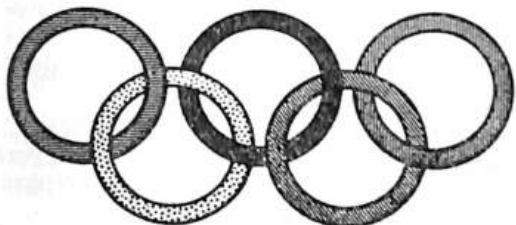


AMERICAN SOKOL

PUBLICATION OF THE AMERICAN SOKOL
Educational and Physical Culture Organization

March 1968



OLYMPICS

THE OLYMPIC MOTTO. The words, "Citius, Altius, Fortius," which appear under the circles, were conceived in 1895 by the famous Father Didon, head master of the Arcueil College near Paris, France, while delivering a speech glorifying the athletic achievements of the pupils. The words mean "faster, higher, braver" but the modern version, which has been universally accepted, is "swifter, higher, stronger," indicative of the competing athlete's endeavor to run faster, jump higher, and throw more strongly.

THE OLYMPIC CREED. "The most important thing in the Olympic Games is not to win but to take part, just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well."—Baron Pierre de Coubertin, founder of the Modern Olympic Games.

THE MEANING OF THE RINGS. The rings or circles which form the Olympic symbol originally represented the five major continents, namely Europe, Asia, Africa, Australia, and America (both North and South). However, the true concept is that the rings are linked together to denote the sporting friendship of the peoples of the earth, whatever their creed or color. The colors are chosen because at least one of them (blue, yellow, black, green, and red) appears in the flag of every nation of the world.

THE OLYMPIC OATH. "In the name of all competitors I promise that we will take part in these Olympic Games, respecting and abiding by the rules which govern them, in the true spirit of sportsmanship, for the glory of sport and the honor of our teams."—pronounced by an athlete from the host nation.

THE OLYMPIC FLAG. The Olympic flag, which appeared at Olympic competition for the first time at Antwerp in 1920, has a white background with no border. In the center, it has five interlaced rings or circles (three above, two below) whose colors are blue, yellow, black, green, and red. The blue ring is high on the left. (Note: The Olympic flag first was flown in public at Alexandria, Greece, in 1914.)

AMERICAN SOKOL



Published Monthly
(Except bi-monthly July and August)
by the

AMERICAN SOKOL ORGANIZATION
5611 W. Cermak Road, Cicero, Illinois 60650
Subscription: \$3.00 per year.

EDITOR

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

Editor must receive copy for publication by the
26th of the month, preceding publication date.

OFFICE OF THE EXECUTIVE BOARD ASO.

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

EXECUTIVE BOARD ASO.

President: STANLEY BARCAL, starosta
2437 S. Harvey Ave., Berwyn, Illinois 60402
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Organizational Dept.: EMILIE WELCL-RUZICKA
2348 Harvey Avenue, Berwyn, Illinois 60402
Board Members: ANN FARA, JERRY RABAS.
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Calendar of Events

MAR. 30th—SOKOL BALTIMORE, MARYLAND.
Dozvučky.
MAR. 30th—SOKOL NOVA VLAST, CLEVELAND,
OHIO. — Gymnastic Exhibition.
MAR. 31st—SOKOL LOS ANGELES, CALIF.
Czech play—Sokol Hall.
APR. 3rd—SOKOL BERWYN, ILLINOIS.
Fashion Show at 7:30 p.m. Fashions by "Eve."
Admission \$1.25 incl. refreshments.

APR. 6th—SOKOL HAVLICEK-TYRS, Chicago, Ill.
Gymnastic Exhibition.
APR. 7th—SOKOL NEW YORK, N. Y.
Annual Veřejné Cvičení.
APR. 7th—SOKOL TYRS, CLEVELAND, OHIO.
Talent Show.
APR. 12th—SOKOL SOUTH OMAHA, NEBR.
Chicken Dinner.
APR. 15th—SOKOL LITTLE FERRY, N. J.
Gymnastic Exhibition.
APR. 17th—SOKOL CEDAR RAPIDS, IOWA.
Sokol Supper.
APR. 20th—SOKOL LOS ANGELES, CALIF.
Semi-formal ball—Sokol Hall.
APRIL 21st—SOKOL OMAHA, NEBR.
Pork Dinner and Bazaar.
APRIL 21st—SOKOL SOUTH OMAHA, NEBR.
Gymnasticale.
APR. 21st—SOKOL CLEVELAND-CECH HAVL
CEK, Cleveland, Ohio. — Annual Breaded Por
Chop Dinner and Rummage and White Elephant
Sale.
APR. 27th—SOKOL STICKNEY, ILLINOIS.
Gymnastic Exhibition.
APR. 27th—SOKOL DETROIT, MICH.
Spring Dinner Dance.
MAY 1st—SOKOL DETROIT LADIES AUXIL.
Card Party.
MAY 4th—SOKOL ST. PAUL, MINN.
Gym Program at the CSPS. Hall.
MAY 5th—SOKOL CEDAR RAPIDS, IOWA.
Akademie.
MAY 4-5—CONFERENCE OF DISTRICT PRES
DENTS AND THE EXECUTIVE BOARD OF
THE AMERICAN SOKOL ORGANIZATION.
MAY 5th—SOKOL WEST SUBURBAN, Downer
Grove, Ill. — Gymnastic Exhibition—3 p.m. He
rick Jr. High, Grant and Middaugh Aves.
MAY 12th—SOKOL FUEGNER, L. I. C., N. Y.
Gymnastic Exhibition.
MAY 17th—SOKOL MILWAUKEE, WIS.
Interclass Meet—gymnastic.
MAY 18th—SOKOL MILWAUKEE, WIS.
Interclass Meet—track.
MAY 19th—SOKOL MILWAUKEE, WIS.
Gymnastic Exhibition. 2:00 p.m. at the Intern
tional Institute.
MAY 19th—SOKOL CLEVELAND-CECH HAVL
CEK. — Mystery Trip.
MAY 26th—SOKOL LOS ANGELES, CALIF.
Annual Gymnastic Exhibition—L. A. City Colleg
JUNE 8th—EASTERN DISTRICT. — District S
at Throggs Neck.
JUNE 14-16—WESTERN DISTRICT SLET.
JUNE 23rd—NORTHEASTERN DISTRICT, Clev
land, Ohio. — Slet at the IOOF Fresh Air Cam
JUNE 29th—SOKOL MILWAUKEE, WIS.
100th Anniversary Banquet at the Bowlero, 117
W. Burleigh St.
JULY 14th—SO. OMAHA SOKOL DAY.
JULY 14th—SOKOL CLEVELAND-CECH HAVL
CEK. — Family Basket Picnic.
JULY 14 thru 20th—SOKOL ST. PAUL, MINN.
Children's Week at Sokol Camp.
JULY 27-28—SOUTHERN DISTRICT SLET.
Houston, Texas. Competition and Exhibition.

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník—Vol. LXXXIX.

March — 1968 — Březen

Číslo—No. 3

“Věřím v ty tam za hranicemi . . .”

Památná slova, která pronesl T. G. Masaryk při poslední schůzce s dr. Scheinerem, starostou České obce sokolské, než opustil svoji vlast v prosinci 1914 a rozhodl se pro zápas na život a na smrt s režimem rakousko-uherským. Masaryk věděl, že k vedení revoluce je třeba peněz i mravní pomoci. Věděl dobře, že u našich krajanů, u nichž je uchováno ještě mnoho zájmu a lásky pro starou vlast, najde pochopení a podpory ke své revoluční činnosti proti monarchii. Prvním jeho finančním základem byly vlastní peníze, příspěvek dr. E. Beneše, dr. Scheinera a peníze České obce sokolské. A proč právě u starosty Sokola dr. Scheinera našel porozumění i po stránce finanční? Na to je jediná odpověď: Masaryk byl Sokolem duší i tělem.

T. G. Masaryk s prvými Sokoly se setkal v Brně jako sedmnáctiletý. O sobě říkal často: “Sokoluji již od 13 let. Cvičival jsem již v Hodoníně ve škole . . . svému sokolování — jak on říkal tělesnému cvičení — zůstal jsem věren až do pozdního věku . . .”

Masaryk vstoupil do Sokola Pražského 17. dubna 1884 právě v úmrtí rok dra. Mir. Tyrše. Na pražskou universitu přišel z Vídně v roce prvního sokolského sletu (1882). Tam se seznámil s dr. Tyršem. Do cvičení chodil pilně, dochvilně i později, když přestoupil do Sokola malostranského, kde zůstal členem až do své smrti. Masaryk nejen cvičil, ale zajímal se o vše. Sledoval organizační a vzdělávací činnost Sokolstva, bedlivě si všiml i jednotlivců-bratrů, jejich chování, jejich života a poměrů doma, bratrem mu byl nejen vzdělaný člověk, ale i dělník. Bral doslovně, co Sokol hlásal.

V kronice malostranského Sokola napsal: “Cvičil jsem v Sokole pod Petřínem tak dlouho, až mi lékař zakázal skok a prudké pohyby. Proto jsem přestal cvičit u vás a v náhradu za to dal jsem se do kola a později do koně. Ale prostocviky dělám denně hned, když vstanu. Bez sokolování, bez nějakého sportu zdravý člověk ani žít nemůže, alespoň by neměl.”

Jeho ideálem byly sokolské rodiny. Vždyť celá Masarykova rodina byla v Sokole. Choť jeho pí. Charlotta Masaryková, rodem Američanka, byla mezi zakládajícími členkami dámského odboru Sokola, i členkou výboru. Dcery Alice a Olga, syn Herbert i pozdější ministr zahraničních věcí Jan Masaryk cvičili také v malostranském Sokole.

