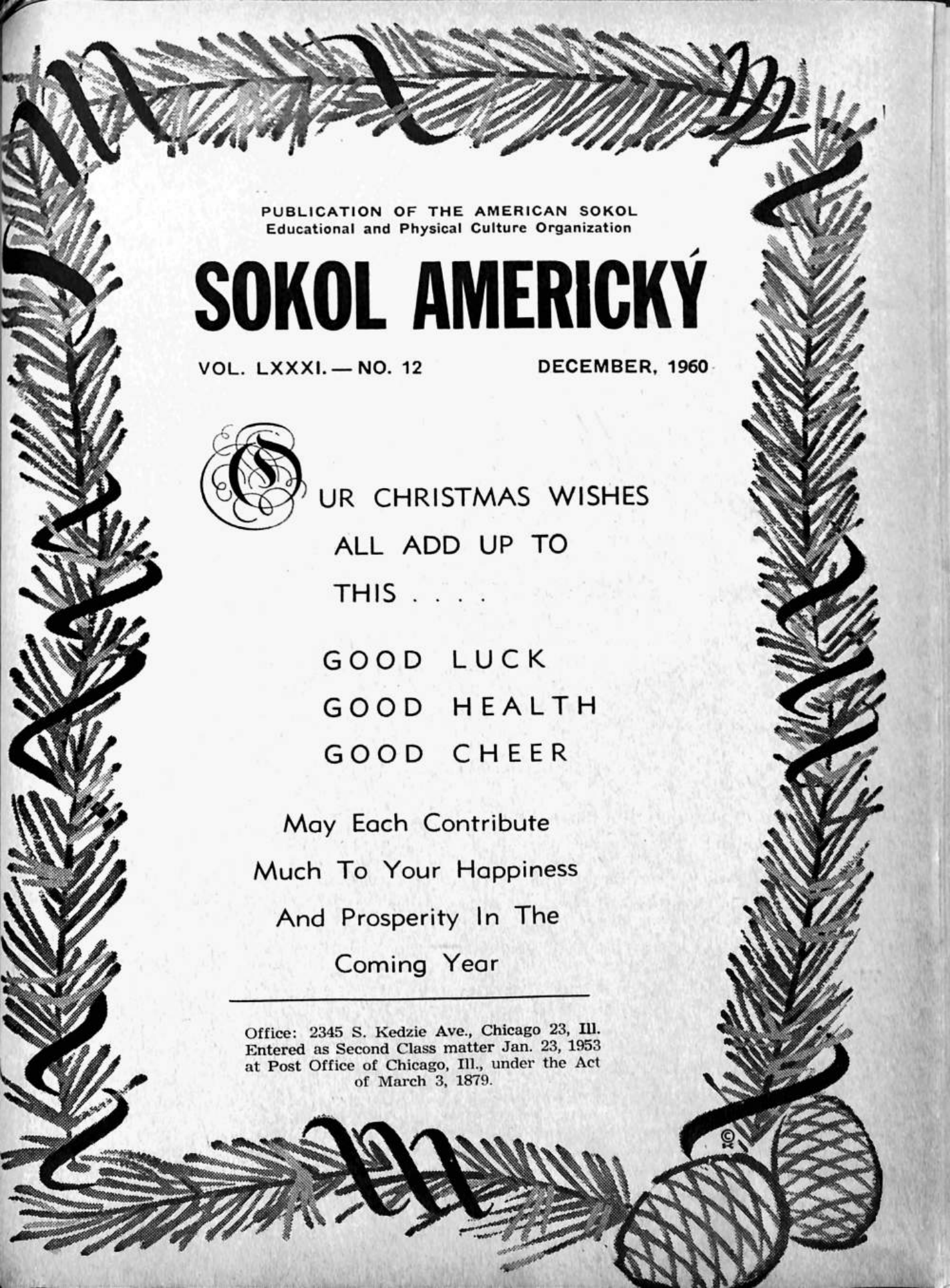




PUBLICATION OF THE AMERICAN SOKOL
Educational and Physical Culture Organization

SOKOL AMERICKÝ

VOL. LXXXI.—NO. 12

DECEMBER, 1960



UR CHRISTMAS WISHES
ALL ADD UP TO
THIS

GOOD LUCK
GOOD HEALTH
GOOD CHEER

May Each Contribute
Much To Your Happiness
And Prosperity In The
Coming Year

Office: 2345 S. Kedzie Ave., Chicago 23, Ill.
Entered as Second Class matter Jan. 23, 1953
at Post Office of Chicago, Ill., under the Act
of March 3, 1879.

SOKOL AMERICKÝ

Published Monthly by the
American Sokol Organization
2345 S. Kedzie Avenue, Chicago 23, Illinois
Subscription: \$2.00 per year.

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Chicago 23, Illinois

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

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the 4th Tuesday of each month in the office of
ASO., 2345 S. Kedzie Avenue, Chicago 23, Illinois.

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

Dates To Remember

DECEMBER — RICH IN AMERICAN HISTORY

- 2, 1823—Promulgation of the Monroe Doctrine.
- 3, 1755—Birth of Gilbert Stuart—early American portrait painter. (Washington, Jefferson, Adams, Madison, etc.)
- 4, 1783—Washington bids farewell to his officers in New York.
- 9, 1848—Birth of Joel Chandler Harris—writer of the "Uncle Remus and Brer Rabbit" stories.
- 10, 1787—Birth of T. H. Gallaudet—pioneer teacher of the deaf in USA. — Devoted his life to this work and study.
- 12, 1745—Birth of John Jay. — President of Continental Congress, envoy to France — signer of Peace Treaty and first Chief Justice of USA.
- 14, 1799—Death of George Washington.
- 16, 1773—Boston Tea Party.
- 17, 1903—Aviation Day. — First successful flight of aeroplane by Wright brothers at Kitty Hawk, N. C.
- 17, 1807—Birth of John Greenleaf Whittier, American poet.
- 19, 1777—Valley Forge — low point of American Revolution.
- 20, 1803—Louisian Purchase (Thomas Jefferson).
- 24, —Christmas Eve.
- 26, 1776—Battle of Trenton—Washington's surprise victory.
- 28, 1856—Birth of Woodrow Wilson.
- 29, 1808—Birth of Andrew Johnson.
- 31, —New Year's Eve.

"Bratře redaktore, byli jsme na honu, a to bylo zajíců a bažantů! To šla rána za ranou v jednom kuse!"

"To nic není, to u nás na honě se střílelo, nabíjelo, střílelo a zas nabíjelo, až pak nebyl čas ani na nabíjení a FURT se jenom střílelo!"

Mladý Cvik jest jediný syn bohatých rodičů. Začal chodit do Sokola a jelikož byly pořádány závody a v jednotě potřebovali jednoho cvičence do družstva, byl tam zařazen.

Když se vrátil ze závodů domů, ptala se ho paní Cvik:

"Tak co? Jak ti to šlo? Držel ses?"

"Ale kdepak! Neměl jsem TRENING."

"Drahý bože," zalomila rukama paní Cvik, "proč jsi něco neřekl, tatínek by ti ho jistě byl koupil!"

Káně Pepíček je neobyčejně temperamentní dítě. Chlouba maminky a postrach cvičitele a sousedních rodin. Přišla vzácná návštěva a družný rozhovor je neustále přerušován napomináním: "Pepíčku, nemluv!" — "Pepíčku, neskákej do řeči!" — "Pepíčku, způsobný chlapec musí být zticha!"

Zakabonil se Pepíček a praví: "Mami, ty jsi ale divná. Tak proč jsi mne tedy učila mluvit?"

SOKOL AMERICKÝ

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ.

Ročník—Vol. LXXXI.

December — 1960 — Prosinec

Číslo—No. 12

BROTHERS AND SISTERS:

It is with a feeling of pleasure that we recall the Sokols advance and success in 1960. We want to thank the Districts, Units and individual members for their devotion to the Sokol ideals and for their efforts to make this nation ever stronger especially at a time when the whole world still looks to it for guidance and inspiration.

As we stand on the threshold of a new year, we send you our thanks, at the same time we urge you to redouble your efforts in serving the Sokol ideals, that have stood the test of time.

It will be 96 years in February that the first Sokol unit was formed in America. From its very beginning the Sokol activity was directed in the service of justice, truth and democracy for the benefit of our nation. How pointedly the entire country realizes today that it needs physical health urgently, and how it looks to us as an example for its accomplishment.

President Dwight D. Eisenhower expressed it well in his letter of thanks for the resolution we sent him from the convention in Cedar Rapids: "...The members of your organization play an important part in helping promote the physical fitness of all our people. I appreciate all that you have done in that important area as do I your keen interest and cooperation in working toward the achievement of understanding between the peoples of the world."

He understands well our work and marvelled on other occasions at what our devotion to the Sokol ideals can accomplish.

We must maintain this good opinion for our work. We must increase our efforts to remain an influential organization for the perpetuation of self-discipline, patriotism and physical, moral and spiritual development. Only in that way can we serve to

develop that courage and devotion that are indispensable for everything we hold dear.

We realize that physical courage is not enough if the moral fiber of the nation has been undermined. In a democracy much more is required and a broader outlook needed. The spirit of all the citizens must be elevated above the temporary advantages for any individual or group.

"The world moves in the direction in which force is exerted." The Sokols must therefore see to it that the activity increases, that knowledge progresses in every Unit if we are to develop and expand in accordance with the above ideals.

1961 is the year of our X Sokol Slet. We are preparing for it well in advance to make certain that it surpasses the great Slets of the past. This is not a vain goal. With the entire nation pointing to physical fitness, with other factors in our favor it can and will be great if we but will it so and are willing to exert the effort to achieve it. What a golden opportunity we have to prove that the ideals that have fed the flames of our ardor for 96 years are even more potent today.

We have always worked and fought to preserve liberty and democracy, to insure our way of life and to act as a symbol for those who cherish the same ideals everywhere. We shall continue to do so. Our path is clearly marked. Our experience in following the ideals of the Sokol founders has proven their value and indispensable need in the daily life of every individual. Our greatest aid to ourselves and to our nation can be done best by adhering to them and propagating them in the future.

We help ourselves the most by raising the general level to new heights.

Success to you in all your efforts for "The great X Sokol Slet."

AMERICAN SOKOL ORGANIZATION

Charles M. Prchal, President

Blanche J. Cihak, Secretary pro tem.

BRATŘI A SESTRY!

Vzpomínáme radostně úspěchů sokolského snažení v roce 1960 a upřímně, sestersky a bratrsky, děkujeme župám, jednotám a členstvu za bezvýhradní oddanost ideám, za věrnou službu čisté sokolské myšlence, za práci pro Spojené státy, konanou s nadšením a úctou, která je ochotna dát všechno.

Projevujeme Vám tyto díky a při vstupu do roku 1961 Vás zdravíme a voláme do nové práce za starými sokolskými cíli.

V únoru uplyne 96 let od založení Sokola v Americe. Sokolská práce měla od počátku svůj základ a má svůj cíl v činnosti ve prospěch spravedlnosti, pravdy, demokracie, ve prospěch našeho celku a národa. Dnes dobře vidíme, čeho je v naší vlasti potřeba a čeho se od nás očekává. President Dwight D. Eisenhower to projevil, když děkoval za resoluci z našeho sjezdu: "... Členové Vaši organizace hrají důležitou roli v pomoci zvýšení tělesné zdatnosti všech našich lidí. Oceňuji všechno, co jste vykonali v tom důležitém úseku — jako Váš živý zájem a součinnost v práci za uskutečnění dorozumění mezi lidmi světa ..."

Ocenil krásně naši práci a podivil se jindy, co vše dovede vytvořit láska k společné věci.

Ten názor na nás nesmíme podlomit a proto tím více je potřeba spojití síly i práci nás všech k vytčeným úkolům. Abychom zůstali významnou organizací dobrovolné disciplíny, neutuchajícího národního nadšení a nevysychající zřídlo pěstění krásy a ducha, i těla.

Své síly dáme vždy ochotně do služeb obrany toho nejdražšího statku, který náš člověk hodnotí. Proto neochabneme v úsilí o zdatnost všeho členstva i dorostu a tím i o jeho brannost. Uvědomíme si, že branným lidem je nejen lid tělesně zdravý a silný, ale také lid mravně zachovalý, v demokracii pevný a odhodlaný přinášeti své svobodě vše co člověk dát může.

"Tam svět se hne, kam se síla napře!" Sokolstvo musí proto pečovat o to, aby síla sokolského uvědomění v řadách členstva našich jednot neochabovala, naopak, aby stále byla živena, vzkvétala a mohutněla.

Stojíme na prahu velkých dnů, na prahu roku 1961 — našeho roku sletového. Přistupujeme k přípravám X. našeho sletu. Již dnes si musíme připomenout, že naše sokolská povinnost i čest nám přikazuje ze všech sil se přičinit, aby X. slet dopadl dobře, aby byl ještě lepší sletů minulých. Aby byl nejen projevem našeho odborného pokroku, ale také jasným a výmluvným projevem myšlenek, jež již po 96 let řídí naši práci a jež — chceme to znovu hlasitě prohlásit:

Za udržení svobody a demokracie, našeho způsobu života ve Spojených státech, za svobodu českých a slovenských lidí v jejich vlasti jsme pracovali, za ni pracujeme, za ni budeme pracovat, nelekajíce se žádných, i největších obětí! Do práce všichni a všechny! Za ideály, které nám 96 let svítí na cestu, v duchu a podle příkazu zakladatelů Sokola.

N a z d a r !

AMERICKÁ OBEC SOKOLSKÁ

Karel M. Prchal, starosta

Bláža J. Čiháková, prozatímní jednatelka

WANTED

Your best photographs of the 1957 Slet, gymnastic events, gym classes in all age groups and formations, and those of individuals.

The best will be selected for our Slet publicity folder and general advertising of that event. The folder printed for the 1957 Slet was a success. This one, as a matter of course, should be even better.

We know we can depend upon your prompt action. The original photographs will be returned. Please write your name, address and Unit upon each one submitted.

Mail them to the X American Sokol Slet Committee, 2345 S. Kedzie Avenue, Chicago 23, Illinois.

James L. Cihak

Thoughts for December

As we enter into this most Christian month of the year, we are bound to seek time for reflection and meditation. What a tragedy that mankind cannot, or will not extend these feelings of compassion and good will throughout the year. Caught in webs of our own making we flounder and struggle, getting little true pleasure or satisfaction in following the general pattern of life.

Habit becomes so firm and merciless. The demands upon one seem to consume the body as well as the mind. The pace that has been accelerating out of all proportion to mankind's ability to absorb it is creating havoc. It is reflected in every action, thought and impulse. Very little time is left to judge things for their true value. It may be progress in one sense of the word. But let us beware of skidding to self-destruction at the first sharp turn in the road.

Nature has a way of bringing us to reality in spite of ourselves. How much easier it is if we recognize this and prepare ourselves in time, rather than attempt to turn these corners on two wheels at high speed.

Every normal individual, man or woman, is more concerned about the future of those he leaves behind than he is about himself. This natural desire to leave a better world has been a stronger motivating force than is generally recognized. December is when we feel this keenly. Experience has taught us not to expect too much. No matter how lofty our ideals, we can be thankful if we have done our utmost to bring about a greater measure of understanding for those simple but everlasting principles that have led mankind to a higher plane in life.

You may say that this is in contradiction to Tyrš's "Constant Action—Constant Dissatisfaction." But is it? Tyrš knew well that without competition we would have stagnation. The difference lies in the goals,

purpose and methods. Instead of competing against others for material gain alone, the greatest competition should take place within the individual.

This is a much tougher battle than the other for it requires greater discipline, sacrifice and more effort. The sum of the advance of any nation is only equal to the advance of its individual members. Let us not be trapped into a feeling of security, skimming off the rich cream on top of our economic and public life.

Those who follow us are entitled to better training, a fair chance to develop to their own positions of responsibility. It is up to us to give them this opportunity. Our generation has already hung around their neck a colossal national debt. Though it is easy to shift the blame for this, we must all share responsibility for it and the conditions under which we have lived. A more spartan attitude toward life and especially toward ourselves would have eliminated a great deal of the staggering problems now facing us for solution.

It was with this in mind that the "Future Sokol Leaders Fund" was created. You, as serious minded Sokols, anxious to preserve your units, can easily appreciate its value. Contributions of any amount will be gratefully accepted. But please do it now so that the well-thought out programs of ASO. and the Districts can be put into operation immediately.

Our Slet in Chicagoland in June, 1961, will reflect your generosity and pave the way for new generations to carry on.

Send your contribution today to the "Future Sokol Leaders Fund," 2345 S. Kedzie Avenue, Chicago 23, Illinois.

A Very Merry Christmas and a Happy and Prosperous New Year to all of you.

Nazdar!

The night has a thousand eyes,
And the day but one,
Yet the light of the bright world dies
With the dying sun.

The mind has a thousand eyes,
And the heart but one,
Yet the light of a whole life dies
When its love is done.

