleckých děl. Byl upřímný, upozorňujíc na chyby aniž by urazil, posuzujíc slohem jasným, mluvou vážnou a přesvědčivou. Jelikož národní zaměření bylo mu zvýšenou podstatou neboli originálnítou českého umění tak Tyrš pokládal malíře Jarosl. Čermáka a Jos. Mánesa za nejznamenitější umělce v polovině minulého století ve staré vlasti. Především vynikající malíř Josef Mánes byl mu stvořitelem uměleckého typu československého. V mladých umělcích malby i jiných oborů výtvarného umění Tyrš rychle rozeznal ty patřící k silné generaci, a byl jim nejlepším přítelem. Pozorně a s obdivem sledoval díla

tehdy mladého sochaře Josefa Václava Myslbeka, od jeho sochy Apotheosa až po Oddanost, tesanou pro vídeňský parlament. J. V. Myslbek jež záhy vyrostl v umělce světového jména pracoval později řadu let na svétoznamém velkolepém pomníku sv. Václava před Národním museem na Václavském náměstí v Praze. Myslbek též vytvořil řadu vynikajících podobizen představitelů české kultury (J. J. Kolára, B. Smetany, Fr. Palackého, Jos. Hlávky) i pomníků (K. H. Máchy a Fr. L. Riegra). Sochařství i jiná výtvarná umění často navazují na antické motivy, kterým se podobá též i tělocvik a prostná vystoupení tisíců cvičenců. Hromadný tělocvik patří též, dle Tyrše, k uměním prostorným, podobně jako sochařství. Tělovýchova a studie umění se navzájem prolínaly v celém Tyršově životě; navíc byl stálým referentem Národních listů pro umění, napsal spoustu článků i kritik a byl poslancem v českém zemském sněmu. Kvůli přepracování odjel o prázdninách v roce 1884 na léčení do Tyrol, kde tragicky zahynul 8. srpna u městečka Oetzu v rozvodněné alpské řece Aše. Jeho tělesné pozůstatky byly převezeny do Prahy a pohřbeny po boku spoluzakladatele Sokola Jindřicha Fugnera 9. listopadu na Olšanských hřbitvech.

Jak si sokolstvo vážilo dr. Miroslava Tyrše dokazují následující fakta: Finanční výtěžek VII. všesokolského sletu v červnu 1920 byl určen k vybudování sokolského ústředí - Tyršova domu v Praze na Malé Straně. V roce 1923 byl slavnostně položen základní kámen s listinami žup a do života vstoupil Tyršův dům na okázalé slavnosti 24. května 1925, již se zúčastnil i prezident Československé republiky Tomáš G. Masaryk. Do Tyršova domu umístila ČOS (Československá Obec Sokolská) ohnisko své práce, stále cvičitelské školy, knihovnu, sokolské museum a kancelářské ústředí. IX. slet roku 1932 byl spojen s oslavami stého výročí narození zakladatele Sokola Miroslava Tyrše. Uskutečněný "Tyršův sen" vyjadřovala i sletová scéna navazující na antické motivy. K Tyršovi se přitom opět aktivně přihlásil Svaz slovanského sokolstva se vším svým členstvem. Poprvé i naposledy se hromadně účastnilo tohoto sletu též lužicko-srbské sokolstvo. - Po první světové válce vznikl Sokol též v Německu u Lužických Srbů. Lužičtí Srbové (Wends) se pak zúčastnili v letech 1925 a 1927 cvičitelské školy v Praze, ale jejich postavení se německým nepřátelstvím zhoršovalo tak, že slet lužicko-srbského Sokola v Radworu v létě 1931 během t.zv. Weimerské republiky mohli uspořádat jen bez účasti Sokola z Československa neb jiných zemí. Za necelé 2 roky se pak v Německu dostal k moci Hitler, lužicko-srbský Sokol byl nacisty rozpuštěn a jeho představitelé uvězněni. - Vysoce politický smysl dodalo památnému IX. sletu společné vystoupení vojenských útvarů Malé dohody. Tyršově památce byl posvěcen celý rok 1932 jak v Československu tak i v jiných zemích se sokolskými jednotami. V jubilejních zářijových dnech Tyršových narozenin se konaly v Praze na Letné Tyršovy národní hry československé. Československá Obec Sokolská (ČOS) je uspořádala společně s čs. atletickou amatér-

skou unií a za účasti ostatních sport. svazů (DTJ, Orla atd.). Na výšinách kolem Prahy i jinde vzplanuly Tyršovy ohně a konaly se večerní lampiónové průvody. ČOS dala raziti k tomuto slavnostnímu roku pamětní medaile s Tyršovým jménem a staroslavná Karlova universita udělila dosud žijící manželce dr. Tyrše Renatě Tyršové čestný doktorát filosofie. Mnoho měst i obcí pojmenovalo tehdy Tyršovým jménem ulice, náměstí, mosty i sady.

Po dalších 50 letech, k příležitosti stopadesátého výročí narozenin dr. Miroslava Tyrše, se znovu manifestačně přihlasme tu v Americe k národnímu poslání zdejšího Sokola v zachování české řeči a kultury dřívějších sokolských generací. Naše mluva je posvátný odkaz našich předků a ona především je důležitá k opravdovému zachování našeho národního dědictví.

## Ku předu, ku předu, zpátky ni krok!

Ku předu, ku předu, zpátky ni krok!  
Sokolí heslo je stálé;  
znělo už k pochodu mnohý tak rok,  
znít bude na věky dále.

Ku předu, ku předu, dokud je dech  
pro slávu, blaho a zdar našich Čech!  
Kde vlasti nepřítel, kde že tu sok?  
Pochodem přes něho dále!

Napřed se nastaví čelo a hrud',  
prapor než roztrhán v kusy. -  
Kdo že to poroučí: "Otrokem bud'?"  
Kdo že tu poslouchat musí?  
Někdo-li poroučí: "Poslouchej mne!"  
Zahřmí to na odvěť: "Však ještě ne!"  
Vlast máti udeřit, má-li kdo chut',  
dřív syna skositi musí!

