

≡ SOKOL AMERICKÝ ≡

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Educational and Physical Culture Organization

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NOVEMBER, 1959



Postmaster General Arthur E. Summerfield (left) and
United States Senator Roman L. Hruska of Nebraska

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EDITORIAL STAFF

2345 S. Kedzie Avenue
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Editorial staff must receive copy for publication by the 20th of the month, preceding publication date.

Expediter: BLANCHE J. CIHAK, Výpravčí
2345 S. Kedzie Avenue, Chicago 23, Ill.
Tel. Bl shop 7-7885

OFFICE OF THE EXECUTIVE BOARD ASO.

Blanche J. Cihak, Secretary
2345 S. Kedzie Avenue
Tel.: Blshop 7-7885
Chicago 23, Ill.

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Vice-President: BLANCHE J. CIHAK, Místostarostka
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ALWAYS ANNOUNCE CHANGE OF ADDRESS TO THE
ASO. OFFICE.



HISTORICAL DATES FOR NOVEMBER

- Nov. 5, 1836—Charles Hynek Macha — talented Czech poet — died at the age of 26 years.
- Nov. 6, 1771—Alois Sennefelder was born. Discovered lithographic printing in Praha.
- Nov. 8, 1895—Wm. Rontgen, German physicist, discovered rays that now bear his name.
- Nov. 8, 1674—John Milton—blind English poet—dies. "Paradise Lost," "Paradise Regained" and many others.
- Nov. 9, 1884—Funeral of Dr. Miroslav Tyrš in Praha—90 Sokol Units attended.
- Nov. 10, 1759—John Schiller is born. One of Germany's greatest poets. — Democrat and friend of the early Czech revival.
- Nov. 11, 1918—Armistice Day — ending of First World War.
- Nov. 14, 1847—Joseph Jungmann dies. "The quiet genius," one of the great re-awakeners of the Czech nation.
- Nov. 15, 1671—Jan Amos Komenský dies in exile in Holland. One of the world's great pedagogues. A brilliant teacher and thinker.
- Nov. 15, 1883—Joseph Barak dies. Czech writer and one of Dr. Tyrš' staunchest supporters as a sokol.
- Nov. 18, 1852—Mikulas Ales is born. Great Czech painter.
- Nov. 20, 1850—Charlotte Garrigue Masaryk was born in New York. First lady of Czechoslovak Republic. America's great gift to a re-awakened nation.
- Nov. 24, 1632—Benedict Spinoza is born in Holland. Great thinker and philosopher.
- Nov. 30, 1835—Mark Twain is born. His humorous classics are and shall always be the joy of each succeeding generation. "Huckleberry Finn," "Tom Sawyer" and dozens of others.

Jaroslav Vrchlický:

SOKOLU!

Sokole! — Mračny k výši dál spěj,
co hromů hlas Ti a víchřice rej?
Ty perutí mocně zamávej!
Sokole! — Urvi tam paprsek hvězd,
ten víchřící hled' nám na křídlech snést.
Paprsek ten junácká síla jest.
Sokole! — Silou jen drží se svět,
tou pučí květ a hvězd trvá let. —
Tu sílu přines Ty nám zpět!

SOKOL AMERICKÝ

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ.

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Číslo — No. 11

CHAMPION OF LIBERTY STAMP TO HONOR THOMAS G. MASARYK

On October 28th, 1959, Postmaster General Arthur E. Summerfield announced that the sixth "Champions of Liberty" postage stamp would honor Thomas G. Masaryk. This was the 41st anniversary of the Czechoslovak Republic. Present at the announcement were United States Senator Roman L. Hruska of Nebraska, the Voice of America and other dignitaries.

Mr. Summerfield's splendid statement was translated on the spot as was Senator Hruska's fine reply. These were then broadcast overseas the same afternoon. We can readily imagine how these messages were received by the people of Czechoslovakia. Within a few hours even the tiniest hamlet would know of the honor bestowed on their greatest son.

Millions are alive who fought with him for the nation's independence and worked with him to create a model republic. They idolized him. This more than anything else shows the character of the people. They taught their children and grandchildren to know him and to follow in his footsteps. They taught them faith and hope. His "Truth Shall Prevail" and "Christ Not Caesar" are ineradicably branded on their minds and souls.

It is as Lincoln would have said, "Both Fitting and Proper," that this honor should be bestowed by a great nation upon the leader of a little nation. For that little nation proved, that any nation can reach the heights by following the principles that created our own United States of America. In two short decades it proved that it had the right to the respect of the whole world.

Thomas Garrigue Masaryk, philosopher, humanitarian, revolutionary leader, president and father of his country. From the humblest beginnings to the castle that overlooks Prague, lead the thorny road traveled by this uncompromising believer in truth and morality. Defender of the weak and oppressed, mortal foe of prejudice and hatred, firm believer in the sanctity of every individual, his whole life was a battle for truth and justice.

He bowed to neither the masses nor the power groups. He asked favors from no one. One of the truly great intellects of the 20th century he won through sheer logic and the power of personality that had passed through the fires and heat of innumerable battles, and like the finest steel became tempered for his role of CHAMPION OF LIBERTY.

He too was a Sokol and led the sokol trained legions in their greatest battle—fulfillment of the dreams of Fugner and Tyrs to a freed nation, a small replica of the great nation that now honors him by postally recognizing his achievements in its "Champions of Liberty" stamps.

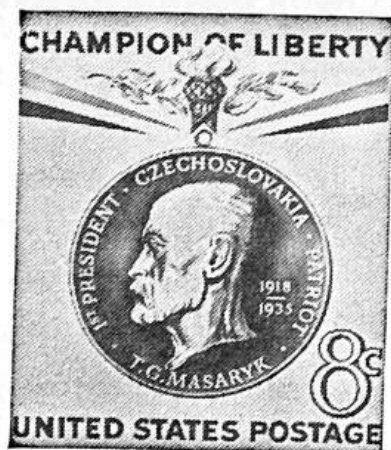
We are humble and proud to claim him as one of us.

Nazdar!

EXECUTIVE BOARD AMERICAN SOKOL ORGANIZATION

Blanche J. Cihak, Secretary

Charles M. Prchal, President



POŠTOVNÍ ZNÁMKA "CHAMPION OF LIBERTY" K UCTĚNÍ TOMÁŠE G. MASARYKA.

28. říjen 1959, den 41. výročí zřízení Československé republiky, zůstane vždy v paměti Američanů českého a slovenského původu pevně zachován. Toho dne hlavní poštovní Spojených států, Mr. Summerfield vydal prohlášení, že v serii "Champions for Freedom" bude Spojenými státy vydána známka T. G. Masaryk. Čtyř a osmi centová. Tato na mezinárodní dopisy do celého světa. **Celonárodní akce celé naší Ameriky došla krásného splnění.**

Myšlenka vyšla z Československého Filatelického Spolku, který se svým předsedou Dr. James J. Matějkou Jr. sledoval cíl do slavného konce a prokázal úsilí nedocenitelné služby. Československá Národní Rada Americká informovala veřejnost a její výzva přinesla zájem a zapojení se do akce nesčíslných spolků, organizací i jednotlivců.

Americká Obce Sokolská projevy tiskem, rozhlasem i přímým stykem s členstvem přinesla sta a sta žádostí o vydání této známky na hlavního poštovního S.S.

Aktu prohlášení byl přítomen senátor br. Roman L. Hruška, jehož resoluce ve prospěch akce je zanešena v "Congressional Record". Byl to on, který promluvil k prohlášení pana Summerfielda. Ku konci učinil následující projev v češtině:

"Tím, že vzdáváme poctu Tomáši Garrigue Masarykovi, prvnímu prezidentu Československé republiky, utvrzujeme jen svou víru ve věc svobody lidí všude ve světě.

Masarykova práce na humanitním poli je velkou inspirací a příkladem. Vydání příležitostné známky na jeho počest je velkým uspokojením pro Američany českého a slovenského

původu. Jsou právem hrdi na Masaryka a jeho práci jako součást svého dědictví.

Posíláme lidu Československa nejvřelejší pozdravy a chtěli bychom jim při této příležitosti říci, aby nezapomněli na vše, co bylo Masarykovi drahé. My vždy budeme mít na paměti a zůstaneme věrni heslu: 'Pravda Vítězí'."

"The Voice of America" vysílal tuto událost krátkovlnným rozhlasem ve středu odpoledne, 28. října.

Masaryk svou duchovní a mravní sílu uplatňoval ve vývojovém dění národa a v životních zápasech lidstva. Touto silou téměř legendárním způsobem zapojil zdravý, svobodný a silný národ do životního pochodu světa. **A tak vyrostl v národního, evropského a světového vůdce své doby.** Vytrvalost byla mu oporou v boji za pravdu a dobro. Šel vpřed i přes nepřízeň doby a nebezpečí. Viděl do budoucnosti, soudil příčiny i následky. **Viděl národ svůj na místě, kam nese se nejprudší boj evropského zápolení a v lidu chtěl mít štít, o který všechny rány by se odrážely.** Sám byl vzorem.

Celý život "sokoloval", jak sám to vystihl bystře a jednoduše vlastním slovem. Sokoloval při svém vysokém věku — i když jezdil po světě, organizuje zápas za osvobození vlasti.

Jeho sokolování bylo pěstěním a otužováním těla, bystřením smyslu, silněním vůle.

President Osvoboditel, bratr T. G. Masaryk, se vždy hrdě hlásil pod prapor sokolský. Po svém návratu domů, po vítězném zakončení odboje prohlásil: "Plnil jsem jen odkaz Tyršův . . ."

Americké Sokolstvo bylo mu při jeho cestě za svobodu národa věrným spolupracovníkem. S pýchou ho mělo ve svých řadách. Byl našim čestným členem.

Spolupráce z doby odboje zavazuje. Sloužit v mravní opravdovosti demokracii, dobru, pořádku. Pracovat a hájit pravdu! Ne hlásat, ale žít ideami. Ne hesla, ale hájit pravdu a spravedlnost, které se uplatňují v každodenním konání. Nezapomenout oběti nového ujařmení

VÝKONNÝ VÝBOR AMERICKÉ OBCE SOKOLSKÉ.

KAREL M. PRCHAL,
starosta.

a neustat v boji, dokud pravda a právo znovu nezvítězí v zemi Československé!

Mohutným světlem svého nesmrtelného ducha prosvěcuje Masaryk dějinné obzory vývoje lidstva. Památka jeho srostla s americkým Sokolstvem, které ideálům, kterým on sloužil, věrno zůstane!

Máme důvod vzpomínat a radovat se z velikého úspěchu společné práce.

Nazdar!

BLAŽA J. ČIHÁKOVÁ,
jednatelka.

80th ANNIVERSARY PROGRAM - DINNER OF PLZEŇSKÝ SOKOL, HELD AT OLD PRAGUE RESTAURANT, OCT. 10, 1959



FRANK L. KONOPASEK

Plzenský Sokol of Chicago celebrated its 80th Anniversary on Saturday, Oct. 10th, 1959, with a dinner and program at the Old Prague Restaurant in Cicero, Illinois. Following the policy established at the time of its 75th Anniversary five years ago, this celebration was not promoted by any extensive advertising or ticket selling. Attendance was restricted to members of Plzenský Sokol and officers of Sokol Units in the Chicagoland area from the Central District.

After a delicious dinner, the evening ceremonies started with the Pledge of Allegiance to the American Flag and singing of the National Anthem. A resume of the activities and achievements of Plzenský Sokol from its meager beginning on July 13, 1879, to its present status in 1959, as prepared by sis. Mae C. Macha, was presented by President Frank L. Konopasek.

Brother Charles Prchal, President of the American Sokol Organization, extended

greetings in both English and Czech to the members of Plzenský Sokol and their guests. He highlighted the past services of our organization to the Sokol cause.

Brother Charles Kropik, a past president of Plzenský Sokol, introduced those members, who, within the past five years, attained honorary status through 40 years of membership in our organization. He presented them with 40 year Sokol Pins in honor of the occasion.

President Konopasek then introduced the past presidents of our Sokol who were in attendance—namely,—Ben Lauber, Charles Kropik, Dr. Henry Poupa, and Stephen Vodelka.

Following this, there was an introduction of the guests, officers of Sokol Units in the Chicagoland area. Congratulatory telegrams and letters from friends and other Sokol Units were read—including a letter from one of our own 40 year members who was unable to be present—a former State Representative from the Pilsen District in the State Legislature—James L. Kostka.

Several vocal selections including Czech folk songs were sung by sis. Rosemarie Solin, accompanied by Jean Lothse.

Gifts were presented to the oldest senior member—Charles Roubik, and oldest senior female member—Josephine Beranek.

The President thanked sis. Mae C. Macha and sis. Libuse Kasik and her committee, without whose help this evening could not have been a success.

The singing of the Czech national anthem "Kde Domov Můj" closed the program.

EXCERPTS FROM THE ADDRESS OF PRESIDENT BRO. FRANK L. KONOPASEK

On July 13, 1879, twenty-one Chicago Czechs met at a hall at 20th and Morgan Streets in the Old Pilsen District and organized the "Plzensky Sokol of Chicago." At their first meeting on July 16th, the membership already numbering 34, they elected their permanent corps of officers and proceeded to rent the old C.S.P.S. Hall on 18th St. for their meetings and gymnastic headquarters. From here on down to the present, we may well compare Plzensky Sokol to the acorn and the sturdy oak. The beginning was very meager indeed, receipts from the first meeting amounting to \$8.00, the disbursements \$3.00. Early in 1880 we received our charter. On July 4th our first gym team participated at the Czech American Sokol "show turning," followed by an exhibition of our own on October 31st. By the year's end we ran our first dance, using the proceeds therefrom for gym apparatus and a flag. Our membership totaled 60. Also, in 1880 we started our own library, which was avidly patronized by members and non-members as well.

From then on, Plzensky Sokol actively participated, both culturally and philanthropically, in all undertakings sponsored by the Chicago Czechs. Our gym teams appeared at various Sokol Exhibitions, some members in our midst devoted themselves to dramatics, even producing Shakesperian plays, and we also boasted of a chorus.