—Francis W. Bourdillon



Brothers and Sisters:

On the threshold of the New Year and the X Sokol Slet, we send sincere Christmas Greetings and wishes for complete success in the New Year!

Let the spirit of Sokol brotherhood, that pillar of our internal strength, continue to permeate our ranks.

ZDAR to you, brothers and sisters!

ZDAR to our 10th Slet!

CHARLES and MILDRED PRCHAL

Instead of Christmas cards we express our wishes through this media with a \$25.00 contribution to the "Future Sokol Leaders Fund."

MERRY CHRISTMAS AND A HAPPY NEW YEAR

to our hundreds of Sokol friends is being sent through these pages of Sokol Americký rather than by cards to individuals. A contribution of \$25.00 is being made to the "Future Sokol Leaders Fund" instead by

JAMES and BLANCHE CIHAK

Sokolský kapelník, VÁCLAV BAŠTÁŘ, přeje všemu členstvu
Veselé Vánoce a v Novém roce
ze srdce všechno to nejlepší.

Odvádí příspěvek na "Future Sokol Leaders Fund".

San Francisco děkuje krajanům z celé Ameriky.

Podarilo se nám to, jak jsme si to my i Vy přáli. Díky porozumění krajanské i americké veřejnosti, postavili jsme pomník na pacifickém pobřeží, vzdáleném osm tisíc mil od místa, kde sloužil a dosloužil. Postavením pomníku presidentu Osvooboditeli protestujeme proti znovu zotročení jeho národa a zrušení svobody nenáviděným komunistickým režimem.

Jsmo vděční Vám všem, kteří jste se k nám zapojili a pochopili význam oslav. Díky vám všem za morální vzpruhu a za finanční příspěvky, kterými jste dle finančních možností poskytli pomoc a odvrátili finanční zatížení naší sokolské jednoty v San Francisku. Významný byl příspěvek \$500.00 od ČSA., Jednoty Československých Spolků v Americe, která je zapojena k Československé Národní Radě Americké. Podala nám pomocnou ruku s přáním zdaru a zahrála naše srdce. Byly to i jednotlivé sokolské župy a jednoty, řady ZČBJ., ČSA., odbočky ČSNRA., Beseda v San Bernardino a jiné. Mile působil dar československé osady ze Scio, Oregon, která spojenými silami s jednotou Sokola, řádem ZČBJ. a sokolským orchestrem uspořádala zábavu k tomuto účelu.

Bratři, sestry a přátelé! Přijměte náš dík za každý, byť i malý dar, i práci věnovanou k počtě

našeho největšího Čechoslováka. Postavením pomníku, modelovaného sochařem umělcem Josefem Mařatkou z Prahy, stojícím na leštěném žulovém podstavci, na zeleném palouku překrásného parku v San Francisku, dáváte statisícům možnost pohledět v tvář muže, který vybudoval svobodu svého národu.

Děkujeme Československé Národní Radě Americké za vyslání k nám sestry Vlasty Vrázové co slavnostní řečnice při odhalení pomníku a v uznání vlastenecké práci odhlasovali jsme stát se členy ČSNRA a věnovat příspěvek na činnost Rady. Dle mínění našich městských, vládních a různých hodnostářů a nás všech, sestra Vlasta Vrázová je ojedinělou osobností v našem i americkém prostředí, která dovede upoutat obecnost svým projevem, protože podává, co cítí a co by měl každý obyvatel vědět, jakému nebezpečí jest nutno čelit k uchování naší svobody. Jest třeba odkrývat doupatu červených a dávat pozor na ty narůžovělé, kteří nás chláholí, že se nic nestalo. Stalo se mnoho a je třeba dávat pozor, aby se nestalo víc!

Nazdar!

A. G. Kohoutek, starosta
Sokola San Francisco.

Welcoming Address and Presentation of Monument of Thomas G. Masaryk to the City of San Francisco by A. G. Kohoutek,

President of Gymnastic Association Sokol San Francisco and
Chairman of the Masaryk Monument Committee

Honored Guests, Friends, Brothers and Sisters:

On behalf of the American Sokol Organization of San Francisco and all Czechoslovak societies represented here, it is my pleasure and honor to extend to you our greetings and to welcome you all this afternoon in honoring Thomas Garrigue Masaryk, a great Czechoslovak and a great man, a philosopher, a statesman and a humanitarian, in whose honor we have erected this monument.

It was fitting that on March 7th, 1960, the 110th birthday anniversary of Thomas Masaryk, the Post Office of the United States of America issued special postage stamps honoring the memory of Masaryk as one of the great Champions of Liberty.

People of Czechoslovakia in their homeland, and its sons and daughters scattered all over the world, have paid their respects to the everlasting memory of Masaryk: the first president and the Liberator of Czechoslovakia.

The Sokol and citizens of Czechoslovak ancestry in San Francisco, together with many groups both in California and all over the nation, have joined the United States of America—as the leader in the world-wide struggle for freedom and democratic ideals, by erecting this monument in honor of that great humanitarian and leader, Thomas Garrigue Masaryk.

We, in San Francisco, wishing to demonstrate our approval of the ideals and ethical teachings of Masaryk, feel that the most appropriate way to do so is to erect a Masaryk monument on this meadow—where the public can view it and know that San Franciscans of Czechoslovak origin still remember and honor him.

Through the generous cooperation of our beloved City of San Francisco, its Art Commission, Recreation and Park Commission, and especially our mayor, George Christopher, we have realized

our dream of placing this statue of Masaryk here in Golden Gate Park.

On behalf of the Sokol of San Francisco—and all Czechoslovak societies—we want to extend our thanks for all the help they have given us.

We take this opportunity to thank you all for the moral support you have given us by coming and joining us here today—both from the San Francisco area—from far away—in fact from all parts of the United States.

Last, but not least, our sincere thanks to all of you for your financial help for this monument.

You have given generously with the knowledge that in building a monument to Masaryk, you are building a monument to all his ideals of freedom and democracy and demonstrate defiance to the present regime of Czechoslovakia.

Let this beautiful meadow be known as "Masaryk Meadow," meeting place for all freedom loving Czechoslovaks and their friends. Please allow me to leave you with our Sokol greeting: *Nazdar!*

Now on behalf of the Masaryk Committee of the American Sokol Organization of San Francisco, it is my honor and pleasure to officially present this monument in honor of Thomas G. Masaryk to the people of San Francisco. Let this monument stand as an eternal symbol to us for his inspiring ideals of humanity, democracy and freedom. May it serve to remind the thousands of people—not only from San Francisco but from all parts of the world—who pass this beautiful section of Golden Gate Park that Masaryk's motto "*Pravda vítězí*"—which means "Truth Prevails"—will always live in the hearts of our people.

I now present this monument to Dr. Chas. Ertola, Chairman of the Board of Supervisors, who is representing Mayor Christopher and the people of San Francisco.

The 85th Milestone of Sokol Detroit

(Reprinted from Sokol Detroit News)

It is the noble faculty of our nature, which enables us to connect our thoughts, our sympathies, and our happiness with what is distant in time. By ascending to an association with our ancestors, by contemplating their example and studying their character, and their triumphs, we seem to learn from their experience and history so that we may look forward toward our future with their strength, hope and anticipation.

Our Sokol unit, although young in comparison with the age of our world history, is proud to celebrate, this November 1960, its 85th anniversary of successful and fruitful strivings toward a common goal—the physical and cultural education of all age groups. We can look back at the history of our Sokol unit with satisfaction and happiness in our hearts, and more so we should proudly look upon the job accomplished, for now the life of our unit

approached this significant milestone of its existence not as a dormant or stale organization, which is held together only by its rules and regulations, but as a group of men sincere and true to the ideas and teachings passed on to us by our founders Dr. M. Tyrs and J. Fugner.

Therefore, after 85 years of hard work and endeavor, we have proven that our Sokol organization was built on strong foundations, and we are proud of its record and financial standings, for it has always fulfilled all the demands and tasks with which it was confronted.

Nevertheless, Sokol Detroit has never isolated itself from the national picture in

our city. Our building, the Czech National Hall, is the home for all Czechoslovak organizations existing in Detroit, and our beautiful camp is enjoyed yearly by many organizations and individuals.

Today then, our unit Sokol Detroit celebrates such a memorable event, and we are pleased and proud of it and to those so largely responsible for its existence, we want to render our sincere thanks and appreciation. Brothers, our unit will long remain active due to your energy, your initiative and to your excellent brotherhood.

Ferruccio DeConti, Starosta

James L. Cihak

Childhood and Youth

by Dr. Alice Masaryk

An immediate answer came from Dr. Alice Masaryk in answer to our request for permission to revive her latest book. She also mentioned that she was happy to see so much interest in having it translated into English.

This 126 page booklet will become a standard source of material for future biographers and historians. Intimate details of the Masaryk family life written in such a lucid, authoritative manner form a priceless boon to every serious student of Masaryk.

The great and near great, the teacher and worker all pass through the Masaryk household. The serious, the humorous, the tragic all meet them just as they touch everyone's life. The story covers almost 40 years. The style and structure are American rather than Czech, every paragraph a story in itself.

The language, although Czech, is almost that of Carl Sandburg, with the intensity and pathos of an Ernie Pyle. Her father's terse, direct to the point thinking is visible in the daughter. One does not have to read between the lines for there is nothing here that cannot bravely face the sunlight.

What an admirable way to refresh your knowledge of the Czech language and to read the affect of two great lands upon a great family, "The Masaryks." Here too you see the underlying reasons for this family's impact upon a nation's struggle for independence and the heritage it gave to its people.

"*Dětství a mládí*" by Dr. Alice Masaryk can be purchased from the Czechoslovak National Council of America, 4125 W. 26th Street, Chicago 23, Ill., or Publications Trust, 301 Ames Hall, University of Pittsburgh, Pittsburgh 13, Pa. Price \$2.50.

There is an ancient legend which tells us that when a man first achieved a most notable deed he wished to explain to his tribe what he had done. As soon as he began to speak, however, he was smitten with dumbness, he lacked words, and sat down. Then there arose—according to the story—a masterless man, one who had taken no part in the action of his fellow, who had no special virtues, but afflicted—that is the phrase—with the magic of the necessary words. He saw, he told, he described the merits of the notable deed in such a fashion, we are assured, that the words "became alive and walked up and down in the hearts of all his hearers." Thereupon, the tribe seeing that the words were certainly alive, and fearing lest the man with the words would hand down untrue tales about them to their children, they took and killed him. But later they saw that the magic was in the words, not in the man.

—Kipling

Folklore Fallacy

If this fall, you've spotted squirrels scurrying around your lawn burying nuts like crazy, don't be taken in by the old tale that we're in for a severe winter. Actually the volume of the squirrels' nut business has nothing to do with predicting the forthcoming season. It depends simply on the supply of nuts. The more nuts, the more they hoard. What's more, if squirrels were possessed of this uncanny power to forecast climatic conditions, they'd stock up most heavily not before a severe winter but before a mild one when they'll be most active. During bad winters they sleep more and eat less. And another thing, even though squirrels do try to provide for their future nut needs they're not as smart as you'd suspect. Come winter they're often beset by a human frailty; they forget where they've buried the nuts.

Over 1,000 Students and Teachers Attend Sokol Program Demonstration

On Oct. 21st, a Sokol program was prepared for the New Jersey Athletic Ass'n. for Girls held at Scotch Plains, N. J. High School. It was well attended, well organized, and a public relations success.

Several months ago, bro. Jerry Hardy referred a request for a gymnastic demonstration to sis. Norma Zabka. The publicity and administration chores were handled by the NJAAG., the program organization was done by sis. Zabka, and the participants were 30 members from New York, Little Ferry, and Fugener Units, and the N.Y.A.C.

Since no mass calisthenics numbers were in readiness to present so early in the season, it was decided to show components of our Sokol program. The object of the program was to sell Sokol and gymnastics. It was pointed out that by selling Sokol, we are selling gymnastics, but gymnastics alone is not Sokol. Recognizing our most outstanding contribution to physical education, we, of course, emphasized the apparatus portion of our program.

We opened our program with a quick look at gymnastics with solo demonstrations on each piece of apparatus. Following a 10 minute talk on Sokol, 16 girls from N. Y. and Little Ferry demonstrated some wonderful marching tactics conducted by bro. Eddy Kestler. The remainder of the program read as follows:

"Over 1,000 Students and Teachers Attend Sokol Program Demonstration."

Limbering-up exercises.

Apparatus (all solo work to enable narration throughout).

Folk dancing.

Rhythmic calisthenic drill.

Pyramids.

We closed the program just as we opened it—an exercise on each piece of apparatus.

We were fortunate, too, to have a group of top caliber tumblers and trampoline men from the NYAC. We invited them to help, since we felt weak in these two areas and were not satisfied to show mediocre work.

This was the first time we gave a Sokol program to so large an audience without the usual Slet or Exhibition format. We found we were able to explain our system and its values much more forcibly. As we demonstrated each aspect of our program, we gave purposes, values, and tried to "sell, sell, sell!"

Usual programs plus a 5-page booklet on Sokol and gymnastics was prepared for the audience and were distributed to all. The printed information served to supplement sis. Zabka's narration throughout the program.

The program required a minimum amount of gym floor preparation (no grand rehearsals) and afforded a maximum of good public relations.

The Spirit of Sokol and Gymnastics

by NORMA ZABKA

"It is essential in this challenging world that our young people recognize their obligation to themselves, to their families, and to the Nation, to endeavor to keep themselves mentally, emotionally, spiritually, socially, and physically fit."

President Dwight D. Eisenhower

ABOUT SOKOL

WHO, WHAT, WHERE, WHEN, and WHY of Sokol

WHO are the Sokols? Sokols are members of a world-wide organization, which trains both youth and adults to be physically, morally, and mentally fit.

WHO may join the Sokol? Membership is open to all persons of high moral standards regardless of nationality or religion.

WHAT does the Sokol program include?

- regular gymnastic classes including marching, calisthenics, apparatus, dancing, tumbling, track and field events, and games (such as relays, volleyball, etc.)
- competitions (team and individual) in all of the above
- gymnastic exhibitions on local, district, and national levels

- social events—dances, plays, bazaars, outings, parties, etc.
- educational activities
- camping program

WHAT does "Sokol" mean? "Sokol" is an original Slavic name. It is the name of a bird, which in English is called a falcon. The Sokol (or falcon) is known for its courage, lightning speed, endurance, intelligence, keen eyesight, and love of heights. This bird became the symbol of one of the world's greatest gymnastic movements.

WHAT are the ideals, purposes, and aims of Sokol? Sokol strives to meet the physical fitness needs of the greatest possible number of people.

Sokol strives first and foremost to meet the needs of the people as a whole, but also recognizes the right of the individual and provides every opportunity for such persons to rise as high as their ability will take them. Sokol is not opposed to spectator sports but believes that nearly all benefits which are derived from sports activities come from "taking part" and not "watching." Sokol strives to create in each member a continuing state of physical fitness. Sokol aims at total fitness. It strives toward mental, physical and moral fitness through a comprehensive course of physical education. Sokol aims at building "a sound mind in a sound body" through a wholesome pro-

gram of physical education and through other social, cultural, and educational activities.

WHERE are Sokol gyms located? All over the U.S. (25 states) and in many parts of the world. There are several in New Jersey, the most active of which is Sokol Little Ferry, N. J.

WHERE was Sokol founded? The first Sokol Unit was founded in Prague, Czechoslovakia, in 1862 by Dr. Miroslav Tyrš. At present, communist rulers do not allow Sokol to exist in that country. The Sokol movement spread to the U.S. in 1865.

WHEN do classes meet? Almost all Units have evening classes. Schedules differ from Unit to Unit.

WHY should we join Sokol? Sokol affords a lifetime of fun, health, strength, and beauty.

ABOUT GYMNASTICS

WHO, WHAT, WHERE, WHEN, and WHY of gymnastics

WHO can participate in gymnastics? All ages! Both sexes! Gymnastics is unique in that the variety of exercises and apparatus enables all ages, both sexes, and all body builds to participate. It provides physical fitness, enjoyment, and challenge for all.

WHERE can we learn gymnastics? In schools, in Sokols, in "Y's" and in many private clubs.

WHEN is the best time to start? Never put off until tomorrow what you can do today. It's never too late to start, since you need not be a competitor to enjoy it.

WHY should we participate in gymnastics? There are many reasons. Gymnastics can be performed in a group or alone. You can enjoy the company of your friends in pursuing this activity or, if necessary, you need not depend upon them for activity. What other sport provides such constant freshness of activity? Gymnastics provides a challenge for everyone. The infinite variety of exercises that can be performed provides an endless challenge. No matter what your ability level or your age, there are many, many exercises that you can successfully master. Gymnastics enables you to develop all parts of your body through one sport.

