

# AMERICAN SOKOL

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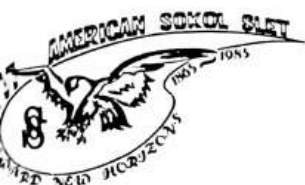
OCTOBER 1984

PUBLICATION OF THE AMERICAN SOKOL  
Educational and Physical Culture Organization

## OLYMPIC CHAMPION!



**JIM N. HARTUNG**  
Sokol Omaha



# AMERICAN SOKOL

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# AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CV

October - 1984 - Říjen

Číslo - No. 10

## JIM HARTUNG IN ACTION



*Zdravé a krásné lidské tělo —  
Souladné vypěstění celého člověka —  
Povahy ucelené, neoblomné, pravdymilovné a spravedlivé —  
Lidé silní, krásní a dobří —  
To je cíl sokolské výchovy.*

*To build a healthy and beautiful human body —  
To cultivate a harmonious and total person —  
To develop firm character, a well rounded disposition,  
and a love of truth and justice —  
To produce strong, lovely and honorable people,  
That is the goal of a Sokol education.*

Creed given to us by Bro. Václav Ženišek, Sokol Havlíček Tyrš,  
translated into English by Sis. Libbie Krivanek, Sokol Slavsky

## PIECE OF OLYMPICS TO STAY IN TARRANT COUNTY

For two weeks Americans were mesmerized before their TV sets as they watched this country's athletes vault, spring and stroke their way into history during the XXIII Olympic Games.

None of the medal winning athletes live in Saginaw, Lake Worth or Azle but a piece of the games will become part of Northwest Tarrant county thanks to the work of Henrietta and Jerry Milan. Long time Sokol Fort Worth organizers, the Milans were asked to serve on the gymnastic committee by the U.S. Olympic Committee. They spent one month in Los Angeles assisting the judges, score keepers, and athletes.

As a reward for their dedication and hard work, the husband/wife team was presented with the 4,000 sq. ft. carpet used during the rhythmic gymnastics in the Pauley Auditorium. Introduced to Olympic competition for the first time this year, rhythmic gymnastics involves an athlete's skill and ability with a hoop, ribbons, ball and clubs. The historic carpet will be placed in the Sokol Hall on Boat Club Road for use by club gymnasts.

Los Angeles is a good distance away from Tarrant County but the Milans felt right at home among the beams and bars. Dressed in the gymnastic committee's bright yellow and orange sportswear, the pair worked on the floor during the competition and had the best seats in the house. If the spirit of the games sent a few shivers of pride through the TV audience, the pandemonium and patriotism in Pauley Auditorium was like V-E day all over again, according to the Milans.

"There was real good spirit - almost a festive mood like a big carnival," Henrietta Milan said of the opening ceremonies. "Everyone was waving flags, there was more patriotic spirit in that 100,000 plus crowd than you would believe, it was like one big happy family.

When the U.S. Men's team captured the gold medal in team gymnastics competition, "the place went wild," Jerry Milan said. "Everyone was teary-eyed. It was real emotional."

The Soviet boycott of the games gave the U.S. Men's team the hope of possibly coming in second or third place behind the Chinese or Japanese. After the compulsory scores however, the U.S. men led by 1.25 points and there was a feeling of "let's just hang in there." Team members made several scores of 10 and earned the gold with many fine routines.

UCLA gymnasts Peter Vidmar and Mitch Gaylord got most of the hometown media attention as did nationally known Bart Connors, veteran of the team at age 26. Lost in the shuffle was Jim Hartung, who performed at the Sokol here in February. Although passed over by the reporters, Hartung turned in many impressive performances especially in the vault, the Milans said.

Winning the gold in the men's team competition set the mood for the rest of the exercises and paved the

way for the women who also brought home some precious metal. Darling of the summer games was 16-year-old Mary Lou Retton whose warm brown eyes constantly sparkled before the admiring crowds. A perfect 10 in vault earned her a gold medal in the overall women's event.

After years of watching the Olga Korbut and Nadia Comanecis, the Milans were glad to see an American become the queen of gymnastics. Retton has already been offered millions of dollars in movie contracts and endorsements, they say. Jerry and Henrietta were also happy to see Kathy Johnson, who just barely made the Olympic team at age 24, win a bronze medal on the balance beam.

American performances were always greeted with cheers but the crowds were equally cordial to the Chinese and Japanese and Romanian athletes. And as anywhere else in the world, the spectators loved to see a 10 light up the scoreboard.

The emergence of the perfect 10 in gymnastic competition, introduced by Nadia Comaneci in the 1976 Montreal Games, has become too commonplace in the Milan's opinion. Both are gymnastics coaches and viewed the routines from the floor with a critical and discerning eye.

"We see flaws and say how can that be a 10," Henrietta commented. "There's always a little break or bubble."

Sometimes judges, award a perfect score early in the competition and then see a better routine later on. This could be one reason for the many 10's, they feel.

"The crowd does love it though," they add. "They're always yelling 10, 10, 10.

An added bonus to working at the games was seeing the likes of Kenny Rogers, Linda Evans, Andy Williams, Alan Alda and John Travolta in the audience. The athletes got as big a kick out of seeing the stars as the stars were in seeing them and Linda Evans got special attention from Bart Connors and Peter Vidmar.

