

AMERICAN SOKOL

PUBLICATION OF THE AMERICAN SOKOL

Educational and Physical Culture Organization

No. 3

March, 1966

R. A. GORMAN

KOMENSKY AND SOKOL

(Born March 28, 1592 — Died Nov. 15, 1670)

To assert bluntly that there is a direct relationship between Jan Amos Komensky and the Sokol movement would be a distortion of historical truth. It would certainly be opposed to the Great Teacher's adherence to and insistence upon Truth in all matters of religion, philosophy, the social sciences and education. Yet there is an undeniable thread of continuity that binds together Jan Amos Komensky, whose seventy-eight years (1592-1670) were spent in upheavals and wandering, and the Sokol as we know it today. Permit me to condense into a few terse comments this unifying factor between Jan Amos Komensky and the modern Sokol Ideals.

First and above all Komensky was a teacher, a great teacher whose name and fame were disseminated to all corners of the world. The following attributed to Cicero (78 B.C.) served no doubt as Komensky's inspiration in all his pedagogical work:

"What nobler employment or more valuable to the State, than that of the man who instructs the rising generation?"

And that is exactly what Komensky did on a heretofore unprecedented scale. Sweeping aside the deeply rooted concept that education was for the chosen few he advocated instead the advanced democratic principle that "... the right to education should not be limited to the children of the privileged few, but should be extended to children

(Continued on page 27)



No person was ever honored
for what he received.

Honor has been the reward
for what he gave.

—CALVIN COOLIDGE

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EDITOR

Charles M. Prchal
2419 Scoville Ave. Berwyn, Ill. 60402

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OFFICE OF THE EXECUTIVE BOARD ASO.

Betty Prener, Secretary
5611 W. Cermak Road, Cicero, Illinois 60650
Tel.: 652-5220

Lost District Flag

The Eastern District of the ASO. had lost their District flag at the Slet held in Chicago last year.

We were hoping one of our units had taken the flag and that it would be returned.

We are now asking all delegates to please inquire of their units whether anyone had taken the flag by mistake and that it may still be in the flag case.

Since this is a District flag it would be of no use to anyone and we know that it certainly would not have been taken deliberately.

If anyone should happen to find the flag would you please ask them to ship it parcel post to Blanche Zraly, 29 Holland Court, Valley Stream, New York 11580.

Nazdar!

Blanche Zraly
Secretary Eastern District

Calendar of Events

- APR. 2nd—SOKOL NOVA VLAST, Cleveland, O. Gymnastic Exhibition.
APR. 3rd—SOKOL TYRS BOI., CLEVELAND, O. "Talent Show."
APRIL 17th—SOKOL LITTLE FERRY, N. J. Annual Exhibition.
APR. 17th—BOYS AND GIRLS COMPETITIONS IN BELCAMP, MD.

- APR. 20th—SOKOL HAVLICEK-TYRS, Chicago Ill. — Spring-Summer Fashion Show.
APRIL 21st—SOKOL ST. PAUL, MINNESOTA. Spring Festival.
APR. 22nd—SOKOL ST. PAUL, MINNESOTA. Spring Carnival.
APR. 22nd—SOKOL TYRS, CLEVELAND, OHIO BOI.—Fish Fry.
APR. 23rd—SOKOL WASHINGTON, D. C., společně s Čsl. Národní Radou Americkou — Jarní ples Majales. International Inn.
APRIL 23rd—SOKOL ST. PAUL, MINNESOTA. Spring Carnival.
APRIL 24th—SOKOL LITTLE FERRY, N. J. Annual Gymnastic Exhibition.
APR. 24th—SOKOL WASHINGTON, D. C. Dance.
APRIL 28th—SOKOL SLAVSKY, CICERO, ILL. Fashion Show.
APRIL 30th—SOKOL BELCAMP, MARYLAND. 25th Anniversary Banquet.
MAY 1st—SO. OMAHA SOKOL GYM CLUB. Card Party, 21st and "U" Streets—2:00 P.M.
MAY 1st—SOKOL FUEGNER, L.I.C., New York Gymnastic Exhibition.
MAY 7th—SOKOL WEST SUBURBAN, Downers Grove, Ill. — Gym Exhibition at Herrick Jr. High School, Linscott and Grant Sts., Downers Grove Illinois.
MAY 7th—SOKOL MLADOCECH, RACINE, WIS. Gym Exhibition.
MAY 8th—SOKOL NEW YORK, N. Y. Jarní ples — Majales.
MAY 14th—SOKOL MILWAUKEE, WISCONSIN. Annual Exhibition.
MAY 15th—SOKOL BALTIMORE, MARYLAND. Gym Exhibition.
MAY 15th—SOKOL NOVA VLAST, CLEVELAND OHIO. — Card Party.
MAY 21st—SOKOL STICKNEY, ILLINOIS. Gym Exhibition at Morton West.
MAY 21st—SOKOL ST. LOUIS, MISSOURI. Gym Exhibition.
MAY 21st—SOKOL MILWAUKEE, WISCONSIN. Interclass Meet.
MAY 22nd—EASTERN DISTRICT. — Arlington National Cemetery, Washington, D. C. Observation of Memorial Day. Placing of wreath at the grave of Unknown Soldiers and the grave of President John F. Kennedy.
MAY 26th—SOKOL HAVLICEK-TYRS, CHICAGO ILL. — Luncheon with floral arranging demonstration at 12:30 p.m.
JUNE 5th—SOKOL SLAVSKY, CICERO, ILL. Family Picnic, White Eagle Grove Center, Lyons Illinois.
JUNE 12th—CENTRAL DISTRICT, CHICAGO. Gymnastic Exhibition.
JUNE 12th—SOKOLICE VLASTA, ST. LOUIS MO. — Picnic at Sokol Camp.
JUNE 17, 18, 19—WESTERN DISTRICT SLET. St. Paul, Minnesota.
JUNE 26th—N.E. DISTRICT, CLEVELAND, O. Gymnastic Exhibition.
JUNE 26th—SOKOL ST. LOUIS, MO. — Picnic at Sokol Camp.

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník—Vol. LXXXVII.

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Číslo—No. 3

JAMES L. CIHAK:

THE AGE OF FRATERNALISM

The accelerated use of Mr. and Mrs. or the very intimate use of first names in addressing each other in Sokol meetings and gatherings has prompted this article. It sounds strange to those accustomed all their lives to the informal greeting of brother and sister. Some changes come with a jarring swiftness, others overtake us slowly but become just as visible and influential.

It was Jindrich Fuegner himself, that great democratic soul, who initiated the use of brother and sister in Sokol. This was no attempt to play on words or to gain political favor or publicity. It was as sincere and meaningful as everything else this man did in his life. Believing with Tyrns in the value of Sokol training for the entire nation, he realized the necessity of creating some bond of equality within the Sokol ranks. Titles and degrees were a lot more prevalent then than they are today and their use almost a must.

To secure the cooperation of every man and woman, to make them feel that here was one organization where everyone had the same rights and privileges, was not an easy task. It took a man, respected and honored for his unusually fine characteristics and talents, to think of and instill in the hearts of all this feeling of mutual understanding and appreciation for the role they were to play together in the future of their nation.

BROTHER and SISTER has been used for a century. Thru good times and bad it has been a bond, holding together a unique organization and giving it a will and purpose to carry on. We are all aware of the ridicule cast upon it in song and prose. It has held up nevertheless and should have an even greater influence in today's arena of tension than it had in the past.

Incorporated in the address and greeting of "Brother" or "Sister" is the warm feeling that we are not alone. Regardless of how far apart we may be in our views on any subject or approach to the solutions of problems facing us, we can be confident of consideration for our views and efforts, for are we not members of one family?

It was this informality that acted as a refuge for those loaded with cares and dreams of a spot wherein they could give their best as free, democratic men and women. And their best was given with no thought of personal profit or glory. Treasures of the mind and soul were freely given to this great general storehouse. A century of work lies behind us to prove it.

Let us build for the future in the same spirit and let us keep proving that "Brother and Sister" Sokols is a power of which we are aware. Use it on every occasion and mean it when you say it.

Nazdar!

Brother and Sister Sokols.

Komensky and Sokol—

(Continued from front cover)

of all parents, rich and poor, boys and girls, city children as well as their country cousins."

There are other maxims forming the extensive structure of Komensky's faith and philosophy. He had an unflinching trust in man's power to conquer evil and to inquire into the deepest mysteries of nature. "There is nothing in this world," Komensky wrote, "that a man endowed with senses and good reason could not grasp." He had an almost fanatical trust in the good of man as an individual and men as nations. In the spirit of this unwavering conviction he wrote: "It is necessary that all nations strive for the common good, that they seek peace, truth and disseminate love of the next." In his great "Didactica" Komensky subscribed to the principle and significance of physical education, so necessary to the upbringing of children and to the harmonious development of high moral education. It was through this combination of physical and moral education that Komensky sought to lead the

young people to become "... sober, thrifty, truthful, in short worthy men and women."

The sum total of Komensky's works represents some 250 volumes of advanced thinking on almost every subject of man's behavior. Untiring in his devotion to the ideal of teaching, of bringing education within the reach of even the humblest man in any given society, Komensky was a living expression of his life's guiding motto:

"An active life is life indeed,
an idle life is a living man's grave."

The preceding fragmentary excerpts from the wealth of Komensky's teachings must suffice to clarify the contention that there is an indirect, but nevertheless valid unity between Jan Amos Komensky and the aims and ideals of the Sokol.

After all what is the Sokol ideal but an educational program, directed to guiding the young in developing their minds harmoniously with the de-

velopment of their bodies? Komensky abhorred the old concept of forcing education, or of resorting to punishment and gruelling memorization of useless information. In the same spirit the Sokol rejects all forms of coercion and compulsion and depends on an individual's voluntary acceptance and eagerness to improve himself physically, mentally and morally.

Drawing the parallel even closer we must admit that the Sokol is, or certainly should be democratic in opening its ranks to all regardless of differences in wealth or power and unmindful of dissensions in matters of religion or politics. And above all the Sokol believes in the brotherhood of man, for when a true Sokol extends a greeting, calling out Brother or Sister, is he not encom-

passing all mankind in this personal pronouncement?

Finally there is this undeniably unifying element that runs like a golden thread of continuity through the three centuries separating our Today from Komensky's most fruitful years. In his "Kšaft" (Bequest) Komensky expressed confidence in the future, an almost Messianic hope for a better tomorrow. And these words echoing through the centuries inspired the generations that followed and guided the Sokols in the struggle for the re-birth of Czechoslovakia. Today when other clouds have descended upon the Czechoslovak people, Komensky's inspiring words once again are the beacon light penetrating the engulfing darkness, showing the way to a better tomorrow.

Joanne Skinner



Many of the Sokols who participated in the XI. Sokol Slet in Chicago, Illinois, in June, 1965, will recall that one of the junior gymnasts from Sokol Cleveland Cech-Havlicek met with a terrible accident at the Congress Hotel.

The parents of Joanne Skinner, as well as all of the gymnasts from Cleveland, Ohio, spent days and weeks of anxiety, praying for Joanne's survival.

Our prayers were answered. Joanne's recovery was miraculous. According to the doctors, "Joanne will have a slight, permanent hearing loss in one ear, and there is a possibility that she may never regain her senses of smell and taste, but apart from these after effects, one would hardly know that she was seriously injured only six months ago. She has rejoined her class at Sokol Cech-Havlicek and is continuing her gymnastic and other athletic activities with unabated enthusiasm. She missed no school classes as a result of her accident."

We are sure Sokols throughout the United States would be happy to know of Joanne's health and recovery. We are enclosing a picture of Joanne Skinner. Her father has given his permission to publish the enclosed picture in the American Sokol.

May we add that Joanne's parents as well as her doctors contribute much of her recovery to her good physical condition. They believe, further, that her basic good health as well as her buoyant spirit was due, in part, to her active participation in gymnastic classes at Sokol Cleveland-Cech-Havlicek.

Nazdar!

Wilma A. Sevcik, Secretary

Executive Board of the ASO.

Meeting Held February 22, 1966

Present as guests sisters Ellen Jeanne Schnabl and Agnes Sotka.

CORRESPONDENCE:

Eastern District advises District flag has been lost. Asks anyone finding same please return to sis. Blanche Zraly. Notice of loss will be posted in American Sokol.

Southern District—Letter of thanks for efficient expediting of plaque presented to retiring secretary, sis. Marie Prevratil.

Western District—Letter of thanks to us from men's and women's directors, Sokol instructors and members for approval in conducting adult clinic on

behalf of the Western District. Also letter from bro. E. Pavoucek, setting forth questions concerning various facets of their activity, was discussed and answer will be made in time for annual meeting. Also received from the District reports from School of Instruction. Letter received from bro. E. Pavoucek covering article Sokolské Zpravodajství also reporting on financial obligations of units to District.

Central District—Excerpts from minutes. Annual meeting will be held in January hereafter instead of in June.

Northeastern District—Minutes of annual meeting Jan. 16, 1966. Report was detailed, each unit reporting.

Letter from Sokol Karel Havlicek, Yukon, Okla., requesting information regarding program for Czechoslovak Day and a float—to be referred to the District.

Received an invitation from the American Czech Educational Center (Board of Directors), St. Louis, to attend dedication ceremonies May 14, 1966, of the American Center. Bro. Stanley Barcal will represent us.

COMMITTEE REPORTS:

BOI.—Bro. Ed Linhart read his report. SGUS-ASO. meeting re: terminology at Cleveland, Ohio—our representatives will attend in 2 automobiles and present bill for gasoline; per diem expense in accordance with by-laws.

An outline of the Western District clinic will be sent to sister Norma Zabka of the Eastern District as per her request.

Brother George Basta, Chairman, and bro. Linhart explained the **Scholarship Committee** plans to publish requirements in Sokol Gymnast in the March issue of American Sokol.

Special meeting with bro. Walko of the Slovak Sokols:

1. New York Slet date changed from June 26 to July 3, 1966.
2. Housing and competitions at Commodore Hotel in New York.
3. Members urged to deal directly with Hotel Commodore for their reservations.
4. N. Y. Central R. R. recommended as best transportation—if flying, use Newark Airport.
5. Some parts of calisthenics have been changed.
6. Apparatus moves—some changes and clarifications.
7. Music as taped incomplete—new tape promised within few days.
8. Meeting of SGUS. and ASO. representatives on terminology scheduled for April 30 and May 1st, 1966 in Cleveland, Ohio.
9. Rules and regulations of ASO. and SGUS. to read alike as much as possible.

It was decided to allow District teams to compete in the ASO. and Federation meets.

The men's and women's divisions are working on **attendance reports**. At this time, we would request approval for 2,000 individual attendance report cards to be printed without postage. These will be distributed to the individual units to facilitate and expedite monthly reports. (Approved.)

