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ASO. OFFICE.

UPOZORNĚNÍ

župám, dopisovatelům a přispívatelům do "Sokola Amerického"!

Poněvadž máme omezený obnos určený na vydávání "Sokola Amerického" a který nepřekročíme, všechny zprávy a články pište úplně jasně. Věci, které by zajímaly členstvo po celé Obci.

Tímto způsobem můžeme být spravedliví ke všem a můžeme bezodkladně otisknout všechny včas došlý materiál.

Pište ve zhuštěné formě, kde možno na stroji, ob řádek, pouze na jedné straně papíru.

ANNOUNCEMENT

To All Districts, Units and Individual Correspondents and Contributors to "Sokol Americký"

Due to the fact that we have a limited budget for the publication of "Sokol Americký" and cannot exceed it, all reports and articles should be written concisely.

In this way we can be fair to everyone, publishing immediately all material that is received.

Please condense all reports and articles to a typewritten, double-spaced sheet of paper.
EDITORIAL STAFF "SOKOL AMERICKÝ"

SOKOL ACTIVITIES GYMNASTIC EXHIBITIONS

Sokol Milwaukee, Wis. - April 25th.
Sokol Town of Lake, Chicago, Ill. - April 25th.

Sokol New York, N.Y. - April 26th.
Sokol Mladočech, Racine, Wis. - May 2nd.
Sokol Fuegner, L.I.C., New York - May 3rd.
Sokol Little Ferry, N.J. - May 23rd.
Central District ASO., Chicago, Ill. - "SOKOL DAY", June 14th.

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MID-SLET and COMPETITIONS ASO. - LOS ANGELES, CALIF. - July 3, 4, 5.
EXCURSION TO CALIFORNIA ASO. - June 30th to July 12th inc.
50th Anniversary, Los Angeles, Calif. - July 3rd.
Sokol Moravan, Toledo, Ohio - 50th Anniversary - October 10th.

ŠLAP NA TO!

At' bolí, co bolí, srdce či dráp,
neříd' se, synáčku, příkladem bab!
Neplač a neskuhrej, jsi muž, jsi chlap!
S ničím se nemazli; šlap na to, šlap!

SOKOL AMERICKÝ

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ.

Ročník—Vol. LXXX

April — 1959 — Duben

Číslo—No. 4

TO ALL SOKOLS AND FRIENDS!

This July will mark Los Angeles Sokols' most eventful celebration in their 50 year existence. Never before in the history of American Sokol has there been a National Mid-Slet held on the Pacific Coast, not only to commemorate an anniversary, but to bring all of our Sokol brothers and sisters together to participate in such an unforgettable event.

The eyes of the world will be upon us, as we, free in thought and ideals, meet in unity. How important for us to show our great America that we are in strength for her progress.

As chairman of the Slet committee and the Sokol Los Angeles, I personally extend a sincere invitation to you and your friends to attend our event. Many of you have never visited

our beautiful California and now is the opportunity for you to vacation in our sunny State, and to meet again with your national wide group of Sokol brothers and sisters.

Our Slet committee is working diligently for the past 10 months to present a well organized and enjoyable Mid-Slet. Our great "City of the Angels" will welcome each and everyone of you with many opportunities of entertainment.

Don't you agree that again meeting your Sokol friends and visiting our "Vacation Land" this summer is a "must?"

Till we meet in July, Nazdar!

Emil Nekuda.

SOKOL TOUR TO LOS ANGELES, CALIFORNIA, GAINING MOMENTUM

We cannot stress too strongly that reservations for the Sokol tour to the Slet in Los Angeles, July 3, 4, and 5th should be made as soon as possible.

Do not forget we are going there at the height of the tourist season. Space on the trains and at the hotels will be at a premium. We must make definite reservations far in advance to ensure the comfort and enjoyment of our party.

The same applies to our host Sokol units at Fresno and San Francisco. Time is needed for proper preparation for any extensive entertainment.

We have a wonderful, exciting trip ahead

of us. Make sure your reservation is sent in now and avoid disappointment. Do it now while it is fresh in your mind and then lay back and start dreaming, start counting the days until that eventful June 30th rolls around.

The trainman's "All aboard" will start you off on a tour you will never forget. Bro. Charles Prchal and sis. Blanche Cihak will be your tour conductors. That in itself guarantees your complete satisfaction.

Make that reservation today!

Nazdar!

EXCURSION COMMITTEE
AMERICAN SOKOL ORGANIZATION

ZÁJEZD AMERICKÉ OBCE SOKOLSKÉ DO KALIFORNIE...

Ve dnech od 30. června až do 12. července uspořádá Americká Obec Sokolská zájezd do Kalifornie a to nejen ku mezisletu v Los Angeles, ale i ku návštěvě Fresno, Yosemite National Parku, prohlídce San Francisca, návštěvě Mariposa Grove of Big Trees. Zájezd jest velmi pečlivě připraven a proplánován, přístupen naší širší veřejnosti, jak oznamováno v našem

denním tisku. Jest nepochybně, že každý z účastníků si odnese ty nejbohatší a nejkrásnější vzpomínky na tento zájezd, na překrásné chvíle na sletě, na božské krásy přírody.

Zašlete své přihlášky ještě dnes.

Zájezdový Odbor AOS.,
2345 So. Kedzie Ave.,
Chicago 23, Illinois.

PROHLÁŠENÍ SOKOLSTVU A VEŘEJNOSTI.

Sokol Washington, D. C., poslal zprávu o snaze postavit v sídelním městě, společně s druhými organisacemi, **Národní budovu**. Tato budova bude vybavena účelnou tělocvičnou. Jednota požádala podpoření jejího úsilí.

Výkonný Výbor projednal vřelou žádost sester a bratří. Uznal, že ve městě Washingtoně mají své požadavky dokonale ujasněny, stavební program stanoven, a že si **zaslouží podpory všech, kteří ji mohou dát.**

Je tam vůle i nadšení, které je půdou, ve které má kořeny veliké dílo pro budoucnost. Vaše, naše pomoc, bude teplým sluncem a úrodným deštěm pochopení a lásky, které přinese bohatou sklizeň.

Neoslyšme vřelou žádost sester a bratří. Pomozme jim k pocitu významu a účelnosti přidat pocit sebejistoty. Zkrátka smysl existence.

Odhodlání je zde, práci se naši nevyhýbají. Potřebují ale prostředky, na které sami nestačí. **Kdo pomůže, kdo dá?**

Odpovězme dle svého vědomí a dle svých možností, pro štěstí našeho velkého poslání!

Nazdar!!

Bláža J. Čiháková, jednatelka

Karel M. Prchal, starosta

James L. Cihak

FITNESS OF AMERICAN YOUTH

In the 56 page report to the President of the United States on the Fort Ritchie Meeting, (the second annual conference) we find so many things worthwhile quoting that it takes several readings to select the ones that would do us the most good.

These excerpts will have to be divided into at least four groups so that we can assimilate them readily. The first is taken from the address of Sec. of the Agriculture Ezra Taft Benson.

"Physical well-being is not only a priceless asset to one's self - it is a heritage to be passed on. With good health, all other activities of life are greatly enhanced. A clean mind in a healthy body enables one to render far more effective service to others. It helps one provide more vigorous leadership. It gives our every experience in life more zest and more meaning. Robust health is a noble and worth-while attainment.

This year we are celebrating the centennial of the birth of Theodore Roosevelt. For much of his youth, Teddy Roosevelt was frail and sickly - so much so that he was privately tutored and could not take part in the rough and tumble games of boys his own age. But Teddy Roosevelt was a resolute character. He deliberately set out to build up his body

- and he stuck to it. In a sense made himself over. He made himself fit. And he went down into the annals of history as a great exponent of the strenuous life - the youngest of all our Presidents - and certainly one of the most vigorous, robust, energetic men ever to occupy the White House.

Times have changed greatly since Theodore Roosevelt was President. But the need for fitness, is no less urgent.

There is a tendency to think of fitness solely in terms of the physical - in terms of bodily strength. But to be truly fit - truly up to the demands of life - requires much more than bodily strength. It involves the mind and the training of the mind - the emotions and their use and control - yes, and it involves the soul and spiritual growth, too.

The President's Council is not solely interested in just helping to turn out four-minute milers, star pitchers, and quarterbacks, or champion tennis players. True, we approve and encourage athletics. But our real objective is a program that helps youth to become fit - as future scientists, professional people, soldiers, workers, farmers, business managers, merchants, financiers - and above all, as the husbands and wives, mothers and fathers of tomorrow.

I read awhile ago of a remark by General Omar N. Bradley, formerly Army's Chief of Staff, who on one occasion said: "With the monstrous weapons man already has, humanity is in danger of being trapped in this world by its moral adolescence. Our knowledge of science has clearly outstripped our capacity to control it.

"We have too many men of science; too few men of God. We have grasped the mystery of the atom and rejected the Sermon on the Mount. Man is stumbling blindly through a spiritual darkness while toying with the precarious secrets of life and death.

"The world has achieved brilliance without wisdom, power without conscience. Ours is the world of nuclear giants and ethical infants. We know more about war than we know about peace, more about killing than we know about living." Those are startling, shocking words from a great military leader.

Second to their duty to God, youth should realize their duty to our country. They should love and honor the Constitution of the United States - the basic concept and principles upon which this Nation has been established. Yes, they need to develop a love for our free institutions.

Third, they should realize their duty to serve others. To serve others willingly and unselfishly is one of the greatest virtues.

They should learn co-operation. Not everybody can lead, but everybody can co-operate. More perhaps than anything else, that's what we need in the world today - the ability to work together and serve one another in peace and harmony.

Fourth, they have a duty to themselves. They need to develop in themselves the finest characteristics of mankind; inward peace - faith - humility - integrity - charity - courage - thrift - co-operation - and an ability to good hard work - all ingredients of a sterling character. Yes, character - for character is the one thing we make in this life and take with us into the next.

Our youth need to develop qualities of leadership. They need to learn the value of staying power - stick-to-it-iveness. They need to learn devotion to duty - the devotion to duty that keeps a good doctor on the job right around the clock in an emergency - the devotion to duty that leads a scientist or a teacher to persevere in a low paying position in the public service because that is where his or her maximum contribution can be made.

They need to learn to be tolerant of people but intolerant of untruth, of laziness, of immorality. There is a type of "broadmindedness" prevalent today that tolerates just about anything short of outright murder. It isn't broadmindedness at all - it's moral apathy, or maybe moral cowardice."

Perhaps our members and children will be more impressed when they find people of this caliber confirming what we have been doing for decades. It does not matter who influences them just as long as they cast off the leaden braid of self-satisfaction and see the light. Now is the time to help your unit, your instructors, your officers, but above all to help your children and yourself by participating actively in everything your unit does.

Nazdar!

SOKOL DETROIT.

Zemřel bratr Stanley Novák.

Opět Morana zasáhla citelně v naše řady a navždy odebral se od nás známý, dlouholetý a značně činný bratr, kterého jistě každý měl rád. Bratr Stanley Novák zemřel v nemocnici po kratším srdečním neduhu v pondělí večer, dne 23. února a pochován byl za značné účasti naší sokolské a krajanské osady v sobotu, dne 28. února, na pohřebišť Evergreen, kde jeho pozůstatky byly zpopelněny. Za naše sokolské jednoty, jichž byl zemřelý bratr životním členem a pracovníkem, rozlučné řeči pronesli starosta br. De Conti a místostarosta br. Brumo.

Bratr Novák byl narozen v Detroit 3. října 1894, nebyl ani 65 let stár. Vyrostl v sokol-

ském okolí Sokola Podlipný, stal se roku 1913 členem jednoty a byl značně činný v tělocvičně a ve cvičitelském sboru. Byl jedním z těch starších pionýrů, pamatující radosti i problémy těch dob a rád o nich vypravoval. Byl vždy milé povahy, svérázný a vždy pohotov pomoci.

