

AMERICAN SOKOL

VOL. CIV. - NO. 10

OCTOBER 1983

PUBLICATION OF THE AMERICAN SOKOL
Educational and Physical Culture Organization

DECLARATION OF PRINCIPLES

The first Sokol unit on American soil was founded at St. Louis, Missouri in 1865. From the basic ideals upon which it was founded, has grown the present American Sokol Organization, which unites the member organizations located in almost every part of the United States.

The Sokol idea has stemmed from the spirit of the Czech nation. The Czech national heritage, includes democratic feeling, moral earnestness, and a yearning for liberty.

A Sokol values strength and fortitude, fulfilled by brotherly love, beyond the wealth of the world. Sokols are unalterably opposed to every ideology - regardless of the name - which deprives people of the right of free choice in their own land.

The Sokol movement has evolved from the great idea that bodily health produces mental and moral health. The Sokols strive for physical improvement, moral purity and nobility, concord, equality and sincerity.

In the gymnasium, the Sokols instill in adult and junior members the ideals of directness, manliness and self-respect. Toward the United States and its citizens, they feel a bond of loyalty which nothing can alter.

The Sokols have never hesitated to sacrifice their possessions or their lives when the welfare, freedom, and prosperity of the United States has required it. They have defended the priceless ideals of independence and the American way of life against the covetous hands of selfish interests. They have shielded these ideals against all attacks. The annuals of two World Wars are replete with their deeds, and the graves which mark the far-flung battlefields of the world attest to this fact.

The Sokols require one obligation of all their members - that they live their lives honorably, be faithful to the truth and be proud of their citizenship in this great and just country, the United States of America.

The Sokols have pledged themselves to help in the creation of a better world, peopled by an improved and more united humanity; to aid in bringing about an age of good faith which would guarantee democracy to all men and women - an age in which life would be free from disturbances so that men and nations would be convinced that it is impossible to build prosperity and happiness on the unhappiness and suffering of others.

The Sokols pledge themselves to help in the mobilization of all the energy of men and machines for useful production, and are prepared to make all sacrifices. Thus have the Sokols progressed in the past, and thus they intend to advance till the end of time.



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OFFICE OF THE
EXECUTIVE BOARD ASO.

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Tel.: 795-6671

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Holiday Fair
- NOV. 19 - SOKOL SAN FRANCISCO
Barn Dance
- NOV. 19 - SOKOL LOS ANGELES
Variety Show - Musicale
- NOV. 18, 19, 20 - SOKOL MILWAUKEE
Holiday Folk Fair
- DEC. 3 - SOKOL LOS ANGELES
St. Nicholas Dance
- DEC. 4 - SOKOL DETROIT
Czech Dinner Party
- DEC. 11 - SOKOL MILWAUKEE
Elections and Christmas Party
- DEC. 31 - SOKOL SAN FRANCISCO
New Year's Eve Dance
- DEC. 31 - SOKOL LOS ANGELES
New Year's Dance
- DEC. 31 - SOKOL DETROIT
New Year's Eve Dinner Dance
- DEC. 31 - SOKOL BROOKFIELD
New Year's Eve Dinner-Dance

CHANGE IN DIRECTORY:

SOKOL FUEGNER - Chicago, IL
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Change of Address for American Sokol

AMERICAN SOKOL ORGANIZATION
6424 West Cermak Road
Berwyn, IL 60402

Sokol

Name

Old address

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New address

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Calendar of Events

- OCT. 16 - SOKOL LOS ANGELES
Moravské Hody and Dance
- OCT. 22 - SOKOL SAN FRANCISCO
Commemoration - "Czechoslovak Independence Day"
- OCT. 29 - SOKOL MILWAUKEE
Recognition Banquet
- NOV. 5 - SOKOL HAVLIČEK-TYRŠ
Annual Dinner Banquet
- NOV. 12 - SOKOL MIAMI
Anniversary Dinner Dance
at American Czech Club

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CIV

October - 1983 - Říjen

Číslo - No. 10

Special Meeting ASO Executive Board

A special meeting was called of the American Sokol Organization Executive Board: it was for discussion only of Sokol Houston and Sokol Greater Cleveland. Meeting called to order, August 30, 1983, at 7:40 P.M. by special chairman, Bro. Stanley Barcal. The following members of the board were present: Sis. Marie Ptacek, Mildred Pinc, Vlasta Zitny, Nancy Borvansky, Jackie Kourim, Bros. Stanley Barcal, Jerry Rabas, Fred Kala, Robert Barcal, James Sprtel, Charles Borvansky, Joseph Kovar and John Satek. Members excused, Bro. Roy Zitny (out of town on business), George Basta (attending a retirement dinner), Paul Lebloch (out of town on business), and Sis. Betty Prener (excused because of illness).

Meeting was opened with the reading of the two letters from Northeastern District of June 30th, 1982, and the 31st of December, 1982. It was unanimously voted to accept these letters as reports of their meeting held June 23, 1982, and therefore required no answer. Northeastern District will receive a letter to this affect. It was voted upon by a motion by Bro. James Sprtel and seconded by Bro. Joseph Kovar, that the Northeastern District will also be notified that abiding by the decision from the Presidents' Conference, April 16, 1983, we are no longer going to answer any letters pertaining to Sokol Ceska Sin.

In a lengthy discussion regarding Sokol Greater Cleveland non-payment of dues, Sokol Greater Cleveland has been suspended for non-payment of dues. If dues are not paid up, Sokol Greater Cleveland will no longer be eligible to attend the convention. Any officers or board members of Northeastern District who are members of Sokol Greater Cleveland are automatically suspended from their jobs. Further, the members of Sokol Greater Cleveland are to be apprised of this action. All rights of memberships have been suspended as of August 27th, 1983. Motion made by Sis. Mildred Pinc, seconded by Bro. Charles Borvansky, 13 board members voted unanimously in approval.

Letters of expulsion to the officers of Sokol Houston have not been properly answered by anyone of the officers. Only form letters were returned to Southern District and the American Sokol office. These are not acceptable. Because of the three delays in court hearings we do not have any further information on Houston. As the "last hearing" is being held tomorrow, August 31, 1983, a motion was made by

Sis. Vlasta Zitny, seconded by Bro. Fred Kala, that we abide by our decision made at the Presidents' Conference. Southern District has been given our complete support in this matter concerning Sokol Houston. We will let them follow through. 13 votes were cast unanimously in favor of this motion.

These special meeting minutes will be sent to the six district presidents, all executive board members and be published in the American Sokol publication.

Alternates given voting privileges were Bro. Charles Borvansky for Sis. Betty Prener, and Bro. John Satek for Bro. Paul Lebloch.

Having covered both of the special matters on the agenda for this special meeting, and decisions were made, meeting was adjourned at 9:30 P.M.

Respectfully submitted,
Jackie M. Kourim, Secretary

The Travails of a Republic

The days of 28th and 30th of October 1918 are of special significance in the history of Czechoslovakia and its people, the Czechs and Slovaks. On October 28th, 1918 an independent Czechoslovak Republic was proclaimed in Praha, while on the 30th of October 1918 the representatives of the Slovak nation meeting on Turčiansky sv. Martin declared for Czechoslovak national unity in the Proclamation.

