

Alumni Bulletin

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No. 3

CONVENTION HIGHLIGHTS

Mr. W. K. Streit, Director of Physical Education in the Cincinnati schools, not only listens at conventions, but also takes notes of specially interesting remarks. Not only that, but he prints them for members of his staff and others who may be interested. A copy of his selections taken at the Dallas convention of the A. A. H. P. E. R. came to the Bulletin editor. The following quotations will be of interest to Alumni.

One of the danger points in our citizenship education today is the cynicism of our people toward civic responsibility and civic duties. We have developed a national slogan which epitomizes our failure to meet our civic duties. This slogan is "Why should I stick my neck out?" When this slogan is carefully analyzed, it means nothing more than a sit-down strike on good citizenship.—Dr. Homer P. Rainey, Missouri.

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In the final analysis our democracy will succeed or fail dependent upon the quality of leadership that we can develop for it. The nature of democracy is such that it must function through leaders. The masses of our people are not able to understand our ideals as abstractions. They have to be made concrete for them and the only way that they can become concrete is for them to be reflected in the life and activity of our leaders. This places an enormous responsibility upon leadership. If our leaders default on their trusts and their responsibilities, this default becomes a socially disruptive force of tremendous consequences.

Human beings have certain needs which must be met if they are to have well-rounded, unwarped personalities. The needs for friendship, self-respect, freedom, respect for real authority, and fun or zestful experience are some which are considered "vitamins of personality."—B. C. Shulkey, Ft. Worth, Texas.

* * *

Coaches should not be permitted to choose the best human material for winning teams, and then side-step responsibility for average and below average students. Nor should they give half-hearted lip service to the general health problems of the school. Physical directors who develop and exploit the skills of the students to build up their own reputations while directly or indirectly neglecting needy average or poorly qualified boys and girls should be dropped.—Dr. C. L. Lowman, California.

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A great challenge exists for those fortunate enough to be working with the elementary and junior high groups. The earlier that faults in body mechanics are discovered and their correction is considered, with methods designed to offset future trouble, the better will be the future fitness and efficiency of our children.

* * *

Among the various objectives of Physical Education, physical development occupies an important place. Gymnastics brings into play muscles not strongly employed in sports and games, namely, the abdominals and upper chest muscles. For this reason, gymnastic exercises should have a place in every well-rounded program of physical education.

A.A.H.P.E.R. CONVENTION

Dallas certainly attracted people to the convention of the American Association for Health, Physical Education, and Recreation. Every one either was or wanted to be Texas bound April 18 to 22. It was a good convention sponsored by warm and hospitable people. If every one enjoyed it as much as I did I know that they came back home thinking the time and money well spent.

The same Normal College Alumni faces seen at most conventions were present in Dallas, Bill Streit, Helen and August Pritzlaff, Earl Vornheder, Grover Mueller and Marie Hanss were among them.

Indiana University had a reunion breakfast and although it was difficult to get up early a fairly good representation came out to eat and hobnob.

The convention wound up with a real Texas round-up and barbecue. About 1,300 people were fed cafeteria style in the Dal-hi stadium. After the meal, real western entertainment was given, ending with a square dance session which was a madhouse because so many people participated. But it was fun.

One of the pre-convention conferences was the national Delta Psi Kappa convention. Lillie Gally Rice, Minnie Wasserman Braker, Lola Lennox Lohse and Virginia Marcus Selig were among those who attended.

Of course no convention is complete unless one finds an old friend one has not seen in years. I had lunch with Winifred McCarthy Cassidy who lives just outside Dallas. It took a long time to try to catch up with over twenty years of gossip to cover. We did it. The ears of those who attended Normal College '24, '25 and '26 should have rung violently.

As always, one comes home dead tired, but it is worth while to attend, meet old friends, make new ones, rehash the old ideas and come back with new ideas and enthusiasm.

C. L. H.

APPARATUS MEETS

Both men and women competed in apparatus meets at Normal College, the former on April 13 and the latter April 27. The meets were conducted under A. A. U. rules and the A. A. U. scoring was used: 6 points for first place, 4 for second, 3 for third, 2 for 4th, and 1 for 5th place. In the men's competition, the freshmen beat the sophomores by a score of 60.5 to 33.5. The girls competition ended with a total of 83.5 points for the sophomores against 75.5 for the freshmen.