Pozůstalým vyslovujeme naši srdečnou soustrast a spolucítění v jejich velikém bolu. Bratr Novák zanechává tu velikou, šlechetnou památku své dobré práce a života a budeme památku tu zachovávat.

A. Benesh.

Bohumil Marek:

O VZNIKU ČESKÉ OBCE SOKOLSKÉ.

(Dle vzpomínkové úvahy z VĚSTNÍKU SOKOLSKÉHO z roku 1909)

Dne 24. března roku 1889 byl konán prvý valný sjezd České obce sokolské. Vzpomenuli bychom tudíž tohoto roku sedmdesáti let trvání tohoto důležitého ústředního útvaru, později přejmenovaného na Československou obec sokolskou. Dlužno si proto dnes připomenouti, jakého úsilí a kolika času bylo zapotřebí, než se podařilo docílití povolení k utvoření střediska sokolských snah.

Vznik České obce sokolské nebyl dílem jednoho okamžiku a jedné hlavy, nýbrž spíše výsledkem různých obměn a zdokonalování, jak vyžadovala doba a postupný rozvoj věci sokolské.

Dr. Miroslav Tyrš již ve druhém roce trvání Sokolstva uznal, že jest nezbytno, aby byl vytvořen ústřední sbor, který by byl sokolským jednotám rádcem a pomocníkem při plnění úkolů jim vytčených. Ustanovil sbor pro vzájemnost tělocvičných spolků slovanských, především v Čechách a na Moravě, který měl zvláštní pozornost věnovati výchově cvičitelů, tak, aby získali rozhled nad soustavou cvičební a též potřebný materiál ku vyučování. Pražská policie však zakročila a po dlouhém vyšetřování působnost sboru zakázala.

K návrhu Dr. Miroslava Tyrše usnesla se valná hromada Sokola pražského v říjnu roku 1867, aby byl svolán sjezd všech jednot sokolských do Prahy, na dny 28. a 29. června roku 1868 ku společné poradě a ku společnému veřejnému cvičení všech sokolských jednot slovanských v Rakousku.

Sjezdu měl býti předložen návrh na vydávání Věstníku sokolského, jako společného orgánu sokolských jednot a stanov spolku sdružených jednot sokolských. Stanovy určovaly, že řízení záležitostí tohoto spolku bude prováděno sněmem vyslanců, volených jednotami (vždy jeden vyslanec na 50 členů jednoty) vždy na čtyry roky a výborem, (sestávajícím z předsedy a dvanácti členů) voleným z vyslancův. Pro slety navrženo období čtyř roků.

Ministerstvo vnitra však opět nepovolilo zřízení spolku stávajících slovanských tělocvičných jednot, uváděje, že tento proponovaný ústřední spolek nemá právě tak za účel napomáhati tělocviku, jako spíše utvořiti jednotu směru národního, která jest řazena mezi spolky politické, kterým jest zakázáno zřizovati mezi sebou jednoty. Porada vyslanců byla za-

kázána, leč proti konání veřejného cvičení nebylo námitek. A tak při mimořádné valné hromadě jednoty pražské v červnu 1868 usneseno, že nebude-li sjezdu, nebude i veřejného cvičení. Usnesení schváleno v naději, že to co tentokrát povoleno nebylo, později skvěleji a trvanlivěji se vydaří.

Zajímavé však, že založení německo-rakouského svazku krajského bylo Turnérům v tomto roce povoleno. Zřejmě se c.k. rakouské úřady obávaly silné, sjednocené jednoty všech slovanských sokolských jednot v Rakousku.

V roce 1871 byly stanovy spolku jednot sokolských přepracovány, znovu zadány, ale výnosem ministerstva vnitra znovu neschváleny se stejným uvedeným důvodem, jako v roce 1868.

V roce 1882 po jubilejní slavnosti Sokola pražského, bylo Tyršem uloženo pořadatelstvu slavnosti, "aby organizaci věci sokolské poznovu upravili . . ." a v 1. čísle časopisu SOKOL z roku 1883 obrácen zřetel na zřizování župních celků, s čímž dosud otáleno bylo v naději, že přece jen se podaří provésti organizaci ústřední jednoty.

V roce 1888 byly nově upravené stanovy České obce sokolské, která se omezovati měla pouze na království České, znovu přezkoumány a předloženy poradě zástupců žup, svolaných do Prahy. Stanovy tyto byly schváleny výnosem c.k. místodržitelství pro království české a to dne 5. listopadu 1888. Členem České obce sokolské mohla se však státi pouze sokolská župa v Čechách. Jednotě pražské přiznáno bylo zvláštní samostatné členství, s ohledem ku jejímu význačnému postavení. Záležitosti obce měl řídití valný sjezd, výbor (za každých 100 členů župy 1 zástupce) a předsednictvo (starosta a 4 členové).

Prvý valný sjezd Obce byl svolán na den 3. února 1889. Ježto však v lednu toho roku zemřel bratr Gabriel Žižka, starosta Sokola pražského, byl sjezd odložen na den 24. března téhož roku. Dostavilo se z 207 oprávněných zástupců 147, kteří uvedli v život dlouho chystané a připravované dílo, jehož vliv a význam pro rozvoj věci sokolské až do dnešních dnů sahá.

Prvé předsednictvo tvořili bratři: starosta JUDr. Jan Podlipný, náměstek starostův MUDr. Josef Zelenka, jednatel JUDr. Josef E.

Scheiner, pokladník Josef Kettner, náčelník JUDr. František Čížek. Náhradníci byli bratři Julius Enders, František Kožíšek, JUDr. Boh. Rieger a Karel Vaníček, jména jichž všech nesmazatelně spjata s historií sokolské organizace.

Na den 24. března roku 1899, tedy o deset let později, konán byl mimořádný valný sjezd České obce sokolské, na jehož pořadu byl návrh na změnu stanov v tom smyslu, aby členem jejím státi se mohla každá župa v zemích předlitavských. Změny tyto však nebyly ministerstvem vnitra schváleny. Až teprve v listopadu roku 1901 předložen nový návrh stanov se změnou článků desátého a sedmnáctého, který pak schválen. A tak konečně po mnoha letech ustavičného snažení bylo teprve umožněno, aby veškeré Sokolstvo československé v zemích koruny svatováclavské a v

Dolních Rakousích bylo sdruženo v jednom, mohutném středisku. K uskutečnění tohoto útvaru došlo však ve skutečnosti až v roce 1906, kdy župa Hanácká, jako poslední ze žup moravských stala se členem.

O VII. sletě všesokolském byl schválen návrh na změnu stanov a jména na Československou obec sokolskou, když i slovenské župy se přihlásily do jejího svazku.

Z vyličeného nástinu nejlépe vysvitá, kolik úsilí bylo zapotřebí, nežli došlo ku konečnému sjednocení v Obec, která se pak stala pevným střediskem ušlechtilých snah a poctivé, nezištné a obětavé práce. Výsledky dosažené během oněch uplynulých sedmdesáti let jasně hovoří o významu nedocenitelné myšlenky sokolské, poskytující ostatním zářný příklad.

Blanche J. Cihak

THEODORE ROOSEVELT AND THE AMERICAN BOY

Had Teddy Roosevelt been approached he surely would have become a Sokol. His whole life was a perfect example of what we have always taught and tried to do.

How appropriate the following, especially in this month of April when physical fitness of our youth is being highlighted nationally. It is taken from Theodore Roosevelt's "The American Boy".

"What we have a right to expect of the American boy is that he shall turn out to be a good American man. The boy can best become a good man by being a good boy — not a goody-goody boy, but just a plain good boy. I do not mean that he must love only the negative virtues; I mean that he must love the positive virtues also. "GOOD" in the largest sense, should include whatever is fine, straightforward, clean, brave and manly.

The best boys I know — the best men I know — are good at their studies of their business, fearless and stalwart, hated and feared by all that is wicked and depraved, incapable of submitting to wrong doing, and

equally incapable of being aught but tender to the weak and helpless.

Of course the effect that a thoroughly manly, thoroughly straight and upright boy can have upon the companions of his own age, and upon those who are younger, is incalculable. If he is not thoroughly manly, then they will not respect him, and his good qualities will count for but little; while, of course, if he is mean, cruel or wicked, then his physical strength and force of mind merely make him so much the more objectionable a member of society.

He can not do good work if he is not strong and does not try with his whole heart and soul to count in any contest; and his strength will be a curse to himself and to everyone else if he does not have a thorough command over himself and over his own evil passions, and if he does not use his strength on the side of decency, justice and fair dealing.

In short, in life, as in a football-game, the principle to follow is: Hit the line hard; don't foul and don't shirk, but hit the line hard."

When you get into a tight place and everything goes against you, till it seems as though you could not hold on a minute longer, never give up then, for that is just the place and time that the tide will turn. — Harriet Beecher Stowe.

It is easy in the world to live after the world's opinions; it is easy in solitude to live after our own; but the Great Man is he who in the midst of the crowd keeps with perfect sweetness the independence of solitude. — Emerson.

Charles M. Prchal

SOKOL TOWN OF LAKE'S 70th ANNIVERSARY

A gymnasium tastefully decorated with red, white and blue streamers and a special 70th anniversary decoration on every one of the tables was the setting for an eventful evening on Saturday, February 28, 1959. The decorations were the artistic work of Sokolice Town of Lake.

At the head table sat the speakers, officers, and the special guests of the evening; Town of Lake's members who were with the units for over 50 years. A long table down the center of the hall was reserved for guests from other Sokol units and representatives of other organizations. This was flanked by tables on both sides set at an angle, where the members and friends of the unit were seated.

After a delicious dinner, bro. Bretislav Vanek warmly welcomed the guests and members, and asked for their continued support of the Sokol's efforts. Bro. Cihak welcomed those present in English. The Lyra Singing Society under the direction of Bohumil Weirauch sang the National Anthems. Bro. Cihak introduced the distinguished guests and the officers of Sokol and Sokolice Town of Lake.

This set the stage for Lyra's fine singing of five selections. Some of these were new to us but were so beautifully rendered that the ovation Lyra received was fully earned. When Lyra was leaving the stage, bro. Vanek introduced Mr. Vlad. Holecek, 93 years old, who still faithfully attends rehearsals and travels with Lyra in their cultural activities.

The especially honored guests, the 50 year members, were presented by bro. Vanek for the Sokols, and sis. Blanche Cihak for the Sokolice. Of the men, only brothers Vodak and Marek were present, the other seven living, being out of town, or ill. They are: Karel Vorel, Prokop Karlovsky, Karel Berounsky, Al. Cecka, Sr., Frank Cernoch, Joseph Nikrin and Joseph Reichert. Bro. Otto Randa died ten days before the celebration. His 50 year Sokol pin will be presented posthumously to his family.

Sis. Cihak presented the Sokolice who were present, each of whom received a golden corsage and had her 50 year pin presented individually by the officers of the unit. Sis. Marie Wolf accepted the corsage and pin for her ailing mother sis. Mary Vodak. The gold

pin for sis. Kristufek who died a week ago was presented posthumously to her daughter sis. Adeline Lankas.

The rest of them will receive their pins at the Annual Mothers Day Program.

These pins are the insignia of ASO: bronze for 25 years membership, sterling silver for 40 years and gold plated for 50 years. These had just been officially adopted by the ASO, so that this is the first occasion on which they were presented.

Sis. Ann Falta, Vice President of the Central District spoke earnestly as she brought the District's greetings. Sis. B. Cihak, in name of Sokolice Town of Lake congratulated the brothers on their 70th anniversary and presented them with a check.

Bro. Charles M. Prchal, President of ASO. spoke in Czech, thanking the unit for all they had accomplished in the past and for their determination to remain active despite the unfavorable conditions under which they had to work.