The games weren't all glamour and glitter though and constant security checks kept everyone on their toes. One evening, when the lights went out during the individual competition, the athletes were wisked out of the arena for fear of possible terrorism. The lights came on after five minutes but throughout the two weeks of events dogs were periodically brought in to sniff for bombs and explosives. Security was extremely tight and computers were used to check credentials.

Now that the Milans have settled back into their Lakeside Dr. home, Jerry will return to his duties as gymnastics coach at Trinity High School and Henrietta will spend more time in her art studio. They are also looking forward to the new Sokol gymnastics classes which begin Sept. 4th. Because of the U.S. success at the games, Sokols around the country are reporting record enrollment and gymnastics is enjoying a renewed popularity.

"Right after the men's competition, clubs all over the country called to say they were getting calls for kids to take classes." Basketball and soccer were always popular sports but now "our boys gymnastics classes are finally growing."



*Opening Ceremony  
Olympic Games, 1984*

*The Milan Family  
Ft. Worth, Texas*



*Emil and Jerry Milan*

*Moving the new  
rhythmic carpet*



And the many boys and girls who will take class this fall at the Sokol hall on Boat Club Rd. will do their tumbling and stretching on an Olympic carpet. In the words of Jerry Milan, "it will give them the opportunity to follow in the real footsteps of the champions."

*From the "Northwest Sentinel", August 30, 1984*

## Sokolové na olympijských hrách v Los Angeles

Dávný sen zúčastnit se olympiády, hlavně tělocviku, se uskutečnil. V prvé řadě se vyznamenala Sokolská jednota z Los Angeles svojí taneční skupinou, vedenou br. Josefem a Helenou Jaklovými. Tato skupina, 35 žen a mužů, vystoupila v zahajovacím programu v krásných krojích, kteří zastupovali Čechoslováky v USA. Mezi účastníky byli i jiné národnosti, jakož i Indiáni z různých kmenů. 90,000 návštěvníků přihlíželo tomuto pestrému programu v Coliseu a milióny obyvatel po celém světě tuto slávu sledovali na televizi.

Prezident Reagan zahájil tento slavnostní den, na který se připravovalo tisíce členů různých výborů a atletů z celého světa, kteří po celou dobu tvrdě trénovali. Přípravnému výboru patří všechna čest. Město bylo plné vlajek v pastelových odstínech, což vyvolalo od návštěvníků údiv, neboť jsou zvyklí vidět na slavnostech naše národní barvy červeno-bíle-modré. Vysvětleno to bylo tím, že olympiáda jest mezinárodní událost a pouze účastníci závodu jež zastupují USA nosí při závodech naše národní barvy. Ve výborech pracovali členové Americké Obce Sokolské z různých jednot, kteří se již před rokem přihlásili k dobrovolné práci. Museli projít zkouškami, po nichž byli vyšetřujícím výborem schváleni. Jsou to: Jerry, Emil a Henrietta Milan, jejich synové Tal a Rome z Fort Worth, Texas; Jiří Vojta z Westlake Village a J. Cymbal z Los Angeles. Dále Bridget Procházková, Alenka Horáková a Florence Palasová, tajemnice Pacifické župy, taj. a vedoucí kanceláře Athletic Congress. Ses. Palasová se zúčastnila olympiády v Los Angeles již v r. 1932, kde cvičila tehdy s jugoslávskými sokoli. Br. Otto Holeček, náčelník Sokola Los Angeles. Br. Jaro a ses. Millie Muchovi, kteří přijeli až z Anchorage na Aljašce, kde ses. Muchová je cvičitelkou na školách; ses. Emily Welch-Růžičková, čestná náčelnice Americké Obce Sokolské a starostka Sokola Miami, Florida. Tommy Hintnaus, který cvičí od mládí v Sokole Los Angeles a závodí ve skoku do výše o tyči. Tommy se narodil v Brazílii a s rodiči přijel do Kalifornie když mu byly 3 roky. Jeho otec Luboš byl náčelníkem Jednoty. Jeho sestra, která byla v Mnichově na olympiádě v družstvu žen na nářadí. Br. James Hartung, cvičenec Sokola Omaha, Neb., závodil v USA družstvu, získal vysoký počet bodů a tím získalo družstvo USA po prvé v historii olympiády zlatou medaili.

Při večírku a schůzi v Sokole Los Angeles jsme se setkali s návštěvníky br. dr. Dobroslavem Dusilem s manželkou. Vyměnili jsme si pozvání, že přijedou na Slet do Chicaga v červnu 1985 a my abychom přijeli do

Švýcar v r. 1986 na Slet Československého sokolstva v zahraničí. Návštěvníci z Ft. Worth br. a ses. Williams; z Illinois br. a ses. George a Anna Bašta; z Floridy Eduard Flader. V soudcovském sboru olympijského štábu jsme se setkali se ses. Normou Žabkovou, členkou Sokolské Jednoty v New Yorku a s paní Matlacovou z Československa. Příští olympiáda se bude konat v r. 1988 na Koreji.

*Sis. Emily Welch-Růžičková  
President, Sokol Miami*

## THE ADULT GYMNAST

What can a sport that originated in ancient Greece offer a twentieth-century office worker? Plenty. For that sport is gymnastics, and the pleasure of gymnastics are those which transcend differences of age and culture. Adults in gymnastics achieve harmony and fully realized power rather than fame and spectacular tricks, and we rediscover all the range of motion of which we are capable — a range which is so easy to neglect as we grow up and go to work. For adults, the sport is not only exciting; it is enriching. It leads to marvelous surprises.