By concerted effort and good will amongst the members, our Sokol thrived, both morally and financially. June 9th, 1884, marked the birth of the Plzensky Sokolky, although children's classes were conducted as early as 1880.

On August 16, 1885, Plzensky Sokol was part of the cortege at the funeral of President Ulysses S. Grant.

Thru the years 1886-87 we had 96 adults, 70 boys and 60 girls in our gym classes, but no means to keep them going. During 1888-89 new effort was exerted toward increasing the membership and bolstering the treasury, with such success that by mid-summer 1889, we purchased the lots on Ashland Ave. and thoughts of erecting our own Sokolovna took root. On July 24th, 1892, the cornerstone for the 1st floor only was laid. It was completed in October. By the year's end 291 children attended our gym classes. The first exhibition in our new home was held on March 12th, 1893.

By 1895 the organization again bested its financial chaos, and at this time the Plzensky Sokolky joined the men's branch, with promises of both moral and financial support.

In 1900 a plan was adopted whereby all outstanding debts were merged into one loan which was procured from a Building and Loan Organization. Once this crisis was solved, the members renewed efforts toward diligent training in the gym classes under expert supervision. As a result, we were rewarded by many laurels and trophies whenever and wherever our drill teams participated in competitive meets, both in the U.S. and abroad. Our Trophy room at our camp today bears witness. We now had a class numbering 236.

In 1905 the first land for our camp in New Buffalo, Michigan, was acquired.

In 1916, during the First World War, our Sokol donated \$1,000, plus \$1.00 for each member, totaling \$406.00, for the liberation of Czechoslovakia. When in 1917 we entered the war, we did our patriotic bit by loaning our hall for conscription of volunteers, for local Red Cross headquarters, and sent many of our young members into the service, who made excellent soldiers due to their fine gymnastic training. There were 17 volunteers.

In 1918, with the war's end, our gymnasts renewed their activities by strict attendance to classes, we enjoyed prosperity and good will and excellent patronage at camp. We reciprocated by making generous donations to all money-raising Czech undertakings in the city and abroad.

In 1923, by personal subscription among the members (\$100.00 per person), together with the proceeds from a bazaar amount to \$6,897.81, the mortgage on the Sokolovna was paid. Immediately thereafter it was decided to buy a new camp site in New Buffalo, Michigan.

During this half century we both prospered and again struggled for survival due to the various causes: we supported philanthropic and nationalistic causes, all things educational and cultural so that we always stood out in the lead. In time of adversity, spurred on by the Sokol teachings, the members firmly resolved to carry on for the future and progress with the changing trends to fix existing conditions.

In 1935 Plzensky Sokol again became affiliated with the Czech American Sokol. In 1938, a group of members who assumed the existing debt, became bond holders for both the Sokol building and the camp, and were entrusted with the operation of both units.

By 1943 we had no gym classes. Since 1923 the neighborhood was gradually changing, with other nationalities moving in, having no interest in gymnastic activities. Our members had been moving to Cicero, Berwyn, Riverside and other western suburbs. So in 1944, Plzensky Sokol sold its building and established meeting headquarters in the Sokol Slavsky building in Cicero.

On April 10th, 1952, a building committee was appointed by the members and ordered or authorized to build 12 new Motel Units at camp. There were 10 applicants for these from our members. These were completed for occupancy on August 1st. The units created a sensation not only among the members but among the Sokol Organization, and all patrons and friends of our camp.

On Nov. 6, 1954, we celebrated our diamond anniversary at the Ceska Beseda. On pressure from our transient guests, plans were laid for the construction of an additional block of six motels. This was done and six new units complete and fully equipped were ready for use in June, 1955.

In 1957-58, many of the cottagers improved their homes, the grounds were improved by culling trees and undergrowth, additional landscaping was done, and fence construction was authorized. All this enhanced the appearance of our camp, so that today it is likened to a country club.

This brings us down to 1959. I have tried to portray a picture of the history and traditions of Plzensky Sokol in its good days and bad. There were moments filled with success and glory, then there were times of despair and despondency, sometimes occasioned by prevailing national conditions beyond anyone's power; but always surfacing again to bask in the sunshine of success.

In the days when we sponsored gym classes, we excelled in having the most outstanding Sokol Hall and Gymnasium, and we prided ourselves in having

the best gymnasts who brought us fame and glory. Today, in keeping with the new trends and conditions the world over, we again can boast of the best and most beautiful camp in the United States, our membership dues are the lowest in the country, and our members enjoy our monthly meetings and cooperate heartily in the furtherance of our aims. Our friends and patrons are many, so that in our 80th year of existence we can proudly look to the future with the hope of continued success and good will.

BETTY KADLICK

SOKOL MORAVAN, TOLEDO, OHIO, MARKS 50th BIRTHDAY

On Sunday, October 11th, Sokol Moravan celebrated the 50th year of its founding in Toledo, Ohio, with a "Golden Anniversary Banquet" and Dance. The day dawned bright and clear with a cloudless sky overhead during the entire day. Things began humming immediately at 7:00 a.m., when the telephone wires started buzzing with the last minute preparations, such as, asking for more dishes and silverware, calling waitresses to be there early, picking up aprons for waitresses, picking up programs, etc. At about 9:00 a.m., when we were relaxing with a cup of coffee, the phone rang and after Frank said a couple of sentences, I gathered he was talking to U.S. Senator Frank J. Lausche, and right then and there that coffee didn't taste good and those butterflies started fluttering. Grandma was picked up to watch the children and the car got beautified. Dorothy Benda (Sokol Nova Vlast, Cleveland) took me over to the store for some last minute necessities for the banquet. I don't know what we would have done without her—she was so willing to help wash and wipe dishes and silverware, decorate the hall, run errands, serve tables, etc. This is the kind of member to have around when there's work to be done.

We arrived at the Sokol Moravan Hall before noon with things really going great guns there. The bus from Cleveland had arrived, the guests from Chicago and Cleveland were there, and even some of the Toledoans were around. The food smelled delicious, so after checking with the cooks, we went upstairs to get ready to serve. It seemed like only a short time, actually it was around 1:00 p.m., that the tables were filled and suddenly a round of applause started, and I looked up to see Frank, my husband, coming in with the United States

Senator, followed in a short time by the Mayor of Toledo, John W. Yager. Ohio State Senator Frank Svoboda had come in with the Cleveland group, along with Presidents Tichy, Jirsa, and Schuster from Sokols Nova Vlast, Cleveland, and Tyrs, respectively. Brother Charles Prchal and sister and brother Cihak from Chicago were at the speaker's table, along with bro. Louis Teichman and sis. Josephine Mily from Detroit, Michigan. Sister Elizabeth Horvath of Rossford, Ohio, Mr. John Hudecek from the St. Cyril & Methodius Society, Mr. Steven Materny of Birmingham School, bro. Stepan Polesovsky, who gave the history of Sokol Moravan, and our own President Frank Straka made up the rest of the head table.

During the program, members of 24 years or longer were introduced. For some unforeseen reason, one of our most enthusiastic members was forgotten. We would like at this time to mention that bro. John Reisner, Sr., joined Sokol Moravan in 1924 and has been a member ever since that time—35 years.

The meal was served to an overflow crowd. We had to set up tables in the basement club room to accommodate the late comers, but everyone eventually was served even though some had to wait for dishes to be washed. We were sorry for this inconvenience to those who had to wait, but we're sure they understood and were well satisfied with the food. The menu consisted of roast chicken and dressing, stuffed cabbage, mashed potatoes and giblet gravy, cabbage slaw, rye bread, baked goods, coffee, and milk. Debrecinky, hot dogs, baked goods and coffee were served in the evening, along with leftovers from the afternoon meal.



Left to right (front row) State Senator Frank Svoboda, sis. Blanche Cihak, U.S. Senator Frank J. Lausche. — (Back row) bro. Charles M. Prchal, bro. Frank J. Kadlick.

The program, which featured Senator Lausche and a presentation of a pin by bro. Prchal to our one charter member,

BLANCHE J. CIHAK

50th ANNIVERSARY SOKOL MORAVAN (Toledo, Ohio)

How few organizations of the thousands that have been organized in this country live to celebrate their golden anniversary. Among the Sokols it is the rule rather than the exception.

Today you celebrate five decades of devotion to an ideal that is perpetually true. Devotion in itself would not have brought this about, had it not been for the hard work of hundreds of individuals. From grandparents to the teenagers and children of today, you have consistently worked to instill in the minds of each successive group the value of physical, spiritual and moral training.

This self sacrifice has brought you its reward, in that your own lives have been enriched, through every act you have performed to help create a better and finer citizenry for a greater and finer America.

What the Sokols have been doing quietly and effectively for 94 years is finally receiving the recognition of the entire nation. In a pushbutton, automatic age our training is even more necessary than it ever was before.

This is not wishful thinking but the consensus of the thinking of the finest and most patriotic minds of our country. It is not a theory of college professors but an accepted fact by hard headed, realistic men and women in every walk of life.

Joseph Drlik, Sr., was followed by entertainment of the Jr. Girls from the North-eastern District, the Senior Women from Sokol Moravan, and the Beseda Dancers from Toledo. Dancing to Martin Halicek and his orchestra followed this for the evening's finale.

At this time, we would like to thank everyone for their cooperation in making this big event so successful. It is only with everyone pulling in the same direction that things like this are remembered as great occasions. I only hope that Frank's prediction that there will be a re-awakening in Sokol in Toledo, not only comes true for Sokol Moravan, but also comes true for Lodge Maumee, Lodge Toledo, Z.C.B.J., and all of the other Czechoslovak-American groups that we all are affiliated with. Let's all look forward to bigger and better events in the coming months and the New Year ahead.

The Sokol's Day in Toledo ended perfectly—everyone arrived home safely and even though there were many tired people, there were many happy satisfied people too.

Nazdar!

Physical well being, spiritual enlightenment, moral stamina cannot be purchased or borrowed, they can only be secured by training. Every individual has to pay the price through personal effort to secure them. But what a reward we secure for our efforts. Good health to enable us to perform our manifold tasks with ease and pleasure; a fine mind to appreciate the wonders of nature and the brilliance of man; moral stamina to choose right from wrong and to defend the treasures that had been handed down to us.

All of these are ours because the foresight of altruistic thinkers devised a system of training that is so comprehensive that it is and can be a joy while it builds us to be able to fill our niche in life successfully.

Hours of gymnastic training, games, sports, followed by singing and good fellowship at our social affairs, bring us a sense of well being that cannot be secured in any other way.

All of this has been your lot in the five decades that have brought you to this joyous occasion. Knowing what the Sokol training is and how valuable it is in our American life, I know that you will intensify your efforts. I know that you will secure more members for your unit and start activity in your gymnasium.

The Sokol training and philosophy are our great contribution to this land that has given us the opportunity to live full and useful lives.

Your great work in the past half century shall act as an inspiration for the centuries that lie

ahead.

To that future of earnest, dedicated effort we wish you success and happiness.

Nazdar!

James L. Cihak

EVIL EXISTS BECAUSE GOOD MEN AND WOMEN DO NOTHING

Hardly a day goes by that does not draw our attention to something shady or tragic. It may be in business, finance, politics, labor, the professions or social life. The thing that hurts most is that this would never have happened if good men and women had been willing to stop these cancers before they got a foothold.

The fine, decent element numbers at least 90% of the population. It is the 10% who are twisted in their thinking or because of a lack of training bring shame upon all of us. And it is our fault collectively. We laugh off the first signs and wake up only when a major operation is needed.

The greatest monetary profits in smut, filth and illegitimate operations. The same elements that control this traffic then become so rich and powerful that they invade legitimate enterprises, bribing, corrupting, and destroying as they proceed. How long can any civilization exist under those conditions.

While most of our fellow countrymen are seeking desperately for some means of checking and reversing this trend, we as Sokols are marking time. We cannot remain at this stationary level, for if we fail

to advance we will be left behind and eventually pass out of existence.

This is unthinkable. It would be a traitorous action to our nation and to the memory of our forefathers. They gave us a strong organization and a wonderful philosophy. Remember "Our first and overall task rests in the premise that before any other demands, we must preserve our nation in that general vigor, that does not allow a nation to die, in that steady and fresh strength, in that physical, spiritual and moral health, that will not allow any decay to set in and with that no stagnation, that worst, even criminal action perpetrated upon nations."

This is not a dream that we are facing—it is stern reality. What we do now can have a beneficial affect for generations to come. America is aroused and fighting back. Our place is in the front ranks.

Make your unit the rallying point in your community. Bring the children off the street to your gymnasium. Get the fine elements in your locality to become Sokol members.

In that way we can be worthy of being Sokols.

Nazdar!

SOKOLICE NEW YORK.

Sokolice New York zahájily poprázdňinovou činnost jak v tělocvičně, tak ve schůzích čile a úspěšně. Společné schůze s bratry slibují utužení svazek obou složek, což by mělo být příkladem mnohým našim československým organizacím. Díky ses. starostce M. Vohánkové, sestry jsou seznamovány o všech akcích pravidelně letáčkami, velmi zajímavě a obsírně.

Zájezd do Lo Angeles byl podporován mnohými sokolskými přáteli, kteří se sejdou 30. října v T. J. Sokol ku vzájemné výměně vzpomínek, shlédnutí obrázků, ba i filmů — zásluhou br. a sestry Výborných. Doufejme, že v budoucnosti bude více takových výletů.

Listopad bude přípravou k výročnímu Bazáru, který se osvědčuje velkým finančním příspěvkem.

Žel, že naše z nejstarších sester s. Francis Blizmanová nebude již brát podíl, jak činila plných 63 let. Zemřela ve stáří 87 let v srpnu. Budeme dlouho vzpomínat její laskavé tváře, s kterou vždy sledovala jednání ve schůzích a vždy brala podíl na všech akcích, bazárech, vůbec všem, co se týkalo našeho sboru. Jsme ji velmi vděčni za její doživotní oddanost pro sokolskou myšlenku.

18. října t. r. náš milovaný cvičitel, Fred Martyny, dovrší 90 let. Připomínáme si s hlubokou vděčností jeho zásluhy o vzorné vedení našich cvičenek, které pod jeho ušlechtilým vlivem byly vždy vítězi ve všech závodech, vyznačující se vzorným chováním. Přejeme mu mnoho slunných dnů do mnohých ještě let!