WHAT are gymnastics? Gymnastics today can be classified into two classifications:

- | | |
|-------------------|---------------------------------|
| 1. With apparatus | 2. Without apparatus |
| a. Hanging | a. Marching tactics |
| b. Supporting | b. Calisthenics |
| c. Vaulting | c. Stunts, tumbling, acrobatics |
| d. Balance | |
| e. Hand | |

WHAT are some of the gymnastic activities in most common use?

Hanging

- Horizontal bar (high, low)
- Rings (still, flying, traveling)
- Uneven parallel bars
- Ropes
- Ladder (horizontal, vertical, oblique)

Vaulting

- Long horse
- Side horse* (with or without pommels)
- Buck*
- Swedish vaulting box*
- Rebound tumbling (in this category because it employs mostly leg work)

Supporting

- Parallel bars (head high, chest high, knee high)
- Side horse (exercises)

Balancing

- Balance beam (high, low)

Hand Apparatus

- Indian clubs, wands, hoops, ropes, balls, rings, poles, etc.

* May be used with a beat board, Reuther board, or springboard.

WHAT are the Olympic Gymnastic events for women? Each gymnast must perform on each of the following:

- a. horse vault without pommels with Reuther board
- b. free exercise
- c. uneven parallel bars
- d. high balance beam

WHAT other events are included in National Amateur Athletic Union competitions for women? Rebound tumbling and tumbling.

WHAT do we strive for when performing an exercise?

1. Exercise mechanically correct
2. Perfect form
3. Execution of each individual part to its highest potential
4. Proper timing, rhythm, and continuity
5. Emphasis and vigorous execution where required
6. Elegance
7. Fluency
8. Balance
9. Height as required and proper arch as required
10. Excellent posture
11. Confidence, flair, and sureness
12. Firm stand on dismounts
13. Well-groomed and neat appearance

WHAT are some gymnastic terms we should know?

ALL-AROUND—Working on all the apparatus.

APPROACH—Manner in which gymnast walks toward the apparatus to start the routine. Competition requires a good approach.

CHALK—Magnesium Carbonate used for a secure grip.

COMPULSORIES—Required exercises for a competition.

DISMOUNT—Exercise we use to get off the apparatus.

FLOOR EXERCISE or **FREE CALISTHENICS**—Gymnastic composition done on the floor without any apparatus.

HIGH BAR—Same as horizontal bar.

HOLD—Maintain position for 3 seconds.

MOUNT—Exercise we use to get on the apparatus.

OPTIONAL EXERCISES—Exercise of your own choosing. Synonym: free move.

POMMELS—Raised handles on the horse.

ROUTINE, EXERCISE, COMBINATION, or

MOVE—Series of elements including mount, body, and dismount.

SPOTTER or GUARD—Person ready to assist or prevent injury to performer.

WARM-UP—Simple, fundamental exercises used to prepare the gymnast for more difficult work.

This will help introduce you briefly to the spirit of SOKOL and gymnastics. If you ever have any questions about the American Sokol Organization or gymnastics, please feel free to contact: Mrs. Norma B. Zabka, 8650 Blvd. East, North Bergen, N. J.

Zápis ze schůze Výk. Výboru Americké Obce Sokolské,

konané v úterý, dne 22. listopadu 1960.

Předsedal starosta br. Prchal.

Přítomni: bratři Brouk, Čihák, Halík, Rabas a Vrba. Sestry Čiháková, Faltová, Prchalová a Welclová. Omluveni: bratři Barcal, Kropík a Voдрážka.

Zápis z poslední schůze dodatečně schválen.

DOPISY

Br. Kohoutek, starosta Sokola San Francisco, píše o potřebě cvičitelských škol, poukázal na schůzi BOI ve Fresnu, ale neposlal žádané informace. Nový dopis bude br. Kohoutkovi poslán.

Br. Zahradníček, Cleveland, Ohio, oznámil činnost v Sokole Tyrš a výsledek operety "Sunny". Dále se zmínil, že záležitost data pořádání sletu župy Severovýchodní bude projednána v příští župní schůzi a věří, že se vyřešení najde.

Československá Národní Rada Americká poslala podrobný dopis o její činnosti a píše o potřebě provádění vzdělávacího a kulturního programu. Žádá podpoření její práce. Bylo rozhodnuto, že bude jí poslán dopis, oceňující práci, kterou koná a doznání, že si zaslouží podpory.

Br. Prchal vřele přivítal a pozdravil bratra Čiháka po jeho nemoci a přál mu úplné, rychlé uzdravení.

ZPRÁVY

Ze župy Východní, Severovýchodní a Střední projednány.

ZPRÁVA JEDNATELKY

Br. Hardy poslal kopii výsledků z tělocvičných závodů na XVII. olympických závodech v Římě, 1960.

Br. Josef Bilina z Londýna, Anglie, poslal návrhy na sletové dopisnice.

Účastnila se oslavy 25. výročí budovy Sokola Stickney. Promluvila za br. Čiháka, který se nemohl účastnit, neb měl povinnosti v naší vlastní tělocvičně.

Vydavatelstvo Denního Hlasatele žádá dopisem o zařazení projevu do novoročního čísla časopisu. Projev v rozměrech pozdravu z loňského roku, poslaný vydavatelstvem, by stál \$18.75. Bylo rozhodnuto projev do Denního Hlasatele zařadit. Po delším rozhovoru bylo usneseno vynasnažit se, aby všechny sokolské projevy a oznámky byly vydavatelstvem časopisu umístěny na jedné stránce a aby projev AOS. byl v její obsahu. Připravíme ohlazení.

Blahopřejný dopis byl poslán novému zvolenému guvernérů státu Illinois, br. Otto Kernerovi a znovu-zvolenému senátoru Paul H. Douglasovi.

Sokol Washington, D. C. doporučuje, aby bylo vykonáno vše k vydání a rozeslání sletových nálepek před Vánocemi, tak, aby mohly být užívány na sváteční poštu. Ve schůzi sletových činovníků byly učiněny kroky v tom směru.

Na mimeografu rozmnožila pro náčelnictvo tisíce listů prostných, výkonů na nářadí, atd.

Br. Zahradníček posílá pozdravy bratru Čihákově a přeje brzké úplné uzdravení. Projevuje vděk za práci, kterou koná.

American Council for Nationalities Service žádá finanční podporu na tiskovou práci pro cizojazyčný tisk.

Klub mladých ženatých dvojic v Cedar Rapids poslal příspěvek \$50.00 na "Future Sokol Leaders Fund" a další příspěvek v obnosu \$10.00 byl poslán br. Čihákově, během jeho nemoci, sestrou Ančí Faltovou.

Sokol a Sokolice New York se sloučili 27. října 1960 a vyžádali si starostu, br. Prchala, na slavnostní uvedení činovníků, ve čtvrtek 27. listopadu. Úředníci V.V. jednomyslně souhlasili, aby br. starosta Obec reprezentoval. Usnesení úředníků schváleno.

Obřad pro uvádění nových členů a uvádění činovníků byl v anglickém jazyku poslán všem členům V.V. V odpověď na mnohé žádosti o tento materiál, udělány kopie a rozeslány.

Dvě schůze úředníků sletového výboru byly konány 7. a 14. listopadu. Br. Prchal podá zprávu o výsledku a oznámí doporučení, která budou přednesena sletovému výboru.

Zvláštní schůze V.V., která měla být konána za účelem přehlédnutí stanov a obřadu k uvádění nových členů a uvádění činovníků, nebyla konána.

Připravila adresografický seznam členů sletového výboru k zjednodušení obesílání schůzí. Zařadila do nich jména činovníků jednot, kteří jsou automaticky členy. Některé jednoty nejsou ve sletovém výboru zastoupeny.

Velký počet žádostí o propagační materiál, žádosti o členství, legitimace, odznaky atd. byl po obdržení vyřízen.

Do říjnové schůze V.V. došlo pozvání od Sokola San Francisco k účasti na slavnosti odhalení sochy TGM. v Golden Gate parku. Bylo usneseno poslat pozdrav. Následkem přehlédnutí toto nebylo splněno a omlouvám se. Br. starosta se připojuje, že i jeho opomenutím nebylo vyřízeno. Vzato na vědomí.

Jednotám byl poslán dopis k výročním schůzím a byl též otištěn v Sokole Americkém.

Všechna korespondence odpovězena.

Nové telefonní číslo úřadovny jest: 277-1535.

S br. Prchalem vzala účast na listopadovém rozhlase Obce.

Br. Halík přečetl zprávu ze schůze náčelnictva, konané 12. října, která musela být opravena a ze schůze konané 9. listopadu. Doporučení, aby sestře Křiženecké bylo hrazeno cestovné do Detroit a vydání za dva dny, schváleno.

Také schváleno doporučení, aby br. Halík a sestra Prchalová účastnili se kliniky v Sarasota, Florida.

Br. Halík podal zprávu náčelníka a sestra Prchalová zprávu náčelnice. Ses. Škoda děkuje za pozdrav V.V., poslaný jí v její nemoci.

Br. Čihák podal zprávu vzdělavatele. Jmenování br. Ted Hlubučka do Vzdělávacího sboru schváleno.

Všechny tyto zprávy budou uveřejněny v Sokole Americkém.

Br. Prchal oznámil průběh jednání ve schůzích sletových úředníků. Byla vyzvednuta důležitost konání sletové Akademie a bude učiněno doporučení v tom směru.

Do dnešního dne nebyl získán výkonný tajemník sletu. Tato skutečnost projednána V.V. a tento doporučuje Sletovému Výboru, aby obnos \$750.00, což byla odměna výkonného tajemníka o IX. sletu AOS., byl poukázán br. Prchalovi na práci v úřadovně sletu, vykonanou silami, které získá.

Úředníci sletu doporučují vydání propagačního letáku, jako bylo učiněno o sletu posledním a sletech předcházejících. Schváleno.

Br. Lešovský byl požádán o vypracování návrhů na nálepky. Poslal více námětů, z kterých vybrány dva a br. Lešovský tyto propracoval a poslal. Rozhodnuto zadat vytisknutí nálepek po jejich schválení.

Výkonný Výbor se rozhodl založit Sletový Výbor půjčkou v obnosu \$2,000.00, který bude převeden na účet sletu 1. ledna 1961.

Ses. Prchalová doporučuje vydání stínítek na oči a sokolských "pennants" a prodávání jich o sletu.

Obchodní komoře v Berwyn a Ciceru bude dopřáno o dekorování ulic, kterými půjde sletový průvod a o umístění nápisů "Welcome". Budou učiněny kroky k možnosti umístění nápisů, označujících slet na chicagských nádražích.

Pozvání bude posláno mnohým organizacím.

Br. Prchal podal zprávu starosty. Uvedl do úřadu činovníky sloučené jednoty — Sokol New York. Přijati noví členové. Program činnosti je bohatý, výkonnost velká. Budova v dobrém pořádku a je hojně pronajímána. Sestra Žabka má velkou naději na založení nové sokolské jednoty na Long Island a koná v tom směru velkou práci. Slavnostního uvádění účastnili se také župní činovníci br. Hrbek, br. a sestra Zralý, br. Pobuda. Přináší pozdravy ode všech.

Dále oznámil svoji účast na oslavě 25. let budovy Sokola Stickney, kde promluvil v zastoupení Obce. Podnik byl všestranně úspěšný.

Ses. Čiháková oznámila, že knihy Obce za III. čtvrtletí mají být vyúčtovány. Účtování bude provedeno v pondělí, 28. listopadu.

Příští schůze V.V. bude konána v úterý 28. prosince.

Br. Prchal děkoval za všechny podané zprávy, za vykonanou práci a schůzi zakončil našim sokolským Nazdar!

Bláza J. Čiháková, prozatímní jednatelka.

Minutes of the Meeting of the ASO. Executive Board

Held November 22nd, 1960

Bro. Charles M. Prchal presided.

Present were: bros. Brouk, Cihak, Halik, Rabas and Vrba. Sisters: Cihak, Falta, Prchal and Welch. Excused were bros. Barcal, Kropik and Vodrazka.

Minutes of the previous meeting were approved as submitted.

CORRESPONDENCE

Bro. Kohoutek, President of Sokol San Francisco, in a letter expressed the need of instructors courses, referred to the meeting of the BOI. in Fresno, but failed to send the information requested. A new letter will be sent to bro. Kohoutek.

Bro. Zahradnicek, Cleveland, Ohio, reported on the activities of Sokol Tyrs and the success of the musical "Sunny." He further mentioned that the matter of the date of the Northeastern District's Slet would be discussed in the next meeting of the District and that he was confident a solution would be found.

The Czechoslovak National Council of America sent a detailed letter regarding their activities and the need for carrying on an educational as well as cultural program. They ask for our support. It was moved that a letter be sent to them, acknowledging the work they are doing and the support they deserve.

Bro. Prchal greeted bro. Cihak after his illness and wished him a speedy complete recovery.

REPORTS

Reports were received and discussed from the Eastern, Northeastern and Central Districts.

REPORT OF THE SECRETARY

Bro. Hardy sent a copy of the results of the XVII Olympic Gymnastic competitions in Rome in 1960.

Bro. Jos. Bilina of London, England, sent some suggestions for postcards for the Slet.

Attended the 25th anniversary of the opening of Sokol Stickney Hall. Spoke for bro. Cihak who was unable to attend due to a commitment in our own gymnasium.

The Denni Hlasatel publishers ask in a letter that we insert a greeting in the New Year issue of their publication. A copy of our last year's greeting submitted by them would cost \$18.75. It was moved that a greeting should be inserted in the Denni Hlasatel publication. After a lengthy discussion it was agreed that an attempt should be made to place all of the Sokol greetings on one page and that the ASO. part of it should make up the heading.

Letters of congratulations were sent to newly elected Governor of the State of Illinois bro. Otto Kerner, and to re-elected Senator Paul H. Douglas.

ASG

AMERICAN SOKOL GYMNAST

DECEMBER, 1960

Edited by MILDRED PRCHAL



Whether you're home with the folks
or far away, or —
all alone on Christmas Day,

A VERY MERRY CHRISTMAS

And if sincere wishes do come true,
you'll have

A HAPPY, HEALTHY NEW YEAR
too!

M. PRCHAL

CONTINUATION OF JUNIOR GIRLS CALISTHENICS FOR 1961 SLET

SECTION II

Part A — Waltz 3/4

(Teach in open rank—will be done in close triangle later)

I.

- 1.-3. Swing rearway uparm arching back, palms turned outward—deep front bow—frontarm upslant, palms forward, touch ground.

II.

- 1.-3. Dip front bow, touch ground.

III.

- 1.-3. Knee dip, torso turn 90° left (in front bow)—upright—swing left to uparm, palms front—turn head left—torso turn 90° right.

IV.

- 1.-3. Deep knee dip, torso turn 90° right (do not bend body)—frontal circles right to uparm, palms front—turn head right—torso turn left 90°.

V.

- 1.-3. Front bow—frontarm upslant, touch ground.

VI. - VII.

Repeat II. - III.

VIII.

- 1.-3. Deep knee dip, torso turn 90° right—front circles right to uparm, palms front—torso turn 90° left—closearm on 3.—turn head right.

IX.

- 1.-3. Knee dip, forestep left, right low rearleg—frontarm, knuckles up.

X.

- 1.-3. Knee dip, transfer weight to right, left low frontleg—reararm, knuckles front.

XI.

- 1.-3. Knee dip, forestep left and closeleg to toe—stand—flank circles frontway.

XII.

- 1.-3. Knee dip, forestep left, right reartouch—rear bow—uparm through frontarm, (stretch high), fingers point back—head back.

XIII.

- 1.-3. Transfer weight to right, quickly knee dip and rearstep left, right foretouch—slight front bow—frontway reararm, knuckles front.

XIV.

- 1.-3. Knee dip, transfer weight to right, left reartouch—upright—frontarm, knuckles up.

XV.

- 1.-3. Knee dip, rearsquat left, closeleg right toe—stand—flank circles down.

XVI.

- 1.-3. Knee dip, rearsquat left, right fronttouch—mild frontbow—reararm, knuckles front.

XVII.

- 1.-3. Upright—uprise—closeleg right—front circles to left.

XVIII.

- 1.-3. Knee dip, sidestep left—sidebow left—sidearm left, frontarm bent inward right, knuckles up—look to left.

XIX.

- 1.-3. Upright—dip closeleg left—front circles down to right.

XX.

- 1.-3. Dip sidestep right—sidebow right—swing right down to sidearm, left bent inward frontarm, knuckles up.

XXI.

- 1.-3. Upright—knee dip transfer weight to left, sidetouch right—sidebow left—front circles downward, sidearm left, frontarm inward right, knuckles up—look left.

XXII.

Repeat XXI. Opposite.

XXIII.

- 1.-3. Upright—knee dip transfer weight to left, right sidetouch—swing down to sidearm left, knuckles up—head front.

XXIV.

- 1.-3. Closeleg right—front circles down to closearm, right closing over left.

XXV.