Však ještě při druhu stojí tu druh  
Čechy jak vídala Sláva. -  
Naše ta země a náš je ten luh,  
kde Sokol perutí mává!  
Ku předu, ku předu, krok nikdy zpět,  
s rachotem bubnů jak v boj chodil děd!  
Však živ je dosud náš starý Bůh,  
vlast česká na vždy bud' zdráva!

Přiložené vlastenecké verše sokolského básníka J. V. Sládka zhudebněné K. Šeborem necht' jsou nám ve zdejším Sokole i v jiných českoamerických organizacích povzbuzením k etnické práci do dalších let!

J. J. KARAS, člen Sokola Houston

## Sletu Zdar!

The 1982 Central District Slet can be written in the annals of Sokol history. What remains is the evaluation of events, final financial transactions, and the memories of a successful festival which will be dear to so many.

Although the Slet officially ended Sunday June 13 at 4:00 p.m. with a Sokolsky Nazdar at Mullally Field, the preparations began more than a year ago when the Central District requested Sokol St. Louis to be the official hosts.

The Slet activities began with the competitions Saturday, June 12th; the men's division competed at the Czech Center, and the women's division began arriving at Washington University's Field House at 8:00 a.m.

After the competitions at the Center, the men readied the gymnasium and the field for the evening and Sunday programs.

When tabulations were completed at Washington U., the results of the women's division were brought back to the Center for printing, and were completed at 6:45 p.m. At 7:00 p.m. sharp, the Friday Night Singers officially opened the festivities of the evening by leading the audience in three Sokol marches. This was followed by the anticipated excitement of the winners as they approached the red stairs to the stage to receive their well deserved awards. The merriment of the evening continued till 12:30 a.m.

Sunday morning rehearsal for all participants began under a beautiful sunny sky, and the sunshine stayed with us all day as it lit up the field which was dotted with gymnasts - children, juniors, seniors and folk dancers. All instructors deserve a round of applause for the patience they displayed in teaching the numbers that were presented that day; children's calisthenics, the folk dance which was performed by our St. Louis 2nd class ladies special number; the special number performed by Sokol Stickney, and the tumbling and apparatus exhibitions.

The highlight of the afternoon performance was the Senior calisthenics which was performed to the very dramatic and fitting finale of Dvorak's New World Symphony. The audience intently viewed one of the most striking numbers ever written. The finale of "America the Beautiful" which was sung by all participants ended the two day festival.

The Slet committee can be proud of accomplishing a difficult task, for without their hard work, this Slet would not be possible. The participants, instructors, tabulators, judges, and all who helped in any way are responsible for putting on a program which will be well remembered by all who were a part of this worthy undertaking.

Onward to our next goal. "Kupředu, kupředu, zpátky ni krok."

Sis. MARY ANN SULZ  
Sokol St. Louis

## Charter 77 in Congress of the United States

The formation of Charta 77 in January, was recalled on its fifth anniversary in Congress of the United States. Senator Dole in his remarks as noted in the Congressional Record of February 22, 1982, inter alia, said:

"The imposition of martial law in Poland and the brutal repression which has followed, has served to focus world attention once again on the wholesale violation of basic standards of human right and human decency which occur with regularity in the Soviet Union and many of its Warsaw Pact allies. Nowhere has this repression been more sustained and wide-ranging than in Czechoslovakia. In the years since the signing of the Helsinki Final Act in 1975, literally hundreds have been imprisoned for merely exercising their rights guaranteed not only by the Helsinki accords, the U.N. Charter, the Universal Covenants, and other international documents, but also by the Czechoslovak Constitution itself."

"In January 1977, a group of 200 Czechoslovak citizens formed what has become known to the world as Charter 77. Their main goal was to encourage the authorities to abide not only by the basic standards of human rights set forth in the Helsinki Accords and other international agreements, but also by their own laws. The record of Charta 77 in its 5 years of existence is a proud one, well known to lovers of freedom and liberty throughout the world. Efforts by the Czechoslovak authorities to discredit and coerce Charter 77 will only continue to prove the bankruptcy and callousness of the Czechoslovak regime which has repeatedly demonstrated utter disregard for basic human rights and freedoms".

The Hon. Dante B. Fascell of Florida, in the House of Representatives, said, "Charter 77, the Czechoslovak human rights movement, is celebrating its fifth anniversary. This group, now consisting of more than 1,000 courageous individuals from all walks of life was established to encourage Czechoslovak authorities to act in accordance with their obligations flowing from various international documents, including the Helsinki Final Act and the U.N. Charter.

"The imposition of martial law and the subsequent massive repression in Poland serves to highlight the continuing disregard for basic human rights and fundamental freedoms everywhere in Soviet-controlled Eastern Europe, but particularly in Czechoslovakia. Currently languishing in Czech prisons awaiting trial since May 1981, are eight human right activists, six of whom are members of Charter 77: Dr. Jiřina Šiklová, Dr. Milan Šimečka, Karel Kincl, Jiří Ruml, Jan Ruml, Eva Kantůrková, Jan Mlynařík and Dr. Jaromír Hořec. These eight courageous citizens have been detained on trumped up charges of subversion in collusion with a foreign power. Also awaiting trial on similar charges but temporarily free are six other Charter 77 members including Jiří Hájek, former foreign minister.

"The goal of Czechoslovak authorities in proceeding with this travesty of justice is clear: Link Charter 77 to foreign governments and thereby discredit it once and for all in the eyes of the Czechoslovak public. But such efforts are doomed to failure. The work of Charter 77 and similar organizations in other East European countries has shown and will continue to show the world that the spark of freedom, the striving for human dignity and basic human rights cannot be stamped out no matter how brutal the repression. On this fifth anniversary of Charter 77 its work has never been more important, more urgent or more inspiring than it is right now."

