

≡ SOKOL AMERICKÝ ≡

PUBLICATION OF THE AMERICAN SOKOL

Educational and Physical Culture Organization

VOL. LXXXI—NO. 5

MAY, 1960

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EDITORIAL STAFF
2345 S. Kedzie Avenue
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Expediter: **BLANCHE J. CIHAK**, Výpravčí
2345 S. Kedzie Avenue, Chicago 23, Ill.
Tel. B1 shop 7-7885

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Blanche J. Cihak, Secretary
2345 S. Kedzie Avenue, Chicago 23, Ill.
Tel. B1 shop 7-7885

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**ALWAYS ANNOUNCE CHANGE OF ADDRESS
TO THE ASO. OFFICE.**

DATES OF HISTORICAL SIGNIFICANCE

MAY

- 1, 1904—Anton Dvorak, famous Czech composer, dies. Symphony from the New World, Slavonic Dances, etc.
- 2, 1519—Leonarda da Vinci, celebrated Italian painter, sculptor, writer and mechanical genius, dies. Considered as one of the greatest minds of all time.
- 4, 1919—Gen. Milan Stefanik dies in airplane crash in Slovakia. Famous scholar and astronomer. General in French army, leader with Masaryk and Benes of Czechoslovak liberation.
- 6, 1887—Second gymnastic meet of Sokols forbidden in Praha, held in Cesky Brod instead. First participation of American Sokols led by bro. Joseph Cermak.
- 8, 1945—VE Day. End of Second World War in Europe.
- 9, 1918—Thomas G. Masaryk arrives in Washington.
- 10, 1869—Pacific Railroad finished. First to span the entire width of North America.
- 11, 1911—Czech Sokols won first prize in the international gymnastic contests held in Turin, Italy.
- 12, 1820—Joseph Manes, distinguished Czech painter and Sokol, is born.
1884—Bedrich Smetana, founder of Czech music, died in Praha. "Bartered Bride," "The Moldau" etc.
- 13, 1795—Paul Joseph Safarik is born. Author of "Slavonic Antiquities." — Foremost among Czech reawakeners of his people.
- 14, 1796—Vaccination against small-pox tried for the first time according to the method of Edward Jenner.
- 15, 1618—Kepler, great astronomer, announced the law governing the movement of the planets.
- 20-21, 1927—Charles Lindbergh succeeded in flying across the Atlantic Ocean.
- 26, 1799—Alexander Puskin, famous Russian poet, was born in Moscow, Russia.
- 1876—Frank Palacky, Czech historian and compiler of the Czech political program, dies.
- 28, 1815—Jan Malypetr, first teacher of calisthenics and staunch disciple of group gymnastics in the Prague Sokol, was born.
1884—Dr. Edward Benes was born. T. G. Masaryk's right hand staunch supporter and leader of the League of Nations.
- 30, 1872—Publication of Dr. Miroslav Tyrš's work "Fundamentals of Physical Culture."

"I cannot live without books."

—Thomas Jefferson

SOKOL AMERICKÝ

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ.

Ročník—Vol. LXXXI

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BUDETE ROZHODOVAT!

Před námi jsou dny našeho sjezdu, kdy zástupci všech jednot v Americké Obci Sokolské sjedou se v Cedar Rapidsích a mají rozumně pohovořit o minulosti, o chybách i nedostacích, o krásných úspěších, kdy mají mít také dost dobré vůle, vykonat, bez osobních zájmů, co nejlepší pro budoucí život Sokolstva. Sjezd — to nejsou sliby a prohlášení přátel, kteří se setkávají a rozcházejí, to nejsou slova, jež se pronášejí a zapomínají, to není nahodilé vzrušení citu, jež ochladne a zanikne.

Sjezd je odpovědné rozhodování o budoucnosti. Sjezd je to nejpoctivější řešení úkolů, vytknutí cest, po kterých se bude kráčet, vytyčení cílů, tryskajících z potřeby věrných srdcí, o jejichž dosažení se Sokolstvo opravdově přičiní.

Pamatujte tedy, že vaše rozhodování může Obec vést k novým úspěchům, ale také k ochromení činnosti. Rozhodujte proto přímo, opravdu sokolsky a jednejte pro zájmy celku! At' sjezd přinese posilu, víru a nadšení!

Nepodceňujme se, ale také se nepřeceňujme! Bud' me si jisti tím, co dokážeme. Nepřeceňujme hmotu, neboť nade vším vysoko stojí vůle, mysl a rozum. Idea Sokolstva ukazuje, že sílu pro svůj vnitřní život hledá a nachází v pěstování kultury mravní i fyzické. V bratrství, které u nás má nejopravdovější vyznavače.

Prošlá leta jsou nám směrnicí i pro uvažování o tom, co přijde. Sokolství je něco, co musí být hluboce vnitřně založeno, co musí mít kořeny v srdcích, co žije pochopením a láskou k ideálům a organizaci. Nemůžeme být lenochy, kteří nechávají práci jiným. Nemůžeme také podpořit žádnou snahu, která by chtěla podkopávat, šířit nenávist a zmatek. Nenávist nese rozvrat a zkázu. Jen ti, kteří věci nenáročně slouží, mohou směle rozepnout svoje sokolská křídla a připoutat nejrozmanitější povahy k věci bratrstva.

Každý náš zápas bude bojován nejen silou tělesnou, ale i duchovní, protože jsme malou skupinou v životě velikého národa. Příští dobu vytvoříte podle toho, jak budete rozhodovat a jak všichni budeme sloužit zásadám, které mohou vybudovat chrámy lidskosti v lidských srdcích.

Jde o věc dobrou. Dejte jí ruce i hlavy. Letošního roku mnoho vzpomínáme Masaryka. V něm najdete mnohé vyřešené problémy. Jednejte statečně, opravdově a čestně. Až jednou budete skládat účty ze svého života, řeknete s uspokojením s T. G. Masarykem: "Říkám si, že v tom neustálém zápase o lepší příští národa a lidstva stál jsem na straně dobré. To vědomí stačí, aby život člověka byl krásný a jak se říká, št'astný."

BUDETE ROZHODOVAT!

Nazdar!

ZA VÝKONNÝ VÝBOR AMERICKÉ OBCE SOKOLSKÉ

KAREL M. PRCHAL, starosta.

BLÁŽA J. ČIHÁKOVÁ, jednatelka.

James L. Cihak

"FUTURE SOKOL LEADERS FUND"

A remark made by Bernard Baruch, the great advisor of our Presidents, is the inspiration for this article. He told reporters that when he was still a young man he made his first million dollars. Proud as a peacock, he went to his father and told him the news expecting him to reflect his own enthusiasm.

His father, a famous southern physician, looked at his son and with a quiet smile

said, "That is fine, son, and now what are you going to do with that million dollars." Bernard Baruch, as honest as he is brilliant, told the press, "I have been trying to find the right answer the rest of my life."

Thrift and ability are always the main factors in acquiring material wealth. These qualities are quite common among our people. But how many of those who have considerable financial resources, ever give a

thought to how they should spend the balance they have, over and above the common sense reserves needed as a cushion for the future? Very few. Contributions large or small are usually made on the spur of the moment, often to causes that are solicited by professionals who pocket the major share of the proceeds.

Everybody who belongs to the Sokols knows that they have always been reticent about soliciting large contributions to carry on their work. They felt that the necessary funds should come in voluntarily. This might have been true in the past, but time is running out on us. While we still have those fine individuals in our ranks, who have devoted a lifetime to the Sokols, we should do everything possible to take advantage of their rare specialized Sokol knowledge. We must train the younger members, both intensively and extensively if we want to have a capable corp of successful educational and physical directors, administrators, officers and workers in every field. We must have a large enough administrative staff to handle this increased activity, publicity, organization and various drives to increase membership, form new units, etc.

For this we need almost everything. The finest translations of sokol literature, technical, educational, philosophical and historical, are a must. We have to give these works the widest distribution possible. We need longer periods of instruction for the future leaders. We need most of all a solid financial backing for this program if we are to be true to our Sokol ideals.

The arbitrary figure of \$500,000, I used in a former article is not too large a one if we are to accomplish anything worthwhile. Before we embark on any program

that is to be really comprehensive, we should have the knowledge that we can carry it out.

\$500,000 looks like a lot of money in one figure and it is, but broken down it means that we only need—

500 Sokols—each to contribute \$1,000 or more.

I know our people pretty well, and know that we have many more than the 500 needed to make this dream come true, people who could do this at no undue harm to themselves.

I spoke to a few individuals as a test, and was really pleasantly surprised to find that they were in favor of such a campaign and promised to give their share. The sooner we start, the earlier we can do that, that should be done.

REMEMBER

We need only 500 Sokols, each of whom will contribute \$1,000 or more, to carry on what Tyrš and Fuegner gave us. If America had Sokols everywhere, we would have no juvenile delinquents. We owe at least this to the country that has enabled us to get what we have. As Sokols we know our country owes us nothing. We however owe everything to it.

Let us make this a spontaneous campaign, without formal individual requests. Those who give early help most.

As a name for the campaign may I suggest the

"FUTURE SOKOL LEADERS FUND"?
Send your contributions to: American Sokol Organization, 2345 S. Kedzie Avenue, Chicago 23, Illinois.

Contributions to the American Sokol Organization are Tax deductible under section 101 (6).

SLET ŽUPY ZÁPADNÍ V CEDAR RAPIDSÍCH.

(Obrázek na přední straně.)

Sletový výbor, jehož činnost byla zahájena počátkem tohoto roku, schází se pravidelně dvakrát měsíčně. Na těchto schůzích řeší úkoly, spojené s uspořádáním župního Sletu a sjezdu Americké Obce Sokolské, v červnu t. r., v jednom z největších krajských středisek ve Spojených Státech — v Cedar Rapids, Iowa.

Dvacetjedna zkušených sokolských pracovníků a pracovníků připravuje zdařilý průběh obou podniků v šesti odborech. (Propagační, Památník, Ubytovací, Uvítací, odbor pro banket AOS. a odbor pro styk mezi cvičitelskými sbory a Sletovým výborem.)
Věříme, že jak závody a přebor v sobotu dne 18. června, hlavní sletové vystoupení v

neděli, dne 19. června, tak i sjezd AOS., zahájený v pondělí, dne 20. června, budou uspořádány tak, aby zůstaly trvalou a milou vzpomínkou všech účastníků. Přítomnost senátora br. Romana Hrušky a zástupců města Cedar Rapids, jistě zvýší význam Sletu a obohacení programu vystoupením známého českého umělce Miloše Nekolného, je beze sporu milým přínosem, ale má-li Slet vyznít jako zdařilá a radostná manifestace svobodných Sokolů, pak je nutné, aby každý jeden cvičenec a cvičenka vydali ze sebe to nejlepší. Americké Sokolstvo má letos v létě v Cedar Rapidsích nádhernou příležitost dokázat, že známé Tyršovo "V zdravém těle zdravý duch", není jen plným heslem, ale praktickým výsledkem toho, co president Eisenhower ve svých projevech několikrát zdůrazňoval.