Learning gymnastics proves that a person of any age can change and grow. While building skill upon skill, the gymnast develops a dynamic, forward-looking frame of mind. She feels herself progress and is drawn onward to the new abilities always beckoning on the horizon. One seems to become younger instead of older, not only because of doing the things children do but also because of approaching them with a youthful eagerness and curiosity.

As a 29-year old beginner, I immediately sensed a keen, irresistible type of orientation and focus on which contrasted sharply with my otherwise busy, distraction-filled life. Walking on a balance beam is so beautifully simple compared to the complex responsibilities of a job in insurance; when doing a routine on the beam, you have one need only; to stay on. And when you've done it, you know it.

Besides narrowing focus, gymnastics also extends it by its amplitude and explosiveness. It uses every part of the body, in large, complete movements. What delight this expansion is to the person who spends eight hours a day at a desk, using only her head and hands! In the gym, she can go through upside down rotating, backward, flying, bursting, swinging, and dropping movements. What other sport can offer all these?

For the innovative person, gymnastics holds a special appeal. Whereas most jobs allow very little opportunity for experimentation and creativity, gymnastics asks for both. Working out in a gym a person is free — free to make as many mistakes as she needs, free to find the best way of doing something, free to combine moves into whatever routines suit her. She has to format or deadline. If, formal routine for a specific occasion, she is especially lucky. Developing one's routine is an exciting, totally absorbing process. Needless to say, performing it is also creative, bringing all her resources into action.

AMERICAN SOKOL

# SOKOL GYMNAST

OCTOBER 1984

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Editor: Edward Linhart — 1820 Ridgeland Avenue, Berwyn, Illinois 60402

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## **XVI AMERICAN SOKOL SLET June 1985**

### **TENTATIVE SCHEDULE OF EVENTS**

- AMERICAN SOKOL CONVENTION — June 23-26  
Sokol Headquarters - MARRIOTT HOTEL -  
Oak Brook, IL
- XVI AMERICAN SOKOL SLET — June 23-26, 1985
- Wednesday, June 26 — Judges meeting - Slet Headquarters Opening  
Ceremonies (Special Number Competition) -  
Morton West High School
- Thursday, June 27 — All gymnastic competitions at Downers Grove  
North High School
- Friday, June 28 — Rhythmic Gymnastic & Volleyball -  
Downers Grove North High School  
Banquet & Junior Social - Marriott Hotel
- Saturday, June 29 — Apparatus Championship and Volleyball  
Championship. Downers Grove No. High School  
Awards Dance - Marriott Hotel
- Sunday, June 30 — Slet - Morning rehearsal and Afternoon  
Performance - Morton High School West,  
Berwyn, IL
- July 1-13 — Sokol Instructors Course

SHUTTLE BUSES WILL OPERATE BETWEEN HOTEL AND COMPETITION SITE

*NOTE: The American Sokol Convention and the American Sokol Slet arrive at the same date once every twenty years.*

## Introduction to the fitness program

MOST OF US are concerned about our physical fitness and are pretty much convinced that exercise is necessary for living a healthy, energetic life. Except for a dedicated minority, though, our efforts are too irregular and too feeble to bring success.

To be physically fit, you must exercise regularly. No one can achieve sufficient levels of strength, endurance, and flexibility by working out one day a week. You've got to do it more frequently, and doing it daily brings the best results.

The intensity of exercise is just as important as the frequency. To get the best benefits, exercise until you breathe heavily and perspire. Few of us work hard or long enough to improve circulatory and respiratory performance or to strengthen muscles. Even those of us who participate in sports usually don't get a high level of exercise because many of our participatory sports aren't taxing enough.

**YOUR GOAL** in following the fitness program is dynamic good health. The level of fitness you can reach depends on your age, your body's built-in potential, and previous conditioning. But it also depends on your state of mind. When you want to do something and believe you can, it's much easier to do.

Exercise capacity varies widely among individuals, even when they are similar in age and physical build. That's why your program should be based on the results of personal tests explained in this guide, rather than on what someone else is doing or on what you think you should be able to do.

If during these tests you experience nausea, trembling, extreme breathlessness, pounding in the head, or pain in the chest, stop immediately. If the symptoms persist beyond the point of temporary discomfort, check with your physician. These symptoms are signs that you've reached the limits of your present exercise tolerance.

**WHEN YOU** begin your personal exercise program, don't expect dramatic overnight changes. But, gradually, over the next weeks and months, you will begin to notice a new spring in your step, a new ease in carrying out ordinary daily activities. You'll find yourself with more energy left at the end of the working day and a new zest for recreation in the evening.

Before conditioning exercises or circulatory activities are attempted, your body should be warmed up to increase respiration and body temperature and to stretch ligaments and connective tissue. The warm-up activities in this guide concentrate on stretching the lower back area and therefore contributing to the prevention of lower back problems.

You should consider the conditioning exercises as a basic all-around series of exercises. They will improve muscle tone, produce a moderate increase in strength, promote good posture, and contribute to flexibility, coordination, and balance. Some of them are separated into three levels according to intensity. Begin with the easiest ones first and then move up to the advanced as your fitness level increases.

## FITNESS:

THE BEST EXERCISE is energetic enough to put a demand on your muscles. But even less vigorous activities will do you some good. The small activities you build into your ordinary routine will add up to improved fitness.