Že Masaryk byl v roce 1907 zvolen poslancem za volební kraj valašskomeziříčský, může děkovat také Sokolstvu. Starostové jednot župy Valašské pracovali ve prospěch jeho volebního úspěchu. I jako poslanec ve Vídni chodil cvičit.

Když vypukla světová válka, věděl dobře, “že Sokol bude první obětí rakouské persekuce”. Počítal

se Sokolem jako s jádrem naší revoluce. Je známou skutečností, že před svým odjezdem zasvětil dr. Scheinera do svých revolučních plánů. A slova jeho “ted’ bude k tobě chodit dr. Beneš” potvrzují úzkou spolupráci Masaryka a Beneše se Sokolstvem.

Když se Masaryk vrátil do osvobozené vlasti, ihned se hlásil do své jednoty na Malé Straně. To nebylo jen formální přiznání, že byl Sokolem, ale že bude jednat v duchu sokolského nadále. Při četných návštěvách sokolských delegátů, při návštěvách sokolských cvičení a sletů vždy výslovně podtrhával slova: Byl jsem Sokolem a jsem Sokolem. Známa jsou jeho slova: “Každý pravý, opravdu uvědomělý Sokol bude strážcem, tedy politickým a sociálním pracovníkem naší republiky, naší demokracie.”

Plzeňským v r. 1919 pravil: “A vám, Sokolům, nastává nyní pěkný, třebaže těžký úkol, abyste ted’ plně ztělesnili ideu Sokolstva. Nezapomínejte, že přes ty ony různé stavy, vzdělání a jakkoliv se jmenují, konečně jsme všichni lidé a bratři. Bud’me tedy všichni slušnými lidmi . . . Tyršův základ vám může být vodítkem a zásada správné demokracie a republiky každému mohou být vodítkem ke správnému cíli . . .”

I v projevu k plzeňským sociálním demokratům dotkl se tělocviků:

“Neběží jen o tělocvik, běží o kamarádkou soudržnost. To je to všechno, co konečně spojuje nás všechny v jednu velkou řadu pracujících lidí, snažících se o svobodu a spravedlnost sociální.”

K Masarykovi přicházeli čas od času zástupci Sokolstva, žup, jednot i jednotlivci at’ na Hrad, do Lán, Židlochovic, Topolčianek. To nebyla oficiální návštěva, to byly pracovní rozhovory trvající i celé hodiny. Masaryk sledoval práce VII. valného sjezdu, měl zájem o stavbu Tyršova domu, promlouval i k Sokolům-Slovákům.

Při každé příležitosti zdůrazňoval: “Dobrou tělovýchovu v zimě, v létě. Slunce, voda vzduch. Cvičit, chodit, plavat, sportovat. Čistota. Chrup v pořádku. Byty—pořádek a čistota.”

Masaryk mluvil tak často k mládeži. “Hrejte si vesele, ale když se učíte, když pracujete, učte se a pracujte vážně. Sokolujte a cvičte tělo hrami a rozumným sportem.” Často se dotkl i možnosti utvořit svaz tělocvičných organizací v republice. Říkal: “To je otázka vývoje. Republika musí být organickým celkem, proto nemohou různé tělocvičné organizace být bez vzájemnosti; cílem Sokola musí být tu vzájemnost správně organisovat. I spolupráce a vzájemnost se svazy sportovními je možná. I to je otázka dalšího vývoje.”

“Sokol má již tradici a své duchovní vůdce Fügnera a Tyrše. Hlavní myšlenka Tyršova je soulad člověka celého; Sokol musí spoléhat, že jeho idea v

konkurenci ideí ob stojí a zvítězí. Běží o to, aby vůdcové Sokola úkoly doby pochopili a takticky správně postupovali."

Masaryk se staral o tělesnou výchovu v armádě. Dr. Vaníček, náčelník ČOS., byl jím povolán jako vedoucí oddělení, kterému byla svěřena tělesná a mravní výchova čs. vojáka. Sokolským závodníkům na mezinárodních kolbištích řekl: "Vy ani nevíte, Sokolové, jak děláte dobrou propagandu pro republiku a propaganda ta je pro stát zadarmo."

Při osmém sletě přijal náčelníka Svazu čs. Sokolstva v Americe slovy: "Sokolujte a udrzte sokolství v Americe. Americké Sokolstvo je naše mocná opora i pro příští doby. Kdyby zlé časy přišly, ví-

me, že na československou Ameriku můžeme spoléhat." Tato prorocká slova se vyplnila za druhé světové války.

Desátého sletu se nedočkal. Tiše odpočíval na lán-ském hřbitově. Poklonili jsme se jeho památce ve dny sletové, společně s bratry Slováky, u jeho rovu, kde již odpočívala též družka jeho života. Zde a také v ložnici, kde velký prezident dodýchal, promluvili jsme o jeho díle. Cítili jsme bol celého národa, s kterým památka jeho srostla na věky.

Muž odešel — však myšlenka je věčná, věčný velký čin. Národ podroben je největší zkoušce. Kéž udrží si víru v sebe! Pak ob stojí v ní tak jako v těch všech, které mu udělil Osud od věků!

SEEK AND YE SHALL FIND

What a pleasant surprise it is to find a valued article, by pure chance, while searching for information of an entirely different nature. This occurred in scanning the pages of the IX Slet Pamatnik of COS. (1932). The article had been overlooked for years even though it was in the first section of the Pamatnik dedicated to the centennial of the birth of Dr. Miroslav Tyrš.

Bro. Joseph Cermak had apparently been asked to contribute to the Pamatnik regarding the early years of the Sokol in America. A more qualified man could hardly have been found. He came to America in 1872, at the age of 16, and immediately became active in the gymnasium as a junior. He spent his entire life in Sokol, where his influence was great, and also in the Chicago high schools for 38 years. He died at the age of 92.

In writing about the early years and how the technical work was conducted he presented a picture that would make every one of our instructors smile. They had no courses in those days, or even technical books. The gymnasts went to shows and intently watched the acrobats, they visited every circus that came to town, they attended the Turnverein where they were welcomed because they spoke German. Army drills, Swiss and Danish gymnasiums, all saw their eager faces. Everything they heard of they went to see. They studied English diligently and actually devoured everything they could lay their hands on, good, bad or indifferent. And then they came "home" to try it out. One can readily imagine the falls they took, the brutal experimentation, the failures and then the joy of ac-

complishment. One learned from another.

The Sokol units were each on their own. There was no central organization. As a matter of fact the same was true of the Sokol in Bohemia. The going was rough. In 1878, 10 units formed the National Sokol Union. Bro. Cermak was active in this and worked diligently to make the union function. A copy of Dr. Tyrš' "Fundamental of Physical Exercise" was secured but there was no one who could explain it and demonstrate its technical points.

Bro. Cermak wrote to Tyrš himself asking for someone from the Praha BOI. to come to America, at least for a year, to act as traveling instructor and to conduct schools. Dr. Tyrš answered immediately pointing out that as much as he realized the need no one could leave at that time. The Sokols in Bohemia had just passed thru a very critical period and were headed for more trouble because of the Austrian government's determination to liquidate the Sokols. Some men did come and increased immigration brought at least the rudiments of Dr. Tyrš' system until the arrival of Dr. Stulik a few years later.

This helped to establish the Sokols in America, enabling them to become better versed in physical education and to fulfill the role they so avidly pursued. Recognition for their efforts and especially for the ideals upon which the Sokol was based came readily from Americans. There was a universal desire expressed that they become the foundation throughout the land, for the perpetuation of the ideals upon which the nation itself was based.

James L. Cihak

END OF AN ERA

After a lengthy illness, sister Marie Machovsky, widow of Frank Machovsky, died at a Cedar Rapids hospital on November 25, 1967. Sis. Machovsky was born in Kolin, Czechoslovakia, and came to this country in 1922, with her husband and two small daughters. As a member of Sokolice Renata Tyrsova, Ctenarsky Spolek, Damska Matic, Pomnenka Vlasti, Ceske Vlastenky and Sokolky Sewing Circle, she was active in Czech organizations of the city during her entire life. She was also Honorary Mem-

ber of the Board of Instructors, and during World War II actively participated in Red Cross work. Funeral services were conducted at Janeba-Kuba Chapel, and at the Czech National Cemetery, where sis. Machovsky was laid to rest at the side of her husband, who preceded her in death almost 25 years ago. She is survived by two daughters, Mana Zlatohlavek and Vera Hanson, and five grandchildren.



Sister Machovský with her grandchildren

days when the gym, with every class filled to capacity, hummed with constant activity. Those were the days when every akademie and every Slet had beautifully costumed special numbers. Sis. Machovský, together with bro. Machovský, planned all the costumes. She then selected materials not only for all special numbers, but for many regulation uniforms as well. She measured all the gymnasts, this when there were great numbers of them, cut out all the costumes and being a talented seamstress, even sewed a great many of them. She regularly made many costumes for the annual Sylvester program, for the midnight scene given on stage each year, during the gala masquerade festival.

Thus far—a short simple obituary, such as we read in our newspapers daily, but what a sense of loss those few simple words evoke for all the Czechs, and especially the Sokol Czechs all over the United States, wherever the name "Sokol" is known. Much has been written about our beloved brother Frank Machovský, who was well known as one of the finest Sokol instructors, and is still well remembered by Sokols all over America. Much less is known about sister Marie Machovský, who never sought honor or praise, but with her quiet unassuming manner preferred remaining in the background. She was, nevertheless, a very important and able assistant to her husband, and together they practiced the teamwork that brother Machovský consistently preached on the gym floor. This was later to include their daughters Mana and Vera, when they became old enough to make their own contributions to the gym, the Board of Instructors, and the unit. This teamwork began in their native Kolin, when bro. Machovský often brought the entire men's team home after a training session, to meals cheerfully provided by his wife. It continued with their arrival in the United States and Cedar Rapids, where they carried on their Sokol work, which for each of them, was to last a lifetime.