All three of the speakers were warmly received and applauded for their messages.

Bro. Vanek read the names of 12 of those who were members for 40 to 50 years, and 23 of those who were with the unit from 25 to 40 years. Those who were present received their pins after the program.

Bro. A. Cecka then read the poem "A Sokol's Soul", with fine feeling and appreciation. His understanding of bro. Cihak's poem, which was composed for our IX. Slet, June, 1957, enraptured the audience.

This ended the program but not the evening. A happy gathering stayed for hours, dancing to R. Rozum's orchestra and reliving all the joys and trials of the past.

During my tenure of office as President of ASO. this unit has given us three Vice Presidents, bros. Fred Vodak, and B. Vanek, and sis. Blanche Cihak who is well known in that office and as our Recording and Financial Secretary. The Unit has also given us our present Educational Director, bro. James L. Cihak.

The program they had printed for the occasion showed that they had the support not only of our Sokol units but of dozens of business houses.

Where there is so much idealism and sincere understanding for our Sokol, we can rest assured that there will be plenty of vitality to carry on into the future. All of

us wish Sokol and Sokolice Town of Lake a bright and happy future.

Nazdar!

Concentrate on Promoting Your Sokol, Locally, Nationally, Internationally

by

A. J. Suster President, Sokol Tyrs, Cleveland, Ohio
(Public Relations Consultant)

(Bro. Anthony J. Suster, President of Sokol Tyrs, Cleveland, Ohio is well qualified to write about public relations as he is a professional in this field. His suggestions are so timely, and presented in such fine form that they can be a valuable asset to every unit. We recommend that our units study them thoroughly and keep them in a separate folder for easy reference.

This is a fine text on a phase of our work in which we have been exceptionally weak. The material will be published in serial form, every month. This is installment number II.) J.L.C.

II. THE NEWSPAPERS

The newspapers are in business to print news. What makes news is, of course, a matter of opinion. Members of the working press are trained to decide. Successful PR representatives should be discerning also in what they offer as "news" and should never give a newspaper story which does not have some news of feature interest.

What is "news" in Sokol?

The election of new officers. The annual report on activities, properly presented. The "Veřejné Cvicení" of a unit or district. The competitions held and local winners who made a "grade". A story about individual members who made some progress in their professions, occupations or civic life. A stand taken by Sokols on controversial issues in the community. Participation in a community development, new building, hall or fund drive, etc. Announcement of new classes for gymnasts (usually in September of each year, etc.)

Timing is Important. The city room of a large metropolitan newspaper is a busy place. Consideration should always be given to the demands on the time of the newsmen. You should arrange to deliver your press release at a time when the pressure of work is least. You must never "drop in" at deadline time.

The most important is a copy you have written. It must be neat — original copy (carbon copies usually go into the waste basket without being read). You always double or triple space any press release and at the head of it you put the name, address and phone number of the person who wrote it or who knows the story. Many a time the newspaper, not only checks the story, but wants additional information. Make yourself available to the newspaper man.

Follow the FIVE "W's". Try to prepare your release in newspaper style. Get all the important facts in the first paragraph. The "Lead" (first sentence) should contain the "five W's" - WHO, WHAT, WHEN, WHERE AND WHY.

Stick to the facts. Never editorialize. Avoid adjectives and adverbs which suggest opinion or

judgment. Use simple, direct language and straight-forward sentence structure. Make sentences and paragraphs short. Avoid technical jargon.

Do not assume that the reader has any background knowledge of the subject. Cover all the facts. **Example:** The first sentence of an announcement should read approximately like this: "The second annual picnic of the Sokol Tyrs Gymnastic Organization will be held Sunday, August 17, 1958 from 10 a.m. to 8 p.m. at the Odd Fellows' Fresh Air Camp in Glenwillow, Ohio for the benefit of the remodeling fund for the gymnasium".

In this sentence you have your W's: WHAT, WHO, WHEN, WHERE and WHY. In the following paragraph you can emphasize on why, who is running the picnic, how to get to the picnic ground, what is the admission, the program, etc., etc.

Never refer to your organization simply by its name or by its initials. The last paragraph of any story should always say something about the general Sokol movement, as follows for example:

"The Sokol, literally translated is "Falcon", the brisk daring bird, which is a symbol of the organization. Sokol Tyrs provides a place for young and old to improve their physical fitness and the organization is a group member of the Amateur Athletic Union of the United States. John Doe, 12714 Rexford Avenue is the president, Frantisek Voprsalek is secretary."

Do not send releases to the newspaper three or four weeks in advance. Time it right - about a week before your event is sufficient. Of course, material for feature stories should always be discussed with the City Editor well in advance and HE WILL TELL YOU what he needs to make the story worthwhile.

And remember, each community in which you live has a different problem, different setup to their newspaper coverage. Prepare your media lists in advance and find out whose "beat" is gymnastics or athletics in your local newspapers. Then contact and maintain the relationship with a reporter directly. Be accurate and do not "over-rate" the value of your story.

A good picture can often tell a story more effectively than columns of copy. When an important news event occurs, newspaper will send a staff photographer to cover it. But make sure that you have a person in your unit who will meet the reporter to help him to select ideas to illustrate stories. Do not try to make a picture for him though. That's his job.

Always give full names of people you mention in stories and be sure you spell names correctly. Be accurate and dependable. Never doublecross a reporter.

If your unit is not known in the city visit your local information medias personally, introduce yourself and leave some informative material with them for their library. Put your local newspapers on the mailing list for your NEWSLETTER, NEWS SHEET or what have you.

The above paragraphs are directed to American newspaper coverage. **The Czech and Slovak newspapers in the U.S.A.** have slightly different procedures. They are friendly to the Sokol movement and know enough to write the stories themselves. One rule should prevail though, even for Czechoslovak newspapers in the United States. Do not send ten sheets of hand written copy to any

Czech editor and expect that it will appear in the next issue of the newspaper. They too have deadlines. They have more problems with printing their paper and print is costly. Usually one or two editors run the whole paper and they too have many things to do. You will get better treatment if you comply with some of the unwritten rules which individual Czechoslovak newspapers in the United States and Canada have.

In another issue of the Sokol Americky we will discuss the radio, television, wire services, direct mail, brochures and monthly and other periodical publications for individual units as well as the internal P. R.

Best of luck to Sokol Americky, the American Sokol Organization and the future of our movement in the United States and in the World. Nazdar. A. J. S.

Charles M. Prchal

SOKOLICE OMAHA CELEBRATE 70th ANNIVERSARY

Seventy years ago a dedicated group of women founded Sokolice Omaha. On March 7th of this year they celebrated that event and paid homage to the faithful women who had supported, worked for and guided the destiny of many generations of children to a responsible citizenship. Through upheavals, World Wars, joys and sorrows, the Sokol ideals have been a firm foundation for a continuous training.

A beautifully decorated hall was the setting for the evening's events. President Helen Dusek greeted the assembly warmly. After the singing of the National Anthems and the Pledge of Allegiance to the Flag, a delicious dinner was served.

The men's unit had organized arrangements for the dinner and it was served by the Juniors and gymnasts. This they did like well seasoned experts.

After the dinner, sis. Dusek gave a brief history of the unit's rich and glorious past, the value of Sokol training and its exceptional influence on the life of the neighborhood and the City of Omaha. Not only had the unit been co-operative, but results showed the high level of responsibility of its members. They had received general appreciation for their work by everyone who recognized its value.

Bro. Frank Kopecky, president of Sokol Omaha and the Western District, congratulated the Sokolice on their 70 years of successful operation.

The Piskac brothers quartet (Father and 3 sons) entertained an appreciative audience with their excellent singing of Czech and English compositions. Grandfather Piskac (editor of the WBFA publication) and his very sweet talented granddaughter then played two flute duets. Their efforts were enthusiastically received.

Past president of Sokol Omaha, bro. Walter Korisko thanked the Sokolice for their seven decades of fine work.

Bro. Prchal, president of ASO. thanked Sokols of Omaha for their hospitality and 70 years of devotion to the Sokol goals of creating better men and women. He stated that even though seven decades have gone by, the unit is still young, and vigorous, still conscious of its obligation to carry on in a spirit of self-sacrifice without seeking recompense or glory. They vindicate at every opportunity their devotion to the ideals of the land of their forefathers and its undying devotion to liberty.

The promise of Sokolice Omaha that they never deviate from the course they had followed for 70 years was enthusiastically applauded.

Bro. Simon Rokusek, for many years president of Sokol Omaha and of the Western District, and honorary member of ASO. spoke warmly of the many years of exceptional co-operative work he had had with Sokolice Omaha. He spoke briefly of the highlights of that long period and expressed the fervent

hope that coming generations would be just as faithful in their appreciation of the Sokol ideals.

Sister Blanche J. Cihak, greeted the Sokolice and congratulated them on their 70th anniversary. She spoke about the intensive campaign to develop a YOUTH FITNESS PROGRAM, and their participation in this work.

She repeated Dr. Tyr's credo which we hope to adopt in our organization, and which should become as near and dear to us as our American Pledge to the Flag.

She reassured them that their fine record for the last 70 years is their best guarantee for the future. And she mentioned their fine co-operation with the brothers of Sokol Omaha, with whom they co-operated in erecting their fine gymnasium and wonderful camp. Both projects are monuments to their combined efforts.

In conclusion she said "You have toiled hard, and your harvest has been rich. You have co-operated in the past and you will co-operate in the future."

The program was enriched by the performance of the men on the parallel bars. Their difficult combinations were admirably executed, and received well deserved applause.

When the applause died down sis. Marie Horejši, came forward and addressed sis. Blanche Cihak. She stated that it was an honor for her to present sis. Cihak to the assembly and that she was proud to present her with the diploma of Honorary Membership of Sokolice Omaha in recognition of her many years of devotion to the Sokol ideals and for her outstanding work as a member and officer of the Executive Board of ASO.

Sis. Cihak, visibly moved, graciously accepted the honor. She thanked them and promised that she would continue to do everything possible to merit the high honor they had bestowed upon her.

The crowning event of the evening were the national dances performed by the junior girls. Their faultless execution received a well earned ovation.

This was followed by the presentation of sisters who were members for over 50 years. Each of them received the new gold Sokol pin which is awarded and presented by the units in recognition of long, meritorious membership. The pins have received favorable approval for their design.

Guests were presented to the assembly, among them the Western District's Director of Men and president of Sokol South Omaha, bro. Vojmir Benak.

The program was closed with community singing to the spirited accompaniment of sis. Charvat.

As we know, Omaha and Nebraska had been hard hit by storms and heavy snowfall that weekend so that many members of other units who would have been happy to attend, were not able to do so because of snowdrifts and blocked highways.

A review of the work you have performed Sokolice Omaha is a joy to all of us. Your beautiful past, your fine, goodhearted, self-sacrificing members are an example to others, who shall further the work you have so nobly carried on thus far. The 7th of March, 1959 is a milestone and an inspiration for the future.

Nazdar!

To be seventy years young is sometimes far more cheerful and hopeful than to be forty years old. — Oliver Wendell Holmes.

The victory of success is half won when one gains the habit of work. — Sarah A. Bolton.



JOSEPH MARTÍNEK.

Na kraji pouště, v Tucsonu v Arizoně, dožil se 23. března t. r. sedmdesáti let národní pracovník, Joseph Martínek.

Dny Martínkovy byly naplněny velikou nezištnou prací. Po dlouhá léta byl jedním z nejpřednějších činitelů našeho amerického života. Pracoval s nadšením hodným obdivu a s vytrvalostí neutuchající. Byl vůdcem v hnutí dělnickém. Jeho činnost v Dělnické Tělocvičné Jednotě těžko se dá vypočítat. Měl pochopení pro Sokol a jeho úkoly. Byl žurnalistou, řečníkem, spisovatelem, organizátorem. V poslední době napsal básně, které uveřejňují přední americké magaziny. Život dal mu bolesti a tíhu mnohých béd, ale nezlomil ho.