Achieving physical fitness is not a difficult or even a time-consuming pursuit. But it does require planning on your part and a commitment to give your efforts a chance to work.

Here are the four things you need to do:

### 1. Follow a schedule of regular exercise.

You can find an example of a regular exercise program in this guide. Set aside from 30 minutes to an hour for five days of the week for this program. Consider it as necessary as a proper diet.

Just as you balance your diet, you should balance your exercise program. To build up your endurance, do exercise that is beneficial to the heart and lungs, like brisk walking, jogging, and prolonged swimming. To increase muscular strength, try pushups, situps, or working with weights. You can improve your flexibility by doing exercises that make you bend, stretch, and twist.

Start easily. Keep a record of what is done and how many times you do it. Gradually increase the amount of exercise until a reasonably good level is reached.

You can skip this home exercise routine on days when you join the keep-fit program at the "Y," or the school, or the recreation center, or Sokol. If such a program is available to you, this will give some variety and company to your efforts.

If you have the time and place for sports, you should take part in those activities, too. If you get a chance to swim, really swim. Sunbathing doesn't burn up many calories. Or try a vigorous game of handball, tennis, or badminton to meet your activity needs for that day. Golf is fine if you walk fast between strokes—for 18 holes—but not if you ride a cart. Similarly, if you bowl alone or with just one other person, you will get better exercise than interrupted team bowling.

Hunting, snow skiing and water skiing, skindiving, bicycling, canoeing, hiking are all good for a day's activity—if you get at least the equivalent in exercise that you would get in your home exercise program.

Your regular exercise program will keep you from getting stiff, sore, and overtired when you participate in some additional sport. It also can help you lose weight if you're carrying around excess poundage. But, remember, there may be no difference on the bathroom scale for several days after beginning your program. Adjustments in metabolism take place, and it may be some time before you notice any weight loss. When you exercise regularly, some flabby tissue is changed to muscle. Muscle tissue takes much less space, giving you a trimmer figure even though weight may not drop markedly.

### 2. Add physical recreation.

The second part of your plan, adding physical recreation, means going dancing, walking through the park, the office bowling league, a picnic, or fishing.

These are enjoyable pastimes that can include family and friends. You should look at these activities as an extra bonus in your fitness campaign—a bonus that's also passed along to your wife, husband, children, or anyone who's having fun with you.

### 3. Increase ordinary physical activity.

Besides your scheduled program and added recreation, add a little more action each day. Exercise isn't something you need to set aside time for at the end of the day. Make it part of your day.

Start with your morning shower. Scrub yourself vigorously. And don't be gentle while towel drying either. While waking yourself up with an energetic shower, you'll be increasing your heart rate and getting a fitness bonus without spending any extra time.

Speaking of "time," don't let it rule your life so that you must take the car and can't take that very healthy walk to the train or the store. And if you think the elevator will get you there faster, remember you have to wait for it. Why not take the stairs, starting with a few steps and gradually increasing the climb.

Redirect your whole approach to movement. Give up the idea that it's something to be avoided. Look for opportunities to use your body. These little bits of action add up in their good effects. The few calories you used up by walking, going up steps, bending, or otherwise moving can add up to a fair-sized total in the course of the day. The contribution they make to your muscle tone, flexibility, and balance are also significant.

### 4. Put more physical activity into your daily routine.

The final part of your plan asks you to increase activity in your daily work. Look for reasons to get out of your chair and to walk, reach, or bend to get your job done.

## Look at the rules

GETTING FIT should be fun. Keeping that way will be even more rewarding. But before you start, take special note of the following suggestions:

#### DO

- Start slowly and use moderation in your exercise build-up.
- Choose exercises and activities you enjoy.
- Undertake only what you can do and what makes you feel good.
- Use your warm-up exercises before you begin and repeat them to "cool down."
- *See a doctor first if you are over 30 years old and haven't regularly exercised, have any chronic illness, or if you have chest pains.*

#### DONT

- Overexert or exercise to exhaustion.
- Pattern your exercise program to match someone else's.
- Expect overnight miracles.
- Neglect to eat the foods that will give you the energy you need.
- Forget to keep records of your fitness progress.

Here are some exercises you can do anytime. Close the door so you don't have to keep explaining your actions.

- Bend forward in your chair with your elbows between your knees, reach for the floor. Do this for a count of five and then move slowly to your normal seated position.

- Grip the chair's armrest and raise your body off the seat. Do it five times.

- Mimic what you do when you're jogging. For three minutes, jog on the spot by alternately raising your heels as high as possible while alternately raising your bent arms. Rock back and forth as when jogging.

- Move your shoulders in circles with the arms either outstretched or bent at the elbow. Do this five times in each direction.

Look at some of the exercises in this guide. You'll see that some of them can be done in the office too.

## Exercise fitness reminder

AFTER YOU'VE FAMILIARIZED yourself with the various stages of exercises, you should be able to follow the warm-up and conditioning exercises by just looking at the list below.

#### Warm-up exercises:

- Standing reach and bend for 15 to 30 counts.
- Flexed-leg back stretch for 15 to 30 counts; repeat 2 or 3 times.
- Alternate knee-pull, 7-10 times with each leg.
- Double knee-pull for 20 to 40 counts; repeat 7-10 times.
- Torso twist; repeat series 5 to 15 times.