When the gym closed for summer vacation, activities continued at Sokol Camp where sis. Machovský again continued her teamwork by helping with cooking, assisting with the camping youngsters, and participating in all activities in general.

For a long time now, even though sis. Machovský knew that her heart was failing, she continued in her long-standing activities of helping with making kolaches and dumpling for Sokol suppers, and her work in the Sewing Circle, as long as he was able to do so. Finally when her health prevented her continuing her activities at the Sokolovna, she worked at home on the sewing and quilt making, as long as her failing health allowed. Everything she did, she did not only because of her love and devotion for Sokol, but for her husband whose grave she visited every Sunday for 25 years with a bouquet of flowers from the first spring blossoms until the last ones late in fall.

At one of the Mother-Daughter banquets, sister Machovský was justly honored as "Sokol Mother of the Year", and as such she will be remembered by countless numbers of those who were once part of the classes that she taught and "mothered" for so many long years. With the passing of sister Machovský, the void left by brother Machovský's death has been deepened—and Cedar Rapids Sokol has indeed come to the end of an era.

With brother Machovský functioning as a full time Sokol instructor, sister Machovský actively assisted him in the gym, teaching classes during the

By Libbie Melsha

ASO. EXECUTIVE BOARD

Letter from Sokol Los Angeles to the Executive Board in the matter of subversive activity will be checked with the proper authorities.

Western Bohemian Fraternal Association sent check for \$1,250 as allocated by their convention, in appreciation of the work being done by our organization.

The men and women directors of the 6 districts of the American Sokol met with the National Directors, and the National BOI. on February 2, 3, and 4, 1968. The purpose of the meeting, as specified in the convention rules, was to enable each district to air out its problems, and partake in plans for the future.

Present and representing the Eastern District were Henry Kiel and Norma Zabka, Northeastern District Edwin Jirousek and Agnes Hantl, Western District Ray Lastovica and Bo Drozda, Southern District Jerry Milan and Sylvia Laznovsky, Pacific District Joe Pokorny and Florence Palas, and Cen-

tral District Roy Zitny and June Pros. Representing the National BOI. were Edward Linhart and Lorraine Zdenek with members Ellen J. Schnabl, Ann Halik, Mili Udaykee, Mildred Prchal, Marie Ptacek, Richard Ptacek, Paul Lebloch, John Satek, George Kalas, Paul Fina, and Stanley Barcal.

Excused was bro. George Basta who suffered the loss of his mother at this time, and sister Caroline Dunovsky.

Guests at the sessions included Blanche Masek from Sokol Omaha, Marie Provaznik from Sokol New York, and Edwin Halik from Sokol Slavsky together with Executive Board members Betty Prener, Blanche Cihak, Jim Cihak, and Frank Vodrazka.

The conference was moved into session at 8 p.m. Friday by a welcome from Stanley Barcal, our National President. After all around introductions, the evening session was devoted to reports from each district. These contained descriptions of activities, accomplishments, needs and problems. Reported

were examples of new gymnasiums with their increased membership and roles, the need for a traveling instructor, the reactivation of inactive units, and the districts' cooperation with other bodies.

The following Saturday and Sunday were devoted to following a prepared agenda which included these subjects:

- Sokol Material Supply (uniforms).
- Future Leaders Fund—scholarships.
- Attendance reports.
- Traveling instructor's fund—special assessments.
- Sokol schools—American and Sokol USA.
- Sokol clinics 1968-69.
- American Sokol rules.
- Terminology.
- Affiliations with gymnastic organizations.
- American Sokol Slet 1969.
- American Sokol Convention—1970.
- Physical fitness tests.
- Sokol Publicity.

At the conclusion of the conference, the feeling was that this method of direct communication has enabled us to view the conditions existing in our organization, and how we may improve, correct and solve some of our problems. As each director gave his report and participated in the ensuing discussions, one problem was increasingly clear—that we are suffering from our inability to secure a full time traveling instructor. We hope that the districts will be able to furnish their own travel instructor (director of the district) within the district, and utilize the travel fund for this purpose.

By-laws from Sokolice So. Omaha received for signature. — Bro. C. Zraly advised it would be in order to hold meeting of Standing By-Laws Committee in conjunction with the District Presidents' Conference.

Central Committee, Czechoslovak Legionnaires, advise re: activities in commemoration of 50th anniversary of the founding of the Czechoslovak Republic and ask for delegate from our organization. Bro. J. Cihak accepted this function and will prepare a proclamation for the occasion.

Inquiries are to be made re: course site and Slet site.

Bro. C. Prchal was asked to speak in Cedar Rapids.

Bro. J. Cihak is finishing preparations on work to be sent to the districts for their schools. Received requests for Sokol material from the Minnesota Historical Society; also requests from New York and California.

Sis. A. Basta wrote article for Cicero-Berwyn Life and Suburban Life—also Brookfield Enterprise.

Books were audited for 9 month period. Check deposited to Future Sokol Leaders Fund from WBFA.

Bro. F. Vodrazka prepared financial report for 1967. Comparison made between 1966 and 1967.

Audit was made of the Centennial Stamp Committee. Each individual event was checked, bills and receipts verified. An inventory of materials on hand updated. All records found to be in order. A total of 6 albums (stamp) was turned over to ASO. A report will be written by bro. J. Cihak of the entire undertaking. Bro. S. Barcal thanked the Com-

mittee for their accomplishments on behalf of the ASO. and declared the Committee officially dispersed.

Bro. G. Basta made a membership comparison for 2-year period. Comparisons on district level were made. Membership drive should be directed.

Sent out ASO.-BOI. Conference minutes and new price lists for Sokol uniforms. Made and sent out tapes to 4 districts. Obtained correct report for filing of income tax from the Internal Revenue Department. Checks issued to cover expenses incurred pertinent to this conference. Sis. Prener prepared letter to District Presidents and Standing By-Laws Committee regarding conference scheduled for May 4-5. Conference of Presidents will be held at Oak Park Arms Hotel, Oak Park, Illinois.

Bro. S. Barcal reported attending 3-day ASO.-BOI. Conference, attended meeting of inactive units of the Central District.

Matter of office space—lease can be broken only by mutual consent. Will be looked into in the summer months.

The next issue of American Sokol will include 4 additional pages, due to roster of units appearing therein.

Financial Report ASO. February 1968

INCOME:

Dues	\$ 1,158.25
Convention Fund	402.50
Special assessment	1,919.00
Resale of jewelry	42.00
Sale of educational pamphlets, emblems, ties and postage	8.67
Sale of First Day Covers (stamp)	11.85
Reimbursement for luncheons—District Directors Conference	46.80
Refund of travel expense—District Directors Conference	14.54
Total Income	\$ 3,603.61

DISBURSEMENTS:

Administrative Department

Salaries	\$ 223.36
F.I.C.A. & F.W.T. for January ..	45.56
Rental, janitor service, phone, electric	154.90
Office supplies	62.15
Printing membership cards	148.00
Petty cash	42.03
	<hr/>
	\$ 676.00

Educational Department BOI.

Salaries	\$ 207.80
F.I.C.A. & F.W.T. for January ..	53.20
Editor "Sokol Gymnast"	25.00
Printing additional copies "Sokol Gymnast"	27.72
Travel & per diem expense— Dist. Dir. Conference	1,279.92
Miscellaneous expense—Dist. Dir. Conference	148.81
Office supplies	28.39
Phone	3.25

U.S. Olympic dues	10.00	
		\$ 1,784.09
Sokol Publication		
Printing "American Sokol"—		
February 1968	\$ 530.64	
Editor "American Sokol"	75.00	
		\$ 605.64
Total Disbursements		\$ 3,065.73

BALANCE:

Totals brought forward:		
Western National Bank of Cicero—check-		
ing account	\$12,286.98	
Income—February 1968	3,603.61	
		\$15,890.59
Disbursements—February 1968	3,065.73	
		\$12,824.86

EASTERN DISTRICT

Men's division will compete at Sokol Little Ferry on March 30th.
 The women's division will compete at Slovak Hall in Astoria on March 30th.
 Instructors course will be held at Belcamp from August 17th to 30th.
 Refresher courses will be conducted by rotating among the units of the district.

NORTHEASTERN DISTRICT

District units are all very busy working and planning.
 Sokol and Sokolice Detroit — working hand in hand in the different fund-raising activities and entertainment programs. Their membership is increasing steadily. Paid off a \$17,000 loan during 1967 instead of the projected three years.

CENTRAL DISTRICT

13 teams of junior girls competed in the volleyball tournament and 10 women's teams.
 To the Western Gymnastic Clinic at the University of Arizona 2 women and 1 junior girl were sent.
 Held a calisthenic clinic for women. Clinic will be held in St. Louis March 29, 30, and 31st.

WESTERN DISTRICT

March 19th and 20th—bro. Fina will be in Omaha for a judges clinic.
 District course will be held.
 Units are contemplating special number for the District Slet.

SOUTHERN DISTRICT

From SVPS., Slavonic Mutual Fire Insurance Association—a check for \$100.00 as an annual donation to the Southern District which was allocated in their convention in August 1967.
 From SPJST., Supreme Lodge Slavonic Benevolent Order of Texas—in behalf of SPJST., brother Cyril Pokladnik, director of District No. 3, presented the annual donation of \$750.00 to the South-

ern District.

All units show a gain in membership.
 Renewed subscription of Modern Gymnast to each physical director and additional subscriptions to each unit of the U.S. Gymnast, NCAA Handbook, Mademoiselle Gymnast and Olympische Tunkunst.