Based on above historical events the Paris Conference (Trianon) adjudged and approved on historical rights the boundaries of the Czechoslovak national state. Subcarpathian Russia voluntarily joined this formation.

The territorial boundaries were not a gift. Over them heavy fighting occurred especially in Southern Slovakia and Subcarpathian Russia. The Magyars (Hungarians) would not, under any circumstances, give up their claim for Southern Slovakia and Subcarpathian Russia. Whether through the regular army, volunteer corps or the bolshevik hordes of Bela Kuhn they staged armed incursions and raids into the land despite the fact that the Peace conference had already fixed the boundaries of the Czechoslovak state. In facing this terror the Slovak soldier stood shoulder to shoulder with his Czech brother, and together with the Sokols, Legionnaires and volunteers defended the historic rights of Slovaks to a territory which for centuries already had been inhabited by their ancestors before the Huns invaded the Danubian basin.

These forerunners of the Hungarians came from Asia and for a thousand years were able through brutal and reckless methods suppress every Slovak desire for freedom. The First World War offered an

opportunity to three outstanding patriots, Masaryk, Štefánik and Beneš, to find a way out of Austro-Hungarian captivity. It was in the last days of October 1918 that the people of Czechoslovakia at long last began to breathe freely. Gratitude for this attainment of freedom belong primarily to a great American President, Woodrow Wilson.

In Slovakia, after liberation it was necessary to create and build from the foundations up. Czech help was needed. The Hungarian regime neglected and denied the Slovaks even an elementary education in their mother tongue. A school system had to be created from elementary grades to universities. Hundreds of kilometers of roads and railroads were built. Factories, power plants, public and private buildings were constructed. The Slovaks began to participate in the highest levels in public and government life. But the most precious product of Czechoslovak statehood was freedom and democracy for the guidance of the country. One of the outstanding Slovak politicians, Dr. J. Lettrich appraised the first twenty years of the Czechoslovak Republic in these words: "Slovakia developed from a land which was backward, underdeveloped, culturally and economically suppressed, into a modern highly developed country. The twenty years of the Czechoslovak Republic are the greatest period in Slovak history."

In 1938 the radicals of Hlinka's Slovak Popular Party (HSLs) following the death of Hlinka and aided by Germans and Hungarians took advantage of Munich and helped in the dissolution of Czechoslovakia. Slovakia lost its most fertile regions. The Slovaks in these regions were persecuted and exiled. Asiatic brutality again surfaced especially when Premier Csaky declared: "A Hungarian government which would participate in attacking Czechoslovakia would face oblivion, and everyone who would hesitate to act would be executed." In the book by Borsodi there is a declaration: "There will never be a Hungarian government which would acknowledge the Treaty of Trianon boundaries." These are warnings which the Slovaks especially must keep in mind.

After 1938 the Germans in Slovakia systematically were enlarging their sphere of influence. Overnight hundreds of German schools were opened. Citizens of German origin were demanding special privileges. Against these excessive and foreign made demands a resistance movement arose in the spirit of Masaryk and Štefánik. This movement found its culmination in the Slovak National uprising. Up to 70,000 soldiers and 7,000 partisans, organized mostly in the two Štefánik Slovak brigades, stood up against the Nazi occupants who were invited into the country by Dr. Tiso and Gen. Catlos to defend the bankrupt politics of the Slovak state.

It was a similarly traitorous force which in the past on its volition or through foreign aid destroyed the Great Moravian Empire. It was a similar force which for a thousand years was trying to eliminate the Slovaks from the face of the earth. Were it not for the enemy's depravity, and the extermination of people during the Second World War some men would hardly realize how important it is to preserve the unity between the Czechs and Slovaks. A unity which

became of vital importance to both nations after their disastrous experience. The political and military leaders of the Slovak National Uprising in their Proclamation to the Slovak Nation on September 1, 1944 based the existence of a future relationship between the Slovak and Czechs on equality of both in a common state.

The Slovaks in their valiant struggle for a real Czechoslovakia demonstrated their determination and will. And a firm will is more than any pact or promise. With this newer arrangement Czechoslovak unity was not the least disturbed. To the contrary it was fortified into a viable force. This unity will last as long as Hungarian, German and Soviet imperialists remain Czechoslovakia's neighbors.

It is regrettable that today in America, the America which was the godfather of the Czechoslovak Republic a Senator appears among the politicians who play into the hand of Hungarian irredentists and propagates in the Congressional Record a revision of the Treaty of Trianon, without first ascertaining the history of Slovaks and other nationals and their sufferings under Hungarian dominance. How can America expect that Democratic Czechs and Slovaks in today's Czechoslovakia continue resistance against the communists when an American Senator and former candidate for the vice-presidency sponsors such statements to the detriment of Czechoslovakia and peace in the Danubian basin.

It will depend on all Slovaks and Czechs to whatever political party they may belong to get together and create a united front against all such snares and devious methods against the existence of a Republic created by men like Masaryk and Štefánik, or a situation will arise in which our kin will find themselves in a position similar to pre-1918, or post-1938. It is an explicit warning. History beginning with Great Moravia teaches us that Czechs and Slovaks must stand shoulder to shoulder against all such intrigues and destructive plans and realize that unity is the very essence to their continued existence.

Vavro Rysavy, The Wilsonian Club

Sokol South Omaha - In Memoriam

JOHN F. OURADA - Brother Ourada was born October 27, 1911 and departed this life on Thursday, July 21, 1983 at age 71.

Brother Ourada joined Sokol South Omaha in January, 1936 and was a 47-year member.

Brother Ourada was a dedicated Sokol. John was on the Hall Board of Directors and for the past 2-1/2 years served as Chairman. He was the new hall manager since its opening in 1977.

Brother Ourada spent uncounted hours at the Hall, taking care of bookings, setting up for weddings, dances and all other activities, ordering supplies, clean-up and bartenders. John also worked on our yearly festival, handling raffle tickets. He also was in charge of lunch after unit meetings, plus many, many other duties and committee assignments. Brother Ourada will be greatly missed.

Brother Ourada is survived by his wife, daughter, two brothers and three grandchildren.

FRANK A. HANZAL - Brother Hanzal was born in Kladno, Czechoslovakia on July 13, 1901 and departed this life on Friday, July 8, 1983 at age 81.

Brother Hanzal joined Sokol Omaha in October, 1946 and was a 36-year member.

Brother Hanzal came to this country at the age of 21. He was employed as a guard at the Federal Reserve Bank in Omaha until his retirement in 1963. He also managed the Omaha Sokol Auditorium from 1929 to 1936.

Brother Hanzal was an active member at Sokol South Omaha and served on many committees.

He is survived by his wife, son, daughter, 8 grandchildren and 5 great grandchildren.

The Sokol Honor Guard assembled at the mortuary for both brothers. President Richard Awender gave the readings.