V době obou odbojů za volnost rodných

zemí vykonal nezměrné dílo. Poznali jsme jeho opravdovost, nezištnost a poctivost v boji i věrnost v přátelství.

Výkonný Výbor Americké Obce Sokolské připomenul si práci, která byla symbolem mužné lásky k rodné zemi a pobídkou k boji za lepší budoucnost národa. Připomenul si Martínkův význam pro náš život a k jeho sedmdesátce mu poslal věrý projev.

Sám používám této příležitosti, abych Ti řekl, že vzpomínám, že si vážím Tvého upřímného a opravdového bratrství, že Ti se všemi ve Výkonném Výboru přeji, abys byl dlouhá léta a hodně zdráv. Posíláme spolu dík za vše, co jsi pro nás zde a co jsi pro národ náš vykonal. Nazdar!
Karel M. Prchal.

Jiří Špánek:

JAK NA TO...

Všechny sokolské jednoty schválily návrh, aby znovu byla zavedena v jednotách, v župách i Obci organisovaná vzdělávací činnost.

Vzdělávací činnost není nic nového, protože v sokolských jednotách jak ve staré vlasti tak i v Sokolstvu v Americe více méně byla prováděna, aby byl vyplněn Tyršův sokolský program: "Ve zdravém těle zdravý duch." Stačí vzít do ruky staré ročníky sokolského věstníku AOS. a uvidíme, že americké Sokolstvo mělo celou řadu velmi dobrých sokolských pismáků a vzdělavatelů. Po poslední světové válce však soustavná vzdělávací činnost byla opomíjena a proto znovu se ozvaly hlasy, aby byla soustavně organisovaná a k tomu účelu již na letošních valných hromadách byli zvoleni vzdělavatelé.

Je zde nyní otázka: Jak na to . . . jak tuto vzdělávací práci provádět? Máme dnes jiné těžkosti než měli naši předchůdci. Pokud v jednotách se mohlo mluvit jen česky, mohl předstoupit před sokolskou mládež každý sokolský pracovník, který ovládal sokolskou věc, ale dnes musí ve většině případech ovládat dobře angličtinu. — Protože proslovy před šikem se neosvědčily musíme hledati nové cesty. Je těžko udržeti 40 rozvodádných kluků a vypravovat jim něco před šikem. Bude lépe vzít stranou, do jiné místnosti jen družstvo. Tato vzdělávací činnost může býti prováděna soustavně. Učíme naši sokolskou mládež dobře cvičit musíme jí také naučit něco o Sokolstvu a dáti jí sokolské mravní hodnoty. Zpytujeme svá sokolská svědomí a přesvědčujeme se, co ví naše sokolská mládež o Sokolstvu. Mohou býti také pořádní pro mládež besidky se vzdělávacím programem.

Se členstvem můžeme postupovati jinak, můžeme míti proslovy vážnějšího rázu, ale je zde jiná otázka, která se řídí podle místních poměrů. Ve většině jednot, hlavně starší členstvo rádo poslouchá svou mateřskou řeč, mladí však opět lépe rozumí americkému jazyku. Musíme dáti všem příležitost aby byli spokojeni. Osvědčilo se konati schůze i večírky oboujazyčně. V žádném případě však se nesmíme báti mluvit česky jednak s hrdoostí k našemu původu a za druhé proto, že z Washingtonu ministerstvo školství vydalo oběžník všem školám, ve kterém doporučuje studium cizích jazyků. Zejména pak mezi přistěhovalci udržovati jejich mateřský jazyk a kulturu, bude to přínosem pro Ameriku.

Kde musíme však učiniti nápravu jsou naše členské schůze, na kterých je pro vzdělavatele příležitost, aby řekl něco o Sokolstvu, ale obyčejně se nedostane ku slovu, protože, když schůze není dobře připravena a vedou se zbytečné debaty, trvá do pozdních hodin a každý pak spěchá domů. Schůze má býti skončena do 10 hodin, a pak budem míti čas na proslov vzdělavatele, po případě na dobrou debatu. Nejméně čtvrtletně můžem konati společné vzdělávací schůze kam mimo členstvo pozveme naše přátele i rodiče našich sokolských dětí. Program může býti příležitostný, výročí z dějin Sokolstva, Československa i Ameriky.

Je možné, že některé jednoty již podobný program provádí a bylo by dobře v tom případě, aby své zkušenosti zdělovaly vzdělavateli župy anebo vzdělavateli AOS., kteří pak tyto zkušenosti použijí ve vzdělávacích pokynech pro jednoty.

Neříkejte, prosím o bratru vzdělavateli Obce, že leží stále v knihách . . . ono by to totiž vypadalo, jako kdyby neměl peřiny.

Sestra jednatelka onehdy řekla: "Náš bratr starosta má vlasy jako havran . . ."

? ? ?

"Copak má havran vlasy?"

ZÁPIS ZE SCHŮZE VÝKONNÉHO VÝBORU AMERICKÉ OBCE SOKOLSKÉ.

konané ve středu 25. března 1959.

Přítomni bratři: Čihák, Halík, Kropík, Marek, Šimaner, Štulík, Švampera a Vydra. Sestry: Čiháková, Faltová a Prenerová. Omluveni br. Brouk, ses. Prchalová a Tintěrová.

Schůzi předsedal starosta br. Prchal.

Zápis z poslední schůze dodatečně schválen.

Br. starosta přivítal do schůze bratry Šimanera a Švampera, kteří byli déle nemocní. Oba poděkovali za zaslání zdravotní.

ZPRÁVY: Zprávy ze župy Východní, Severovýchodní, Střední a Jižní projednány.

DOPISY: Československý Orel v Exilu dopisem zve AOS. k účasti na oslavu 50. let trvání, která se pořádá 30. května. Dále žádá, aby při této příležitosti promluvil starosta br. Prchal. Pozvání přijato a br. starosta promluví. Bylo usneseno ale upozornit, že oslava se koná v den Zdobení hrobů. Snad by se našel příhodnější den.

Br. Zahradníček, jednatel župy Severovýchodní oznámil, že byl zvolen výbor k rozšíření zájmu o zájezd do Los Angeles. Slibuje všemožnou podporu z Clevelandu a okolí. Také se postará o propagaci v místním tisku. Za všechnu podporu a snahu jsme vděční.

Sokol Washington, D.C., srdečně zve na své veřejné cvičení, které pořádá 19. dubna. Dále rád přivítá do svého středu členy V.V. při každé návštěvě Washingtonu.

V dalším dopise Sokol Washington zasílá podrobnou zprávu o své vzdělávací činnosti. Zpráva byla předána br. vzdělavateli.

Bratr prof. Frank Kubina zaslal dopis a účet na obnos \$200.00 za kompozice a instrumentace na slet pro dechovou kapelu 20 nástrojů, instrumentace pro jednoty pro 7 hudebních nástrojů a za pianový doprovod, natočený na hudební pás a dále za rozepsání not pro každý nástroj. Uznáno, že tento účet je opravdu nízký. Schválen k vyplacení.

ZPRÁVA JEDNATELKY: Odznaky pro dlouholeté členy máme na skladě. Více než polovice zlatých odznaků, t.j. pro členy, kteří patří k organizaci déle 50. let, jsou již rozebrány jednotami.

Město Chicago připravuje zvláštní leták k "Fitness of Youth Week" a vyžádalo si informace o programu AOS. v tomto týdnu. Br. vzdělavatel připravil článek o naší činnosti.

Župa Pacifická změnila sídlo svého ústředí na r. 1959 ze San Franciska do Los Angeles. Novým starostou je br. Fred Divišek, jednatelka sestra Ella Nachtigal, náčelníkem zůstává br. Josef Pokorný a náčelníci ses. Florence Palaš.

Bratr Kohoutek byl jmenován čestným starostou župy.

Přípravy na slet jsou v plném proudu.

Mayor Daley's "Citizens Committee for a Cleaner Chicago" zve na průvod čistění Chicaga v dubnu. Dopis předán župě Střední.

Sokol Moravan, Toledo, Ohio, oznamuje pořádání oslavy 50. let trvání dne 10. října 1959.

Náčelnictvu předána žádost Sokola Paříž o technické pomůcky a hudbu k nim.

Na rozhlase AOS. promluvil ses. Čiháková a br. Prchal.

Na oslavě 70. let Sokolic Omaha, pozdravila jednotu a promluvila o sokolské činnosti.

Členské legitimace budou brzy rozebrány a bude nutno objednat novou zásobu. Rozhodnuto tyto přepracovat a nechat jich vytisknout 10,000.

Připravila článek pro dubnové číslo "S.A." navazující na život Teddy Roosevelta.

Rozmnožila 8 stránkový "Sokol Gymnast" v počtu 750 výtisků. — Běžné záležitosti a objednávky vyřízeny.

REDAKČNÍ KROUŽEK: Zprávu podal bratr Prchal. Březnové číslo bude ve velikosti 24 stránek s adresářem. Vyžádal si náhled na umístění materiálu. Bylo rozhodnuto zkusit střídání článků v obou řečích.

Bratr Halík přečetl zápis ze schůze náčelnictva. Tento bude uveřejněn v "S.A."

Dále podal zprávu náčelníka.

Bylo schváleno, aby dva členové zajeli do župy Západní na nácvičnou d. dubna a aby jeden člen zajel do Los Angeles, bude-li toto rozhodně nutné.

ZÁJEZDOVÝ ODBOR: Zprávu podala sestra Čiháková. Do místního tisku byla umístěna oznámka, v nedělním čísle, ve velikosti 2" při 2 sloupcích. Na denním rozhlasovém programu Denního Hlasatele jest zájezd oznamován každý den. Toto zařízení schváleno. Několik set dotazů bylo již zodpovězeno. Zájem o výpravu je velký, snad největší od doby kdy tyto pořádáme. Na Lawndale National Bance byl otevřen zvláštní vklad pro snadnější vyúčtování a žádá o schválení, aby šeky podpisovali br. Prchal a ses. Čiháková. Schváleno. Větší počet přihlášek už došel.

Br. Prchal podal zprávu o schůzce V.V. se členy Masarykovy Družiny Čsl. Legionářů. Další jednání předáno úředníkům Obce.

Ses. Čiháková oznámila výsledek hlasování o rozšíření V.V. Tak dalece došly 624 hlasy pro návrh. Celkový počet hlasů za všechny jednoty je 743. Odevzdané hlasy jsou více než dvou-třetinová většina potřebná k schválení.

Br. starosta přečetl dopis, který obdržel od br. Diviška, nového starosty župy Pacifické. Věk gramofonové desky předána redakčnímu kroužku a později náčelnictvu.

Br. Prchal blahopřál br. Kropíkovi ku zvolení předsedou sdružení čes. právníků.

Dále přečetl redakční úvahu z časopisu Cicero-Berwyn-Stickney Life Beacon o zřízení české vesnice. Vzato na vědomí.

Bylo rozhodnuto poslat pozdrav redaktoru Josefu Martinkovi u příležitosti jeho 70. narozenin a uveřejnit článek o jeho životě v "S.A."

Br. Prchal oznámil, že promluvil o oslavě 70. let trvání Sokola Town of Lake v Chicagu a 70. let trvání Sokolic Omaha. Při této oslavě bylo sestře Čihákové uděleno čestné členství Sokolic Omaha.

Sestra Prenerová doporučila, aby látka na kroje žen byla umístěna v úřadovně Obce a aby dopis a vzorek materiálu byl poslán jednotám žen, aby u příležitosti sletu v Los Angeles vystoupil co největší počet členů v kroji. Vzorky látky na kroje mužů budou posílány jednotám mužů.