Traveling Instructor: Various contacts were made with no favorable results. Bro. Basta has written regarding prospects from Czechoslovakia. Official notice will be printed in the Sokol Gymnast next month requesting services of traveling instructor. If position cannot be filled within a reasonable time, the burden will be on each District Director to provide own instructor. Reimbursement will be in accordance with Convention approval.

The men and women are studying the possible use of the **AAU. physical fitness tests** as sponsored by the Quaker Oats Co.

Southern Sokol Slet: At the joint meeting of the boards, the following work was discussed:

Report of the special officers meeting for the Slet was reviewed. Medals and trophies as suggested by bro. Milan of the Southern District was tabled for future discussion. Due to limited space, the following calisthenic arrangements were recommended: 1st class girls and boys—combined calisthenics; 2nd class girls and boys—combined calisthenics; junior boys and men—combined calisthenics; junior girls—1 set of calisthenics; women—1 set of calisthenics.

It was also suggested that, wherever possible, we make use of past calisthenics that would be suitable for these groups.

Bro. Fina and sister Prchal reported on the meeting of the Olympic Committee, of which they are members.

BOI.—Sis. Lorraine Zdenek read her report. Submitted approved dummy of attendance card.

Mailed out the last segment of the SGUS. gymnastic material for 1966, namely the Sokolettes calisthenics, on Feb. 4th.

Replied to all mail received. Received annual reports of Southern and Pacific District Boards of Instructors, as well as the annual report of the Southern District Director of Women. The Southern District BOI. is assisting regularly with teaching classes in the new unit being formed in West, Texas.

Attended a meeting with bro. Walko and several members of the men's BOI. on Sunday, Feb. 13, at bro. Linhart's home.

I have not duplicated in this report any matters which bro. Linhart covered in his, those which will have come from the joint BOI., in the interest of expediting reports.

Educational Committee—Sis. Blanche Cihak reported that bro. James Cihak is hospitalized, having undergone surgery, and read the report of the Educational Committee meeting and the Educational Director.

Copies of the new printed brochures were distributed among the members.

It was recommended that "The Sokol and the Sokol Idea" be given especially to all new members who joined our ranks within the last two years.

It was further recommended that full advantage be made of these brochures for publicity purposes.

A number of appropriate recipients were suggested: university libraries, President's Council on Physical Fitness and university athletic departments.

A Czech publicity article will be prepared on the publications.

Sis. Kala, who has a position of responsibility with the Pan American World Airways is developing a one hour film for publicity purposes. The air line is making a series of these films on the ethnic groups in America and their cultural contribution to this country. The one on the Czechoslovak group will include active and historical shots from the Sokol life.

It will be a 16 mm. sound and color film and will be shown throughout the world. It will be one

film to be included in the library which now contains 132 films.

She was promised the fullest cooperation in her work.

A suggestion was made that plans be formed for conducting an educational seminar.

Prepared articles for American Sokol and a series of articles to be included in the Sokol Gymnast section.

The brochures "Joseph Cermak" and "Our Purpose, Aim and Goal" are in print.

Stamp Committee—A report, read by sis. Blanche Cihak, from the Stamp Committee was sent by bro. James Cihak in re: projects in connection with the stamp campaign including printed program, banquet, first day covers and excursion. A check for \$10,000.00 was turned in by the Stamp Committee.

Sis. Blanche Cihak reported the closing of the Excursion Committee bank account turning over \$526.05 to the ASO.

Sis. Blanche Cihak also reported attending the meeting of the Central District and participating in a portion of the program—conducting the school.

Editor—Bro. Charles Prchal reported American Sokol should be in the mail. Is receiving articles past deadline. Next issue will be increased by 8 pages. Approved. Roster of units will appear in next issue.

Slet Committee—Bro. Charles Prchal advised a meeting of Slet Committee will be called the latter part of March.

Organization Committee—Sis. Anne Fara reported in the absence of sis. Welcl-Ruzicka. The presented outline of steps for the formation of unit approved and will be forwarded to the interested parties.

Public Relations Committee—Report read by sis. Anne Basta. Design for newspaper column heading made by bro. Charles Prchal was shown. Request from Sokol Cech-Havlicek for 100 copies of Sokol and the Sokol Idea; these will be sent and a charge of 15c each plus postage will be made. Bro. C. Prchal reports a request for a list of our unit publications and how printed. Sis. A. Basta furnished all the information, for which he is grateful.

Financial Secretary—Sis. Anne Falta read report of receipts and disbursements for January, as prepared by sis. Agnes Sotka.

Treasurer: Bro. Frank Vodrazka recommends purchase of U. S. Treasury bonds in the amount of \$15,000.00. Authorization approved.

Secretary—Office Personnel—Sis. Agnes Sotka read a detailed report concerning accounting activity. Reported on contributions to "Future Sokol Leaders Fund." Re: printing of quarterly report—after discussion on motion seconded and passed. Public Relations Committee with sis. Prener, Cihak, bro. Prchal and Barcal will meet to discuss and establish a corporate image for our organization.

Sis. Ellen Jeanne Schnabl read report of secretarial activity and list of units requesting Slet film. Also reported on charge for listing American Sokol Organization telephone number in Chicago telephone directory. Listing in Chicago directory approved. Also handled, with sis. Anne Falta, large mailings of publications to units.

Sis. Betty Prener reports various correspondence was answered. Letter received from the Internal Revenue Service, regarding exemption for our units—called bro. Charles Kropik and asked him to please study the matter and give us his findings. Sent out letters to units and sellers of Slet tickets, enclosing checks for commission earned. Spent 4½ hours clearing up and rearranging supplies in office Saturday, Feb. 19. Asked bro. Frank Vorel to add an additional shelf in our bookcase, also to construct some shelving downstairs to accommodate our material and make it readily accessible.

President: Bro. Stanley Barcal reported on telephonic conversation held with bro. Joe Pokladnik, Dallas, Texas. Answered letters, but will not answer any letters of a personal nature. Attended all Sokol activities; will be attending IIT for 10 weeks in addition to other duties.

Sis. Blanche Cihak turned over letter re: Scholarship award. Answer appears in February issue of American Sokol.

Bro. Stanley Barcal received letter from Sokol Detroit Ladies Auxiliary with their by-laws attached. These were read and checked by sis. Blanche Cihak, and sis. Anne Falta, member of By-Laws Committee, and found to be in order.

Sis. Anne Basta reports some units using membership pins not in accordance with ASO. policy. Pins are awarded on consecutive membership in the ASO., not in any other organization. Article will be published in American Sokol.

Financial Report ASO. February 1966

INCOME:

Dues	\$ 1,205.75
Convention Fund	417.75
Special assessment—1965	1,015.25
Dividends and interest	34.50
Subscriptions to "American Sokol"	6.00
Jewelry, hats, plaques, uniform material	68.60
Film rentals	150.00
Stamp income	10,000.00
Total income	\$12,897.85

DISBURSEMENTS:

Administrative Department	
Salaries	\$ 169.59
Printing and supplies	113.95
Rental, phone, electric, janitor service	139.49
Secy. of State—Filing annual non-profit report	1.00
Plaques	56.63
Petty cash fund	50.00
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Educational Department BOI.	
Salaries	183.65
Printing—educational pamphlets	754.35
"Sokol Gymnast"—January 1966	28.00
Editor "Sokol Gymnast"	25.00
Refund—Potter Lake Instructor's School	5.00
	<hr/>
	530.6

Slet film refunds	80.00	
		1,076.00
Sokol Publication		
Editor "American Sokol"	75.00	
"American Sokol"—Jan. 1966 ..	553.01	
Postage—January 1966	29.07	
		14,293.09
Transfer of Funds		
Purchase of U. S. Treasury		
Bonds	14,293.09	
		14,293.09
Total Disbursements	\$16,556.83	
BALANCE:		
Totals brought forward:		
Western National Bank of Cicero checking		
account	\$ 8,856.66	
Income—February 1966	12,897.85	
		\$21,754.51
Disbursements—February 1966	16,556.83	
		\$ 5,197.68

FROM OUR DISTRICTS

EASTERN DISTRICT

Meeting Feb. 21, 1966

Correspondence:

Minutes from the Executive Board of the ASO. Sis. Welcl-Ruzicka, Organization Director, sent information and a notice to all district presidents to call a meeting of the district asking each officer to inform incoming officers of their duties and what is expected of them.

Also an article to all educational directors from bro. James L. Cihak, ASO. Educational Director.

Report of the Board of Instructors meeting held in Belcamp on Jan. 22nd.

Director of Men, bro. Capek: Jerry Hardy will officiate at a judge's clinic for men which will be held in Little Ferry on March 12th.

A beginner's course will be held at East Haddam, Conn., from Aug. 14th to 20th.

Tentative plans are being made to hold an exhibition of the Eastern District at Belcamp in June.

On Feb. 27th a training period will be held at SGUS. in Astoria.

Competitions of the United Sokols will be held at SGUS. in Astoria on March 26th for the women's division.

The men's division will compete at Little Ferry, New Jersey.

The importance of all gym classes to be uniformly dressed was stressed by bro. Capek.

Our District flag was lost at the Slet in Chicago last year. All districts have been notified and asked to inspect their flag cases, since the flag could have been placed in another flag case.

Director of Women, sis. Zabka: Report same as bro. Capek.

Sokolice Little Ferry started a bowling team.

Their fund raising campaign slogan is "Dollars for Dallas."

Sokol Fuegner: Bro. Kalabza has donated a Czech national doll which will be raffled off. The proceeds will go toward sending children to Sokol Camp at East Haddam, Conn.

Units will be asked to give their opinion on whether the district should hold a banquet at a hotel in November.

* * *

NORTHEASTERN DISTRICT

Meeting Held February 23, 1966

Reports from the units were read. Sokol Cleveland-Cech-Havlicek reported they showed an educational film at their last meeting. Also initiated 2 members. Sokol Nova Vlast had their annual ski trip to New York. At their April meeting will have gymnastic films and a Penny Supper. Sokol Tyrs reported their Night in Prague was a success with 500 people attending. Bro. Suster and Ed Jirousek attended the annual meeting of Sokol Detroit, came back with a very enlightening report on their future plans.

District Board of Instructors—men's division elected George Kotlan from Nova Vlast as this year's Director of Men.

Presidents of the units were asked to invite their key officers to the next BOI. District meeting.

Bro. Suster received a long distance call from SGUS. on their coming Slet. They request the Northeastern District to participate. This will be turned over to the District BOI.

Bro. Suster reported the ASO. film from Chicago is good and units should make plans to arrange for it, this will be turned over to the BOI.

* * *

CENTRAL DISTRICT

Meeting January 26, 1966

Bro. Ed. Paloucek from Sokol Fuegner-Tyrs sent us a first copy of their "South Omaha Sokol" and requests that units in our district who have similar publications mail him a copy at 2306 Jefferson Street, Bellevue, Nebraska.

Sokol Milwaukee would like to see the special meeting of the informative and educational type to be held on weekends so that the out-of-town units could attend.

The district director bro. Roy Zitny was excused. His written report was read.

A Victory Dance will be held at Sokol Brookfield.

The technical committee is working on the plans of a summer weekend course, similar to the recent clinic of Western District held at Sokol Tabor.

All units are preparing for their exhibitions and activity within the units is high.

Regarding our Sokol Day in June, a combined meeting of the BOI. will be called.

Contacted television station WFLD (Channel 32) in hopes of having our Sokol Day televised. They have shown interest and asked for additional information regarding our organization. The information was mailed and we must now await their decision.

Sister Cheryl Savel gave a report for January.

January 25 an instructor's clinic was held for girls' classes. The first class girls' calisthenics were translated from Czech to English terminology.

Board received a request from sis. Prchal to submit articles for the gymnastic section of the American Sokol. All units have been assigned to find or write articles for this section.

Competition dates for juniors and seniors are as follows: Junior girls: Saturday, June 4, 1966 (no site chosen as yet). Women: Saturday, June 11, 1966—Sokol Slavsky.

All units received copies of competition exercises, and because of the difficulty of the moves, instructors were asked to submit suggestions for revisions and/or additions.

A trophy committee for the District Exhibition was also chosen. The committee consists of three unit directors. It is hoped that the men's and women's committees can work together for uniformity in trophies and medals.

After meeting held a workshop for junior and women's calisthenic exercises. Several changes were made in the moves.

The accounting committee checked books and found them in order.

The following committees were elected for our June 12 Slet Day: Brother Frank Svamera, Souvenir Program—sister Trajhan assisting. Tickets bro. J. Kriz. Promotion and publicity sister Basta and bro. Prchal. Following details were voted by the Central Committee: Admission \$1.50, 50c for students and children. Victory Dance Saturday, admission \$1.00—75c in advance in our gyms. Sunday program to start at 2 p.m.

The Central Committee passed a motion that our annual meetings be held in January of each year to correspond with the by-laws of the ASO. Motion that present officers and committees hold office till January 1967 also passed.

President bro. Drnec asked sister Blanche Cihak to conduct the special part of the meeting to which the officers of our units were invited. This informative meeting was to instruct the officers of the Central District units on their duties and responsibilities. Sister Cihak, bro. Karel Prchal, the Honorary President of the ASO., sister Ann Basta, chairman of the Promotional Committee, Honorary Physical Education Director, bro. Ed. Halik, and the Educational Director of the ASO. bro. Jim Cihak. These representing the Executive Committee of the ASO. gave an instructive and comprehensive outline of duties of every officer in our units. All present greatly appreciated this special part of the district meeting and bro. Drnec thanked all of them for their effort and hoped this idea will develop into a permanent part of our annual work.

* * *

WESTERN DISTRICT ANNUAL MEETING

February 27, 1966

Board of Instructors—Women—Saturday evening 12 members were present. The tape for the 1966 calisthenics has been sent back to Pittsburgh to be re-taped for corrections. No instructors course is planned after the Slet this year, unless 25 or more

will attend and if three instructors from the ASO. can be obtained. Any special numbers that are to be presented during the St. Paul Slet must contact St. Paul before April 1st.

Sis. Nemecek will check on knit material for the junior girls uniforms.

Slet outline discussed.

Men—Each Unit will receive a tape of the songs to be sung at the Slet in St. Paul. Certificates for the participating gymnasts in St. Paul will be prepared by the District. Names of gymnasts competing to be sent to St. Paul about one month before Slet. Men will use an easier routine for low division.

Director of Women—Bo Drozda—Report presented by sis. Beverly Kilborn in the absence of sis. Drozda. — Six months report—Total gymnasts (female) in Western District—tots 49, juvenile 265, junior girls 113, women 42. Attendance reports should be sent monthly. Received juvenile girls drills. Calisthenic tape has to be made over. Chicago clinic, January 14, 15, and 16—18½ hours of instruction. 12 women and 11 men attended. Best organized clinic we have had. Japanese Olympic film was shown at clinic. Sent for FIG judging books—have not yet received. St. Paul Slet plans well organized. — Addition to Slet Outline: "Any one with talent should bring it to the course (musical talent), bring instruments." Sis. Pavoucek will retype stencils. Bro. Al Swoboda compiled a song sheet for use in the gym classes. Mid-winter competition meet date changed from February 26th to March 12th.