The Sokol South Omaha Hall entrance was draped in memory of both brothers. Our sympathy is extended to both families.

In Memoriam

Sokol Baltimore lost its oldest Sokol member. Bro. Frank Hejny, Sr. died at the age of 95 years on August 24, 1983. Bro. Hejny was born on the 19th of November 1887 in Borohrádku v Orlických Horách, Czechoslovakia. He immigrated to the United States at the age of 26 yrs.

Bro. Hejny became a member of Sokolská Jednota Blesk (Sokol Baltimore) in 1915 and was a member for 68 years at the time of his death. He served as president of Sokol Baltimore and also served as a member of many of its committees for many, many years.

Bro. Hejny, a printer by trade, opened his own print shop, Castle Press, in 1915 where he continued to work until his death.

Bro. Hejny was secretary of Slovanstvo Savings and Loan Association for more than 50 years. He was also president and director of the Bohemian American Savings and Loan for 52 years. At the time of his death he was Director Emeritus of that Association. Bro. Hejny was a member of Řád Blaník No. 101 C.S.A. for 54 years. Bro. Hejny is survived by two sons, two daughters, six grandchildren and four great-grandchildren.

The officers and members of Sokol Baltimore mourn his passing and extend heartfelt sympathy to his family and friends.

STATE OF ILLINOIS

83rd GENERAL ASSEMBLY SENATE

STATE RESOLUTION No. 301

Offered by Senator Lemke and Senator Rock, President of the Senate; and Senators Barkhausen, Becker, Berman, Bloom, Buzbee, Carroll, Chew, Coffey, Collins, D'Arco, Darrow, Davidson, Dawson, DeAngelis, Degnan, Demuzio, Egan, Etheredge, Fawell, Friedland, Geo-Karis, Grotberg, Hall, Holm-

berg, Hudson, Johns, Jones, Jeremiah Joyce, Jerome Joyce, Keats, Kelly, Kent, Kustra, Lechowica, Luft, MacDonald, Mahar, Maitland, Marovitz, Nedza, Netsch, Newhouse, Philip, Rigney, Rupp, Sangmeister, Savickas, Schaffer, Schuneman, Smith, Sommer, Valalabene, Watson, Weaver, Welch and Zito.

WHEREAS, Milan Rastislav Stefanik was born June 21, 1880, in Brezove, which was then under Hungarian rule; his father, an evangelical priest, was a proud Slovak, and his mother, also of Slovak origin, had fought against Hungarian oppression; and

WHEREAS, It was a continuous struggle for Slovaks just to exist and retain their language; Milan Stefanik grew up to be strongly anti-Magyar, and it was impossible for him to attend schools under Hungarian jurisdiction; so he went to school in Prague, where he studied engineering; and after receiving his Doctor of Philosophy Degree he found a job at an observatory near Paris; and

WHEREAS, Doctor Stefanik believed that Czechs and Slovaks were one people and should think and act alike; and he knew that his people had fared much worse under Hungarian rule than Czechs under Austrian rule; and

WHEREAS, Doctor Stefanik, one of Czechoslovakia's three immortals who foresaw the possibility of Austria-Hungary tumbling and the Czechoslovakia Republic rising out of the ruins, like Phoenix from the ashes; and

WHEREAS, Doctor Stefanik had always wanted to learn to fly an airplane; so when World War I erupted, he gave up astronomy and meteorology and joined the French Army Air Force, and by May 1915, he was already at the front lines; therefore, be it

RESOLVED, BY THE SENATE OF THE EIGHTY-THIRD GENERAL ASSEMBLY OF THE STATE OF ILLINOIS, that we pay homage to the contributions Doctor Stefanik made to the field of science and to civilization; and be it further

RESOLVED, That a suitable copy of this preamble and resolution be presented to the Czechoslovak Society of America Museum, the Chicago Historical, and Denní Hlasatel.

Adopted by the Senate, July 2, 1983.

(signed) Kenneth Wright, Secretary of the Senate

(signed) Philip J. Rock, President of the Senate

50 Year Reunion for the 1933 Sokol Kurs

In the May issue of our magazine Bro. Jerry Marik of Cape Coral, Florida, requested members of this course if they would be interested in a reunion. Unfortunately on July 17th Bro. Jerry died of a heart attack.

His son Fred Marik forwarded the small response to me. Many course members have passed on, others did not reply, or names have changed.

If any interest is still evident I would suggest that we could get together at the 1985 Sokol National Convention.

Bro. Fred C. Stankovsky
Sokol Milwaukee

Sokol Educator

EMMA DESTINN

The name of Emmy Destinn is the name of a Czech opera star that will never be forgotten. It is the name of a singer that will be remembered by the recordings made of her big, beautiful voice. Destinn will be remembered for her acting ability, what people said about her and photographs of how she looked in the authentic costumes she wore, representing the countries she was singing about.

She studied violin under Professor Lachner from Prague. Her father wanted her to become a famous violinist, except at the age of fourteen it was discovered that her voice excelled her fiddle playing. She stopped taking violin lessons and started to take music lessons from Marie Lowe Destinnova. In gratitude for the rapid progress she made, her name was changed from Kittle to Destinn. She was taught to sing the old-style romantic Italian way. She had a good memory and followed after her mother, who had been a singer of opera. After her mother's death in 1897, her father became her best friend.

In 1894, Emmy enrolled in the Dramatic School of the National Theatre which was founded by Bedřich Smetana. He was not a singer, even though he had a good voice, but a composer of music. He lost his hearing and the teaching of voice and the Theatre died out. However, seven years after his death three other National Theatres and a dramatic school were opened up. Later it was said that Emmy's performance of Milada in the opera, 'Dalibor' and Mařenka in the 'The Bartered Bride' were her greatest roles, bringing fame to Smetana.

Emmy was an outdoor person who enjoyed fishing, mushroom hunting and hiking. That was why in 1914 she purchased the Castle Stráž. She loved the wooded countryside and river. The Castle was not modern and needed repairs. When that was done she filled it with her precious belongings. One of her hobbies was collecting antiques, and her home took on the appearance of a museum. If one did succeed in getting into her home he saw a sight not quickly forgotten. She had admired Napoleon Bonaparte and collected his memorabilia, which was given to France after her death. She also had a Japanese room filled with a collection of oriental objects. She took great pride in her collection of pianos and musical instruments. She played the mandolin, piano, guitar, zither, violin and harmonica.

Destinn had become the leading dramatic soprano to sing in Germany. King Vilem II admired her voice very much and called it a silver organ. He asked her to sing Wagner's operas, but her reply was that she sang only dramatic French and Italian operas, not German. Later however at the request of Wagner's wife Cosina, she sang as Alžběta Elsa, Eva, Venuse, Frieda, Gerhilda, Senta and Isolda, coming close to portraying the idealism of Wagner's operas. She gave up the Wagner roles and in 1906 appeared as Salome in the Berlin Theatre. The Crown Prince who had attended

the opera asked Destinn why she had a ballet dancer performing on the stage with her. She had replied, 'I'm a singer, not a dancer.'