The men worked on horizontal bar, parallel bars, side horse, long horse, flying rings, and tumbling, the women on parallel bars, balance beam, rings, side horse and tumbling. The following scored in the order named:

Men, upper grade: Herbert Vogel, David Reisig, Joseph Gawryls, Wm. Gregory, Fred Rohdes, Harvey Prinz, Richard Udvardi, John Sweeney, Frank Frey.

Men, lower grade: Fred Friedrichsen, Anthony Lippa, Carl Simpson, Chester McDowell, George Harris, Thomas Morrell, Stuart Zeller, John Devine, Richard Ball, Donald Kreutzer, Wm. Tiernan, Edward Fedosky, Gary Hoffman.

Women, upper grade: Aline MacFarlane, Shirley Obermiller, Jane Splete, Mary Torrence, Nathalie Fredrick, Mary Andrews, Hazel Lineback, Albina Macyauskas, Patsy Lou Scott.

Women, lower grade: Lillian Smith, Lynette Clarke, Mary Armbruster Sorin, Rebecca Jordan, Marjorie LaRue, Rosemary Whitehead, Virginia Eubank, Lorraine Chasteler, Lenore Coutz, Marilyn Cooley, Sallybelle Dodds.

BOOK REVIEWS

The Fundamentals of Personal Hygiene
(Their Practical Application to Health-

ful Living), by Walter W. Krueger. 5th edition, 284 pages with 53 figures. W. B. Saunders Co., Philadelphia. \$3.00.

This is an excellent reference book for students at the college level, and for the many people interested in the promotion of personal health. The author has spared no effort to bring this new edition into line with the latest advances in the field of healthful living. He found it necessary to do a considerable amount of rewriting which ranged in extent from sections to entire chapters, together with appropriate modification of innumerable minor points. He has included new and additional material about the World Health Organization, mental health, nutrition, digestive system, weight tables in respect to body build, dental and oral hygiene (including sodium fluoride and ammoniated dentrifices), use of cosmetics, sex hygiene, alcohol and alcoholics, process of infection, body defenses against infection, infectious diseases, and non-communicable diseases. The chapter bibliographies have also been revised to include many recent books.

P. C. C.

* * *

Kinesiology. The Mechanical and Anatomic Fundamentals of Human Motion, by Katherine F. Wells. 478 pages with 224 figures. W. B. Saunders Co., Philadelphia, \$4.75.

Whether one is a Physical Education instructor or a physical therapist, he either wittingly or unwittingly practices kinesiology, the science of human motion. Miss Wells' book is an excellent one on this subject. The book is divided into four sections, each being fundamental to the one following. The last two sections on "Motor Skills" and "Application of Kinesiology" demonstrate how human motion, whether it be exercises or sports, can be broken down to fundamental principles. Through this knowledge an instructor can improve his Physical Education program or help the athlete do

a better job. At the end of each chapter are demonstration and laboratory exercises which give the student an opportunity to apply the principles of the written text. The student or instructor would find this book both interesting and instructive.

David Hadley, M. D.

CAMP BROSIUS

Many Alumni still seem to be unaware of the different activities carried on at our Camp Brosius, Elkhart Lake, Wisconsin.

There is the children's camp, a very interesting development of the camp. Unless you have visited the camp during July or August, you will not know how proud the College staff is of having brought this venture from nothing to attendance up to capacity. Although practically always filled, the camp is anxious to offer Alumni an opportunity to recommend desirable campers.

A commission of 10% of the \$200.00 camp fee is paid Alumni who will induce parents of fine boys and girls to send them to Camp Brosius.

This year's camp will begin July 1 and end August 12. Mrs. Clara L. Hester is again in charge, assisted by a corps of experienced counselors.

Then there is the camp for the College students in June. Freshmen and sophomores have to attend the camp for four weeks. The words "have to" are really not correct: those who have been there can hardly wait the time to get back to Camp Brosius for the track and field work, swimming, boating and canoeing and all the other activities, and not to forget to mention the excellent meals.

The summer resort hotel operated in connection with the camp is also always filled to capacity during the season which begins June 30 and ends on Labor Day. Many Alumni spend their vacations there.

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IN MEMORIAM

The first woman graduate of the Normal School, Mrs. Frances Metzger, died March 11 in Indianapolis after a long illness. Born Frances Mueller in New Ulm, she attended the Turnlehrerseminar in Indianapolis and was graduated in 1890. After teaching in the Indianapolis schools for a few years, she married Albert Metzger, prominent in financial circles. Mrs. Metzger always retained her interest in Physical Education and especially in the Normal College; at the time of her death she was president of Delta Psi Kappa. Both of her daughters attended the College for a year.