Director of Men—Vojmir Benak—Judges clinic held in South Omaha in February. Not a large attendance, but a step in the right direction. Bro. Ed Linhart, National Director of Men, has indicated the possibility of a traveling instructor from each District to travel within the District.

Public Relations Director—Vojmir Benak—Has been sending articles to sis. Anna Basta, ASO. Public Relations Director, regarding publicity in the District. Asks that each Unit forward to him copies of any such articles.

Director of Education—Al Swoboda—Compiled two handbooks and song sheets. Written several articles for South Omaha Sokol Newsletter.

UNIT REPORTS:

Sokolice Renata Tyrsova—Barbara Nemecek—Sokolice has just finished a busy and rewarding season. As always the sewing circle, the hub of all our activities, has contributed the most to our treasury. This group meets every Wednesday. Social committee has held a card party, has cooked many banquets for different groups, and has baked the usual hundreds of dozens of kolacky. They also helped the brothers with their pork suppers. The rummage committee has held three successful sales. As usual, they gave the brothers an annual gift of over \$1,000.00 to help with their expenses. The nicest thing that sis. Nemecek could say about their Sbor was the wonderful cooperation that they have among their sisters. She said it was a pleasure to work with them.

Director of Women, Cedar Rapids, Betty Petr- zalek—October—advanced apparatus workout. Mrs.

Sharon Zuber, a former Olympic gymnast, assists in the gym. Girls will compete in the AAU. Meet on April 23rd. April 17th will be the annual Akademie. Beseda dancers danced twice since September. Staff of 11 instructors in gym.

Sokol Cedar Rapids—Don Pulkrab—Report included in sis. Nemecek's. 80 boys in gym, 18 junior boys and 12 men. Have waiting list for 70—80 juvenile boys. Takes about two years to get off the waiting list and into the gym.

Sokolice Libuse, Crete, Nebr.—Helen Kupka—In January they prepare a year book for the past year. Director of Education prepares a program for each meeting, educational or entertaining. They have bingo twice a month. This has helped their treasury as did the annual Crete Volunteer Fire Department dinner. Sis. Helen Kupka has been selected to prepare the year book.

Sokol Crete—Elmer Pomajzl—Dances still very good. Initiated 5 new members. Gym classes—7 small boys, 10 junior boys and 4 men. A set of weights have been donated to Sokol Crete. New hi-low bars have been purchased, also new mats. Crete has also installed new gym floor and paneled walls.

Crete—Director of Women—Lulu Kohel—Gym classes—six senior women, 8 junior girls, 18 pre-juniors. Started classes in January. Have received nice new equipment. Gym classes twice a week. Will keep teaching Beseda in Crete.

Sokolice Omaha—Blanche Masek—Held joint meeting in January with Sokols. Bro. Pavoucek installed new officers. Profit from kitchen and from bingo. Every other month hold joint meetings with guest speaker. Sis. Bo Drozda, Chairman of Entertainment. Sis. Helen Dusek appointed historian. By-laws are next project. Concentrated effort on membership drive. Mother and Daughter Banquet to be held in May.

Sokolice Omaha—Director of Women—Janice Krejci—54 juveniles, 30 junior girls and 15 women. October—Halloween Party for juvenile girls. November—annual carnival and dinner, three gymnasts performed at the Crossroads Shopping Center. March 12th—Mid-Winter Meet. April 23rd six girls will go to Cedar Rapids to the AAU. Meet to perform as exhibitionists. April 24th—Exhibition. May 1st—Dinner.

Sokol Omaha—Joe Susterka—Offers from teenage band to play for dance, but have not contacted them because of possible disturbances created.

Sokol Omaha—Director of Men—Ray Lastovica—30 juvenile boys, 12 juniors and 3 men. Bought new tape recorder and speakers. Top gymnast all around in high school is a Sokol, Jim Hruban. A trophy will be given to him. Bought a new Reuther board. Bought new long horse.

Sokolice So. Omaha—Barb. Swoboda—Increased membership to 93. Serve refreshments during bingo. February 12th Annual Večerek—chicken dinner and Slet film.

Sokolice So. Omaha—Director of Women—Phyllis Jirka—September enrollment of two classes of small girls, 40 and 33, 27 junior girls. October—participated in rededication ceremonies of the Statue of Liberty at Turner Park. November—danced

the Beseda on Lou Prohuts TV program. New Year's Eve Dance and presentation of plaque to bro. and sis. Pavoucek from Gym Club. Held five week first aid classes in January and February. In January presented a program to the patients at the Veterans Hospital. Had annual Gymnastical. Purchased new horizontal bar, recovered two mats and purchased one new mat.

Sokol So. Omaha—Al Swoboda—Election of officers—small lunch after meeting. Meetings well attended, 40—50 members. In September started "South Omaha Sokol," our newsletter. Edited by bro. Pavoucek. Membership drive still going—average 2 each month. Approximately 140 members. Renovating caretakers apartment. New electrical system lighting dance floor and stage. Bro. Vaclav Kulhanek made honorary member of Sokol Park. Received first day stamp album from ASO. for 2nd place in National Membership Drive. Hall name changed to South Omaha Sokol Hall.

Sokol Omaha—Director of Men—Vojmir Benak—45 boys, 6 juniors and 3 men. Trying to increase Beseda dance group—will also learn several other Besedas. Held Western District men's judges clinic in January.

Sokol St. Paul combined report—Robert Vanyo—Meetings very well attended—average 25. Trip to Chicago for Slet. Two gymnasts sent to Potter Lake for course. Rummage sale and other fund raising projects. 2nd annual New Year's Eve Party. Hall owned by CSA. Czech Folk Dancers 90% membership are Sokols. Many performances including dancing polka in the Bartered Bride of Smetana. Participated in Moravian wedding. Two gymnasts attended January clinic in Chicago. Gymnasts—31 girls, 13 juniors, 13 women, 3 junior boys.

Unfinished Business—Slet report from St. Paul—Slet to be held at Highland Park Senior High School, south side of town. School 2 years old. Possibility of serving "booya" on Saturday evening with excellent facilities outdoors. Eating facilities for gymnasts right outside at the school. We are asked to please bear with them as they may have to sell "a package deal" which will include your tickets for everything in advance. Housing will be of extreme importance since the Minnesota Twins have three home games the same weekend. Housing must be made through your Unit who in turn will send to St. Paul. No housing reservations after April 1st.

Every Unit held a Christmas party.

January 30th Instructors Meeting—The ASO. has advised us that they are presently contacting several people regarding the traveling instructor. Further information will be sent just as soon as they have more detail.

The requested supply of by-laws, by-law supplements, application for membership forms, and membership cards and six copies each of the new Sokol brochure, Sokol Idea and Dr. Scheiner, were also received. The ASO. is to be complimented on the new forms.

To the Units that do not have their original charters—the ASO. does not have this information. They have suggested that you write the Secretary of your State and obtain duplicate copies as filed

with that office.

Official Sokol emblem—Sokol monogram. The Falcon (bird) is a symbol. The circle of olive leaves is being used presently on our pins. As for jackets—letters more effective. ASO. has some very attractive patches.

Card Party—Cooperation from all Units good. Money and stubs for chances being returned. Numerous cash donations and merchandise.

Election of Officers—(See roster in March issue of American Sokol.) The officers were installed by bro. Robert Vanyo, President of Sokol St. Paul.

Site of next annual meeting—Omaha.

Site of 1967 District Slet—Don Pulkrab suggested that no District Slet be held in 1967 because of the expense of all Units to attend the Mid-Slet in Texas. This will be discussed further at the semi-annual meeting in September.

General Motions and Discussions—Any available material on the Sokols in Nebraska to be submitted to the District to be submitted in bulk to Dr. Kucera. A book entitled "Czechs in Nebraska" will be written in conjunction with the Nebraska Centennial. They are primarily interested in names and photographs. PLEASE SEARCH YOUR ATTIC FOR ANY OF THIS VERY IMPORTANT MATERIAL.

American Sokol Organization
5611 Cermak Road
Cicero, Illinois 60650

Bratři a sestry!

Sokolská župa Jižní konala 30. ledna 1966 svou výroční schůzi. Bylo usneseno vyjádřit jménem župy pozdrav a dík Výkonnému Výboru AOS. za všechno, co pro udržení, zachování našeho sokolství činí.

Dovedeme ocenit Vaši užitečnou práci, kterou konáte a přejeme Vám vše to nejlepší a mnoho úspěchů v budoucnosti.

Se sokolským NAZDAR! resoluční odbor župy Jižní:

Annastazie Jurčík
Henrietta Milan

Walter Hošek
Jim Kučera

January 30, 1966

American Sokol Organization
Executive Board
5611 W. Cermak Road
Cicero, Illinois 60650

Dear Brothers and Sisters:

We, the Sokol instructors and members from the WESTERN DISTRICT, wish to thank the Executive Board of the American Sokol Organization for your approval in conducting the adult clinic on our behalf.

Thank you for your deep understanding of the problems that we are confronted

with. The clinic has been an important function in our continued growth.

The opportunity which has been accorded us will aid in the progress of strengthening our Sokol ranks. Our young instructors hold the key to future success in our Sokol gyms, and our aim is to keep up with progress.

We sincerely thank you for your thoughtfulness in providing the meals, which were enjoyed by all.

Nazdar!

Bozena Drozda, Women's Director
Vojmir Benak, Men's Director

101st Annual Meeting of Sokol St. Louis, Mo.

We have often heard that thirteen is an unlucky number, but for Sokol St. Louis it was indeed a lucky one, for Sunday, February 13, was a beautiful day after a week of snow and bitter cold, but it also was a beautiful and successful day for Sokol St. Louis, for over 150 brothers and sisters gathered at their new and beautiful hall at 4690 Lansdowne to celebrate their 101st anniversary and to hear the progress we made in the year past. This was indeed a wonderful turnout in spite of the fact that on the same day our gymnasts were participating in competition with the Polish Falcons at their hall and many of our members attended.

After the regular meetings of Sokol and its auxiliary Sokolice Vlasta, the combined meeting was opened by our President bro. William Sana with the singing of our national anthems, the pledge of allegiance to the flag followed by a silent tribute to our deceased members and to bro. James Simaner who for so many years endeared himself to all St. Louis Sokols, for he was as our very own.

This was followed by reports of the different committees. Bro. Sana for the executive board, then by our physical director of men bro. Ronnie Trisk who stated that we have 217 attending gym, that they are preparing for their gymnastic exhibition in May and that their Barn Dance given in January brought a clear profit of \$696.20. Bro. Paul Buriat gave a report for the Camp Committee. Bought a new electric pump for the swimming pool for the sum of \$2,400.00 and they had a clear profit of \$500 from their yearly Halloween Party. They scheduled many affairs for this summer. Bro. Frank Ulrich and bro. Joe Eichner gave a report for the Entertainment Committee. Profit from the New Year's Party was \$671.62. They are preparing a Minstrel Show for November.

Bros. Frank Hrebec and Miro Janosik gave a report for the Building and Planning Committees. The cost of the building and the furnishing of our new hall so far is \$372,610. We have no mortgage on the building as the loans were made by Sokol other organizations and many members. They hope to have the debt cleared in a few years if the contributions will continue as they have. They plan further black topping of our large parking lot and

SOKOL GYMNAST

March 1966

EDITOR—MILDRED PRCHAL

2419 Scoville Avenue, Berwyn, Illinois 60402

ATTENTION SCHOLARSHIP APPLICANTS

Due to the delay in the printing of the applications the deadline for filing completed application form is changed to May 1, 1966. — For further information refer to February issue.

JAMES L. CIHAK, Educational Director ASO.

Never Give Up — Keep Trying

There are many ways to learn things and to get the most out of your lives. What you learn when you are young will mean more than you know. Habits become a part of you. If they are good habits they will help you a lot. We will tell you about many of them. They will be of value to you in the Sokol gymnasium, in school, in your studies and in everything you try to do. Some of them are: be clean — be on time — pay attention to your instructor, teacher and parents — never give up, keep trying — think — learn to obey and make your body obey your mind. There are many more. We will come to them later.

Today we will talk about "Never give up—keep trying." As young as you are, you learned what you have because of this. You have tried to hit a nail with a hammer, catch a playmate in a game, tried to swim or do a certain trick. You know how

clumsy you were, but you kept trying. Little by little you hit the nail more often and better, you began to run faster, you learned to paddle and swim, and you learned to do tricks well. You need teachers for everything. But you also need to learn to never give up, to keep trying over and over again.

What seemed hard at the beginning will become easier and easier as you become stronger. Once you learn this valuable lesson in your exercises and games you will do the same in your school work, studies and work. You will learn more and get better grades, you will become a better athlete and everything you try to do will show finer results.

So, listen to your teachers and parents, remember how they tell you to do certain things, and then practice, practice and practice, never give up—keep trying. Success will pay you for all your work.

EXERCISE ON BEAM

The beam is the ideal apparatus for developing perfect balance because of its limited area. Training in balance may be started with girls of 8 years of age. Today exercises on the beam consist not only of walks, hops, jumps, and turns, but include acrobatic elements and, in fact, all exercises included in calisthenics on the floor.

It is necessary in the beginning to develop the sense of balance and the beam should be included in each class hour. Constant repetition of individual elements is necessary—upon mastering balance and eliminating fear, more difficult exercises with a greater demand upon coordination may be added.

There is a great variety of steps, hops, jumps, leaps and turns that should be taught on the floor first, and only upon acquiring a thorough knowledge of these together with perfect control and posture should the individual be allowed on the beam.

Listing of individual elements:

I. FUNDAMENTAL WALKS, STEPS & HOPS:

1. Basic walks with arm and free leg movements.

2. Step, close (chasse).

3. Waltz step.

4. Waltz hop (step, tap back of heel, hop).

II. BASIC DISMOUNTS:

5. Arched dismount forward, backward, side-ward.

6. Dismount with stradleg front.

III. JUMPS:

7. Jump changing feet (changement).

8. Jump forestride in air.

9. Split leap.

10. Front bent hitchkick (cat step).

11. Front hitchkick.

12. Jump forward to squat.

IV. TURNS:

13. 180° turn on halftoe (both).

14. 180° turn in squat.

PIROUETTES: Turn on one leg.

15. 180° turn with bent frontleg, rearleg, front and rear swing or 360° turn.

16. 180° turn in squat sideleg.

V. BASIC MOUNTS:

17. Jump to kneel, squat or squat sideleg mount.

VI. OVERPASSES:

18. Jump without support to stands.
19. Overpass sideleg, frontleg or bentleg.
20. Overpass bentleg to rear support.
21. Overpass stradleg to front stradleg outside of arms.

VIII. SEATS:

22. From closeleg seat to bentleg lying.
23. Flank or front split seat.

VIII. BALANCES:

24. Sideleg scale.

IX. ROLLS:

25. Front roll over head and over shoulder (tucked).
26. Rear roll over head and over shoulder (tucked).
27. Arched rear roll over shoulder.
28. Dive roll.