Nazdar!

Anna Chviličková.

REPORT ON DISTRICT INSTRUCTOR'S COURSES, 1959 - EASTERN DISTRICT ASO.



Top row: A. Bartos, A. Kittren, J. Hesoun, M. Nedelka, C. Cervenka, H. Keil, E. Maticka, B. Nайдуч, N. Duttlinger, O. Benisek, R. Napolitano.

Middle row: V. Newborn, J. Vets, J. Jacobsen, S. Vietri, L. Kurz, C. Keil, H. Jurnik, L. Hesoun, B. Muller.

Bottom row: E. Kestler, J. Budner, (Instructors: E. Gombos, I. Suhrada, V. Slavik, A. Benda, F. Vesely), B. Newborn, J. Van Praet.

This past summer Eastern District held two courses: one for beginners, the other for those who previously attended at least one course, called intermediates. Both courses were held simultaneously from August 16th till 30th at East Haddam Sokol Camp, Conn.

There were 25 students attending both courses, 16 beginners and 9 intermediates. Two of the intermediate students came from S.G.U.S. Representation by units:

Belcamp, 4; Fugner, L.I.C., 6; Little Ferry—men, 4; Little Ferry—women, 5; New York—women, 4; STJS. Newark, 1; STJS. Byram, 1.

SOKOL BRIEFS

The Sokol Hi-Lights of Sokol Scio, Oregon, is another one of our constantly growing units with a fine monthly publication. Though still young (Vol. 1—No. 13) it shows a fine spirit and plenty of enthusiasm. Co-editors John and Joy Klobas deserve our heartiest congratulations. We publish below one of the articles from the September 1959 issue that speaks for itself.

CZECH SCHOOL

We are mightily in favor of having a Czech language class this winter as part of the educational activity of Sokol Scio. When organized this will consist of group instruction once a week at a centrally located meeting place. Work will consist of group work from textbooks and possibly with Czech language records. A teacher has not been designated as yet. There are several possibilities.

The instructors were sis. Suhrada and Benda, bro. Gombos and Vesely, each teaching one week, bro. Mergl taught 2 days, and bro. Slavik, director of courses, taught two weeks.

The program of both courses was such as to cover as much as possible to teach in 12 days. Whereas the intermediates were taught to be class leaders and their subjects were directed rather deep, as far as the terminology and leadership is concerned, the beginners were taught on a much narrower basis. All in all, in both courses the Tyrs' system was covered as well as all phases of gym activities and a few non-gymnastic but Sokol activities.

The daily program started at 7:00 A.M. and ended about 9:30 P.M. Many of the supervising duties were assigned to the intermediates, to help them develop Sokol leadership.

On the whole, the beginners were rather inexperienced, which was expected. The intermediates proved to be students eager to learn, demonstrating a remarkable desire to become good instructors.

I wish to express my thanks to all sisters and brothers who came over the weekend to help the instructors: bro. Jonas, sis. Jacobsen, sis. and bro. Zabka, bro. Vyborny and bro. Capek. Also many thanks to the Camp Committee and the kitchen staff.

Beside the instructors we had a very capable secretary in sis. M. Vohanka, who helped us very much.

The instructors did their best and so did the students. The results of our courses are already felt throughout the District. It should be rather imperative that we go on and build a teaching staff which may in a few years improve our shortcomings. Where there are no instructors, there are no gymnasts, where there are no gymnasts there is the end of our efforts to which we, as Sokols, are dedicated.

Nazdar!

Vladislav Slavik

ZA SESTROU NESSIE PETRÁČKOVOU.

Odešla nám opět jedna z dobrých pracovníčků členek Sokola Wilber, sestra Nessie Petráčková. Zemřela náhle 22. září, ve svém domově u věku 71 let. Byla jednou z těch, které se podílely na budování všeho, čeho docílil sbor pilnou prací a vytrvalostí. Byla členkou sboru po 26 let, vždy ochotná vypo-máhat, kde bylo třeba a dokud jí to zdraví dovolilo. Vychovala 10 dětí a byla jim dobrou matkou.

Pohřbu se zúčastnilo mnoho sester a bratrů Sokola Wilber. Za sbor rozloučila se se zemřelou sestrou jednatelka, oceněním její dobré práce.

Čest budiž její památce!

Eliška B. Kostka.

James L. Cihak

A CHANCE MEETING

It was in the early 1860's that Fuegner and Tyrs met at a social gathering in the country. Fuegner was a member of a socially prominent and wealthy mercantile family of Praha. Tyrs was a poor orphan and a tutor to the children of a wealthy manufacturer whose country villa was near that of the Fuegner's.

How intricately the web of life and destiny is spun. In the course of their first conversations, the matter of age might have come up. To the pleasant surprise of both, they found that they were both born in September, just 10 years and 5 days apart. Fuegner was forty years old and Tyrs thirty. Both mature men, well read, keen observers and thinkers, they were acutely aware of the forces that were re-awakening in Europe. Fuegner had had an admirable schooling in business, had traveled widely for business experience, possessed a library of whose contents he was aware, loved good music and was a fair musician.

Tyrs had to work to secure his education, had traveled mostly by foot, was a professor of aesthetics and philosophy, an art critic of exceptional ability and influence. Though coming from such diverse environments there was in both of them such a high moral sense, and such vitality that their occupations alone could not contain them.

From what is known of that first meeting and the days that followed, it is evident that they found something complementary in their natures that formed one of those intensive friendships that burn all the brighter because an equal force comes from each one.

Both of them felt that at such a critical time it was not enough to do their particular tasks well but that the greater mass of their energy should be devoted to the welfare and advancement of their country.

Tyrs who had been laying the mental foundations for the Sokols for some time, explained his ideas to Fuegner and immediately won a powerful and influential ally. This Damon and Pythias friendship worked a miracle.

Fuegner brought to the young organization his influential friends from the realms of business, politics and the professions. Tyrs brought his students and academic friends.

Their talents were so diversified, they were both so democratic in spirit, so imbued with the finest ideas of democracy and so generous that their undertaking, the physical, moral and spiritual development of their countrymen became the greatest force in their nation.

The Sokol Organization became a model not for physical development alone but for the loftiest ideals of patriotism and human endeavor far beyond the borders of the little nation where it was born.

One thought of theirs alone could lead the world out of its present dilemma, that is "Competition we must have, to force every individual from a sense of pride and personal well being to develop to the limits of his ability, but, — let us solve our problems together, not as individuals but as members of the human race. Each one should bring to this cause the best that there is in him for the mutual benefit of all."

What a simple philosophy, what a wealth of meaning. Born, nurtured and put into practice by them, proving through the Sokols history, that the wonderful idealism of two fine men could be the salvation of mankind.

And all of this because of a chance meeting in the early 1860's in a little country in central Europe. — Jindrich Fuegner met Miroslav Tyrs.

Lil Teichman

SOKOL AND SOKOLICE DETROIT

The Hayride and Weiner Roast held at Sokol Camp on October 17 was the event that started the social calendar of the coming season for the Sokols of Detroit.

To make the Hayride the success it was we mixed the following—A beautiful moonlit night, a bunch of happy congenial people—big and little—a

couple of sturdy wagons filled with hay, a very patient driver, a big bonfire, and last but not least—food.

These you mix together with some cold feet, cold hands and cold noses, a lot of singing and shouting, burnt hot dogs, some impatience because the wagons were late, some spooning under the harvest

moon, and coffee that refused to look like coffee—but it was hot!

Lastly in the Club Room more singing, more jolly people, and a satisfied committee with the knowledge that once more a completely successful activity had been achieved. Little mistakes—yes—but those can always be rectified next time.

Our thanks to Harry Valek, chairman, who did so much of the hard work.

December 6 our Akademie will be held at the Czech Hall. Numbers are now being prepared by all classes. Starting time 3:30 P.M.

December (exact date not known as yet) our annual Children's Xmas Party will be given.

Nazdar!

ZPRÁVA ODBORU ŽUPY STŘEDNÍ Z PRODEJE MEZISLETOVÝCH NÁLEPEK.

V březnu 1959, dle usnesení župy Střední, rozvíjena činnost na sebrání fondu pro vyslání cvičicích na Slet v Los Angeles, 3., 4. a 5. července 1959. Činnost započala ihned — tiskem nálepek, dopisů a obálek. Celkem bylo vysláno 2,422 dopisů. Výsledek finanční jeví se jak následuje.

PŘÍJEM

3 po	50c	\$ 1.50
249 po	\$ 1.00	249.00
228 po	2.00	456.00
2 po	2.50	5.00
1 po	2.55	2.55
31 po	3.00	93.00
78 po	5.00	390.00
13 po	10.00	130.00
1 po	35.00	35.00

606 Celkem \$1,362.05

VYDÁNÍ

Tisk nálepek	\$157.00
Poštovné	100.00
Dopisní papír a obálky	94.20

Celkem 351.20

Zbývá ve fondu k rozdělení \$1,010.85

ROZDĚLENÍ DLE JEDNOT

Sokol Berwyn	\$ 22.75
Sokol Chicago	60.00
Sokol Havlíček-Tyrš	57.75
Sokol Milwaukee	10.00
Sokol Slávský	337.75
Sokol Stickney	5.00
Sokol St. Louis	30.50
Sokol Tábor	435.25
Sokol Town of Lake	15.00
	974.00

Zbývá ve fondu \$ 36.85

Všem dárcům děkujeme za jejich příspěvek, za porozumění a podpoření sokolského díla. Vaší spoluprací bylo docíleno krásného úspěchu jak finančního tak morálního a naší župě, která tuto činnost vyvinula, umožněno z části hradit útraty cvičicích a tím morálně podpořit župu Pacifickou.

Děkujeme těm bratrům a sestrám kteří se omluvili, že z různých příčin nemohli přispět penezitě, ale přáli úspěch sokolskému dílu.

Ještě jednou — díky a mnoho zdaru činnosti Sokolské! . . . přejí za odbor:

Bessie Vorel Lorraine Zděnek, Betty Prener.

DIPLOMACY: The art of letting someone have your way.

BURIED TREASURE

At last, the most neglected orphan in the USA—foreign languages—is to be given the attention it deserves. Many high schools and colleges have started foreign language courses. There is, however, a scarcity of teachers. By the National Defense Act of 1958, 19 new foreign language training centers have been started for prospective teachers of foreign languages with Russian at the top of the list.

Perhaps you have a "teacher" at home: your parents or grandparents who could give you training in a Slav language, Czech or Slovak. Perhaps there is a buried treasure in your home. A foreign language spoken at home is such a treasure.

Millions of Americans listened to Khrushchev through an interpreter. Americans speaking Czech or Slovak will tell you that they understood many words and the general gist of Khrushchev's oratory on TV. Czech and Slovak give you a basic understanding of Slav languages; so to speak, open the door to the Russian world. Why keep the door closed?

Much advertised "ten week courses" in Russian are misleading. Learning a foreign language is hard work and ten weeks is but a brief introduction. Begin by learning the mother tongue of your parents and give yourself a head start.

Good News from Lincoln, Nebr. — After a lapse of many years, a course in Czech is again being offered for credit through the Extension Division of the University of Nebraska to those with a Czech background and some familiarity with spoken Czech as well as to beginners totally unfamiliar with the language. Students will receive three hours of elective college credit. Dr. V. Kucera is the instructor. This is the best answer to our country's plea to students to master a second language. Slav languages are especially important now. Nebraska should be a rich "student reservoir" as many Nebraskans are of Czech blood, the descendants of the 70,000 pioneers who came there 80 years ago.

Columbia University is offering an elementary course in the Slovak language, Klement Simonic, instructor; elementary Czech, Mrs. Beatrice Nosco, instructor. Registration: Low Memorial Library, Columbia University, Broadway and 116th St., New York.

University of Texas, in Austin, offers both elementary and advanced Czech; instructors, Dr. Edw. Micek and Dr. Joe Malik.

Cicero-Berwyn, Ill. Czech is taught at Sterling Morton High School. Prof. B. Mikula, author of the textbook "Progressive Czech," has prepared an interesting program for young students.

(From "The American Bulletin")



AMERICAN SOKOL GYMNAST

Edited by MILDRED PRCHAL

PAUL FINA

WILL THE SOKOL MOVEMENT GROW?

In many parts of the country, gymnastics is finding new impetus and stimulation. Key cities such as Los Angeles, Chicago and Philadelphia are showing a new interest in gymnastics. But for reasons subject to great controversy and discussion, the Sokol movement is not keeping pace with the growth. Each year more universities and colleges are installing gymnastics programs. The Chicago suburbs now have 32 high schools with gymnastics curriculums. These high schools have coaches and assistant coaches. Working out regularly are some 2,000 young gymnasts. This would be a conservative figure if the word "regularly" were not used. What has caused this new uprise and why aren't the Sokols benefiting is a question that needs contemplation for an answer.

Principally, there are many excuses given by the thoughtful Sokol. It is said that the outlook of the youth is different and that the youngster is not interested in the disciplinary gymnastics of the Sokols. The Sokols want to do more than develop top-notch gymnasts. The Sokol system is a complete system and a way of life. Besides apparatus

work, the Sokols include physical fitness, mass exercises, marching tactics, group demonstrations, pyramid type displays, dance numbers, field and track work and other sports. There is no one that can deny the importance of each phase of the program. Where is the failing?

Frankly, the answers are not to be found by one examination or introspection. This article has no intention of giving an answer. No one person can be that well advised to know the solution. It can only be said that time is running out. Our well-founded Sokol system could be losing out. The fledgling high school gymnast seldom hears of the all encompassing program of the Sokols. They certainly need the unifying force of the Sokols. The group work, the mass work, etc., can fill a need for the growing youngster. Let us not let him satisfy his gregarious instinct through gang and mob delinquency. Give the growing boy and girl the Sokol way of "togetherness." Keep them off the streets and out of joints.

Organizers, management, instructors, members—let's find a way!