- 1.-3. Sidestep right, left sidetouch—right sidebow—bend left closearm, knuckles on back of waist—small forearm front circle right inward and stretch to sidearm, palms up—head right.

XXVI.

- 1.-3. Upright—transfer weight to left—sidebow left—arms hold—turn right wrist, palm sideways—look to right hand.

XXVII.

- 1.-3. Upright—cross right before left—sidebow right—right frontarm upslant inward, stretch left frontarm upslant inward crossing forearm before right, palms out.

XXVIII.

- 1.-3. Upright—sidebow left—toestand—cross wrists and raise to uparm inward, backs of hands touch.

XXIX.

- 1.-3. Lower to soleastand (crossed)—torso turn 90° left—sidearm, palms up—look left.

XXX.

- 1.-3. Torso turn 90° right—toestand—cross wrists as in XXVIII.

XXXI.

- 1.-3. Upright—closeleg right—torso turn 90° right sidearm, palms up—look right.

XXXII.

- 1.-3. Torso turn 90° left—closearm—look forward.

Part B

I.

- 1.-3. Sidearm, palms on neighbor's shoulders (lone girl in triangle sidearm, palms down)—forestep left, close right to toestand.

II.

- 1.-3. Forestep left, rise to toestand, right frontleg.

III.

- 1.-3. Solestand, rearstep right, close left to toestand.

IV.

- 1.-3. Rearstep right, high bend frontleg left, shin vertical—frontbow, head touching left knee.

V.

- 1.-3. Closeleg left—deep front bow—release shoulders and swing frontarm downward crossing right over left.

VI.

- 1.-3. Hold front bow—swing sidearm, palms down.

VII.

- 1.-3. Front swing downward, uparm inward, right crossed over left, palms sideways—upright.

VIII.

- 1.-3. Sidearm, palms down.

IX. - XV.

Repeat I. - VII.

XVI.

- 1.-2. Sidestep left.
3. Halfsquat left, cross right back of left heel.

XVII.

1. Sidestep left.
2.-3. Right high frontleg inward.

XVIII.

- 1.-2. Sidestep right.
3. Halfsquat right, cross left back of right heel.

XIX.

1. Sidestep right.
2.-3. Left high frontleg inward.

XX.

1. Closeleg left—swing right downward to frontarm inward and
2.-3. Swing both uparm to right sidearm, left frontarm inward, knuckles up.

XXI.

- 1.-3. Continue swing left down to sidearm.
(In meas. XXI. and XXII. arms do complete circles)

XXII. - XXIII.

Repeat XX. - XXI.

XXIV. - XXIX.

Repeat XVI. - XXI.

XXX.

- 1.-3. Closearm.

Part C — Repeat Part A

ANNE HALIK

DISCIPLINE

"THE REAL MEANING OF DISCIPLINE"

Discipline according to Webster's Dictionary has the following meanings: (1) instruction, (2) subjection to control, (3) order and (4) punishment. Yet the average person usually thinks of discipline as something harsh and unpleasant. True discipline rather follows the first three of Webster's definitions. It comes from the realization on the part of individuals of a group, that all must work together cheerfully and diligently if a common aim is to be accomplished.

Discipline isn't something tangible that we can see or feel or take in and out of a gym bag. It is a state of mind, resulting from careful application of the basic principles of leadership over a long period; it is obedience guided by intelligence. Disciplinary training includes a mass of apparently petty details. Indifference is its greatest foe, while attention to detail, although irksome at times, moulds the individual.

Discipline of the right sort is indispensable to effective teaching and learning. It must have a goal. It does not exist by itself. The attainment of a goal which is bigger than that which can be reached immediately by the individual, involves a great deal of discipline. Thus, discipline may be thought of as organization of one's impulses for the attainment of a goal.

Close order drills, ceremonies, physical drills and marches are main forms of disciplinary training. Aside from the performance of disciplinary drills, an instructor has many opportunities to strengthen the discipline of his group through the application of sound principles of leadership. He must be an example. Everyone wants to look up to the person placed over him. A true leader must embody in his own character, appearance and behavior, an "Ideal." He must be quiet and dignified, yet not create the feeling that he is unapproach-

able and lacks understanding. He must be able to delegate responsibility to others. Properly placed responsibility develops initiative, self respect and efficiency. A one man organization lacks strength. Giving an order is not enough. He must see that all orders are faithfully carried out. Failure to enforce orders soon causes a contempt for authority. Therefore, the ultimate responsibility rests upon the instructor. He must exhibit justice, firmness, calmness, activity, knowledge of his duties, kindness and impartiality. He must establish and maintain a reputation for fair dealing. Praise where it is warranted—however, avoid indiscriminate praise, as such a habit will soon be recognized and discounted by those receiving it.

Discipline plays a vital part in gymnastics. To listen attentively and carefully, following instructions to the letter, taking advice from experienced individuals is the mark of a true gymnast. Training at every opportunity to gain the experience needed for competition cannot be obtained without discipline. Mastering difficult routines, developing form, style, ease of performance and confidence of execution, cannot be obtained without discipline. Without discipline — nothing gained.

Notification of Gymnastic Events In the Chicago Area

(Definite information later)

1. January 21, 1961—RUSSIAN TEAM.
2. February—JUNIOR OLYMPIC DEVELOPMENT MEET.
EVENTS: Trampoline
Tumbling
Free Calisthenics
Sponsored by Chicago Park District.
3. March—CENTRAL A.A.U. JUNIOR CHAMPIONSHIP MEET.
4. April—CENTRAL A.A.U. SENIOR CHAMPIONSHIP MEET.
5. JAPANESE TEAM.

Results of the XVII Olympic Gymnastic Competitions Rome — 1960

Submitted by Jerry Hardy

MEN'S TEAM COMPETITION (Total of 20 National Teams)

	Average
1. Japan	9.586
2. USSR	9.545
3. Italy	9.317
4. Czechoslovakia	9.285
5. United States	9.253
6. Finland	9.241
7. Germany	9.222
8. Switzerland	9.190
9. Yugoslavia	9.180
10. Poland	9.110
(Possible maximum	10.)

MEN'S INDIVIDUAL ALL-AROUND COMPETITION (Total of 130 Competitors)

	Average
1. Shaklin (USSR)	9.662
2. Ono (Japan)	9.658
3. Titov (USSR)	9.550
4. Ysurumi (Japan)	9.545
5. Takemoto (Japan)	9.537
5. Endo (Japan)	9.537

UNITED STATES TEAM

	Average
21. Banner	9.254
25. Beckner	9.237
27. Tonry	9.229
36. Grossfeld	9.170
44. Orlofsky	9.120
53. O'Quinn	9.091

CANADIAN REPRESENTATIVE

85. Montpetit	8.766
(Possible maximum	10.)

WOMEN'S TEAM COMPETITION (Total of 17 National Teams)

	Average
1. USSR	9.558
2. Czechoslovakia	9.333
3. Roumania	9.301
4. Japan	9.285
5. Poland	9.215
6. Germany	9.193
7. Hungary	9.176
8. Bulgaria	9.123
9. United States	9.076
10. Italy	9.017
(Possible maximum	10.)

WOMEN'S ALL-AROUND COMPETITION (Total of 122 Competitors)

	Average
1. Latynina (USSR)	9.628
2. Muratova (USSR)	9.587
3. Astakhova (USSR)	9.520
4. Nikolaeva (USSR)	9.477
5. Iovan (Roumania)	9.474
6. Ikeda (Japan)	9.462

UNITED STATES TEAM

	Average
28. Sontgerath	9.137
40. Fuchs	9.062
45. Richardson	9.016
52. Maycock	8.991
58. Montefusco	8.920
70. Grossfeld	8.766

CANADIAN REPRESENTATIVE

76. Russell	8.616
(Possible maximum	10.)

CONTINUATION OF CALISTHENICS FOR WOMEN - 1961

SECTION IV

Part A—Close interval threes

Part B—Single file column

Part C—Single file and close interval threes

Part A — 4/4

I.

1.2.3.4. 4 steps forward, l.r.l.r. to front marker.

II.

1.2.3.4. 4 steps l.r.l.r., 1/1 turn left (180°) (face back).

III.

1.2.3.4. 4 steps forward, l.r.l.r. to original marker.

IV.

1.2.3.4. RIGHT and CENTER: 4 steps l.r.l.r. 1/1 turn left (180°) (face front).

LEFT: 4 steps l.r.l.r. in place (face back).

V.

1.2. ALL: 2 steps l.r. turning ¼ circle to left—Center girl pivots on marker.

3.4. 2 steps l.r. in place.

VI.

1.2. ALL: 2 steps l.r., turning ¼ circle to left.

3.4. ALL: 2 steps l.r. in place.

VII.

1.2.3.4. ALL: 4 steps l.r.l.r., turning ½ circle to left.

VIII.

1.2. ALL: 2 steps l.r. turning ¼ circle to left.

3.4. RIGHT and CENTER: 2 steps l.r. ½ turn right.

LEFT: 2 steps l.r. ½ turn left.

ALL GIRLS ARE NOW IN SINGLE FILE FACING FRONT.

Part B — 4/4

I.

1.-2. ALL: Kneel right beside left heel—front bow—frontarm outward, palms in, fingers touching ground lightly.

3.-4. Upright—sidetouch left (stretch leg, point toe)—sidearm, palms up.

II.

1.-4. Right side bow (body and left leg horizontal), left uparm inward (soft), thumb back, right bend closearm, forearm back of waist, knuckles to waist—arch back.

III.

1.-2. Upright—closeleg left to kneel—sidearm, palms up.

3. Front swing down across, right over left wrist.

4. Sidetouch right—swing downward to sidearm, palms up.

IV.

1.-4. Left sidebow (body and right leg horizontal), right bent uparm inward, thumb back, left bent closearm, forearm back of waist, knuckles to waist—arch back.

V.

1.-2. Upright—closeleg to kneel—sidearm, palms up.

3.-4. Sit on heels—deep front bow, forehead almost to ground—bend frontarm, forearms on ground, palms down.

VI.

1.-4. Uprise—upright to kneel—moderate back bend—stretch uparm outward, palms front.

VII.

1.-2. Upright—swing backward to frontarm, thumbs down.

3.-4. Kneel left bent, left foot beside right knee—reararm, thumbs down.

VIII.

1.-2. Uprise—closeleg right—frontarm, thumbs up.

3.-4. Closearm.

Part C — 4/4

I.

1. Left foretouch—frontarm, thumbs up.

2. Left sidetouch—sidearm, thumbs up.

3. Repeat 1.

4. Closeleg left to halfsquat—reararm, thumbs down.

II.

1. Dip—uphop closeleg—uparm frontway, thumbs back.

2. to halfsquat—sidearm, knuckles up.

3. Uprise—closearm.

4. Hold.

III.

Repeat I. — Opposite.

IV.

Repeat II.

V.

1. Halfsquat right. left sidetouch—bend sidearm downslant, knuckles on hips.

2. Uphop right, cut right to sidetouch, halfsquat left.

3. Uphop left, cut left to sidetouch, halfsquat right.

4. Uphop right, cut right to sidetouch, halfsquat left.

VI.

1.2.3.4. Thrust to closearm—4 steps starting with closeleg right l.r.l. 1/1 turn right (180°) (face back).

VII. - VIII.

Repeat V. - VI. Reversed (halfsquat left, right side-touch, etc.).

IX.

1.2.3.4. RIGHT and CENTER: 4 steps l.r.l.r. ½ turn (90°) right.

LEFT: 4 steps l.r.l.r. ½ turn (90°) left.

X.

1.2.3.4. (Center girl pivots on marker) Trio turns ½ circle to right l.r.l.r.

XI.

1.2.3.4. Trio turns ½ circle right with 4 steps l.r.

XII.

1.2. Trio turns ¼ circle right with 2 steps l.r.

3.4. RIGHT and CENTER: 2 steps turning 1/1 turn to right (face front).

LEFT: 2 steps in place, l.r.

XIII.

1.2.3.4. ALL: 4 steps forward to front marker l.r.l.r.

XIV.

1.2.3.4. ALL: 4 steps 1/1 turn left (180°) l.r.l.r.

XV.

1.2.3.4. ALL: 4 steps forward to original places l.r.l.r.

XVI.

1.2.3.4. ALL: 4 steps 1/1 turn left l.r.l.r. (face front).

FINALE

FINALE CONSISTS OF TABLEAU BY CENTRAL DISTRICT MEN AND WOMEN. — All other districts will assume specific poses, particulars will be sent later.

The Revolutionary Changes In Calisthenics

(From "Slovensky Sokol")

Years ago, we were taught at our gymnastic schools that calisthenics were the main source of supply for all other movements. However, this was not entirely true. At that time, calisthenics were largely composed of effective "holds" or rests in certain positions of the arms, trunk and leg stands. When calisthenics were performed to music, the holds in most cases were retained for an entire measure, that is, for two, three or four counts. The main purpose of these pauses was to present picturesque poses to create effects which appeal to the spectators. For this reason, the positions had to be correct, gymnasts properly aligned, and in place. Movements from positions were avoided by the composer so as not to break the alignment. In this respect, the calisthenics displayed pretty, picturesque patterns, but were absolutely lifeless.

And so, calisthenics of this type served as a sort of propaganda upon the people who were not Sokols, and whom we wanted to attract and interest into becoming active in our gymnastic program. Of this old-time calisthenics it can be said that they had an influence upon the development of the body frame structure but were of no benefit to the muscular or nervous system of the gymnast.

The French teacher, George Demy, sharply criticized this type of calisthenics, mainly of the Swedish compositions, for the sustained holds, during his time. He strongly opposed the inclusion of the sharp, jerking and sudden interruption of movement which the gymnasts favored so much. His criticism caused great alarm in gymnastic circles. Demy's theories were well founded and correct. He insisted that a worker who toils tirelessly and enduringly does not work with sharp, sudden motions, but rather with a continuous fluent manner. Of persons who move jerkily, it was said, that they are not spiritually stable.

Life is constant motion; that which does not live, does not move. When movement is taken away from a creature, it dies. This means that movement serves life, and the more perfect the movement, the more perfect is life. Therefore, if we attempt to produce fluent movement we must not use static positions but must utilize movement which will stretch and relax the muscles and create a suction and forcing of the blood (strong circulation) to feed muscle tissues and other vital organs of the body.

In contracting the muscle, the veins will expand and fill with blood; in stretching, the veins will be forced to expel the blood to other parts. And so, what effect do "holds" have in this respect? First of all, a steady contraction or stretch of the muscle is weakening; secondly, the blood in the muscle which is kept contracted or stretched cannot circulate as it does in a muscle which is moving. The former conditions are most evident in such cases in which you hear people say that their limbs are getting wooden.

It should, therefore, be realized that a continuous movement not only helps the muscle in its functions but also assists in promoting agility and flexibility. On the other hand, static positions cause a stiffness of the muscle and produce an insensibility or lack of emotion to the nervous system. Athletes who concentrate on exercises of strength such as heavy weight-lifting, are in most instances, inept at exercises which require sharp perception, quick reaction, and harmony of movement such as are utilized for example, in gymnastics, fencing, swimming, wrestling, sprinting, and other events.

And so, today, movements are sought which will have a beneficial effect upon the elasticity of the body and its muscles. The human body is looked upon as a flexible spring which will return to position after relaxing of pressure (bows, flexed leg stands), or from a twist (of trunk). Movements of the joints should be as fluid as the movements of a well-oiled joint in a machine. The human body can be compared to a machine which operates quietly and with a steady temp; a machine which works properly and efficiently—in fact, the opposite can be said, that a machine and its work is nothing other than a human body converted into metal with its soul as the soul of its creator-inventor.

The new era has discovered through scientific study the necessity for this modern calisthenics as a preparation for all exercises such as: Marching, running, jumping, swimming, combative and resistive, pulling, throwing and tossing, and the ordinary labor. The difference from the old methods lies in the fact that the subordinating aims or purposes were given the role of the main purpose—the old method placed emphasis upon the final position reached by the shortest way, whereas, the new method does not remain in its static position but moves from one to another position, and this constant movement is the main purpose which we wish to attain by means of our calisthenics. Therefore, today we have calisthenics of motion in contrast to the older method of calisthenics of stands and positions.

In this new technique we create our calisthenics today, and we include harmonious positions to the eye and also holds, but only to the extent that they do not mar the continuity and harmonious movement. Today, the majority of the moves serve for the purpose of training the body and retaining the elasticity of the muscles. Beside the beauty which is applied to holds, beautiful rhythmic movement must be incorporated in conjunction with unbroken swings and circles or progressive movements of bending, thrusting, bowing and uprighting.