The Wilsonian Club Newsletter  
Washington, D.C. March 31, 1982

## ASO Financial Report

JUNE 1982

### RECEIPTS:

Dues	\$ 1,148.50
Dividends and Interest	455.72
Resale of Jewelry	67.55
Educational Booklet	1.00
Educational Department - Bust	25.00
Song Books	5.00
Sokol Ties	56.00
Skills Patches	4.00
Postage	3.75
Miscellaneous Income	55.00
	<hr/>
	\$ 1,821.52
ASO Uniform Division - Salaries,	
FICA, Phone, Rent	754.59
TOTAL RECEIPTS	<hr/>
	\$ 2,576.11

### DISBURSEMENTS:

#### ADMINISTRATIVE

Salaries - Office Employees	\$ 655.88
FICA & FWT May 1982	171.44
Rent, Janitor Services,	
Phone, Electric	734.60
Office Supplies	150.97
Postage and UPS Charges	62.93
Travel Expense	746.02
Plate Glass Insurance	8.00
Dues - Cermak Rd. Bus. Assn.	35.00
Office Equipment	949.94
Donation - Karel Havlicek	
Memorial Fund	250.00
CPA Audit	625.00
Miscellaneous	106.49
	<hr/>
	\$ 4,495.77

#### BOARD OF INSTRUCTORS

Salaries	\$ 333.75
FICA & FWT - May 1982	67.54
Editor "Sokol Gymnast" -	
June 1982	30.00
Additional copies "Sokol Gymnast"	29.00
Postage & UPS Charges	38.20
Miscellaneous	3.39
	<hr/>
	\$ 501.88

# SOKOL GYMNAST

SEPTEMBER 1982

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

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## Central District Beginners Instructor School



The Central District Beginners Instructors' Course was held August 15-21, 1982, at the North Central College in Naperville, Ill. Full-time instructors were: Sis. Jo-Marie Mlsek, Course Director; Bro. John Satek, Jr., and Sis. Ellen Jeanne Schnabl, who was also the Course Secretary. Other instructors were: Sis. Sylvia Pistorius, District Women's Director; Bro. John Satek, Sr., District Men's Director; Bro. Edwin J. Halik, Sis. Julianne Barcal, Mr. Doug Skotnicki, and Bro. Craig Martin.

The youngsters learned how to teach the Sokol System and methods in calisthenics and apparatus terminology. Other subjects taught were games, first aid, tournament rules, marching tactics, dance as used in gymnastic's, Floor Ex as well as Czech folk dancing and singing.

Graduation ceremonies were held Saturday August 21st at 11:00 A.M. Br. George Vytlačil, President of the Central District, and Br. Roy Zitny, American Sokol President, each gave congratulatory messages to the group, and presented diplomas to the individuals. A farewell lunch was served to all of the 27 participating students, parents, and friends.

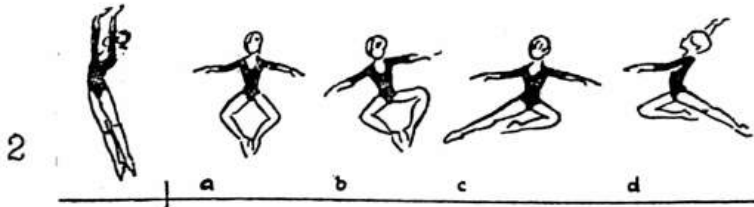
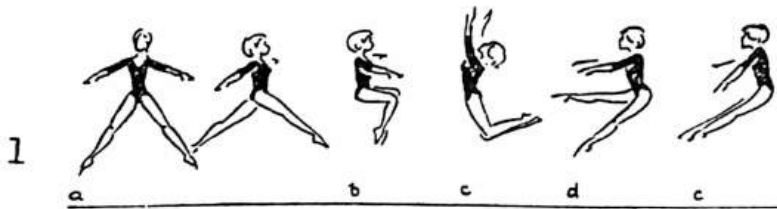
E.J.S.

### THOSE WHO PARTICIPATED WERE:

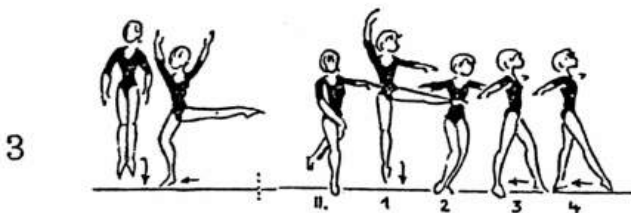
Fred Kala, from Sokol Berwyn;  
 Stacey Derse, Christine Hron, Sis. Karen Novak and Wende Schmidt, from Sokol Milwaukee;  
 Greg Doss, Linda Kopac, Sis. Beverly Rericha, Margaret Schriewer, Iveta Siska, from Sokol St. Louis;  
 Christine Jakubicek, from Sokol Tabor;  
 Paul Gilea, Melinda Higgins, Sis. Karen Kratochvil, Maria Mongello, Mike Mongello, Katie Pajer, Corrine Petrelli, David Satek, from Sokol Slavsky;  
 Gretchen Cepek, Deborah Kucera, Kathy Vrba, Kim Vrba, from Sokol Stickney;  
 Laura Banaszek, Linda Banaszek, Kim Lesmeister, Dough Roscoe, from Sokol West Suburban.

## Leaps - Turns - Balances

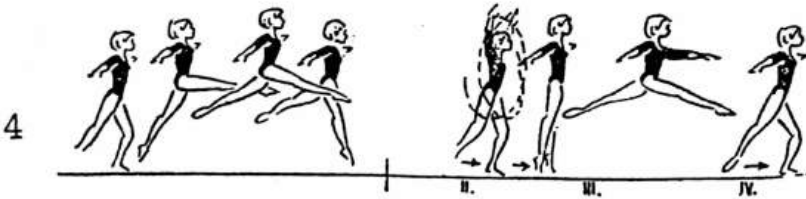
The illustrations pictured on this page consist of preliminary movements that are used by girls classes in floor exercises routines.



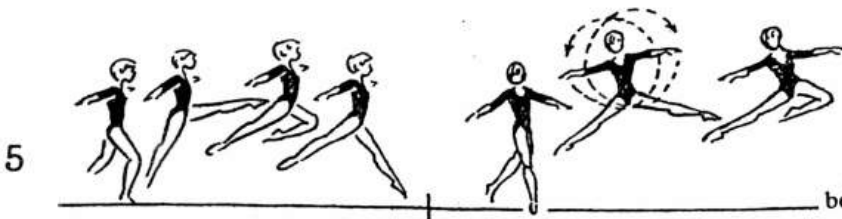
1 and 2. Leaps from closeheel stand - joint rebound to closeheel stand.