Bratr starosta poděkoval za účast, podané zprávy, vykonanou práci a za projevený zájem a schůzi skončil našim: Nazdar!

Bláza J. Čiháková.

Excerpts from the Minutes of the Meeting of the American Sokol Organization held Wednesday, March 25th, 1959

Present: brothers Cihak, Halik, Kropik, Marek, Simaner, Stulik, Svamera and Vydra. Sisters: Cihak, Falta and Prener. Excused: bro. Brouk, sisters Prchal and Tintera.

Minutes of the previous meeting were approved. Bro. Prchal presided.

Bro. Prchal welcomed brothers Simaner and Svamera, both of whom had been ill. They both thanked for the letters they had received wishing them a speedy recovery.

REPORTS from the Eastern, Northeastern, Central and Southern Districts were received and will appear in "S.A."

CORRESPONDENCE

The Czechoslovak Orel in Exile sent an invitation to their 50th anniversary celebration which is to be held on Saturday, May 30th and in which they ask the American Sokol to attend and to have the President of ASO. address them on that occasion. Invitation was accepted, and their request will be granted. It was however pointed out, that due to the fact that this affair falls on the evening of Memorial Day that their attention should be drawn to this fact, suggesting that some other date would perhaps be more beneficial for a celebration of this type

Bro. Zahradnicek, Secretary of the Northeastern District, Cleveland, announced that they have elected a committee to work in close cooperation with the Excursion Committee of ASO. to the Slet in Los Angeles. Their intensive local campaign is sincerely appreciated.

Sokol Washington, D.C. extended an invitation to the members of the Exec. Bd. to address their unit whenever they may have an occasion to visit Washington, D.C. They also included an invitation to their gymnastic exhibition on April 19th.

Sokol Washington, D.C. sent another letter to which they attached a detailed report of their educational activity. This was turned over to the Educational Director.

A letter was received from Prof. Frank Kubina with a statement for \$200.00 for composing the orchestration for a 20 piece band for the Slet in Los Angeles. This also included orchestration for smaller bands for the unit exhibitions and piano accompaniment and tape recordings. It was decided that his charge was very moderate and was approved for payment.

REPT OF THE SECRETARY

We now have a supply of the new 25, 40 and 50 year membership pins.

The City of Chicago is preparing a special leaflet for the "Fitness of American Youth Week", and requested information regarding the activities of ASO. for this week. The Educational Director prepared an article regarding our work.

The Pacific Coast District changed their headquarters for the year 1959 from San Francisco to Los Angeles. The new president is bro. Fred Divisek, the Secretary sis. Ella Nachtigal; bro. J. Pokorny remains as the Director of Men and sis. Florence Palas as the Director of Women.

Bro. Kohoutek was made an honorary president of the District. Preparations for the Slet are in full swing.

Sokol Moravan announced that they will celebrate their 50th anniversary on October 10th, 1959.

Sis. Cihak and bro. Prchal spoke on the ASO. radio program in March.

The Secretary attended the 70th anniversary of Sokolice Omaha where she greeted the unit and spoke about Sokol activity.

Prepared an article for the April issue of "S.A." tying in with the life of Teddy Roosevelt, whose centenary will be celebrated this year.

Mimeographed 750 copies of the March issue of "Sokol Gymnast".

Report of the Educational Director was submitted by bro. Cihak and will appear in the next issue of "S.A."

Bro. Cihak announced that the Athletic Institute has produced a 16mm colored film on the fitness theme for national distribution and also that the Gillette Safety Razor Company has produced a film, "Leadership for Fitness," portraying the life of West Point Cadets. Both of these films can be secured by our units or districts free of charge by contacting these organizations. It was decided that bro. Cihak should prepare a short article regarding this matter for "S.A."

Bro. Prchal reported on the work of the Editorial Staff. The March issue consists of 24 pages including the directory of units and districts. He asked for suggestions regarding the composition of the reading matter. As a trial it was agreed that the Czech and English articles should be intermixed.

Bro. Halik read the minutes of the meeting of the Board of Instructors and submitted his report as Director of Men. Both of the reports will appear in "S.A.". The recommendation that two members attend the practice meeting (nácvičná) of the Western District on April 5th was approved. It was further approved that a member of the Board of Instructors would go to the Pacific Coast if necessary.

Sis. Cihak reports for the Excursion Committee. A modest amount of advertising is being done in the local Czech paper and on the radio broadcast. Approved. Several hundred inquiries have been received for detailed information. The interest in this excursion is greater than any we have experienced in the past. Very many definite reservations have been made. The finances for the excursion are being handled in a separate account at the Lawndale National Bank. This was done for simplification of both the handling and the audit. Sis. Cihak and bro. Prchal sign all checks. Approved.

Bro. Prchal reported on the meeting of the Executive Board with the members of the Masaryk Post of the Czechoslovak Legionnaires, and it was decided to turn the matter over to the officers of the ASO.

Sis. Cihak reported on the outcome of the voting for the expansion of the Executive Board. Out of a total of 743 unit votes, 624 votes have already been cast in favor of the Board action. This is considerably more than the two-thirds majority necessary for sanctioning this action.

Bro. Prchal read a letter he received from bro. Divisek, the new president of the Pacific district. The matter regarding the record was referred to the Editorial Staff and then to the Board of Instructors.

He announced that bro. Kropik, had been elected President of the Czech Lawyers Association.

He also read an editorial that had appeared in the Berwyn, Stickney Life Beacon regarding the erection of a Czech village.

It was approved that a greeting be sent to editor Joseph Martinek on the occasion of his 70th birthday and that an article relating to his contribution to our life be published in "S.A."

Bro. Prchal also reported that he spoke at the 70th anniversary of Sokol Town of Lake in Chicago and at the 70th anniversary of Sokolice Omaha. He mentioned that sis. Cihak had been awarded honorary membership of Sokolice Omaha.

Sis. Prener's recommendation that the material for women's uniforms be brought to the office for storage and that a letter containing a sample of the material be sent to everyone of the units was approved. This is being done for the purpose of stimulating interest in the uniform for those participating in the Los Angeles Slet. Approved. The same shall be done regarding the men's uniforms.

Bro. president thanked for the reports submitted, work accomplished and adjourned the meeting with our Sokol Nazdar!

Blanche J. Cihak,
Secretary

Sokol Cedar Rapids, Ia., membership pins	2.00
Sokolice Detroit, Mich., I qtr.	71.00
Sokol Karel Jonas, Wilson, Kansas I qtr.	8.50
Sokol Morovan, Toledo, O., I qtr.	44.25
Sokolice Libuse, So. Omaha, Nebr., I qtr.	32.50
Sokolice Little Ferry, N.J.	36.00
Western Bohemian Fraternal Association, advertising "S.A."	300.00
Sokolice Schenectady, N.Y. I. qtr.	24.00
Sokolice Little Ferry, N.J., membership pins	20.00
Sokol Fuegner, So. Chicago, Ill., I qtr.	45.00
	<hr/>
	\$1,317.92

DISBURSEMENTS

George J. Turek	\$ 30.00
Charles M. Prchal, transportation and expense, Omaha, Nebr.	85.56
Master Metal Crafters, membership pins.	27.13
Illinois Bell Telephone Company	21.57
Salary - Secretary and Financial Secretary	326.20
Salary - Director of Men	99.18
Salary - Director of Women	79.90
Mailing List expense	25.00
Rental	35.00
Janitor service	10.00
Postage	25.00
Office supplies	24.80
Lawndale Safe Deposit Co.	4.40
Prof. Frank Kubina, orchestrations	200.00
Postage "S.A.", January and February	55.01
The Mejdrich Press "S.A."	516.00
Radio	25.00
B. J. Cihak, transportation to Omaha, Nebr.	28.33
	<hr/>
	\$1,863.08

BALANCE

Lawndale National Bank, checking account	\$2,760.91
Income - March, 1959	1,317.92
Cancelled check	30.00
	<hr/>
Disbursements - March, 1959	1,863.08
	<hr/>
Lawndale National Bank, checking account	\$2,245.75

BOARD OF INSTRUCTORS ASO.

The American Sokol Board of Instructors meeting was called to order by Bro. Dir. E. Halik on Wednesday, March 4th at Sokol Berwyn at 8:20 p.m. with the following members present: Sis. Dir. M. Prchal, A. Halik, V. McCarthy, B. Prener, B. Polacek, E. J. Schnabl. Bros. J. Husa, J. Votava, F. Sula and Sis. Freiberg and bro. Barcal excused. The minutes of the last meeting were read and approved.

It was stated that the Executive Board of ASO. paid for the tape recorder purchased by bro. Halik and that sis. Prchal purchased her own.

Lists requesting tentative number of gymnasts going to Los Angeles which were mailed to District Directors were read. Bro. Regner, Vavra and sis. Vrla are the only ones who have answered us thus far.

FINANCIAL REPORT

AMERICAN SOKOL ORGANIZATION

MARCH, 1959

INCOME

Guaranty Savings & Loan Ass'n., dividend	\$ 67.50
Sokol Slavsky, Cicero, Ill., II. and III. qtr.	213.00
Sokol Brookfield, Ill., I. qtr.	38.75
Sokol Caldwell, Kansas, IV., I. qtr. and Convention fund	37.50
Sokol Town of Lake, membership pins	44.00
Sokolice Baltimore, Md., Sokol pins	5.35
Sokolice Omaha, Nebr., membership pins	7.00
Joseph Triner Corporation, advertising "S.A."	59.75
Sokol Little Ferry, N.J., membership pins	5.16
Sokolice Tabor, Berwyn, Ill., I. qtr.	78.50
Sokolice Havlicek Tyrs, Chicago, Ill., mimeographing	2.25
Bohemian National Cemetery, advertising "S.A."	100.00
Sokolice Town of Lake, membership pins	7.00
Sokol Tyrs, Cleveland, O., membership pins	3.16
Sokol Slavsky, Cicero, Ill., attendance record book	1.25
Sokolice Mladocech, Racine, Wis. I. qtr.	30.00
Sokol Cechie, Chicago, Ill. I. qtr.	32.00
Office sale - stencils and paper	2.50

It was stated that the Executive Board approved sending someone to Los Angeles in the immediate future to discuss and finalize various particulars regarding the Mid-Slet and competitions. A tentative program was set up:

Thursday evening - 7:00 P.M. - Judges meetings at Clark Hotel.

Friday morning - 7:00 A.M. - Judges meetings.

8:00 A.M. - Junior & Senior - Intermediate Division.

9:00 A.M. - Junior - Low Division.

11:00 A.M. - Junior & Senior - High Division.

1:30 P.M. - Junior & Senior - Championship division.

3:00 P.M. - Tumbling & Trampoline.

Saturday - 7:00 A.M. - Judges meeting.

8:00 A.M. - Senior - Low division.

Detailed information on procedures and necessities of the Auditing Committee were given by sis. Prener.

Details which are to be discussed and agreed upon involved: setting up a schedule of events for the 3 days, housing, tabulating equipment, obtainment of 4 sets of apparatus, photographers, information booths, tours, purchasing of trophies, special numbers, practice schedules for Sunday morning, meetings of various leaders, tape recorder and record player for optional calisthenics, judges materials.

The meeting was adjourned at 10:30 p.m.

Respectfully submitted,
EllenJeanne Schnabl, Sec.

REPORT OF DIRECTOR OF MEN

There is a good deal of correspondence. I'm really swamped and with the Annual Exhibition of Sokol Slavsky coming up, I'm behind in everything. All requests for calisthenics, apparatus exercises and music have been taken care of. The orchestration for the Slet in Los Angeles, prepared by bro. Kubina will be in the mail in the morning. The children's arrangement is the property of bro. Regner.

Bro. Pokorny, now traveling the Pacific District, reports regularly - says he thinks the best time for a meeting would be the weekend of May 9th, as a Slet Committee meeting is scheduled for that time.