District Slet. This will include competitions of all classes. In addition a special number competition, competitions of volleyball, children's special number. Also rope climbing, weight lifting and trampoline if enough interest.

District course. The course is to be held for two weeks and immediately after the Slet.

Children and junior competitions other than the Slet be held as a unit function, at least two months prior to the Slet with an option of charging an entry fee.

District will allocate \$200.00 to be used for Sunday clinics and not to exceed \$50.00 per unit. These funds to be used primarily to cover rental of films, brochures and instructors. District approved \$100.00 each for the physical directors to attend any gym clinic approved by the Technical Staff. District will continue their membership in the AAU.

District Technical Staff will join the Gymnastic Teachers Association of Texas. The Technical Staff further encourages that individual members and units join the Association.

Subjects that were discussed in the annual meeting were: Attendance reports, participation in other public functions (Czech Day and possibly at the Hemis Fair), encouraged additional participants in the scholarship fund sponsored by the ASO., special assessment, traveling instructors, inventory of equipment, terminology, junior girls uniforms, National Slet to be held in Chicago in 1969 (suggest to start traveling funds), and the District Directors Conference in Chicago.

Suggested goals and aims presented to the body for discussion:

Continue efforts in membership drive. Educational Director will have a bearing in this matter.

Strive for new facilities for units.

The need to up-date inventory of Technical Staff and Executive Committee as to equipment, stationery and other property.

Continuous efforts for better communications and improvements of reports of units.

Make use of Sokol publication—units as well as individuals.

Initiate a program for the youth. Such as Junior Sokols of Dallas unit. The youth are under the guidance of two adult counselors, elect their own officers, plan activities for entertainment, sponsor students to course and learn the fundamentals of the Sokol Organization.

Considered: Need of District library.

Sokol Corpus Christi is planning to make more improvements on building and grounds.

Sokol Ennis is planning for its 60th anniversary celebration.

District Slet will be held in Houston July 27th and 28th, and the District Course, beginning the 29th.

District Directors will investigate the possibility of filming the calisthenics and apparatus as teaching material for the units.

IV. sjezd SVU a 50 let ČSR.

Ve dnech 30. srpna až 1. září 1968 se koná ve Washingtoně, D. C. v místnostech staroslavné "Georgetown University" IV. sjezd Československé společnosti pro vědy a umění. Jelikož se bude konat v souvislosti s oslavami 50. výročí založení Československé republiky a v místech, kde vznikla historická Washingtonská deklarace čs. samostatnosti, bude i obvyklá přednášková část sjezdu zaměřena k tomuto jubileu.

Na sjezdu budou přednášky z obvyklých oborů, jako je historie, literatura, sociologie, ekonomie, přírodověda a umění. Bude to mezi jiným na příklad vědecký rozbor dnešní čs. literatury, ekonomie a podobně. Mimo to bude na sjezdu několik časových symposií a diskusních panelů. Především to bude symposium na námět "50 let Československa", ve kterém se odborníci rozhovoří o otázkách hospodářských, literárních, sociálních, historických i politických. Jiný námět symposia bude panslavismus, do kterého mají být pozváni odborníci i jiných národů. Plánuje se též symposium o dnešní politické, hospodářské a kulturní situaci ve východní Evropě. Z diskusních panelů má to být především diskuse na námět "Češi a Slováci po 50 letech". Uvažuje se o diskusním panelu, který by se zabýval problémy vyučování češtiny a slovenčiny v zahraničí na různých stupních školské výchovy. Posléze třetí diskusní panel, který se organizuje, má za námět "Problémy a perspektivy českého a slovenského tisku v zahraničí".

Volba nových činovníků se bude konat po slavnostním zahájení sjezdu až v pátek. Mimo to se uvažuje o výstavách knih, uměleckých děl a prací našich architektů. O informace o sjezdu možno si dopsat na tuto adresu: Dr. Milada Lejková, 1931 East-West Highway, Silver Spring, Md. 20910, USA.

Sokolice Omaha pojedou na Hawaii

Dávny plán našich milých Sokolic v Omaze se blíží uskutečnění. Pěkné hawaiijské ostrovy jsou cílem jejich návštěvy v létě 1968. Pěkný dvoutýdenní zájezd se organizuje nejen pro Sokolice Omaha ale i pro jejich přátele po celých Spojených státech pro odjezd 21. července. Program tohoto sokolského zájezdu je opravdu skvělý.

Účastníci budou ubytováni v nejlepších hawaiijských hotelích — nový Holiday Isle Hotel v Honolulu, nový Kona Hilton Hotel na ostrově Hawaii, nový Royal Lahaina Hotel na ostrově Maui a proslulý Coco Palms Hotel na ostrově Kauai. Opravdu jen to nejlepší. Jak již uvedeno, výprava navštíví čtyři překrásné ostrovy — Oahu, Hawaii, Maui a Kauai — a bohatý program vyhlídkových zájezdů seznámí všechny účastníky s nepopsatelnými krásami těchto ostrovů. Nic důležitého a zajímavého nebude vynecháno. Ale pro účastníky této výpravy jsou připraveny ještě další milé a nezapomenutelné požitky. Na uvítanou do těchto rajských ostrovů účastníci se zúčastní tak zvané "Malihihi Nite" v Hotelu Princess Kailani a na rozloučenou bude pro ně připraven "Kamaaina Dinner" v Hotelu Royal Hawaiian. Oba tyto programy budou nejen milým překvapením, ale i vzácným uměleckým požitkem,

na který budou všichni dlouho a rádi vzpomínat.

Další plus tohoto zájezdu je bohatý výběr jídel; zatím co většina výprav na Hawaii nezahrnuje jídla vůbec, výprava omažských Sokolic bude královsky hoštěna, poněvadž většina jídel je zahrnuta do programu. Ale ani tímto jsme nevyčerpali všechny její přednosti. Výprava omažských Sokolic bude osobně doprovázena sestrou Bláží Čihákovou a její doprovod zaručuje všem účastníkům jen to nejlepší. Její zkušenost — zná Hawaii osobně a velmi důkladně — její ochota a starostlivá péče o každého účastníka zbaví cestující všech obvyklých starostí s cestou spojených a připraví jim cestu radostnou a naprosto bezstarostnou. Takovému příležitosti těžko odolati a omažské Sokolice doufají, že jejich výprava bude brzy plně zaplněna. Přihlášky přijímají: Sestra Blanche Mašková, starostka, Sokolice Omaha, 4048 South 13th Street, Omaha, Nebraska 68107, anebo sestra Bláža J. Čiháková, 405 — 50th Place, Western Springs, Illinois 60558.

From Sokol St. Louis, Mo.

The yearly meeting of Sokol and Sokolice St. Louis, Mo., held on Sunday, February 11, 1968, in their beautiful new hall, was attended by over 200 members of both sexes and of the many reports we heard the best one was from the Board of Directors of the hall, that it was paid for and without any debts, largely due to the generous donations of the St. Louis Czechs who are proud of their new hall and the untiring efforts of the members, both men and women. The activities in the hall were so great that for last year the rentals alone brought \$10,000 and the cocktail lounge a clear profit of another \$10,000 so that the board is seriously contemplating to expand the hall for further and better facilities.

All the reports from the various Sokol committees very greatly applauded, especially the wonderful gift by our Sokolice Vlasta of \$1,700 so that it brought the total income of the meeting to around \$3,300. There were many donations both to Sokol and to the Building Fund which will be acknowledged, one in the Sokol News and the other in the Building Fund News. Last year the St. Louis Sokol started their urogram with a Barn Dance given by the actives in January, followed by a Czech play "Sladké milování" February 19th. On February 26 the actives gave a Pancake and Sausage Breakfast. March 4th educational meeting with a talk by our Educational Director bro. John Reiner, followed by colored slides. February 12th yearly meeting, April 30th Chicken Dinner, June 17th Gymnastic Exhibition, June 25th Sokol picnic at the Sokol Camp, July 13 to 16 attended the Slet and competitions at Dallas, Texas, July 30th started children's camping at our camp. September 23rd educational meeting, September 30th Hulabaloo at the Sokol Camp, visit to Expo 67 headed by bro. Frank Hrebec. October Halloween Party given by the Camp Committee, November 19th Czech play "Pražáci na venkově," November 11th Minstrel Show and a New Year's Eve Party on December 31.

Besides this our Sokolice gave many chicken dinners which brought large profits. St. Louis can well be proud of their Sokols and Sokolice!

John Reiner

SOKOL GYMNAST

March 1968

EDITOR—MILDRED PRCHAL

2419 Scoville Avenue, Berwyn, Illinois 60402

MILDRED PRCHAL:

DANCE THROUGH GYMNASTICS

8 junior girls—this is an exhibition routine with introduction, 3 parts and a finale—4¾ minutes long.

INTRODUCTION — 2/4 MEASURE

Girls stand in close interval line facing front—the center of the area is between the 4th and 5th girls. Closeheel stand, closearm, girls hold each other's hands. (pic. 1)

Hold 4 measures.

I. 1. Dip halfsquat — hands joined frontarm — look front.

2. Dip halfsquat—frontway reararm.

II. 1.-2. Same.

III. 1.-2. Same.

IV. 1. Dip halfsquat—frontway uparm (hands joined)—look up.

2. Closearm — deep front bow — release hands, touch floor; head, trunk and arms loose, knees straight.

V. 1. 1st and 8th girls upright, closeheel stand, closearm, look front, the rest remain in front bow.

2. 2nd and 7th upright, closeheel stand—closearm—look forward, the rest remain in frontbow.

VI. 1. 3rd and 6th girls upright—closeheel stand—closearm, the rest remain standing.

2. 4th and 5th girls upright—closeheel stand—closearm, look front.