Guthsmuths, one of the early teachers of physical education, introduced the idea of having his students imitate the postures of statues of a physical culture nature. This was the beginning. Pestalozzi and Speiss enlarged on this method by utilizing all possible movements of the joints. Speiss began to compose from these movements. Ling, the Swedish teacher, picked out various of these positions for the purpose of teaching the proper posture of the body. Tyrs, the founder of the Sokol movement, placed all possible basic movements into his system and also established a method. Thus, in our Sokol gymnasiums, we must not merely concentrate on the propagation of our Sokol work by means of modern calisthenics, but must devote our time and efforts to the proper training of the body and health of our gymnasts. Our exhibition and slet calisthenics should be merely an example of their part in our system; that they are a requirement for the preparation of the gymnast for other departments of gymnastics as apparatus, or light athletics.

Front and Back Rolls On High Beam for Girls

Front and back rolls on the high beam are moves of higher difficulty. They are, along with steps, hops and holds both appropriate and effective moves for compulsory and free combinations; rolls on the high beam are not difficult for those who can execute them easily on the floor.

The foundation for the proper execution of all rolls is leg raising from a lying position on the beam. Lie back slowly from a frontleg seat, raising arms sideway to up-arm, grasping bottom of beam back of head with undergrip. Elbows must be firmly pressed on both sides of the beam. Raise legs slowly until hips leave beam and toes touch beam back of head. Return to lying position. This exercise should be repeated many times or until gymnast is able to completely control her balance throughout the move.

We then try the roll backward over head into kneel support. The instructor faces in the direction of the movement, grasps the hips and assists in turning over. It is important that the elbows hold the sides of the beam firmly as this controls the balance during the roll-over. After finishing kneel on second part of roll, the hands re-grasp to upper surface of beam to straighten body.

The shoulder roll backward begins as above. From a lying position grasp beam underneath, back of head, but now it is

necessary to move head to side of beam and bend it backward; again elbows press against sides of beam. The roll is done slowly, in the same manner as the head roll but balancing is more difficult, because the whole body must be supported on the one shoulder so that the weight remains above the beam. In the latter phase of the shoulder roll, the hand opposite the supporting shoulder regrips to the upper surface of the beam (if the right shoulder is on beam, the left hand regrips) and, by pressing, assists in quickly straightening after completion of roll.

All back rolls can be finished in kneel support, squat support (one leg) to stride seat or to chestroll (cradle).

During back roll over head or shoulder into kneel support or squat support rear-leg, it is necessary to perfect the second phase of the roll, i.e. from a lying position executing a shoulder roll on the right shoulder, finish kneel on beam with left leg remaining very straight and high—it must not drop low and reraise.

Forward head roll: Begin with kneel seat on right heel, left rearleg. Moderate front-bow, hands grasp underneath beam in frontarm. We begin the roll by raising hips and placing head close to right knee. The whole body slowly turns onto shoulders, left leg remains stretched in back; kneeling leg (right) straightens and joins left leg, elbows very firm on both sides of beam. Not until body has turned over onto shoulders, do the toes leave the beam, then slowly finish roll.

The forward shoulder roll is also done from a one-leg kneel seat. Here we start by placing the left palm very close to the right knee on the surface of the beam, and grasp under the beam with the right hand. We place the head to the left side of the beam so that the roll is done over the right shoulder. Again we raise the hips and roll to the shoulder blades, then the head raises above the beam and the left hand regrips to bottom of beam, so that the second phase of the roll is the same as the forward head roll.

Forward head rolls are done from kneel support, squat support, stand support, from one-leg kneel seat, (the other leg rear-touch), rearleg squat support, from a headstand or a handstand.

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HEALTH SUPERSTITIONS

Can you tell the difference between facts and superstitions regarding health? Test yourself on the following list. Check only those statements that you believe to be true. Then turn to the next page to grade yourself.

- 1. Regular physical exercise increases one's resistance to most disease germs.
- 2. Poor posture is a common cause of tuberculosis.
- 3. An athlete should not eat sweets and ice cream while he is in training.
- 4. An hour of sleep before midnight is more beneficial than an hour after midnight.
- 5. Serious fright of a pregnant mother may cause birthmarks on the baby.
- 6. Bow legs are caused by permitting a baby to walk too early in life.
- 7. The marriage of close relatives increases only the undesirable inherited traits.
- 8. The human body renews all of its parts once every seven years.
- 9. Fried potatoes are harmful to the digestive tract.
- 10. Rye bread is more healthful than white bread.
- 11. Eating much meat causes rheumatism.
- 12. Drinking vinegar makes a person thin.
- 13. Acid food should never be taken with milk.
- 14. Shrimp and strawberries should never be eaten together.
- 15. Dieting is harmful when the number of calories taken in is reduced below the amount needed for the day's work.
- 16. Flowers must be taken from a sick room at night lest they use too much oxygen.
- 17. When people are crowded in a room, carbon dioxide makes the air unbearable.
- 18. An outdoor walk invigorates because there is more oxygen outdoors.
- 19. Leaky heart valves cause the loss of blood in anemia.
- 20. Venereal diseases are most commonly caught from contact with toilet seats.
- 21. The use of highly refined sugar is the commonest cause of diabetes.
- 22. A pus-filled boil is nature's way of ridding the body of accumulated impurities.
- 23. Appendicitis is caused by eating peanut skins and grape seeds.
- 24. A mild laxative or enema is needed once a month to insure thorough cleansing of the large intestine.
- 25. Use a needle, never a pin, to remove a splinter.

**HEALTH SUPERSTITIONS
EXPLAINED**

None of the 25 statements are true. If you checked 0-4 statements, your knowledge is superior. If you check 5-9, you are about average. If you checked 10-14, you are poorly informed. If you checked 15 or more, you are probably also superstitious.

Why the Statements are False

1. We do not fight bacteria with muscles or heart power. Resistance to bacteria is closely related to good nutrition and to specific antibodies found in blood and tissue. Exercise has no known effect on the formation of these antibodies.

2. Tuberculosis is caused by the tubercle bacillus. Some people with tuberculosis may have poor posture, as do many without tuberculosis. The idea of poor posture crowding the lungs is meaningless in this condition.

3. Various sweet foods and the ingredients found in ice cream make excellent fuel for muscular activity. Tough discipline and self-sacrifice should be applied to hard practice and to the control of habits deleterious to best athletic conditions, such as the abuse of alcohol, tobacco, and energy sapping excesses, including late hours, high living, and worry.

4. As long as conditions of quiet and comfort are the same, there is no difference between sleep before and after midnight. A radical change of sleep to an earlier or later hour may at first make it more difficult to fall asleep. Also an hour spent in carousing before midnight is better spent in sleep.

5. There are no nerves that run from the mother's body into the child's body and no other possible connection to provide the basis for this contention. All scientific observations deny it.

6. Bow legs are a sign of improper bone development, usually due to insufficient calcium, phosphorus, or vitamin D in the diet. A child with such deficiencies can develop deformed legs without walking. When bones grow normally, early walking cannot deform them.

7. Both desirable and undesirable characteristics are inheritable. In animal breeding, close mating is regularly used to accent desirable traits. Here it is not too serious if undesirable ones occasionally appear. In man, however, the seriousness of multiplying undesirable traits is too great to risk marriage between relatives as close as first cousins.

8. All parts renew themselves constantly and at various rates. White corpuscles are completely renewed several times a month; red corpuscles every two or three months; digestive tract linings, skin cells, hair, and nails in days or weeks. The contents of muscle and nerve cells are replaced continuously, although the cells, as such, remain throughout life. Even the minerals in our bones are replaced every few months. There is no known seven-year cycle.

9. Fried potatoes are no more harmful than other foods. Fatty foods stay in the stomach a little longer than others, but this may, at times, be an advantage. A person with stomach or liver trouble often has difficulty with all fatty foods.

10. In the milling of both rye and white flour some of the valuable proteins, vitamins, and minerals are removed. Unless these are subsequently replaced by enrichment, both flours are equally defective. Whole rye, called pumpernickel, and whole wheat breads are of course more healthful than unenriched rye or white breads.

11. Rheumatism is a popular name for joint and muscle pains, none of which can be traced to the eating of meat. Gout is a painful joint condition that may be aggravated by eating certain foods such as sweetbreads, brain, liver, kidney, anchovies, and sardines; but gout is due to an internal failure of the body that permits the accumulation of uric acid. Milk, eggs, and ordinary meat may actually increase the body's ability to eliminate uric acid.

12. Vinegar or acetic acid is oxidized in the body like other foods and has no weight-reducing effect.

13. In normal digestion milk always becomes sour when it mixes with the 0.4 percent hydrochloric acid solution of stomach juice.

14. Any foods that agree with you when eaten separately can be eaten together. No combination of any two or more foods is harmful. Try it.

15. The only way to take off weight is to consume fewer calories than are needed by the body. This forces the body to use up fuel stored as body fat. When dieting, care must be exercised to get enough proteins, vitamins, and minerals. Fortunately, these are found most amply in non-fattening foods.

16. One dozen roses weighing ten ounces use less oxygen in eight hours than a man uses in four minutes. The stupid practice of demanding that flowers be removed from the sick room at night rose in the 18th century before the discovery of oxygen, when Ingenhousz, a Dutch physician, claimed that flowers emitted a dangerous effluvium that needed to be dephlogistinated by Priestly's substance called phlogistin, later identified as oxygen.

17. It is impossible to increase significantly the concentration of carbon dioxide in any room unless all doors and window cracks are hermetically sealed. Excessive moisture, heat, and body odors may make air uncomfortable and even unbearable.

18. There is no more oxygen in outdoor air than indoor. The exercise of walking causes the invigoration, especially when the outdoor air is cooler, drier, and sweeter smelling.

19. Leaky heart valves slow the circulation of blood; but no blood is thereby lost. The causes of anemia are many and include chronic bleeding as from ulcers, inadequate diet, and some infectious diseases.

20. The germs that cause gonorrhea and syphilis are easily destroyed by drying and cooling below body temperature. It is possible but most unlikely that they often survive long enough on a toilet seat to spread these diseases.

21. Diabetes is primarily a hereditary disease, but at times also caused by infections. Experiments have shown that even very large excesses of sugar do not cause diabetes.

22. A boil is a local pus infection of the skin. To say the body pours its accumulated impurities out through a boil is just as silly as saying that a rust spot on an iron bar is nature's way of ridding the iron bar of rust that has accumulated in the bar.

(To be concluded)

Sokol Washington, D. C., suggested that every effort should be made to expedite the Slet stamps before Christmas, so that they could be used for the Holiday mail and be very effective. Action was taken in the Slet officers committee meeting.

Mimeographed thousands of sheets of calisthenics, apparatus exercises etc. for the BOI.

Bro. Zahradnicek extends good wishes to bro. Cihak for a complete speedy recovery and expresses his appreciation for the work he is doing.

American Council for Nationalities Service, requests financial support for their foreign language press service.

Sokol Cedar Rapids Young Married Couples Club sent a contribution of \$50.00 to the "Future Sokol Leaders Fund" and another gift of \$10.00 was sent by sis. Ann Falta and her family to bro. Cihak during his illness.

Sokol and Sokolice New York merged on October 27th, 1960, and requested bro. Prchal to be present at the meeting.

The officers of the Executive Board unanimously agreed that bro. Prchal should represent the ASO. Bro. Prchal's trip to New York was approved.

The ritual for the initiation of new members and installation of officers in the English language was sent to all the members of the Exec. Board. In reply to the many requests that have been received for this material, copies have been made and sent.

Two meetings of the officers of the Slet Committee were held, on October 7th and 14th. Bro. Prchal will submit a report on the progress attained and recommendations that will be made to the Slet Committee.

The special meeting which was to be held for the purpose of checking the by-laws and ritual for new members and installation of officers was not held.

Prepared addressograph plates of names of members of the Slet Committee to simplify the announcement of meetings. Included names of officers of the Units who should automatically become members. Some units are not represented.

A great many requests for publicity material, application and membership cards, pins and report were received and all were filled.

In the October meeting of the Exec. Bd. an invitation from Sokol San Francisco was received to attend the TGM. celebration, connected with the unveiling of a statue in Golden Gate Park. It was moved that a greeting be sent. Through an oversight this was not done and I apologize for failing to do so.

A letter to Annual meetings was mailed to all Units and published in Czech and English in Sokol Americký.

All correspondence was answered.

The new telephone number of the ASO. office is: 277-1535.

Bro Halik read the minutes of the meeting of the BOI. from October 12th which had to be revised and from November 9th. The recommendation that sis. Krizenecky should be compensated

for her transportation and two days expense while in Detroit was approved.

Further recommendation that bro. Halik and sis. Prchal attend the Sarasota Clinic in Florida approved.

Bro. Halik submitted his report as Director of Men, and sis. Prchal as Director of Women. Sis. Skoda thanked for the card sent during her recent illness.

Bro. Cihak reported as Educational Director. Bro. Ted Hlubucek's name was submitted as a member of the Educational Committee. Approved.

All of these reports will be printed in Sokol Americký.

Bro. Prchal reported on the progress of the meetings of the Slet officers. A discussion was held regarding an Akademie and a recommendation will be made that one be planned.

He also reported that an Executive Secretary had not been secured. It was moved that a recommendation be made to the Slet Committee that bro. Prchal be allocated the sum of \$750.00 for the office work and that he will be responsible for the work and the distribution of the allotment.

It was further recommended that a Slet folder for publicity purposes be printed. Approved.

Bro. Lesovsky, Los Angeles, Calif., was requested to submit some ideas for Slet stamps. He sent an assortment of sketches, from which two were selected. Bro. Lesovsky finished the drawings and returned them. The stamps will be printed after they have been approved by the Slet Committee.

The Exec. Bd. moved that the sum of \$2,000.00 be loaned to the Slet Committee as of January 1st, 1961.

Sis. Prchal suggests that sun shields and Sokol pennants be secured and sold at the Slet.

Letters are to be sent to the Cicero and Berwyn Chambers of Commerce regarding decorations for the parade, and welcome signs. An effort will be made to place signs in the R. R. stations.

Invitations will be extended to national, fraternal, and civic organizations, and singing societies.

Bro. Prchal submitted his report as president. He announced that Sokol and Sokolice New York merged and that they accepted many new members. The Unit is very active and sis. Zabka has great hopes of starting a new unit on Long Island. Bro. Prchal expresses their greetings.

He also reported on his attendance of the 25th anniversary of Sokol Stickney's building which was a very successful event.

Sis. Cihak announced that the records of ASO. for the III qtr. should be audited and a date was set for Monday, November 28th.

The next meeting of the ASO. Exec. Bd. will be held Tuesday, December 28th.

Since there was no further business, bro. Prchal thanked for the work accomplished, reports submitted and adjourned the meeting with our Sokol Nazdar!

Blanche J. Cihak, Secretary pro tem.

Financial Report ASO.

November, 1960

INCOME

Sokolice Baltimore, Md., II and III qtr.	\$ 95.00
Sokol St. Paul, Minn., III qtr.	44.50
Sokolice Slavske, Cicero, Ill., II and III qtr.	151.00
Sokol New York, N. Y., II and III qtr.	204.75
Sokol Schenectady, N. Y., III qtr.	41.50
Sokolice Town of Lake, III qtr.	59.00
Sokol Cedar Rapids, Iowa, III qtr.	122.50
Sokol Moravn, Toledo, Ohio, III qtr.	39.00
Sokol Hopkins, Minn., III qtr.	11.75
Sokol Slavsky, Cicero, Ill., II and III qtr.	194.25
Sokol Berwyn, Ill., III qtr.	91.75
Sokol Portland, Oregon, III qtr.	13.75
Sokol Washington, D. C., III qtr.	48.75
Sokolice San Francisco, Calif., II and III qtr.	62.50
Sokol Havlicek-Tyrs, Chicago, Ill., III qtr.	117.75
Sokol Houston, Texas, III qtr.	56.00
Sokol Newark, N. J., III and IV qtr.	43.00
Sokol Fugner, L.I.C., New York, II and III qtr.	115.50
Sokol pins	5.19
Interest and dividends	98.80
Advertising "S.A."	60.00
Membership pins	19.19
T. G. Masaryk stamps	150.00
Convention Fund	7.50
Misc.	1.00
Record books	9.32
	\$1863.25

DISBURSEMENTS

Radio	\$ 25.00
Supplies BOI.	18.01
Illinois Bell Telephone Company	30.78
Salary—Secretary and Financial Secretary	324.20
Salary—Director of Men	98.55
Salary—Director of Women	79.40
Editorial Staff	120.00
Mailing List Expense	25.00
Rental	50.00
Janitor Service	10.00
The Berwyn Press—Printing	28.00
Jarmila Krizenecky, traveling expense and transportation	50.00
Charles M. Prchal, transportation and expense	120.33
Postage, Supplies, Telephone BOI.	34.21
Sokol Americky	430.00
Technical Books BOI.	75.00
Office Postage, Supplies, etc.	47.35
Imprinting checks	3.15
	\$1568.98

BALANCE

Lawndale National Bank checking acc.	\$1042.06
Income, November, 1960	1863.25
	\$2905.31
Disbursements, November, 1960	1568.98
	\$1336.33

Minutes of the Meeting of the ASO. Joint Board of Instructors

The meeting was called to order by bro. Halik at 7:45 p.m. on Wednesday, October 12, 1960, at Sokol Tabor.