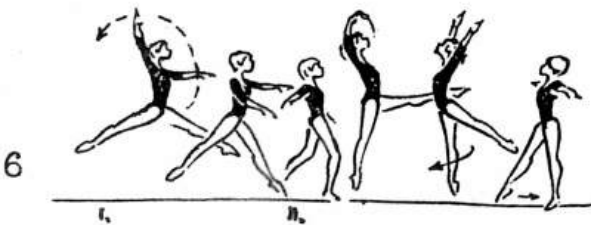
3. Leaps with Left or Right high sideleg.



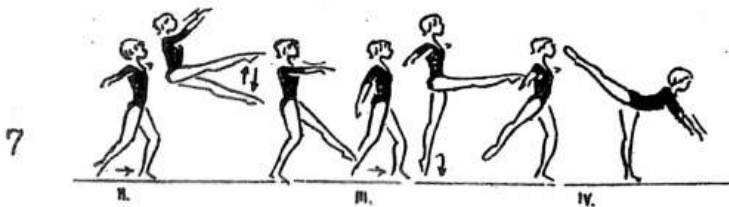
4. With run, leap Left or Right high frontleg, L-R rearleg (split).



5. With run, leap with Left or Right bent frontleg - (stag).

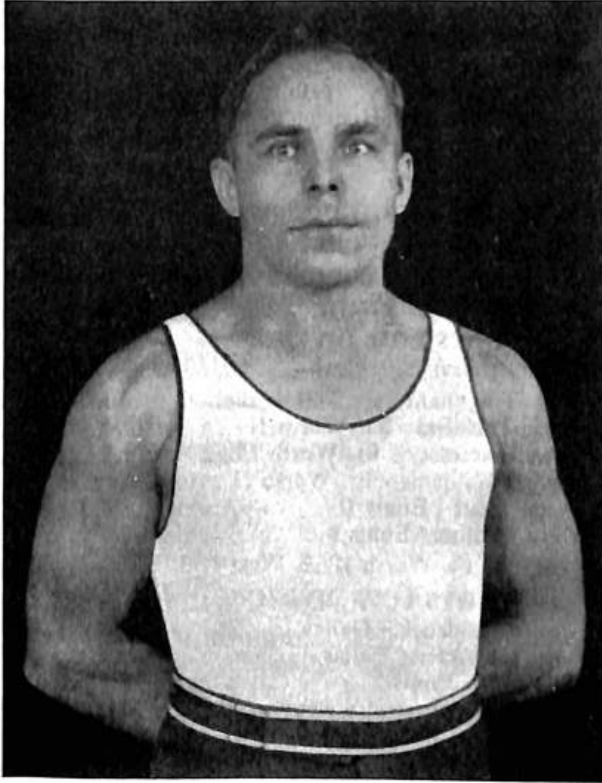


6. With joint rebound, leap onto Left or Right high frontleg, R-L rearleg (split) step forward on R., swing Left high frontleg, 180 degrees Right, to step on Left, step Right back and close Left.



7. With a run, single leg rebound, high frontleg scissers, step, hop to high frontleg, swing rearward to high rearleg (Arabesque), hold.

## A Leader Passes on BR. FRANK VOREL



JANUARY 18, 1898 - AUGUST 3, 1982

**Br. Frank Vorel, aged 84, a lifetime member of Sokol Chicago, passed away on August 3, 1982. Residing at the Bohemian Home for the Aged, Br. Frank Vorel succumbed after a brief illness.**

Br. Vorel was born in Tabor, Bohemia. At the age of 17 he migrated to America and settled in the Pilsen neighborhood of Chicago. He was employed as a skilled master cabinet maker, with many of his projects utilized at Sokol Headquarters. Competing for Sokol Chicago, Br. Vorel won many honors in the American Athletic Federation, District and National Sokol competitions. In 1925, he was selected to represent the American Sokol Organization at the Sokol Slet in Prague, but was forced to decline because of his employment. In the early '30' he was the Director of Central District and continued as secretary of the B.O.I. His technical abilities drew him to Sokol Rozvov where he instructed the gymnastic classes for many years. In 1940 Br. Vorel married Sister Bess Vodrasek of Sokol Tabor and was happily married for 37 years until her death in 1972. Br. Vorel had a membership span of 67 years at Sokol Chicago and he will be missed.

A late Nineteenth Century drawing depicting Men's activities in the gymnasium. Courtesy Chicago Tribune

## 1982 Southern District Slet

The 1982 Southern District Sokol Slet was hosted by the District's newest unit - the Sokol Gymnastic Association of WEST. The Slet Committee headed by Brother Dr. George Smith, President of the West Unit, did a tremendous job.

Slet activities began on Friday evening, June 4, with volleyball championship at the M. O. Robinson gymnasium in West. This is the facility used by the local Sokol for their gym classes. The championships were won by Sokol Zizka, Dallas (Junior-mixed), and Sokol Ft. Worth (Senior-mixed).

Apparatus competitions for the children, juniors, and seniors were held on Saturday in the West High School gymnasium. The awards dance was held in the evening in the Pavillon of the Westfest on the rodeo grounds.

The Slet program was held on Sunday afternoon at the West High School football field. Musical accompaniment was furnished by the Dallas Czech Concert Orchestra under the direction of Bro. Byril Pokladnik, Director. The invocation was presented by Rev. Mike Milburn, pastor of the First Baptist Church of West. The star spangled banner was led by Sis. Mary Schumacher of Sokol Ennis; the Czech Anthems were led by Sis. Bernice Hamilton of Sokol Ennis. Addresses were given by Bro. Ben Maca, President of the Southern District and Bro. Roy Zitny, President of the American Sokol Organization. Bro. George Smith, Slet Chairman, read a "Charge to the Youth". The Slet program consisted of calisthenics by the tots, little boys, little girls, juniors and seniors. Apparatus numbers were presented by the various classes. Modern gymnastic numbers were presented by Sokols Ft. Worth, Dallas, West, and Ennis with Dallas being the winner. A relay race was run with Sokol Houston the winner. The program ended with the singing of God Bless America led by Shannon Schumacher, gymnast from Sokol Ennis. Nazdar!