The German people had accepted Destinn as their very own opera star and they were very hurt when she left Berlin, and called her a 'thankless deceiver'. Destinn was a loyal Czech, first and always a Czech. She loved her country, but she had to sing what the public wanted. Her reputation as a singer became so renown that Enrico Caruso asked her to be his singing partner. Many admirers had asked her to marry, but she refused. Among them had been two famous men, Puccini and Caruso. She replied that she was not strong enough to follow a singing career, and also take on the duties of a wife.

Puccini had written the opera, 'Girl of the Golden West' for her to sing. It was the first time such an artistic undertaking with so much meaning took place in 1910 in America. Puccini and Caruso stayed at the Knickerbocker Hotel in New York. All the tickets were quickly sold out, at prices as high as \$15.00. Destinn played the part of Minnie and Caruso the part of Dick Johnson. Toscanini, who directed the opera, praised Destinn's singing. She was indeed the world's greatest soprano, and Caruso the greatest tenor.

Aimed to renew musical festivals, the first one was the Czechoslovak Festival that took place in London in 1919. The orchestra of the National Theatre of Prague was directed by Karla Kavarovice. It was the beginning of festivals that in following years were given in Paris, Brno, Geneva and other cities in Europe. Destinn had appeared in them as Madam Butterfly, Aida, Donna Anna, Valentina, Carmen, and Mařenka.

In 1909 Destinn gave her first performance of 'The Bartered Bride' at the Metropolitan Opera in New York. It was a novelty for the American public and critics. There were many Czech-Americans and the Czech newspapers gave her much publicity. In spite of all the awards and honors that were given to her, Destinn began to feel the need of love and companionship. At the age of 45, she married a younger man, Joseph Holsback, a captain in the Czechoslovak Air Force. He was extravagant, a spendthrift who would have put her into bankruptcy. The marriage did not last.

She had reached the summit of her career in 1911, when she was invited to be an honorary guest at the coronation of England's King George V. After the ceremony she was driven in a special carriage from Buckingham Palace to the opera house at Covent Gardens where a festive concert took place. It was given in honor of the crowned heads and guests from the whole of Europe, as well as representatives of the British Dominions, and for chosen and social elite. Emmy Destinn appeared on the stage in a white evening gown, making a fairy-tale appearance. Her dark hair and melancholic eyes captivated all present.

As an internationally-known opera star, Destinn had performed at the Metropolitan in New York, Hofoper in Berlin, Covent Gardens in London, Grande Opera in Paris, Stratsoper in Vienna, and National Theatre in Prague.

In 1917, Destinn sang Libuse at the Czech National

SOKOL GYMNAST

OCTOBER 1983

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

What a "Sokol Gymnast" means to us

Some believe that whoever is devoting at least part of his time to any kind of physical exercise, is doing enough and deserves our acknowledgement and appreciation.

Well - we in "Sokol" say: "It depends . . ." Many years ago, say in the "Stone Age", anybody making a "daily living" was a very physically active person. There was nothing on his table which he could buy or obtain freely. The only way to get his daily needs, was to work or fight for it very hard with his bare hands. There was no need for sport or physical training. His fight for life was physical training itself.

Today, many people make a living without any physical effort, and some of them make a very luxurious living by just lifting the phone or pen. But Nature cannot be cheated. Everybody in his daily profession is missing something. Even people working hard and outdoors, need some stretching or strengthening to balance unused parts of the body.

There was a man, born 150 years ago, who had beautiful dreams. Not too many persons are able to make their dreams work, but he made his come true. It was Dr. Miroslav Tyrš, born in a land called Bohemia. At a time when any kind of physical exercise was still held as improper behavior and unusual, he was dreaming how to educate, produce, build or create a society of human beings with sound bodies together with equal qualities of mind and character. He created a valuable and realistic system of how to make it function. Look at our Sokol Slets. His ideal was to increase the quality of national health. This meant not only individuals but the masses as well. There had to be something that could be done by everyone regardless of age or physical ability.

That is what we have in our Sokol calisthenics. We cannot overlook our average gym participants who do not win big trophies for us but are participating just for their health. We admire our top gymnasts and their breathtaking exhibitions, who prove how good a well trained human body can perform. We have to admire beautifully executed mass calisthenics too, where you do not see the individual but a big number of disciplined participants, who, together create a beautiful picture of esthetic movements and picturesque formations which individually would not attract much attention. This is a realisation of Tyrš' dream in aesthetics - The mass and individual. Often you see good gymnasts or athletes perform beautifully, but as soon as they reach the ground, their sloppy walk and shape are in direct contrast to Tyrš' ideals of aesthetics. - How much do they need our Sokol calisthenics?

While taking part in mass calisthenics, we show our understanding and recognition for our joint objectives - to heighten National health and moral level. At the same time we participate in one group regardless of ability or age, making it really a democratic and social demonstration. While requiring precise execution in all movements and positions in calisthenics, we are improving the whole physical appearance of each individual and automatically accomplishing good body and brain coordination. To top gymnasts and athletes, it gives physiological balance and corrects damages done by specialization. Will we still be Sokols without mass calisthenics? A high quality athlete cannot get admiration when his moral behavior is bad, his patriotism lukewarm; and is unreliable, ill-mannered and undisciplined.