Members present: Sisters: Director Mildred Prchal, Jeri Krizenecky, L. Vesely, S. Freiberg, A. Halik, B. Prener, R. Barcal, E. J. Schnabl, Z. Tintera, M. Linhart, L. Zdenek, M. Udaykee, and V. McCarthy. — Brothers: Director Ed. Halik, R. Zitny, F. Michalek, E. Linhart, M. Toman, A. Studnicka, P. Fina, J. Carr and S. Barcal.

Members excused: Sis. B. Kos and bros. J. Kriz, R. Ptacek and J. Votava.

Minutes were read of the last meeting held on Wednesday, September 21, 1960, at Sokol Stickney. The minutes were accepted as read with corrections with reference to a motion that was made at the September 21 meeting by bro. Barcal, which read as follows:

"...the Eastern District be paid their funds per approved amount, stating this would come from their budget for the year of 1959-60."

The minutes were corrected to read:

"Our year shall begin as passed at the Convention but that any schools being conducted in August shall be included in the past year and the B.O.I. must be informed sixty days in advance."

CORRESPONDENCE:

Bro. Waldauf, of Toronto, requested that all calisthenics and apparatus exercises be sent to them as soon as possible.

Kveta Smith also sent a letter requesting calisthenics and apparatus exercises.

Irene Souhrada asked for an outline of the District Instructors Course for the coming year of 1960-61.

Also, a report was received from Agnes Hantl from January through June of 1960.

Little Ferry sent their Physical Fitness results for the year 1960.

A letter was received from Fred Zander, who is the Physical Instructor at the Elementary School in Cary, Illinois, asking for a program of Sokol events.

Sis. Mary Kadrik requested that calisthenics be sent to her as soon as possible.

All correspondence answered.

REPORTS AND DISCUSSIONS:

Sis. Prchal gave her report and correspondence on her week in Detroit.

Sis. Schnabl made a motion that sis. Krizenecky be reimbursed for her railroad fare, \$30.00, plus \$10.00 per day for two days hotel expenses while in Detroit. The motion was seconded and passed.

Bro. Tetiva of Sokol Fugner-Tyrs, So. Omaha, Nebr., sent a letter recommending that our Instructors Board review the book written by Captain Clippard Salter entitled "Karate & Judo," which he feels would be beneficial to Sokol training.

A letter was received from bro. Walko from SGUS, stating that they will cooperate fully and asking that we let them know when our nacviny will be held and also asking that we send them our regular material on calisthenics and apparatus.

Pacific District requested the services of a traveling instructor and recommended bro. Pokorny for the position of ASO. B.O.I. traveling instructor for a 2-month period commencing the end of January and ending the latter part of March. Also requested all calisthenics and apparatus material.

A motion was made on the basis of what was passed at the Convention in regard to the Pacific Coast being given special consideration.

A discussion resulted in the fact that bro. Pokorny be given financial support by the District in representing the ASO. at the A.A.U. Convention, as the alternate representative to Las Vegas, as well as the one to be held in Dallas, with Walter Hosek as alternate. Bro. Barcal recommended that as far as the alternates were concerned, the expenses be taken care of by the district.

Discussion on the Slet meeting to be held on October 15, 1960, resulted in the fact the Slet date would possibly be June 25, 1961. Betty Prener made a motion that the Central District refrain from having "special numbers" for the Slet as the Central District would have enough to do at that time. The motion was seconded and passed. In addition to the foregoing, numbers of less than 25 participants will not be allowed—this was a recommendation.

Sis. Zdenek and bro. Halik have been preparing music for the children's calisthenics. Women's calisthenics are in the mail to Districts.

Stanley Barcal and Paul Fina gave a report on the men's competition exercises.

Al Walko and Steve Banjak asked for permission in regard to movie films to be taken of calisthenics and apparatus numbers of the Slet to be taken at Sarasota, Florida. No reply was received from either Al Walko or Steve Banjak as per bro. Halik's letter.

Eligibility for membership of juniors shall be according to article 55, Page 160, in the August issue of Sokol Americky.

Ed Linhart gave a report on apparatus exercises for juniors. They are in the process of being completed.

Sis. Welch has asked for all bulletins on the Slet to be sent to her.

A vote was taken as to whether there should be one or two compulsory exercises on women's apparatus. The majority voted for one exercise.

Bro. Carr attended the Central A.A.U. meeting and stated that the Central District had been admitted and three delegates may go to the meetings. However, only one delegate may vote.

Bro. Carr also said that the Russian team is to be in Chicago on November 5, and they are trying to find a large enough site to guarantee the National A.A.U. sum specified. Full particulars will be sent to all units as soon as they are completed.

Bro. Fina received a letter from Charles Pond stating that there is a new International Association Coaches Commission being organized.

Meeting adjourned at 10:15 p.m.

Respectfully submitted,
Violet McCarthy, Secretary

Minutes of the Meeting of the ASO. Board of Instructors

Held November 9, 1960, at Sokol Stickney.

The meeting was called to order by the Director of Men, bro. Edwin J. Halik, at 7:30 p.m.

Members present: Director of Women, sis. M. Prchal, 1st Asst. Dir. of Women, sis. Z. Tintera, 1st Asst. Dir. of Men, bro. S. Barcal. Sisters: Sylvia Freiberg, Rose Barcal, Ellen Jeane Schnabl, Anne Halik, Betty Prener. Brothers: Jack Carr, William Vrba, Chuck Dvorak, Dick Ptacek, Frank Sula, James Kriz, James Simaner.

Excused were: Sisters: Lorraine Zdenek, Violet McCarthy, Blanche Kos, Jeri Krizenecky, Mildred Udaykee, Jane Jurew, Lindy Vesely, Mae Linhart. Brothers: Ed Linhart, George Basta, Bohumil Marek, Frank Michalek.

The chairman announced that sis. Violet McCarthy would not be present at this meeting, and requested sis. Betty Prener to please record the minutes of our meeting.

The minutes of the meeting of October 12, 1960, were read and upon motion made, seconded and carried, were approved as corrected.

Correspondence: A letter from sis. Violet McCarthy tendered her resignation from the office of secretary of the ASO. B.O.I., stating her reason therefor being lack of secretarial background. Upon motion made, seconded and carried, her resignation was accepted. Sis. Betty Prener was nominated to fill the vacancy, accepted the nomination, and was duly elected.

Report of Director of Men—bro. E. Halik:

The Eastern District reports they have a School Committee working out an entire program for their school, and request we advise what our program will be for our school next summer. They are preparing a special number for the 1961 Slet with about 60 participating.

Northeastern District: bro. Ed Jirousek advised the date of June 25, 1961, set for the Slet will create some difficulty in their District, as this is the date of the Northeastern District Slet Day, which is held on the 4th Sunday every year.

Bro. Ed Linhart requested further information about the insurance plan for adults. This information was given to him.

The 6-day National Gymnastic Clinic is to be held at Sarasota, Florida, December 26th through December 31st. Motion made by sis. Sylvia Freiberg, seconded by sis. Ellen Jeane Schnabl and carried, that both Directors represent us at this Clinic. Also, if either bro. Halik or sis. Prchal is unable to attend, that someone else be sent in their place.

Calisthenic exercises: For men—three parts are now ready and written up in both Czech and English. The fourth part is in the process of being mimeographed. The prologue and the finale are ready.

Junior boys—two parts are finished.

Bro. Jarka Jelinek has been asked to compose calisthenic exercises for the "Veterans." We will have his answer in due course.

Apparatus exercises: For men—are ready and stencils will be cut. These are in Czech only.

Junior boys—are ready for mailing.

Report of Director of Women—sis. M. Prchal:

Sis. Laznovsky of Texas reports that bro. Joseph Kos is composing a special number for their district, which also could be used by the Southern District when attending the Slet.

Bro. Stetka of Baltimore sent a booklet put out by the Social Security Administration—"Look Better, Feel Better Through Exercise."

Calisthenic exercises: For women—three parts in Czech are mailed out. The English are in Sokol Americky.

Junior girls—First part is printed in Sokol Americky, and the second part is practically done.

For Tots' Class—Composed by sis. Anne Halik, are ready.

I and II Class—Composition is being worked on by sis. Mildred Udaykee, Ellen Jeane Schnabl, and Lorraine Zdenek.

Apparatus exercises: For junior girls in Czech were sent out.

Sis. Hilda Jelinek sent two sample suits used by the I and II Class girls. The price of the red shorts, sizes 8-14, \$1.25; sizes 16 and larger, \$1.50. The blouses \$1.25 in sizes 8-14; and \$1.75 in size 16 and larger. The regulation round emblem is 40c.

A box of trophies, reported by the Executive Board of the ASO, is stored in a locker at Sokol Chicago. It will be necessary to check and make a list of the contents. A further list is to be made of what trophies will be needed. Bro. Bill Vrba was appointed to head the awards program.

The Executive Board of ASO. has voted to contact the Morton High School Board of Education regarding holding our Slet in 1961 at Morton West High School Hoffman Stadium.

New Business: Sis. M. Prchal presented the following tentative program for the Slet days as proposed by the Women's Board:

Thursday evening—Judges meeting.

Friday:

6:00 a.m. Breakfast meeting—judges.

7:30 a.m. Intermediate Div. of Women and Jr. Girls.

9:00 a.m. Low Div. Jr. Girls and Women.

11:00 a.m. Judges who were judging Low Div. Jr. Girls and Women—free for lunch, as well as Low Div. Jr. Girls.

12:00 noon High Div. Jr. Girls and Women.

7:00 p.m. Championship Div.—Women, Jr. Girls.

Saturday:

8:00 a.m. Judges meeting.

9:00 a.m. Inter-Low Div. of Women.

Saturday evening—Victory Dance. Recommendation that the dance be held separately and not in conjunction with the banquet.

Sunday morning—Meeting of group leaders.

It is felt that the Championship competition be highlighted as a special Slet event. To this extent it is recommended that the men, women, junior boys and girls Championship competitions (optionals only), be open to the public, and that admission be charged for this Friday evening performance.

Motion made by sis. Sylvia Freiberg, seconded by sis. Ellen Jeane Schnabl and passed, that the Awards Night (Victory Dance) be held in the suburbs.

Slet Parade: It is felt that a Slet parade adds a festive touch to our Slet proper, and in view of the vast experience bro. James Simaner has in this field of activity, it was moved, seconded and passed, that he have charge of the parade for the B.O.I.

Equipment required for Slet: An open tent be obtained for the use of participants, to be used for lining up and shelter from the weather.

Further recommended that competition be photographed for use in later publicity.

Current business having been disposed of, the Chairman thanked all present for their attention and adjourned the meeting at 9:45 p.m.

Respectfully submitted,
Betty Prener, Secretary

Report of ASO. Men's Director

This has been a busy month, many meetings, Slet Executive Officers, B.O.I., subcommittees for apparatus exercises for junior boys and men. I also met with bros. Jelinek, Kubina, Mr. Peterdil, Mr. Hlad from Balkan Studios, Mr. Kral, sis. Zdenek, Cihak, Prchal and Schnabl. We have been pushing pretty hard, we missed our deadline and are now hustling to finish all incompleting work. This has meant many late hours for all of us.

Men's calisthenics in both languages have been mailed, also Tot's calisthenics in both languages to Units having these classes. Men's apparatus in Czech has also been mailed. Junior boys apparatus in both languages has been cut. Men's English apparatus and junior boys calisthenics will be cut over the weekend. Children's calisthenics (1st and 2nd Class) is being finished up now.

Many thanks go to the following: Sis. Anne Halik, Ellen Jeane Schnabl, and Lorraine Zdenek who have been busy cutting stencils for the above mentioned work, and to sis. Cihak who at her own suggestion has graciously taken over the running off of all our stencils on the ASO. mimeograph, which will add up to about 180 stencils with 150-200 copies of each, just to get our calisthenics and apparatus "on the road."

Have made arrangements for Balkan Studios, 6917 W. Cermak Road, Berwyn, Illinois, to tape the master copies of all music for the Slet. Music will be available on tape or on records. Directors and instructors will be required to specify whether they want tapes or records, indicate the speed and class they desire. The following will be available: Tot's, 1st Class, 2nd Class, Juniors, Seniors, and Veterans.

Have spoken to a Morton High School official who informed me that June 23rd, 24th and 25th, 1961, are available. Now we must inform the school board exactly what facilities and services will be required on the various days during the Slet Program.

Nazdar!

Edwin J. Halik, Director

Report of the ASO. Director of Women

NOVEMBER

I cut stencils for apparatus exercises for women and junior girls—sis. Cihak mimeographed them and these together with extra copies of the Gymnast were mailed to all district directors, and all SGUS. regional directors. I also gave a package of all material ready to date, to Mr. Muller of Canada to be delivered to bro. Havlik. These will be distributed to both Canadian Sokol organizations.

Met with sis. Tintera and wrote up 2nd part of junior girls calisthenics in both Czech and English which she is composing. The junior girls calisthenics have been delayed because of music revision.

Cut stencil for resolution asking for organization of women's AAU. committee—this was passed on by the ASO. Board of Instructors and endorsed by the Central AAU. to be presented in the December AAU. Convention.

I am preparing eight pages of material for the December Sokol Americký. No technical material was printed in the November issue.

I could not teach in Cedar Rapids because of illness and thought it best to postpone same until January.

Attended meeting of Central District Women's Board of Instructors in November.

Mr. Rozanas has some fine black plaque medalion awards which he thinks we may be interested in—these he will show me some time this week.

Mildred Prchal

Report of the ASO. Educational Director

Wrote articles for Sokol Americký. Prepared directive for Educational Directors. Filled specific requests of units and individuals. Bro. Ted Hlubucek has been secured as a member of the Educational Board of ASO. and I request the Executive Board to accept him as a member of that body.

To all of those whose well wishes were sent to me during my illness my sincerest thanks.

James L. Cihak

Zápis ze schůze Sletového výboru,

konané dne 29. listopadu 1960 v tělocvičně Sokola Tábor.

Schůzi zahájil starosta AOS. br. Karel Prchal s omluvou, že pro nepříznivé počasí schůze začala později.

Tajemník br. Jiří Špánek přečetl zápis z poslední schůze, který byl schválen.

Ses. B. Čiháková přečetla návrh pokynů pro sletové odbory, o jejich pravomoci a činnosti. Pokyny byly schváleny.

Br. Jiří Špánek přečetl odpovědi na pozvání ku sletu od organizací: Kanadská Obec Sokolská při-

jímá pozvání s velkou radostí a žádá o poslání prostných cvičení. Adresa předána náčelníku AOS. br. Ed. Halíkovi, který zařídí potřebné. Ústředí Čsl. Sokolstva v zahraničí přijímá pozvání ku sletu, přeje mnoho úspěchu a vysílá do Sletového výboru svého zástupce br. Dr. Ant. Hřebíka. — Americký Dělnický Sokol v New Yorku rozhodne o pozvání na své prosincové schůzi a žádá o poslání prostných cvičení. — Československý Orel v Exilu přijímá s nadšením pozvání, hlásí se ku spolupráci na sletových přípravách a vysílá své zástupce do Sletového výboru: Pavla Svačinu, VI. Ríchtra, a Josefa Jakubce. V dopise jsou také různá doporučení, která budou předána příslušným odborům.

Starosta AOS. br. Karel Prchal podává zprávu z Výkonného Výboru AOS. ve věci Sletu a ze dvou schůzí Administrativního odboru Sletu: Bylo debatovalo o vydání sletových nálepek. Br. Lešovský z Los Angeles podal návrhy. Známký budou dány do oběhu co možno nejdříve. Nálepky na auta jsou již také v práci. Nálepky na zavazadla budou stejné, jako byly použity o posledním zájezdu Obce. — Výkonný Výbor AOS. na své schůzi dne 22. listopadu povolil obnos \$2,000.00 co zálohu Finančnímu výboru sletu na běžné vydání s přípravami na slet. — Účty za běžná vydání všech odborů budou prostřednictvím Sletového výboru předány Finančnímu odboru k vyplacení. — Výkonný Výbor AOS. doporučuje vydání sletového propagačního letáku jako o minulých letech. Br. V. Čihák bude požádán o jeho vypracování v dohodě s náčelníkem. — Byl vzat v úvahu prodej různých památkových předmětů sletu. Vyřídí patřičné odbory. — Obchodní komory Cicera a Berwynu budou požádány, aby vyzdobily obchody i ulice ve sletových dnech. — Žádost o propůjčení stadia Mortonovy školy byla již podána. — Do dnešního dne nebyl získán placený sletový tajemník; proto V.V. AOS. doporučuje Sletovému výboru, aby obnos \$750.00 (což byl plat tajemníka o IX. Sletu AOS.) byl svěřen starostovi AOS. br. Karlu Prchalovi, který z něho bude odměňovat vykonanou práci v úřadovně. — Návrh byl schválen schůzí Sletového výboru a je platný od dnešního dne až do sletu, pokud ovšem se nenajde stálý tajemník. — Debatováno, kdo bude mít zodpovědnost za druhý podpis sletové korespondence a dokladů. Br. Pechar navrhuje, aby to byl jeden nebo druhý místopředseda Sletového výboru. Všechny tyto návrhy byly prodebatovány a schváleny.