X. HANDSTANDS:

- (Frontway-parallel; Sideway-crossway)
29. Handstand crossway.
 30. From handstand crossway:
 - a) archtumble vault,
 - b) front roll,
 - c) through cradle to stradleg seat crossway.
 31. Handstand parallel.
 32. From handstand parallel:
 - a) one leg stand,
 - b) stradleg stand support.
 33. Cartwheel dismount at end of beam (from handstand).
 33. From handstand parallel archtumble dismount.
 35. Cartwheel dismount.
 36. Cartwheel to stand on beam.

XI. DIFFICULT DISMOUNTS:

37. Aerial cartwheel dismount.
38. Back somersault.

Selection of elements for individual categories (from above list):

Small girls (beginners) 1, 2, 3, 4, 5, 8, 18, 19, 27, 13, 14.

Small girl (advanced) 4, 6, 7, 8, 10, 12, 14.

Junior girls (beginners) 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15 abc, 17, 18, 21, 23, 25, 29, 31, 32, 35.

Junior girls (intermediate) 16, 19, 22, 27, 28, 30ab, 32a, 33, 34.

Junior girls (advanced) 20, 24, 30c, 32b, 35, 37, 38.

The above listed numbers of elements designate recommended elements to begin teaching the specific age and ability groups above. It is, of course, understood that the more advanced girls have mastered all the elements in the lower difficulty categories and continue to improve them.

1. TEACHING ANALYSIS OF INDIVIDUAL ELEMENTS:

Fundamental walks, steps and hops.

Walking with arm and leg movement accompaniment.

1. Teach proper posture.

2. Correct walk on floor, also on beam.

3. By holding extended arm we can assist girl in gaining balance and avoid head bent forward in an effort to keep her eyes on beam before her.

4. Bending frontleg and rearleg is practiced at barre or support to attain high extension of legs.

5. Practice only leg movements, keep arms extended to side.

ASSISTANCE AND SPOTTING:

1. With beginners we may hold her extended arm but soon she should be able to work independently.

MAIN FAULTS:

1. Lack of muscle control in back.

2. Insufficient stretching of legs and feet when stepping.

3. Small expanse of movement and poor turning out.

2. PAS CHASSE (Step, close, step):

Execution: From closed position, left foot front (5th pos.), knees well turned out, plie, step forward left, close right back of left in half-toe position and another step forward left, taking weight on left. Reverse.

Teaching:

1. Teach pas chasse on floor.

2. Step is done in various 2/4 and 3/4 rhythms.

3. Alternate left and right pas chasse.

4. Add movements of arms.

5. Only after learning step on floor girls move to beam.

MAIN FAULTS:

1. No turning out—feet pointing straight forward.

2. Relax control of back muscles.

3. Head bent forward.

EXAMPLES OF COMBINATIONS:

1. Forestep left, bend frontleg right—arms low rear; extend right and do pas chasse right (right, left, right)—flank swings frontward to high, then extend to side.

2. Pas chasse left (left, right, left)—sidearm, frontleg right plie step right forward, moderate front bow, through closearm frontarm left (upright arabesque).

3. WALTZ STEP:**Execution:**

1. From closed position, left foot front (5th pos.).

2. Waltz step is done in 3/4 time.

3. Ct. 1, low frontleg, left knee turned out, toe pointed, moderate step forward with plie.

4. Ct. 2, step forward on right half-toe, (step is shorter and sharper).

5. Ct. 3, step forward on left half-toe, (step is shorter and sharper).

Teaching:

1. Waltz step is taught on floor with emphasis on first count of step.
2. Do step on low beam—arms extended to sides.

MAIN FAULTS:

1. Insufficient control of back muscles and looking down on beam.
2. Omitting halftoe position on 2nd and 3rd steps in waltz.
3. Not smooth.

EXAMPLES:

1. Waltz step forward right—inward circle of left arm—waltz step left front, inward front circle of right.
2. Same steps as "1." but arms alternately sketch a horizontal figure "8" chest high before body—always opposite arm to working leg.

4. WALTZ TAP STEP:**Execution:**

1. Short low leap forward on right, left low rearleg (ct. 1).
2. Tap left halftoe back of right heel and (ct. 2)
3. Hop on right, low left rearleg.

Teaching:

1. Omit hop in 3rd count but do releve after tap and extend left in rear.
2. Teach on floor, then low beam and high beam.
3. Arms extend to sides.

MAIN FAULTS:

1. Omitting extension of left leg in rear after leap on right in 1st count.
2. Taking weight on tapping foot.
3. Poor rhythm.

EXAMPLES:

1. Pas chasse forward left (left, right, left); tap step forward right, step forward left and tap right halftoe back of left heel and hop on left turning 180° to right landing on left, right low frontleg.
2. Waltz tap step beginning with right—sidearm, then left—on each 2nd count the opposite arm executes a downward front circle.

5. BASIC DISMOUNTS:

Arched dismounts forward, backward and side-ward.

1. Beginning with plie, from sidearm to reararm.
2. Upon takeoff from beam arch entire body, rearbow of head, knees straight (tighten thigh muscle)—uparm outward.
3. Takeoff from beam is obliquely upward not forward.
4. Dismount to halfsquat—trunk upright—sidearm.

Teaching:

1. Perfect arched jumps on floor repeatedly—stress landing into soft halfsquat.
2. Try the dismounts from a broader surface such as the horse, buck, table, etc., before trying from the high beam.
3. When practicing on high beam stress constant control and correct posture.

4. Be particular about landing.

Assistance and spotting:

1. The instructor observes the movements of the gymnast and guards during dismount; he stands to one side of the landing area to grasp at height of waist, one hand in back and one in front.

MAIN FAULTS:

1. Insufficient arching of trunk when in air.
2. Knees bent, toes not pointed.
3. Head bent front, piking before landing.
4. Not enough spring in air—spring too far forward.
5. Insufficient control when landing.

EXAMPLES:

1. 3 running leaps (low) (left, right, left) fore-step right and split leap forward left, turn 90° right, close right—plie, low reararm and arched dismount forward.
2. Arabesque on right, (left high rearleg)—sidearm—upright—90° turn left, close left, plie, swing arms frontward to low reararm and dismount backward.
3. Pas chasse right forward—sidearm—spring from right to a front cat step (bentleg hitch-kick)—step forward right, close left; dip to halfsquat, low reararm and arched dismount to right side.

6. STRAD FRONTLEG DISMOUNT:**Execution:**

1. Beginning with dip halfsquat—reararm—spring obliquely upward (as high as possible) raising legs to strad frontleg.
2. At the highest point we have maximum stradleg.
3. Frontbend (straight back) and touch feet with fingers.
4. Before landing, bring legs together—arch back—head upright.
5. Finish dismount to soft halfsquat.

Teaching:

1. Teach jumps from floor with strad frontleg.
2. Try from lower and wider area such as Swedish box, horse, etc.
3. Correct posture in seat astride on floor.
4. Emphasize controlled landing from high beam.

Assistance and spotting:

1. The instructor follows movements of gymnast and gives the same guard as for previous dismount.

MAIN FAULTS:

1. Insufficient raising and separating of legs.
2. Rounded back instead of straight during front-bow—toes not pointed when raised.
3. Tardy and insufficient straightening of body before landing.

EXAMPLES:

1. Waltz step forward right, waltz step forward left, forestep left with 90° turn to left, halfsquat—reararm and dismount with strad frontleg.

2. Jump to squat support (mount); 90° turn to left; upright to halftoe stand left closed before right (5th pos.); waltz step forward right; waltz step forward left; close right to left; turn 90° to left and do strad frontleg dismount.

7. JUMP CHANGING FEET:

Execution:

1. Start jump halftoe stand with one foot before the other in tight position.
2. With plie do vertical jump and at highest point sharply change feet.
3. Landing is done to half-squat in the same position as at beginning.

Teaching:

1. This should be taught at technique barre or other support about 8 inches above waistline (face barre—overgrip); jump and straighten arms to support while changing feet before landing.
2. On floor without support; concentrate all effort from the hips down; trunk remains straight and controlled.
3. Practice on low beam.

MAIN FAULTS:

1. Changing feet too soon.
2. Changing feet too late.
3. Piking.

EXAMPLES:

1. Pas chasse with jump instead of step (right, left, right)—small jump forward left to half-squat, left foot closed before right foot, jump changing feet; 180° turn to left on halftoe.
2. From closed position, right foot front (5th pos.)—sidearm, jump changing feet to stand in closed position with left before right and repeat jump changing feet to halftoe stand with right before left, 180° turn left, close arms and sit; back roll.

(To be continued)

From Sokol Baltimore "Topix"

It was our own bro. Frank Hejny, Jr., who a few years ago remarked, "If I live to be a hundred, I could never repay Sokol for what it has done for me."

I believe that these words are in the minds of many Sokols throughout the world. It is this thought that makes so many members dedicated to the great principles of Sokol; the directors and the members of the BOI's, who devote countless hours to give to the youngsters the benefits of the Sokol training which they themselves had received from the instructors who preceded them; the officers and members of the committees who work untiringly in order to maintain and support the Sokol idea.

Those who are not connected with the Sokol cannot comprehend the how and why of Sokol. They cannot understand why a group of adults will devote several hours a week to make and keep youngsters physically fit; they cannot understand how we carry on our program without any financial help from outside sources. They almost refuse to believe that the instructors do not receive any monetary remuneration; that the greatest remuneration that any instructor receives is the gradual improvement in the youngsters, week after week. They cannot understand why men and women devote this time to the youngsters even though they do not have youngsters of their own participating.

It would be very difficult to explain all of this to anyone who has not had the experience of coming up through the Sokol ranks like bro. Hejny and many others. It is the feeling deep down of the appreciation for an organization which does so much for so many for so little.

Perhaps one of the finest compliments that we have received came from a father of one of the boys in our gym classes:

It is a shame that every boy and girl does not have the opportunity to participate in your gym classes.

TRAVELING INSTRUCTOR WANTED

THE AMERICAN SOKOL BOARD OF INSTRUCTORS is seeking the services of a Traveling Instructor. The following requirements are necessary:

1. Sokol background of Junior and Senior Classes.
2. Attended American Sokol schools and clinics.
3. Have a thorough knowledge of our Sokol System.
4. Be able to teach the English terminology on apparatus and calisthenics.
5. Preferably for a 2 year period.
6. Teach in summer schools.

REMUNERATION:

1. \$6,000 annual salary.
2. Two week vacation.
3. Transportation from District to District paid by American Sokol.
4. Expenses within the District to be paid by the District.

LORRAINE ZDENEK
Director of Women

EDWARD LINHART
Director of Men

the planting of shrubbery. Bro. Hrebec announced that in this meeting alone the members contributed \$536.90. Bro. Charles Jecmen and sis. Elsie Korpecki gave a report for the Board of Directors of the hall. They thanked all those that so generously donate financially as well as physically to help with the upkeep and announced that the dedication of the new hall will be held Saturday, May 12th, with a program and a large parade in which the members and children of all the organizations meeting at the hall will participate.

Bro. William Milcic gave a fine report from the Czech School which is growing and prospering. Sis. Marie Matejka, president of Vlasta, gave an inspiring talk and presented a gift of \$1,600 to the Sokol which was gratefully received, and following her sis. Ruth Krizek read a well prepared yearly report of our Sokolice.

The final act was the installation of the officers and committees by bro. John Reiner, who also read a poem he wrote and dedicated to the 101st anniversary of Sokol St. Louis.

Before the closing of the meeting our financial secretary bro. Anton Kylian announced that the receipts of the meeting excluding the donations to the building fund was \$4,419.52.

After the meeting refreshments and good food was served and the rest of the evening was spent in the spirit of real Sokol brotherhood. Forward, Sokol St. Louis, to greater heights. We are proud of you. Nazdar!

John Reiner

To Sokol St. Louis

More than forty years ago
The Sokols shed tears of sorrow,
When they moved from Ninth and Allen
Looking sadly toward a bleak tomorrow.

The National Hall was to be their new home
And to it, they brought a brighter dawn,
With new strength and high ideals
To strike against a song of swan.

For forty years they grew and prospered
And it was a happy home indeed,
In it they carried the heritage of their founders
Where in America, was planted its first seed.

They excelled in gymnastics
And brought Czech culture to a greater length,
With strength in their arms and love for their
country,
With high Sokol ideals and Sokol strength.

From meager funds, they built a camp for children,
For years they labored week to week,
They were proud in their achievement,
No gain, nor glory did they seek.

The years went by and time marched on
And suddenly our hearts were filled with sadness,
Our home was to be torn down, demolished,
Gone was the song and gladness.

But the Sokol spirit never dies,
To meet this challenge, they 'rose as one,
And due to help of many others

Today with a deep gratitude, we can say "Well done!"

Planning, donating and working as never before,
In spite of many critics, the Sokols lead the way,
And on this day, we can proudly say to all the
Czechs
We are here to stay!

From the ruins and ashes of our old home
Rose this beautiful new home we proudly claim,
A monument to the past, the present and the future,
Bringing undying glory and to all Czechs due fame.

To you my dear brothers and sisters of Sokol
St. Louis

On this your 101st anniversary, with a brighter
dawn,

Looking upon you with pride, though humble heart,
I cry to you "To greater heights and posterity
carry on!"

—JOHN REINER

Sokol Detroit

In place of the usual Annual Winter Akademie, the Board of Instructors held an "Open House" this year. It was held on Friday, January 14th, a regular gym night. It was intended that the parents of the gymnasts as well as guests and friends of Sokol would see just what transpires on a typical gym night. In this objective, I believe we have succeeded. Everyone present enjoyed a fine program designed to illustrate all phases of gymnastics, from all classes.

The program began with an introduction of the members of the Board of Instructors by C. Bares who narrated the program. All classes were represented and demonstrated warmup exercises, marching tactics, prostrná, apparatus, tumbling, game, free calisthenics, calisthenics with apparatus, trampoline, etc. The program was concluded with the singing of "The Star Spangled Baner" by all the gymnasts and spectators.

On Sunday, January 30th, we held a Skating Party at the Sokol Camp. It was a fine cold wintry day. In spite of the cold penetrating wind and bad ice, everyone concerned had a fine time. We had a fine turnout and it appeared to me that everyone thoroughly enjoyed a Sunday out at the Camp in the middle of winter.

Kindergarten classes for youngsters 3 through 5 years of age will begin at a later date. We encourage parents to enroll their children in gym classes.

Bro. Jim Kalivoda took a group of 4 junior boys and 3 men and performed for the Boys Club at Livernois and Michigan on February 1st.

Nazdar!

Chuck Bares, Correspondent
Sokol Detroit Board of Instructors

Sokol Omaha, Nebr.

The Sokol Omaha Czech Brass Band is going to present a concert and dance on April 17, at 5:00 P.M. in Wilber, Nebraska, at the Sokol Hall. Those who wish to do so may dress in their Czech cos-

tunes. Refreshments will also be available. Chartered buses will leave Omaha for Wilber. Reservations are being made at the Sokol Auditorium, 13th and Martha St.