MILDRED PRCHAL

SPECIAL NUMBERS FOR SOKOL EXHIBITIONS

The highlight of the Sokol season in each gymnasium is the annual gymnastic review or program and preparations begin with the opening of the season in September. Much time and thought is given this project but for many reasons actual teaching for it is too often postponed until a few weeks before the exhibition date. Absences in children's classes because of colds and other seasonal illnesses, bad weather conditions preventing regular attendance, tournaments in volleyball, other commitments such as school studies, music lessons, holiday parties and vacations are only some of the causes. This should be taken into consideration when planning an exhibition.

The wise instructor will plan his season's schedule so that each lesson will include some fundamental steps and exercises to be used in the program. All phases of a Sokol class hour should be utilized, i.e. marching tactics, calisthenics, apparatus work, games, etc. All too often special numbers consist

of steps, movements and formations that are strange or unfamiliar to the class and it is necessary to spend whole class hours for the teaching of the "special." If this particular number is for a selected group, the other class members are relegated to an assistant for other activities in the gymnasium and they are apt to feel neglected and resent being "left out." It is much better to have an able assistant teach the special number so the instructor can continue his work with the rest of the class. Better yet, a special day can be set for the program work or the instructor should use only material the class has become familiar with thruout the season, and allow the entire class to participate.

Where one instructor is in charge of 6 or 8 classes, the work of composing and teaching a special number to each class is practically impossible if he is employed elsewhere daily, which is the case in most Sokol gymnasiums. One special number in

which members of all children's classes can participate is a wise selection for such an instructor. Another simple number for junior girls and boys together with men and women can be very effective and make up in number and formations for the very advanced work by only a few.

Where a unit is fortunate in having 3 or 4 instructors as in some instances, this does not create such a problem.

Novelty numbers are good only if they are short (2 mins. at most) and fast. They must also fit well into gymnastic work. Among the easiest and most effective is the Clown routine in which all forms of work can be incorporated; marching, acrobatics, balancing, etc. Folk dances are always excellent but must be gay and lively.

A new teacher sometimes finds himself at a loss when called upon for "something" to use as the high point of a program and in many cases spends time and effort looking for a finished routine which is too advanced for his group and must be modified thereby losing its original character and proves unsuccessful. This teacher would do

well to devote the time and effort to select a favorite musical number (or record if possible) and initiate himself in composing his own work. A brisk marching number combined with simple calisthenics in different formations, finishing with a group picture is always effective. This can also be done with wands.

There are many instances in which new instructors are given very little time in which to arrange a program and these of necessity must try to get such material elsewhere. The American Sokol Board of Instructors receives many requests for special material. However, the source of material is depleted and we would greatly appreciate written instructions with the name of accompanying music of some of the excellent compositions we have seen each year in the various Sokol gymnasiums. The many hours of thought and effort spent in the preparation of such presentations should be utilized more than once and surely the satisfaction in the knowledge that the composer's "brain child" is being taught and enjoyed by others should be gratifying.

MORE ABOUT PROGRAM PLANNING — TEACHING MARCHING TACTICS

by E. J. HALIK

Can you picture a Sokol Program without marching groups? Well, there are a number of Units where marching is not stressed enough and some not at all, especially in children's classes, where it is most needed. Regardless of whether we handle small or large classes, the mobility and maneuverability of the groups through the various phases of the class program and to and from locations of apparatus in the program depends entirely on good marching tactics. Groups which are well trained in marching tactics, constitute organized and disciplined units, while untrained groups are undisciplined and react as a mob.

Good tactics breed good conduct in the group and mean good control, posture and walking is improved. Marching provides great opportunities for good exhibition work and gives enjoyment and a sense of unity to the participants.

Concerning our Sokol Marching Tactics, we have our most complete works in Czech coming to us from COS and from bro. Jarka Jelinek's book on tactics written in 1939, wherein he brings Sokol tactics in line with American military and school tactics. In English, we have translations by bro. Kudrnovsky and by bro. Bednar, both of whom deviated from standard military and school practices, producing commands and terms of their own. There is no need for new terminology, just for adaptation to standard terms now commonly used.

There is, however, a need for grouping together tactics to be taught to various age groups and at different levels of progression according to the need for maneuvering these groups about the gymnasium during the class program.

Hints to teachers, instructors and leaders: Know your tactics, be able to explain and demonstrate new maneuvers, be the leader, be alert, stand away from your class and keep control. Give commands with energy—the manner and the vigor of the command, the rising and falling inflections of your voice will determine the reaction of the group. Talk to the entire group when giving commands, instructions or corrections, not to just one section of the line. Make sure they all hear you—talk to all or talk to none.

Count for the group (give cues) in marching, especially count 1-2-3-4 (accent on 1) or hep-2-3-4 or have them stamp on the 1 count. Work hard at group marching, stressing the rhythm (beat)—it will pay off.

Do not stay in step with class. Set the beat, watch them, do not keep time with them by marching in place. You can pick up the beat easily if they should need help.

Insist on good posture and energetic marching steps—keep them awake and alive—permit no slouching or shuffling.

Instruct class to take corner (ie) to make turns, etc., when approaching walls at end of gym or other obstacles. This will ease your need to keep ahead of them with turn signals or commands.

Stop class and reorganize them when they are confused, badly out of step or formation.

Assign a permanent assembly area for class to line-up in pre set formation at beginning of class. Single line (rank) is recommended.

Groupings for teaching tactics especially to children and beginners (also for others). Basic commands for organization:

Line-up!	Right — face!
Atten — tion!	Left — face!
Dress right — dress!	At — ease!
Ready — front!	Fall — out!
Dismissed!	

The above and also the following commands, are not necessarily placed or listed in the order of common usage for you to use as recommended.

For teaching rhythm or beat, (cadence) you will find that marching in place is very helpful, remembering to put emphasis on the one count or on the stamp.

In place — march!
Class — halt!

Later for the sake of variety, you can add Left — face and Right — face while marching in place.

Basic commands for mobility and maneuverability:

Right — face!	In place — march!
Right — face!	Forward — march!
Left — face!	Class — halt!

If the class knows about taking corners while marching, the following is not needed at this time.

File right — march!	Column left — march!
File left — march!	Counter right — march!
Column right — march!	Counter left — march!

Teach counting off by 2's, 3's, 4's, etc. for forming groups for calisthenics or games.

By 2's — count!
By 3's — count!
etc.

A much simpler method is this—while marching and taking corners, have them form columns of two's at a designated corner by pairing up at the corner. In this same manner, columns of two's can form columns of four's etc. This method can be used to form columns of three's to six's, etc.

For groups already in formations such as columns of fours, sixes or eights, etc., which are to be brought to single file or rank, the simplest procedure is to do

Right — face!
Forward — march!
Files (column) right — march!

Here groups peel off in single lines and march in single file to a designated area.

Be sure that you know and that your class learns the meaning of—

Single line or rank (standing side by side).

Single file (standing one behind another).

Columns of 2's, 3's, 4's, etc. (same as above one behind another).

Interval—Spacing between individuals standing side by side.

Depth or Distance—Spacing between individuals standing one behind another.

Guide Right or Left—To align on the person on the extreme end of the line.

Cover—To align on the person in front.

Extend—To open formation to the right, to the left or from the center.

Assemble—To close the formation to the right, to the left or to the center. This can be done by stepping or sliding to a designated distance.

As has been stated previously, these are basic organizational procedures which you will find useful in conducting your gymnastic program and which if practiced diligently, will give you an excellent marching group.

OLYMPIC GAMES — 1960

PRESCRIBED EXERCISES FOR WOMEN GYMNASTICS

FLOOR EXERCISE

The floor exercise starts in the center of the area facing in a diagonal direction

1. From fundamental position, swing both arms right sideward with slight body-wave (with light supple bending of upper body to the right) $\frac{1}{8}$ of a turn right (45°) of the body, head turned to the right.
2. Step left with simultaneous deep bending of body forward swaying from right to left starting over the right bent leg

and transferring the bodyweight to the left leg, swing arms downward one after the other (left arm upward and right arm forward (horizontal) with straightening body upward with slight body-wave, and $\frac{1}{4}$ turn left of the body (90°).

3. Counterlike movements of Part 2 (bend body over left leg).
4. A full turn (360°) left on toes of left foot, raising R leg backward, arms in lateral position finishing left arm horizontal forward, right arm horizontal in rear.

5. One step R forward lowering the arms, the straight L leg swings forward upward, raise the R arm upward and the L arm sideward, head up.
6. Three quick steps, L, R, L forward, arms sideward—hop on the L foot with forward swing and quick bending of the R knee. The R foot touches the L knee; slight bending of the trunk forward and circle arms forward to backward. One (1) step R forward, hop on R foot and high leg raising backward of the L leg, swing arms to sideupward position.
7. Step L backward, $1\frac{3}{8}$ turn left (495°) on the L foot, R knee bent. R foot touches the L knee circling arms outward in front of body. At the end of the turn, the L arm is obliquely upward, the R arm obliquely back downward. Extend R leg backward, head turned to right.
8. Lower body forward to balance stand (planche) on the L leg with small lower arm circle left in front of body to oblique downward position. Fingertips about (2 to 3 cm.) above the floor, the R arm is obliquely backward.
9. Lowering of the R leg with slight knee bending L to the stand (fundamental position). Straighten body with small bodywave, raise to a toestand, lower the arms—swing arms to upward position vertical), swing L arm backward and R arm forward.
10. Three (3) running steps forward R-L-R with lowering arms—R arm sideward and L arm with a small inner arm circle in front of body, also into side position. Hop on R foot with L leg swing foreupward, lower the arms—swing arms forward—place hands on floor—walkover throwing alternately the L leg, the R leg—land on R leg (bodyweight on R leg).
11. One (1) step forward—arms upward, one (1) step R forward and $\frac{3}{8}$ (135°) turn left. The L straight leg slides into deep lunge position backward, lower arms through the side into forward upward position (prolongation of the body). Straighten body with closing step left into toestand, arms upward.
12. Lower arms sideward and roll forward.
13. Headspring to a stand, arms upward, palms forward.
14. Step L sideward (arms sideward), weight of body on the L leg. Pass R foot quickly through fundamental position forward (weight of body on the R leg), one step L forward—arms circle outward in front of body to upward position.
15. Same as Part 14, but to the R, finish arms forward—palms upward.
16. Step (1) L forward, toestand on L foot arched—swing R leg backward upward with erect body position, arms sideward, palms upward. One (1) step forward R into momentary lunge position R. Bodyweight on the R leg, the R arm sideward, the L arm forward—palms upward.
17. $1\frac{5}{8}$ turn left (585°) on extended R leg. Left knee bends with toes of foot touching R knee, arms lowered to be raised in front of body to upward vertical position.
18. Step L backward, lower to a kneel on L knee, support the L hand backward on the floor near heel—R arm is held forward, straighten R leg and body with a left turn, arm circling right in front of body to a circle above head, L arm straight. Sit on L heel with body bending forward and lowering the R arm backward. Raise body, swinging L arm forward, small inner circle of the L arm sideward, body weight on R leg, close L leg to a closed toestand.
19. Four (4) running steps L-R-L-R forward, arms sideward. Take off on R foot, leap striding with quick kneebending and extension of the L leg forward, arms circle in front of body outward—land on L foot, arms sideward.
20. One (1) step forward R with $\frac{1}{2}$ turn (pivot) L, one step backward on L foot and pivot simultaneously $\frac{5}{8}$ turn (225°) to the left, arms sideward, weight of body on the L leg slightly bent.
21. Changing body weight to the R leg, bend body backward, the arms swing upward—alternate R and L arm (successively), walkover backward, start R and finish on L foot, $\frac{1}{2}$ turn right on the L leg (180°) momentary bending and extending of the R leg. R arm upward—L arm forward.

(To be continued)

ZÁPIS ZE SCHŮZE VÝKONNÉHO VÝBORU AMERICKÉ OBCE SOKOLSKÉ, konané ve středu 28. října 1959.

Přítomni: bratři Brouk, Halik, Kropik, Šimaner, Štulík, Švambera, Vodrážka a Vydra. Sestry: Čiháková, Faltová, Prchalová, Přeremová a Tintěrová. Omluveni bratři Čihák a Marek.

Schůzi předsedal starosta br. Prchal.

Zápis z poslední schůze dodatečně schválen.

Br. starosta zahájil schůzi vzpomínkou na den 41. výročí Čsl. samostatnosti a co tento den znamenal pro lidi v Československu. Vyslovil opravdovou naději, že ujařmená země se znovu dočká svoji svobody. Zmínil se také o účasti Amerického Sokolstva v osvobozeneckých bojích a jeho věrnosti ideálům svobody po všechny časy.

Zprávy ze žup:— Projednány zápisy z výroční schůze župy Východní, a pravidelné schůze župy Východní, Severovýchodní, Střední a Jižní.

Dopisy:— Sokol Žižka, Dallas, Texas, děkuje za účast br. starosty na slavnostním předání budovy a její formální otevření.

Br. Zahradníček podal zprávu o Sokole v Batavě, Kanada, a o oslavě 20. let trvání. Dále se zmínil o sokolských poměrech v Kanadě, a o kanadských výročních sokolských dnech.

Br. Ant. Hladík, předseda organizačního odboru župy Střední oznámil snahu o založení sokolské jednoty v Downers Grove, Ill. Jednota má být v dohledné době organizována. Vyžádané pomůcky byly br. Hladíkovi poskytnuty.

Župa Jižní žádá o vyslání organizátora anebo společného cvičitele. Náčelnictvo vejde ve styk s br. Molcarem a Pokorným.

Br. Hardy poslal účet za poplatky k AAU. v obnose \$25.00 a poslal informace i doporučení o blížícím se sjezdu AAU. Náčelnictvo vyžádalo si projednání této záležitosti. Členství bude zachováno.

Župa Západní oznamuje, že slet v Cedar Rapids, Iowa, bude konán 18. a 19. června před zahájením sjezdu 20. června.

Západní Česko-Bratrská Jednota v resoluci ze sjezdu vyslovuje dík za přítomnost br. Prchala a ses. Čihákové na sjezdu v Detroit. Posílá pozdravy a přeje úspěch do příštích let.