SYLVIA LAZNOVSKY



**SOUTHERN DISTRICT  
AMERICAN SOKOL ORGANIZATION  
COMPETITION RESULTS**

**DISTRICT SLET  
JUNE 4, 5, 6, 1982**

**VOLLEYBALL CHAMPIONSHIPS:**

Junior-Mixed - Sokol Dallas  
Senior-Mixed - Sokol Ft. Worth

**SPECIAL NUMBER COMPETITION:**

1. Sokol Dallas
2. Sokol Ft. Worth
3. Sokol West
4. Sokol Ennis

**CLASS I GIRLS, LOW DIVISION**

(56 competitors)

**ALL-AROUND:**

1. Lisa Laznovsky - Ennis I
2. Christine Norum - Ennis I
3. Leslie Howard - Ennis I
4. Michelle Riggsby - Ft. Worth I
5. Amber Harris - Ft. Worth I

TEAMS: 1. Ennis I, 2. Ft. Worth I, 3. Ennis II,  
4. Ennis III, 5. West I

**CLASS I GIRLS, HIGH DIVISION**

1. Kellye Davis - Houston
2. Shannon Schumacher - Ennis

**CLASS II GIRLS, LOW DIVISION**

(29 Competitors)

**ALL-AROUND:**

1. Angie Lawler - Ft. Worth I
2. Stephanie Wade - Ft. Worth I
3. Carrie Kasner - Ft. Worth I
4. Tammy McCaffrey - Ft. Worth II
5. Amy Nash - Ennis

TEAMS: 1. Ft. Worth I, 2. Ft. Worth II, 3. Ennis

**CLASS II GIRLS, HIGH DIVISION**

1. Misty Kuehn - Houston
2. Anna Martinec - Houston
3. Kathy Keyes - Houston

TEAM: Houston

**OPEN-HIGH DIVISION**

1. Jill Henshaw - Ft. Worth
2. Jill Morrison - Ft. Worth
3. Jennifer Powell - Ft. Worth
4. Melisa Darnell - Ft. Worth
5. Martha Baxter - Dallas
6. Rita Filliam - Ft. Worth
7. Kelly Hill - Ft. Worth

**JUNIOR GIRLS LOW B DIVISION**

(16 competitors)

1. Darlene Smith - Ennis
2. Donna Soukup - West  
Jennifer Cathey - Ennis
3. Cheryl Cathey - Ennis
4. Phyllis Hutyra - West
5. DeAnna Taraba - Ennis

TEAMS: 1. Ennis, 2. West, 3. Dallas

**JUNIOR GIRLS LOW A DIVISION**

1. Karen Kuehn - Houston
2. Linda Isbell - Ennis
3. Susan Burton - Ft. Worth

**JUNIOR GIRLS INTERMEDIATE**

1. Suzanne Yockey - Ft. Worth
2. Carrie Cleveland - Ft. Worth
3. Barbie Kozel - Ft. Worth
4. Carla Maupin - Ft. Worth  
Sandra Schisser - Houston
5. Sandy Frizzell - Ft. Worth

TEAM: Ft. Worth

**JUNIOR GIRLS HIGH DIVISION**

1. Maureen Kasowski - Houston

**JUNIOR GIRLS CHAMPIONSHIP**

1. Nicole Williams - Dallas

**CLASS I BOYS LOW DIVISION**

(26 competitors)

1. Jesse Traynham - Ft. Worth II
2. Jason Petrofski - Ft. Worth II
3. Shay Hennessey - Ft. Worth II
3. Andrei Williams - Ft. Worth II
4. Jason Stout - Ennis II
5. Chris Norum - Ennis I

TEAMS: 1. Ft. Worth II, 2. West I, 3. Ennis I

**CLASS II BOYS LOW DIVISION**

1. Craig Woodcock - Dallas
2. Josh Schenkler - Dallas
3. Eric toth - Ennis

**CLASS II BOYS HIGH DIVISION**

1. Cliff Mullican - Ennis
2. Herbie LaMarque - Ennis
3. Andrew Wall - Ennis
4. Tim Smith - Ennis
5. Danny Kuehn - Houston

TEAM: Ennis

**JUNIOR BOYS LOW DIVISION**

1. Jamie Voorhies - Ennis
2. Michael Ehrenberger - Dallas
3. Thomas Matus - West

**JUNIOR BOYS INTERMEDIATE DIVISION**

1. Jimmy Davis - Houston
2. Paul Davis - Houston
3. Jimmy Falkenbach - Ennis

**JUNIOR BOYS HIGH DIVISION**

1. Robert Toth - Ennis

**MEN LOW DIVISION**

1. Dennis Hagler - Dallas
2. Charles Cerny - Dallas
3. Marvin Patak - Ennis

**MEN INTERMEDIATE DIVISION**

1. Lee Hamilton - Ennis
2. Gary Johnson - Dallas

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**Copy for Publication**

**MUST BE RECEIVED BY THE 10th  
OF THE PREVIOUS MONTH**

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**EDUCATIONAL DEPARTMENT**

FICA - May 1982	\$ 1.88	
Books	66.95	
Postage & UPS Charges	36.14	
Office Supplies	6.61	
Essay Contest Expense - Engraving	52.45	
		\$ 164.03

**SOKOL PUBLICATION**

Printing "American Sokol" - June 1982	\$ 967.00	
Postage	15.59	
Mailing list changes, labels, etc. - May and June	424.16	
Editor "American Sokol" - June 1982	100.00	
		\$ 1,506.75

**MISCELLANEOUS**

ASO Uniform Division - Salaries, FICA, Phone	\$ 404.93	
Postage - FSLF and Library/Archives Fund	1.85	
Special Appropriations - Western District	642.00	
		\$ 1,048.78