If there are any special old-time tunes your friends would like to have played, we would appreciate your writing us. Write to Sokol Omaha Czech Brass Band, 13th and Martha, Omaha, Nebr.

The Brass Band will also give a concert and dance at the Sokol Auditorium, 13th and Martha, in Omaha, on May 22nd, at 5:00 P.M. Refreshments will be available.

The Brass Band can be heard on radio station KFNF (920 kc.) daily from 4:00 P.M. to 5:00 P.M., also on Sunday from 12:30 to 2:30 P.M. over radio station KHUB in Fremont.

We hope to have our first record available at our Omaha concert the 22nd of May. For our May 22 concert our special guests will be some of the finest baton twirlers.

Louis Sevek, Jr.
Promoter Sokol Omaha Brass Band

R. V. NOVÁK:

Paměti Havlíčkově.

V červenci letošního roku, budeme vzpomínat 110 let prošliých od úmrtí Karla Havlíčka Borovského. Vzpomeneme s opravdovou úctou a vděčností. Žil krátce, jeho veřejné působení trvalo jen několik let, ale výsledky jeho zajistily Havlíčkovi trvalou pamět celého národa.

Život Havlíčkův obsahuje třiatdvacet let přípravy k veřejnému působení, sedm let tuhé, svědomité a cílevědomé práce ve službách národa a končí pětiletým utrpením, které předčasně zkosilo třicetipětiletého muže.

V době příprav Havlíčkových k veřejnému životu pozorujeme, jak mladá přemítavá duše hledí si vytýčit pevný a jasný životní cíl. Studie svými jevy sesílily jeho pevný úmysl posilovat češství, se slabily jeho náboženské zánění a po vyloučení ze semináře posílily jeho odhodlaní cestami seznat svět, aby dovedl pak posoudit český život, jeho přednosti i vady a poznatků svých uplatnit k prohloubení českého života. Cesty po českém kraji, po Polsku a Slovensku a zejména cesta na Rus objasnila jeho stanovisko k otázce slovanské: sesílila jeho češství a lásku k národu i víru v lepší budoucnost jeho a urychlila jeho zralost politickou.

Působení Havlíčkově v životě veřejném bylo velice krátké, ale zanechalo trvalé stopy v českém úhoru. Kritikou vlastnění razil si cestu do českého života. Stal se novinářem, vytvořil nový typ novin a získal důvěru lidu poučováním, v otázkách občanských vytvořil z novin "svědomí národa". V době plné kvasu a vzruchu dovedl poučovati za všech poměrů — absolutismu i tiskové svobody — český lid, jemuž vštěpoval správné politické myšlenky. Cítil příliš dobře těžké utrpení lidu, jeho boj o život a proto šel vlastním příkladem, aby probudil české vědomí a posílil k důstojnému sebevědomí. Jeho mravní bezúhonnost zářila jasným světlem do českého života, jeho vytrvalost a odhodlanost působily svým příkladem mocně na za-

křiknutou českou duši, jež se znenáhla probouzela k novému životu.

Správně vymezil úkol občana ve státu: pracovat svědomitě a přičiňovat se, odstraňovat překážky ve svém nejbližším okolí a nečekat, až druzí vše provedou. Horlil v znamenitých "Epištolách kutnohorských" proti zneužívání náboženství k účelům politickým a britkými epigramy bičoval vady českého života.

Žel mužné působení Havlíčkově násilím přerušeno. "Zmar nadějí, útisk a utrpení muže vyrvaného z lůna vlasti a rodiny vyvolaly z nitra pěvcova několik chabé vzdechy a nářky, ale podivuhodnou směs jemných tonů elegických s humorem ironií, britkou satirou, ba až i sarkasmem, jak se nám jeví v Tyrolských elegiích, v této básni mužného vzdoru duše nezložené, byt' roztrpčené a zarmoucené . . ." Vyhnanství však přece vyčerpalo Havlíčkovy síly, jež zákeřná nemoc zcela podt'ala . . .

Havlíček svým působením jako básník a novinář i svým životem jako člověk je nám vzácným příkladem energie, možnosti a opravdovosti. Snažme se procítit a prožít jeho myšlenky a v jeho stopách žijme a pracujme opravdově, poctivě a svědomitě ve službách národa.

Vzpomeňte také vy!

Svoboda se nedá vykřičet, vyplakat a vylamentovat, jen z ruky plné naděje kvítne. — K. Havlíček.

Pavel Šrámek odešel.

Známy, dlouholetý náš přítel, národní, sokolský, vlastenecký člověk, br. Pavel Šrámek z Meadowlands, Minnesota, zahynul v neblahém — jím nezaviněném neštěstí, v dopravní srážce dvou nákladních aut na zasněžené silnici blíže Walker, Minnesota, v pátek 26. ledna. Jeho auto bylo zasaženo jedním z nich a br. Šrámek na místě usmrčen prudkým nárazem. Byl 72 roků stár.

V dřívějších časech byl tam pákou sokolské organizace, náčelníkem, cvičitelem, činovníkem a měl nemalé zásluhy o postavení krásného společného střediska pro náš čsl. lid.

Bývalý starosta župy Severovýchodní, bratr Jan Tichý, máje tam příbuzné, často tam zajížděl a bral podíl na dobré sokolské činnosti s br. Šrámkem.

(Ze zprávy br. A. Beneshe)

Když mužem Jsi, tož mužem bud',
všem vichrům protivným se směj
a jejich snaze zběsilé
se nikdy, nikdy nepoddej.

Bojácným psem ten osud je,
jenž štěká sic, však uteče,
když zostra naň se podíváš —
tož, nedej se mu člověče!

T. B. Hlubuček:

"Co mi dal Sokol?"

Kdyby se mne někdo zeptal proč jsem se stal Sokolem, musel bych poctivě odpovědět — "Ne-vím!", protože jsem byl příliš mlád, abych pochopil pravý význam, účel a poslání sokolské výchovy. Tenkrát mne upoutal zákovský úbor, krátké kalhoty tříslivé barvy a tričko s červeno-bílou ozdobou a odznakem Sokola. Brzy mne upoutaly jiné věci. Zaujala mne dobrovolná kázeň v tělocvičně, právě tak jako soutěž ve výkonech svých druhů ve třídě. Stejně jako v životě, ani zde jsme nebyli stejní. U některých se zdálo, že mají tělocvik v žilách, druzí museli jítí krůček za krůčkem, aby je dostihli. Během chvílek oddechu četl jsem na zdích žamberské tělocvičny stručná, ale jasná hesla: "Ni zisk, ni slávu" — "Přelom, přeskoč, nepodlez" — "Jednotlivec nic, celek všechno" a další. Čím více jsem o nich přemýšlel, tím hlouběji jsem chápal, že jejich význam se nedotýká pouze života člověka, ale národa, který v těch letech ještě nebyl svoboden.

Mnohem lépe se mi odpovídá na druhou otázku — "Co mi Sokol dal?" Dalo by se na to odpovědět několika slovy, nebo serií článků na pokračování. V každém případě bych však musel říci přímo a otevřeně, že po materiální stránce mi Sokol nedal nic, ale jenom proto, že jsem nic neočekával a své obchodní záležitosti nikdy nespojoval se svým členstvím. Co mi Sokol dal, dotýkalo se duchovních a mravních hodnot a na ty není žádná šablona. Kdo bral příkazy Fügnera a Tyrše vážně — získal samozřejmě více. Dvě lhůty starostenství jsem považoval za výsadu a nikoliv odměnu. V Sokole jsem navázal mnoho vzácných, trvalých přátelských styků a od těch, kteří byli starší a moudří, získal nejednu dobrou radu pro život.

Nescházelo ovšem horkých a tvrdých hlav i jedinců, kteří chtěli prosazovat pouze své "já", ale i to bylo pro mne školou a varováním. Kdykoliv se mi zasteskne po sokolské činnosti, promítnu si sletové filmy americké i z Československa. Při tom mám pocit, že do té mohutnosti a krásy někde v koutěku také patří. Stejný pocit jsem měl během stého výročí oslav amerického sokolstva a při vydání pamětní známky i když jsem byl — přiznávám otevřeně — do určité míry zklamán symbolem, který byl vybrán. Aspoň pro mne postrádala sokolských barev. To však neznamenalo, že bych

nebyl hrdý jak na známku, tak i americkou vládu, která tímto způsobem vzdala sokolstvu poctu.

V příboji života se nakupila léta. My můžeme mluvit a psát o tom — "Co nám Sokol dal . . .", ale naše snahy se musí čím dále tím usilovněji soustředit na mládež, která ku své odpovědi si musí prošlapat cestu vlastními zkušenostmi a poznáním.

T. G. Masaryk o Sokolstvu.

(7. července 1926)

Tyrš přímo geniálním a uměleckým počinem harmonicky sloučil antický ideál krásy, dobra s naším národním programem, žádajícím synteseš ušlechtilého češství s čistým lidstvím. Tyrš vytvořil sokolskou obec a vstúpil jí tu sílu a mužnost, která stejně se vyhýbá hrubosti a násilnosti jako sentimentalitě slabošského bratříčkářství; veliké vzory naší slavné minulosti, Žižka a jeho nezlomná chrabrost v obraně pravdy a národa a Chelčického nekompromisní pacifism našly v ideji sokolské harmonický výraz.

Tyrš v souhlase s tehdejší mladší pokrokovou generací byl nadšený demokrat a sokolským bratrstvím vědomě sloužil demokracii a osvobození národa. Vítám proto, bratří, váš slet, neboť přišel opravdu jak na zavalanou, aby všechny myslící názorně poučil, co znamená demokratický celek: organizovanost, ukázněnost, připravenost. A tento organizovaný, ukázněný, připravený celek, ta naše krásná obec sokolská má právě teď zvláštní význam: zastihuje nynější politický nesoulad a tlačuje jej na přechodní fási našeho politického vývoje. Když přehlížívám ty massy Sokolů a Sokolic, mladých a starých, uvědomuji si znova a znova, že každé množství musí být ovládáno a řízeno ideou, ideou pojatou a drženu jednotlivci, vedoucími množství a zároveň mu sloužícímu. V tom smysle Sokolstvo a jeho idea je živým vzorem a poučením národa a republice.

Directory of the American Sokol Organization**EXECUTIVE BOARD ASO.:**

Meetings fourth Tuesday, 5611 W. Cermak Road, Cicero, Illinois 60650. President: Stanley Barcal. Secretary: Betty Prener. Kindly make all checks and Money Orders payable to the AMERICAN SOKOL ORGANIZATION, 5611 W. Cermak Rd., Cicero, Illinois 60650.

BOARD OF INSTRUCTORS ASO.:

Combined meetings every 3rd month at Sokol Tabor, 1602 Clarence Ave., Berwyn, Ill. 60402.

Director of Men: Edward Linhart, 1820 Ridgeland Ave., Berwyn, Ill. 60402.

Ass't. Director: Richard Ptacek, 4320 Clinton Avenue, Berwyn, Ill. 60402.

Secretary: Paul Lebloch, 2212 Hainsworth Ave., No. Riverside, Ill. 60546.

Director of Women: Lorraine Zdenek, 9709 S. Mason, Oak Lawn, Ill. 60453.

Ass't. Director: Ellen Jeanne Schnabl, 2502 Harvey Ave., Berwyn, Ill. 60402.

Secretary: Mary Pokorny, 3905 Forest Avenue, Western Springs, Ill. 60558.

EDUCATIONAL DIRECTOR: James L. Cihak, 405 — 50th Place, Western Springs, Ill. 60558.

BY-LAWS COMMITTEE: Address all mail to American Sokol Organization, 5611 W. Cermak Road, Cicero, Illinois 60650.

PUBLIC RELATIONS COMMITTEE

Chairman: Anna Basta, 2629 Maple Ave., Brookfield, Ill. 60513.

ORGANIZING COMMITTEE

Chairman: Emilie Welcl-Ruzicka, Rt. 1, Box 238, Three Oaks, Mich. 49128.

**EASTERN DISTRICT,
LITTLE FERRY, N. J.**

Meetings 3rd Monday, Sokol Hall, Main and Garden Streets, Little Ferry, New Jersey 07643. **President:** Charles Zraly. **Secretary:** Blanche Zraly, both 29 Holland Court, Valley Stream, L. I., New York 11580. **Director of Men:** Frank Capek, 39 Barnes Drive, Ridgefield Park, N. J. **Director of Women:** Norma Zabka, 86-50 Boulevard East, No. Bergen, N. J.

**NORTHEASTERN DISTRICT,
CLEVELAND, OHIO**

Meeting 4th Wednesday, Sokol Tyrns, 3689 East 131st St., Cleveland, O. 44120. **President:** Anthony J. Suster, 6828 Mill Road, Brecksville, O. 44141. **Secretary:** Wilma A. Sevcik, 4102 Fulton Rd., G-33, Cleveland, Ohio 44109. **Director of Men:** Donald Kotlan, 5401 Clark Ave., Cleveland, Ohio 44102. **Director of Women:** Agnes Hantl, 13701 Bartlett Avenue, Cleveland,

**EASTERN DISTRICT,
LITTLE FERRY, N. J.**

Sokol Baltimore, Maryland. — Meetings 2nd Sunday from October through March. 4th Tuesday from April through September. **American Sokol Center,** 2931 E. Madison St., Baltimore, Md. 21205. **President:** William Kolomaznik, 805 N. Curley Street, Baltimore, Md. 21205. **Secretary:** Henry J. Vrzalik, 201 Lyndale Ave., Baltimore, Md. 21236. **Financial Secretary:** Edward Stetka, 2100 Meadowview Dr., Baltimore, Md. 21207. **Director of Men:** Edward Stetka. **Educational Director:** Bohus Bata, 509 Castle Drive, Baltimore, Md. 21212.

Sokolice Baltimore, Md. — Meetings 2nd Sunday from Oct thru March, 4th Tuesday April to September. **American Sokol Center,** 2931 East Madison Street, Baltimore, Md. 21205. — **President:** Sylvia Peifer, R. D. 4, Box 78, Annapolis, Md. 21401. **Secretary:** Roberta Lubin, 1208 Fourth Road, Baltimore, Md. 21220. **Financial Secretary:** Libbie Vrzalik, 201 Lyndale Ave., Baltimore, Maryland 21236. **Director of Women:** Marie Pokorny, 9812 Gunforge Rd., Perry Hall, Maryland 21128.

Sokol Belcamp, Md. — Meetings 1st Wednesday, Belcamp Community Center, Belcamp, Md. 21017,

Ohio 44120. **Educational Director:** Emil Pekar, 6801 Glenella Drive, Cleveland, Ohio 44131.