Sletový výbor apeluje proto nejen na sokolskou, ale na celou krajanskou veřejnost a zve upřímně všechny v červnu na Slet do Cedar Rapids.

Jsme hrdi na to, že Spojené Státy Americké nám dávají možnost udržovat sokolskou myšlenku a už tato skutečnost sama o sobě by měla stačit k tomu, aby účast na Sletu v Cedar Rapids byla co největší. Neslibujeme Vám nucené a nakomandované veselí Spartakiád, kterými doma nahrazují dočasně nezapomenutelné Vsesokolské Slety, věříme však, že čím více se nás na Sletě sejde, tím nám bude lépe. Tož přijed'te závodit, přijed'te cvičit, přijed'te se podívat — počasí bude jako konečně v Iowě — samozřejmě a zaručeně nádherné.

Nazdar!

Jirka Lippert, jednatel.

James L. Cihak

JAN AMOS KOMENSKÝ (COMENIUS)
(March 28, 1592 — November 15, 1670)

Due to the unusually heavy concentration on the T. G. Masaryk ceremonies we could not include the article on Jan Amos Komensky, teacher of nations and great moral force of the Middle Ages. It appears now.

How lightly we view and how easily we accept the advantages we have to learn quickly and easily, even the most complicated matters. It was not always so. It took a great man born in the sixteenth century to become dissatisfied with the existing methods and to formulate new standards.

This man was Jan Amos Komensky. Finding the method of teaching latin, while he was a student at Prerau, impractical, within a few years he introduced an entirely new method in his "Gate of Languages Unlocked" (1631). This was followed by his "Great Didactic," in which he outlined his educational theories. These included compulsory education, and the obligation of the state to provide education and kindergarten training.

His "World In Pictures," (1657) was the first successful attempt to use illustrated textbooks. In 1657 at the burning of the City of Lissa by the Poles, he lost all his manuscripts including his "Treasure of the Czech Language," on which he had labored forty years.

He was a leader in the Moravian Church, at a period when religious persecution was rife. A great teacher and the last bishop of the Moravian Church he was continually persecuted. His greatest religious work was the "Labyrinth of the World" written about 1622, while still a comparatively young man. This was at the beginning of the Thirty Years War.

His works were translated into all the European and even some Asiatic languages, bringing him world wide fame. He was invited to and lived in London, Sweden, Prussia, Hungary and Holland helping them to reconstruct their educational systems. He was even invited to become the director of Harvard University. In addition to his other work he delved deeply into philosophy in which his humanitarian convictions searched for means of elevating the moral standards of humanity.

Forced again to flee from Lissa he was saved from further persecution by his benefactor Geer, who gave him asylum in Amsterdam. Here he spent the balance of his life in further research, study and creative work. Such are the bare cold facts. In one of the early issues of the Sokolsky Vzdelavatel we find the following article on Komensky by Ed. Klicpera, which has a ring of poesy about it that makes it a true gem.

Jan Amos Komensky

"He was a Cech brother full of noble love for his fellowman, an enlightened man, believing in the strength and force of knowledge and reason—convinced that it is possible to make an individual a reasoning, good creature, a productive member of society by a painstaking and well developed rearing.

He was a pedagogue and teacher who prepared the harmonious spiritual and physical teaching of the individual for all—creator of the modern school, the workshop of humanity, because, "Those who were born, were born to be people, with the main goal, that they be people . . ."

He yearned for a profound unification of all human knowledge.

He was a worshiper of God, a priest who was more concerned about faith and morality than ritual—concerned about the enlightenment of man, creation of character, reconciliation and the goals of life.

Man's purpose is a religious and moral life, a life truly Christian. Human society should help the accomplishment of this purpose. It is less important how society is organized, but it is important that its organization should serve these moral purposes. The workshop, machinery of society is education. Whatever the education is like, that is how society will be.

To encompass everything, and prepare everything for all; knowledge of everything. A firm range of knowledge where one develops out of another, and forms a harmonious whole, that is the ideal, the purpose of thinking and effort. The people penetrated with culture, with a single, harmonious world and life outlook will approach the ideal of humanity; the light of knowledge will bring people liberation, will push aside ignorance, low morals, arguments between religious faiths, battles of

nations and families, brutal wars, bloodletting. That was his ideal of world peace in the middle of the seventeenth century.

Komensky was a Moravian, a Cech, fervent, convinced, without hate toward others. With its own strength and effort it is necessary to labor, so that the Cech nation: "Should not crawl behind other nations, but that it should walk before them on the road of universal progress." — "If you could only understand," he called to his contemporaries, "that nobody oppresses you more than you yourselves by your ignorant deeds and an uncommon stupidity toward everything sublime . . . Take heed, nation, how your ignorance destroys you." He was zealous for a hard working Cech nation, trusting even in the most crucial times of hopeless despair—believing.

Hus-Komensky mean to us the beginning and end of a great epoch of our nation. The light shone, but the dark cloth of reaction covered it and the emperor's mercenaries stamped out the last sparks. Then it was quiet, dark.

But in the world the sparks caught and burned ever brighter. The movement of enlightenment; the slogans of humanity, freedom, equality; the whole spiritual revolution of the nineteenth century, the advancing ideas of democracy, self-determination, the mental treasures and idealistic goal of world wars and revolution—these fires were scattering the sparks of the spirit of Komensky. —

The nation is winning its independence, building a new state, is taking the rule of its affairs into its own hands!

Komensky, a great soul marvelled at and respected by the whole cultured world, the herald of a noble, educated, cultured mankind, returns from exile in spirit and speaks through the lips of the first president of the Czechoslovak nation."

"No sensible person is opposed to stepping up our courses in science to meet the Soviet challenge. I just hope that the logarithmic rush doesn't carry us too far into outer space. If we are to live like human beings on this planet, we must "see life steadily and see it whole." Education has other values than the know-how to produce rockets to the moon."

—John Kieran

Při přístavbě v sokolském táboře.

"A teď už vím, proč se říká dvakrát měř a jednou řež."

???

"To se říká, protože při měření se člověk tak nenadře, jako při řezání!"

BLANCHE J. CIHAK

Convention and Slet Information

- Convention Headquarters: Roosevelt Hotel—Cedar Rapids, Iowa.
- Opening Session: Monday, June 20th—9:30 A.M.—Mezzanine floor.
- Train Information: Leaving Chicago—Milwaukee Road—Union Station, Canal & Jackson Blvd.
 Train #105—4:45 P.M. (Chicago time), arriving Marion, Iowa, 8:26 P.M.
 Train #101—6:55 P.M. (Chicago time), arriving Marion, Iowa, 10:35 P.M.
 Train #103—7:10 P.M. (Chicago time), arriving Marion, Iowa, 10:50 P. M.
 Cedar Rapids, Iowa, is a short cab run from Marion, Iowa.
- Hotel Accommodations: Roosevelt Hotel.
 Single room with shower—\$6.95.
 Single room with tub and shower—\$8.45 and up.
 Twin-bedded room with tub and shower—\$12.45 to \$14.95.
 Make your reservations by addressing them to: Managers Office, Hotel Roosevelt, Cedar Rapids, Iowa.

SLET PROGRAM

- Saturday—June 18: Registration at Sokol Hall beginning at 8:00 A.M.
 Victory Dance—3rd floor—Sokol Hall.
- Sunday—June 19: 8:00 A.M.—Rehearsal—Municipal Memorial Baseball Park.
 10:30 A.M.—Visit to the Czech National Cemetery. Wreath laying ceremonies at grave of first starostka, sis. Straka, bro. Machovsky and other Sokol members. Remarks by sis. Cihak and bro. Prchal.
 11:30 A.M.—Lunch served at Sokol Hall.
 1:30 P.M.—Slet at Municipal Memorial Ball Park.
 6:00 P.M.—Get-together at Sokol Hall Club Rooms.

CONVENTION PROGRAM

- Monday—June 20: 8:00 A.M.—Registration of delegates at Roosevelt Hotel.
 9:30 A.M.—Convention.
 6:30 P.M.—Banquet celebrating 60th anniversary of Sokolice Renata Tyršová.
 9:00 P.M.—Dance at adjoining hall.
- Tuesday—June 21: 9:00 A.M.—Convention in session. Evening free for delegates.
 Visit to Western Bohemian Fraternal Association about 4 P.M.
- Wednesday—June 22: 9:00 A.M.—Convention in session. Buses to Amana, Iowa, for lunch and tour through the factories. Buses to return to Cedar Rapids and Convention may resume at 4:30 P.M.
- Thursday—June 23: Convention in session.

Blanche J. Cihak

PORTUGAL MARVELS AT A SOKOL "MISS"



Jo Ane Rezac, Educational Director of Sokolice New York, won the discus throw with a toss of 29.76 meters in the Championship division of a regional meet held in Lisbon, Portugal. She had gone there for

post graduate research work at the University of Lisbon, in Portuguese literature. Enclosed with her letter to our office were her picture and quite a long clipping from the "Diario Illustrado" of February 9th, a Lisbon newspaper.

While studying at the University, Jo Anne had kept up her physical training and athletics with the Sporting Clube de Portugal. Just before leaving for home she entered the meet where she won the discus throw and the admiration of the Portuguese. Falling back upon what we remembered of our Latin, French and Spanish we read that Jo Anne made quite an impression, and firmly implanted the name of "American Sokol" on the minds of the people of Portugal. Congratulations, Jo Anne, you are a great credit to us not only as an athlete, but as a serious student and an ambassador of good will.

SOKOL WILBER, NEBRASKA, HELD
T. G. MASARYK CEREMONIES



SMALL GIRLS



SMALL BOYS

The Secretary of Sokol Wilber sent a very newsy and interesting report of their TGM. celebration.

Following are excerpts from her letter:

"I am proud to report that we held our program honoring Thomas G. Masaryk March 7th, 1960. It happened to fall on the night of our regular meeting so we held the program at 7 o'clock with our meeting afterwards. We had a nice turn out.

Eighty-four youngsters took part, opening with the flag presentation, pledge, singing of our national anthem and followed by a welcome address. The drills, calisthenics and apparatus work followed the formation of the letters SOKOL by the small girls, with the singing of "Spějme dál". The junior girls and boys formed the letter T.G.M. for Masaryk and again the audience joined in singing "Hej Slované."

The accompanist for all numbers was our good old standby Mrs. B. J. Klasek. The program was

closed with the singing of "Ta naše písnička česká" and the retiring of the flag.