VII. and VIII. 8., 7., 6., and 5. girls do 3 steps, r., l., r.; Nos. 1., 2., 3., and 4. girls do 3 steps, l., r., l., and form single line with No. 8 girl being first and No. 1 last (single file facing front). Nos. 1. and 8. girls do big steps, Nos. 4. and 5. girls almost in place; on ct. 4. Nos. 1. to 4. girls close with right foot, and Nos. 5. to 8. close with left. (Pic. 2)

IX. 1. Dip halfsquat—big front circles inward to closearm.

2. Same as 1.

X.-XI. 1.-4. Same as IX. (6 big front circles).

XII. 1.-2. Big front swing to uparm, jump to squat—sideway closearm, hands touch floor beside feet, front bow of trunk and head.

XIII. 1. Last girl in line (originally No. 1) upright, uprise, look front.

2. Second girl same.

XIV. 1. Third girl same.

2. Fourth girl same.

XV. 1. Fifth girl same.

2. Sixth girl same.

XVI. 1. Seventh girl same.

2. Eighth girl (now No. 1 in line) same.

PART 1-A — 2/4 MEASURE

I.-VIII. 1.-16. With 8 polka steps (begin right) the girls turn to right, form circle and on the 2nd count of the 8th measure, join hands, right hip to center of circle finishing in step forward left.

INTERLUDE FOR WORK IN CIRCLE

I. 1. All girls release hands; 1., 3., 5., 7. girls turn 90° to right and step right forward, left rear-touch.

2. Hold.

II. 1. Step left forward, right reartouch.

2. Hold.

III. 1.-2. Cross right before left turning 180° to left in toestand to closeheel stand.

1. 1. Nos. 2., 4., 6., 8. girls turn 90° to right and rear step right, left foretouch.

2. Hold.

II. 1. Close left.

2. Hold.

III. 1.-2. Hold.

IV. 1. ALL GIRLS: Hold stand—frontarm outward and join hands.

2. Hold. (Pic. 3)

I. 1. Squat.

2. Uprise.

II. 1.-2. Same.

III. 1.-2. Same.

IV. 1.-2. Hold in closeheel stand.

I. 1. Nos. 2., 4., 6., 8. girls: Hold closeheel stand.

2. Squat.

II. 1. Uprise.

2. Squat.

III. 1. Uprise.

2. Squat.

IV. 1. Uprise.

2. Hold.

ALL GIRLS:

V. 1. Deep lunge right forward, look front.

2. Hold.

& Uprise, transfer weight to left, and closeheel stand.

VI. 1. Rear bow shoulders and head, joined arms stretched, frontarm outward.

2. Hold.

VII. 1.-2. = V. 1.-2., but opposite (lunge left).

VIII. 1.-2. = VI. 1.-2., but opposite (close left)

IX.-XIV. = I.-VI.

XV. 1. Upright, release hands, step right forward, kneel on left knee—closearm.

2. Close right to jointleg kneel.

XVI. 1. Sit on heels, and again join hands.

2. Hold.

- XV. 1. Nos. 2., 4., 6., 8.: Upright, release hands and turn 180° to right.
2. Kneel on left.
- XVI. 1. Sit on heels, again join hands.
2. Hold. (Circle, backs to center). (Pic. 4)

PART 1-B (ALL GIRLS)

- I. 1.-2. Hold in seat on heels—slowly frontway (hands joined) uparm—rearbow of head and shoulders (joined hands form small circle inside).
- II. 1. Finish movement to shoulder rearbow.
2. Hold.
- III. 1.-2. Hold in seat on heels—slowly upright—reararm thru frontarm and closearm—trunk and head frontbow, forehead at knees.
- IV. 1. Finish movement.
2. Hold.
- V.-VIII. = I.-IV.
- IX. 1. Upright—release hands and support seat on heels (hands beside knees).
2. Thrust to support squat, head front.
- X. 1. Support stand, frontbow of trunk and head, knees straight.
2. Hold.
- XI. 1. Again support squat—head forward.
2. Support stand—frontbow of trunk and head.
- XII. 1. Upright—closeheel stand, head forward.
2. Hold.

PASSAGE TO 3s AND 2s

- I.-VIII. 1.-16. 90° turn to right, knuckles of hands on hips. 8 polka steps in circle, beginning with right (girls have right hip to inside of circle).
- IX.-X. 1.-4. 8 running steps beginning right; girls run in circle and open into pattern (pic. 5) so that girls 1., 2., 3., and 4., 5., 6. form 2 circles with 3 girls and girls 7. and 8. join crossed hands in frontarm inward (facing each other) and spin sideward with fast chasses (step close).
- XI. 1.-2. With 2 steps, r., l., girls prepare for balance exercises: girls 2., 3., 8. and 4. with left hip front, and girls 1., 3., 6. and 7., with right hip front; girls 1. and 2. join left hands, girls 1. and 3. join right hands; the same in the second trio; 4. and 5. girls join left hands, 4. and 6. join right hands. 7. and 8. girls have right hands joined and stand in the center back. (Pic. 6)
- XII. 1.-2. Hold closeheel stand.

PART 2-A — 2/4 MEASURE

- I.-II. 1.-4. Nos. 1. and 7. girls step left forward, right rearleg, hands hold, look forward; No. 4. girl the same, but opposite, step forward right; girls Nos. 8., 2., 3. step left halfsquat to rear, right foretouch, rearbow of head and shoulders (holding hands); girls Nos. 5. and 6. the same, opposite; step right to rear (execute all slowly).
- III.-IV. 1.-4. Same opposite: girls who performed balance now do rearbow and those who had rearbow change to balance (arabesque).
- V. 1.-2. Upright, uprise; with 2 steps beginning with right, girls form 2 small circles of 3s; Nos. 7. and 8. girls continue to exercise in twos holding right hands.
- VI.-VII. 1.-4. 7 running steps in circle beginning with right.

- VIII. 1.-2. Close left. Girls again assume same positions for balance (arabesque) as in XI. and XII. measures of Part 1-B.

IX.-XVI. = I.-VIII.

- XVII.-XX. 1.-8. Form two circles of 4 girls apiece. The No. 8. girl joins Nos. 1., 2., and 3. and the No. 7. girl joins 4., 5., and 6.; girls in each circle join hands and execute 16 small runs starting with right foot counter-clockwise (use 4 of the runs to form the two small circles and 12 runs in circles). (Pic. 7)

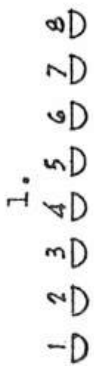
- XXI.-XXIV. 1.-8. On first count girls release hands and form new pattern with 16 running steps. (Pic. 8)

PART 2-B — 3/4 MEASURE

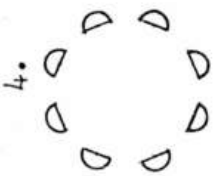
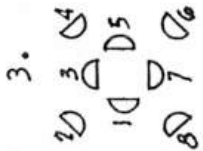
Introduction — 4 Measures

Closeheel stand, closearm, girls have open rank placement; hold 4 measures.

- I. 1. Closeheel stand, right frontarm, knuckles up, look forward.
&. Left frontarm, knuckles up.
2. Right sidearm, palm up.
&. Left sidearm, palm up.
3. Right uparm, palm inward, look up.
&. Left uparm, palm inward.
- II. 1. Dip halfsquat—frontway reararm, frontbow of head and chest (forehead before knees).
2.-3. Dip halfsquat—swing frontward to uparm, palms inward, look up, rearbow of head and shoulders.
From III. to XVI. measures, odd numbered girls exercise as written, even numbered girls do same but opposite:
- III. 1. Dip halfsquat—left sidearm, palm up, sidebow to left, look to left, right arm hold.
2.-3. Uprise to closeheel stand—left uparm, palm inward—upright, look up (hold right in uparm) (do not raise shoulders).
- IV. 1.-3. Same but to right.
- V. 1. Halfsquat step left sideway, sidebow to left—sidearm right, frontarm bent inward left; swing downward to sidearm left, frontarm bent inward right, look to left.
2. Uprise to stand left sideway—upright—look up—uparm, palms in.
3. Transfer weight to halfsquat step right sideway, sidearm to right (sidearm right, frontarm bent inward left, look to right).
- VI. 1. Dip halfsquat step left to side, thru frontbow pass to left sidebow—swing downward to sidearm left, frontarm bent inward right—look to left.
2.-3. Hold.
- VII.-VIII. = V.-VI. but opposite.
- IX. 1. Uprise, upright, 90° turn to left, toestand forward left, bend rearleg right—thru closearm, frontarm outward. Girls form couples (1. with 2., 3. with 4., 5. with 6., 7. with 8.). Couples join inside hands, look at each other.
2.-3. Hold. (Pic. 9)
- X. 1. Girls release hands, swing downward to reararm outward, palms forward—halfsquat step right rear, bend frontleg left, rear bow of head and shoulders.
2.-3. Hold.



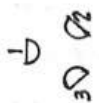
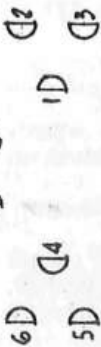
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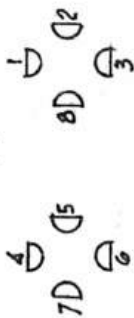
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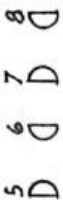
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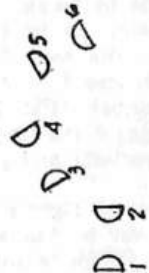
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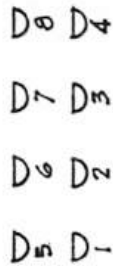
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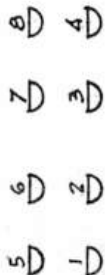
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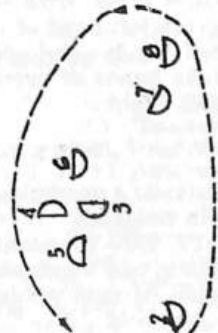
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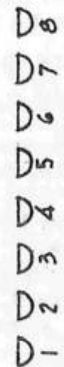
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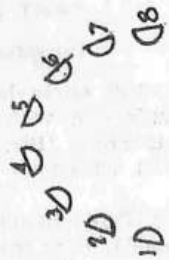
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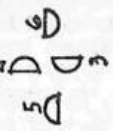
11.