Bro. Benak asks for help at a nácvičná on April 5th for the Western District.

Bro. Capek calls attention to the proposed budget allotments as discussed and approved at the conference in October.

Bro. Milan also wishes consideration of their proposed budget expenses allotment.

Asked bro. Kubina to submit a bill for services in composing, arranging and orchestrating the Slet music for the juniors and seniors.

Bro. Hardy reports on A.A.U. Sends 1960 compulsory exercises and entry blanks for the 1959 Nationals, at the University of Massachusetts, Amherst, Massachusetts, April, 24th and 25th.

Nazdar
Edwin J. Halik

EDUCATIONAL DIRECTORS REPORT FOR MARCH, 1959

Wrote an article for Sokol Americky based on the "Fitness of American Youth Report to the President."

Prepared heading for bro. Suster's fine public relations series of articles now running in Sokol Americky.

Wrote short biography of bro. Joseph Cermak to appear in pamphlet he wrote on Dr. Tyrs.

Made corrections of typographical errors and changed paragraph structure in the same pamphlet. It is now ready for printing.

Mailed first directive to unit and district educational directors.

Mailed questionnaire to members of Advisory Committee to the Educational Board.

Carried on quite a voluminous correspondence with various members of the Advisory Committee.

Personal contact is paying off in exceptional suggestions, ideas and experiences that are being received.

Preparing series of very short articles for the use of our gym instructors to be used in addressing their classes. Subjects varied but all of them tying in closely with the work they are doing. Articles naturally written to appeal different age groups.

Have not as yet secured all eight members for the Educational Board. Its organization and election of its officers cannot be accomplished in fairness to all until the required number of members are secured.

All of this could not have been done without the able assistance of our Secretary, sis. Cihak, who spent all her very few free evenings and Sundays typing the above mentioned material.

Nazdar!
James L. Cihak

EASTERN DISTRICT ASO.

The meeting was called to order by Vice Pres. bro. W. Matousek at 8:30 P.M. The minutes of the previous meeting were accepted as read, Correspondence:

Minutes from the Executive Board of the ASO. were received. A letter was received from Sokol Washington, D.C. asking for individual contributions toward their campaign to build a Czechoslovak National Hall in Washington, D.C.

Irene Suhrada, district directress, reported on unit activities. A meeting of the Boonton Slet committee was held. The Boonton Slet will be held on June 14.

A "Physical Fitness Exhibition" will be held at the White Plains County Stadium on Dec. 3. Those taking part in the Exhibition will be M. M. Hodza, Sokol Francisci and The Eastern District of the ASO. The Eastern District will take part in the Exhibition of Sokol Washington, D.C. on April 19.

A Board of Instructors meeting was held at which an appeal was made to all units to send their students to the intermediate Course at East Haddam, Conn. the last two weeks of August. A meeting of the American Sokol Federation was held.

Frank Capek, district director, reported on unit activities. His report is the same as Sis. Suhrada's. He received the music to the Calisthenic drills. Reports of units:

Sokol Fuegner, L. I. - The gym classes are progressing nicely. A get together party was held on Feb. 28.

New York Sokolky will hold a St. Patrick's package party. New York Sokols received a notice from the New Yorks Listy asking our cooperation at their Bazaar which will be held on May 17.

Little Ferry Sokols have changed the date of their Exhibition to May 24 at 3 P.M. It will be held at the Washington School on Liberty Street.

A request was made by bro. Friedrich for units to assist each other in their Exhibitions.

A tour to the Los Angeles Slet from New York will be held. All reservations should be made as soon as possible. Bro. and sis. Sazama send their greetings from Florida.

Respectfully submitted,
Blanche Zraly, Secretary

ŽUPA SEVEROVÝCHODNÍ.

V únorové schůzi župy Severovýchodní s povděkem přijata zpráva, že se bratr J. Čihák uvolil přijmouti důležitou práci vzdělavatele AOS. a přiznáno, že není schopnějšího bratra pro tento důležitý úřad. Ve všech clevelandských jednotách mají nyní zvoleného vzdělavatele. Z jednoty detroit-ské zaslán dopis a s připomenutím, by župa za všechny jednoty zadala blahopřání do mezisletového památníku zájezdu do Los Angeles. Z dopisu jednoty Říp vysvitá, že jejich činnost se plně rozvine až v letních měsících, kdy bude umoci používati jich krásného tábořiště. Sokol Moravan v zimních měsících necvičil, leč vzpoměli v březnu narozenin T. G. Masaryka. Hlavní úřadovna AAU. zaslala dopis oznamující podniky a sice Pan Americké hry v Chicagu, zimní olympijské hry v Kalifornii a letní Olympiadu v Italii a žádá o finanční podpory těchto podniků. Bylo usneseno, že župa žádá zdravici a to celostránkovou, do mezisletového památníku, na níž přispějí jednoty a zbytek doplatí župa.

AOS. zaslala program a ceník zájezdu na mezislet v Los Angeles. Zájezd jistě bude pro každého návštěvníka nezapomenutelnou životní vzpomínkou. Připomenuto, že ceny se rozumí z Chicaga. O zájezd se jeví zájem. Zástupci ve schůzi litují odchodu bratra Jelínka z redaktorství "Sokola Amerického" a přejí mu brzkého uzdravení a plného se zotavení.

S potěšením rovněž přijata zpráva, že sestra Bláža Čiháková zůstane nadále jednatelkou Obce.

Z náčelnictva podána zpráva sestrou Škodovou, která hlásí, že projednány dva kursy a to soudcovský kurs připravovaný pro duben a kurs různosti v květnu, který by vedl učitel tělocviku z Michigan University. Soudcovský kurs řízen bude bratrem Hardy z New Yorku.

Ze Sokola Detroit podána zpráva bratrem starostou. Sokolové i Sokolice svorně spolupracují

pro dobro jednoty, leč velikou starost působí Národní dům, který změnou obyvatelstva v okolí, není více střediskem krajanské větve. Také není zájemců, kteří by budovu koupili. Pozornost věnována činnosti na sokolském tábořišti.

Sokol Cleveland s nově zvolenými úředníky se připravuje ku houževnaté práci na podnicích, jež by vynesly fondy ku zájezdu cvičících na mezislet.

Sokol Nová Vlast hlásí, že veřejné cvičení se vydařilo a jednota pomůže v rámci spolupráce všech jednot v župě na bazaru pro Novou Vlast.

Sokol Tyrš hlásí, že jednota přijala podporu provedení premiéry operety napsané bratrem Z. Ptáčkem, která provedena bude v listopadu. V květnu vystoupí sestry jednoty na American Folks Festivalu, provedením čísla Slovanských tanců, jež s úspěchem provedeno na akademii jednoty. V květnu vzpomenu bude 40 let založení jednoty. Měsíčník "Sokol Tyrš News Letter" počal vycházeti v nové úpravě.

K. Zahradníček.

ŽUPA STŘEDNÍ.

Schůze župního výboru konána 17. března řízena starostou, bratrem V. Šimanerem. Zápis ze schůze přijat. Došlé dopisy přijaty a vyřízeny.

Náčelník podává zprávu, že spolupracujeme na společných závodech s American Turners. Žádá o zakoupení filmů, jichž by možno používat při vzdělávacích večerech. Jest k dostání velice pěkný film z mezinárodních závodů v Moskvě, tento možno zakoupiti. Odporučeno V. V. Obce.

Zájezd 8. března na nácvičnou do Milwaukee se vydařil, probrána veškera prostrná. Zastoupeny jednoty Milwaukee a Racine a to četně. Vyhověno žádosti o zakoupení cen družstevních a medailí pro příští župní závody. Tyto budou vystaveny v tělocvičnách. Sestra náčelnice zaslala písemnou zprávu. Činnost v jednotách jest potěšitelná. Nácvičná v Sokole Chicago přivedla dvacet žen. Nácvik řízen sestrou Prchalovou a bratrem Halíkem. Rozeslala jednotám informace ohledně ubytování v Los Angeles. Účet z dorosteneckého večírku povolen k proplacení.

Vzdělavatel jest ve svém úřadě krátký čas a teprve se snaží si zorganizovati vzdělávací sbor. Náčelník připomíná, že by bylo výhodné nahráti vzdělávací proslovy na desky a používatí těchto, jelikož mládež spíše vyslechne zprávu z těchto nežli od řečníka. Vzato na vědomí.

Z hospodářského výboru hlášeno, že předsedkou sestry Faltové, zapisovatelem bratr Tesař. Rozdány jednotám vstupenky na sokolský Den 14. června. Budou rovněž zaslány spolkům a organizacím. Doporučeno pořádati průvod. Místní školy z okolí budou požádány o vyslání svých kapel ku tomuto průvodu. Plzeňský park hlásí ze své úřadovny, že nájemné bude zvýšeno o 15 procent.

Mezisletové dopisní nálepky rozeslány na členstvo jednot v počtu přes dva tisíce. I krajanské spolky budou požádány o zakoupení těchto nálepek. Bude jednáno o nejlepší způsobu dopravy cvičících ku mezisletu v Los Angeles, bratr náčelník vyřídí a podá zprávu, co nejdříve.

Josef Brouk.

Minutes of the Monthly Meeting of the Southern District Executive Committee held in Ennis, Texas, February 13, 1959

Meeting presided by Bro. Prevratil came to order at 8:30 P.M.

Minutes of the Annual Meeting read. Two corrections of the minutes to be made—the insertion of the annual report of Unit Ft. Worth and a motion as follows: "that any unit that will hold an exhibition in 1959 for the district be entitled and receive 25 percent of the proceeds." With these corrections the minutes were approved as read.

Correspondence:

The ASO. Educational Committee requesting names and addresses of District Educational Directors. This letter will be forwarded to the District Educational Director bro. Sindel of Houston.

Minutes of the meeting of ASO. for January were read.

A request from the Mid-Slet program and trophy committee for donation and assistance for trophies and the purchase of program ads.

Information on the American Sokol Excursion Tour to the Mid-Slet.

In reference to the Mid-Slet Souvenir program, sis. Filipec motions that the District purchased one page ad, which is \$40. Approved.

Report of District Directors:

All prostna and apparatus drills and routines for both men and women have been received.

Sis. Vrla has forwarded the slet Feeder copies to Units to be answered for the information of the ASO. Board of Instructors.

Bro. Prevratil announces the Dallas Unit's ground breaking ceremonies on the Unit's site will be held Sunday, February 15th, and extends an invitation to this eventful occasion.

Bro. President thanks those present for their cooperation and the meeting adjourned at 10 P.M.

NAZDAR!

Ben Prevratil, President
Vlasta Laznovsky, Sec.

PACIFIC DISTRICT

The meeting was called to order at 9:45 a.m. in San Francisco by President brother Kohoutek.

Minutes of the previous meeting were read and approved.

CORRESPONDENCE:

1. Letter from Los Angeles Mid Slet Program & Trophy Committee.
2. Letter from ASO regarding Excursion to Los Angeles.
3. Letter from Los Angeles Sokol listing new officers for 1959.
4. Minutes of Mid-Slet Committee for January 10th and 29th meetings.
5. Telegram from Scio - No delegates to Annual District meeting.

All units are asked to please send a list of their new officers for 1959 to sister Ella Nachtigal, 5930 Penfield, Woodland Hills, California, the new District Secretary. Also, include addresses of each officer.

Reports of activities of 1958 were given by Fresno, San Francisco and Los Angeles. Then brother Pokorny, District Director, gave his report for the year 1958.

If brother Pokorny is to travel in the Pacific District a letter to this effect must be written to the ASO. The secretary was instructed to write a letter to the ASO. requesting they grant bro. Pokorny permission to travel to the Pacific for three months, commencing March 1st. ASO. to pay him regular salary, Pacific Units District to pay mileage.