Much credit must be given to sis. Lulu Kohel who had worked relentlessly with all of the youngsters. Bro. Chab instructed the boys classes in apparatus work. Practice for all classes, boys and girls alike, is held on the same day.

I am sending you a clipping from our local papers but their pictures did not turn out too well. Sis. Lulu Kohel took snapshots of the groups later and you will find them enclosed. These are small but perhaps they could be enlarged. Is it possible for you to put the pictures into the Sokol Americky?

We are proud of these youngsters and we feel if we can instill in their young minds the value of this training for a sound mind, healthy body and a patriotic feeling that nothing can swerve them from the path of righteousness into the subversive path. Nazdar!

Georgia Ripa

Blanche J. Cihak

THINGS THAT KEEP AMAZING ME

The fine workmanlike newsletter of Sokol Tyrš, Cleveland, Ohio, consistently good, entertaining and informative.

A new one, "Schenectady News Letter," information regarding activities planned for the entire year.

One of the most interesting is the Sokol Hi-Highlights of Sokol Scio, Oregon, in the very capable hands of bro. John Klobas and sis. Joy Klobas.

Eight pages, mimeographed 8½ x 14" loaded with humor, serious editorials, fine reporting, recipes, poetry and lessons in the English, Czech and Russian languages.

The projects the small units tackle and put over should make us big city units blush and resolve to at least equal them.

Congratulations and best wishes Sokol Scio, Oregon.

James L. Cihak

SEARCHING FOR AN "ESPIRIT DE CORPS"

The intangibles can make or break an organization or even a nation. Civilizations have conquered everything in their path, subsisting on a few kernels of barley. They had been overwhelmed when they had the wealth and influence of a "King Midas."

No matter whether you read the editorials in newspapers or articles by responsible people in every walk of life, in the magazines, you see the grave concern about the future of our country. It is not fear of communism or the atomic bomb as devastating as they could become. It is grave concern over what we are doing to ourselves.

To have a high standard of living is the goal of everyone. It is the means by which it is secured and what it is doing to the country that is causing widespread alarm.

Tyrš himself said, "Not one nation, large or small, as many as there have been, died

in its full vigor and soundness, but fell when it became decrepit, indolent and frivolous. Here as elsewhere, a long patient nature finally conducts a stern judgment, but one that is fair and beneficial to the whole, eliminating from humanity individuals who are no longer capable of a healthy development and progress and are unnecessary and harmful."

He further stated, "So let us defend our nation every day, because it would be too late and useless to save it with the sword on the outside, in case internal indifference and corruption had engulfed its strong, courageous core. The surest sign of a sick and corrupt society is the prevalence of a debauched egoism that deceives itself by lies. Where, however, the core of life is healthy and the whole counts for more than the parts, there is no room for be-

trayal, indifference and skepticism, concern only for personal profit and self preservation, and in a time of crisis a desire to foil the efforts of the nobler ones. Only there is it possible to shatter the treacherous swords where no one will fall back as a coward, where the whole nation stands and perseveres as one warrior."

The great, critical mind of Thomas G. Masaryk summed up his appreciation for the Sokols and their philosophy as follows, "I always sincerely believed in what the Sokols taught."

We too have fallen under the leaden weight of the trend that has engulfed the nation. For us there is a poorer excuse, for we who have been nurtured by the Spartan ideals of the sokols, should have known better. Not everyone, for which we can be in a heroic mould, who refuse to give in to indolence and self pity.

thankful. There are still those who are cast

The "Espirit de Corp," or spirit of the Sokols, is still alive. It is merely waiting for direction to bring its full force into play. Where the burning desire for the independence of Czechoslovakia once fed its flames, the same burning desire to create of the United States of America an impregnable fortress, of democracy, will make it a beacon torch for the whole world to look up to.

It is not a life of pleasure and ease that I am forecasting for you, nor do I believe in subtle deception. Anyone with an ounce of brains can see where the whole nation is heading. If we care anything for our children and grandchildren let us leave them a world dedicated to fair play, where a man's word is his bond, a world in which they can carve out their own destiny, proud of the heritage handed down to them. Yes, a fine heritage, not tainted gold.

Nazdar!

Z ČINNOSTI SOKOLA WASHINGTON, D. C.

Na minulé členské schůzi, která se konala 5. května, bylo rozhodnuto, aby jednota měla členskou schůzi opět pravidelně každý měsíc. Diskutovalo se o nezaplacených členských příspěvcích. Dluhující členové mohou být podle stanov vyloučeni z jednoty, proto je včas upozorňujeme, aby vykonali svou povinnost.

Uctíme památku padlých.

Letos pokračujeme v sokolské tradici uctění památky padlých. Sokol Washington pod záštitou Jižního okrsku a ve spolupráci s Východní župou položí věnec k Hrobu Neznámého vojína na Arlingtonském Národním hřbitově v neděli 22. května. Sraz účastníků je v 11 hodin dopoledne na hřbitově. Po slavnosti na hřbitově je společný okrskový výlet v Great Falls na marylandské straně Potomacu.

Garden Party.

Na sobotu 12. června připravujeme svou první "Garden Party". Uspořádáme ji v zahradě upřímných přátel naší jednoty, Květy a Bruce Schlessbergových, 4 Thompson Circle, N.W., Washington, D. C. Na pořadu bude tanec, různé atrakce a studený buffet. Začátek byl stanoven na 9 hodin a konec: ? . . . Čistý výtěžek tohoto sokolského podniku bude věnován na stavební fond jednoty.

Župní slet v Boonton, N. J.

Obvyklý župní slet v Boonton, N. J., který pořádá naše Východní župa společně se slovenskou sokolskou župou M. M. Hodža, byl letos stanoven na neděli 12. června. Jednota se sletu samozřejmě

účastní. K zájezdu zveme i nečleny. Slet se koná v krásném přírodním prostředí v táboře slovenských Sokolů u městečka Boonton, N. J.

IX. sjezd Americké Obce Sokolské.

Bliží se IX. valný sjezd Americké Obce Sokolské, který se koná 20. června t. r. v Cedar Rapids, Iowa. Naše jednota bude na sjezdu zastoupena br. starostou, případně i jinými členy. Sjezd je samozřejmě významným mezníkem v sokolské činnosti, proto doporučujeme všem členům, aby jeho průběh sledovali v krajanském tisku.

Župní a oblastní slety.

Také v letošní letní sezoně pořádá americké Sokolstvo (české i slovenské) řadu župních a oblastních sletů. Téměř v každém větším krajanském středisku bude takový slet uskutečněn. Doporučujeme proto svým členům, kteří pojedou náhodou do některého krajanského střediska, aby se zajímali o tamní sokolský podnik. Slety amerického Sokolstva jsou nejlepší odpovědí na komunistickou propagandu, která se snaží americké veřejnosti namluvit, že letošní spartakiáda v Praze bude důstojným nástupcem sokolských sletů.

Chcete jet na Olympiadu?

Ze Spojených států se chystá několik sokolských výprav na Olympijské hry, které se konají letos v srpnu a září v Římě. Vedoucí sokolských výprav nabízejí účastníkům výhodné podmínky, proto případné zájemce upozorňujeme, že vedoucí funkcionáři jednoty jim mohou opatřit potřebné informace. !



AMERICAN SOKOL GYMNAST

MAY, 1960

Edited by MILDRED PRCHAL

CEDAR RAPIDS

On Saturday, May 7, 1960, at 4:00 p.m., a special meeting was held in the Sokol Cedar Rapids Hall, Cedar Rapids, Iowa. Present were: Bro. V. Benak, Western District Director of Men, Edwin Halik, ASO. Director of Men, M. Prchal, ASO. Director of Women, L. Hromadka, Chairman of the Western District Slet Committee, G. Lippert, Secretary of the Slet Committee, Kvetta Smith, Cedar Rapids Sokol Director of Women, Jos. Pazour, Director of Men, bro. G. Naxera, President of Sokol Cedar Rapids, and members of the instructors board.

Competitions will be held at Coe College on Saturday, June 18th; awards to be presented on Sunday afternoon during the Slet program. Bro. Benak reported on entries received. Bro. Hromadka accepted Chairmanship of the Trophy Committee.

Two sets of awards will be given. The competition is a combination of the Western District annual competition and invitation-al Slet meet. Trophies will be awarded all 1st place winners including teams; all other awards will be medals.

Letters with necessary information will be sent to interested units after entries are received.

Meeting was adjourned at 7:00 p.m.

Sokol Cedar Rapids is doing all in its power to make the Western District Slet a successful one. The members of Sokol Cedar Rapids are well known for their warm hospitality and are doing their utmost to make each individual's visit pleasant, and enjoyable.

NATIONAL A. A. U. AND OLYMPIC SQUAD TRYOUTS HELD AT WEST POINT APRIL 29, 30, AND MAY 1

The meeting was called to order by Chairman George Gulack at 4:00 P.M. This meeting is the bi-annual meeting held by the National A. A. U. Gymnastics Committee.

The minutes were dispensed with.

Tom Maloney reported on his preparation for the National and Olympic Squad tryouts. The physical preparation was apparently excellent. One comment made by Mr. Maloney was that the Women's Free Exercise was considered to have outstanding audience appeal and would be featured.

The competitors list was reviewed.

The list of selected judges was reviewed.

The order of events was given by Tom Maloney for the entire competition.

It was announced that the Women's Jr. National Competition would be on May 7 at Panzer College, Montclair, New Jersey, and the Men's Jr. National would be held June 4 at Kent State University, Kent, Ohio. Rudy Bachna is in charge of this latter competition.

It was announced that a team of Russian gymnasts (men and women) will be in the United States for 14 days, approximately, and the period of visit would begin with the last week of October. A guarantee of \$3,000.00 will be required for each local appearance.

A team from Japan will probably be here some time in 1961.

The National A. A. U. Championships for 1961 (men and women) will be held May 5 and 6 in Dallas, Texas.

Bids are requested for the 1962 Championships and these bids must be in in time for the December National A. A. U. Convention to be held in Las Vegas, Nevada.

We were reminded that the World's Championships will be held in Prague, Czechoslovakia, in 1962.

The meeting ended at 4:45 P.M.

Note: The meeting was short with no indication that comments or suggestions were desired from the various areas of the country.

GENERAL COMMENTS ON THE COMPETITIONS HELD AT WEST POINT

The conduct of the competition was excellent. The audience seemed to enjoy the performances of our young men and women gymnasts. About the only negative comment heard, generally, was that the scoring committee was not too well organized. The results were slow in coming forth.

Our gymnasts will surprise the Europeans considerably in Rome. Outstanding was Fred Orlofsky from Southern Illinois University. He alone

garnered more team points than anyone of the other teams together. The Olympic Squad (men and women) finally selected indicated a good distribution from all parts of the country.