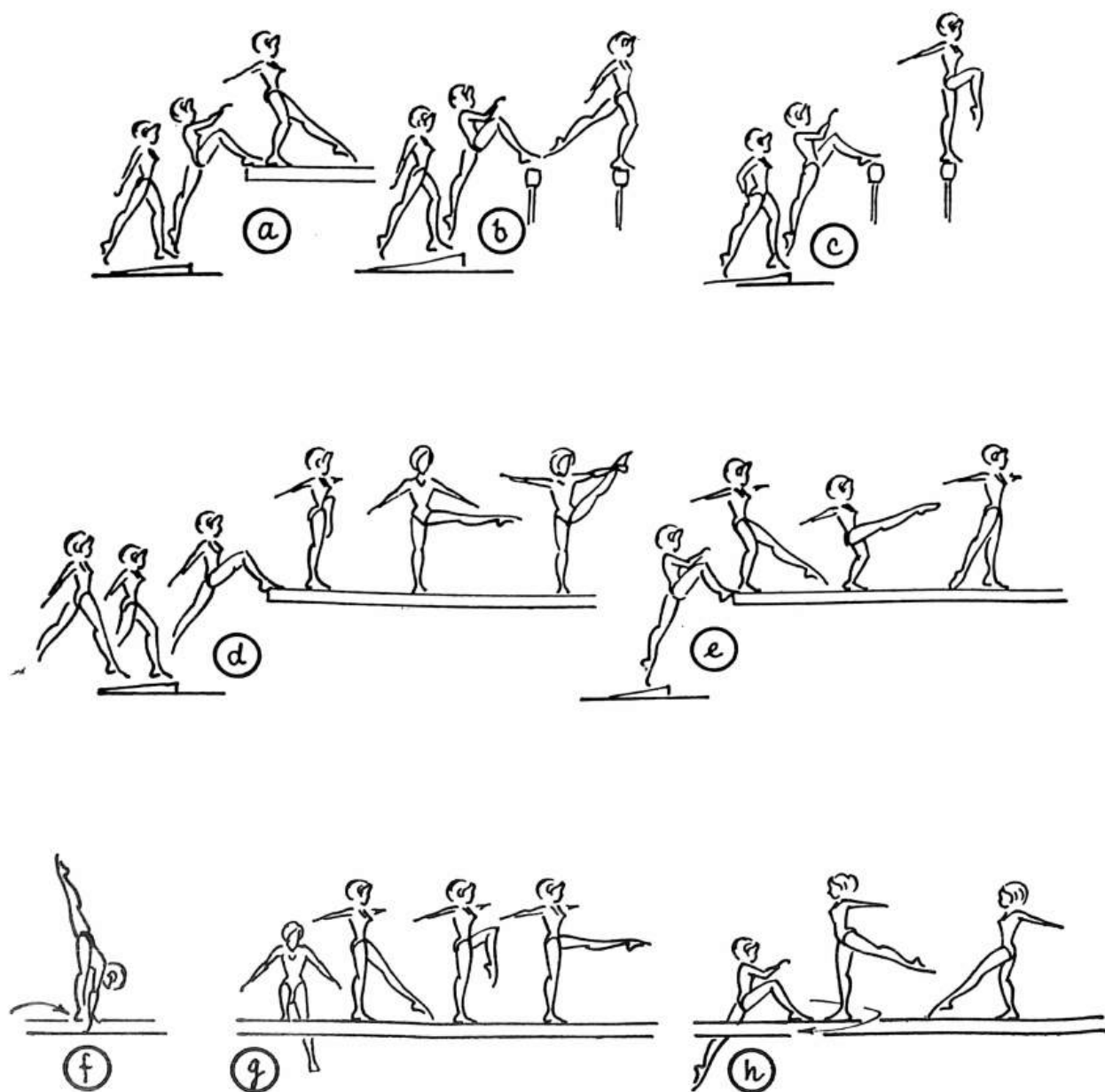
All this, of course, is our dream - but, that is what "Sokol" is for. It is wrong to see Sokol work as a duty or sacrifice. You are doing it for yourself. It is self-educational. It makes a man out of you. Working for Sokol, especially as an instructor and trying to be a good example, we are improving ourselves, and at the same time paying Sokol back for what we gained while working for it. I, personally, will never be able to find the words to express my thanks to Sokol, for what it means, and what it has done for me.

V. Zenisek, Sokol Havlicek Tyrš

TEENAGE ATHLETES WARNED ON STEROIDS

Adolescent athletes who take anabolic steroids to help them grow could well achieve just the opposite effect, warns David Lamb, an exercise physiologist at Purdue University and former president of the American College of Sports Medicine. Synthetic male hormones can cause growth plates of immature bones to close faster than normal, resulting in shorter stature, Lamb said. "That's just something we're sure

about," he said. "For adolescents, there could be other consequences we don't even know about yet." Lamb said he has received many phone calls from parents saying their sons want to go get college scholarships and asking what steroids they should feed them. Some side effects of this steroid binge may not become evident for 20 years, he said, but they are bound to be substantial.



SAFETY and SPOTTING

One of the commonest arguments to oppose the inclusion of apparatus work in the Sokol physical education programs is the danger connected with it. Since it is dangerous, the following safety precautions should always be followed. If they are, accidents will be reduced to a minimum.

1. Use plenty of mats and keep them clean.

- A. Always carry the mats instead of dragging them.
- B. If they are the canvas type keep them tied or button side down.
- C. When stacking them at the end of the period place the top sides together.
- D. Repair all ripped places in the mats to prevent a performer from catching their toes.
- E. Only overlap mats that are specifically made to do so.
- F. If two or more small tumbling mats are put together to make a long tumbling mat, make sure if they are not the snap together type that they are then tied together.

2. Always use a spotter for any new difficult stunt.

- A. Use trained spotters wherever and whenever they are needed.
- B. Don't condition the gymnasts to walk into a gymnasium and just start performing.
- C. Always use spotting belts whenever they are necessary.
- D. Use both the HAND and the SUSPENDED types of spotting belts when gymnasts are learning difficult and twisting stunts.
- E. Make sure spotter operating suspended belts hold them with both hands.
- F. Impress on the class members the need for safety precautions.
- G. Have spotting hints and safety rules on signs located in the gym and locker rooms.
- H. Never "sell the gymnast short" by relaxing and taking him and his performance for granted, matter what his ability. One never knows when a mishap may occur.

3. Follow a definite progression of stunts.

- A. Teach the stunts in sequence and allow them only after the foundations stunts have been learned.
- B. Complete the progressions from simple to complex must be recognized.
- C. Do not permit daring students to try stunts beyond their present ability.
- D. Make use of lead-up stunts for more difficult work.
- E. Have the pupils practice fundamentals.
- F. Never allow students to try a stunt they are not prepared for.

4. Develop self confidence on the part of the performer.

- A. Teach them to follow through with the stunt, not to change their mind in the middle of the performance.
- B. If a slip occurs during a performance tell the

students to try to relax, give with the fall and follow with a roll if and when possible.

5. Do not allow anyone to continue working when they are very fatigued or ill.

6. Always use all available safety devices such as safety belts, mats, nets, spotters, crash pads, spotters platforms, etc.

- A. Always arrange mats around apparatus for maximum safety.
- B. Mats should be around the trampoline and spotter at all sides.
- C. For tumbling stunts if spotting belts are not available a sweat shirt or towel may be used.

7. Do not allow horse play.

- A. Do not joke or distract the performer when they are on the apparatus.
- B. All safety rules must be abided by.

8. Be sure the performer has a clear and correct picture of what they are about to do.

- A. All new stunts must be clearly explained.
- B. If possible these new stunts should be demonstrated or shown by audio-visual aids, if they cannot be demonstrated.

9. Hand chalk should be used for all apparatus work.

- A. Use magnesium carbonate on the hands to prevent their sweating and thus cause the performer to lose their grip.
- B. Crusted magnesium must be sanded from the bars (parallel and horizontal) periodically to prevent injuries to the hands.
- C. Emory cloth and steel wool can be used to remove this caked on chalk.
- D. Chalk should always be placed in prescribed places and not on the floor.

10. Always check your apparatus equipment before anyone mounts to perform.

- A. Inspect the equipment daily to assure yourself that the ropes are not frayed, bolts have not worked loose, double safety locks are tightened.
- B. Check to see that all apparatus has been properly adjusted.
- C. Be sure that no one is standing below suspended apparatus when it is being raised and lowered.
- D. Before any gymnast goes on the apparatus make sure it has been taken off of its wheels.
- E. Periodically inspect turnbuckles, floor plates, and beam attachments.

11. Teach the class to be sure that no one is in the way while someone is performing.

12. Do not allow performers to follow each other too closely especially in stunts such as long horse vaulting.

13. Make sure that no balls or any other equipment used by other groups in the gym can possibly get loose and interfere with the performers.