FINANCIAL REPORT:

As of this date District balance is \$977.90, plus \$500 working fund for Los Angeles Mid-Slet Committee.

NEW BUSINESS:

Brother Pokorny asked that all units make a drive to get new members.

The subject of pins was brought up for Sokol officers; it was stated pins are available through ASO.

Zupa requested that brother Pokorny obtain Blue Books Translation "Sokol Gymnastic Manual", two for Fresno and 2 for San Francisco, to be paid for by the units.

Dress uniforms were discussed. The ASO. wants key people to have these parade dress uniforms. Los Angeles has pattern for unit uniform.

Insurance: District recommended that each unit present a list of their gymnasts who would be interested in obtaining policy at expense of gymnast for the following - \$3.00 per \$500 - \$5.00 per \$1,000

It was the feeling of most members that the local pay part of the insurance fee.

Brother Pokorny made tentative plans to travel as follows: First week in March, Fresno; second week in March, San Francisco; March 31st, Scio, Oregon. Making stops again in Fresno and San Francisco on return trip.

Seat of District - A motion was made that the seat of Pacific District for the following year be moved to Los Angeles. Passed.

Nominations for President.

Bro. John Hanzal & brother Divisek. Both accepted nominations. Secret ballot was held. Bro. Divisek elected President of Pacific District.

Bro. Kohoutek was unanimously made Honorary Chairman of Pacific District.

Vice President - Bro. Hanzal was unanimously elected.

Secretary - Sis. Ella Nachtigal unanimously elected.

The following Technical officers were elected and presented to District for acceptance:

- Director of Men - Bro. Jos. Pokorny.
- 1st Director of Men - Bro. Chuck Palas.
- 2nd Director of Men - Bro. Lou Duzi.
- Director of Women - Sis. Florence Palas.
- 1st Director of Women - Sis. Blanche Duffey.
- 2nd Director of Women - Sis. Bessie Dobrokovsky.

Sis. Louise Nekuda accepted Secretary of District Technical Committee.

Auditing committee to be elected in Los Angeles by District.

All outgoing officers were given a vote of thanks.

Donations were asked for trophies and medals from all units. There will be over 100 of these needed for competition. The meeting was adjourned at 12:30 p.m.

Respectfully submitted,
Gladys Smith Secretary

MINUTES OF MONTHLY PACIFIC DISTRICT MEETING

The first regular monthly meeting of the Pacific District at Los Angeles was called to order by the President, bro. Fred Divisek, at 9:15 p.m. March 3, 1959 at Sokol Hall, 500 No. Western Avenue.

The meeting was opened with the reading of the duly elected officers and then the minutes of the previous meeting, which had been held in San Francisco with minutes taken by sis. Smith, were read. Minutes approved as read.

Correspondence:

Letter from ASO. (J. Cihak) informing us he had been elected Educational Director.

Minutes of the ASO. meeting held on January 28, 1959.

Letter of resignation as Vice President from bro. John Hanzal. After much discussion it was with deep regret that we were forced to accept the resignation. It was decided that the office was to be left open for the time being.

In her report as Nacelnice sis. Palas stated that the Slet and competition will be held at Los Angeles High School. She also stated that as yet the music has not been received.

A motion was made by bro. Hanzal, seconded by sis. Nekuda, that all officers of the District wear dress parade uniforms for the Slet. It is also felt that as many officers and members of the various Pacific District Units as possible should wear the uniform for this and other outstanding occasions.

A letter to sis. Prener is to go out as soon as possible asking for an alternate pattern number for making the dress parade uniforms (the one previously suggested has been discontinued) and also samples of materials and pictures of the uniforms. This information will be mailed to the Units as soon as it is received.

Sis. Prince made a motion, which was carried, that the Educational Director, bro. A. Lesovsky, automatically be a member of the District.

Motion made, and carried, that sis. Ann Divisek be accepted as a member of the District.

It was suggested that two men and two women from Sokol Los Angeles be elected to the district.

The auditing committee will be elected at the next meeting. The date for the monthly meetings was set as the first Tuesday of each month at 9:00 p.m. at Sokol Hall, 500 North Western Ave.

The minutes of the Slet Committee meeting were read and it was suggested that the recording secretary of the Slet Committee (sis. Riha) continue sending copies of the minutes to the district. A report will then be made to various units and it is felt this will help keep the interest of members and stimulate cooperation.

The members of the District feel that the coming Slet cannot be publicized enough and that each individual should do all he can to promote publicity. It was suggested that bro. Divisek speak

on the radio from time to time and also write articles to Sokol Americky.

The farewell letter of bro. Jarka Jelinek as Editor of the Sokol Americky was read. We are all very sorry that his health will no longer permit him to carry on the work he has done so well. A letter from the District is to be sent bro. Jelinek.

The treasurer, bro. Nachtigal, reported that at the time the books had been turned over to him the balance was \$853.28 and since that time Fresno and Scio have paid their dues which gives a balance of \$877.08.

A motion was made by bro. Palas, seconded by sis. Nekuda, that the books be open for inspection at all times to all members of the district.

A motion was made, and carried, that delegates to the Annual Meeting at San Francisco who had not as yet been reimbursed for travel expenses be paid. A motion was also made, and carried, that bro. Hanzal be paid the same rate of travel expenses as delegates. Although he was not a delegate, he was at the meeting in an official capacity. Bro. Hanzal declined.

As the meeting drew to a close the officers and members of the Pacific District of ASO. pledged themselves to serve ALL units, large or small, near or far, with equal consideration.

Meeting adjourned at 11:00 p.m.

Respectfully submitted,
Ella Nachtigal, Secretary

IN MEMORY OF SIS. EVELYN MORAVEC

It will be one year ago, in July, 1958, that our beloved Sister, Evelyn (nee Koch) passed away.

She knew the meaning of being a true Sokol. What sis. Moravec accomplished for our Sokol fills many pages in the history of our Unit.

Sister Moravec served our Unit in almost every possible manner and in many official capacities. Each duty she performed, not only with the best of her ability, but with love and with the pride of being a Sokol.

She was at first a gymnast, then an instructor, then the directress of our Unit, then the directress of the Eastern District. A member of many official committees, and in so many ways served our Sokol Organization with energy and with personality.

Her efforts in behalf of T. J. Sokol Fuegner, L. I. and to the Eastern District will remain an inspiration to us all.

Her husband Robert Moravec, is the Sec-treasurer of T.J. Sokol Fuegner, L.I., and her daughter attends the children's classes.

Her parents, Mr. and Mrs. Koch are members of T. J. Sokol, New York. They are both active in the Sokol Organization.

The memory of Sister Evelyn Moravec will live in our hearts forever.

B. Z.

SOKOL ST. PAUL

This year and for the past several years Minnesota isn't getting the usual winter snows, but by the reports New York and vicinity are probably getting our share. Due to the mild weather, our classes especially the Nursery and on up to the Jr.'s have been very well attended. After the Christmas holidays the adults classe have dwindled, and among the many more or less legitimate excuses that are offered is the one that some members are expecting bundles from heaven, which we are very happy to hear about. To the not so conscientious, may we remind them of one of the principal tenets of our physical culture circles throughout the world; that to enjoy a long and normal life, one should endeavour to keep in good physical condition. What a wonderful opportunity we of the Sokols have, to do just this for their health, and yet many pass it up to sit and watch television. If our members feel that they are given too strenuous a program they should tell their instructors. I know that they are only too happy to oblige and work out a program accordingly.

Our Children's Christmas Program was a success and all classes participated. There were 60 in all. It was a make belief Sokol T. V. Talent show with a Camera and all the props made by the students.

The month of February was šibřinky of which Sister Vera Verner was chairman: she did a very splendid job.

Once a year St. Paul Sokol puts on a function for the benefit of the C. S. A. Hall from which

the Sokol rents the gymnasium. This year Sister Georgiana Buzicky, Chairman and yours truly had charge of an afternoon luncheon, which was truly a success. It brought back many old members who at one time were active in the Sokol and it was so enjoyable that there were many requests for another such luncheon. It is true that many of our elders like to get out in the afternoon rather than the evening and more afternoons should be planned for them. Congratulations Sis. Buzicky: you did a good job!

Again it is winter vacation time for many of our Sokol friends who are basking down South in that wonderful sun. Absorb some for the snow birds in the North and have a good time.

At this time many people start planning their summer vacations and there isn't a prettier spot to relax than Sokol Camp at Pine City, Minnesota. It is away from all the hubbub of noises that we get so accustomed to all year round, and it is truly relaxing to hear the crickets, and frogs singing their songs in the woods at night. Yes, there is a train whistle faintly heard in the distance that reminds us that we are down to earth. Hope we do see you and write to Sis. G. Buzicky, 1709 Rome Ave., St. Paul 16, Minnesota for full particulars and reservations.

The teachers report that St. Paul Sokol Veřejně will be held the first part of May in conjunction with a Dinner, so Sokols in St. Paul, Minneapolis, Hopkins, Pine City and surrounding vicinities please circle your calendars and look for further announcements. I am sure you will find it well worth while attending this important function of the year. Nazdar! Lucille Pavlicek



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GROWTH IN LAST QUARTER CENTURY

Year	Assets	Insurance in Force
1933	\$ 2,829,830	\$15,726,373.00
1958	14,966,402	46,439,564.00

It affords Social, Cultural, Athletic and Youth Program besides the
advantageous forms of Life Protection.

1958 REPORT OF SOKOL MORAVAN, Toledo, Ohio

District meeting held in Cleveland, O., Jan. 11th, 1958 attended by bro. and sis. Bartos, bro. and sis. Drlik and myself. The meeting was very good.

Our first affair was a fish fry on March 7th.

April 27th, a group helped take part at the bazaar of Sokol Tyrš, Cleveland.

May 25th, our last Sokol meeting.

June 1st, attended the dedication of Komensky's monument.

June 22nd, attended the Cleveland župní gym exhibition.

June 29th, an invitation was accepted to help take part in Sokol Toronto's gym exhibition at Masaryk Town, Toronto, Canada. I taught two dance prostna numbers. We performed in Czech national costumes in which 8 of my babičky took part.

July 13th, Sokol Detroit held their gym exhibition at Sandy Bottom Lake and again a group attended in which my babičky took part. We put on two dance numbers in Czech costumes and it did add a little color to the program, so another good Sokol deed was accomplished and all went home tired but happy.

July 20th, Moravsky Den in Chicago was attended by our Sokol group as spectators and also in helping out in the program by dance numbers with my babičky. It was a treat to them as this was their first trip to Chicago and an honor to be able to take part in the outstanding program of dances and entertainment.

Sept. 1st, a Bavarian Social Festival was held with various Bavarian groups from out of town taking place in Toledo. It was a two day affair and we were asked to participate in their program. A big parade through town, with the bands playing and different nationalities being represented in national costumes. I gave great credit to my babičky for being such good sports about the long marching and must say that they made a big hit with our Bavarian friends. A lot of comments were made regarding their good sportsmanship and taking part so sincerely. For this they were awarded a plaque as a token for their good showing in the program.

Sept. 10th, I held a special meeting with the women as to new gym classes starting in the Fall. The meeting was attended by 10 women and it was decided to carry on with our classes.

Sept. 17, gym class started with 14 women.

Sept. 21st, our Sokol meeting was held after 3 months vacation.

Sept. 25th, I attended a meeting at the YMCA in regard to a United Nations Dance that was to be held in October, and again we were called upon to take part, 33 of us attended, 16 in Czechoslovak costumes. We were proud to be called upon as a Sokol group to participate in our city's activities.

Nov. 8th, Sokol Tyrš, Cleveland, held their dedication program. It was a day and affair that shall well be remembered for many years to come, sitting there taking it all in from the youngest to the oldest. The happy and understanding feelings

and expressions shown on the faces as one looked around told a story in itself. It would take a book to write about all the experiences that went along with this wonderful project.