From the judging standpoint, it was noticeable that the men were very accurately judged. The women judges showed minor weaknesses in some events. With extensive training this factor can be improved. The author has been concentrating on approximately six of the Sokol women for the past few months in judging training.

Frank Cumiskey, who is our most knowledgeable proponent on judging, showed a distinct acumen in ability to interpret F.I.G. Code of Points. The day will come when our judging will be as per-

fect as some of the sterling performances witnessed at West Point.

While attending the competition I was able to converse with many of the key coaches of the country. All are inspired! It is to the coaches that we owe a debt of gratitude for raising the level of competitive performance. The countless hours they spent on grooming their gymnasts is gratifying to know. The National Association of Gymnastic Coaches is the organization behind this dedicated effort.

See you in Cedar Rapids.

Nazdar!

Paul E. Fina

NEITHER GAIN, NOR GLORY?!

"How much is in it for me?"

Interest in Sokol work among our youth today seems small in comparison with that of former years and this is apparent not only in the Sokol ranks but other societies as well. "How much is in it for me?" or "What's in it?" is frequently heard from young people when asked to help in their Sokol unit, district, or organization.

Let's see "what is in it" for each member of the Sokol Organization.

On the moral side You are taught—

1. To develop a deeper culture and to seek the foundation for true contentment in life.
2. To be a better person and to recognize your duties to your family, your friends and others.
3. To be just, appreciate and value good will and work in others.
4. To look for good and do good; to resist evil everywhere.
5. To try to be an example to all around you—never tend to lower their moral standards or allow others to lower your ideals.
6. To recognize equality—never to appear superior to others.
7. To recognize duties to yourself, your nation and to humanity!

On the practical side: You are taught—

1. To realize that no possession is as priceless as your own body.

2. To develop your strength, health and beauty of body.
3. To acquire agility, alertness and endurance.
4. To develop greater courage and preparedness.
5. To know how to meet and overcome obstacles.
6. Healthful and beneficial forms of recreation.
7. Sportsmanship.

Entering the Sokol Organization should be an act of high idealism. The Sokol does not offer careers as many organizations do, neither does it create individual prima donnas as sports clubs do. The Sokol requires discipline and assimilation into the whole. A little credit here and there, and sometimes none, is given this or that deserving individual and then he is forgotten. Like the instructor who devotes more than his spare time in preparing for and teaching his classes. The "unsung" committees, comprised too often of the same individuals, that must organize and conduct projects to finance the buildings and maintenance of gymnasiums. These dedicated people in most cases are former Sokol gymnasts who recognize the true Sokol aims and goals and have found their contentment and happiness in unselfish devotion to the Sokol cause. Their's is not a glorified job, nor is it a "gainful" job. Their reward is much more permanent—one that has been won by merit—the merit of serving others. These are worthy of the name SOKOL!

ANN BANFI

CENTRAL DISTRICT BOWLING LEAGUE

The Central District Sokols bowl at the Palace Bowl, 5240 W. 25th Pl., Cicero, Ill., on Sunday afternoon at 3:00. We have 3 more weeks to wind up the 1959-1960 season.

The election of officers for the next season was held April 10th, 1960.



RETIRING OFFICERS (upper picture)

From left: Joe Cihak, President; Emil Zoula, Vice President; Ann Banfi, Secretary; Jim Kriz, Treasurer.

NEW OFFICERS (lower picture)

From left: Joe Rus, President; Millie Cerny, Secretary; John Cerny, Vice President; Jim Kriz, Treasurer.

The bowling banquet will be held Saturday, June 4th, at Machala Hall, 2700 S. Christiana Ave., Chicago, Ill. On that night trophies and prizes will be awarded to winning teams and individuals.

A thrilling day was had by all April 27th, 1960, when William Sloup, a member of the Sokol Chicago II, bowled 9 consecutive strikes in his 3rd game, a total of 277 and a 3 game series of 659. His average is 173. We are proud to say Bill has been a member of Sokol Chicago for 3 years and instructs the junior girls and boys classes. Needless to say we hoped for a 300 game. Better luck next time, Bill.

Final results of this season will be posted in next month's Sokol Americky.

As of May 1st the standings are:

TEAM STANDING

Teams	Captain	Won	Lost	Avg.
1. Chicago II—J. Cerny		57	39	754
2. Tabor IV—H. Banfi		53	43	744
3. Tabor I—R. Idol		52	44	779
4. Berwyn—E. Schnabl		50½	45½	739
5. Tabor II—G. Slovacek		48	48	765
6. Havlicek II—L. Cipra		48	48	736
7. Slavsky—J. Satek		48	48	734

8. Chicago I—C. Hlinka	44½	51½	708
9. Havlicek I—J. Rus	42	54	701
10. Leftovers—J. Stachniak	37	59	733

High Team 3 Game Series

1. Tabor IV	2572
2. Tabor I	2565
3. Chicago II	2475

High Team Game

1. Tabor I	933
2. Tabor II	901
3. Tabor IV	886

MEN

High Individual 3 Games Series

1. B. Sloup	659
2. J. Cerny	618
3. L. Pesek	617

High Individual Game

1. B. Sloup	277
2. J. Cerny	254
3. J. Bakker	244

WOMEN

High Individual 3 Games Series

1. A. Banfi	548
2. H. Cipra	537
H. Sevcu	537
3. G. Pakosta	529

High Individual Game

1. H. Cipra	236
2. G. Pakosta	203
3. H. Sevcu	202

These scores are without handicap.

JUNIOR GIRLS CALISTHENICS HOUR

Normal stand, closearm—soft arms throughout.

- I. 1.) Sidearm, knuckles up; 2.) swing to low frontarm, r. wrist crossed over left; 3.) repeat 1.); 4.) full front circle downward (to sidearm).
- II. 1.) Swing to low frontarm, r. wrist crossed over left; 2.) swing to sidearm, knuckles up; 3.) repeat 1.); 4.) continue inward circle to closearm.
- III. Repeat I.
- IV. 1.) Squat support; 2.) front roll; 3.-4.) stand closearm.
- V. 1.-2.) Lunge to r. side, r. sidebend, r. sideway uparm, thumb back (1. remains closed); 3.-4.) lunge to l.—arms reversed.
- VI. Repeat V.
- VII. 1.-2.) ¼ turn l. (90°), close r. to squat, frontarm, thumbs up; 3.-4.) deep front bend, reararm.
- VIII. 1.-2.) bent uparm and backroll; 3.-4.) stand closearm.
- IX.-XII. Repeat I.-IV.
- XIII.-XVI. Repeat V.-VIII reversed.
- XVII. 1.-4.) 4 jumps in place—sidearm.
- XVIII. 1.-4.) 4 jumps in straddle—sidearm.

XIX.-XX. Repeat XVII.-XVIII.

XXI. 1.) Jump to straddle; 2.) front bend, front-arm inward, fingers touch toes of r. foot; 3.-4.) uprise, sidearm, palms up—shoulder back bend.

XXII. Repeat XXI. reversed.

XXIII.-XXIV. Repeat XXI.-XXII. But do 2 dips in back bend.

XXV. 1.-4.) 4 alternating hops (skip) starting hop on 1 and raising free leg bent front.

XXVII.-XXVIII. Repeat XXV.-XXVI.

XXIX. 1.-2.) Front circle downward, inhale; 3.-4.) exhale.

XXX.-XXXI. Repeat XXIX.

XXXII. Jump to normal stand, closearm.

Jerry Kolinger

Translation—Jos. Regner

PARALLEL BARS

The following exercises are beginnings for Championship compositions on apparatus. For optionals on parallel bars, static movements and fast movements should be included.

Parallel Bars, Head High

At the end of bars facing in, from bentarm hang-stand, inner grip:

1. Pull-up to benthip lever in support.
2. Jump to benthip hang, kip uprise, back swing to handstand.
3. Benthip hang, kip uprise to support, back swing to free lever, or body lever.
4. Benthip hang, kip uprise to support.
5. Benthip hang, kip uprise, dip swing to handstand.
6. Benthip hang, kip uprise, back swing to handstand.
7. Benthip hang, kip uprise, slowly push to handstand (arms bent or straight).
8. Benthip hang, kip uprise to benthip lever, bent knees push to free body lever, then slowly to handstand.

Rings Jump High

Fronthang:

1. Pull-up to support and immediately push to handstand.
2. Through expand lever (straight arms) pull-up to support.
3. Through expand lever, pull-up to support, and slowly push up to handstand.
4. Through expand lever, pull-up to support and push to handstand with straight body.
5. Arch body frontway to inverted hang (either slow or with swing) slowly arch body to hang

rearway, bentarm hang, alternating arms pull-up to benthip lever in support. Push-up or with straight body to a handstand.

6. Swing, inlocate arch body to a one arm lever (left or right) free arm uparm, grasp ring and uprise to benthip lever in support, and push-up to handstand.
8. Swing, inlocate arch body to one arm lever, double turn in one arm lever, regrasp ring, uprise to support and with arched body pull-up to handstand.

Mildred Prchal

LONG JUMP ROPE

Rope jumping teaches speed, agility, courage and preparedness. If the move is not made at a given moment and speedily, the rope itself spoils the jump. This means that the individual must submit wholly to the momentum of the rope. Much depends upon the instructor's or leader's starting the action of the rope. With the long rope we can use two methods, i.e., swing or turn.

To start swinging, we begin with a full arm movement for 2 or 3 swings, after which all swinging is done only with a movement of the wrist. A bigger swing, because it is freer, is used for beginners; the shorter and faster swing should be used later. The instructor should begin methodically, i.e., from the very beginning and should repeat a move until all girls are able to jump without hesitation. In this way more interest and enjoyment will be achieved.

Swinging Rope

1. Jump over swinging rope and run forward.
2. Jump over swinging rope with turns.
3. In twos.
4. Several jumps with front swing of one leg, also back swing.
5. Several jumps with alternating swings of r. and l.
6. Alternate jump to straddle and jump crossing feet.

How to Turn Rope

Correct turning of the rope requires some explanation. A beginner bends forward and uses her whole arm when turning the rope; this tends to make the circles of the rope uneven, sometimes too high, and again too low, making it difficult for the girl who is doing the exercise.

Hold the rope lightly in the right hand. It is put into motion with 2 or 3 full arm turns and is then kept in motion by pressing the index finger to the thumb. The circles of the rope will then be the same starting the upward motion with the pressure of the hand and is allowed to return of itself on the downward motion. Do not hit the floor hard with the rope. When a girl touches the rope and is apt to fall, the rope should be lowered or cast down.

(To be continued)

ZÁPIS ZE SCHŮZE VÝKONNÉHO VÝBORU AMERICKÉ OBCE SOKOLSKÉ,

konané ve středu 27. dubna 1960.