14. Avoid placing mats so that the ends are toward a bright window, sunlight may momentarily blind a person at a critical moment.

15. Preferably a gymnastic slipper should be worn. If tennis shoes or gym shoes are worn they should be tightly laced and well tied.

16. A suitable uniform be worn. Avoid loose sloopy clothing or tight inhibiting clothing.
17. A pre-apparatus warm-up of calisthenics is a must.
 - A. A brief warm-up period before the apparatus work out will serve to loosen up muscles and prevent "pulled" muscles and tendons.
18. Always use a spotter for any new or difficult stunts.
19. Use homogenous groupings.
 - A. Place those that are highly skilled in one those of average skill in another, and those of below average skill in another.
20. For maximum safety and orderliness have gymnasts obey all rules both written and verbal in the gymnasium.

United States Gymnastics Federation

MONTHLY REPORT

USGF position available

After a meeting in Chicago with some of the more prominent men's coaches, it has been decided that we try to create an in-office position for someone to coordinate the administration of the men's program. This person would be responsible for the dissemination of all of the information to the athletes and coaches and at the same time would keep all the pertinent and current files on national team, international competitors and all of the major domestic and international events. There has been an ad announcing this position placed in the recent issue of the magazine.

USGF Congress October, 1983

The World Championship Team Trial was scheduled in September 8-9-10 in Eugene, Oregon

The International Rhythmic Invitational was scheduled in August 26-27 in Los Angeles. The event was held at Chapman College in Orange County. Becky Riti, our Rhythmic Coordinator, was directing the competition and assisted by the USGF staff. The Bulgarian Rhythmic team, rated the very best in the world, attended this competition.

U.S.G.F. is actively pursuing and making arrangements for the trip to the World Championship and the FIG Congress in Europe. The men's and women's artistic teams will be competing in the World Championships in Budapest, Hungary. The Rhythmic and the FIG Congress is scheduled to be held in Strasburg, France. More information will be following on these events.

We wish to announce that the United States Gymnastics Federation has officially bid on hosting the 1987 World Gymnastics Championship in both artistic and rhythmic gymnastics. We have listed Indianapolis as the host city and we have also bid on the 1987 FIG Congress. In addition, the 4 continents Rhythmic Gymnastics Championships will be held in October, 1984 in Indianapolis.

The United States Gymnastic Federation has entered into an agreement with Dr. Gerald George to coordinate the editing of a gymnastics safety manual on behalf of the USGF. The time schedule will give us a finished blue line copy in June, 1984 and printing and distribution available by September, 1984. This is a function that we must assume under the laws and regulations of the amateur sports act and it will also be an excellent revenue producing program for the USGF. In addition, the first series of USGF safety charts and posters will be available at the USGF coaches congress this coming October. These also will help fulfill our educational and legal responsibility to our gymnastics community while at the same time generating a substantial amount of revenue.

The fall board meeting will be after the World Championship Team Trials and prior to the Coaches Congress. It will be most appropriate once again that we meet in Chicago. I should mention at this time that having another board meeting in the fall will be a tremendous financial burden on the USGF. This is especially in light of the fact that we will assume a tremendous financial burden with the World Championship Team Trials costing us approximately \$25,000 and the World Championships and FIG Congress for artistic and Rhythmic costing us in excess of \$80,000 with virtually no revenue producing activities other than the membership program during the final three months of 1983. Please be advised that you will be kept informed as to the status of this meeting.

Sis. NORMA ZABKA

American Sokol Delegate - U.S.G.F.

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NOVEMBER 25th, 26th, 1983

at

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College and Seniors - November 25th - 1 P.M.-5 P.M.
Juniors - November 26th - 11 A.M.
Junior and Senior Finals - November 26th - 6:30 P.M.

Help Our Sokol Grow

Theatre. She wore a white gown, clasping her hands in prayer, acting as though she really was Libuše giving the prediction, 'My dear nation will not perish on earth. Here will be a city the glory of which will reach the stars.' Thus began the legend of Libuše.

The last years of Destinn's life were not happy years. She lost financially and was forced to live meagerly. She tried to attain a professorship of music, but this means of supporting herself was denied. In the last months she began to wear black, saying it was for her lost glory. Destinn had accomplished so much in the 52 years of her life. She had written poetry, novels, and a drama. She was the greatest Czech opera star of her generation.

She passed away January, 1930 and a magnificent funeral was given for her. It was as though the people were awakening to what a great loss it was to all Czechoslovaks and music lovers all over the world. They were sorry that they had not given her help when it was needed. Destinn was laid to rest at the Old Vyšehrad Cemetery where are buried worthy representatives of Czech culture.

Sis. STELLA TICHY
Sokol Cechie, Chicago

The Czech Circle Tour, Cleveland, Ohio

In search of adventure, newfound knowledge and loads of Czech culture? Head for Cleveland, Ohio! Cleveland? Yes, Cleveland unless you're fortunate enough to live there. However, many Clevelanders may not be fully aware of their very special cultural treasures.

Those who make the effort will be amply rewarded with delightful encounters of past Bohemian (Czech) influence which is obvious in certain areas and subtle in others. Photographic opportunities are excellent.

One might view this tour as an archaeological expedition of sorts or an attempt to trace the ghostly footprints of those no longer with us. And perhaps not too different in some respects from an expedition in search of MAYAN culture in the remote reaches of Central America. This, of course, is stretching the point, but there are clues aplenty to establish the fact that a major Bohemian community once thrived here. The mystery is: where is it now and why has it almost vanished?

Let's begin our tour of the Cleveland area at the BOHEMIAN NATIONAL HALL at 7707 Broadway Avenue, once the heart of the Bohemian neighborhood. If you're lucky to visit during a Sokol Greater Cleveland scheduled event or simply on a day when the various work committees and restoration volunteers are about their business, you can see all or a part of this historic building and its unique treasures like the grand foyer in oak and brass and green velvet carpeting and the main floor stage curtain with its curtain that depicts Prague Castle. Meticulous restoration efforts over recent years have yielded many special dividends and reflects a labor of love by a few dedicated persons for the benefit of many.

If this is a weekday or Saturday morning, we can drive downtown in 10 minutes and pay a visit to the Cleveland Public Library as far as libraries go, CPL is one of America's crown jewels. Founded in 1869, the open stack system was pioneered here. What is very special about CPL from our standpoint is that this magnificent edifice houses about 7,000 volumes of Czech literature in the Czech collection of the foreign literature department.

According to (Mrs.) Natalia B. Bezugloff, head, foreign literature department, who compiled a Directory of Language Collections in U.S. Public Libraries in 1979, CPL is one of only three libraries in the U.S. with a large collection of Czech literature. The others are the Chicago and Los Angeles public libraries. Detroit has a medium size collection and eleven other major metropolitan libraries have medium or small collections of Czech literature.

Included in the CPL collection are books for children and adults, fiction and non-fiction, Czech magazines such as Dikobraz, Květy, Nový Život and Svědectví.