Br. Bachna žádal o svolání schůze Svazu Amerického Sokolstva v Canton, Ohio, v stejný čas, kdy Slovenská Tělocvičná Jednota Sokol pořádala v místě "pracovní schůzi." V důsledku toho, že je nemožné konat dvě důležité schůze ve stejný čas, schůze svolána nebyla. Schváleno.

Zpráva jednatelky:— Sokolu Schenectady k oslavě 60leté činnosti konané 10. října a Sokolu Čech Havlíček v Clevelandu poslal pozdrav k oslavě 80. letí jednoty, 18. října.

Sokol Batawa děkuje za přepis k 20. letům oslavám založení Batawy.

Dráha Union Pacific v Chicagu a v Omaze děkuje za dopis Obce ve věci pomoci se zájezdem AOS. — Hotel Roosevelt, Cedar Rapids, Iowa, děkuje za zprávu o přijmutí hotelu pro sjezd AOS. v r. 1960.

Sokol Tyrš, Cleveland, posílá pozvání na operetu br. Zdenka Ptáka "Elvira and the Devil" v sobotu a v neděli 7. a 8. listopadu.

Ses. Falarsh, náčelnice Sokolic Milwaukee, si žádala rekordy Čsl. besedy. Volala na všechna místa, kde rekordy jsou prodávány, ale nejsou k dostání. Ses. Prchalová nanesla hudbu na pásmo a toto ihned ses. Falarshové posláno.

Firma Pancner v Berwyn se pokusí získat rekordy, po nichž je často poptávka.

Na náš dopis, kongresník pan Alvin M. Bentley odpovídá, že resoluce o svobodných volbách, pro komunismem ujařmené národy, bude znovu vzvednuta v zahájení příštího zasedání kongresu.

Od hlavní poštovní úřadovny S. S. došlo oznámení o vydání zvláštní poštovní známky k uctění prvního prezidenta Čsl. republiky T. G. Masaryka. Znamka bude 4 centová a 8 centová, bude v rámci "Champion of Liberty" a bude vydána k 110. výročí Masarykových narozenin 7. března 1960. Doporučuji, aby AOS. zakoupila pro svoje potřeby větší počet těchto známek a stejné doporučení aby bylo posláno všem jednotám. Prostřednictvím "S.A." také všemu členstvu. Do "S.A." bude připraven článek o tomto úspěchu. Doporučení schváleno a rozhodnuto zakoupit známky za obnos \$200.00 pro úřadovnu.

Dále rozhodnuto uspořádat v Chicagu podnik k tomuto významnému datu.

Československá Obec Legionářská poslala prohlášení k 28. říjnu. Došlo dlouho po uzávěrcé "Sokola Amerického".

Denní Hlasatel oznamuje vydání slavnostního Novoročního čísla časopisu a žádá o zapojení projevu AOS. do jeho stránek, jako léta předešlá. Rozhodnuto povolit na tento projev \$25.00 jako roku loňského. Dále rozhodnuto poslat projev do novoročního čísla Nového Světa v Clevelandu a New Yorkských Listů v N.Y. po \$10.00.

Sokol Tyrš, Cleveland, Ohio, poslal popis zájezdu na Olympické hry v Římě 1960. Pro příští číslo "S.A." připraven článek.

Došel účet od U.S. Olympic Association za členský poplatek do září 1960 v obnose \$10.00. — Schváleno uhradit.

Čsl. Sokol v Zahr. v zářiovém čísle píše, že "jednoty sdružené v Západoevropské župě souhlasí s postupem zástupců ústředí ve Svazu svobodného Sokolstva."

Všem jednotám sdruženým v Ústř. Čsl. Sokolstva v Zahraničí bude poslán dopis, ve kterém bude popsán postup zástupců organizace ve Svazu Svobodného Sokolstva a osvětlena dosavadní spolupráce.

Do "Sokola Amerického" připraven projev k IX. sjezdu AOS. 1960. Stejný projev poslán všem jednotám. — Jednotám i župám posílána kopie statistiky členstva z r. 1957-58. Z mnohých jednot již přišla odezva a náhled, že podobná statistika má být posílána jednotám i župám každým rokem.

Ve stejném dopise posílána výzva k získání nového členstva.

Do "Sokola Amerického" napsala článek o odevzdání budovy ZČBJ. v Cedar Rapids, Iowa, její účeli. — Účastnila se oslavy 80. let trvání Plzeňského Sokola 10. října. — 11. října oslavy založení Sokola Moravan v Toledo. — 13. října pozdravili s br. starostou sjezd Západní Česko-Bratrské Jednoty v Detroit, Mich. Věříme, že to byla věc velmi důležitá. Organizace poskytne AOS. \$500.00 ročně po příští čtyři léta. Celkem \$2000.00. Sjezdem byla vysoce oceněna činnost sokolská.

Na rozhlase AOS. v říjnu promluvili s br. starostou v zájmu získání nového členstva.

Účastníkům letošního zájezdu AOS. a všem členům V.V. bylo posláno pozvání na večírek, který bude konán v sobotu 21. listopadu v Sokole Chicagu.

Všechny dotazy zodpovězeny a zásilky vyřízeny.

Zápis ze schůze náčelnictva přečetl br. Halík.

Schváleno uhradit účet župy Východní za letošní cvičitelskou školu v obnos \$460.00.

Župě Severovýchodní povolen obnos \$40.80 za kurs "růzností" a obnos \$91.93 za soudcovskou školu.

Ses. jednatelka připraví vydání náčelnictva od poslední konference.

Schválen závod v skladbách zvláštních čísel s hudebním doprovodem. Budou uděleny ceny.

Ve věci pojištění cvičenců všechny informace byly předány náčelnictvu, které společně s komisí vyšetří možnosti a podá zprávu.

Schváleno, aby dva členové náčelnictva, jeden bratr a jedna sestra, se účastnili tělocvičné kliniky v Sarasota, Florida.

Schváleno povolání br. Paul Finy a Jack Carra do náčelnictva.

Br. Halík přečetl zprávu náčelníka.

Ses. Prchalová přečetla zprávu náčelnice.

Br. starosta podal zprávu za nemocného vzdělavatele AOS. bratra Čiháka.

Připravil oběžník pro vzdělavatele jednot a žup. Napsal tři články pro "S.A." a opravil další články.

Odpověděl mnohé dotazy a vyhověl všem žádostem. — Zúčastnil se oslavy 50. let Sokola Moravan. — Zprávy budou uveřejněny v "S.A.".

Zpráva br. starosty: Promluvil se ses. jednatelkou 10. října na rozhlase Obce. O významu sokolské výchovy a příkazu doby, aby naši lidé nebyli lhostejní k osudům tradic a ideálů sokolských a svým členstvím i činností podpořili snahy bratrstva. — Plzeňský Sokol oslavil 10. října 80. let svého trvání. Promluvil jménem V. V. Též se zúčastnili ses. Čiháková, Prenerová, Tintěrová, br. Halík a Šímaner.

V neděli 11. října oslovil velké shromáždění Sokolstva na oslavě 50. let Sokola Moravan v Toledo, Ohio. Zde promluvil také jednatelka a vzdělavatel br. Čihák. Velký projev učinil senátor S.S. br. Frank Lausche nejen anglicky, ale též slovensky. Velká účast z Clevelandu. Též starosta župy, br. Jan Tichý. — V úterý 13. října na sjezdu ZČBJ. se ses. jednatelkou promluvili česky i anglicky k delegátům. Vyzvedli spolupráci obou organizací, poděkovali za podporu a vyslovili naději, že ani v budoucnosti nebude jinak.

Došlo pozvání od Výboru na oslavu Čsl. dne neodvislosti, 28. října, konanou v Chicagu 25. října. Byl churav a nebylo mu možno se účastnit. Usneseno uhradit br. starostovi vydání s cestou na sjezd ZČBJ. a stejně ses. jednatelce.

Br. Přech oceňuje práci ses. jednatelky a br. starosty spojenou se zájezdem na Pacifické pobřeží. Výkon bude příkladem budoucím. Děkuje za pozdravy a zdraví celý V. V.

Došly k přehlídce otisky propagačního letáku Obce připraveného br. Čihákem. V nejbližší době bude rozeslán jednotám.

Ses. Prchalová předala členům V. V. po výtisku časopisu "The Modern Gymnast." Jelikož časopis sama zakoupila, byl jí obnos \$7.00 uhrazen.

Dále ses. Prchalová vyzvedla možnost získat pomůcky pro cvičitele z různých pramenů. Byl povolen obnos \$200.00 na tento účel.

Br. Vodrážka dodatečně omlouvá svoji nepřítomnost v několika schůzích V. V., kdy byl na cestách pro svoji organizaci. Na svých cestách promítnul filmy z Vsesokolského sletu v Praze 1938.

Tyto filmy budou promítnuty v příští schůzi V.V., která bude svolána na 7:30 hod. večer.

Bratr starosta poděkoval za všechny podané zprávy a vykonanou práci. — Nazdar!

Bláža J. Čiháková, jednatelka.

EXCERPTS FROM THE MINUTES OF THE MEETING OF THE EXECUTIVE BOARD, ASO. Held Wednesday, October 28th, 1959

Minutes of the previous meeting approved as submitted.

The Chairman opened the meeting and talked briefly of the 41st anniversary of the Czechoslovak Independence and what it meant to the people of Czechoslovakia. He expressed a sincere hope that the subjugated country would be free again.

REPORTS

Minutes were received from the Annual meeting of the Eastern District, and from the regular meeting of the Eastern, Northeastern, Central and Southern Districts.

CORRESPONDENCE

Sokol Zizka, Dallas, Texas, expressed their appreciation for bro. Prchal's participation and support in the dedication and formal opening of their new building.

Bro. Zahradnick reported on his trip to Batawa and their 20th anniversary.

Bro. Anton J. Hladik advised of the steps taken to organize a Sokol Unit in the Chicago suburb of Downers Grove, Ill. The first meeting was attended by an interested group, and the outlook for a new unit in this area is very promising. It was decided that an article should be written and published in the Suburban Life to promote interest.

The Southern District is requesting an organizer or traveling instructor. It was moved that bro. Dick Molcar and bro. Joseph Pokorny would be contacted.

Bro. Hardy in a letter submits a bill for the 1959-60 AAU. dues for \$25.00, information and a recommendation to the coming AAU. Convention. The Board of Instructors requested that the matter be turned over to them for deliberation. Approved that the membership be continued.

The Western District announced that the Slet in Cedar Rapids, Ia., will be held June 18th and 19th, preceding the ASO. Convention.

The Western Bohemian Fraternal Association in a resolution express their thanks for ASO. representatives bro. Prchal and sis. Cihak to their convention in Detroit.

Bro. Bachna's request that a Federation meeting be held in Canton, Ohio, at the same time the SGUS. was holding a workshop was rejected, due to the fact that it is not advisable to combine two important meetings at the same time. Action approved.

REPORT OF THE SECRETARY

Sokol Schenectady celebrated their 60th anniversary on October 10th and Sokol Cech-Havlicek, Cleveland, their 80th. Greetings were sent to both units.

Sokol Batawa thanked for the greeting sent on the occasion of their 20th anniversary.

The Union Pacific R. R. of Chicago and Omaha, acknowledged our letters of appreciation for their assistance with our excursion.

Hotel Roosevelt, Cedar Rapids, thank us for selecting their hotel for the 1960 Convention.

Sokol Tyrs, Cleveland, sent an invitation to their operetta "Elvira and the Devil."

On October 28th, on the occasion of the forty-first anniversary of the founding of the Czechoslovak Republic, Postmaster Gen. Arthur E. Sumnerfield announced that the sixth of the "Champions of Liberty" postage stamps will honor Thomas G. Masaryk—founder and first president of Czechoslovakia. The stamps will be issued in two denominations—4 cents for first-class and 8 cents for first-class international surface mail.

A motion was made and carried that the ASO purchase at least \$200.00 of these stamps for office use and that an article and recommendation would be made to the units and individual members to purchase as many of these stamps as possible.

The publication "Denni Hlasatel" requested ASO to insert a greeting in the New Year edition of their paper. It was moved that \$25.00 be allowed for Denni Hlasatel and \$10.00 each for the publications Novy Svet and New Yorske Listy.

Sokol Tyrs, Cleveland, sent a copy of their itinerary to the 1960 Olympics in Rome. An article was prepared for "S.A."

Membership in the U.S. Olympic Association was renewed.

A copy of the 1957-58 statistical membership report was sent to all units and districts. Many units are of the opinion, that similar reports should be sent out each year. An appeal to increase the membership accompanied the report.

Attended the 80th anniversary of Plzensky Sokol and the 50th anniversary of Sokol Moravan in Toledo.

October 13th greeted the Convention of the WBFA. in Detroit, Michigan. The organization voted a \$500.00 contribution each year for a period of four years making a total of \$2,000.00 and acknowledged the efforts of ASO.

Participants of the 1959 excursion to California and members of the Exec. Bd. were invited to attend the dinner and program on Nov. 21st in Sokol Chicago.

Minutes of the meeting of the BOARD OF INSTRUCTORS was read by bro. Halik.

The expenses of the 1959 Instructor's course of the Eastern District amounting to \$460.00 were approved.

The expenses of the Northeastern District courses amounting to \$40.80 and \$91.93 were both approved for payment.

The Secretary will prepare a report of the expenses of the Bd. of Instructors from the last conference.

The contest for composing special numbers with musical accompaniments was approved. Prizes will be awarded.

All correspondence regarding insurance of gymnasts was turned over to the Board of Instructors and committee who will examine all the possibilities and submit a report.

It was approved that two members of the Board of Instructors, one man and one woman, would attend the Gymnastic Clinic in Sarasota, Florida.

It was further approved that bro. Paul Fina and Jack Carr become members of the B. of I.

Bro. Halik read the report of the DIRECTOR OF MEN.

Sis. Prchal read the report of the DIRECTOR OF WOMEN.

Reports will be published in "S.A."
Bro. Prchal submitted a report for the EDUCATIONAL DIRECTOR bro. Cihak who is ill.

The monthly letter was prepared and sent to Educational Directors. Three articles were written for "S.A." and a number of them corrected. Attended the 50th anniversary of Sokol Moravan. Acknowledged many letters and filled all requests.
REPORT OF THE PRESIDENT

Spoke in the name of the Exec. Bd. at the 80th anniversary of Plzensky Sokol which was attended by a number of the members of the Executive Board.