12.



15.



- XI. 1. Uprise, upright, step left forward.
2. Change weight to right in halfsquats.
3. Change weight to left in stand reartouch right.
Arms: 1.-3. Big flank circles forward to reararm again.
- XII. 1. Toestand on left, bend rearleg right—swing forward to frontarm outward (girls again join hands).
- XIII. 1.-3. = X.
- XIV. 1.-3. = XII.
- XV. 1. Release hands, halfsquat step right to rear—rearbow of head and shoulders.
2. Uprise—change weight to step left forward.
3. Step right forward.
Arms: 1.-3. Slow downward circle backward (finish closearm)
- XVI. 1. 90° turn to right, close left.
Girls cross arms and join: odd numbered girls grasp left hand of even numbered girls with their left hands—and odd numbered girls' right hands take hands of even numbered girls. (Pic. 10)
2.-3. Hold.

PART 2-C — 3/4 MEAS.

- I.-II. 1.-6. Arms hold, 2 mazurka steps to right side (in couples).
- III.-IV. 1.-5. 10 running steps, even numbered in place, odd numbered girls around even numbered girls execute whole turn to left (right) begins—arms hold.
6. Close right.
- V.-VIII. 1.-5. = I.-IV. 1.-5. Same but opposite and in opposite direction.
6. Girls form two fours, couples release hands and immediately join hands in fours.
- IX.-X. 1.-6. The first four same as in I. and II. measures to the right side; the second four the same as in I. and II. measures but opposite to the left side (2 mazurka steps). (Pic. 11)
- XI. 1.-3. The first four executes 6 running steps to left side (right begins before left) and progresses to left side.
- XII. 1.-2. With 4 running steps to right side (right begins), the first four again to the right, but moves back of second four which is now first.
3. Stepping with right, line becomes second four.
- XIII.-XIV. 1.-6. 2 mazurka steps to left side—arms remain holding.
- XV.-XVI. 1.-5. 10 running steps (left begins before right) line of four progresses to right side.
6. Close left (all girls form one line).
From XI. to XVI. the second four does same but to opposite side and with opposite leg. (Pic. 12)

PART 3 — 3/4 MEASURE

Introduction — 4 Measures

- I.-III. 1.-9. Girls low sidearm grasp each other's hands and with 9 steps, beginning right, form half circle. (Pic. 13)
- IV. 1.-3. Closeheel stand—arms hold—look front.

PART 3-A

1. 1.-3. Dip halfsquat—flank circle forward (hands joined); thru frontarm outward, sidearm upslant, reararm outward and low sidearm as at beginning—look forward.
- II.-III. = I.

- IV. 1. Closeheel stand—frontarm outward (hands joined).
2.-3. Look forward.
- V.-VI. 1.-6. Hold.
- VII.-VIII. 1.-6. Odd numbered girls form twos with even numbered girls on their left releasing hands (couples: 1. and 2., 3. and 4., 5. and 6., 7. and 8.). Nos. 1., 3., 5. and 7. turn 90° to left and join left hands with partners; execute 6 steps starting left, making circle around each other back to place (counterclockwise). Nos. 2., 4., 6. and 8. turn 90° to right to join left hands, etc. After turn around each other, girls again face into semi-circle and join hands as in I.
- IX.-XIV. = I.-VI.
- XV. 1.-3. Girls again form twos and join inside hands, execute 6 running steps starting with left to form (pic. 14).
- XVI. 1. Odd numbered girls kneel on left facing each other holding hands.
Even numbered girls start runs with right and kneel on right.
2.-3. Hold.

PART 3-B

ODD NUMBERED GIRLS:

- I. 1.-3. Hold kneel and joined hands—slow frontbow—frontarm outward, upslant.
- II. 1. Finish frontbow (arms straight).
2.-3. Hold.
- III. 1.-3. Hold in kneel and joined hands, slowly upright and rearbow—frontarm.
- IV. 1. Finish movement (stretch arms).
2.-3. Hold.
- V. 1.-3. Hold in kneel and joined hands—upright—look at each other.
- VI. 1.-3. Girls release hands—slowly sit on heel of kneeling leg, while sliding other leg to rearleg on floor—rearbow, low reararm, fingers touch floor. (Pic. 15)

(Continued)

Correction On Uniform Price List

Boys' tee shirt, sizes 4—14 Price \$1.25

At the bottom under terms:
10% discount for orders of
\$100.00 or more.

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For both of these sources, advise sending in for brochures and particulars. You might say that LaCrosse is faster on service.

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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 Road, Cicero, Illinois 60650.

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Combined meetings every 3rd month at Sokol office, 5611 West Cermak Road, Cicero, Ill. 60650

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

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Chairman: Emilie Welcl-Ruzicka.

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Sokolice Baltimore, Md. — Meetings 2nd Sunday in Jan.-April and Sept.-Dec., 4th Friday in May, June, July. No meeting in August. American Sokol Center, 2931 East Madison Street, Baltimore, Md.

21205. — President: Sylvia Peifer, 318 Upper Landing Road, Baltimore, Md. 21221. Secretary: Roberta Lubin, 8198 Wilson Point Rd., Baltimore, Md. 21220. Financial Secretary: Libbie Vrzalik, 201 Lyndale Ave., Baltimore, Maryland 21236.

Sokol Belcamp, Md. — Meetings 1st Wednesday, Belcamp Community Center, Belcamp, Md. 21017. President: Frank G. Novak, P. O. Box 65, Belcamp, Md. 21017. Secretary: James V. Hesoun, P. O.

Directory of Units

Box 44, Belcamp, Md. 21017. Treasurer: Emil Dupal, 255 Hemlock Lane, Aberden, Md. 21001.

Sokol Curtis Bay, Md. — Meetings 2nd Friday, American Sokol Gymnastic Association, 1527 Cherry St., Baltimore, Md. 21226. — President: James F. Zaruba, 4705 Virginia Ave., Baltimore, Maryland 21225. Secretary: Frank Zamostny, 216 Werner Rd., Baltimore, Md. 21226. Financial Secretary: Sophie Catterton, 221 Sycamore Rd., Linthicum Heights, Maryland 21090.

Sokol Fuegoer, L. I. C., N. Y. — Meetings 3rd Tuesday, except July and August, 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, 43-25 160th St., Flushing, N. Y. 11358. Director of Women: Christine Steuzel, 22-64 21st St., L. I. City, N. Y. 11105. Educational Director: Dinka Kolnik, 26-28 30th Street, Long Island City, N. Y. 11102. Organization Chairman: Maria Stika, 28-05 43rd St., L. I. City, N. Y. 11103.

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Sokolice Little Ferry, New Jersey. — Meetings 4th Wednesday, Sokol Hall, Main and Garden Streets, Little Ferry, N. J. 07643. President: Blanche Kubat, 41 Henry St., Moonachie, N. J. 07074. Secretary: Mary Killian, 21 Lakeview Drive, Little Ferry, N. J. 07643. Financial Secretary: Elsie Machotka, 26 Center St., Little Ferry, N. J. 07643. Director of Women: Judy Janakis, 15 Beech St., Little Ferry, N. J. 07643. Organization Chairman: Beatrice Novotny, 11 Grove St., Little Ferry, N. J. 07643. Public Relations: Blanche Kubat.

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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, Illinois 60650.

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Sokolice Milwaukee, Wisconsin. — Meetings 1st Thursday, International Institute, Milwaukee, Wis. President: Barbara Shabart, 2847 N. 39th St., Milwaukee, Wis. 53210. Secretary: Emily Stankovsky, 3834 No. 38th St., Milwaukee, Wis. 53216. Financial Secretary: Mary Zelenka, 2852 N. 78th St., Milwaukee, Wis. 53222. Director of Women: Emily Falarsh, 4435 N. 49th St., Milwaukee, Wis. 53218.

Sokol Mladocech, Racine, Wis. — Meetings last Wednesday, Sokol Mladocech Hall, 1313 Lincoln St., Racine, Wis. 53402. President: James J. Fetek, 4905 James Ave., 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: Steve J. Mostenan.

Sokolice Mladocech, Racine, Wis. — Meetings last Wednesday of March, June, September and December, Sokol Mladocech Hall, 1313 Lincoln Street, Racine, Wis. 53402. President: Grace Smerchek, Rt. 1, 2506 — 5½ Mile Rd., 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. 53404.

Pizensky Sokol of Chicago, Ill. — Meetings 2nd Thursday, CSA, Building Annex, Lombard Avenue and Cermak Rd., Cicero, Ill. 60650. President: Frank L. Konopasek, 16610 Fulton Terrace, Tinley Park, Ill. 60477. Secretary: Marie Konopasek, 16610 Fulton Terrace, Tin-

ley Park, Ill. 60477. Fin. Secretary: Joseph Kilberger, 3735 Arthur Ave., Brookfield, Ill. 60513.