Ralph N. Shafer died February 5, at the age of 55 years. He was graduated from the Normal College in 1917 and

then spent two years in the Army. For several years thereafter he was baseball and basketball coach for the Goodyear Tire and Rubber Co. in Akron and also coach at Central High School; for the last 24 years he taught in Cleveland high schools. The widow, Elsa Hein Shafer, is also a Normal College graduate.

For fifty-one years, Dr. Lena Hoernig was a teacher, first in elementary schools in Kansas City, and then as teacher and supervisor of Physical Education, until her retirement in 1944. She attended many summer sessions of the Normal College and received a diploma in 1915. She died in Kansas City after a short illness.

Frances Kochendorfer died April 7 in Buffalo, where she had been employed at the State Hospital. She was a member of the 1937 class.

Vivian Sell, a 1915 graduate, died in Sheboygan. She did not teach, but was active in scout work.

ADDITION TO THE LIBRARY

A most welcome addition to the Normal College library was received in March. The Boston Turnverein, now inactive and having but 25 members left, donated its entire library to the College. It includes many old books on Physical Education of historical value; also many volumes of bound magazines.

REUNION IN CHICAGO

At the Midwest A. A. H. P. E. R. convention Indiana University Alumni had a reunion luncheon attended by forty-two persons. Normal College Alumni who signed the roster were Helen and August Pritzlaff, Bobbie Larsen, George Farkas, Catherine Wolf, Eugene Nowak, Ruth and Nelson Lehsten, Harriet and Robert Nohr, Georgia Connelly Foster, Marcia Roberts, Clara L. Hester, Lois Scott, Bill Miller, Anna Schmook, Max Moreillon.

PERSONALS

Weddings

Two Normal College students were married March 24: Beverly Ann Cubel and Albert Dischinger.

Pauline Wessel has announced her marriage to Charles Sallwasser to take place in June.

* * *

Births

Two Buffalo Alumni report the birth of sons: Peter Cipolla and Chester Lesniak.

Michael Harold Riess arrived February 22 at the home of Mr. and Mrs. Harold Riess in Jackson Heights, Long Island.

For Roy and Evelyn Broadwell it's a girl, born March 17, in Liverpool, N. Y.

* * *

Helen Scott Humphrey is visiting in Florida during the spring.

Fred Jacobi's wrestling squad in Davenport took the championship for the third year.

Lavinia Davidson is now therapist at St. Charles Hospital, Port Jefferson, Long Island.

Many friends of Bill Hertel in Pittsburgh helped him to celebrate his 78th birthday recently.

Louise Stover was ill for a while but has fully recuperated and is back at work in the Pittsburgh schools.

Marion Snyder had charge of the fourth grade materials in a recent All-School exhibit in Michigan City.

Frank Eckl is ballet master of the Pittsburgh Ballet which performs at civic functions such as the Civic Opera.

At the national folk festival in St. Louis in April, Art Hermann of Belleville directed a group of square dancers.

After thirty years of service in the Davenport schools, Dave Henschen expects to retire at the end of this school-year.

Arch and Mildred McCartney have become grandparents again. Arch Jr. will be graduated from Miami in June and

their younger daughter, Virginia, is to be married May 27.

Karl Fehrenbach is president of Phi Epsilon Kappa Alumni chapter in Pittsburgh and doing a good job for the fraternity.

Bill Klier's classes of the Moline Turners have been working hard with square dances and a minstrel show for the next Turnfest.

Joseph Ulrich of Rochester stopped at the Normal College on his way back from Bloomington where his daughter is a freshman.

Robert Goeke has joined the American civil command in Vienna, Austria, as an athletic director. His family will join him shortly.

Laura Mead Bressler-Pettis arranged for her annual exhibit of oil paintings at the Tropical Hotel in Kissimmee, Florida, April 10-17.

The Syracuse Herald-Journal devoted an article to the work done by Mrs. Thelma Burnett Kleinhans at the Syracuse Cerebral Palsy Clinic.

Bill Gerber of St. Louis has been elected vice-president of the Missouri State Association for Health, Physical Education, and Recreation.