On October 11th attended the 50th anniversary of Sokol Moravan where he addressed the gathering. Sis. and bro. Cihak were also present and spoke on this occasion.

On October 13th addressed the Convention of the WBFA. in Detroit, Michigan.

It was moved that the expenses of bro. Prchal and sis. Cihak to Detroit be paid.

Sis. Prchal passed out copies of "The Modern Gymnast" to members of the Exec. Bd. and it was moved that the cost of \$7.00 be paid to her.

Sis. Prchal expressed the possibility of purchasing useful books containing gymnastic instructions. The sum of \$200.00 was voted for this purpose.

Bro. Vodrazka submitted a report on his travels and showing of the films of the 1938 Slet from Czechoslovakia.

These films will be shown at 7:30 P.M. on the date of the next regular meeting of the Executive Board.

Bro. Chairman thanked for all the reports submitted and work accomplished.

Nazdar!

Blanche J. Cihak,
Secretary

MINUTES OF THE AMERICAN SOKOL BOARD OF INSTRUCTORS

Held at Sokol Berwyn, Oct. 25, 1959

Present—Mildred Prchal, Ed. Halik, Stanley Barcal, B. Prener, Ann Halik, A. Studnicka, J. Si-maner, Zdenka Tintera. Excused—Sister Ellen Jean Schnabl, Jos. Votava, Jerry Husa.

Meeting called to order by Director Ed. Halik at 9:45 A.M.

Minutes of last meeting read and approved with slight corrections.

Betty Prener and Jim Simaner are added to the committee for revision of the Technical By-Laws.

Sister Suhrada mailed a report on the Eastern District Technical Course. Requested reimbursement of \$460.00 to the District. Motion for approval made by bro. Simaner, seconded by B. Prener, passed.

Motion by bro. Simaner, seconded by sis. Tintera, that a committee be appointed to prepare allotments for each District, for a six month period according to the District gymnastic attendance, beginning December 1st. Passed. Committee appointed: Bro. Simaner, Ed. Halik, Betty Prener, Zdenka Tintera.

Recommended that credits be given to participants in Sokol school courses for class hours attended, leading to standardizing courses and levels of schools.

Northeastern District conducted a special Clinic in acrobatic tumbling. Requests \$40.80 as part of the expense involved. Passed.

Bro. Simaner's motion, that all records of all payments charged to the Technical Committee since the Conference be made available for our records, seconded by sis. Tintera, unanimously passed.

Bro. Pristupa from Toronto, Canada, requested a special number. Bro. Barcal mailed him a number for men and women, including music.

Numerous letters were received, all requesting special numbers. None are available. To fill this need a motion was made by bro. Simaner to hold a competition by the ASO. Board of Instructors for original special numbers, including music, with prizes to be awarded. Contest to start January 1 and end in 3 months. Seconded by sis. Prener. Passed. Details will be mailed out.

Mildred Davies announces they have no full time instructor at Sokol Omaha. Also would like all sorts of material.

Bro. Bachna, Director of S.G.U.S., mailed the calisthenics for men, junior boys, women and junior girls, small boys and girls, which we will use in 1960. Also an invitation to hold a Federation meeting in Canton, Ohio. Also notification that bro. Suster of Cleveland will not be able to handle the Sokol Gymnast publication.

A discussion was held covering the competitions and calisthenics of the Western District in connection with the Convention. Decided to wait for further information.

Letter from Jerry Hardy informing that all A.A.U. manuals can be obtained at the A.A.U. office, 232 Broadway, New York 7, N. Y.

Letter from bro. Capek regarding type of policy for gym accidents as used in Little Ferry. Insurance Company feels they could bring the cost down to \$1.00 if handled on national basis. They are now paying \$1.25. All information will be turned over to the Executive Board.

Bro. Capek also recommends various changes in the new record book.

Letter from the National Gymnastic Clinic in Sarasota, Florida, would like to know if the Sokols will be represented. Recommended to send 2 representing the Obec and to ask that if at all possible to send good caliber gymnasts or leaders, at expense of Units, with possible District financial help.

Reservation to be made for the 2 representing the Obec.

Paul Fina and Jack Carr will be extended an invitation to join the ASO. Board of Instructors.

The Board of Instructors is commending the combined efforts of the Central District for the Seal Fund raising, which enabled them to give financial aid to 82 gymnasts of the Central District that attended the Mid-Slet in Los Angeles and help make the Slet a success that it was.

Meeting adjourned at 12:45.

Respectfully submitted,
Zdenka Tintera

REPORT OF THE MEN'S DIRECTOR

Besides trying to finish up most of the outside work around our home before the bad weather closes in on us, I did manage to finish the physical fitness manuals and score sheets which will soon be in the mail.

Central District reports that several instructors are having trouble with the terminology and request Czech translations. Perhaps some workshops in terminology would help.

Have had considerable correspondence with bro. Benak, Director of Western District, concerning competitions and Slet which are to be held on the weekend preceeding the convention in Cedar Rapids.

Eastern, Central and Western Districts have expressed the opinion that this date is too early. SGUS. has a regional program on that date also. The Western District is working on this matter.

Have written bro. Capek, Eastern District Director, concerning insurance used at Little Ferry. Bro. Capek and bro. Koudelik of Sokol Havlicek-Tyrs have been exchanging information and this material will be submitted to the committee appointed last month.

Bro. Regner, Central District Director, reports that the District has an Olympic film on gymnastics and is also purchasing a Japanese training film. These are available for rental.

The District is planning a series of Practice Training Periods for advanced gymnasts, as it has been doing for many years.

Bro. Hardy, our representative in the A.A.U., sends copies of the exercises which are to be printed in the 1960 A.A.U. Manual.

Last year, bros. Hardy, Regner, Barcal, Carr and I had agreed that the A.A.U. should direct the various gymnastic organizations such as American Sokol, S.G.U.S., Y.M.C.A.'s, Turners and others towards using the same prescribed exercises in their own meets leading toward greater participation of gymnasts in the competitions of the various organizations. A beginning has been made on this plan and bro. Hardy is doing it.

Mr. Glen Sundby of the Modern Gymnast did a great job on the Mid-Slet in Los Angeles in the Sept.-Oct. issue of the magazine. \$3.00 sent to Modern Gymnast, P. O. Box 611, Santa Monica, Calif., will bring you nine issues of this great magazine with its wealth of instructional material.

Have met with group in Downers Grove, Ill., with bro. Hladik concerning a Sokol Unit in that

area. At the present time, it looks like this unit will be ready to operate by the end of November.

Although I had promised sis. Prchal that I would be of assistance in publishing the Technical Section of Sokol Americky, I have not as yet finished any of the new series of articles on gymnastic teaching programs which I am preparing.

The first of these is to be on Marching Tactics and will be followed by another article on basic tumbling and acrobatics for large groups and classes. When preparing materials of this type, it must deal in general situations which may apply to all teachers while specific programs must be tied to specific situations in each individual program in each unit. In reading thru teaching material as it is arranged in most programs of this nature, I have found that it was necessary to sift out materials or items I could adapt to my own program. I have been preparing these program ideas on a general plan in which the sifting has already been done and the reader is not required to search out these items but only to study them and apply them to their own teaching situations as I did in—

"USE MORE COMBATIVES"—page 107, Sokol Americky, August 1958.

"ABOUT GOALS AND PROGRAMS" which appeared in the first issue of Sokol Gymnast.

These will be put out as mimeographed bulletins for use by leaders and instructors.

I attended the 80th Anniversary Banquet of Pilsen Sokol October 10.

Nazdar!

Edwin J. Halik

REPORT OF ASO. DIRECTOR OF WOMEN

The women's, junior girls and small girls calisthenics were received from bro. R. Bachna and were promptly sent to all Districts for distribution to Units. Competition exercises have not as yet been received.

With the beginning of the gymnastic season, numerous letters are being received for special numbers and material in English. Whenever possible I try to oblige but it is now necessary to find a source from which we can draw for teaching material. I am translating some of our good Sokol exercises and articles on method and system but this is not enough.

Upon receipt of the last Modern Gymnast, I wrote Mr. Sundby, Editor of this magazine, thanking him for the fine coverage he gave us in this last issue and asked him to send me twenty copies for distribution.

I prepared a couple of articles for Sokol Americky.

Nazdar!

M. Prchal

An iron-clad rule. Here is something to think about for a minute. You have a plain bar of iron worth about \$5.00 to start with. Made into horse-shoes it is worth \$10.50. Made into screw drivers or kitchen cutlery, it may be worth \$250.00. Made into needles, it is worth \$3,250. Made into balance springs for watches, it is worth \$250,000. The same is true of another kind of material!—YOU. Your value is determined by what you make yourself.

FINANCIAL REPORT, ASO.

October, 1959

INCOME

Civic Sav. & Loan Ass'n.—Dividend	\$ 100.00
Sokolice Mladocech, Racine, Wis., III qtr.	37.75
Sokolice New York, N. Y., II qtr.	62.00
Sokol New York, N. Y., II qtr.	108.50
Heger Travel Bureau—Advertising "S.A."	67.20
Sokol Schenectady, N. Y., III qtr.	39.75
Sokol Cleveland, Ohio, III qtr.	69.25
Sokol Crete, Nebr., III qtr.	12.75
Sokolice Renata Tyrsova, Cedar Rapids, Ia., III qtr.	85.00
Sokol Tyrs, Cleveland, O., III qtr.	214.25
Sokolice Schenectady, N. Y., III qtr.	22.50
Sokol Berwyn, Ill., III qtr.	96.75
Sokolice Libuse, Crete, Nebr., III qtr.	36.00
Sokolice Town of Lake, Chicago, Ill., II and III qtr.	124.00
Sokol Town of Lake, Chicago, Ill., III qtr.	81.75
Sokol Wilbur, Nebr., III qtr.	80.00
Sokol Rip, Pittsburgh, Pa., III qtr.	32.25
Sokol Fuegner Tyrs, So. Omaha, Nebr., III qtr.	77.25
Sokolice Los Angeles, Calif., III qtr.	71.50
Sokol Houston, Texas, III qtr.	58.50
Sokolice Slavske, Cicero, Ill., II and III qtr.	139.00
Sokol Schuyler, Nebr., III qtr.	16.50
Sokol Fresno, Calif., III qtr.	41.00
Sokolice Baltimore, Md., II and III qtr.	94.00
Sokol Cech-Havlicek, Cleveland, O., III qtr.	60.75
Sokolice Havlicek-Tyrs, Chicago, Ill., III qtr.	89.00
Sokol Cechie, Chicago, Ill., III qtr.	30.00
Sokol Blesk, Baltimore, Md., III qtr.	69.75
Sokol Nova Vlast, Cleveland, O., III qtr.	104.50
Sokol Corpus Christi, Texas, III qtr.	41.50
Sokolice Omaha, Nebr., III qtr.	87.00
Sokol San Francisco, Calif., II and III qtr.	127.75
Sokol St. Louis, Mo., III qtr.	176.25
Sokol New York, N. Y., III qtr.	105.00
Sokolice Chicago, Ill., II qtr.	51.50
Attendance Record books and sheets	13.62
Sokol pin	.50
Membership pins	20.00
Mimeographing	1.50
Sokol Los Angeles, Calif., III qtr.	92.50
	\$2838.57

DISBURSEMENTS

District Director Internal Revenue Service—Withholding Tax and S.S.	\$ 406.05
Illinois Bell Telephone Company	22.74
E. W. Boehm Company—Paper	27.95
Salary—Financial and Recording Secretary	326.20
Salary—Director of Men	99.18
Salary—Director of Women	79.90
Editorial Staff	120.00
Rental	35.00
Janitor svc. and cleaning supplies	12.63
Mailing List Expense	25.00
Berwyn Press—"S.A."	628.12
Editor—Sokol Gymnast in "S.A."	12.50
Denni Hlasatel—Radio	25.00
A.A.U.—Dues	25.00
Express charges on flags	11.14

Mildred Prchal—"The Modern Gymnast" ..	7.00
Mildred Prchal—Postage	4.60
Ellen Jeanne Schnabl—Postage	4.74
Charles M. Prchal—Transportation and Expense Detroit	49.38
Blanche J. Cihak—Transportation Detroit	29.38
Charles M. Prchal—Transportation and Expense Toledo	45.86
Eastern District—1959 Course	460.00
Northeastern District—Judges and Acrobatic Tumbling Courses	132.73
United States Olympic Association—Dues..	10.00
Office Postage—September and October..	38.85
	\$2638.68

BALANCE

Lawndale National Bank checking acct. ...	\$3081.12
Income—October, 1959	2838.57
	\$5919.69
Disbursements—October, 1959	2638.68
	\$3281.01

MINUTES OF THE YEARLY MEETING OF THE EASTERN DISTRICT OF ASO., Held in New York, Sept. 27, 1959

The meeting was called to order at 10 A.M. by Pres. bro. Sazama, who welcomed all delegates and guests.

He then led everyone in the singing of "Spejme Dal."

The meeting was attended by 17 delegates and 8 guests.

Then bro. Sazama gave his report of activities for the past year. He expressed his appreciation to all of the officers and delegates for their good work during the past year and asked for their continued support.

At this time bro. Sazama had everyone rise and observe a moment of silence in memory of our departed members.

Sis. Blanche Zraly, secretary, read the Annual report of the activities of the Eastern District.

The membership of the Eastern District now consists of 621 men and 539 women with a loss of 23 members as of Sept. 1, 1958, to Sept. 1959.

Bro. Stransky moved that the minutes be accepted as read with thanks to sis. Zraly.

Bro. Anton Chaloupka, treasurer, presented a financial report for the year. A motion was made to accept his report and to thank him for his fine work in connection with the report.

Bro. Hrbek reported that our Dinner Dance was a success although we had a small attendance. A letter is to be sent to Little Ferry Sokol Hall and to the women who served such a delicious dinner.

Bro. Capek, director of the Eastern District, gave his report, which was printed in "S.A."