Přítomni bratři: Brouk, Čihák, Halík, Kropik, Šimaner, Štulík, Švambers a Vydra. Sestry: Čiháková, Faltová, Prchalová, Prenerová a Tintěrová.

Schůzi předsedal starosta br. Prchal.

Zápis z poslední schůze dodatečně schválen.

ZPRÁVY

Probrány dva zápisy ze schůzi župy Východní, zápis ze župy Severovýchodní a Střední.

DOPISY

Sokol Toronto zve na svůj XIII. Sokolský Slet a Československý Den. Pozvání vzato na vědomí.

Sletový výbor župy Západní urguje návštěvu náčelníka br. Halíka a náčelnice ses. Prchalové na sobotu 7. května. Oba do schůze se dostaví.

Sokol Detroit posílá doporučení stanovnímu odboru k sjezdu, týkající se kočujících cvičitelů. Usnesl se také psáti jak V.V. tak i župě Severovýchodní o této nevyhnutelně potřebné pomoci. Oznamuje, že na slet do Cedar Rapids zvolil zvláštní odbor a doufá, že zájezdu se účastní více než 30 cvičících a hosté.

Sokol Portland, Oregon, upozorňuje na novinářské zprávy o žádosti německých politických činitelů o navrácení 3 milionů Němců do Čsl. republiky, zabránění pohraničních okresů Československa a asi třetinu Polska.

Jednota má odmítavý postoj k rozpínavému německému imperialismu. Usneseno připravit resoluci ku sjezdu, aby zaujal určité stanovisko v této věci.

ZPRÁVA JEDNATELKY

Vypracovala finanční zprávu za r. 1959 pro vládní úřady. Kopie zprávy byla poslána všem župám.

Dozorčí odbor přehlédl a vyúčtoval finanční položky za IV. čtvrtletí 1959 a I. čtvrtletí 1960.

Náčelník župy Severovýchodní, br. Karel Vávra, vypracoval technickou zprávu za r. 1959. Župa posílá 40 výtisků této zprávy k předání náčelnictvu k rozeslání těm, kteří mají v tom směru zájem.

Sokol Wilber poslal zprávu a fotografie z oslavy TGM., konané 7. března. Bude uveřejněno v "S.A."

Sokol Milwaukee vyrovnal dlužné poplatky. 30. dubna koná veřejné cvičení a zve V.V. k účasti.

Výkonný Výbor zastoupí br. starosta.

Sestra Joe Anne Řezáč, vzdělatelka Sokolic New York, poslala výstřižky z novin v Portugalsku, o závodech tam konaných, kde získala první cenu ve vrhu diskem, hodem 29.76 metrů. Přiložila svůj obrázek. Zpráva bude uveřejněna v "S.A."

Sokol Schenectady snaží se pozvednout činnost své jednoty a za tím účelem vydává svůj "Sokol Schenectady News Letter".

Župa Severovýchodní zvolila br. John Tichého na stanovní odbor, na místo br. Václava Přecha.

Župa Severní zvolí člena do stanovního odboru ve své příští schůzi, která se bude konat v květnu.

Na žádost Sletového výboru v Cedar Rapidsích napsala článek do sletového památníku.

Pracují na zprávách pro sjezd.

Objednala tužky pro sletové delegáty, a bude hledět získat pro ně knížky na poznámky.

Jednala s předsedou Sletového výboru v Cedar Rapidsích, ve snaze o přípravě programu pro sjezdové delegáty.

Na rozhlase v dubnu promluvil br. starosta, o sokolské soustavě a její přednostech.

Květnový rozhlas nabízíme župě Střední, k oznámení její sletu. Červnový rozhlas taktéž může být přesunut o týden dříve a k propagaci župního sletu použit. Schváleno župě předat.

Sletový výbor v Cedar Rapidsích rozeslal náčelníkům a náčelnicím jednot pozvání na závody a slet. Přiložil formuláře o účasti k vyplnění a vrácení výboru.

Všechny úkoly, poslední schůzi V.V. určené k vyřízení, byly splněny, stejně jako všechny běžné záležitosti.

Pan Humlíček, veřejný počtář, byl postižen srdečním záchvatem. Nebude-li moci vyúčtovat knihy Obce, připravím pro sjezd podrobnou zprávu od 1. července 1958. Do toho data všechny položky byly přehlédnuty a zpráva vypracována. Schváleno.

Zápis ze schůze náčelnictva přečetla ses. Čiháková.

Zprávy náčelníka, podanou br. Halíkem, náčelnice, ses. Prchalovou, a vzdělavatele, br. Čihákem, budou uveřejněny v "S.A."

Ses. Prchalová upozornila, že National Summer Palestrum, Inc., (camp) žádá o uveřejnění jeho oznámky v Sokole Americkém. V.V. uvažoval o našich vlastní sokolských táborech a rozhodl, dotázat se Sokola Detroit a župy Severovýchodní, nemají-li námítky k uveřejnění oznámky.

Za Dozorčí odbor podal zprávu br. Vydra. Bylo vyúčtováno IV. čtvrtletí 1959 a I. čtvrtletí 1960. Položky nalezeny v úplném pořádku. Dále upozornil na celoroční zprávu za r. 1959, vypracovanou ses. jednatelkou. Zpráva byla rozmnožena a kopie dána k dispozici členům V.V.

ZPRÁVA STAROSTY

Se sestrou Čihákovou účastnil se dvou schůzí společného výboru pro letošní Masarykovy oslavy. Vyúčtování zájezdu a podniků ve Washingtonu není dosud hotové. Část příslušící Obci je úplná.

Na rozhlase Obce v dubnu pronesl úvahu o sokolské soustavě.

Napsal článek do památníku, který bude vydán u příležitosti sletu župy Západní a sjezdu AOS., v Cedar Rapidsích.

V poslední schůzi oznámila sestra Čiháková, že jsme obdrželi výtisk knížky br. Jarky Jelínka "Sokolstvo na Slovensku 1918-1921". Do Sokola Amerického dáno oznámení a bylo by dobře, kdyby AOS. určitý počet knížky zakoupila. Usneseno zakoupit jich 100.

Na dotaz o schůzi Svazu Amerického Sokolstva, bylo znovu vyzvednuto, že o konání schůze bylo jednáno s hlavními činiteli STJS., bylo nám slíbeno, že bude posláno oznámení, kdy by se mohla konat. Zpráva nedošla, a STJS. bude dopsáno.

Br. Halík oznámil, že br. Parma z Dallas žádá o vyslání vzorných družstev mužů i žen k sletu župy Jižní, a pozval náčelnictva k účasti. Po pečlivém uvážení bylo rozhodnuto, že není možno žádosti vyhovět.

Br. Čihák rozdal po výtisku knihy br. Šustry "Your Public Relations" a na jeho doporučení bude br. Šustrovi, za poslané knížky, poděkováno.

Delší rozhovor veden o budoucnosti Americké Obce Sokolské, o členství, propagaci a finančních

prostředcích k zvýšení činnosti. Bylo rozhodnuto vypracovat resoluci k sjezdu. Tuto vypracují bratři Čihák a Kropik.

Br. starosta děkoval za všechnu vykonanou činnost, za podané zprávy a našim Nazdar schůzi zakončil.

Po schůzi někteří členové vyslechli na pásmu zabrané výňatky z washingtonských oslav TGM. Stroj přinesl a pásma přebral bratr Vydra.

Nazdar!

Bláza J. Čiháková, jednatelka.

EXCERPTS FROM THE MINUTES OF THE MEETING OF THE EXECUTIVE BOARD OF ASO.

Held Wednesday, April 27th, 1960

Minutes of the previous meeting approved as submitted.

Minutes of two meetings of the Eastern District and minutes of the Northeastern and Central Districts were discussed.

CORRESPONDENCE:

Sokol Toronto sent an invitation to their XIII Sokol Slet and Czechoslovak Day. Invitation acknowledged.

The Slet Committee of the Western District urged that the Director of Men, bro. Halik, and Director of Women, sis. Prchal, attend their meeting May 7th. Both of them will attend.

Sokol Detroit sent a recommendation to the By-laws Committee regarding traveling instructors. They also wrote to the Northeastern District regarding this vitally necessary aid. They further reported that they elected a special committee to the Slet in Cedar Rapids and that more than 30 gymnasts and guests will attend it.

Sokol Portland, Oregon draws attention to newspaper reports that German politicians are requesting the return of 3 million Germans to Czechoslovakia, taking over the border areas of that country and about a third of Poland.

The Unit is taking a firm stand against this action of German imperialism. It was decided to prepare a resolution for the Convention to adopt a specific stand in this matter.

REPORT OF THE SECRETARY

Prepared a financial statement for the year 1959 for the Collector of Internal Revenue. Copies of the report were sent to the districts.

The Auditing Committee examined and audited the financial matters for the IV qtr. of 1959 and I qtr. of 1960.

The Director of Men of the N.E. District, bro. K. Vavra, prepared a technical report for the year 1959. The District sent 40 copies of the report to be turned over to the Board of Instructors to be distributed among those who are interested in those matters.

Sokol Wilber sent a report and photos from their T.G.M. ceremonies held March 7th. It will be published in "S.A."

Sokol Milwaukee announced their exhibition on April 30th. It was moved that bro. Prchal represent ASO. at the exhibition.

Sister Joe Anne Rezac, Educational Director of Sokolice New York, sent newspaper clippings from Lisbon, Portugal, where she won the discus throw event, Championship division, with a toss of 29.76 meters. A report will be published in "S.A."

Sokol Schenectady is working hard to increase the activity of the unit and to aid the project is publishing a "Sokol Schenectady News Letter."

The N.E. District elected bro. John Tichy to the By-laws Committee.

Prepared an article for the Cedar Rapids Slet program at the request of the Committee.

Working on reports for the Convention.

Ordered pencils for the delegates and will try to secure notebooks for their use.

Spoke to bro. Hromadka, President of the Slet Committee, regarding a program for the Convention delegates.

The Slet Committee in Cedar Rapids sent invitations to all Units to attend the competitions and slet. They enclosed forms for competitors to be filled out and returned to the Committee.

Mr. Humlicek, our CPA., has had a heart attack. If he will not be able to audit our records, the Secretary will prepare a detailed report for the convention from July 1st, 1958, to March 31st, 1960.

Sis. Cihak read the minutes of the meeting of the Board of Instructors.

Bro. Halik reported as Director of Men, sis. Prchal as Director of Women.

Bro. Cihak submitted his report as Educational Director.

All of them will be published in "S.A."

Sister Prchal drew attention to the desire of the National Summer Palaestrum, Inc. (camp) to place an adv. in S.A. The Exec. Board took into consideration our own Sokol camps and decided to ask Sokol Detroit and the N.E. District if they would have any objections to the publication of the advertisement.