TOTAL DISBURSEMENTS \$ 7,717.21

## Balance brought forward:

Western National Bank of Cicero - Checking Account	\$ 8,514.06	
Receipts - June 1982	2,576.11	
	\$11,090.17	
Disbursements - June 1982	7,717.21	
	\$ 3,372.96	

**FUTURE SOKOL LEADERS' FUND****June 1982**

In memory of Bro. Edward Hlinka - Dick & Shirley Neumann	\$ 25.00	
Fip & JoAnn Schultz	25.00	
Bill & Bess Kostecki	25.00	
		\$ 75.00

To honor Central District BOI leaders  
for a job well done at the St. Louis Slet in 1982 -  
Charles & Irene Ruzicka 40.00

**LIBRARY & ARCHIVES FUND****June 1982**

In memory of Bro. Edward Hlinka - Stanley and Rose Barcal	20.00	
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*Donations are tax exempt*

**ASO Financial Report****JULY 1982****RECEIPTS:**

Dues	\$ 2,962.65
Convention Fund	220.00
Special Assessment (Southern Dist.)	110.00
Dividends and Interest	162.69

T. G. Masaryk dues	10.00
"Highlights of Czech History"	9.00
Phone receipts	1.03
	\$ 3,475.37

ASO Uniform Division - Salaries, etc. 404.93

TOTAL RECEIPTS \$ 3,880.30

**DISBURSEMENTS:****ADMINISTRATIVE:**

Salaries - Office Employees	\$ 746.20
FICA & FWT for June 1982	151.12
IWT - 2nd Qtr. 1982	65.33
Rent, Janitor Service, Phone and Electric	811.66
Office Supplies	11.19
Postage	23.49
Repairs to Office Equipment	65.00
Plate Glass Insurance	330.00
Secretary of State GNFC Act filing date	10.00
Membership pins	3,673.15
	\$ 5,887.14

**BOARD OF INSTRUCTORS**

Salaries	\$ 319.31
FICA & FWT for June 1982	60.44
IWT - 2nd Qtr. 1982	23.84
Editor "Sokol Gymnast"	30.00
Phone	1.85
	\$ 435.44

**EDUCATIONAL DEPARTMENT**

IWT - 2nd Qtr. 1982	\$ 1.49
	\$ 1.49

**SOKOL PUBLICATION**

Postage - June 1982	\$ 360.48
Mailing list changes, labels, etc.	128.12
Editor "American Sokol"	100.00
	\$ 588.60

**MISCELLANEOUS**

ASO Uniform Division - Salaries, FICA, June 1982	
IWT - 2nd Qtr. 1982 and phone	\$ 256.08
	\$ 256.08

TOTAL DISBURSEMENTS \$ 7,168.75

## Balance brought forward:

Western National Bank of Cicero - Checking Account	\$ 3,372.96
Receipts - July 1982	3,880.30
	\$ 7,253.26
Disbursements - July 1982	7,168.75
	\$ 84.51

**LIBRARY AND ARCHIVES FUND****July 1982**

In memory of Bro. Edward Hlinka - Sokol Karel Havlicek Borovsky, Ennis, TX	\$ 25.00
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*Donations are tax exempt*

## The Passing of a Sokol

Brother Albert Bohumil Smolik passed away at the age of 96 on Sunday, July 4, 1982. Brother Smolik is survived by a son, Don, a daughter, Georgiana Dolejsi, six granddaughters, and six great grandchildren. His wife, Bessie, and daughter, Sylvia, preceded him in death.

Brother Smolik was born January 7, 1886 in Nova Hut near Rokycany in what is now Czechoslovakia. He was approximately 17 years of age when he immigrated to the United States to live with his aunt and uncle Unger in New Prague, MN. Arriving in New Prague by train, he was met by some local beer delivery men and was transported to his uncle's home via a brewery wagon. He stayed in New Prague a month and then went to St. Paul.

A locksmith by trade, Brother Smolik eventually branched out to tinsmithing and ornamental iron work. In the early 1900's, he traveled to and worked in Seattle, San Francisco and Salt Lake City for a three year period. He was in San Francisco during the infamous earth quake of 1906.

Returning to St. Paul, Brother Smolik married Bessie J. Walla (Vala) on January 7, 1915. Together with his father-in-law, Josef Wala (Vala), one of the original founders of the Sokol in St. Paul and the first unit Náčelník, Brother Smolik went into the hardware business. The business still operates under the ownership of his son, Don.

Brother Smolik joined the St. Paul unit in 1906. He was the first unit instructor of ladies in 1912; served as unit president from 1932 through 1936; held many positions on both the unit and district level. He was active in an endless number of Sokol projects throughout the years: the remodeling of the CSPS Hall in 1917, the founding of Sokol Camp in the 1920's, Sokol Slets, Czech plays, and the list goes on. He was also very active in the leadership of the Sokol Camp Association over the years.

In 1980, Brother Smolik donated \$5000 in the memory of his wife, Bessie, towards the purchase of the parking lot adjacent to the CSPS Hall. One of the two linden trees which adorn the parking lot, was planted in his honor.

"Neither gain or glory" was a motto that came to life in the person of Albert Smolik. He is as much a part of the Sokol organization as the individual bricks are of the CSPS Hall. He will be missed by all those who knew and loved him - missed, but never forgotten. Nazdar, Brother Smolik!

JOYCE SLADEK, Editor  
Sokol Minnesota Slovo

## Western District Children's Meet

It was with a feeling of excitement and joy that being in Omaha on Sunday, April 25, 1982, brought as we attended the Western District meet of boys and

girls, aged 7 to 12. Rosalyn Bergman and myself, Stella Tichy, representing Sokol Cechie, were asked to stand and be acknowledged.

The meet was held at the South Omaha Sokol Hall, a large modern gymnasium. It was announced that the event will become an annual one. The units that participated were Sokol Minnesota, Sokol Omaha, Sokol Cedar Rapids and Sokol Crete. There was a little confusion as the boys and girls marched to their places. The mix-up brought laughter as the children hurried to find their assigned posts.