One can easily browse a half-day or whole day here, even if unable to read Czech because many books are well illustrated with pictures worth the proverbial thousand words. If a local resident is interested, this collection, of which a major portion was formerly housed in the Broadway branch, will provide many adventures in knowledge.

A delightful bonus is the collection of Bohemian and other nationalities' artifacts and costumes. These are displayed in glass showcases and give the reading room and department a uniquely pleasant ambience.

Next, we'll drive east on the Shoreway or St. Clair Avenue for about 20 minutes to the Czech Cultural Garden in Wade Park near University Circle. The well maintained grounds contain many famous and familiar persons in bronze.

The large carved-in-stone sign at the entrance greets the visitor with these words: CZECH CULTURAL GARDEN, Bohemia, Moravia, Silesia, Homeland of Teachers, Statesmen, Martyrs, Musicians and Artists. This garden is dedicated to OUR BELOVED CZECH PARENTS WHO BY THEIR TEACHINGS AND BY PRECEPT AND EXAMPLE HAVE ESTABLISHED FOR US A HIGH IDEAL OF AMERICAN CITIZENSHIP. Proceeding through, we came to the full figure bronze statue of Jan Amos Komenský (Comenius) and the larger than life half figure of Thomas G. Masaryk and individual busts of Havlíček, Baar, Palacký and Dvořák.

Other inscriptions in stone are KDE DOMOV MUJ and HEJ SLOVANE! with their respective messages. The Czech lions in stone are examples of outstanding craftsmanship. This serene and beautiful garden is a fitting tribute to our human lions and is a rewarding experience.

Next, a short swing over to E. 131st Street to an area known as Mt. Pleasant will lead us to the still handsome by contrast to its surroundings, SOKOL TYRŠ building. The date on the cornerstone is 1926. Proceeding in a south easterly direction, we pass streets with pleasant names like Chapelside, Edge-

wood, Harvard, Miles, Maplerow and Alvin that were home to many Czech families who left the area long ago. The Sokol Tyrš building remains with its memories and the streets and sidewalks of its neighborhoods are smooth from the once familiar and friendly footsteps.

Strongville's new ST. JOHN NEUMANN CHURCH presents an uplifting experience with its progressive architectural design and a natural open atmosphere. One observes an enthusiastic and dedicated clergy combined with a very active membership composed of persons of many different ethnic backgrounds. Of special interest is the fact that St. John Neumann was a Czech who established the American parochial school system and who became this country's first saint.

Returning to Cleveland, a visit to an historic area now known as "Slavic Village" is worthwhile because Fleet Avenue offers KARLIN HALL and ST. JOHN NEPOMUK CHURCH. St. Wenceslaus day is being celebrated this September 25 with Holy Mass and festivities and food to follow.

This area is a good mirror of the past and remains home to many persons of Polish descent with a mixture of some Czechs. HARVARD GROVE CEMETERY is nearby and is of special historical interest.

This completes our circle tour because both time and space limit our visit. And, of course, we've only touched on some of the highlights of the area.

If we're in luck, however, we can catch a dinner and celebration at Karlin Hall or a SGC Friday night fish fry at Bohemian National Hall.

And as to the mystery question asked earlier . . . "where did the Czech community go?" . . . perhaps this article will stir the imaginations of some to seek the answer.

Bro. Bruce Janda, Sokol Detroit
Educational Director

ASO Financial Report

AUGUST 1983

RECEIPTS

Dues	\$2,718.80
Convention Fund	—2.00
Special Assessment	—1.00
Dividends and Interest	388.61
Resale of plaques	40.00
"Highlights of Czech History"	30.00
"Gymnastic Activities with Hand Apparatus"	18.00
Educational Booklets	19.00
Song Books	2.50
Office Supplies	13.87
UPS	2.01
Miscellaneous	4.15
	<u>\$3,233.94</u>
ASO Uniform division - Rent, salaries, etc.	401.87
TOTAL RECEIPTS	\$3,635.81

DISBURSEMENTS:

ADMINISTRATIVE:

Salaries - Office employees	\$968.18
FICA & FWT for July 1983	127.92

Rent, Janitor services and supplies,	
phone, electric	814.39
Office Supplies	41.78
Postage	69.24
Travel Expense	232.30
Miscellaneous	14.75
	<u>\$2,268.56</u>

BOARD OF INSTRUCTORS

Salaries	\$356.23
FICA & FWT for July, 1983	56.92
Editor "Sokol Gymnast"	30.00
Postage	25.67
	<u>\$ 468.82</u>

EDUCATIONAL DEPARTMENT

Salaries	\$ 66.77
FICA for July 1983	11.02
Freight Charges	84.53
	<u>\$ 162.32</u>

SOKOL PUBLICATION

Postage "American Sokol"	\$ 7.47
Editor "American Sokol"	100.00
	<u>\$ 107.47</u>

MISCELLANEOUS

ASO Uniform Division -	
Salaries, FICA, July 1983	
FWT, July 1983 and phone	\$475.33
Future Sokol Leaders' Fund -	
Postage	2.80
Library and Archives Fund -	
Postage	2.91
Transfer of interest to	
Future Sokol Leaders' Fund	140.44
	<u>\$ 621.48</u>

TOTAL DISBURSEMENTS

TOTAL DISBURSEMENTS	\$3,628.65
Balance brought forward:	
Western National Bank of Cicero -	
Checking Account	\$4,739.02
Receipts - August 1983	3,635.81
	<u>8,374.83</u>
Disbursements - August, 1983	3,628.65
	<u>\$4,746.18</u>

Donations are tax exempt

Sokol - Physical Fitness

A special full session on sports and physical fitness was the novelty of the Eleventh World Congress of the Society last October, even though occasional papers on topics of this kind have been included in past congress programs. Love of "real football," i.e. soccer, as well as ice-hockey, gymnastics, water sports, calisthenics, hiking and so on has always been strong among the Czechs and Slovaks. Such names as Olga Fikotová-Connolly, Martina Navrátilová, several figure-skating aces (among them Aja Vrzáň and the Jelineks of the Ice Capades) or Věra Komárek of the Annapurna I expedition have often appeared on the pages of major English newspapers. The Latin precept of "mens sana

in corpore sano" (a sound mind in a sound body) is often quoted by the common Czechoslovak man in reference to the holistic goals of a satisfactory life style. The roots of this ingrained attitude are found in the 19th century's Sokol movement, though some elements of it can be traced to the pedagogical principles of Comenius.

A good exposition of the history of the Sokol organization was published in the second volume of *Czechoslovakia Past and Present*, ed. Miloslav Rechcigl, Jr. (The Hague: Mouton, 1968). The article "The Sokol Movement - A Tribute to the National Revival and Culture of the Czechoslovak Nation" by Milada Lejkova-Koeppel, director of the Physical Education Department of the Immaculate Seminary in Washington, D.C., and the Educational Director of the Washington Chapter of American Sokol, explains the philosophy of Dr. Miroslav Tyrš (d. 1884), the founder of the Sokol program. Tyrš launched it in 1862; the program included the idea of Sokol Festivals every sixth year as a revival of ancient Olympic competitions. Thus the Sokol idea preceded Pierre de Coubertin's Olympic Games (1896). The name Sokol means "falcon"; it was taken over from the Yugoslavs who traditionally used the term as a synonym for "a hero".