**CENTRAL DISTRICT,
CHICAGO, ILLINOIS**

Meetings 4th Wednesday, Sokol Havlicek-Tyrns, 2619 S. Lawndale Ave., Chicago, Ill. 60623. — **President:** Joseph F. Drnec, 21 W. 161 Monticello, Lombard, Ill. 60148. **Secretary:** James Kriz, 2520 Park Ave., No. Riverside, Ill. 60546. **Director of Men:** Roy Zitny, 4332 Arthur Ave., Brookfield, Ill. 60513. **Director of Women:** Cheryl Savel, 2524 East Ave., Berwyn, Ill. 60402. **Educational Director:** Charles M. Prchal, 2419 Scoville Ave., Berwyn, Illinois 60402.

**WESTERN DISTRICT,
OMAHA, NEBRASKA**

Meetings 2nd Monday, Sokol Auditorium, 2234 S. 13th Street, Omaha, Nebr. 68108. — **President:** Edward Pavoucek, 2306 Jefferson, Bellevue, Nebr. 68123. **Secretary:** Phyllis Jirka, 6514 So. 45th Street, Omaha, Nebr. 68117. **Director of Men:** Vojmir Benak, Jr., 5919 So. 15th Street, Omaha, Nebr. 68107. **Director of Women:** Bozena Drozda, 2627 N. 102nd Ave., Omaha, Nebr. 68134. **Educational Direc-**

tor: Alfred Swoboda, 5816 So. 15th Street, Omaha, Nebr. 68107.

**SOUTHERN DISTRICT,
DALLAS, TEXAS**

Meetings 2nd Tuesday, Sokol Athletic Center, 7448 Greenvile Ave., Dallas, Tex. **President:** Joseph Pokladnik, 6234 East University, Dallas, Tex. 75214. **Secretary:** Vlasta Laznovsky, 5514 Gregg St., Dallas, Tex. 75235. **Director of Men:** Jerry Milan, 6208 Lakeside Dr., Fort Worth, Tex. **Director of Women:** Sylvia Laznovsky, Route #1, Ennis, Texas. **Educational Director:** Libbie Smith, 5514 Gregg Street, Dallas, Tex. 75235.

**PACIFIC DISTRICT,
LOS ANGELES, CALIF.**

Meetings 1st Tuesday, Sokol Hall, 500 N. Western Ave., Los Angeles, Calif. — **President:** Emil Nekuda, 22160 Costanso, Woodland Hills, Calif. 91364. **Secretary:** Louis Nekuda, 22160 Costanso, Woodland Hills, Calif. 91364. **Director of Men:** Joseph Pokorny, 3211 Tyburn, Los Angeles, Calif. 90039. **Director of Women:** Florence Palas, 7823 Stewart & Gray Rd., Downey, Calif. **Educational Director:** George Spanek, 1364 Drake Ave., Burlingame, Calif.

Directory of Units

President: Frank G. Novak, P. O. Box 65, Belcamp, Md. 21017. **Secretaries:** Andrew Kaspar, 215 Parke St., Aberdeen, Md. 21001, and James V. Hesoun, P. O. Box 44, Belcamp, Md. 21017. **Financial Secretary:** Emil Dupal, 255 Hemlock Lane, Aberdeen, Md. 21001. **Director of Men:** Martin Lago, P. O. Box 281, Belcamp, Md. 21017. **Director of Women:** Martin Lago. **Educational Director:** Joseph Vachek, P. O. Box 32, Belcamp, Md. 21017.

Sokol Curtis Bay, Md. — Meetings last Friday, **American Sokol Gymnastic Association,** 1527 Cherry St., Baltimore 26, Md. — **President:** James F. Zaruba, 4705 Virginia Ave., Baltimore 25. **Financial Secretary:** Sophie Catterton, 221 Sycamore Rd., Linthicum Heights, Maryland.

Sokol Fugner, L. I. C., N. Y. — Meetings 3rd Tuesday, **Bohemian Hall,** 29-19 24th Ave., Long Island City, N. Y. 11105. **President:** Charles Zraly, 29 Holland Court, Valley Stream, L.I.C., N. Y. 11580. **Secretary:** Bertha Hochner, 45-35 Utopia Pkwy., Flushing, N. Y. 11358. **Fin. Secretary:** Robert Moravec, 45-27 Parsons Blvd., Flushing, N. Y. 11355. **Director of Men:** Richard Kotmel 46-50 162nd Street, Flushing, N. Y. 11355. **Director of Women:** Jane Cerny, 23-71 37th St., L.I.C., N. Y. 11105.

Educational Director: Dinka Kolnik, 26-28 30th Street, Astoria, Long Island City, N. Y. 11102.

Sokol Little Ferry, New Jersey. — Meetings 2nd Monday, Sokol Hall, Main & Garden Streets, Little Ferry, N. J. 07643. **President:** Eugene Zabransky, Saddle Ridge Road, Ho-Ho-Kus, N. J. 07423. **Secretary:** Henry L. Vesely, 77 Liberty Street, Little Ferry, N. J. 07643. **Financial Secretary:** Henry Mayer, 21 Mehrhof Road, Little Ferry, N. J. 07643. **Director of Men:** George Janakis, 15 Beech Street, Little Ferry, N. J. **Educational Director:** Charles Kuss, 941 Phyllis Lane, Oradell, N. J.

Sokolice Little Ferry, New Jersey. — Meetings 4th Wednesday, Sokol Hall, Main and Garden Streets, Little Ferry, N. J. 07643. **President:** Blanche Kubat, 16 Columbus Ave., Little Ferry, N. J. 07643. **Secretary:** Ann Shervanick, 11 Lewis St., Little Ferry, N. J. 07643. **Financial Secretary:** Elsie Machotka, 26 Center Street, Little Ferry, N. J. 07643. **Director of Women:** Myra Nedelka, 50 Grand Street, Little Ferry, N. J. 07643.

Sokol Newark, New Jersey. — Meetings 2nd Thursday, **Bohemian Auditorium,** 56 — 19th Ave., Newark, N. J. **President:** Ludmila El-

kins, 664 Valley Street, Orange, N. J. Secretary: Frances Schamberger, 1656 Andrew St., Union, N. J. Financial Secretary: Anna Votapek, 664 Valley St., Orange, N. J.

Sokol New York, N. Y. — Meetings 4th Friday, Sokol Hall, 420-424 East 71st Street, New York, N. Y. 10021. President: A. Tutter, 183 Gelston Ave., Brooklyn, N. Y. 10009. Secretary: H. Hochner, 709 F. D. Roosevelt Drive, Apt. 12E, N. Y. City, N. Y. 10009. Fin. Secretary: Marie V. Lier, 65-42 — 48th Ave., Woodside, L. I., N. Y. 11377. Director of Men: Stanley Mergl, 1278 — 1st Ave., N. Y. City, N. Y. 10021. Director of Women: Joan Skala, 406 East 71st St., N. Y. City, N. Y. 10021. Educational Director: Daniel Borsuk, c/o Sokol Hall.

Sokol Philadelphia, Pa. — Meetings 1st Friday, Slovak Hall, 1150-54 N. 4th St., Philadelphia, Pa. 19123. President: Eugene Prostrednik, 920 Fanshawe Street, Philadelphia, Pa. 19111. Secretary: George Novak, 2003 E. Elkhart St., Philadelphia, Pa. 19134. Financial Secretary: Elsie Novak, 2003 E. Elkhart Street, Philadelphia, Pa. 19134. Educational Director: George Novak.

Sokol Schenectady, New York. — Meetings 1st Wednesday, Czech-American Sokol Hall, 1309 Fifth Ave., Schenectady, N. Y. 12303. President: Fred Guthan, 2351 Consaul Rd., Schenectady, N. Y. 12304. Secretary: Antonia Guthan, 2351 Consaul Road, Schenectady, N. Y. 12304. Financial Secretaries: Julia Kverek, 1541 Altamont Avenue 12303, and Alice Matura, 1 Larkin St., Scotia, N. Y. 12302. Director of Men: Frank Prokop, 1005 — 6th Avenue, Carmen, Schenectady, N. Y. 12303. Director of Women: Marie Kozak, 1881 Greenpoint Avenue, Schenectady, N. Y. 12303. Educational Directors: Frank Prokop and Carrie Jordan, 1302 2nd Ave., Schenectady, N. Y. 12303.

Sokol Washington, D. C. — Meetings 1st Friday. President: Matthew Neumann, 2071 Park Road N.W. Secretary: Vera Cech, 3812 Ralph Rd., Silver Springs, Md. Financial Secretary: Gerta Manhal, 1660 Lanier Pl. N.W., Apt. 405 (9). Director of Men: Frank Stovicek, 2059 Park Road N.W. (10). Director of Women: Anna Dankulich, 2724 Porter Street N.W. Educational Director: Jerry Friedrich, 13421 Bartlett St., Rockville, Md.

NORTHEASTERN DISTRICT, CLEVELAND, OHIO

Sokol Cleveland-Cech Havlicek, Cleveland, Ohio. — Meetings 1st

Sunday, Sokol Cleveland Hall, 20110 Harvard Ave., Warrensville Heights, Ohio 44122. President: Ralph Gruber, 3418 Colton Road, Shaker Heights, O. 44122. Secretary: Wilma A. Sevcik, 4102 Fulton Road, Apt. G-33, Cleveland, Ohio 44109. Financial Secretary: Bertha Cihula, 31713 White Road, Wickliffe, Ohio 44092. Director of Women: Ann Skoda, 12611 Britton Drive, Cleveland, Ohio 44120. Educational Director: Ferdinand Jirsa, 3715 Riedham Road, Cleveland, Ohio 44120.

Sokol Detroit, Mich. — Meetings 1st Thursday, Youth Center, Greenfield & Michigan, Dearborn, Mich., P. O. Box 341. President: Victor Hurych, 16958 Cicotte, Allen Park, Mich. Secretary: Charles Schamanek, 28179 Schroeder Rd., Farmington, Mich. 48024. Financial Secretary: Herman Kopecek, 5224 Chopin, Detroit, Mich. 48210. Director of Men: Harry Valek, 1780 S. Sheldon Road, Bellville, Mich. Educational Director: Henry Seidel, 10001 Pierson, Detroit, Mich. 48228.

Sokolice Detroit, Mich. — Meetings 1st Thursday, except August, Dearborn Youth Center, Michigan and Greenfield Ave., Dearborn, Mich. 48126. P. O. Box 341. President: Vlasta Nozicka, 4881 Korte Ave., Dearborn, Mich. 48126. Secretary: Jenny Pazdernik, 10333 South Morrow Circle, Dearborn, Mich. 48126. Financial Secretary: Lillian Brumo, 23136 Murray, Dearborn, Mich. 48126. Director of Women: Jarmila Kalivoda, 6533 Arcola, Garden City, Mich. 48135. Educational Director: Irene Kopecek, 5224 Chopin Avenue, Detroit, Michigan 48210.

Sokol Moravan, Toledo, Ohio. — Meetings 4th Sunday, Sokol Hall, 2401 Valentine, Toledo, Ohio 43605. President: Gottlieb F. Capoun, 5302 Grosse Pointe Parkway, Toledo 11, Ohio. Secretary: Elizabeth Penovich, 2130 Nevada, Toledo 5, Ohio. Financial Secretary: Hope H. Saleta, 1809 Rivard Rd., Toledo 7, Ohio.

Sokol Nova Vlast, Cleveland, O. — Meetings 2nd Sunday, Czech Hall, 4314 Clark Avenue, Cleveland, Ohio 44102. President: Robert Kaspar, 6791 Glenella Drive, Seven Hills, Ohio, 44131. Secretary: Jeanette H. Wagner, 3872 Mill St., West Richfield, O. 44286. Financial Secretary: Anna Prech, 5117 Archmere Ave., Cleveland, O. 44109. Director of Men: George Kotlan, 5401 Clark Ave., Cleveland, O. 44102. Director of Women: Betty Hosticka, 2052 Ridgeview Drive, Seven Hills, O. 44131. Educational Director: Emil Pekar,

6801 Glenella Drive, Seven Hills, Ohio 44131.

Sokol Rip, Pittsburgh, Pa. — Meetings at SGUS. Hall, 2nd Wednesday, 849 Lockhart Street, Pittsburgh, Pa. 15212. President: Miloslav Janouch, 6307 Aylesboro Ave., Pittsburgh, Pa. 15217. Secretary: Standa Prostrednik, 215 Saxonburg Blvd., Pittsburgh, Pa. 15238. Financial Secretary: Frank Guca, 908 Evergreen Ave., Millvale, Pa. 15209.

Sokol Tyrs, Cleveland, Ohio. — Meetings every other month, Board of Directors, 2nd Thursday each month, 3689 East 131st St., Cleveland, Ohio 44120. President: Robert E. Jirousek, 18424 Chagrin Blvd., Shaker Heights, Ohio 44122. Secretary: Maxine Dudek, 11305 Revere Avenue, Cleveland, Ohio 44105. Financial Secretary: Marie Whiteman, 6544 Highland Road, Cleveland, Ohio 44124. Director of Men: Charles Hantl, 13701 Bartlett Ave., Cleveland, Ohio 44120. Director of Women: Libbie Jelinek, 12121 Darlington Rd., Cleveland Ohio 44125. Educational Director: Robert E. Jirousek.

CENTRAL DISTRICT, CHICAGO, ILLINOIS

Sokol Americky, Chicago, Ill. — Meetings 2nd Wednesday, 1536 W. 18th Street, Chicago, Ill. 60608. President: Rose Spale, 1313 W. 19th Street, Chicago, Ill. 60608. Secretary: Marie Hanke, 1313 W. 19th Street, Chicago, Ill. 60608. Financial Secretary: Mary Doubek, 1536 West 18th Street, Chicago, Ill. 60608.

Sokol Berwyn, Illinois. — Meetings 2nd Thursday, Sokol Berwyn, 6445 W. 27th Place, Berwyn, Ill. President: Edward W. Schnabl, 2503 So. Harvey, Berwyn 60402. Secretaries: Frank R. Navratil, 2323 S. 14th Ave., No Riverside, Ill., and Laddie Stulik, 82nd and Madison, Hinsdale, Ill. 60521. Financial Secretary: Ella Vydra, 6517 W. 27th Place, Berwyn 60402. Director of Women: Cheryl Savel, 2524 S. East Ave., Berwyn 60402. Educational Director: Ellen Jeanne Schnabl, 2303 Harvey Ave., Berwyn, Ill. 60402.

Sokol Brookfield, Ill. — Meetings 1st Wednesday, National Hall, 3909 Prairie Ave., Brookfield, Ill. President: Rudolph Svoboda, 2343 S. 14th Ave., No. Riverside, Ill. 60547. Secretary: Irene Marek, 3514 Madison, Brookfield, Illinois 60513. Financial Secretary: Rose Fritsch, 3921 Forest Ave., Brookfield, Ill. 60513. Director of Men: Jos. Domansky, 1433 Alima Terrace, La Grange Park, Ill. 60528.

Director of Women: Jane Jirak, 9023 Lincoln, Brookfield, Illinois 60513. Educational Director: Ronald Bazata, 4227 Park Ave., Brookfield, Ill. 60513.