Gymnastic apparatus had been erected at each end of the exhibition area, and in the center was the large mat on which the gymnasts, taking turns, performed. Before beginning each number the performer watched the teacher, saluted when acknowledged, and the music started. The exhibition consisted of graceful body and arm movements, lamps, splits, and somersaults. The boys were outnumbered by the girls. The girls sat in double rows on the rear end of the mat, waiting to be next. Each contestant had his or her chance to be judged for calisthenic and apparatus work. They performed on beams, rings, parallel bars, high bars and pommel horses.

I held my breath as I watched these future champions lifted to the high rings perform so unafraid. They were showing off their strength and developing muscles. The physical training sharpens their senses and teaches them skill and courage.

The top three in all-around competition got medals and certificates, and all who came in 4th through 10th place received ribbons.

Omaha Sokols have trained two champions and their instructor was Phil Cahoy, Sr. Jim Hartung, a senior at Nebraska University, was the 1980 USA Olympian and 1981 USGF gymnast of the year, with a long list of championship winnings. Phil Cahoy, Jr. in his last year in college, has outstanding credentials as a gymnast. The two young men are often teammates in competition. As Jim Hartung explains, "We had many competitions together. I'd win one and Phil would win the next."

Danny Green has many years of hard training ahead before he becomes a champion like Jim Hartung and Phil Cahoy, Jr. He is only eight years old, and already showing promise of becoming a leading gymnast. He has won one trophy, six medals and numerous ribbons.

When I was a young Sokolka we were not so aware of competing for trophies and medals. Ours was not merely a society to train gymnasts to become Olympic stars. Ours was a happy way of life and we followed it with enthusiasm even though our drill masters were strict disciplinarians. We accepted Miroslav Tyrs' concept of international Sokol achievements to become well educated, healthy in body and mind, and to cultivate physical beauty.

The men and women directors of this first Western District meet deserve much praise for their hard work and tireless efforts to make it a success. American Sokols are strong and will carry on.

Sis. STELLA TICHY  
Sokol Cechie, Chicago

# Sokol - a Society of Enlightened People

The Sokol movement has a dual character. On the one hand, it is idealistic and from its idealism grows an enthusiasm that touches all. Miserable and poor are those whose souls cannot be warmed by noble aspirations. The organizational structure of the Sokol movement addresses itself to all free men who subscribe to elevated ideals.

What is that which bring people into the Sokol brotherhood? Evidently, aspirations toward lofty ideals. Should the Sokol movement cease to exist, the national society will feel the loss of an important source of enlightenment and idealism. The Sokol ideal of the moral, social, cultural and physical training of individuals has a far-reaching importance.

We are living in a period burdened by cold and hot wars, by revolutions, social and racial upheavals, and imperialistic ideologies - in a time when otherwise honorable citizens show an unreasonable apathy to all things which make life happier and more morally stable.

There is, everywhere, too much stress on materialistic advantages and less on the noble and idealistic goals of life.

In the midst of these unsettling circumstances, the optimism of Sokol brotherhood is still very strong and its aspirations toward a better, healthier, and happier life are still in the forefront of its endeavor. There is an indomitable faith in the democratic way of life and a strong will to surpass all obstacles on the road to a better future. There is a determination to safeguard the Sokol heritage and to enlarge the activities in the framework of the Sokol program.

To those members who are subject to that same social apathy which grips so many individuals in these times, we wish to say that the Sokol program offers an effective approach to many of the problems which presently beset our society: immorality in political and business life, shallow opportunism in all aspects of social and private activity, racial tension, and the confusion and misdirection of youth. While the Sokol program is no panacea for society's ills, its proven system of moral and physical education, its democratic governance by the membership, and its commitment to the highest of all goals - the improvement of man - make it a program well worth investing time and effort.

(The above article was from the "Slovenský Sokol", August 18, 1966. Author listed as kb. Appeared in the Sokol St. Louis Newsletter, April, 1982.)

## Corrections for the 1982 Directory

### CENTRAL DISTRICT

#### Sokol Berwyn - New President

Sharon Somolik,  
4004 South Grove Avenue  
Stickney, IL 60402

#### Sokol Slavsky - New Mailing Address

Sokol Slavsky  
P.O. Box 453  
Berwyn, IL 60402

#### Sokolice Milwaukee - Financial Secretary

Helen Pilger  
2974 N. 45th Str.,  
Milwaukee, WI 53210

#### Director of Women

Emily Falarsh  
365 N. Honey Creek Parkway  
Milwaukee, WI 53213

#### EASTERN DISTRICT

##### Sokol Miami - Fin. Sec. - Correct Address

Anne Valentine  
1700 N.E. 137th Terrace  
N. Miami, FL 33181

##### Sokol Philadelphia - New Fin. Sec.

Julie Kabrhel  
8211 Albion St.  
Philadelphia, PA 19136

#### SOUTHERN DISTRICT

##### Sokol Karel Havlicek-Borovsky - Sec. New Address

Bernice Hamilton  
Rt. 1, Box 146A  
Italy, TX 76651

#### PACIFIC DISTRICT

##### Sokol Seattle - New Officers to Add

Fin. Sec. Igor Weismann  
15201 N.E. 16th Pl.  
Bellevue, WA 98007

Dir. of Men, Vlastimil Jenc  
6021 - 112th Ave., NE  
Kirkland, WA 98033

Dir. of Women, Milada Rozek  
12526 S.E. 61st St.  
Bellevue, WA 98006

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### Change of Address for American Sokol

AMERICAN SOKOL ORGANIZATION  
6424 West Cermak Road  
Berwyn, IL 60402

Sokol.....  
Name.....  
Old address .....  
.....Zip.....  
New Address .....  
.....Zip.....

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## The Woman in Sokol

MARIE CESKA: JUNE, 1924

I have been asked, to write an article in English on the subject of woman membership and our relations to the Sokol movement, its work and obligations, so that our young members, who can not read Czech, and those, who think reading Czech is dry and requires too much thought (or in other words the mentally lazy), could, and would, read it, and let us hope, benefit by it.