#### Conditioning exercises:

- Head and shoulder curl for 5 counts; repeat 10-15 times.
- Situp, arms crossed; repeat 10-15 times.
- Situp, fingers laced; repeat 15-20 times.
- Horizontal arm circles; repeat 15-20 times.
- Giant arm circles; repeat 10 times.
- Knee pushup; repeat 5-10 times.
- Pushup; repeat 10-20 times.
- Pushup between chairs; repeat 5-10 times.
- Quarter knee bends; repeat 15-20 times.
- Sitting single leg raise; repeat 10-15 times.
- Pushup between chairs; repeat 5-10 times.
- Quarter knee bends; repeat 15-20 times.
- Sitting single leg raises; repeat 10-15 times.
- Side lying leg lift; repeat 10-15 times.
- Back leg swing; repeat 20 times.
- Heel raises; repeat 20 times.

#### Take the chair test:

- 1st week pulse rate \_\_\_\_\_
- 3rd week pulse rate \_\_\_\_\_
- 5th week pulse rate \_\_\_\_\_
- 7th week pulse rate \_\_\_\_\_
- 9th week pulse rate \_\_\_\_\_

Participate in a circulatory activity that will benefit heart and lungs.

## TEST YOUR PROGRESS WITH YOUR PULSE

ONE WAY TO RECOGNIZE the physical progress you are making with your exercising is the increasing ease with which you do the exercises. Another way is to take this two-minute test devised by the President's Council on Physical Fitness and Sports. But before you take the test, make sure you are easily doing the warm-up exercises. Stop if you become too tired while taking it.

Use any sturdy bench or chair 15-17 inches in height:

- Count 1—Place right foot on bench.
- Count 2—Bring left foot alongside right and stand erect.
- Count 3—Lower right foot on floor.
- Count 4—Lower left to floor.

Repeat the four-count movement 30 times a minute for two minutes. Then sit on the bench or chair for two minutes. Following the two-minute rest, take your pulse for 30 seconds. Double the count to get the per-minute rate. You can find the pulse by applying middle

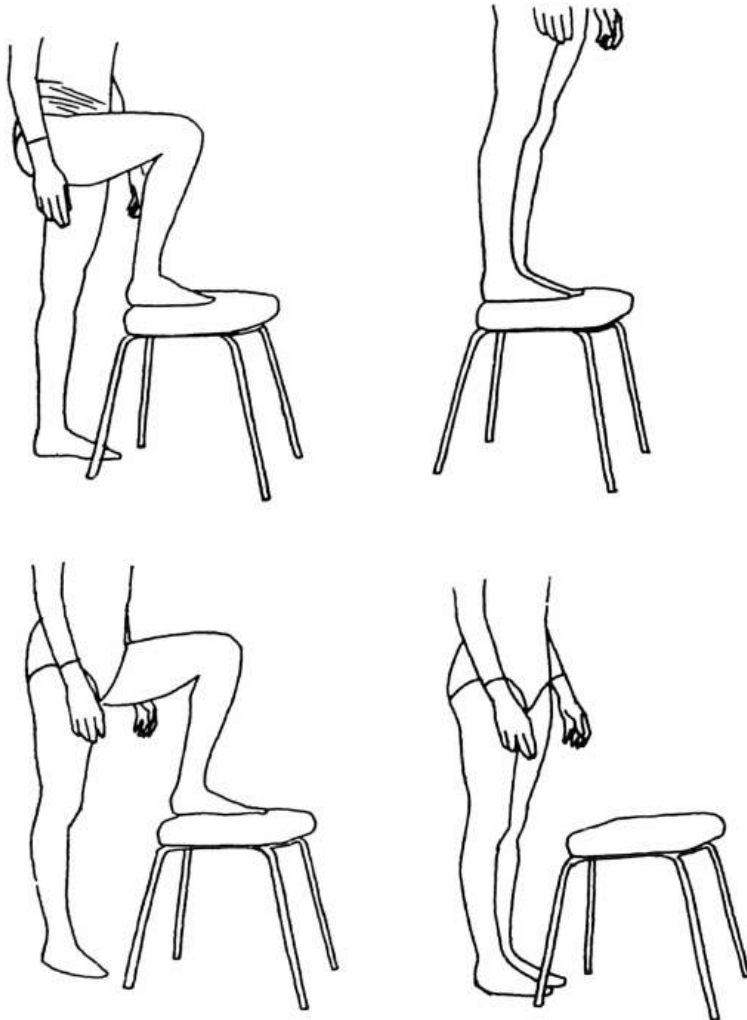
and index finger of one hand firmly to the inside of the wrist of the other hand, on the thumb side. As you record your test result, you probably will find your pulse rate becoming lower as your physical condition improves.

AS YOU MEASURE your progress, remember these important points:

- For best results, do not engage in physical activity for at least 10 minutes before taking the test. Take it at about the same time of day and always use the same bench or chair.

- Remember the pulse rates vary among individuals. This is an individual test. What is important is not a comparison of your pulse rate with that of anybody else—but rather a record of how your own rate is reduced as your fitness increases.

- As you progress, the rate at which your pulse is lowered should gradually level off. This is an indication that you are approaching peak fitness.



Besides enjoying learning gymnastics, adult gymnasts like the results. Naturally, they become stronger and more flexible, more sensitive to biology and physics. They experience the same exhilaration that their running and tennis playing friends do. Above and beyond these rewards, though, are the new ways of thinking which they can develop.