Bro. Vydra submitted the report for the Auditing Committee. The accounts were found to be in order. He further drew attention to the annual report for 1959 prepared by the Secretary. The report was mimeographed and copies available to the members of the Executive Board.

REPORT OF THE PRESIDENT

With sis. Cihak, attended two meetings of the joint committee for this years' Masaryk ceremonies. The audit of the excursion and the events in Washington is not finished.

Prepared an article for the Slet program in Cedar Rapids, Ia.

In the last meeting sis. Cihak announced that we received a copy of the book written by bro. Jarka Jelinek "Sokols in Slovakia 1918-1921." It was mentioned in "S.A." and it would be well if the ASO. bought a specified number of copies. It was decided to purchase 100 copies.

An inquiry regarding the meeting of the American Sokol Federation brought the announcement that a discussion had been held with the presiding officers of SGUS. and we had been promised that they would let us know when it could be held.

Another letter will be sent to SGUS. requesting a date for the meeting.

Bro. Halik announced that he received a letter from bro. Parma of Dallas, Texas, inviting the Board of Instructors to their Slet and requesting a representative team of men and women for the Southern District Slet. After careful consideration it was decided that we are unable to comply.

Bro. Cihak issued a copy of bro. Suster's "Your Public Relations," to all the members of the Exec. Bd., and recommended that a letter of thanks be sent to bro. Suster who had sent 150 copies to the ASO. for the use of other units and the Exec. Bd. Bro. Suster had them printed at his own expense.

A lengthy discussion took place regarding the future of ASO., its membership, publicity and the financial resources needed for increased activity. It was decided to prepare a resolution for the convention. This will be done by bros. Cihak and Kropik.

The President thanked for all the work accomplished, for the reports presented and closed the meeting with our Nazdar!

After the meeting some of the members stayed and listened to tape records of excerpts of the TGM. ceremonies in Washington, D. C. The recorder was brought by bro. Vydra who also acted as operator.

Nazdar!
Blanche J. Cihak, Secretary

FINANCIAL REPORT ASO.
April, 1960
INCOME

Sokol Cleveland, O., I qtr.	\$ 135.50
Czechoslovak Society of America, advertising in "S.A."	180.00
Sokol Caldwell, Kansas, IV and I qtr. and convention fund	36.00
Sokolice Libuse, Crete, Nebr., I qtr.	38.00
Sokolice Renata Tyrsova, Cedar Rapids, Ia., I qtr.	86.00
Sokol Crete, Nebr., I qtr. and convention fund	22.00
Sokol Fuegner Tyrs, So. Omaha, I qtr. ...	77.50
Sokol Karel Havlicek, Yukon, Okla., I qtr.	23.50
Sokol Fuegner, Chicago, Ill., I qtr.	48.00
Sokol Pine City, Minn., I qtr.	10.00
Sokol Town of Lake, Chicago, Ill., I qtr.	79.50
Sokolice Town of Lake, Chicago, Ill., I qtr.	60.50
Sokol Milwaukee, Wis., III & IV qtr. 1955	134.00
Sokolice Mladocech, Racine, Wis., I qtr. .	29.50
Sokolice Havlicek-Tyrs, Chicago, Ill., I qtr.	84.00
Sokol Rip, Pittsburgh, Pa., I qtr.	30.75
Sokol Mladocech, Racine, Wis., I qtr.	33.75
Heger Travel Bureau, advertising "S.A." ..	67.20
L. J. Karlik, Calif., advertising "S.A."	5.00
Sokol Wilber, Nebr., I qtr.	81.00
Western Bohemian Fraternal Association, advertising "S.A."	300.00
Sokol Hopkins, Minn., I qtr.	11.75
Sokol Schuyler, Nebr., I qtr.	16.50
Sokol Berwyn, Ill., I qtr.	92.25
Sokol Cedar Rapids, Ia., IV qtr.	126.00
Sokol Washington, D. C., I qtr.	50.75
Sokol Houston, Texas, I qtr.	59.00
Sokol Seattle, Wash., I qtr.	25.00
Sokol Zizka, Dallas, Texas, I qtr.	94.75

Bohemian National Cemetery, advertising "S.A."	100.00
Sokol Los Angeles, Calif., dues and convention fund	20.00
Sokol Schenectady, N. Y., I qtr.	39.75
Sokolice New York, N. Y., I qtr. and convention fund	83.75
Sokol Scio, Oregon, I qtr.	35.75
Sokol Zizka, Dallas, Tex., IV qtr. and convention fund	140.55
Sokol St. Louis, Mo., I qtr.	158.50
Sokol Karel Havlicek Borovsky, Ennis, Texas, I qtr.	82.00
Sokol New York, N. Y., I qtr.	103.50
Sokol Belcamp, Md., I qtr.	61.75
Sokol Praha, Prague, Okla., I qtr.	7.00
Sokol pins	15.40
Membership pins	8.25
Song books	12.50
Record books and attendance sheets	5.65
	<hr/>
	\$2912.05

DISBURSEMENTS

Radio	\$ 25.00
Illinois Bell Telephone Company	21.52
Postage—Sokol Americky	25.46
District Director, Div. of Internal Revenue, withholding tax and Social Security	424.80
Crafters, Inc., membership pins	179.64
Salary—Financial and Recording Secretary	324.20
Salary—Director of Men	98.55
Salary—Director of Women	79.40
Editorial Staff	120.00
Editor—Sokol Gymnast	25.00
Mailing list expense	25.00
Rental	35.00
Janitor service	10.00
Postage	16.95
	<hr/>
	\$1410.52

BALANCE

Lawndale National Bank checking acc. ...	\$3966.78
Income, April 1960	2912.05
	<hr/>
	\$6878.83
Disbursements, April 1960	1410.52
	<hr/>
	\$5468.31

**ASO. BOARD OF INSTRUCTORS
MEETING**

The American Sokol Board of Instructors meeting was called to order on Wednesday, April 13th, at Sokol Tabor at 8:10 p.m. by Director bro. E. Halik with the following members present: Dir. sis. M. Prchal, Prener, Tintera, Freiberg, McCarthy, Zdenek, Sramek, Polacek, Schnabl; bros. Fina, Sula, Carr and Regner; sisters Kos, Halik and bro. Barcal excused.

The minutes of the last meeting were read and approved.

Bro. Halik received correspondence from bro. F. Capek, Men's Director of the Eastern District, in answer to his letter regarding courses, Constitu-

tion and By-Laws and the Tournament Rules.

Sis. Prchal reported on correspondence with sis. S. Laznovsky of Ennis, Texas; sis. M. Kadrik, Women's Director of the SGUS.; sis. L. Kohel of Nebraska; sis. M. Mucha of Cleveland; sis. A. Hantl of Cleveland, and bro. Prostednik of Pennsylvania. She also talked over the phone with sis. Vavra.

Sis. Prchal and bro. Halik gave their reports which will appear in Sokol Americky.

A very lengthy discussion was held regarding the agenda which is being prepared for the Board of Instructors and District Directors at the IX Convention in Cedar Rapids this June. Everyone participated.

Sis. Tintera reported on the progress of the Tournament Rules revision committee.

Sis. Prener reported on the progress of the Constitution and By-Laws committee.

The meeting was adjourned at 10:40 P.M. with refreshments served by sis. McCarthy.

EllenJeanne Schnabl, Secretary

REPORT OF THE DIRECTOR OF MEN

Correspondence very light. Bro. Capek wrote answering letters to District Directors regarding schools, convention matters, etc. Bro. Tomanek wrote on matters concerning the Western District Slet in Cedar Rapids.

Bros. Tomanek and Anthony were in the city during the weekend April 9-10. Spoke to them about Slet matters and also talked by phone to bro. Voj. Benak.

Bro. Parma of Dallas, Texas, invited the ASO. Board of Instructors to visit the Southern District Slet in Dallas on July 2, 3, and 4 and requests that the ASO. send representative teams—needs special numbers and a list of up to date gymnastic books.

Committees will be presenting final reports on convention recommendations during the next month and mimeo reports prepared for distribution.

At this time, I have a 3 year record of statistics on attendance from all Districts except the Southern.

Bro. Kubina submitted some ideas in musical arrangements for senior calisthenics and we worked out a few details in the rhythms, length and continuity of a movement, etc.

Central District has asked me to teach in a two week school for beginners during the latter part of August.

Nazdar!

Edwin J. Halik

"Tak jsem byl na kopané. To je podivná hra. Jeden křičí "podej, podej" a když mu ten míč podá, tak do toho kopne."

Otec synovi: "Mluvil jsem dnes o tobě s bratrem cvičitelem a řekl mi, že s tebou není spokojenej!"

"No, tati, řekni, kdopak je dneska spokojenej?"

REPORT OF WOMEN'S DIRECTOR

Letters requesting information, music for calisthenics; and material were complied with promptly. Small girls competition exercises were sent to district directors.

I attended the 3rd practical judges' session conducted by bro. P. Fina, Tuesday, April 19th. Also two special meetings for Revision of Competition Rules.

Five Sokol women including myself officiated as judges Saturday, April 23rd, during AAU. competitions held at the Chicago Navy Pier. Col. Riley, representing Mayor Daley, presented commemorative awards to members of the Chicago Organizing Committee for the 1959 Pan American Games during the program.

During the last month I have devoted many evenings to dance instruction in two gymnasiums.

M. Prchal

EDUCATIONAL DIRECTOR'S REPORT

Prepared articles for Sokol Americky. Directive for Unit and District Educational Directors.

Finishing installation and initiation rituals for units and districts.

Bro. Suster had "Your Public Relations" printed at his own expense and doanted 150 copies to ASO.

Letters will be sent to units and districts enclosing copy of bro. Suster's booklet and a copy of the new publicity leaflet.

Filled specific requests of units and individuals.

Nazdar!

James L. Cihak

EASTERN DISTRICT

The meeting was called to order by chairman bro. William Matousek.

The minutes of the previous meeting were accepted as read.

CORRESPONDENCE:

Minutes from the ASO. were received. A financial report from the ASO. was received. Sokol Schenectady sent a newsletter of their events for the coming year. Sokol Washington thanks everyone who took part in making the concert, which was held in New York on Feb. 21, a success. All proceeds went toward the building fund for the Czech National Hall which is to be erected in Washington, D. C.

It was also stated in the newspapers that the first day cover of the T. G. Masaryk stamps was the largest ever handled by any post office in Washington, D. C.

Sis. Suhrada said that units are neglecting to send in their reports. She attended a gym clinic in Huntington, L. I. A gym competition was held on April 10. On May 26 a trampoline class will be held.

A track and field met will be held on Oct. 2 or 9 possibly at Boonton. At a United Sokols of the East meeting it was decided to hold a raffle to raise funds for medals and trophies.