Sokol Rozvoj, Chicago, Illinois. — Meetings 3rd Friday every 3rd month, Danish American Athletic Center, 4624 No. Pulaski Road, Chicago, Ill. 60630. — President: Rose Masek, 1607 North Route 47, Woodstock, Ill. 60098. Secretary: Hedvika Vrba, 2135 So. Kenilworth Ave., Berwyn, Ill. 60402. Financial Secretary: Ann Bagel, 4906 West Berwyn, Chicago, Ill. 60630.

Sokol St. Louis, Mo. — Meetings 2nd and 4th Monday, American-Czech Educational Center, 4690 Lansdowne, St. Louis, Mo. 63116. President: William Shana, 9145 Desmond Drive, St. Louis, Mo. 63126. Secretary: Frank L. Shiroky, 3439 Indiana, St. Louis, Mo. 63118. Financial Secretary: Anton Kylian, 4551 Varrelman Ave., St. Louis, Mo. 63116. Director of Men: Milton Moravek, 12012 Southwick, Concord Village, St. Louis, Mo. 63128. Director of Women: Helen Pesoat, 6401 Mardel, St. Louis, Mo. 63109. Educational Director: John Reiner, Sr., 4232 LaSalette, St. Louis, Mo. 63123.

Sokol Slavsky, Cicero, Illinois. — Meetings 1st Wednesday, Gold Room, CSA. Bldg., 2138 S. 61st Court, Cicero, Ill. 60650. — President: Edwin Halik, 3643 Ridgeland Ave., Berwyn, Ill. 60402. Secretary: Vlasta Lindquist, 2500 So. 57th Avenue, Cicero, Ill. 60650. Financial Secretary: Frank Marecek, 2617 So. Clinton Ave., Berwyn, Ill. 60402. Director of Men: Bernard Babka, 2346 So. Harvey Ave., Berwyn, Ill. 60402. Director of Women: Anne Satek, 5310 W. 24th St., Cicero, Ill. 60650.

Sokol Stickney, Illinois. — Meetings 1st Wednesday, except July and August. Sokol Stickney, 4131 S. Home Avenue, Stickney, Illinois 60402. — President: William Vrba, 4224 Home Avenue, Stickney, Ill. 60402. Secretary: Margaret Sheridan, 3939 Clarence Avenue, Stickney, Ill. 60402. Fin. Secretary: Ann Muzik, 9030 Rochester, Brookfield, Ill. 60513. Director of Men: William Meyer, 3928 Home Avenue, Stickney, Ill. 60402. Director of Women: Rose Sladek, 4449 Clinton Ave., Stickney, Ill. 60402. Educational Director: Frank Zakroczy, 4225 Home Ave., Stickney, Ill. 60402.

Sokol Tabor, Berwyn, Illinois. — Meetings 1st Friday, Sokol Tabor, 1602 S. Clarence Ave., Berwyn, Ill. 60402. President: Charles M. Prchal, 2419 Scoville Ave., Berwyn, Ill. 60402. Secretary: Frank Neumann, c/o Sokol Tabor, 1602 So. Clarence Ave., Berwyn, Ill. 60402. Financial Secretary: Leo Svreck, 1647 So. 57th Ave., Cicero, Ill. 60650. Director of Men: Jas.

Berousek, 2517 Forest Ave., North Riverside, Ill. 60546. Educational Director: Charles M. Prchal.

Sokolice Tabor, Berwyn, Illinois. — Meetings 1st Friday, Sokol Tabor, 1602 S. Clarence Ave., Berwyn, Ill. 60402. President: Mae Linhart, 1820 Ridgeland Ave., Berwyn, Ill. 60402. Secretary: Anna Vitek, 1632 Home Ave., Berwyn, Ill. 60402. Fin. Secretary: Helen De Klyen, 1329 So. 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, 3035 W. 51st Street, Chicago, Ill. 60632. President: George Vytlačil, 12515 Harold Ave., Palos Park, Ill. 60463. Secretary: Anton Smunt, 5342 So. Fairfield Ave., Chicago, Ill. 60632. Fin. Secretary: James Jansky, 5400 S. Albany Ave., Chicago, Ill. 60632. Director of Men: Joseph Holoubek, 5322 S. Maplewood Ave., Chicago, Ill. 60632. Educational Director: Curt Mentzer, 11358 So. Hamlin Ave., Chicago, Ill. 60655.

Sokolice Town of Lake, Chicago, Illinois. — Meetings 2nd Wednesday every other month, Polish Highlanders Hall, 3035 W. 51st Street, 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, Bank of Westmont, 139 No. Cass Ave., Westmont, Ill. Mailing address: Sokol West Suburban, P. O. Box 181, Downers Grove, Ill. 60515. President: Svlvia Pistorius, 342 W. Naperville Rd., Westmont, Ill. 60559. Secretary: Elsie Simek, 241 Sheldon Ave., Downers Grove, Ill. 60515. Financial Secretary: Ann Erst, 2001 Maple Ave., Downers Grove, Ill. 60515. Director of Men: Rudolph Behounek, 4827 Cornell, Downers Grove, Ill. 60515. Director of Women: Barbara Donda, 22 West, 507 Sycamore, Glen Ellyn, Ill. 60137. Public Relations: Svlvia Pistorius.

WESTERN DISTRICT, OMAHA, NEBRASKA

Sokol Cedar Rapids, Iowa. — Meetings 1st Monday, Sokol Hall, 415 — 3rd St. S.E., Cedar Rapids, Iowa 52401. President: Jos. Pazour, 72 — 18th Avenue S.W., Cedar Rapids, Iowa 52404. Secretary: Darrell W. Netolicky, 70 — 22nd Ave. S.W., Cedar Rapids, Iowa 52404. Fin. Secretary: Karel Jares, 1015 2nd Street S.E., Cedar Rapids,

Ia. 52402. Director of Men: Darrell W. Netolicky. Public Relations: George Naxera, 242 Wilson Ave. S.W., Cedar Rapids, Iowa 52404.

Sokolice Renata Tyrsova, Cedar Rapids, Iowa. — Meetings 1st Monday, Sokol Hall, 415 — 3rd Street S.E., Cedar Rapids, Iowa 52401. President: Bette Trefny, 1708 Center Point Rd. N.E., Cedar Rapids, Iowa 52402. Secretary: Mana Zlatohlavek, 392 — 16th Ave. S.W., Cedar Rapids, Iowa 52404. Financial Secretary: Rose Marek, 289 Wilson Avenue S.W., Cedar Rapids, Iowa 52404. Director of Women: Betty Petrzalek, 1501 — 2nd St. S.W., Cedar Rapids, Iowa 52404. Educational Director: Kveta E. Smith, 1940 Washington Ave. S.E., Cedar Rapids, Iowa 52403. Public Relations: Marie Vitek, 3902 Wenig Road N.E., Cedar Rapids, Iowa 52402.

Sokol Crete, Nebraska. — Meetings 1st Wednesday, Sokol Auditorium, 12th and Norman St., Crete, Nebr. 68333. President: Steve E. Pomajzl, Route 2, Wilber, Nebr. 68465. Secretary and Fin. 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 68333. President: Alice Kalkwarf, 807 Oak Street, Crete, Nebr. 68333. Secretary: Blanche Heeren, R. R. 1, Box 136, Crete, Nebr. 68333. Financial Secretary: Marie Placek, 1232 Juniper St., Crete, Nebr. 68333. Director of Women: Lulu Kohel, 727 Hawthorne St., Crete, Nebr. 68333. Publicity Chairman: Lulu Kohel.

Sokol Fuegner-Tyrs, So. Omaha, Nebraska. — Meetings 1st Monday, So. Omaha Sokol Hall, 5601 S. 21st Street, Omaha, Nebr. 68107. President: Edward Pavoucek, 2306 Jefferson, Bellevue, Nebr. 68005. Secretary: George J. Buglewicz, 5848 So. 18th St., Omaha, Nebr. 68107. Financial Secretary: Victor F. Novotny, 4621 Valley, Omaha, Nebr. 68106. Director of Men: Vojmir Benak, 5919 S. 15th Street, Omaha, Nebr. 68107. Educational Director: A. Swoboda, 5816 S. 15th St., Omaha, Nebr. 68107. Organization Chairman: Gerald Divoky, 1511 — 9th St. No., Bellevue, Nebr. 68005. Public Relations: Vojmir Benak.

Sokolice South Omaha, Nebraska. — Meetings 2nd Tuesday, So. Omaha Sokol Hall, 5601 South 21st Street, Omaha, Nebraska 68107. President: Louise Tonar, 5009 So. 19th Street, Omaha, Nebraska 68107. Secretary: Emma Benak, 5919 S. 15th St., Omaha, Nebr.

68107. Fin. Secretary: Barbara Swoboda, 5816 So. 15th Street, Omaha, Nebr. 68107. Director of Women: Phyllis Jirka, 6514 S. 45th Street, Omaha, Nebr. 68117. Organization Chairman: Mary Ryba, 3502 Polk St., Omaha, Nebr. 68107. Public Relations: Bea Pavoucek, 2306 Jefferson, Bellevue, Nebr. 68005.

Sokol Omaha, Nebr. — Meetings 2nd Wednesday, Sokol Auditorium, 2232 South 13th Street, Omaha, Nebr. 68108. President: Anton Krejci, 2428 So. 14th St., Omaha, Nebr. 68108. Secretary: Joseph Bures, 2126 S. 38th Street, Omaha, Nebr. 68105. Financial Secretary: Frank Susterka, 3920 Wright St., Omaha, Nebr. 68105. Director of Men: Raymond Lastovica, 4870 Vinton St., Omaha, Nebr. 68106. Educational Director: Alfred Hasterlo, 1432 Pasadena Ave., Omaha, Nebr. 68107. Public Relations: Heinz Rohde, 6627 Evans St., Omaha, Nebr. 68104.