For me, feeling fear and attempting something in spite of it became so habitual that I started to use the same boldness outside the gym that I used within it. This usually paid off so well, in turn, that I simply adopted risk-taking as part of my personal style. I became more optimistic; situations which co-workers see as problems I perceive as challenges. I began seeing day-to-day affairs, as well as the gym, from many angles. I developed perseverance and problem-solving techniques in gymnastics which became useful to me in other settings. I have found myself approaching obstacles or problems like I approach a vault, and accepting uncertainty the same way I accept the release moves on the uneven parallel bars.

Gymnastics, of course, is an aesthetic sport. When doing it, we can be beautiful. Its rhythm, flow, and amplitude of movement reflect the rhythm, flow, and amplitude of our feelings. It reminds us to use the complete range of our emotions, just as we use the complete range of our joints, if we really want to function well. As professions become more and more specialized the head becomes ever more tyrannical over the rest of the body; thought becomes tyrannical over feeling. Gymnastics restore a state of equilibrium by utilizing the magnificent power of the legs, arms, trunk and gravity. It gives the head a much-deserved rest.

Adults who do gymnastics are few and far between. But for those of us who are lucky enough to find a good gym and coaches who believe in us, the sport is ideal.

*Note: (by Suzanne McKay, reprinted from International Gymnast Magazine - April, 1981) Brought to our attention by Sokol South Omaha Newsletter, July, 1984.*

## Sokol Educator

# HERRMAN WAS A PEERLESS MAPMAKER

Historians disagree on the date of birth (1605 or 1621?), the nationality (German or Czech?) and the spelling of the name (Heerman, Herman, Herrman?) of the greatest cartographer of early Maryland.

On his famed map, "Virginia and Maryland," completed in 1670, he called himself Augustine Herrman, Bohemian. That should settle the last two arguments. And as he witnessed a treaty in 1633, the suggestion is strong that he was born in the earlier year.

Sorting out fact from legend on Herrman isn't easy for map-making was only a sideline. He was also a pirate, a merchant, a scholar, a land speculator, a diplomat, a hunter, a horseman and a manorial lord.

Born in Prague, the son of a Protestant minister driven out of Bohemia when Catholicism was established as the state religion, Herrman moved to the Netherlands. He joined the Dutch West Indian Company, settled in New Amsterdam (New York) in 1643, where he became one of the Nine Men, the advisory council to Gov. Peter Stuyvesant. He is said to have quarreled often with the governor. Either because of or despite this, he was sent on numerous diplomatic missions.

When the English, the Dutch and the Spanish were fighting for the control of the seas, Herrman was granted a privateer's license. He preyed successfully on Spanish shipping to win the pirate's label. His new wealth allowed him to start trading successfully along the Atlantic coast. He opened the tobacco trade with Holland, dealt in furs and slaves as well. Ambitious for wealth, he also dabbled in land speculation, unsuccessfully, on Manhattan island.

As jurisdiction of Dutch settlements on the Delaware River was disputed by the Maryland colony, Herrman was one of two New Amsterdam ambassadors sent in 1659 to resolve the dispute.

Herrman's diaries show the painful difficulties in travel in those times. Conferences with Governor Josias Fendall and Philip Calvert were unsatisfactory, in part, because of the "utterly imperfect" maps of the region. Herrman offered to map the Chesapeake region for the Dutch but Governor Stuyvesant was too parsimonious. Lord Baltimore was not and offered Herrman a generous grant of land and all the parks of a manorial lord.

In 1661, Herrman moved to Maryland, picked his first grant of 4,000 acres of land, Bohemian Manor, in what was to become Cecil County, and began his mapping. With some 4,100 miles of tidal coastline, the task was gigantic even for a skilled surveyor like Herrman. He plugged away at it, finishing in 1670. His careful, detailed work of every creek, inlet and river, would stand as the authoritative cartographic source of Maryland and the Chesapeake well into the next century. He was copied repeatedly but never matched. Still, he fumed over the "slobbered over" and error-filled copper engraving of his work.

What may be legend is the tale of Herrman's return to New Amsterdam despite his status as "a fugitive from his creditors" due to old failed land deals. Arrested and jailed, he is supposed to have feigned insanity and demanded that he be saddled on his trusty white horse. The Dutch complied to keep him quiet only to watch him crash out of a second-story window.

Herrman is said to have crossed the Hudson River, galloped across all of New Jersey, swum the Delaware, and returned home to Maryland. In one version, the horse, snorting blood from his nostrils, collapsed at the doors of Bohemian Manor. In another, the heroic nag lived on and had a full-scale statue erected on the manor lands.

By proclamation of provincial assembly in 1661, Herrman became a "free-denizen" of Maryland, a legal step that entitled him to transfer property. Five years later, he was naturalized as a full citizen, the first in Maryland to make this transition.

In time, Herrman accumulated over 25,000 acres of land that made him the largest landowner in the province next to the proprietor. He built a great manor house in 1684, which burned in 1816. There he lived the lavish life of an English nobleman, riding to the hounds establishing a huge deer park.

He relished being called Lord Herrman, perhaps the only manor head given that privilege in Maryland. He had all the rights to run a court baron and a court leet. His ambition was to establish a family and lordly dynasty. His will required that any inheritor of Herrman land had to add Augustine to his name.

One son, Ephraim, joined the Labadists, an austere and mystical sect that believed in community property. Herrman first promised them 3,700 acres, then changed his mind but lost a law suit over the property. Herrman couldn't rescue his son from the sect that he grew to hate. In spite, he placed a curse on Ephraim though he withdrew it before he died in 1686.