Bro. Capek reported on unit activities. Plans to hold a nacvicna in the Okrsek were cancelled. A new Eastern District plaque shall be purchased.

Bro. Slavik, educator of our district, will hold an educational conference in the Okrsek on May 22.

A motion was made and passed that bros. Sazama and Slavik attend the ceremonies at Arlington on May 22.

UNIT REPORTS:

Sokol Fuegner will honor three 50 year members, who will receive watches, at their exhibition on May 1st.

New York Sokols and Sokolky are preparing for their exhibition.

Little Ferry Sokols and Sokolky are preparing for their exhibition. Little Ferry Sokols have elected Robert Hilsky as their delegate to the Cedar Rapids convention. On April 30 they are having a bus ride to the Olympic tryouts at West Point. There was a gain of one member.

The Boonton Slet committee will hold a meeting on April 22.

A general discussion of by-laws followed.

Bro. Capek made a suggestion that a by-laws committee should be selected by each district which would be subject to approval by the ASO.

Financial report given by Anton Chaloupka, treasurer.

The next meeting of the district will be held in conjunction with the meeting of all delegates who will attend the Cedar Rapids Convention. The meeting will be held on Saturday, May 14, at 7 P.M. at Sokol Hall, New York.

There being no further business to discuss the meeting adjourned.

Blanche Zraly, Secretary

ZÁPIS ZE SCHŮZE ŽUPY SEVERO-VÝCHODNÍ,

konané ve středu, dne 16. března 1960.

Schůzi řídil starosta br. Jan Tichý, za přítomnosti 20 zástupců.

Zápis z poslední schůze byl čten a přijat.

Dopisy a čtvrtletní zprávy:

Sokol Detroit zaslá zprávu za IV. čtvrtletí 1959 a vykazuje 159 členů. Sokolice Detroit zasilají zprávu za I. čtvrtletí 1960. Mají 137 členek.

Sokol Detroit zaslá zprávu z členské schůze, konané dne 10. března. Podány byly dobré zprávy ze společné schůze jednot, která se konala 27. února za přítomnosti starosty AOS. bratra K. Prchala a jednatelky, sestry B. Čihákové. Činnost u jednot je velká. Maškarní rumrej její mládeže 20. března, tanec cvičitelského sboru 7. května a ředitelský výbor pořádá maškarní tanec 21. května. Také cvičitelská činnost je v plném proudu. Byla zakoupena nová bradla. Ve společné schůzi měl vzdělavatel br. Teichman vzorný program proslovů a zpěvu, za účasti cvičitelského sboru. Přijaty přihlášky 4 žadatelů o členství. Dne 12. března byli promítány filmy z Mezisletu v Los Angeles a Olympických závodů z roku 1956. Účast byla asi 50

návštěvníků. Bylo usneseno, aby se udělovaly odznaky záslužného členství každoročně, při výroční akademii. Pro udržení Národního domu byl ustanoven výbor ku prodeji štěstěnek.

Sokol v zahraničí upozorňuje dopisem na obnovení předplatného na rok 1960. Bylo usneseno, aby předplatné bylo obnoveno.

Čten a pozorně vyslechnut zápis z V.V. AOS., konané ve středu, dne 24. února. V zápise je zmínka o případném konání schůze Svazu Amerického Sokolstva v sobotu anebo neděli 24. dubna v Clevelandu, neb Pittsburghu. Proto byl učiněn dotaz, zda by měla být schůze v Clevelandu, aby nám o tom bylo dopsáno.

Účty nebyly žádné podány.

Zpráva náčelnictva nebyla žádná, poněvadž nejsou přítomni ani br. náčelník, ani sestra náčelnice.

Krajanský výbor: Sestra B. Bartová podává zprávu, že poslední schůze, k vůli velmi nepříznivému počasí, byla méně navštívena. V této schůzi byly podány zprávy br. Tichým a br. Kimlem, o slavnostech washingtonských a sjezdu Národní Rady. V Clevelandu se oba podniky, jak v neděli představení Prodané nevěsty a v pondělí večer v knihovně všestranně vydařily. Br. starosta Tichý tlumočí bratrské a sesterské pozdravy od všech bratrů a sester, kteří se washingtonských oslav účastnili.

Za hospodářský odbor podává zprávu br. starosta; byl dán závdavek na tábořiště IOOF. na župní slet.

Zprávy z jednot:

Sokol Cleveland a sjednocené jednoty Čech-Havlíček, br. starosta Chas. Šerpán: Třídy cvičících se zvětšují, třída žáků je přes 50. V poslední členské schůzi, která měla velkou návštěvu, promluvil o pres. T. G. Masaryku vzdělavatel br. Ant. Verkner a také přeložil zprávu br. Kimla o washingtonských slavnostech, která byla uveřejněna v "Novém Světě". Jednota koupila Masarykových známek za \$457.00. Společný oběd se koná v neděli, dne 27. března. Příští schůze členská, která se měže bude zde umělecká skupina Sokola Washington, la konat v neděli 3. dubna, byla následkem toho, přeložena na sobotu 2. dubna. Příští schůze se budou konat vždy první sobotu v měsíci. U jednoty byl podán návrh, aby se oznámka do památníku sjezdového, učinila opět jménem všech jednot sdružených v župě.

Sokol Nová Vlast, sestra M. Bártová: V neděli se konal banquet, kde byly 9 oslavencům předány zlaté členské odznaky za 50leté členství. Banquet se velmi vydařil, hlavně zásluhou sestry Šourkové, která byla vedoucím tohoto podniku. Také veřejné cvičení, jak cvičením, tak také návštěvou, se vydařilo. V příští schůzi budou přijati dva noví členové.

Sokol Tyrš, br. starosta A. J. Šuster: Poslední členská schůze byla dobře navštívena, 124 přítomno, třeba, že počasí bylo velmi špatné. Byla přijata celoroční zpráva jednoty, tak jak ji každý člen poštou obdržel. V této schůzi bylo přijato 10 nových členů. U jednoty byl založen orchestr; zakládající členové jsou bratři, kteří již několikrát hráli u jednoty. Orchestr má nyní 33 členů a zkouší

se každou druhou neděli v sokolovně. Orchester bude hrát výhradně pro jednotu a pomýšlí se na pořádání samostatných koncertů. Poslední číslo měsíčníku jednoty je věnováno vzpomínce 110 let narození pres. Masaryka. Cvičitel'ský sbor koupil novou kladinu, švédský můstek a košíky pro míčovou hru. Náradí koupeno ve Švýcarsku. Příští podniky jednoty jsou: tuto neděli, 20. března, veřejné cvičení, v neděli 27. března závody AAU. v tělocvičně, v neděli 3. dubna umělecká skupina Sokola Washington. Šicí kroužek pořádá karetní zábavu ve středu, 6. dubna odpoledne. V neděli 1. května je první výstavka Sokol Tyrš Jr. "Hobby Clubu" v horní místnosti. Vstup volný. Rummage Sale bude 2. a 3. května v sokolovně. Cvičící vystoupí na "Folk Festivalu" dne 8. května v Masic Hall. Taneční při znamenitém orchestru s programem bude 4. června. Příští schůze koná se ve středu, 20. dubna, bude spojena s večerí a bude promítán nový film "Czechoslovakia A Satellite Nation".

Nové a nedokončené záležitosti:

Br. Vávra přinesl 40 výtisků jeho celoroční zprávy jako župního náčelníka za rok 1959. Jak bylo usneseno na celoroční schůzi, byla tato statistická zpráva rozmnožena a dána všem jednotám v župě. Pro svoji zajímavost bylo usneseno, aby se těchto 40 výtisků zaslalo V.V. Obce, která je rozešle cvičícím jednotám.

Br. jednatel oznamuje, že obdržel koupených 10 archů 4c známek Masarykových, od ses. jednatelky a předává jeden arch sestře účetní.

Příští schůze se koná ve středu 20. dubna. Poněvadž nebylo více k jednání, končí br. starosta schůzi v 9:45 večer, provoláním Nazdar!

K. Zahradníček, jednatel.

ZÁPIS ZE SCHŮZE ÚSTŘEDNÍHO VÝBORU ŽUPY STŘEDNÍ AOS.,

konané dne 20. dubna 1960.

Schůzi zahájil starosta br. V. Šimaner, za velké účasti zástupců. Zápis ze schůze, dne 16. března, byl beze změny přijat.

DOPISY: Český Národní hřbitov oznamuje slavnost Zdobení hrobů a předání Masarykova Memoriálního Mausolea, dne 30. května, a žádá o vyslání zástupce do spojeného výboru a účast při průvodu. Žádosti se vyhovějí, bratr starosta bude zastupovat župu a jednoty budou uvědomeny dopisem na účast při průvodu. Též bude dáno provolání do Denního Hlasatele.

ZPRÁVY:

Br. náčelník: Schůze náčelnictva mužů konala se dne 3. dubna. V sobotu 23. dubna, br. P. Fina bude vysvětlovat bodování při závodech, dle pravidel F.I.G. Tato pravidla budeme používat při našich závodech. Všichni náčelníci jsou vyzváni do této schůzky se dostavit. Veřejná cvičení našich jednot pomalu končí, až na tři jednoty a to Sokol Milwaukee, Racine a Stickney. Do Milwaukee zajedem s bratrem Jack Carrem 30. dubna. Výkonný Výbor AOS. oznamuje, že dodá župě potřebné knihy pro cvičitel'ské sbory jednot.

Slet a závody v Cedar Rapids. Župa Západní oznamuje, že pořádá závody pro všechna oddělení.

Též žádá o příspěvek na zakoupení cen pro závodníky. Po kratším rozhovoru usneseno, aby náčelnictvo vyšetřilo mnoho-li našich závodníků pojed.

Br. náčelník AOS. žádá, aby každý náčelník župy předložil sjezdu ověření, že je oprávněn být na sjezdu. Bratr jednatel vyřídí.

Dále žádá o povolení na zakoupení cen pro závody žactva. Povoleno.

Cvičitel'ská škola: Doposud nemáme učitele; náčelnictvo doporučuje, aby župa zaplatila za třetího posluchače z každé jednoty, t. j., jednotu bude platit za dva a župa za třetího. Tím možná bude více posluchačů. O tomto kursu rozpředla se delší debata. Župní závody konají se 3. a 4. června.

Náčelnictvo AOS. doporučuje župám, aby se staly členy AAU. ve svém středisku, čímž budeme mít více práva dávat návrhy i na změny ve vedení. Po kratším jednání bylo usneseno, aby župa se stala členem a povolen roční poplatek \$13.00.