Dec. 7th, a group went to Sokol Detroit for their fall gym exhibition. Dec. 28th, held our Sokol meeting and am happy to state that all officers accepted their offices as of last year with an addition of a místo-náčelník bro. John Petrucha.

Best wishes to all our Sokol units and members, may we carry on to the best of our ability by being honest and sincere with one another. The rest shall take care of itself as it always does when true Sokols work and co-operate together. A big thank you to our officers who have carried on our meetings in the past.

Nazdar!

Anna K. Botek

ZPÍVEJTE S NÁMI . . .

Já mám koně, vraný koně,
to jsou koně můj,
já mám koně, vraný koně,
to jsou koně můj.
Když já jim dám ovsa,
oni skáčou hopsa . . .
já mám koně, vraný koně,
to jsou koně můj.

Já mám koně, vraný koně,
to jsou koně můj,
já mám koně, vraný koně,
to jsou koně můj,
když já jim dám obroku,
oni skáčou do skoku,
já mám koně, vraný koně,
to jsou koně můj.

I have horses, fine black horses,
those are horses mine.
I have horses, fine black horses,
those are horses mine.
When I give them tasty oats,
they are prancing, just like goats,
I have horses, fine black horses,
those are horses mine.

I have horses, fine black horses,
those are horses mine,
I have horses, fine black horses,
those are horses mine,
when I give them lots of feed,
they are lively on their feet,
I have horses, fine black horses,
those are horses mine.

NEW FILMS THAT HIGHLIGHT PHYSICAL FITNESS

Our units have good opportunity to enlarge their gym classes by the use of two new films that are available for their use.

One is a 16mm. color film on the fitness theme for national distribution to schools and communities, produced by the Athletic Institute.

The second produced by the Gillette Safety Razor Company, titled "Leadership for Fitness" in the life of West Point cadets.

Both of these are professional products, that can be secured by contacting your local Physical Fitness Committees. They can be very entertaining as well as profitable for our units in securing a greater influence in their community and increasing their gym attendance.

Velmi často chybují právě lepší část členstva tím, že mlčky přihlíží ku chybám ostatních.

—TYRŠ.

Strach před ranou už je rána.

—Stará pravda.

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Statisíce srdcí jásá,
statisíce prsou dme se,
statisíce ruček kyne:
Sokolíku, Sokole!

Viktor Dyk.

* * *

He who habitually harms his strength and vigor, which he owes to his nation, is not a true Sokol, he does not belong under our banner.

Dr. M. Tyrš

* * *

Perseverance — that is the slogan of slogans, that is the sign in which you shall succeed. Of course perseverance not in idleness, but in action, or even better daily work.

Dr. M. Tyrš

* * *

**PODPORUJTE
NAŠE
OZNAMOVATELE!**

Č S A.

Obrat'te se s důvěrou na ověřené zástupce
Jednoty ČSA.

Jak jest rok dlouhý, Československé spolky v Americe úspěšně poskytují našim krajanům různé způsoby zajištění a bezpečnosti. Certifikáty ČSA. jsou štědré obsažné, jsou praktické, neboť dají se snadno přizpůsobit vašim potřebám a přitom jsou na zdravých základech, pokud se týče vašich úspor. Jsou vhodné pro každého jednotlivce a vyhoví jeho osobním potřebám.

Jednota ČSA. pracuje výhradně ve prospěch svých členů. Je to organizace nevydělečná, což znamená více výhod, občanských a společenských styků a příležitostí. ČSA. více než jedno století slouží naší veřejnosti a jest hrda na to, že zvána jest průkopnicí bratrského životního pojištění. Přemýšlejte o a obrat'te se s důvěrou na některého z našich ověřených zástupců, kteří vás ochotně navštíví a dají vám zcela nezávazné informace.

Adresa hlavní úřadovny: Czechoslovak Society of America, 2138 So. 61st Court, Cicero 50, Illinois.

It is a glorious privilege to live, to know, to act, to listen, to behold, to love. To look up at the blue summer sky; to see the sun sink slowly beyond the line of the horizon; to watch the worlds come twinkling into view, first one by one, and the myriads that no man can count, and lo! the universe in white with them; and you and I are here. — Marco Morrow.

**At' jedete
kamkoliv**

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SOKOL SYDNEY, AUSTRALIE.

Došel k nám velmi vkusně upravený památník sokolské jednoty v Sydney v Australii, vydaný ku upomínce na rozvinutí sokolského praporu, v den 28. října r. 1958. Prapor sokolské organizace, symbol vznešené myšlenky, povede bratry a sestry v dálné Australii ku vysokým, vytčeným cílům, propagaci vzácného hnutí, v ukázkách tělesné výchovy, v zemi tak vzdálené od kolébky sokolského dění. Těšíme se z úspěchů bratří a sester ze Sydney a budeme toužebně očekávat další potěšitelné zprávy z jejich činnosti.

SOKOLSKÝ POCHOD.

Obdrželi jsme dopis od bratra F. Divíška a přiloženou gramofonovou desku, na které nahrán jest sokolský pochod jím upravený a jeho společností vydaný. Kdo z Vás měl by jste zájem o tento pochod, dopište přímo na společnost Prince Enterprises, P.O. Box 916, Long Beach, Calif. Podotýkáme, že bratr Fred Divíšek jest nově zvoleným starostou župy Pacifické.

DVOJJAZYČNÍ AMERIČANÉ.

Americký učební systém na školách nedává studentům dostatečnou možnost, aby se mohli dovést k tomu, aby se naučili číst či doučít cizímu jazyku. Nicméně je čím dál tím jasnější důvod, proč Američané musí na poli lingvistiky nasadit všechny páky, aby dohnali náskok, který na tomto poli má Sovětský svaz před nimi.

Armáda Spojených států jediná skýtá v tomto oboru občanům Spojených států dokonalou příležitost svou jazykovou školou (US Army Language School) v Monterey v Kalifornii. Tato škola je jediný ústav ve Spojených státech, kde členové branné moci mají příležitost naučit se kterémukoli z 28 jazyků učených tam stovkami instruktorů v jejich mateřštině. Každý rok absolvuje kolem dvou tisíc mužů po 47 (resp. 36) týdnech intensivního studia, připraveni svou důkladnou znalostí nového jazyka na své budoucí úkoly v armádě (jako vojenští atašé, štábní důstojníci při vojenských misích a v poradních skupinách, ve zpravodajských službách atd.).

Z těchto dvou tisíců nemalý počet jsou vojáci, kteří se naučili česky v českém oddělení jazykové školy. Někteří tito studenti jsou českého nebo slovenského původu, většina z nich však jsou Američané, kteří o češtině mnohdy ani nevěděli, že existuje. Ti, kteří žádají o přidělení do českého kursu, tak činí u vědomí, že čeština je klíčem k ostatním slovanským jazykům. (Slovenštině se studenti v českém kursu učí automaticky dodatkem, v rámci svého českého kursu.)

Učební systém a osnova pro všech 28 jazyků jsou v USALS více méně stejné. Studenti mají šestihodinový školní den intensivní práce. Tak v českém kursu na základě důkladných cvičení nabudou znalosti konverzační češtiny, kromě obsáhlých vědomostí v oboru vojenské terminologie, dále jsou obeznámeni s dějinami a zeměpisem Československa, i s jeho hospodářskými a sociálními otázkami. Absolventi jsou pak s to, aby se dohodovali česky a odcházeli na svá přidělená místa co tlumočníci, překladatelé atd., dobře připraveni. Znaří také celou řadu čes-

kých a slovenských písní a rozumějí českým i slovenským rozhlasovým vysíláním, jakož i knihám, časopisům a novinám.

Mnozí z absolventů se vrací po dokončení své vojenské služby na koleje a university, kde jim je jazykový kurs uznán ve formě bodů jako "credit points".

Členové fakult v jazykové škole v Monterey reprezentují 40 různých národností a nejširší rozmanitost svých dřívějších povolání. Mezi instruktory jsou bývalí právníci, novináři, vědci, důstojníci, profesori atd.

Škola vyrostla vlastně z jedné japonské třídy, utvořené v San Francisku krátce po útoku na Pearl Harbor v roce 1941. Po skončení této třídy byla škola přestěhována do státu Minnesota, kde se v průběhu války rozšířila tak, že v roce 1944 zaměstnávala na sto instruktorů a v roce 1946 vykazovala 6000 absolventů, přidělených 130 různým útvarům vojenským a námořním. Od roku 1948, kdy se škola skládala všeho všudy ze tří oddělení, zvětšila se do dneška desateronásobně.

Naše krajanská veřejnost by měla tuto instituci sledovat se zájmem co největším, co by jedinečnou příležitostí pro naše mladé Američany československého původu naučit se nebo doučít se mateřskému jazyku svých rodičů a prarodičů a tím přispět k žádoucímu cíli: dvojjazyčnosti Američanů.

WHEN YOUR CLUB PICKS ON YOU

THE JOYS of being an officer are few and far between,

His name is like a football in a Big Ten game;

If he attends a committee meeting, he is intruding, if he doesn't he is shirking.

If he writes a letter, it is too long; if he sends a postal, it is too short; if he issues a pamphlet, he is a spendthrift.

If he attempts to safeguard the interest of the club, he wants to run everything; if he doesn't he is letting it go to the dogs.

If the attendance at the meeting is slim, he should have had a committee at work; if he has done this, he is a pest.

If dues are called for, he is insulting; if they are not collected, he is to blame.

If he is in a good humor, he is facetious; if he isn't he's a sorehead.

If the program is a huge success, the program chairman is complimented; if it isn't, it is all the president's fault.

If he mixes with the members, he's too familiar; if he doesn't he's too ritzy.

If he asks for advice, he is incompetent; if he doesn't he is bullheaded.

Ashes to ashes, and dust to dust — if the others won't do it, the president must! - Anonymous.

—from Sokol Ohlas župy Jižní.

All truth is safe and nothing else is safe; and he who keeps back the truth, or withholds it from men, from motives of expediency, is either a coward or criminal, or both. — Max Muller.

Never leave that til tomorrow which you can do today. — Franklin.

To be honest, to be kind, to earn a little, and to spend a little less, to make upon the whole family happier for his presence, to renounce when that shall be necessary and not to be embittered, to keep a few friends, but these without capitulation; above all, on the same condition, to keep friends with himself; here is a task for all a man has of fortitude and delicacy. — Robert Louis Stevenson.

When you define liberty you limit it, and when you limit it you destroy it. — Brand Whitlock.

Je-li účelem spolkových veřejných cvičení, abychom sobě i jiným kladli účet ze svého počínání a ze svých pokroků, tož staniž se to zároveň ve formě nejkrásnější, jež by vydávala svědectví, že ve snaze a dovršením svém, tělocvik náš jest v skutku také uměním. —TYRŠ.

Ničeho nelitovat je počátek vši moudrosti.

—Börne.

Mezi lidmi, svoboda bez spravedlnosti, nemůže míti stálosti. Spravedlnost však záleží v uznání a šetření práv jiného.

—PALACKÝ.

Příležitost dělá zloděje, říká se. Leč ošemetnější jest, že příležitost dělá také charaktery.

Mávnouti rukou a podezřívát? To jest nejpohodnější způsob jak ze sebe shoditi veškerou zodpovědnost.

Není tak důležité, mnoho-li člověk ví, ale to, k jakému účeli toho použije.

Bez přiměřeného způsobu života, každé přičinění tělocvičné bylo by marné a zpozdilé.

—TYRŠ.

Nakonec to vždycky vyhrávají idealisté.

—T. G. Masryk.

Na zájezdu AOS. do Jasper národního parku vykládal nám průvodce: "a za 50,000 let budeme míti zde zpět opět dobu ledovou".

Poznamenal k tomu bratr Emánek — "No, to jsem zvědavej" — .

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