Ephraim died within two years and only Casparus, the second son, was left to carry on the lordly dynasty that lasted fitfully until 1787. Three daughters were given smaller chunks of land.

Though Herrman served as a commissioner of justice of Cecil County, a commissioner to treat with Indian tribes, and an important figure in territorial disputes between Maryland and William Penn, his most important legacy to Maryland remains his map. It was critical to the Calverts in maintaining their territory.

As late as 1873, the Herrman masterpiece was still vital evidence in a dispute between Maryland and Virginia, a tribute to the skill of Maryland's first free denizen.

*Sent to us by Bro. Emil F. Bernat  
Sokol Baltimore — information from  
Baltimore "Evening Sun" 8/27/84*

## 85 LET příkladného moravského barda doktora technických věd JANA MIČKY

V závratném průběhu technických a ethických vymožeností i morálních propastí dvacátého století, se dožívá osmdesáti pěti let vzácný Moravan a příkladný vlastenec Jan Mička, svědek vzniku i zániku svobody československého státu a nepředvídaného rozvoje americké vlasti.

Ani hloubka oceánů, ani délka času neumlčely jeho vřelé vztahy k rodné zemi a účinnou prací dokumentované city rodové sounáležitosti a vlasteneckého uvědomění. Tak tři čtvrti století fyzického odloučení nedokázaly zemdlít jeho jiskrného ducha a unavit jeho snahu o záchranu českého a slovenského jazyka a rozvoj kultury československé v Americe.

Dr. Jan Mička se narodil dne 6. června 1899 v Hlinné u Nového Města na Moravě na Českomoravské vysočině v Československu. Studoval na Státní vyšší reálce v Novém Městě, na Akademickém gymnasiu v Brně a konečně tamtéž na České vysoké škole tech-

nické, kde získal titul inženýra a později (1923) doktorát technických věd.

Immigroval do USA velmi záhy poté (1925).

Jan Mička zasvětil svůj profesionální život dvěma činnostem: studiu technologie potravinářského průmyslu a nadšené práci v československo-amerických kulturních a vzdělávacích organizacích.

Z vědeckých institucí byl členem Institute of Food Technologists, American Association of Cereal Chemists a Fellow of American Institute of Chemists. V roce 1930 se stal ředitelem výzkumného oddělení v továrnách United Biscuit Co. of America. Zde vypracoval řadu vědeckých prací, které se vpravdě staly pionýrskými příspěvky ve vývoji americké potravinářské technologie. Toto platí zejména o jeho dnes už klasické práci "Lactic Fermentation and Trace Iron Affect Cracker Quality", Food Industries, Vol. 20, Copyrighted 1948 by McGraw-Hill Publ. Co., New York, N.Y.

Dr. Jan Mička se zasloužil o vzrůst a úspěšné vedení mnoha československo-amerických organizací. Po řadu let byl předsedou Společnosti americko-československých inženýrů a po dobu 32 let tajemníkem významné Matice vyššího vzdělání, pro níž nashromáždil až půl miliónu dolarů. Byl členem a předsedou chicagské odbočky Společnosti pro vědu a umění, ale hlavně neúnavnou, hybnou silou při zakládání Stolice českého a slovenského jazyka při University of Chicago.

Stručný životopis Jana Mičky, který jej charakterizuje jako úspěšného potravinářského chemika a neméně úspěšného česko-amerického vlastence, nevyloží zcela úchvatný filozofický podklad jeho díla.

Mladý Jan Mička kladně vyhodnotil přestavbu amerického filozofického základu na československou masarykovskou demokracii a plně se ztotožnil s vysoce ethickými a sociálními pilíři této obdivuhodné dokonalé státní formy, vybudované na počátku tohoto století v srdci Evropy.

On pochopil jasně, co znamenal pro Evropu a lidstvo tento politický útvar, ztmelený krví jeho občanů i filozofií jeho duchovních českých, moravských a slovenských vůdců; on však také vyjimečně skvěle interpretoval koordinovanou pomoc Spojených států amerických, jejich presidenta Wilsona a nadšený souhlas a štědrá účinnost Američanů českého a slovenského původu.

On vpravdě vychutnal československý plod americké demokracie a on pokračoval v duchu tohoto obdivuhodného zrodu. On nezapomněl; on se nezpronevěřil; on se nezczizil, ani se nedal opít svůdnými chimérami dominantních znaků místních kariéristů.

Jan Mička zůstal svůj a přece úspěšný; on zůstal rodu-věrný vlastenec a přece velmi účinný v menšinové práci; on zůstal charakteristickým Moravcem a přece velmi dobrým a věrným americkým občanem: zkrátka — on se v pravdě ve světě neztratil; on nezapadl do řad všedních hledačů dolarů; on neklesl do úrovně mondeních ustrašenců, kteří se snaží ztratit v bezejmenném davu sobě rovných.

Právě tím náš dnešní oslavenec vynikl. Zasloužil se o to, že americký sever udržel svůj vřelý národnostní charakter české menšiny po další polovinu století. Úporným zanícením, které mnohým spoluobčanům připadalo až nenormálním, spoluzaložil a s oddanou a obětavou pomocí své choti Milady hlavně rozmnožil potřebnou finanční základnu Matice vyššího vzdělání (Council of Higher Education, jejímž byl sekretářem) o statisíce dolarů, které pak sloužily a slouží desítkám nemajetných, nebo právě emigrovaných studentů českého a slovenského původu, aby universitní studium začali, nebo celé dokončili. Ve významné vědecké a sociální práci i společenském významu těchto stipendistů bude společné dílo manželů Mičkových žít po další generace. Bohdá, že bude i vytvářet podmínky pro zachování jejich příkladné idey aktivního vlastnictví pro nadané syny a dcery naší národní větve i v příštím století.