Among the attendants of the Midwest convention in Chicago were Bob and Harriet Nohr of Madison who also visited their daughter in Elmhurst.

Phi Delta Pi has just published a symposium on dysmenorrhea. A copy may be had from Meta Greiner, 5936 N. Kilpatrick ave., Chicago 30, Ill.

The former Gladys (Happy) Griffith, (sorry, we did not get her married name), is working at the University of Pittsburgh for her Master's degree.

The Cincinnati Alumni chapter of Phi Epsilon Kappa had an interesting Founder's Day celebration. Their speaker was Ollie James of the Enquirer.

Marie Hanss took time out from a busy program of school and playground teacher training at Harris College in St. Louis to attend the Dallas convention.

An interstate teachers' bowling tournament took place in Buffalo April 22 with teams from New York, Ohio and Pennsylvania participating. Henry Kumpf promoted the meet.

Glad to report that Dr. E. A. Poos has recovered from a fracture of his hip. He would be pleased to hear from friends. The address is Schlosser Rest Home, Bell and Winslow streets, Sharonville, Ohio.

After two years as corrective therapist in the Batavia Veterans Hospital, Tommy Marshall has been appointed educational therapist in the Buffalo Veterans Hospital. He expects to receive his doctor's degree in 1951.

Besides being head basketball coach in the Fifth avenue high school in Pittsburgh, Harvey Lecollier is working hard in helping to build up the Turner societies in the Pittsburgh district. All Normal College Alumni in the district are also helping to increase interest in Turn-erism.

In the Buffalo Public School Athletic League basketball contests, the teams coached by Edward Bartels, John Muto and John Stocker were successful in the final games. Stocker's team was defeated all season. Ray Ping of Emerson High School also had an undefeated team and it won the High School Athletic League finals.

Harry Dippold received his Doctor's degree from the University of Pittsburgh in February. The title of his dissertation is "A Study of Personnel and Supervisory Practices in Physical Education in Cities with a Population of 100,000 and over." Harry supervises several junior high schools and a large number of elementary schools in Pittsburgh and also the evening junior recreation program.

Buffalo Alumni chapter of Phi Epsilon Kappa initiated and installed Alpha Nu chapter at the University of Buffalo on April 18, fifty-five members including five faculty members. Normal College Alumni who acted as installation officers

were Matthew Poeltl, Chester D'Amato, Chester Lesniak, Raymond Ping and John Stocker. The Alumni chapter held its 37th anniversary founders' day dinner dance April 8. Merit certificates were presented to Ralph Carter and Russell Garcea, who have completed 25 years of service in the field of Physical Education.

Buffalo Turners were hosts to the National Volleyball Championships of the American Turners April 1 and 2, under supervision of John Stocker, chairman of the National Physical Education Committee of the Turners who was assisted by several Buffalo Alumni. Instructors Henry Schroeder, Hans Oechsle, Harry Warnken, Bernhard Unser, Fritz Nicke, Andy Lascari, William Klier and Joe Goldenberg brought teams, and the latter's girl's team won the contests for the third time in succession. The team was helped by Peggy Hope; Virginia Fox Klier played with the Moline team.

A fine national apparatus meet of the American Turners was held in Rochester April 15. Sixty members participated, among them six members of the 1948 Olympic team. Albert Coakley placed fourth on the rings. Again it was a small reunion of Normal College Alumni with coaches Henry Schroeder and Bernhard Unser of New York, Henry Schiget of Milwaukee, Fritz Nicke of Syracuse and Andy Lascari of Buffalo present. The judges included Lewis Szeles and Paul Romeo of Syracuse, Anthony and Gladys Lang Beisman of Rochester, George Jacquin, Elfrieda Wandrey Amwake and Ted Bednarczyk of Buffalo, and Theresa Prinz Pletz of Detroit.

Years of observation and experience have seemed to prove that participation in gymnastics and tumbling contribute largely to improved abdominal and upper body strength. Moreover, agility, power, flexibility, body balance, and general coordination is also improved.

STUDENT ACTIVITIES

Sophomores

"The Days Go By"

As quickly as a fling;
We roll and skip and turn a flip
"And Suddenly It's Spring!"

The signs of spring have come
Quite early in the year,
So I'll take a good deep breath
And list some for you here.

First there was a Spring Dance
With soft music and lights turned low,
And Eddy Fedosky's still looking for
Part Two of his floor show.