Sokol Cechie, Chicago, Illinois.

— Meetings 3rd Tuesday, National Hall, 1643 N. Cicero Ave., Chicago, Ill. — President: Anton Hanuska, 1614 S. 61st Ct., Cicero, Ill. Secretary: Emilie A. Zibrid, 1040 S. Edgewood Ave., Lombard, Ill. Fin. Secretary: Henry Lizner, 4219 So. Elmwood Ave., Berwyn, Illinois.

Sokol Chicago, Ill. — Meetings

3rd Monday, Sokol Berwyn, 6445 W. 27th Pl., Berwyn, Ill. 60402. President: Stanley Barcal, 2437 S. Harvey Ave., Berwyn, Ill. 60402. Secretary: Charles Zdenek, 9709 S. Mason, Oak Lawn, Ill. 60453. Fin. Secretary: Robert Barcal, 1522 S. 58th Court, Cicero, Ill. 60650.

Sokolice Chicago, Ill. — Meetings

3rd Monday, Lincoln Federal, 6055 W. Cermak Rd., Berwyn, Ill. 60402. President: Ann Falta, 2540 So. St. Louis Ave., Chicago, Ill. 60623. Secretary: Rose Barcal, 2437 Harvey Ave., Berwyn, Ill. 60402. Fin. Secretary: Mildred Vesely, 1626 Gunderson Ave., Berwyn, Ill. 60402.

Sokol Fuegner, Chicago, Illinois.

— Meetings 3rd Friday, 10756 Greenbay Ave., Chicago, Ill. 60617. President: Tom Bender, 10808 Greenbay Ave., 60617. Secretary: Ronald Wilson, 10923 Mackinaw Ave., Chicago, Ill. 60617. Financial Secretary: Ant. J. Urlich, 10722 Ave. H, Chicago, Ill. 60617. Directors of Men: Hank Alilovich, 10749 Mackenaw Ave., and Phil Hale, 10802 Avenue O. Both Chicago, Ill. 60617.

Sokol Havlicek-Tyrs, Chicago, Illinois.

— Meetings 2nd Wednesday, Sokol Havlicek-Tyrs, 2619 S. Lawndale Ave., Chicago, Illinois 60623. President: George Basta, 2629 Maple Ave., Brookfield, Ill. 60513. Secretary: Frank Svambera, 3152 S. Komensky Ave., Chicago, Ill. 60623. Financial Secretary: Vaclav Zenisek, 2627 S. Karlov Ave., Chicago, Ill. 60623. Director of Men: Tony Kirch, 3041 So. Pulaski Road, Chicago, Ill. 60623. Educational Director: Vaclav Zenisek.

Sokolice Havlicek-Tyrs, Chicago, Illinois.

— Meetings 2nd Wednesday, Sokol Havlicek-Tyrs Hall, 2619 S. Lawndale Ave., Chicago, Ill. 60623. — President: Anna Basta, 2629 S. Maple Ave., Brookfield, Ill. 60513. Secretary: Jana Smolik, 1507 S. Grove Ave., Berwyn, Ill. 60402. Fin. Secretary: Louise Hladik, 5511 W. 23rd Place,

Cicero, Illinois 60650. Director of Women: Norma Kaspar, 2451 So. Avers Ave., Chicago, Ill. 60623. Educational Director: Zdenka Tintera, 2203 S. Ridgeland Ave., Berwyn, Ill. 60402.

Sokol Milwaukee, Wisconsin.

— Meetings 1st Thursday, Bohemian Hall, 1878 N. 12th Street, Milwaukee, Wis. 53205. — President: August Shabart, 2847 N. 39th St., Milwaukee, Wis. 53210. Secretary: Fred C. Stankovsky, 3834 N. 38th Street, Milwaukee, Wis. 53216. Financial Secretary: Charles Richter, 2208B W. Garfield Ave., Milwaukee, Wis. 53205. Director of Men: Fred C. Stankovsky. Educational Director: Henry Zelenka, 2852 N. 78th Street, Milwaukee, Wis. 53222.

Sokolice Milwaukee, Wisconsin.

— Meetings 1st Thursday, Bohemian Hall, 1878 N. 12th Street, Milwaukee, Wis. 53205. President: Vlasta Eckert, 4224 N. 17th St., Milwaukee, Wis. 53209. Secretary: Christine Greiner, 3206 E. Grange Ave., Cudahy, Wis. 53110. Fin. Secretary: Mary Zelenka, 2852 N. 78th St., Milwaukee, Wis. 53222. Director of Women: Emily Falarsch, 4435 N. 49th Street, Milwaukee, Wis. 53218.

Sokol Mladocech, Racine, Wis.

— Meetings last Wednesday, Sokol Mladocech Hall, 1313 Lincoln St., Racine, Wis. 53402. President: James J. Fetek, 1200 William St., Racine, Wis. 53402. Secretary: Steve J. Mostenan, 7914 — 20th Ave., Kenosha, Wis. 53140. Fin. Secretary: Frank Groulik, 2044 Erie Street, Racine, Wis. 53402. Director of Men: Melvin Smerchek, 2506 — 5½ Mile Road, Racine, Wis. 53402. Educational Director: Joseph Kucera, 3333 — 1st Avenue, Racine, Wis. 53402.

Sokolice Mladocech, Racine, Wis.

Meetings last Wednesday of the month, Sokol Mladocech Hall, 1313 Lincoln St., Racine, Wis. — President: Grace Smerchek, Rt. 1, 2506 — 5½ Mile Road, Racine, Wis. 53402. Secretary: Dolly Mostenan, 7914 — 20th Ave., Kenosha, Wis. 53140. Fin. Secretary: Mary Fetek, 723 St. Patrick St., Racine, Wis. 53402. Director of Women: Alice Larson, 1834 Polaris Ave., Racine, Wis. 53402.

Pizensky Sokol of Chicago, Ill.

— Meetings 2nd Thursday, CSA. Building Annex, Lombard Avenue and Cermak Rd., Cicero, Ill. 60650. President: Eleanor Solin, 632 S. Catherine Ave., LaGrange, Ill. 60525. Secretary: Gretchen M. Lisika, 3236 So. 54th Ct., Cicero, Ill. 60650. Fin. Secretary: Joseph Kilberger, 3735 Arthur Ave., Brookfield, Ill. 60513.

Sokol Rozvoj, Chicago, Illinois.

— Meetings 1st Friday every 3rd month, Danish American Athletic Center, 4624 No. Pulaski Road, Chicago, Ill. President: Rose Masek, 1607 North Route 47, Woodstock, Ill. Secretary: Josephine Hajek, 4442 N. Springfield Ave., Chicago, Ill. 60625. Financial Secretary: Ann Bagel, 4906 W. Berwyn, Chicago, Ill. 60630.

Sokol St. Louis, Mo. — Meetings

2nd and 4th Monday. Write to Secretary. President: William Shana, 9145 Desmond Drive, St. Louis, Missouri 63126. Secretary: Frank L. Shiroky, 3439 Indiana, St. Louis, Mo. 63118. Fin. Secretary: Anton Kylian, 4551 Varrelman Ave., St. Louis, Mo. 63116. Director of Men: Ronald Triska, 7029 Mardel, St. Louis, Mo. 63109. Director of Women: Helen Pescoat, 6401 Mardel, St. Louis, Mo. 63109. Educational Director: John Reiner, Sr., 633 Sandra Court, St. Louis, Mo. 63125.

Sokol Slavsky, Cicero, Illinois.

— Meetings 1st Wednesday, CSA Bldg., 2138 S. 61st Court, Cicero, Ill. 60650. — President: Frank Sula, 2312 S. 22nd Ave., Broadview, Ill. Secretary: Vlasta Lindquist, 2500 S. 57th Ave., Cicero, Ill. 60650. Fin. Secretary: Frank Marecek, 2617 So. Clinton Ave., Berwyn, Illinois 60402. Director of Men: John Satek: 1922 So 57th Ave., Cicero, Ill. 60650. Director of Women: Marie Ptacek, 4330 So. Clinton, Berwyn, Ill. 60402. Educational Director: Charles Kalat, 1617 S. Harvey, Berwyn, Ill. 60402.

Sokol Stickney, Illinois. — Meetings

1st Wednesday, except July and August. Sokol Stickney, 4131 South Home Avenue, Stickney, Ill. 60402. — President: William Vrba, 4224 Home Ave., Stickney, Ill. 60402. Secretary: Margaret Sheridan, 3939 Clarence Avenue, Stickney, Ill. 60402. Fin. Secretary: Edward Valaskovic, 4100 Grove Ave., Stickney, Ill. 60402. Director of Men: William Meyer, 3928 Home Ave., Stickney, Ill. 60402. Director of Women: Rose Sladek, 4449 Clinton Ave., Stickney, Ill. 60402. Educational Director: Joseph Sheridan, 3939 Clarence Ave., Stickney, Ill. 60402.

Sokol Tabor, Berwyn, Illinois.

— Meetings 1st Friday, Sokol Tabor, 1602 S. Clarence Ave., Berwyn, Ill. 60402. President: Joseph F. Drnec, 21 W. 161 Monticello Rd., Lombard, Ill. 60148. Financial Secretary: Leo Svrcek, 1647 S. 57th Ave., Cicero, Ill. 60650. Director of Men: Martin Lukes, 1519 S. Ridgeland Ave., Berwyn, Ill. 60402. Educ. Director: Charles M. Prchal, 2419 Scoville Ave., Berwyn, Ill. 60402.

Sokolice Tabor, Berwyn, Illinois. — Meetings 1st Friday, Sokol Tabor, 1602 S. Clarence Ave., Berwyn, Ill. 60402. President: Zdenka Lessa, 6810 W. Roosevelt Rd., Oak Park, Ill. 60304. Secretary: Josephine Drnec, 21 W. 161 Monticello Road, Lombard, Ill. 60148. Fin. Secretary: Helen De Klyen, 1329 S. Euclid Ave., Berwyn, Ill. 60402. Director of Women: June Pros, 1606 East Ave., Berwyn, Ill. 60402.

Sokol Town of Lake, Chicago, Ill. — Meetings 2nd Wednesday, Polish Highlanders Hall, 51st and Whipple, Chicago, Illinois 60632. President: Otto R. Faltynek, 6337 S. Karlov Ave., Chicago, Ill. 60629. Secretary: Anton Smunt, 5342 S. Fairfield Ave., Chicago, Ill. 60632. Fin. Secretary: James L. Cihak, 405 — 50th Pl., Western Springs, Ill. 60558. Director of Men: Joseph Holoubek, 5322 So. Maplewood Ave., Chicago, Ill. 60632. Educational Director: James L. Cihak.

Sokolice Town of Lake, Chicago, Illinois. — Meetings 2nd Wednesday every other month, Polish Highlanders Hall, 51st and Whipple St., Chicago, Ill. 60632. President: Blanche Janes, 11911 Forest View Lane, Palos Park, Ill. 60464. Secretary: Anna Kuchler, 5249 S. Whipple St., Chicago, Ill. 60632. Fin. Secretary: Blanche J. Cihak, 405 W. 50th Place, Western Springs, Ill. 60558. Educational Director: James L. Cihak.

Sokol West Suburban, Downers Grove, Ill. — Meetings 4th Monday, Lincoln School, 935 Maple Ave., Downers Grove, Ill. Mailing address: Sokol West Suburban, P. O. Box 181, Downers Grove, Ill. President Sylvia Pistorius, 342 W. Naperville Road, Westmont, Ill. 60559. Secretary: Norma Wilk, 505 So. Cass Ave., Westmont, Ill. 60559. Financial Secretary: Ann Erst, 2001 Maple Ave., Downers Grove, Ill. 60515. Director of Men: Robert Nicklas, 1813 S. Wisconsin Ave., Berwyn, Ill. 60402. Director of Women: Lillian Jindra, 749 Hitchcock, Lisle, Ill. 60532. Publicity and Educational Director: Mildred Bruno, 307 W. Naperville Rd., Westmont, Ill. 60559.

WESTERN DISTRICT, OMAHA, NEBRASKA

Sokol Cedar Rapids, Iowa. — Meetings 1st Monday, Sokol Hall, 415 — 3rd St. S.E., Cedar Rapids, Iowa. President: James V. Cada, 190 — 16th Ave. S.W., 52404. Secretary: Fred Anthony, 932 Daniel Street N. E. 52402. Fin. Secretary: Karel Jares, 1015 2nd Street S.E. 52402. Director of Men: Tom Novak, 613 — 21st Ave. S.W. Educational Director: Vaclav Cada. All Cedar Rapids, Iowa.

Sokolice Renata Tyrsova, Cedar Rapids, Iowa. — Meetings 1st Monday, Sokol Hall, 415 — 3rd Street S.E., Cedar Rapids, Iowa. President: Barbara Nemecek, 1348 Burch Ave. N.W., Cedar Rapids, Ia. 52405. Secretary: Mana Zlatohlavek, 392 — 16th Ave. S.W., Cedar Rapids, Iowa 52404. Financial Secretary: Joyce Webster, 249 — 15th Ave. S.W., Cedar Rapids, Iowa 52404. Director of Women: Betty Petrzalek, 1501 — 2nd St. S.W., Cedar Rapids, Iowa 52404.

Sokol Crete, Nebraska. — Meetings 1st Monday, Sokol Auditorium, 12th & Norman St., Crete, Nebr. President: Steve E. Pomajzl, Rt. 2, Wilber, Nebr. 68333. Secretary and Financial Secretary: Lester G. Bruns, 839 Ivy Ave., Crete, Nebr. 68333. Director of Men: Elmer G. Pomajzl, 1117 Oak St., Crete, Nebr. 68333.

Sokolice Libuse, Crete, Nebr. — Meetings 1st Wednesday, Sokol Hall, 136 West 12th Street, Crete, Nebraska. President Fannie Borecky, 1845 Main. Secretary: Stepanka K. Novak, 830 East 13th. Financial Secretary: Marie Placek, 1232 Juniper. Director of Women: Lulla Kohel, 727 Hawthorne. Educational Director: Irene Weidner, 719 Norman. All Crete, Nebr. 68333.

Sokol Fuegner-Tyrs, So. Omaha, Nebraska. — Meetings 1st Monday, South Omaha Sokol Hall, 5601 S. 21st Street, Omaha, Nebr. President: Edward Pavoucek, 2306 Jefferson, Bellevue, Nebr. Secretary: George Strnad, 1825 Ontario. Omaha, Nebr. Financial Secretary: Victor F. Novotny, 4621 Valley, Omaha, Nebr. Director of Men: Vojmir Benak, Jr., 5919 S. 15th Street, Omaha, Nebr. 68107. Educational Director: A. Swoboda, 5816 So. 15th St., Omaha, Nebr.