It is rather difficult to begin, as our membership comprises so many different individuals, with separate ideas as to their own responsibility to the organization as a whole, their individual obligations to one and all, and their separate reasons for becoming a Sokol member.

First let me ask a question.

**"Why have you become a Sokol member?"**

1. Was it because you are in sympathy with its broadening effect on the lives of its members?

2. Or because you believe with us, in proper and systematic body culture as practiced in our gymnasiums?

3. Or does the educational feature in things purely Czech and patriotic appeal to you?

4. Or did you merely join, because you thought you would have a good time with the "bunch"?

I would like to have this questionnaire answered by every member of our women's locals. By those answers I could correctly gauge the amount of good the local was doing, and the quality and far reaching benefits for its members and our public at large. For on the individual outlook and conception of obligations to the whole, rests the entire structure of our organization.

Lucky indeed is the local, whose members joined for any of the three first named reasons.

Their work will sustain, and effect on their surroundings and themselves will be far reaching. But I am afraid, that of all our young members, not 10 percent would be able to say truthfully "yes" to any of the first three questions.

The greatest number of our girls joined for the fourth reason, simply to have a "good time".

It is all very well for youth, to be gay, and to wish to be happy in any surroundings. But there is such a thing as carrying this trait too far. For even youth has its obligations, which it must fulfill.

One of the first obligations of each member of Sokol organization is to "carry on", to promote its work further for the benefit of those, who will follow in our footsteps.

For although we live in the present we must give thought to the future, and build and improve as far as we are able. Each and every one can do her share, be it ever so little.

Do not think, that because you are active in the gymnasium, taking parts in the class and public drills, that you have done all that is required of you. Your obligation goes deeper than that. You must cooperate in all branches of work connected with Sokol

organization, in educational, entertaining and organizing as well as gymnastic. There are always some older members, who are more than willing to instruct and helps the beginner to be useful, so that no one needs the excuse, "I do not know how".

I have attended meetings, where the president had the utmost difficulty to name a committee of 5, to arrange details for a dance. That should not be! We must all work, for that is the only way to discharge our obligation and responsibility to our organization.

On the other hand, the older, or more experienced in all branches of Sokol work, must meet the unexperienced half way, help them, teach them, instill the enthusiasm for the work in their hearts, teach them the fine points of our aims to reach the high goal, the healthy mind in healthy body for all.

Educate them as far as possible, so as to make fit to take over the burden, when the present workers will be no longer here to guide.

Let us write the magic word cooperation on our banner, and under it we shall achieve the utmost perfection possible to our women's locals.

So let us bend all our energies to that end.

P.S. Some of the above philosophy must have worked because now the Sokol membership contains more women than men. During the current membership drive the thought of enlisting more men should be uppermost in our efforts. (The editor.)

## In Memoriam

Sokol Philadelphia has lost two members recently due to death. Sis. Elsie B. Novak passed away March 31, 1982. She was a member for 52 years, holding office as financial secretary for many years. She also competed in many Slets and was an active member until the gym activity ceased in Philadelphia.

Vincent Urbanek, a member of Sokol Philadelphia for 63 years, died February 25, 1982, just four months short of his 96th birthday.

He was a widely respected clockmaker for a record 81 years. Vincent was the youngest of nine children born on a farm in the village of Zbovzi near Čáslav in Bohemia. At 14 years he was apprenticed for four years to a master in Golc and Trebic in Moravia, Martin in Slovakia and in Praha and Kutná Hora in Bohemia.

At age 21 Vincent came to the United States in 1908 and lived and worked in Philadelphia for the rest of his career. He was employed by several leading establishments in Philadelphia, becoming head of the clock repair shop of Strawbridge and Clothier, from which he retired after 38 years.

He had a home workshop and was consulted extensively for his skill in restoring rare clocks and watches.

Bro. George B. Novak, Secretary of Sokol Philadelphia sent us the news of the passing of his sister and step-father.

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### Wrong Number

A very successful, dollarwise businessman called home one day with instructions for his wife. When the maid answered, she told him that his wife could not come to the phone just then.

"Tell her she has to, it's very important. Right now."

"I'm sorry, sir, but she can't. She's busy."

"What do you mean: busy? What's she doing?"

"Well, sir, she's in the bedroom with Dr. Smith."

"Dr. Smith! Why, that . . . listen, I'll tell you what you are to do. Get a chair, and go to the hall closet, and in the back right corner of the top shelf, you'll find a loaded pistol. Take it, and shoot that dog, and I'm going to wait right here on the phone until you do it and come back and tell me that you've done it. Got that?"

"Yes, sir," replied the maid. The businessman waited on the phone, and after a while heard a distant bang. Soon the maid returned. "All right, sir, I did it. Now what should I do?"

"Get a Kleenex, and wipe all the fingerprints off the gun, and then take it behind the house and throw it as far as you can into the pond in back. Got that?"

There was a pause, and then the maid said. "But there is no pond in back of the house."

"Oh, my God! Isn't this 740-2020?"

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May it always stay that way -  
 But to keep "OLD GLORY" flying  
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 For everything worth having  
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 And FREEDOM is a GIFT from GOD  
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 Without the FAITH that made us great  
 And kept OUR COUNTRY FREE . . .  
 Nor can our nation hope to live  
 Unto itself alone,  
 For the problems of our neighbors  
 Must today become our own . . .  
 And while it's hard to understand  
 the complexities of war,  
 Each one of us must realize  
 That we are fighting for

The principles of freedom  
 And the decency of man,  
 And as a Christian Nation  
 We're committed to God's Plan . . .  
 And as the LAND of LIBERTY  
 And a great God-fearing nation  
 We must protect our honor  
 And fulfill our obligation . . .  
 So in these times of crisis  
 Let us offer no resistance  
 In giving help to those who need  
 Our strength and our assistance -  
 And "THE STARS AND STRIPES FOREVER"  
 will remain a symbol of  
 A rich and mighty nation  
 Built on FAITH and TRUTH and LOVE.  
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In Cindy Bednar's column  
 CATHOLIC FALCON

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