Ses. B. Čiháková oznamuje, že již vyslala pozvánky na různé organizace, odpovědi na některé byly již čteny, a budou posílány co nejdříve pozvánky na oficiální osobnosti a organizace i krajské spolky. Bude pozván také guvernér státu Illinois Otto Kerner.

Náčelník AOS. br. Ed. Halík hlásí, že rozeslal prostná cvičení a že již dochází přihlášky na zvláštní vystoupení žup. Cleveland hlásí své zvláštní vystoupení, stejně i župa Východní.

Předseda Ubytovacího odboru br. Karel Kropík oznamuje, že odbor již konal svou schůzi a doporučuje, aby byl vzat v úvahu Congress Hotel, který je nejlacinější. Pokoj pro 4 osoby — \$3.50 za osobu, pokoj pro jednu osobu \$8.00, pokoj se dvěma postelemi \$12.00. — Členové odboru byli již

pověření vyjednávat s okolními motely o ubytování návštěvníků o sletu. Tajemníkem Ubytovacího odboru zvolena ses. Mašková. — Zpráva byla schválena a vzata s povděkem na vědomí.

Ses. Em. Welclová předčítá zápis ze dvou schůzí Administračního odboru dne 10. a 15. listopadu. Zápis přijat a schválen. Většina bodů, v něm obsažená, byla již schválena ve zprávě br. Karla Prchala. — Doporučeno, aby byl pronajat sčítací stroj pro náčelnictvo na sletové závody. Schváleno. — Bylo vyjednáváno již se říditelem sokolských budov o pronájem sálů na sletové podniky. Schváleno.

Ses. Čiháková předčítá rozdělení členů do různých odborů. Schváleno.

Ses. Em. Welclová čte seznam přítomných. Mnoho členů se omlouvá pro špatné počasí.

Br. K. Kropík navrhuje, aby schůze sletových odborů se konaly vždy hodinu před schůzí Sletového výboru. Po debatě bylo rozhodnuto, aby příští schůze byla konána ve čtvrtek, dne 5. ledna.

Ses. Konečná doporučuje, aby bylo pamatováno na sletovou scénu. Odporučené předáno náčelnictvu k úvaze.

Zapsal Jiří Špánek.

Minutes of the X Slet Committee

Our second meeting, to which over one hundred delegates were called, came on a night with Chicago and suburbs under a sheet of ice and our working members spent hours returning home from work. Bro. Prchal called the meeting to order at Sokol Tabor one hour late and in spite of the small attendance a great deal was accomplished.

The minutes read by Czech secretary bro. Spánek and English secretary Emilie Welcl were approved. Several replies were received from organizations accepting the invitation to the X Slet: Sokols in Exile wishing us every success and naming Dr. A. Hrebík delegate; American DTJ. Sokol in N. Y. advising they will take up our letter in their next meeting; Czechoslovak Orel in Exile enthusiastically accepting and offering co-operation, sending their names of delegates, Paul Svacina, Vl. Richter and Joseph Jakubec; several recommendations sent by them were transferred to appropriate departments.

Bro. Prchal reported on developments in two Slet officers meetings and Executive Board meeting. The Slet seals designed by bro. A. Lesovsky were submitted and work is progressing on the car stickers and luggage labels. The Exec. Board will advance \$2,000.00 to the treasury of the X Slet Committee. Bro. Čihák was requested to prepare copy for a publicity pamphlet to be printed in English to be used for advertising purposes. — Chamber of Commerce offices in Cicero and Berwyn will be notified of the Slet and requested to decorate Cermak Road. — Slet souvenir items were discussed. — Sis. Čihák read the list of committees and details of work of each, which were approved. Most of the members have been assigned to specific committees with only a few

remaining unassigned. — It was announced that the post of Executive Secretary has not as yet been filled, and therefore, the Executive Board recommends that the Slet Committee place the allotted \$750.00 salary under the President's jurisdiction and he to be responsible for and manage Slet office and pay for services out of said sum. This was approved, to take effect immediately, unless an Executive Secretary is secured. — Letters will be signed by bro. Prchal and one of the vice-presidents.

Bro. Halik, director of the Board of Instructors, announced that special numbers for the Slet are being prepared by Districts. Copies of calisthenics have been sent out to all gyms.

Bro. Charles Kropik, Chairman of the Housing Committee, reported that he has been discussing rates with downtown hotels and was requested to conclude the contract with the most suitable place for us. Sis. Masek was elected Housing Committee secretary. Hotel Congress was selected as the Sokol headquarters upon the recommendation of the Housing Committee.

Sis. Čihák reported that Sokol Chicago and Stefanik halls were rented for the banquet and Victory Dance. Other Sokol halls are not available.

Sis. Čihák moved that the newly elected Governor, Hon. Otto Kerner, be invited to the Slet immediately, and to ask him to proclaim June 25th, 1961, as Sokol Day in the State of Illinois. Approved.

It was further moved that the Mayor of the City of Chicago as well as those Mayors in the suburbs be requested to do the same as has been done in past years. Approved.

Bro. Kropik moved that individual committee meetings be held one hour before general Slet Committee meetings. This was approved and the next meeting will be held January 5th. — Sis. Konecny suggested that a special number be arranged at the Slet, in pageant form, to include national costumes, etc. This was given to the BOI. for consideration. — The Slet officers were instructed to arrange meetings of the Finance and Publicity Committees as soon as possible.

Meeting was adjourned at 10:15 p.m.

Emilie Welcl, Secretary

Eastern District

The meeting was called to order by Pres. bro. Joseph Hrbek at 8:30 P.M. The minutes of the previous meeting were accepted as read.

Those present were: Bros. Anton Chaloupka, Joseph Hrbek, Charles Friedrich, William Matousek, Jerry Novy, Joseph Stransky and Charles Zraly. Sisters: Audrey Benda, Renee Benda, Ludmila Elkins, Bertha Hochner, Mary Stransky, Irene Suhrada and Blanche Zraly.

CORRESPONDENCE:

Minutes from the Executive Board of the ASO. were received.

Newsletters from Sokols in Cleveland and Washington were received.

Walter Slavik, district director, asked to be excused.

Irene Suhrada, district directress, reported on unit activities. Many students had participated at the Scotch Plains Stadium. Sis. Norma Zabka had directed the activities.

Sis. Suhrada attended the reunion of the students who attended the instructors school and an Academy which was held at Little Ferry.

Calisthenic drills have been received from sis. Prchal which were sent to all units.

Sis. Zabka had been contacted by the school board at Levittown, L. I., that one evening would be available for the children's, junior and senior gym classes.

A suggestion was made for units to send the names and addresses of any members living within the vicinity of Levittown, to sis. Suhrada. A meeting has been scheduled for Dec. 13 at Levittown.

A suggestion was made that the President and other members of the Executive Board of the Eastern District should attend the meeting.

A motion was made and passed that sis. Zabka should be in charge of organizing the gym classes and any expenses incurred shall be paid by the Eastern District.

A district volleyball tournament will be held on Dec. 10.

A special drill training period shall be held on Dec. 11 for instructors only. Sis. Provaznik has been asked to teach the drill. A motion was made that her fare should be paid by the district.

Sis. Audrey Benda, educator, wrote to bro. Cihak requesting literature. She sent an educational program to all units. She suggested that cut-outs from old issues of the Sokol Americky should be posted on the bulletin board.

UNIT REPORTS:

Sokol Fuegner had their nomination of officers which remain the same as last year. Their Barn Dance will be held on Nov. 26.

Newark Sokols have resumed their bowling games.

Sokol and Sokolice Little Ferry are progressing nicely with their gym classes. Sisters Audrey and Renee Benda were praised by bro. Hrbek for the success of the Academy which was held in Little Ferry.

New York Sokols and Sokolice have merged. They were greatly honored to have bro. Prchal install the new officers. Their bazaar will be held on Dec. 2 and 3.

A discussion on the number of delegates each unit is entitled to will be referred to the minutes.

A suggestion that the Eastern District should have a set of by-laws. All changes of the by-laws will be in accordance with the ASO. by-laws.

Bro. Stransky had asked for the postponement of the memorial services for bro. Sazama since the date would interfere with other events. The regular meeting of the Eastern District will be held on March 26 at 10 A.M. and a memorial service for bro. Sazama at 3 P.M.

Units were reimbursed for busses sent to the Boonton Slet. New York—3 busses, Little Ferry—2 busses, Fuegner, L. I.—2 busses.

Bro. Hrbek had attended the meeting at M. M. Hodza.

There is a balance of \$232.08 in the bank.

The Eastern District Dinner Dance will be held in Little Ferry on January 21. Dinner will be served at 8 P.M.

Bro. Anton Chaloupka gave a financial report.

There being no further business to discuss the meeting adjourned.

Respectfully submitted,
Blanche Zraly, Secretary

Educational Director, Eastern District

Sister Audrey Benda, Eastern District Educational Director, sent in a comprehensive list of activities that have been suggested for the units in the Eastern District. We reprint them here as a suggestion to other units and unit directors.

Plan your programs for:

1. Sokol members
2. children and junior gymnasts
3. parents of gymnasts
4. general public
5. combination of the above groups

Every unit should have the following:

- A. Bulletin board
 1. Sokol slogan for the month
 2. Sokol history
 3. Sokol news—unit, district, national
 4. pictures
 5. fund raising
- B. Newsletter for members
 1. news of coming events
 2. outstanding accomplishments of members
 3. meeting dates
- C. General bulletin for gymnasts
 1. coming events
 2. rules or directions to follow
- D. Educational bulletin
 1. short review of Sokol history and events
 2. educational programs planned
- E. Unit library and librarian
 1. Sokol Americky
 2. other Sokol literature
 3. Czech literature
 4. gymnastic publications
- F. Orientation meetings
 1. new members
 2. new gymnasts
 3. reporter for local newspaper
- G. Self-governing junior classes
 1. own educational program
 2. own social program
 3. assist on unit committees
- H. Programs for entire season
 1. Best Sokol Citizen award
 2. Sokol scrapbook
 3. essay contests

I. Social-educational programs

Sokol topics—

1. previous slets
2. trips to free Czechoslovakia
3. Olympic games—gymnastics
4. speakers—Sokol history, etc.
5. awards night

General topics—

6. visit museums
7. tour special exhibits
8. visit programs of other organizations
9. speakers—Heart Ass'n., American Cancer Society, etc.

J. General social programs

1. dinners
2. dances
3. holiday parties

She writes in her letter to the unit officers:

"Each unit has different needs and facilities, therefore all of the attached suggestions may not be practical in your unit. Use this list for ideas and expand and develop them to suit the needs and interests of your unit. Keep in mind the group to which you are delivering your program or message.

"Now check the attached list of ideas. Which do you now have in your unit? Which do you use occasionally? Which ideas can you adapt for your own use? How far can you expand your present program by January? by next September? Which ideas can you use and keep as an annual event?"

Grass roots suggestions and ideas have the greatest affect, for they are born of necessity and bear the best fruit.

Thanks, sis. Benda, for your fine ideas and drive.

Nazdar!

James L. Cihak

Ze Sokola New York.

Blíží se svátky vánoční a s nimi končí rok 1960. Pro naši jednotu tento rok jest velice významný; byli jsme velice činní, více schůzí než obyčejně, mnoho problémů k řešení. Byly chvíle radosti, nadšení, ale také chvíle žalu.

Abych začal s počátkem roku. Po předběžných jednáních z minulého roku, v lednové schůzi se konečně vážně jednalo o spojení T. J. Sokol a Sboru Dívek a Paní v jedno těleso. Členové, bez výjimky, hlasovali pro spojení.

Začátkem února každoroční sokolské Šibřinky. 21. února Sokol Washington pořádá v naší budově koncert, za pomoci župy Východní, ve prospěch postavení nové sokolovny ve Washingtonu. Objednalo se 50 archů 4c známek T. G. Masaryk.

V březnu Sokolky ve své schůzi odhlasovaly spojení s T. J. Sokol.

V dubnu účastnila se část cvičitelského sboru ukázkových cvičení a vylučovacích závodů na Olympické hry v Římě, ve West Point Academy.

Květen: Dne 2. nás navždy opustil zasluhující nejstarší člen, br. Ferdinand Martyny, ve věku 90 let. V mladých letech byl závodníkem, v dalších významným cvičitelem, náčelníkem, autorem nešlých zvláštních cvičení, dobrý šermíř. 25 let věnoval sokolům a 25 let sokolkám. Čest budiž jeho památce.

Měsíc červen nám opět přinesl smutek. Dne 12. června, v neděli ráno, náhle zemřel br. Joseph Szama, starosta župy Východní. Povinnost volala br. Szamu účastnit se župního sletu v Boontonu, N. J., ale osud určil jinak. Ztrácíme v něm vynikajícího bratra. Byl neúnavný, nezištný a spolehlivý pracovník, kterých se najde pomalu. Pracoval pro spojení obou jednot po delší čas, ale cíle se nedomáhal.

V červenci a srpnu náš kampovní výbor byl plně zaměstnán s dětmi. Tento výbor koná ohromnou práci a zasluhují si mnohem více podpory od členů. Ve druhé polovině měsíce srpna byl pořádán v kampu župní cvičitelský kurs, za vedení br. Slavíka a za pomoci několika cvičitelů.

V září se konala společná schůze sokolů a sokolek, ve které spojení obou jednot bylo oběma stranami hlasováním potvrzeno a stalo se skutkem.

V sokolovně jest živo; všechny složky cvičí. Mužů je málo. Musím se zmínit o stavu naší sokolovny. Česká čtvrť se radikálně mění, české podniky mizí, domy se bourají, velké apartmenty zabírají jejich místa a s nimi přichází nový živel z těch vyšších vrstev, kterým jsme cizí. Naši krajané se stěhují ven z města a tím naše spolkové budovy ztrácí obchod, na který se tolik spoléháme. To samé platí o naší budově. V této kritické době ujal se vedení obchodu br. Kout a za pomoci několika ochotných bratří, přes letní měsíce dal do pořádku několik místností, hlavně jídelnu, kterou vkusně dekorovali. Byla opět po dlouhých měsících otevřena. Při tom vedl obchod s dobrým výsledkem.

V říjnu se konala první schůze spojené Jednoty, nyní Sokol New York. Začalo se pracovat na příštím vánočním bazáru.

17. listopadu se konala slavnostní schůze uvádění nového zasedacího výboru. Přítomen byl starosta AOS. br. Karel Prchal. Náš starosta, br. C. Friedrich, předal br. Prchalovi předsednictví v této schůzi.

Br. Prchal zahájil schůzi vzdáním slibu vlajce Spojených států a zapěním písně Spějme dál. Potom promluvil o účelu sokolské výchovy, o stěžejních cílech našeho úsilí a o věrném bratrství a sesterství. Přál jednotě nejen veliké oslavení 100. výročí její založení v roce 1967, ale neochabující činnost a dobré výsledky do všech let, která přijdou.

Poděkoval starému zasedacímu výboru, který propustil z úřadu. Pak jmenoval jednotlivé činovníky nového výboru, vysvětlil stručně jejich povinnosti a uvedl je do úřadu. Přál všem radost ze svědomité služby jednotě.

Členstvo požádal, aby činovníkům bylo podporou, aby za všech okolností pracovali pro svoji jednotu, která má tak slavnou historii a také pro prospěch, dobré jméno a vzrůst Sokolstva.

Tím slavnostní uvádění bylo skončeno. Sestry sokolky při této příležitosti udělovaly pěti nejstarším sestrám diplomy za dlouholeté členství. Místostarostka, ses. Lilian Příbyl, se shostila tohoto úkolu velmi dobře. Po tomto obřadu jsme si ještě, za vedení br. Prchala, zazpívali.

V prosinci, 3. a 4., pořádáme náš vánoční bazár a jak je vidět, bude velice pěkný. Každým rokem

nám přináší slušný příjem, se kterým hradíme výlohy v tělocvičně a v kampu.

Toto jest asi celá bilance naší činnosti za tento rok.

Končím s přáním: Veselé Vánoce a šťastný Nový Rok všem členům naší sokolské rodiny.

Nazdar!

Stanley Wild.

SOKOL WASHINGTON, D. C.

Členské schůze jednoty se konají vždy první pátek v měsíci s výjimkou letních měsíců. Na listopadové schůzi byly projednány mnohé otázky a prodiskutovány plány pro nejbližší činnost.

Silvestrovská zábava: Po jednoroční přestávce uspořádá letos jednota pro členstvo a přátele jednoty Silvestrovskou zábavu v novém tanečním studiu G. Coombera. Připomínáme zájemcům, že přihlášky přijímají vedoucí činitelé jednoty a že tyto přihlášky musí mít do Vánoc.