Sestra náčelnice se omlouvá a její zpráva byla přečtena. Schůze náčelnictva žen konala se dne 12. dubna. Závody jsou rozděleny. Dorostenky 14. května, ženy 19. května a žákyňe 22. května. Nácvičné hodiny budou 24. dubna, 23. května a 26. května. Ceny vítězům ze závodů ve volleyball byly rozdány a zasílá účet za tyto. Účet povolen k výplatě.

Požádaly br. J. Jelinka, aby řídil cvičitel'ský kurs, načež br. Jelínek odpovídá, že následkem nemoci a zákazu lékaře, nemůže se tohoto ujmouti. Náčelnice přikládá zprávu od sestry E. Schnabl, ohledně návštěv učitelů tělocviku z Illinoiské univerzity v našich tělocvičnách.

Dne 19. dubna konala se třetí hodina ku probírání závodního řádu F.I.G., kterou řídil bratr P. Fina. Několik našich sester zúčastní se jako soudci při závodech Central AAU. 23. dubna.

Zprávy náčelnictev přijaty.

Bratr vzdělavatel: Zprávy o vzdělavací činnosti došly pouze od několika jednot. Pravidelné zprávy zasílají Sokol Americký a Berwyn. Milé je znamenati zpívání českých písní při programu veřejného cvičení Sokola Town of Lake. Sokol Slávský v rámci 70. výročí měl příležitost připomenouti nejen historii jednoty, ale i historii Amerického Sokolstva. Sokol Mladočech v Racine má odbor "American Czech Club", většina mladých členů, kde vždy při schůzi mají vzdělavací program. Mládež má zájem.

Hospodářský odbor: Přípravy na náš slet jsou v produ. Podepsána smlouva s kapelníkem br. Baštářem, na hudbu při sletu. Po dalším vyšetření bude zadán tisk sletového programu. Dále se též ohledně průvodu v den sletu. Po kratší debatě rozhodnutí odloženo do příští schůze. Bratr jednatel zaslal dopisy a vstupenky všem krajským spolům a klubům.

Organizační odbor neměl žádnou důležitou zprávu.

Pak byl čten zápis ze schůze Výk. Výboru AOS. a dále finační zpráva AOS. za rok 1959. Obojí bylo se zájmem vyslechnuto.

Pro dobro: Rozpředla se debata o IX. sjezdu AOS. a usneseno svolati sjezdové zástupce našich jednot do poradní schůze v pondělí 9. května. Jelikož šekovní účet na bance je poměrně malý, by-

lo usneseno, aby bratr pokladník vyzvedl \$300.00 z výpomocného spolku a uložil na šekový účet.

Br. účetní hlásí příjem a vydání.

Po přečtení jmen zástupců, bratr starosta děkuje za podané zprávy a za vykonanou práci a schůzi s pozdravem "Nazdar" končí.

Josef Brouk, jednatel.

SOKOL AND SOKOLICE DETROIT

In March we held three Skating Parties at Sokol Camp. Needless to say fun was had at every one of these parties.

On Sunday, March 20, a children's Masquerade was held for the boys' and girls' classes. Close to 100 children had themselves a wonderful time dressed in every kind of costume imaginable. They played games, sang, danced to a 3 piece combo, ate hot dogs, drank pop, and as you know as children will with no one sushing them screamed, yelled, and ran around to their heart's content. It was a gay and noisy time even for the adults who attended.

On May 7 the Spring Fever Dance given by the Board of Instructors was a big success thanks to the hard work of all committees and especially to our advertising committee, namely, Harry Valek, Jim and Jerry Kalivoda. I'm sure the many who attended had themselves a "ball," and it certainly appeared so when one viewed the many dancers on the floor, the well filled dining room and bars. This year our dance was enhanced by the appearance of a Soda Bar run entirely by the junior boys and girls. The idea was Cheryl Valek's and managing the business end of it was Pinky Fiema. The Soda Bar served a variety of delicacies that were dished out by the boys and girls. It was a wonderful idea and the Juniors are to be commended upon their diligent work on this project.

Music for the dance was furnished by the Brass Band directed by Vaclav Kalivoda. The kitchen committee, as usual, did themselves proud by serving delicious hamburgers, hot dogs, kolace, and coffee. (Sisters A. Pazdernik, J. Schaefer, J. Mily, J. Hurych, A. Blahovec, T. Novak.)

Five L.P. records that were donated by a well known Detroit DJ were won by five happy people. Work on this was done by Lorraine Wimmer, Dorothy Siedlik, and Louise Schlaff.

From the Board of Instructors a vote of thanks for all donations and also to those who worked on various committees and to our M.C. Harold Pazdernik. Our thanks also to bro. Peter Vlcko whose committee took over the check room.

On June 4 our junior boys and girls are planning a dance for teenagers (13-19). The boys and girls are planning the entire dance by themselves. Proceeds are to be toward the Travel Fund.

Our annual Gymnastic Exhibition (verejne Cviceni) will be held on July 10 at Sokol Camp. Remember the date, for you are all invited to attend.

Nazdar

Lil. Teichman

V revmatismu je nejhorší, že chce všemu přijít na kloub.

Hermína Matoušková:

ZA ZEMŘELOU SESTROU MARIÍ MATUROVOU.

Schenectady, N. Y., 11. května 1960.

Smutná povinnost mně nastala, abych Vám oznámila, jménem Těl. Jed. Sokolic, že nám odešla jedna ze zakládajících členek jednoty, sestra Marie Maturová. Odešla, a nevrátí se více mezi nás. Je právě tomu 1 rok co pochovala svého manžela, kterému věrně v jeho mnoholeté nemoci sloužila. Kdo by si byl pomyslel, že jej bude tak brzy následovati. Churavěla, ale stále chodila a najednou konec. Její dcera pí. M. Ohlídalo-ová, která bydlí nedaleko, šla ji navštívit a našla ji v bezvědomí ležeti na zemi. Zavolaná ambulance ji okamžitě odvezla do nemocnice, kde za den a noc vydechla naposledy, aniž nabyla vědomí. Ani s námi se nerozloučila. 21. dubna slavila 77leté narozeniny a 29. zemřela. Narodila se v Rumunsku a v Americe žila 54 roky. Stála u kolébky naší jednoty, takže byla členkou 43 roky. Věru, že ji budeme postrádati. Pohřeb měla 22. května za velké účasti přátel. Nad rakví promluvila starostka, ses. Ludmila Čejková. Zanechala 2 syny, Aloise a dceru pí. Marii Ohlídalovou ve Schenectady, a Štěpána v Gloversville. Přejeme ji věčný klid a ničím nerušený spánek. Blahá vzpomínka na ni dlouho potrvá; necht' je jí země lehkou.

"And perhaps that is the reason I was never a real pedagogue, because all my life, I was educating myself. I am an individualist, a democrat—in life and metaphysics. I believe that every soul is equal to others, every soul belongs to itself, independent and self governing."

—Thomas G. Masaryk

"Real love for one's nation is a very beautiful thing; with a decent and honest man it comes as a matter of course; therefore he does not talk much about it, just like a decent man does not go trumpeting abroad his love for his wife, family, and so on. A real love protects, bears sacrifices—and chiefly works. And for that work for the nation and state, a clear, sensible political, and cultural programme is necessary—mere daydreaming and getting excited is not enough."

—Thomas G. Masaryk

"To be independent, to be self-governing and self-sufficient, that means not to ask another to give you, what you can and should do for yourself." — T. G. Masaryk in "President Masaryk Tells His Story."

NATIONAL SUMMER PALAESTRUM*

*"The place where boys and girls both work out and practice together the sport of gymnastics." — Greek meaning



On the southwestern shore of Elk Lake, Michigan, there is a summer camp for boys and girls who seek the pleasure of accomplishment and the satisfaction of building a physically perfect body. It's the National Summer Palaestrum.

Not unlike other summer camps, the Palaestrum embraces a wide variety of coeducational activities, each directed toward the over-all improvement of the individual as a whole. But the primary emphasis here is on the growth and improvement of physical well-being.

For Children of All Ages and Abilities

In all the realm of sport nothing develops the human body so well as tumbling, rebound tumbling, apparatus work, free exercise, swimming, diving, and balancing. At the Palaestrum children of all ages take part in a program pointed toward the development of a beautiful symmetrical body, while engaging in activities which are meaningful and fun to perform.

About the Camp

The National Summer Palaestrum was established in June of 1956 on the shores

of beautiful Elk Lake at Williamsburg near Traverse City in northern Michigan. The area is known as the heart of nature's playground. Each year the camp has grown in numbers and scope.

Outstanding gymnastic coaches and performers make up the staff to serve the recognized need for youngsters of all areas to participate in a program of this nature.

The Summer Palaestrum is open for eight weeks from June 26 to August 20. Fill out the coupon below for complete information about the facilities and program available at the National Summer Palaestrum.

National Summer Palaestrum

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Take life to seriously, and what is it worth? If the morning wake us to no new joys, if the evening bring us not the hope of new pleasures, is it worth while to dress and undress? Does the sun shine on me today that I may reflect on yesterday? That I may endeavor to foresee and to control what can neither be foreseen nor controlled—the destiny of tomorrow?

—Goethe

To achieve what the world calls success a man must attend strictly to business and keep a little in advance of the times.

The man who reaches the top is the one who is not content with doing just what is required of him. He does more.

Every man should make up his mind that if he expects to succeed, he must give an honest return for the other man's dollar.

Grasp an idea and work it out to a successful conclusion. That's about all there is in life for any of us.

Edward H. Harriman

Bratři Sokolové! Sestry Sokolice!
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dne 30. května

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Plzensky Sokol of Chicago, New Buffalo,
Michigan
Sokol St. Louis, Missouri
Sokol Town of Lake-Slavsky, Willow
Springs, Illinois

WESTERN DISTRICT, Omaha, Nebr.

Sokol Cedar Rapids, Iowa
Sokol Fuegner Tyrš, So. Omaha, Nebr.
Sokol Omaha on Platte River, Nebraska

NORTHERN DISTRICT

Sokol Pine City, Minnesota

CALENDAR OF EVENTS

CENTRAL DISTRICT SLET
Pilsen Park, Chicago, Ill. — June 5th.

EASTERN DISTRICT SLET
Boonton, N. J. — June 12th.

WESTERN DISTRICT SLET
Cedar Rapids, Iowa. — June 19th.

SOUTHERN DISTRICT SLET
Dallas, Texas. — July 3rd.

SOKOL DETROIT—GYMNASTIC
EXHIBITION

Sokol Camp, Sandy Bottom Lake, Mich.
July 10th.

Měli jsme činovníka lékaře. Jednou přišel do
schůze Vzdělávacího sboru celý rozčilen. Když
jsme se ptali na důvod, odpověděl: "Představte si
— tři roky léčím jednoho chlapa na žloutenku a
teprve před hodinou mi řekl, že je Číňan!"

Ze schůze.

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zticha a zpívejte!"

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