Sis. Suhrada, district directress, gave a very nice report of the activities of the Eastern District which will be sent to the Sokol Americky for publication. Her report was accepted with thanks from bro. Sazama.

Bro. Slavik, educator of the Eastern District, gave a report of the instructor's school at East Haddam, Conn.

He urged units to send as many students as possible to the school in order to progress. Without further instructors we cannot survive.

Bro. Nevlud made a suggestion that the Eastern District have a reporter, to send news of our District to the newspapers.

Bro. Sazama suggested that each unit should send bro. Slavik news to promote Sokol interest.

Bro. Slavik said we should arouse interest among our juniors to continue in Sokol work, and encourage them to become members when they become of age.

Bro. Stransky suggested the District should purchase extra copies of the Sokol Americky which could be distributed among the juniors of the units.

A discussion followed on how to interest members to attend meetings. Sis. Peifer said that all meetings of their unit are held on Sundays during the winter months, and after the meetings they show films, play cards, have music and refreshments.

A brief report was given by bro. Slavik as educator of the District. Bro. Slavik stressed that editors of each unit should send reports to their local newspapers.

Bro. Sazama said that bro. Slavik is a conscientious worker of our District and deserves a lot of credit.

The meeting was recessed at 12:45 P.M.

The meeting resumed with the singing of "Aj Lucka Lucka," at 2 P.M.

The educational committee decided that the reports of the technical committee be made briefer and that stencils would be made. About 500 copies would be distributed among our members.

The Okrsek report was given by Pres. Edward Stetka.

Plans for having a Slet in Washington in 1962 are being made. A decision will have to be made whether the Slet, if held, would be sponsored by the ASO. or the Eastern District.

The Okrsek is planning a program during "Physical Fitness Week" at one of their high schools. They plan to invite several government officials and get publicity in the Washington newspapers.

The technical committee report was given by Julia Pokorny, secretary. The officers elected for the coming year are:

Frank Capek, Director of Men.

Irene Suhrada, Director of Women.

Audrey Benda, Assistant Director of Women.

Jack De Stories, Assistant Director of Men.

Julia Pokorny, Secretary.

Sis. Elkins said that a comment was made by their members because bro. Kotlan and sis. Elkins participated in the bowling tournament. The answer to their comment is that Sokol activities may be expanded to any sports.

The Eastern District has decided to leave it up to the discretion of each unit and individual whether they wish to contribute to the Czech National Hall which is to be erected in Washington, D. C. Financially the District is unable to support any units or organizations. They receive numerous let-

ters asking for contributions and their funds are limited.

Sis. Lillian Pribil, a representative from the camp committee, asked that names of qualified counselors or would be counselors, should be sent to the camp committee beforehand, so that a program may be planned ahead of time. Any unit may propose a candidate who would be selected by the camp committee. All members are invited to attend and help support the camp.

For the good of the Eastern District.

Bro. Zraly stated that the minutes of the meeting are sent to each unit. Any unit may send their delegates to the meeting of the Eastern District which is held on the third Monday of each month.

Bro. Capek urged each unit to form a traveling fund for gymnasts.

The Okrsek has been placing a wreath on the Tomb of the Unknown Soldier, and it was proposed by bro. Neumann, that the Eastern District place a ribbon on the wreath designating the Eastern District of the American Sokol Organization. His proposal was accepted by all delegates.

Best wishes are to be sent to: Sis. Rosalie Lagro and sis. Marie Provaznik, and brothers Joseph Bilek, Albert Kalabza, Ferdinand Martyny, Thadeus Mastik and John Vaters.

Bro. Sazama relinquished his chair to bro. Stransky of New York Sokol to conduct nominations for the officers of 1959 to 1960.

The following officers were nominated and elected:

President, Joseph Sazama; Vice President, William Matousek; Secretary, Blanche Zraly; Treasurer, Anton Chaloupka; Educator, Walter Slavik.

Bro. Stransky thanked the executive board for the good work they had done for the past year.

A motion was made that we ask Sokol Schenectady to have the next Annual meeting in Schenectady, on Saturday, Sept. 24, and Sunday, Sept. 25, 1960.

Bro. Zraly suggested that we decide on our dinner dance at a later date.

Bro. Hrbek made a motion which was passed that delegates should receive one half fare for expenses to Annual meetings and full fare should be paid to the executives of the District.

Bro. Sazama stated that 1960 is a convention year which will be held in Cedar Rapids, Iowa, the week of Monday, June 20.

All units who wish to have any changes made in the by-laws should send them to the Eastern District. The delegates of the Eastern District will present them at the Convention.

A standing vote of thanks was given to the executive board.

Bro. Sazama also expressed his good wishes to the executive staff and to all delegates and members of the Eastern District and asked for their continued cooperation.

The meeting adjourned at 5:45 P.M. with the singing of "Tancuj, Tancuj."

Nazdar!

Blanche Zraly,
Secretary

Experience is a hard teacher. She gives the test first and the lesson afterwards.

EASTERN DISTRICT OF THE AMERICAN SOKOL — WOMEN'S DIVISION Annual District Director's Report Sept. 1958 - Aug. 1959

The achievements of the past season have been very satisfactory as we have made gains in certain areas and have incorporated new activities into our program.

STATUS OF GYM CLASSES

With the exception of Newark and Philadelphia, all Units in the District were conducting gym classes this season.

The total average attendance was greater again over the preceding season.

The highest registered and average attendance continues to be in the first three months of the season which indicates that some of our classes are not able to sustain interest thru the entire season. The Children's classes showed the greatest gain (season average last year 187 to 206 this year), while the Seniors remained the same as last year which was a new high, and the Juniors continued to decline as they also did last year. Again I want to stress the importance of building up the Junior classes since this group is the source of our future leaders and naturally with a larger group there is more of a return. In view of the fact that attendance in the children's classes has been increasing, it would seem to follow that the Juniors should increase also in at least a lower proportion. Therefore, there must be problems in the transition from one class to the other that are not being recognized or not being effectively dealt with by the Units, and I urge you to analyze your individual situations in this respect.

MAJOR DISTRICT ACTIVITIES

Annual District Board of Instructors meeting—Sept. 27, 1958. Held in Belcamp, Md.

United Sokols of the East—Track & Field Day—Oct. 5, 1958. Held in Boonton Sokol Camp with members of Eastern District, SGUS, and D.A. Sokol participating. Total entry: 20 Seniors and 29 Juniors. Our District participated as follows: Senior Women—15, Junior Girls—20. Our District won the trophy for the second straight year.

1958 Instructors' School Reunion—Oct. 11 and 12, 1958. Held at and handled by Sokol Little Ferry. 23 students attended from Belcamp, Fugner, Little Ferry and New York.

United Sokols of the East—Apparatus and Trampoline Training Period—Nov. 9, 1958. Held at Bohemian Hall in Astoria. Members from Fugner, Little Ferry and New York attended.

"Winter Wonderland" Dance—Dec. 13, 1958. Held at Sokol Little Ferry. Sponsored by Juniors of District who donated proceeds (\$22.00) to District to be used for future Instructors Schools.

District Volleyball Playoffs—Dec. 18, 1958. Held at Sokol New York to pick Junior and Senior teams to represent District at Championships. Entered: Fugner (L. I.), Little Ferry, New York. Won by: New York—Junior Team, Fugner—Senior Team.

United Sokols of the East—Volleyball Championships—Dec. 29, 1958. Held at Sokol New York.

Teams entered in Junior and Senior divisions from Eastern District, SGUS. and DA. Sokol. Won by: Juniors—DA. Sokol, Seniors—Eastern Dist. (Fuegner).

American Sokol Federation—Weekly Apparatus Training Periods. Held almost every Sunday from Jan. 25 thru May 17 at different gym halls in the Metropolitan area. Gymnasts and instructors from our Units participated whenever possible.

District Board of Instructors Meeting and Calisthenic Training Period—March 8, 1959. Held at Sokol Little Ferry.

United Sokols of the East—Gym Clinic—March 15, 1959. Held at Sokol New York. This was a lecture-demonstration session using only one piece of apparatus each for men and women.

District Apparatus and Calisthenic Training Period—April 12, 1959. Held at Sokol Little Ferry.

United Sokols of the East—Bowling Tournament—May 2, 1959. Competition was for Seniors only. We had a 5 member District team which placed second. This was the first time such a tournament was conducted and it stimulated considerable interest.

Children's Apparatus Competition—May 9, 1959. Held at Sokol Little Ferry. Eight member teams were entered from Fuegner, Little Ferry and New York. Little Ferry teams had retired the previous trophy and they won the new trophy for the first time. Sis. Renee Benda directed the meet.

District Slet—June 13 and 14, 1959. Competitions held in all divisions of both Juniors and Seniors on Saturday, June 13, at Sokol New York starting at 9:00 A.M. and finishing at 2:00 P.M. In Junior High Division both compulsory and optional moves were judged.

Entries:	Juniors	Seniors	Total
Eastern District	25	15	40
SGUS.—M. M. Hodza ..	18	7	25
	43	22	65

The competitions ran very smoothly and there were no unnecessary delays due to interpretation of the exercises. We had approximately 20 judges and they are to be commended on their good work as, of course, are the competitors whose discipline throughout was exemplary. In addition, the N. Y. Sokolky deserve mention for their work in preparing and serving coffee and sandwiches.

Slet Day—June 14, 1959—Boonton Sokol Camp. Our District Slet which we co-sponsor with M. M. Hodza of SGUS. was again a great success.

	Girls	Boys	Girls	Boys	Women	Men	Total
East. Dist.	66	47	32	30	41	17	233
*S.G.U.S.	110	54	59	30	22	11	286
	176	101	91	60	63	28	519

*In addition to M. M. Hodza, Penn and Conn. Districts gymnasts are included in these figures.

Instructors' School—Aug. 16-29, 1959. Held at Camp Sokol, East Haddam, Conn., for the second consecutive year. Last years' school was only for beginners but this year a beginners and an intermediate school were run concurrently. The success of this is a tribute to the teaching staff.

NOTE: A separate report with a picture will be sent for publication on our Instructors' School.

There was a very fine representation; however, we were disappointed that all of the Units did not take advantage of this opportunity to build up their teaching staff. There is no place that this can be done more effectively than at one of these schools, since the students are not only taught the proper teaching methods necessary to conduct classes but are exposed to an atmosphere conducive to the development of a more lasting Sokol spirit. Even those students who cannot immediately put their knowledge to use in the Unit will have gained it at a time when they are able to attend a school, and they will have the background if they can be of assistance in the future.

SOUTHERN SECTION (OKRSEK)

The Southern Section of our District—composed of Baltimore, Belcamp, Curtis Bay and Washington—has conducted various joint activities in their locality during this season.

MISCELLANEOUS

Our District along with S.G.U.S., D.A. Sokol and Sokol Orel comprises the United Sokols of the East. The Chairmanship of this group rotates annually among the four members. During the 1958-1959 season we were the leaders of this group and as such conducted the meetings and all activities sponsored by it.

IN CONCLUSION

I would like to commend the various Units for their participation in and active support of the District activities. However, I cannot say that I am fully satisfied with our achievements and it is up to all of us to continually strive to find ways to improve what we are now doing. It is not enough to be satisfied with things as they are now done or were done, but we must constantly analyze our activities to gain from past experience and to see that these activities are accomplishing their aim. In this task of "constant action" it is important for the Sokol officers to be flexible, to encourage the technical department—not to discourage creative action by petty fault-finding or too strict requirements of protocol. This is not meant as a criticism, as it would be very easy for me to say that everything is just fine—and it would be quite true. However, if we are to continue to gain strength and stature, we cannot mark time—but must heed our motto—"Forward and onward!"

Finally, I would like to thank all Unit, District and National officers, directors and instructors for their assistance and cooperation in helping to bring to a successful conclusion this years' Sokol activities.

Nazdar!
Irene Suhrada,
Eastern District Directress

ZPRÁVA ZE SCHŮZE VÝK. VÝBORU SOKOLSKÉ ŽUPY SEVEROVÝCHODNÍ, konané dne 23. září 1959.

Schůzi zahájil za omluveného br. starostu, br. místostarosta Fred Jirsa, v 8:15 večer, za přítomnosti 17 zástupců.

Zprávu za III. čtvrtletí zasílají Sokolice Detroit, kde vykazují 139 členek a platí za ně \$13.90.

Sokol Detroit zaslal zprávu z členské schůze, konané dne 3. září a také dopis, v kterém děkuje župě za účast na jeho veřejném cvičení, které se tak vydařilo. Činnost u jednoty je na vzestupu, což dokazují výsledky jejich podniků. Čistý výtěžek z veřejného cvičení byl \$1350.00 a výtěžek z výhry bondů také byl \$1485.00. Veškeré třídy započaly cvičit a oznamuje další podniky: 17. října Wiener Roast na tábořišti, podnik v budově je 21. listopadu a akademie jednoty 6. prosince.

Sokol Moravan, Toledo, zaslal zprávu z členské schůze, konané dne 26. srpna. Bylo jednání o oslavě 50. letého trvání jednoty. Br. Frank Kadlick podal zprávu oslavného výboru, kterého je předsedou. Také byl čten dopis tohoto výboru, který župa obdržela a který také byl projednán v technickém sboru. Rádi by obohatili program číslem dorostenek. Jak br. náčelník oznamuje, vystoupí šest dorostenek Sokola Tyrš ve zvláštním čísle.

Čten dopis Výkonného Výboru Obce, v kterém děkuje župě, za podporu, kterou jak župa, tak zvláště někteří jednotlivci věnovali zájezdu AOS. na mezikontinentální cestu do Los Angeles.

Čten a pozorně sledován zápis V.V. Obce ze schůze konané 19. srpna. Každý zástupce si poznamenal datum příštího sjezdu a sice 20. června 1960 v Hotelu Roosevelt v Cedar Rapidsích.

Došlé publikace jako Věstník Národní Rady a Bulletin Starobince z Chicaga byly dány přítomným ku prohlédnutí.