Dílo Jana Mičky zaslouží odkazu a jeho následování. Je hodno další hluboké studie filozofické a charakterové z pera povolání odborníků. Především však zasluhuje vděku všech, jímž dosud leží na srdci zachování národního vědomí, kultury a jazyka československé menšiny v USA. Jubileum dr. Jana Mičky nám pak ukazuje cestu, jak máme být hrdi na své národní poklady, na svůj původ, řeč, lidovou kulturu, vědu a umění; jak také musíme všechny tyto zděděné drahokamy ctít a zachovat, abychom mohli skutečně a po zásluze přispět rozvíjejícím se talentům v naší nové vlasti, jmenovitě těm, kdož vzácné odkazy tisíciletého rozvoje nikdy nepoznali.

A stojí dosud pevně, tento moravský bard, s tvářmi pokrytou nyní vrásky, ale i rozzářenou vědomím, že své úsilí korunoval úspěchem. A jemu je se dnes uklonit s úctou a uznáním. A jemu je dnes poděkovat za jeho vlasteneckou celoživotní práci.

*Prof. dr. Jan J. Oppl*

## ASO Financial Report

RECEIPTS: AUGUST 1984	
Dues	\$ 3,177.70
Dividends & Interest	256.86
Donation to "American Sokol"	10.00
Resale of Jewelry	298.50
T. G. Masaryk Dues	10.00
"Highlights of Czech History"	2.25
Membership Kits	10.00
UPS	32.17
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	\$ 3,797.48
ASO Uniform Division - Rent, salaries, etc.	553.94
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	\$ 4,351.42
Transfer of funds from savings to checking account	5,000.00
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<b>TOTAL RECEIPTS</b>	<b>\$ 9,351.42</b>

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Office supplies	39.43
Postage	66.14
Insurance	330.00
Travel Expense	378.00
Miscellaneous (refreshments)	5.55
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	\$ 2,635.20

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FICA & FWT for July 1984	67.89
Editor "Sokol Gymnast"	30.00
Additional copies "Sokol Gymnast"	29.00
Extra tab setting on "Sokol Gymnast"	76.00
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	\$ 635.70

#### EDUCATIONAL DEPARTMENT

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FICA for July 1984	8.28
Book Tapes	14.50
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	\$ 98.65

#### SOKOL PUBLICATION

Printing "American Sokol" - July-August issue	\$ 1,052.64
Mailing list changes	244.57
Postage "American Sokol"	322.22
Editor "American Sokol"	100.00
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	\$ 1,719.43

#### MISCELLANEOUS

ASO Uniform Division - Salaries, FICA & FWT, July 1984 and phone	\$ 397.07
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Balance brought forward:	
Western National Bank of Cicero - checking account	\$ 933.48
Receipts - August 1984	9,351.42
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Disbursements - August 1984	5,487.42
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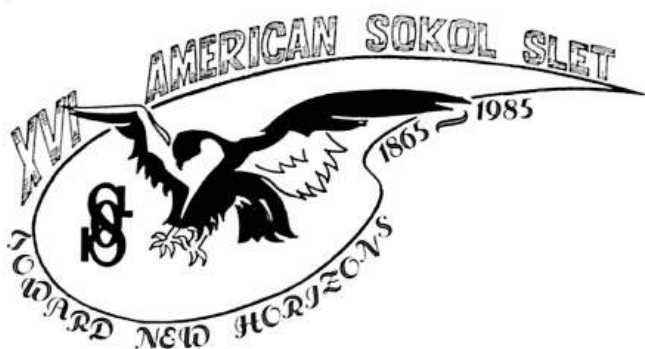
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25th Anniversary - William Tell InnOCT. 27 - SOKOL SAN FRANCISCO  
Czechoslovak Republic CommemorationOCT. 28 - SOKOL DETROIT  
An Afternoon of Czechoslovak MusicNOV. 10 - SOKOL HAVLICEK TYRS  
Fall Dinner Dance - Slovak Athletic ClubNOV. 16 - SOKOL GREATER CLEVELAND  
Fish FryDEC. 1 - SOKOL SAN FRANCISCO  
St. Nicholas DanceDEC. 1 - SOKOL GREATER CLEVELAND  
St. Nick's DanceDEC. 2 - SOKOL BERWYN  
Christmas Bazaar and Fun FairDEC. 2 - SOKOL DETROIT  
Czech Afternoon Dinner DanceDEC. 8 - SOKOL STICKNEY  
Spaghetti DinnerDEC. 9 - SOKOL SAN FRANCISCO  
Annual meetingDEC. 16 - SOKOL SAN FRANCISCO  
Children's Christmas PartyDEC. 19 - SOKOL STICKNEY  
Children's Christmas PartyDEC. 31 - SOKOL BROKFIELD  
New Year's Eve PartyDEC. 31 - SOKOL BERWYN  
New Year's Eve CelebrationDEC. 31 - SOKOL SAN FRANCISCO  
New Year's Eve DanceDEC. 31 - SOKOL MILWAUKEE  
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