The Alumni all turned out
Looking very neat.
Thank you, Al Isler, for your
Peppy Big Apple treat.

Lorrie Beck got in the groove
And really kicked the sky,
And there on the floor in a heap she sat
As everyone kicked high.

The next day brought a Playday
And spring was in the air—
Still yawning from the night before
We sighed: "It Isn't Fair."

Playing soft ball in the sun,
Activity we sought.
Most of the balls we missed
And the few we hit—they caught!

Carl Simpson must have had a touch
Of that magic springtime fever,
For in games class after time was up
He was still playing "Who's the
Leader?"

Also with spring there came romance
And wedding bells came too.
Congratulations Mrs. Mary Sorin,
We wish life's best to you.

Kiki Eubank always sings with us
But her German accent is faint,

Instead of singing "Das kanst du niche"
She sings "Das kanst du paint!"

Mrs. Hester was away
In Texas for awhile,
Instead of greeting her back
With a handshake or a smile

We held a little ceremony—
The rugged Wild West kind,
With Texas guns, and Texas Yips!
And Texas ropes that bind.

Spring also hit our History class
And after the door slammed—Boom!
Mr. Rinsch calmly continued—
Now all are awake in the room!

But springtime makes us happy
For Camp is drawing near,
Oh, beautiful Lake Elkhart
Please don't be cold this year.
Jane Splete.

* * *

Freshmen

It was the night before the gym meet.
All the contestants were working on
their exercises, some mentally, some
physically. The old hands at the game
like Harvey Prinz, Herbert Vogel, Fred
Friedrichsen and Dave Reisig, were tak-
ing it easy and trying to boost the
morale of the freshmen who were new at
the game.

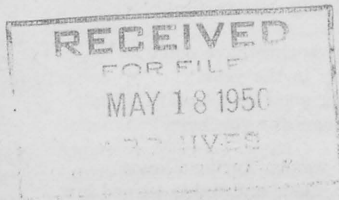
Then the eventful day came. John
Devine drew the honor of being the first
performer. All eyes were upon him as
he approached the side horse and started
his exercise. When he had finished and
the judges were in conference, every-
body crowded around to see how close
the judging would be, and then the meet
got under way.

It was a worried freshman team that
entered the meet and a proud one that
won it. A number of contestants had
never had the experience to put an exer-
cise together nor to compete publicly.
These students came out with a new and
higher outlook on apparatus work.

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Ed. Zirnheld and John Devine tell us that they will acquire more than just additional weight this summer. They are going to try proving that two can live as cheaply as one. We are looking forward to meeting the new Mrs. Zirnheld and Mrs. Devine in fall.

Get out the red flannels, kiddies; it is almost time to pay a visit to dear old Camp Brosius. Judging by the way they talk, the sophomores can hardly wait to get back there. The weather man has predicted a cool summer; so as I said, get out the flannels.

April 30 was the big day for the Phi Epsilon Kappa pledges. Those who made the trip are freshmen Harvey Prinz, Herbert Vogel, Fred Friedrichsen and Chet McDowell, and the sophomores Frank Frey, Tom Morrell, Tony Lipka, Carl Simpson, Fritz Rohdes, Dick Ball and Joe Gawrys.

That's all the freshmen news for this year. It has been enjoyable to report for a swell class. I'll see you next year in the sophomore column.

Chet McDowell.

The self-discipline that is required in an activity like gymnastics is a desirable quality. The learning of gymnastics stunts is appealing, challenging, and sat-

isfying both to the beginner and to the polished performer. So diversified are gymnastic stunts that the youngest toddler may learn and enjoy performing simple tricks, while the oldest enthusiast may continue to maintain relatively normal physical fitness by means of enjoyable workouts. Gymnastics may be adapted effectively to fit the needs of the very young, the growing youth, the mature, the middle-aged or the older individual, regardless of physical size or condition. Gymnastics has great carry over value to leisure time.—Dr. Hartley Price, Florida.

* * *

Physical educators generally are widely and affectionately known in their communities but are peculiarly lacking in tools with which to sell the value of their profession. They are well adjusted extroverts, apparently content with their existence and are rarely moved to promotional efforts toward wider acceptance of physical education in their schools or communities. A large majority work alone in primary and secondary schools cut off from professional contact other than as coaches and officials in minor athletic contests. It is in this area that physical education is weakest and where promotional efforts are most needed.