The first American Sokol unit was founded on February 14, 1865 in St. Louis, and other cities soon followed. The Pacific District started its activities in 1909. Currently Sokol Units exist in England, France, Sweden, Switzerland, West Germany, Austria, Belgium, Argentina, Brazil, South Africa, Morocco and Australia, as well as in the United States and Canada. Even though the Sokol movement was dissolved in the country of its origin and in other East European countries, it continues in exile. The "exile" Fifth Sokol Festival took place last July, 1982 in Vienna.

The "Sokol Physical Culture" is officially described as: "A scientifically designed system of calisthenics, gymnastics with and without apparatus, games and sports. With more than one hundred years of experience and achievement, its program benefits both men and women and carries the individual in a progressive program from 3 years to 75".

However, Sokol also has striven to develop the moral and spiritual qualities of its members. Consequently, Sokols home and abroad supported Czechoslovak liberation efforts during both world wars. As a democratic organization, they promoted equality among "brothers and sisters" of the membership and opposed any totalitarian regimes. For that reason, members of communist parties were not accepted ever since 1918.

Among well-known Sokol leaders living in the United States is a remarkable woman, Marie Provaznik, a living example of the benefits derived from the Sokol regimen. She was involved in organizing the women's branch of the International Gymnastics Federation and became the national director of Sokol women in Czechoslovakia. She played a leading role in the 9th Sokol Festival of 1932, the 10th Festival in 1938 shortly before Munich, and the 11th Festival of 1948, which took place after the communist takeover

but before the official dissolution of the organization. She then defected after the 1948 Summer Olympic Games in London. In the United States she taught gymnastics at the Montclair State College, New Jersey, continued working with Sokol women and edited *Czechoslovak Sokol Abroad*. She nominally retired from her activities in 1967. She was one of the initial SVU members. At the age of 93 she is a friend of many a paragon of Tyrš' and Masaryk's ideals.



WFLA Convention - August, 1983 - Bro. Fred Stankovsky, Pres., of Convention, Bro. Roy Zltny, Pres., ASO, Bro. Elmer Karasek, Pres., W.F.L.A.

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The Greatest Frustration of All

To know that you have something of great value, proven in daily life for a century, modeled after the methods used during one of the greatest periods of antiquity, pure in its motives, consistent with the ideals and way of life of your country, brought to life and nurtured by eminent men to fill a great void, and then to see it slowly dying on the vine for no reason except a lack of understanding for its greatness, utility and beauty, is bitter as gall.

To have lain awake nights, to have it uppermost in your mind during the long days, to have studied the beauty of its philosophy and been aware of the tremendous value of its practical application in the life of every fellow citizen, to have seen the blundering efforts of others seeking exactly what we have, and then to see how lightly it is regarded by those who have been its beneficiaries, who should know better, is bitter as hemlock.

To have been aware that the greatest thinkers and teachers of all ages and many diverse nations have fought for it, to have known that the finest and purest elements in these nations understood its preeminence, belonged to it and give it the richness of their own unquestioned talents, to read the urging of the great minds of your own country to follow its precepts and teachings, and then to see the vacant stares, cynical remarks a bowing to the god mammon as if this alone was life, is the bitterness of a new age.

To have tried desperately to learn how to convey this beauty of mind and body to others, to have recognized your own deficiencies, to have realized that time is running out on you, to have known that this great treasure belongs to all, to have desired to transmit it to them and then to find out that you are failing in your efforts, is the greatest frustration of all.

The reference is of course to the Sokols and the incalculable treasure its philosophy and methods can have for this bulwark of democracy, the United States of America.

Br. James L. Cihak
July-August, 1963

Competition - A Means of Motivation

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

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

One of the major areas of emphasis of the Sokol organization is physical fitness. Perhaps too many

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

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

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

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

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

Bro. Robert Tomanek,
April, 1963

The Sokol Idea

The immortal founders of Sokol had in mind much higher goals than those of the gymnastic societies. They strove to raise the physical and moral powers of all the people, to educate the nation, bringing it to the highest possible physical, moral and mental perfection, to the realization of true liberty, in a word, to bring about a real new birth to the nation for generations to come.

Thus Sokols adopted as the leading thought for all their activity, the ideal of physical fitness, mental maturity, perfect morality, freedom and a national life that would be dignified and worthy.

Tyrš's genius drew his inspiration from the history of the glorious past, especially from the history of the Greeks and Romans at their best. The ancient culture captured his whole soul. In the classical personalities he saw embodied the perfection of an ideal man, teeming with health, strength and beautiful body and soul.

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IT TAKES BOTH

The work of the older must be balanced with that of the younger people, or the club one day will be without its leaders. Someone has likened the old and young to the hands of a clock. The young are the minute hand that moves quickly, and the old are like the hour hand that moves slowly, but it takes both to tell the time.

We might add that any organization is in trouble when either group thinks the other is not needed.

Anonymous - from Sokol Zizka
Dallas, Texas newsletter

*

Another famous quote brought to us by Bro. George Basta, 1st Vice-President, ASO:

"Když kobyla umírá, kope všema čtyřma nohama."

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Tyrš learned from history that "not one nation died while it was youthful and strong, but when it degenerated and became indifferent and morally perverted." For this reason he proclaims what is needed to keep up the national strength and power: "Courage and strength, activity and perseverance, morality and discipline, love of the country, of freedom and liberty." While a nation can boast of these, it is invulnerable, when they vanish, degeneration and the ultimate catastrophe are inevitable.

It so happened to the Greeks and Romans, who were at one time at the pinnacle of power, growth and glory, only to disintegrate and fall when pride and pleasure seeking and immorality set in.

The justification of Sokol rests on its high goal. The moving power of Sokol is contained in love of the nation, love of the coming generations. For this reason Sokol, because of its moral basis, towers over all the organizations of other nations, as the history of the last century fully attests.

The Germans after their defeat at Jena, October 14, 1806, began their Turner movement because of their

thirst for revenge of their outraged honor. The effectiveness of the Turner training proved itself in the victory of the Germans over the French at Sedan in 1870, when the Germans carried out their revenge most thoroughly. And the French, for their safety, and to avenge their defeat and shameful humiliation brought by their dishonorable capitulation, began to organize the French gymnasts. Both of these organizations - the Turners and French gymnasts - had their roots in the desire for vengeance - revenge.

The Sokol organization, on the contrary, arose so that the Czech nation, oppressed by the Germans, might regain their rights, to undo the suffering and to take its place again among the free nations where it belongs. In other words, it was the idea of righteousness and justice that led to the organization of the Sokols.

The concentration of the moral idea and beauty in all their power and aesthetic worth give us the ideal of man - of Sokol.

(Continued)

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