Sokolice Libuse, So. Omaha, Nebraska. — Meetings 2nd Tuesday, South Omaha Sokol Hall, 5601 S. 21st Street, Omaha, Nebraska. President: Louise Tonar, 5009 S. 19th St. Secretary: Emma Benak, 5919 S. 15th St. Financial Secretary: Barbara Swoboda, 5816 So. 15th Street. Director of Women: Phyllis Jirka, 6514 S. 45th Street. All Omaha, Nebr. 68107.

Sokol Omaha, Nebr. — Meetings 2nd Wednesday, Sokol Auditorium, 2232 South 13th Street, Omaha, Nebr. 68108. President: Alfred Hasterlo, 1432 Pasadena Ave., Omaha, Nebr. 68107. Secretary: Joseph Bures, 2126 S. 38th Street, Omaha, Nebr. 68105. Financial Secretary: Joe Tomanek, 1708 "B" Street, Omaha, Nebr.

68108. Director of Men: Raymond Lastovica, 4870 Vinton St., Omaha, Nebr. 68106. Educational Director: Alfred Hasterlo.

Sokolice Omaha, Nebraska. — Meetings 2nd Tuesday, Sokol Auditorium, 2232 S. 13th St., Omaha Nebr. 68108. President: Blanche Masek, 4048 S. 13th St., Omaha, Nebr. 68107. Secretary: Patricia Lastovica, 4870 Vinton, Omaha, Nebr. 68106. Financial Secretary: Mildred Krejci, 2428 S. 14th Street, Omaha, Nebr. 68108. Director of Women: Janice Krejci, 2428 So. 14th St., Omaha, Nebr. 68108.

Sokol Schuyler, Nebraska. — Meetings 2nd Wednesday, Ed Varejcka, Basement, 418 East 14th St. President: Jaroslav Schmid, 209 East 15th. Secretary: Ed Varejcka, 418 East 14th. Financial Secretary: John Krca, 1009 "A" Street, Box 302. Director of Men and Women: Ed Varejcka. All in Schuyler, Nebr. 68661.

Sokol Wilber, Nebr. — Meetings 1st Monday, Sokol Auditorium, Wilber, Nebraska. — President: Robert Stehlik. Secretary: June A. Kucera, P. O. Box 362. Financial Secretary: Lillie Kovar. Director of Men: Alfred Chab. Director of Women: Olga Chab. Educational Directors: Alfred and Olga Chab. All Wilber, Nebr. 68465.

NORTHERN CIRCUIT OF WESTERN DISTRICT

Sokol Hopkins, Minnesota. — Meetings 2nd Saturday. — President: Josephine Poul, 129 — 9th Avenue North. Secretary and Fin. Secretary: Ludmila Kaminsky, 11401 N. Oakvale Rd. Both Hopkins, Minnesota.

Sokol Minneapolis, Minnesota. — Meetings 2nd Saturday every other month. — President: Edward Andrie, 4827 N. Bryant Ave. 55430. Secretary: Fanca Hosek, 3350 Upton Ave. No. 55412. Financial Secretary: James Forst, 4409 — 32nd Ave. So. 55406. All Minneapolis, Minnesota.

Sokol St. Paul, Minnesota. — Meetings 4th Friday, CSPS. Hall, 381 Michigan Ave., St. Paul, Minn. President: Robert Vanyo, 446 Bay St., St. Paul, Minn. 55102. Secretary: Laura Jansen, 1279 S. Cleveland Ave., St. Paul, Minn. 55116. Financial Secretary: Frank Haselbauer, 1273 S. Cleveland Ave., St. Paul, Minn. 55116. Director of Men: Henry E. Jansen, 1279 So. Cleveland Ave., St. Paul, Minn. 55116. Director of Women: Georgiana Buzicky, 1709 Rome Ave., St. Paul, Minn. 55116. Educational Director: Lucille Pavlicek, 1245 Edgumbe Rd., St. Paul, Minn. 55105.

SOUTHERN CIRCUIT OF WESTERN DISTRICT

Sokol Caldwell, Kansas. — Meetings 1st Sunday, Sokol Hall, 12 miles west of Caldwell, Kansas. President: Joseph Netahla, Freeport, Kansas. Secretary: Carrie Anton, Bluff City, Kansas. Fin. Secretary: E. E. Misak, Bluff City, Kansas.

Sokol Karel Jonas, Wilson, Kansas. — Meetings 4th Sunday, every 3rd month, Wilson Opera House, Wilson, Kansas. President: John J. Moeller, Wilson, Kansas. Secretary: Alice Sula, Wilson, Kansas.

SOUTHERN DISTRICT, DALLAS, TEXAS

Sokol Corpus Christi, Texas. — Meetings 2nd Sunday, Sokol Hall, 1346 Daytona, Corpus Christi, Texas 78415. — President: Frank Sacky, 3418 Brauner Parkway 78411. Secretary: Jim Kucera, 1930 Ayers 78404. Financial Secretary: Adela Sijansky, Route 3, Box 277. Director of Men: Wilbert Hermis, 3901 Delphine. Director of Women: Daisy Hermis, 3901 Delphine. All Corpus Christi, Texas.

Sokol Fort Worth, Tex. — Meetings 4th Wednesday, Sokol Hall, 3221 N.W. 28th Street, Ft. Worth, Tex. 76106. President: Bill Renfro, 2805 Skyline Drive, Ft. Worth, Tex. 76114. Secretary: Bob Cleveland, 6017 Ten Mile Bridge Rd., Ft. Worth, Tex. 76135. Financial Secretary: Anna Milan, 2216 Loving Street, Ft. Worth, Tex. 76106. Director of Men: Jerry Milan, 6208 Lakeside Drive, Ft. Worth, Tex. 76135. Director of Women: Henrietta Milan, 6208 Lakeside Drive, Ft. Worth, Texas 76135. Educational Director: Jerry Milan.

Sokol Galveston, Tex. — Meetings 2nd Sunday every other month. — President: Karel Siller, 3809 Avenue M½. Secretary: Hedvika Stanovska, 4702 Avenue Q. Financial Secretary: Marie Polivka, 1326 — 24th Street. All Galveston, Texas.

Sokol Houston, Texas. — Meetings 2nd Sunday, Sokol Houston Hall, 4514 Edsee St., Houston, Texas 77009. President: William Svec, 9602 Airline Dr., Houston, Tex. 77009. Secretary: Doris Petrzela, Rt. 1, Box 115, Cypress, Tex. 77429. Financial Secretary: Elsie Svec, 9602 Airline Dr., Houston, Tex. 77009. Director of Men: Helmut Moll, 2517 Genesee, Houston, Tex. 77006. Director of Women: Martha Busch, 1310 Aldine Meadow, Houston, Tex. 77039.

Sokol Karel Havlicek-Borovsky, Ennis, Tex. — Meetings 4th Sunday, Sokol Hall, Highway 34 East, Ennis, Texas. President: Charlie A. Jurcik, Route 2. Secretary: An-

nastazie Jurcik, Route 2. Financial Secretary: Bettie Houdek, 1100 South Paris. Director of Men: Lawrence Laznovsky, Route 1. Director of Women: Sylvia Laznovsky, Route 1. Educational Director: Wesley Laznovsky, 1006 East Milam. All Ennis, Texas 75119.

Sokol Karel Havlicek, Yukon, Oklahoma. — Meetings 1st Sunday, Czech Hall, Rt. 3, 2½ miles South of Yukon, Okla. 73099. President: John Kouba, Rt. 2, Box 101, El Reno, Okla. 73036. Secretary: Anna Smrcka, Route 3, Box 140, Yukon, Okla. 73099. Financial Secretary: Willie Kouba, 3835 W. Liberty, Oklahoma City, Okla. 73107.

Sokol Praha, Prague, Okla. — Meetings 1st Tuesday, Sokol Hall, Main and Avenue A, Prague, Okla. President: James Pospisil, Rt. 2. Secretary: Leonard Walenta, Rt. 1. Director of Men: Frank Sefcik. All Prague, Oklahoma.

Sokol Zizka, Dallas, Texas. — Meetings 3rd Sunday, Sokol Athletic Center, 7448 Greenville Ave., Dallas, Texas. — President: Emil Hrabina, 6460 Glennox Lane, Dallas, Tex. 75214. Vice President: Walter Hosek, 1541 El Campo Dr., Dallas, Tex. 75218. Secretary: John Kebrle, 5242 Moneta Lane, Dallas, Tex. 75236. Fin. Secretary: Rose Novak, 805 Sherbrook, Richardson, Tex. 75080. Director of Men: Comer Caldwell, 405 Shadywood Lane, Richardson, Tex. 75080. Director of Women: M. Janousek, 11221 Desdemona, Dallas, Texas 75228. Educational Director: Libby Smith, 5514 Gregg St., Dallas, Tex. 75235.

PACIFIC DISTRICT, LOS ANGELES, CALIF.

Sokol Fresno, Calif. — Meetings 2nd Sunday, Knights of Pythias Hall, 4867 E. Fillmore, Fresno, Calif. President: Andy Yakovetic, 149 E. Sussex Way, Fresno, Calif. 93705. Secretary: Helen Hulbert, 7823 No. Temperance, Clovis, Calif. 93612. Financial Secretary: Mary Falls, 8395 North Peach, Clovis, Calif. 93612. Director of Women: Marty Lizak, 419 Williams Ave., Madera, Calif. 93637.

Sokol Los Angeles, California. — Meetings 2nd Saturday, Sokol Hall, 500 N. Western Ave., Los Angeles 4, Calif. President: Emil Nekuda, 22160 Costanso St., Woodland Hills, Calif. 91364. Secretary: Joseph Machek, P. O. Box 388, Hollywood, Calif. Financial Secretary: Jaroslav Cadek, 436 S. Commonwealth, Apt. 2, Los Angeles, Calif. Director of Men: Lubo Hintnaus, 1321 21st St., Manhattan Beach, Calif. Educational Director: Karel Fink, 507 No. Oxford Ave., Los Angeles, Calif.

Sokolice Los Angeles, Calif. — Meetings 2nd Saturday, Sokol Hall, 500 N. Western Ave., Los Angeles 4, Calif. — President: Louise Nekuda, 22160 Costanso Street, Woodland Hills, Calif. Secretary: Ella Kuderna, 445 Orchard Drive, Burbank, Calif. Financial Secretary: Jirina Cymbal, 2936 Piedmont Ave., La Crescenta, Calif.

Sokol Portland, Oregon. — Meetings 2nd Sunday, 3921 S.E. 47th Ave., Portland, Ore. 97206. President: Louis Spousta, 13525 S.W. Bend Road, Tigard, Oregon 97223. Secretary: Helen Spousta, 13525 S.W. Bend Road, Tigard, Oregon 97223. Financial Secretary: Karel Wirostek, 2127 N.E. Ainsworth, Portland, Ore. 97211.

Sokol San Francisco, Calif. — Meetings 2nd Monday, Sokol Hall, 739 Page St., San Francisco, Calif. 94117. — President: Antonin Koutek, 6 Claus Circle, Fairfax, Calif. 94930. Secretary: Oldrich Gann, 690 Alta Vista, Pacifica, Calif. 94044. Financial Secretary: William Kriz, 446 Broderick St., San Francisco, Calif. Director of Men: Karel Patera, 118 Harvard, Mill Valley, Calif. 94943.

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Sokol Scio, Oregon. — Meetings 1st Sunday, ZCBJ.-Sokol Hall, Scio, Oregon. President: John E. Tannich, 1232 East Front, Albany, Ore. Secretary: Wesley Mathey, Route 1, Box 155, Scio, Ore. Financial Secretary: Agnes Miller, Route 3, Box 93B, Lebanon, Ore. Director of Men: John E. Tannich. Director of Women: Bessie Dobrovsky, Route 2, Box 8, Scio, Ore. Educational Director: Wesley Matnev.

Sokol Seattle, Washington. — Meetings 2nd Wednesday, Queen Anne Field House & Norway Center, 300 — 3rd Ave West, Seattle, Washington. President: Ladislav M. Stejskal, 6911 — 40th S.W., Seattle, Wash. Secretary: Marie A. Urban, 517 — 9th Ave. #204, Seattle, Wash. 98104. Financial Secretary: Paula Cermak, 446 S.W. 114th, Seattle, Wash. Director of Men: V. Cerny, 3026 So. 160th, Seattle, Wash. Director of Women: Fran Klimek, Seattle, Washington. Educational Directors: Zdenek and Marie Danes, 4206 North 13th, Tacoma, Wash.

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Sokolstvo má mnoho lidí, kteří nad ostatní vynikají. Dejte si je fotografovat při cvičení, at' je to skok, přemet nebo vzepření kmihem. Zejména prosím naše cvičitele a cvičitelky, aby otevřeli oči a všimli si, jak jejich svěřenci krásně cvičí, že jejich výkony jsou mnohem hezčí, než ty, které přinášíjí leckteré sportovní listy a denní časopisy. Nebud'te stále tak skromní! Vyjděte se svým uměním na světlo! Objednejte si některého fotografa amatéra, on bude rád, vy budete rádi, členstvo i dorost a žactvo budou rádi a redaktor bude rád taky. Radost na všech stranách a za málo peněz. Ale takové fotografie, na nichž stojí v řadě ztrnulé osoby bez života, ty nejsou tak žádoucí. Sokolský časopis musí být obrazem sokolského života; pravím života. Tak prosím vás pěkně, nezapomeňte, v tělocvičně, při veřejném cvičení, na výletě, všude. kmp.

Kde jsou naše kroje?

Máme málo krojů, nařikáme na jejich nedostatek a hledáme pro to nějaké výmluvy. Jsou snad mladší bratři, kterým bývá o peníze nouze. Co však říci o bratřích starších, více — méně zámožných, anebo dobře postavených, činovnících jednot, když kroje nemají? Není zde důvodem pohodlnost? Nepůsobil dobře na ostatní členstvo i na veřejnost, když v průvodu za župu jde 5—7 bratří a stejný počet sestřer. A často jich není ani tolik.

Není řídkým případ, že v jednotě není ani jednoho kroje, ač je tam vyvíjena dobrá práce. Sestry a bratři, kteří by jste měli "do toho mluvit", propaguejte opatření krojů!

Kde rozhoduje otázka finanční, dejte dohromady kroužky, které by na kroje vybírali. Skládejte si dle možnosti každý týden nějaký dolar a brzo budete mít ušetřený obnos, který vydání s krojem uhradí. A až si kroje opatříte, noste je! Účastněte se veřejných cvičení svých jednot, vystoupení žup, vzpomínkových oslav "Decoration Day" a všech podniků, kde jednota, neb župa se v tom smyslu usnese. A což teprve na sletu Obce!

Vedoucí činitelé zdůrazňujte význam kroje pro veřejná vystoupení, vyžadujte jeho oblékání při všech příležitostech. Kroj pak at' je podle předpisu pořádný a čistý. Netrpte všelijakých výstřelků.

Není pravdou, že kroj dělá sokola, ani sokol bez kroje je jako pták bez peří, ale nosení krojů stojí za uvážení. Přemýšlejte o tom!

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