Činnost jednoty v příštím roce: Na sobotu 14. ledna 1961 připravuje Sokol Washington, D. C., své druhé Šibřinky. Ráz druhých Šibřinek je "Z pohádky do pohádky", což umožní účastníkům neomezený a široký výběr vhodných masek. Tento podnik uspořádáme také ve vhodnějším sále. Naše Šibřinky se konají v sále "Coral Hall", 4707 Marlboro Pike, Coral Hills, Md. Upozorníte na tento podnik své přátele. — Na jaře příštího roku bude mít jednota svou tělocvičnou akademii, na kterou se naši cvičenci již pilně připravují. Cvičení obou složek je pravidelně každé úterý večer v Rooseveltově vyšší škole. Slyšeli jsme, že mnozí příslušníci naší krajské osady mají problémy s udržetím průměrné tělesné váhy. Doporučujeme jim, aby nechodili k lékaři ani do "drugstoru": Tělocvična je nejlepší a nejlacinější řešení tohoto problému.

Umělecká skupina jednoty: Naše umělecká skupina, tentokrát v čele se ses. Lídou Brodenovou, připravuje na příští rok další projekt. Ses. Brodenová studuje totiž Dvořákovu operu "Šelma sedlák". Provedením této opery se příští rok připojíme k oslavám Dvořákova jubilea. S touto operou jsou naši umělci ochotni vystupovat i v jiných jednotách.

—vn—

ZÁPIS Z ŘÁDNÉ SCHŮZE VÝK. VÝB. SOKOLSKÉ ŽUPY SEVEROVÝCHODNÍ,

konané ve středu, dne 16. listopadu.

Schůzi zahájil br. starosta Jan Tichý v 8:15 večer, za přítomnosti 20 zástupců.

Zápis z minulé schůze byl přijat, s opravou, že v dopise poslaném AOS. bylo stylisováno něco, co mělo znít jako nebratrské porozumění. Bylo vysvětleno, že se ve schůzi o tom mluvilo, že ale dopis V.V. Obce byl jiného znění. Proto se opravuje zápis z minulé schůze a podotýká se, že nebylo míněno, v případě, že by se nemohlo veřejné cvičení župy konat v jiný den nežli slet AOS., že by župa se nezúčastnila a slet AOS. ignorovala.

DOPISY:

Čtena odpověď AOS. ohledně dne konání našeho župního cvičení. Byly uznány důvody Obce a víme, že také poslední slet se konal čtvrtou nedělí v červnu; ale toho roku měl červen pět nedělí, tak, že se slet župy konal pátou nedělí. Bylo

proto mlučeno o přeložení sletového dne. Český den, který je již po léta třetí nedělí, by bylo těžce měnit a proto se již přeptal br. Jan Kiml, v táboře IOOF. zda je volná druhá neděle v červnu. Tato je volná a také tuto neděli prozatímne zamluvil. Všeobecně byla tato neděle přijata a župní slet se bude konat druhou nedělí v červnu, to je 11. června, na tábořišti IOOF. Byly dány návrhy, aby se toto datum oznámilo v denním tisku.

Čtena zpráva ze schůze Sokola Detroit: V dopise zasílá šek jako jeho příspěvek na župní prapor, v obnose \$23.90. Dále oznamuje, že akademie jednoty se bude konat v neděli 11. prosince a zároveň oslaví 85leté jubileum založení jednoty. Žádá o zástupce župy, který by na akademii promluvil. Má to být některý z mladších bratrů, kterého znají cvičící a navrhuje buď br. Edwina Jirouška, anebo br. Ant. Šustera. Ve zprávě ze schůze, konané dne 3. listopadu, uvádí, že přijali jednoho člena a v příští schůzi budou přijímat tři nové členy. Činnost v tělocvičně je velká a je plánováno několik podniků. Byl proto požádán br. A. Šuster, aby do Detroit zajel, ale není mu možno, pro podnik jeho kanceláře zde. Proto bude požádán br. Edwin Jiroušek, jako místonáčelník župy, aby zajel na tak významný den jednoty.

AOS. zasílá potvrzení objednávky župního praporu, který bude dodán během několika týdnů.

Br. Fred Bartoš zasílá zprávu ze schůze Sokola Moravan, konané dne 23. října. Ve schůzi bylo oznámeno, že First Congregational Church předvede dne 30. října film o Československu. Ses. náčelnice Ann Botek účastnila se tohoto večera asi se 20 sestrami v národních krojích, čímž tomuto podniku daly skutečný význam. Chystá se Silvestr za spoluúčinkování všech místních organizací.

Byl čten a pozorně vyslechnut zápis ze schůze V.V. AOS., konané dne 25. října.

Zpráva náčelnictva: Br. náčelník nepřítomen. Zprávu podává ses. náčelnice Agnes Hantlová: Schůze cvičitelského sboru se koná až příští pondělí. Dosud postrádají sletové cvičení, ačkoliv již několikrát dopsali na náčelnictvo Obce. Br. Chas. Šerpánem byl vznesen dotaz, zdali platila župa úhradu pobytu náčelníku a náčelnici na sjezdu v Cedar Rapids. Nebylo tak učiněno a proto byli vyzváni, aby si v příští schůzi podali svůj účet.

ZPRÁVY Z JEDNOT:

Sokol Cleveland a spoj. jednoty Čech-Havlíček, br. Fred Jirsa: Poslední schůze byla dobře navštívena. Bylo přijato pojištění jak navrženo AOS. Třídy jsou velké, mladších hochů zapsáno 70. Jednota dosud nemá náčelníka. Veškeré podniky se finančně vydařily a během léta bylo vykonáno velké zlepšení jak okolo budovy, tak také uvnitř. Dne 27. listopadu pořádá jednota bazar a předvánoční prodej. V neděli se koná členská schůze, na které bude přijímáno šest nových členů. Po schůzi bude přednáška pana Armstronga o jeho poznatcích v zemích za železnou oponou. Bude doprovázena filmem. Každý je na tuto přednášku zván.

Sokol Nová Vlast, ses. Hoyerová: Poslední schůze byla pěkně navštívena a byl nezvyklý začátek ve dvě hod. Byla přijata jedna nová členka. Bylo povoleno \$20.00 na župní prapor, které ses. pokladník předává. Po schůzi bylo "Fashion Show" a k tomu mluvila Mrs. Elizabeth Karnoš. Příštím

podnikem je Mikulášská zábava v sobotu, dne 1. prosince. Veřejné cvičení jednoty se koná v neděli, dne 19. února. Začato s pojištěním cvičících.

Sokol Tyrš, br. Ant. Šuster: Opereta dramatického odboru jednoty se vydařila. V sobotu byla siň vyprodána a v neděli bylo několik míst volných. Také schůze v pátek, 28. října, na které mluvil br. a ses. Bachnovi, vedoucí amerického družstva na Olympiadu, byla velmi navštívena. Byly promítány zajímavé záběry z tělocviku. Třídy jsou velké a podle zprávy náčelníka jest 296 cvičících. Konají se přípravy na veřejné cvičení jednoty, které bude v neděli, 19. března. V neděli 12. března konají se závody AAU. po celý den v sokolovně. Podniky jednoty jsou: Ve středu, 23. listopadu, předposlední tanec. Vstupné s občerstvením jeden dolar. Ve středu, 30. listopadu odp., je karétní zábava Šicího kroužku. Valná hromada jednoty, spojená s večerí, se koná v pátek 9. prosince. Budou filmy z letní činnosti jednoty. Bude přijímáno 9 nových členů. Silvestr ve všech místnostech se koná v sobotu, 31. prosince, a v sobotu, 21. ledna, banket na počest všem vedoucím jednoty od jejího trvání.

Dále br. Šuster vysvětluje, jak je to s tím pojištěním cvičících, neb je ve styku s pojišťovnou a rád jednotám pošle kopii co vlastně a koho pojištění zahrnuje.

Krajanský výbor, ses. M. Bártová: Vzpomínka 28. října se vydařila jak programem, tak také řečníkem. Čistý výtěžek \$320.00. Byla oceněna zvláštní pomoc br. Polanského, který svoje výtěžné pečivo daroval. Příští schůze se koná v pátek.

Datum výroční schůze: Bylo usneseno, aby celoroční schůze župy se konala v NEDELI, DNE 15. LEDNA 1961, u Sokola Tyrš. Začátek v 9:30 hod. ráno.

Sestra účetní oznamuje příjem a vydání.

Poněvadž nebylo více k jednání, končí br. starosta schůzi v 9:30 večer, svoláním Nazdar!

K. Zahradníček, jednatel.

Zpráva ze schůze Výk. Výboru župy Střední AOS.,

konané dne 16. listopadu 1960.

Schůzi zahájil starosta br. V. Šimaner, který vítá zástupce nové jednoty Sokola West Suburban.

Zápis ze schůze dne 19. října přijat.

DOPISY:

Sokolice Slávské doporučují Morton West Stadion pro slet AOS. Dopis předán sletovému výboru. Sokol West Suburban v Downers Grove oznamuje jména zástupců do župního výboru: sestra Carolina Dunovský, bratři Rob. Šimek a Henry Janečka. Denní Hlasatel žádá o blahopřání do novoročního čísla časopisu. Povoleno \$15.00 na projev.

ZPRÁVY:

Br. náčelník: Schůze náčelnictva mužů konala se dne 3. listopadu. Pouze dvě jednoty byly zastoupeny. Je to závažnější, co se týče svědomitosti náčelníků jednot o navštěvování schůzí. Budou upozorněni na plnění povinností. Na vytvoření vyspělého župního družstva se pracuje a jednotám budou zaslány dopisy v tomto směru. Závody ve volleyball jsou skončeny s výsledkem: I. Sokol Chicago, II. Sokol Tábor a III. Sokol Slávský.

Závody dorostenců budou skončeny v neděli 20. listopadu. Závody v košíkové hře budou konány poslední týden v prosinci. Obdržel knížky o tělocviku, které budou rozdány jednotám. Zprávy o tělocvičné činnosti zaslaly pouze tři jednoty. I zde je nutno poukázat na nedochvilnost.

Sestra náčelnice: Schůze náčelnictva žen konala se dne 15. listopadu. Zastoupeno 6 jednot. Závody žen ve volleyball pokračují; je účastněno 10 družstev. Účast dorostenek je — 4 družstva v každém oddělení. Bylo jednáno o vytvoření vyspělého družstva žen a též jednáno o stejném u větších zákyň. Je nutno věnovati více pozornosti dorostu. Projednávány cvičení prostrná. Stanoveny dny nácvikových hodin pro ženy a dorostenky.

Několik členů Sokola Berwyn a Brookfield účastní se dne "Vánoce ve světě", které budou konány v Museum of Science and Industry. Vánoce v Československu budou předvedeny v sobotu, dne 26. listopadu.

Po zprávách br. náčelníka a sestry náčelnice, rozpřelá se delší debata.

Br. vzdělávací: Vzdělávací činnost v jednotách se dosud nerozvinula. Rozeslal dotazníky, ale žádná odpověď nepřišla; to znamená, že v jednotách po stránce vzdělávací se nic nedělá. Pokusil se navštívit cvičební hodiny dorostu, ale žádné cvičení nebylo; pouze se hrál volleyball. Doufá, že se podaří získati pomoc cvičitelských sborů, zařaditi vzdělávací otázky do závodního řádu.

Hospodářský odbor: Podává konečnou zprávu ze sletu. Následkem došlých dalších účtů, je zpráva odlišná od zprávy, kterou zaslal br. pokladník do říjnové schůze. Celkový příjem \$4,216.92, vydání \$2,833.68. Čistý výtěžek \$1,383.24. Zpráva byla přijata a předána dozorcím odboru k prohlédnutí.

Po podání zpráv, byl čten zápis ze schůze V. V. AOS. Bod ohledně tisku nových stanov byl vysvětlen.

Na to pak zástupci podali zprávy ze svých jednot.

Tím bylo jednání vyčerpáno a br. účetní čte příjem a vydání.

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

Josef Brouk, jednatel.

Calendar of Events

December 31, 1960—Detroit Sokol Board of Directors New Year's Eve Celebration. — Czech National Hall, 3009 Tillman Ave., Detroit, Mich.

December 31, 1960—Sokol Tyrš, Cleveland, Ohio. New Year's Eve Dinner & Dance. Dick Pokorny's Orchestra.

December 31, 1960—Sokol Havlicek-Tyrš, Chicago, Ill. — New Year's Eve Dance. Admission \$1.50. Frank Kouba & His Gay Bohemians.

December 31, 1960—Brookfield Sokol New Year's Eve Banquet. — Entree 9:00. — Admission \$15.00 per couple. — All refreshments and food included.

December 31, 1960—Sokol Tabor New Year's Eve Banquet. — Sokol Tabor Hall, 16th and Clarence, Berwyn, Ill. — Admission \$10.00 per couple.

(Continued on page 284)

Československé Spolky v Americe

Nejstarší bratrská podpůrná jednota ve Spojených Státech
Založena roku 1854

Vstupují do nového desetiletí mohutné a těšící se ustavičnému vzrůstu

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VÁNOCE U ZLATÉ MÁMY.
Zlatá mámo, — Svatý večer,
už jsem u tě, — milá zas,
z dálky tak rád k tobě běžel,
bych uzřel — tvých očí jas.

U maminky — hrnek čaje,
přislazený úsměvem,
láskou matky — srdce taje,
lásku přeje — lidem všem.

Stromek září u maminky,
pravé štěstí na světě,
o bolestech není zmínky,
zde jen blaho najdete.

Přijde někdy — zamrzení,
nějaký bol nastrojí,
mámy svaté pohlazení,
vše — co bolí — zahojí.

Tolik štěstí v malém místě,
i slovo se zastaví,
blaho lásky, — přijde jistě,
Štědrý večer — oslaví.

K R Y P T Y

V

MASARYKOVĚ MAUSOLEU

Zajistěte rodině nyní, kdy
sami rozhodujete.

Zimní okrasy roků a chvojové
pokrývky objednejte nyní, bu-
dou vyřízeny rychle.

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**BUY
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SAVINGS BONDS**

December 31, 1960—New Year's Eve Dance, Sokol Town of Lake, Chicago, Illinois.

January 21, 1961—Eastern District Dinner Dance. New York, N. Y.

January 21, 1961—Sokol Tyrs, Cleveland, Ohio. Salute to Sokol Tyrs Instructors Banquet.

22. ledna 1961—Veselohru "Svátek věřitelů" sehraje Malá scéna pro Sokol Havlíček-Tyrš v Chicagu, v budově jednoty. Vstupné 90c.

January 28th, 1961—29th Annual Snow Ball Dance of Sokol Philadelphia. — Slovak Hall, 510-12 Fairmount Avenue, Philadelphia, Pennsylvania.

January 28, 1961—13th Annual Masquerade Dance —Sokol Townites Social Club. School Hall, 48th and Honore, Chicago, Illinois.

February 12, 1961—Sokol Cleveland, Ohio. — Gymnastic Exhibition.

February 19, 1961—Sokol Nova Vlast, Cleveland, Ohio. — Gymnastic Exhibition.

March 19, 1961—Sokol Tyrs, Cleveland, Ohio. — Gymnastic Exhibition.

March 26th, 1961—Eastern District Meeting—10 A.M. — Memorial Service for bro. Sazama—3 P.M.

September 30, 1961—Sokol Havlicek-Tyrs, Chicago, Ill. — Golden Jubilee.

SOKOL LITTLE FERRY MAKES FRONT PAGE OF THE LITTLE FERRY "RECORD"

A four column spread on the front page of "The Record" pays tribute to the local Sokol unit. Two large photos showing bro. Fred Martinek on the side horse and bro. Frank Capek instructing youngsters on the low parallel bars graphically illustrate part of our training.

The article written by Frank Kabel, Jr. gives a true picture of the influence of Sokol Little Ferry upon its community. A short history and the high offices held in the Eastern District by many of its members are a fine example of the unit's activity and zest for life. Congratulations, Sokol Little Ferry. You have earned this recognition. Nazdar!

James L. Cihak

CHRONICLE

A recent issue of "The West News," West, Tex., brought a report that our bro. Louis O. Hosek, editor of the SPJST. fraternal publication "The Vestnik," was elected President of the Publicity Section at the Texas Fraternal Congress Convention, held in San Antonio.

Bro. Hosek is a member of Sokol Galveston, and has done a very outstanding job of publicizing Sokol in the Fraternal Herald.

Congratulations, bro. Hosek, and best wishes for your future successes.

63rd

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PROTECTION

Organized in 1897 with 1,259 insured members in 8 states. Now licensed in 20 states, nearing 60,000 certificates, has over \$61,000,000 of insurance in force. Total assets over \$23,900,000. Offers Legal Reserve Fraternal Life Insurance to Juveniles and Adults to age 65.

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