Br. náčelník, Karel Vávra, podává zprávu z poslední technické schůze. Akademie župy se bude konat dne 16. ledna v síni Sokola Nová Vlast. Akademie bude něco nového a sice budou cvičeny prostná, jaká se cvičila před osmdesáti lety a jaká se cvičí dnes. Také cvičební úbory jak u mužů tak žen budou z doby 1870. Také čte obsáhlou zprávu sestry náčelnice Ann Škoda, která je omluvena do dnešní schůze. Je to skutečně velká činnost, která byla vykonána za prvního půl roku.

Sestra M. Bártová podává zprávu z Krajského výboru, který společně s Družinou Československých legionářů a Kulturní zahradou pořádá vzpomínku na 28. říjen v neděli 25. října. Hudba bude orchestr studentů Oberlínské koleje, vystoupí místní pěvecký sbor a jako řečník bude kongresník Charles Vaník.

Zprávy z jednot: — Sokol Čech-Havlíček, sestra M. Nejedlá: Poslední schůze byla dobře navštívena. V příštím bude vzpomínáno, že je tomu 80 let, co byla založena jednotka Sokol Čech. Při této příležitosti budou dány čestné odznaky dlouholetým členům.

Sokol Nová Vlast, ses. A. Hoyerová: Poslední schůze byla méně navštívena. Veškeré třídy započaly cvičit. Dětská třída započne v říjnu. Jednotka pořádá opět svoji tradiční Mikulášskou zábavu v prosinci.

Sokol Cleveland, br. Chas. Šerpán: Třídy započaly cvičit a piknik jednoty se vydařil. Podniky v budoucnosti jsou: v říjnu vepřový oběd, v listopadu karetní zábava. Veřejné cvičení jednoty koná se v únoru.

Sokol Tyrš, br. Jas. Šupík: Veškeré třídy započaly cvičit a některé musely být rozděleny na dvě. Pilně se cvičí opereta br. Z. Ptáka a podle příprav to bude představení, které se vyrovná divadlům ve městě. Vystoupení cvičících na TV bylo velmi dobře přijato a stanice místo šesti týdnů

prodloužila vystoupení na 10 týdnů. Šicí kroužek koná karetní zábavu ve středu dne 30. září odpoledne. Členská schůze byla přeložena na 21. října. Je to schůze spojená s večerí, bude přijímání nových členů, bude film Scandinavian Air Line o cestě na Olympiadu do Říma. Budou tam zástupci společnosti, kteří každou otázku zodpoví. Veřejné cvičení bude v březnu. Na oslavu 50. let Sokola Moravan vysílá jednotka jeden bus. Ojezd v 9:30 hod. ráno od Sokolovny.

Karel Zahradníček.

ZPRÁVA ZE SCHŮZE ÚSTŘEDNÍHO VÝBORU ŽUPY STŘEDNÍ AOS., konané dne 21. října 1959.

Schůzi zahájil br. V. Šimaner a vítá přítomné. Zápis ze schůze 16. září byl čten a přijat.

DOPISY: V. V. Americké Obce Sokolské dopisem připomíná IX. sjezd AOS. příští rok v Cedar Rapidsích, Iowa, počínaje v pondělí dne 20. června a upozorňuje na důležitost tohoto sjezdu. Dopis přijat a župa bude se dle pokynů řídit. Další dopis od V. V., v němž přikládá statistickou zprávu o stavu členstva do dne 31. prosince 1958, a zve k získání nového členstva vzat na vědomí a bude navázán nábor na získání nového členstva. Zástupci byli vyzváni k této akci v jejich jednotách.

Výbor na oslavu 28. října, t. j. Den Československé Samostatnosti, která se bude konat v neděli 25. října, žádá o účast na oslavě. Žádosti se vyhovějí a br. starosta bude zastupovat naši župu a cvičenci vyplní část programu. Bude dána výzva do Denního Hlasatele pro členstvo k účasti.

Pojišťující společnost J. Koudelík zaslal dopis ohledně pojištění cvičenců proti úrazu. O tomto rozpředla se delší debata a pak předáno náčelnictvu k dalšímu vyšetření.

Velkořád státu Illinois Č.S.A. oznamuje pořádání Novoroční slavnosti v neděli dne 3. ledna 1960 v síni Sokola Havlíček-Tyrš a žádá o účast a dále o vystoupení cvičících při programu. Žádosti bude vyhověno. Došlé účty povoleny k výplatě.

ZPRÁVY: Bratr náčelník Jos. Regner oznamuje, že v neděli 25. října při oslavě 28. října vystoupí členstvo Sokola Havlíček-Tyrš, Chicaga a Slávský při programu. Náčelnictvo doporučuje zakoupení filmu, ve kterém je podrobně vysvětlen nácvik prvků na nářadí. Toto přenecháno náčelnictvu k dalšímu vyšetření. Okrsek župy Východní se dotazuje ohledně našeho Olympického filmu. Bylo posláno vysvětlení. Pro příští rok byla přijmuta společná cvičení Slovenského Sokola; pouze pro druhou třídu žactva vypracuje se sestrou náčelníci. Společná cvičení jsou jeden rok vypracovány naší župou a druhý rok bratry Slováci.

Náčelnictvo župy doporučilo náčelnictvu Obce, aby byly přijmuty závodní cviky na nářadí, které vypsala A.A.U. — Závodí ve volleyball pokračují a jakmile skončí muži, začnou závodit dorostenci. V posledním čísle "Modern Gymnast" je kratší zpráva a Sokolu a o závodech v Los Angeles. — Cvičitelský kurs bude zahájen 1. listopadu a pak každou neděli po dva měsíce.

ZPRÁVA NÁČELNICE: Sestra se omlouvá a zprávu za ni čte br. náčelník. Pravidelná schůze náčelnictva žen konala se dne 13. října. Zastoupeno sedm jednot. Hlavní jednání bylo ohledně her ve volleyball, které počnou 28. října. Přihlášeno je

8 družstev žen, 4 družstva dorostenek třídy "A" a 7 družstev dorostenek třídy "B". Je nutno zakoupiti nový míč. Rozhodím při závodech bude bratr Josef Votava. — Během měsíce měla dvě zvláštní schůze, a to k vůli závodům ve volleyball a druhou ohledně mezisletových dopisních nálepek. Odevzdává šek na \$12.75 od Sokola Tábor, vrácený to obnos za cvičence, kteří nejeli do Los Angeles. Dále podává účet od ČSA. Bldg. za nájem ze síně pro tělocvičnou školu. Účet na \$10.00 byl přijat a povolen k výplatě. Tuto školu navštěvovalo 36 posluchačů. Dále během měsíce rozeslala na jednoty, cvičení prostrná a přihlášky a řád pro závody ve volleyball.

Zprávy bratra náčelníka a sestry náčelnice byly přijaty a bratr starosta za tyto poděkoval.

ZPRÁVA VZDĚLAVATELE, br. Jirí Špánek: Začátkem školního roku naplnily se tělocvičny sokolským žactvem a naší sokolskou povinností je dáti jim sokolskou výchovu. Pro tělesnou výchovu máme dobré cvičitele, ale po stránce vzdělávací, pokulháváme. V jednotách se nevěnuje dosti pozornosti vzdělávací činnosti. Před měsícem rozeslal všem jednotám dotazník a znovu připomněl jejich povinnosti vůči vzdělávací činnosti. Až dosud, obdržel dva vyplněné dotazníky a to od Sokola Amerického a Berwyn. Není těžké prováděti vzdělávací činnost v jednotách, jenom chtít.

Hospodářský odbor podal konečnou zprávu ze sletu 7. června. Čistý výtěžek obnáší \$1447.27. Zpráva byla přijata a předána účtujícímu odboru.

Účtující odbor hlásí, že prohlédl zprávu odboru na mezisletové nálepky, a shledal vše v pořádku. Zpráva bude uveřejněna v "Sokole Americkém".

Organizační odbor, br. A. Hladík: Odbor svolal několik občanů v Downers Grove ohledně založení jednoty tamtéž. Přihlásilo se 17 rodin a zúčastnili se této schůze a ihned si zvolili prozatímní úředníky. Nejvíce se zajímají o cvičení a hledáme příhodnou místnost ve školách. Zájem o sokolskou jednotu v Downers Grove je velmi dobrý.

Bratr starosta děkuje za všechny zprávy odborů a nabádá k další činnosti a poukazuje, že následkem úmrtí staršího členstva cítíme úbytek v členstvu. Nevěří mnoho na dlouhé dopisy, ale osobní styk je přínavější.

Po tomto rozprádl se delší rozhovor o získávání nového členstva. Tím bylo jednání vyčerpáno a br. účetní čte příjem a vydání.

Po ohlášení příjmu a vydání a po přečtení jmen zástupců bratr starosta děkuje za vykonanou práci a za účast ve schůzi a tuto s pozdravem Nazdar, končí.

Josef Brouk, jednatel.

Minutes of the Monthly Meeting of the Southern District Executive Committee

Held in Ennis, Texas,

September 11, 1959

Meeting came to order at 8:45 P.M., bro. Prevratil presiding.

Minutes of the last month's meeting approved as read. Minutes of the ASO. read and discussed.

Bro. Prevratil reports that he was unable to make the trip to the Taylor-Granger Unit as discussed in the last month's meeting.

Discussing Units in the District the Committee motioned to request the ASO. for an organizer or

traveling instructor for the District.

Report of the Physical Instructors:

Several Units intend to participate in the Dallas Unit's grand opening September 13.

Ennis Unit intends to hold the local children competition. Intended date—October 25.

Bro. President thanked those present and the meeting adjourned at 10:20 P.M.

Nazdar!

Vlasta Laznovsky, Secy.

Minutes of the Monthly Meeting of the Southern District Executive Committee

Held in Ennis, Texas,

October 9, 1959

Meeting came to order at 8:45 P.M., bro. Prevratil presiding.

Minutes of the last month's meeting approved as read. Minutes of the ASO. Executive Board of September read.

Report of the Physical Directors:

Sis. Vrla reports the cancellation of the local children's competition which was to be sponsored by the Ennis Unit.

Corpus Christi continues to hold regular gym classes under the direction of bro. Kucera.

The Dallas Unit and the SPJST. Lodge 130 opening of the new building turned out to be successful.

The gymnastic program was well attended by both the gymnasts and visitors.

Bro. President thanked those present and for their reports and the meeting adjourned at 10:35 P.M.

Nazdar!

Vlasta Laznovsky, Secy.

SOKOL DETROIT.

Bratr Jim Levý nás opustil.

Po kratším ochuravění, v pátek odpoledne, 9. října, ve zdejší Ford nemocnici zemřel náš dlouholetý člen, pracovník, činovník a bývalý náčelník jednoty, bratr Jim Levý. Narodil se 8. září 1886 v Mirošovicích v Čechách a byl členem jednoty v Detroit od roku 1904, tedy 55 roků. Zaměstnáním byl inženýrem a již více let žil na pensii. Zdržoval se v zimní době na Floridě, kde si získal řadu přátel.

Pohřeb jeho konal se na hřbitov Evergreen, za četné účasti členů organizací a přátel. Pohřební obřady provedla organizace Knights of Pythias. Za Sokol Detroit se zemřelým rozloučil se místostarosta, br. W. Brumo. Zemřelý bratr zanechává dva syny, Edward a James, dále 3 vnoučata a jedno pravnouče. Jeho manželka Anna jej přežila na věčnost před několika roky; z rodiny tu zanechává sestru, paní B. Hudec. Všem vyslovujeme tímto naši srdečnou soustrast. Památce bratra Levého všechna čest.

A. Benesh.



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

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The worth of exercise rests upon a basic principle: The Law of Use. The Father of Medicine, Hippocrates, the first to break away from the idea that disease is due to the anger of the gods, declared in the Fourth Century B.C.: "That which is used develops and that which is not used wastes away."

Exercise gives us other benefits. It tends to lessen states of tension and fatigue and to reduce violent emotions. It contributes to weight control. Fat shuns the active muscles of those who limit their daily ration of calories to the amount they balance with exercise. It wipes away many backaches of the sort caused by lack of muscular strength and flexibility.

In short, adequate exercise of our muscles contribute to physical fitness, adding to our enjoyment of work and leisure; it encourages our zest for adventure, contributes to our courage in tackling problems, and gives us the vigor to do things of consequence. A fit person uses 20 per cent less energy for any move he makes than does a flabby or weak person. — (J. R. Heron in the Royal Bank of Canada Monthly Letter.)

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SOKOL TYRŠ, CLEVELAND, OHIO, OLYMPIC TOUR

Sokol Tyrš of Cleveland, Ohio, is sponsoring a tour to the Olympics in Rome, August 28, 1960, through September 13, 1960. A seventeen day tour will include visits to England, France, Switzerland, Germany, Denmark and Rome, Italy, for the Olympics. Two extension tours are planned for those who wish them.

Three days will be spent in Rome to witness the track and gymnastics events. The rest of the time, the tour party will see London, Paris, Zurich, Munich, Oberammergau (to attend a performance of the famous Passion Play) and Copenhagen. The detailed itinerary is filled with historic and interesting places that will be seen and enjoyed.

This trip in the company of happy Sokols can be the answer to your dreams. Sokol tours have gained a well earned reputation for meticulous attention to every detail. They combine relaxation with education. This particular tour covers a lot of ground in seventeen days. A careful study of the itinerary will convince you that your vacation should be spent with this Tour.

For a copy of the detailed itinerary and additional information write to bro. Fred Holub, c/o Holub Travel Bureau, 12711 Miles Avenue, Cleveland 5, Ohio.

Poštovní známky Spojených států přinesou v rámci "Champions of Liberty" čtyř a osmi-centovou známku k uctění Presidenta-Osvoboditele Československé republiky, našeho velikého bratra, Tomáše G. Masaryka.

Známky budou prvně dány do prodeje 7. března 1960. Upozorňujeme na ně a doporučujeme všem členům, aby si jich zakoupili větší počet pro svoji potřebu. Známky jsou v stále platnosti a jejich používáním budeme stále připomínat světu boj Československého národa o svobodu a jeho věčnou touhu volně rozhodovat o svých osudech.

Povídá bratr Červený bratru Kříži . . .

"Poslechni, my dva bychom měli být do konce svého života úplně beze starosti, není-liž pravda?
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Nu, přece po celý Americe sbírají na Červený - Kříže!

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