Sokolice Omaha, Nebraska. — Meetings 1st 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: Beverly Kilborn, 4680 Nebraska Ave., Omaha, Nebraska 68104. Educational Director: Linda Beran, 1836 West Adams, Millard, Nebr. 68043. Organization Chairman: Blanche Masek. Public Relations: Bernice Cahoy, 2545 S. 10th St., Omaha, Nebr. 68108.

Sokol Schuyler, Nebraska. — Meetings 2nd Wednesday, Ed Varejcka's Basement, 418 East 14th Street. President: Jaroslav Schmid, 509 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: J. J. Novak. Secretary: Frank Kucera, P. O. Box 362. Financial Secretary: Lillie Kovar, Box 47. 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 55343.

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

Sokol St. Paul, Minnesota. — Meetings 4th Friday, CSPS. Hall, West Seventh and Western, St. Paul, Minn. 55102. President: Lucille Pavlicek, 1461 Edgcombe Rd., St. Paul, Minn. 55105. Secretary: Lillian Kodada, 205 Oneida, St. Paul, Minn. 55102. Financial Secretary: Wayne Hawkinson, 5921 Upton Ave. So., Minneapolis, Minn. 55410. 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 Dir.: Robert Vanyo, 446 Bay St., St. Paul, Minn. 55102.

SOUTHERN CIRCUIT OF WESTERN DISTRICT

Sokol Caldwell, Kansas. — Meetings 1st Sunday, Sokol Hall, 12 miles west of Caldwell, Kansas 67022. President: Joseph Netahla, Route 1, Bluff City, Kansas 67018. Secretary: Carrie Anton, Bluff City, Kansas 67018. Fin. Secretary: E. E. Misak, Bluff City, Kansas 67018.

Sokol Karel Jonas, Wilson, Kansas. — Meetings 4th Sunday, every 3rd month, Wilson Opera House, Wilson, Kansas 67490. President: John J. Moeller, Wilson, Kansas 67490. Secretary: Alice Sula, Wilson, Kansas 67490.

SOUTHERN DISTRICT, DALLAS, TEXAS

Sokol Corpus Christi, Texas. — Meetings 2nd Sunday, Sokol Hall, 1346 Daytona, Corpus Christi, Tex. 78415. — President: Frank Sacky, 3418 Brauner Parkway, Corpus Christi, Tex. 78411. Secretary: Jim Kucera, 1936 Ayers, Corpus Christi, 78404. Financial Secretary: Adela Sijansky, Route 3, Box 277, Corpus Christi 78415. Director of Men: Jim Kucera. Director of Women: Anne Marie Castro, 5006 Brandesky St., Corpus Christi, Tex. 78415. Educational Director and Organization Chairman: Jim Kucera.

Sokol Fort Worth, Tex. — Meetings 4th Wednesday, Sokol Hall, 3221 N.W. 28th Street, Ft. Worth, Tex. 76106. President: Bill Renfro, 2805 Skyline Drive, Fort Worth, Tex. 76114. Secretary: Bob Cleveland, 6017 Ten Mile Bridge Rd., Fort Worth, Tex. 76135. Financial Secretary: Anna Milan, 2216 Lovin Street, Ft. Worth, Tex. 76106.

Director of Men: Jerry Milan, 6208 Lakeside Drive, Fort Worth, Tex. 76135. Director of Women: Henrietta Milan, 6208 Lakeside Drive, Fort Worth, Texas 76135. Educational Director: Jerry Milan.

Sokol Houston, Texas. — Meetings 2nd Sunday, Sokol Houston Hall, 1314 West Patton, Houston, Texas 77022. President: William Svec, 9602 Airline Dr., Houston, Tex. 77037. Secretary: Doris Petrzelka, Rt. 1, Box 115, Cypress, Tex. 77429. Financial Secretary: Elsie Svec, 9602 Airline Dr., Houston, Tex. 77037. Director of Men: Bill Petrzelka, Rt. 1, Box 79, Cypress, Tex. 77429. Director of Women: Martha Busch, 1310 Aldine Meadow, Houston, Tex. 77039. Educational Director: Elsie Svec. Organization Chairman and Public Relations: Harvey Lee, Jr., 5615 W. Belfort, Houston, Texas 77035.

Sokol Karel Havlicek-Borovsky, Ennis, Tex. — Meetings 4th Sunday, Sokol Hall, Highway 34 East, Ennis, Texas 75119. — President: Charlie A. Jurcik, Route 2, Secretary: Annastazie 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. Public Relations: Joe Vytopil, 900 So. McKinney. 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. Director of Men: Ralph Stejskal, Rt. 3, Yukon, Okla. 73099. Director of Women: Anna Smrcka.

Sokol Praha, Prague, Okla. — Meetings 1st Tuesday, Sokol Hall, Main and Avenue A, Prague, Okla. 74864. President: James Pospisil, Rt. 2. Secretary: Leonard Walenta, Route 1. Director of Men: Frank Sefcik. All Prague, Okla. 74864.

Sokol Zizka, Dallas, Texas. — Meetings 3rd Sunday, Sokol Athletic Center, 7448 Greenville Ave., Dallas, Texas 75231. President: George Prevratil, 11212 Yorkmont Circle, Dallas, Texas 75218. Secretary: Vlasta Maca, 7011 Concord Ave., Dallas, Tex. 75235. Fin. Secretary: Maude Schell, 103 Thompson Drive, Richardson, Tex. 75080. Director of Men: Joe Pokladnik, 6234 East University, Dallas, Tex. 75214. Educational Director: Helen Oates, 10907 Cinderella, Dallas, Texas 75229.

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

Sokol Fresno, Calif. — Meetings 2nd Sunday, Knights of Pythias Hall, 4867 E. Fillmore, Fresno, Calif. 93702. 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, Calif. 90004. President: Vaclav Salak, 518 No. Niagara, Burbank, Calif. 91505. Secretary: Charles Chvila, 10542 Blumont, South Gate, Calif. 95240. Financial Secretary: Jos. Seda, 1366 Calle Gomero, Thousand Oaks, Calif. 91360. Director of Men: Lubo Hintnaus, 1321 21st Street, Manhattan Beach, Calif. 90267. Educational Director: Emil Neku, 12242 Magnolia Blvd., North Hollywood, Calif. 91607.

Sokolice Los Angeles, Calif. — Meetings 2nd Saturday, Sokol Hall, 500 N. Western Ave., Los Angeles, Calif. 90004. President: Louise Nekuda, 12242 Magnolia Blvd., No. Hollywood, Calif. 91607.

Secretary: Mildred Kelly, 9701 Sombra Terrace, Sunland, Calif. 91040. Financial Secretary: Jirina Cymbal, 2936 Piedmont Ave., La Crescenta, Calif. 91014. Director of Women: Marie Jeane Koukal, 4503 Rosewood Ave., Los Angeles, Calif. 90004.

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: Anna Jansky, 8850 S.W. Cashmur Lane, Portland, Ore. 97225. Financial Secretary: Karel Wirostek, 2127 N.E. 20th Ave., Portland, Ore. 97211. Educational Director: James Bubenik, 6117 S.E. Monroe, Milwaukie, Ore. 97222.

Sokol San Francisco, Calif. — Meetings 2nd Monday, Sokol Hall, 739 Page St., San Francisco, Calif. 94117. President: George Spanek, 1364 Drake Ave., Burlingame, Cal. 94010. Secretary: Joseph Simecek, 395 — 31st Ave., San Francisco, Calif. 94121. Financial Secretary: John Kucera, 1914 — 11th Ave., San Francisco, Calif. 94116. Educational Director: Edward Teyrovsky, 2527 Capitola Ct., Hayworth, Calif. 94545.

Sokolice San Francisco, Calif. — Meetings 2nd Monday, Sokol Hall, 739 Page Street, San Fran-

cisco, Calif. 94117. — President: Marie Bizek, 660 — 37th Ave., San Francisco, Calif. 94121. Secretary: Stella Tatro, 2765 McAllister, San Francisco, Calif. 94118. Financial Secretary: Valy Salz, 68 Collins Street, San Francisco, Calif. 94118. Director of Women: Vlasta Kucera, 914 — 11th Ave., San Francisco, Calif. 94116.

Sokol Scio, Oregon. — Meetings 1st Sunday, ZCJB.-Sokol Hall, Scio, Oregon 97374. — President: John E. Tannich, 1232 East Front St., Albany, Ore. 97321. Secretary: Bessie Dobrovsky, Rt. 2, Box 9, Scio, Ore. 97374. Financial Secretary: Mary Tannich, 1232 East Front St., Albany, Ore. 97321. Director of Men: John E. Tannich. Director of Women: Bessie Dobrovsky.

Sokol Seattle, Washington. — Meetings 2nd Wednesday, Queen Anne Field House & Norway Center, 300 — 3rd Ave. West, Seattle, Washington 98119. President: A. Novotny, 1919 East Calhoun, Seattle, Wash. 98102. Secretary: Marie A. Urban, 517 — 9th Ave. #204, Seattle, Wash. 98104. Financial Secretary: Vilma Vojta, 8475 West Mercer Way, Mercer Island, Wash. 98040. Director of Men and Educational Director: Helmut F. Cerny, 10250 Waters Ave., Seattle Wash. 98178.

J. CIHAK:

300 YEARS OF CZECHS AND SLOVAKS IN AMERICA

CONCERNING THE HESITATION REGARDING LISTING IN THE PANORAMA

No life in these United States is so barren, nor was that of those preceding us so uneventful, that it would be out of place if recorded in the Panorama. Some consider the Panorama as a forum for bragging. Nothing could be further from the truth. As a matter of fact it was the cumulative efforts of millions throughout history and not the genius of a few that have brought civilization, with all its shortcomings, to the present era.

Dr. Wm. H. McNeill, Chairman of the Department of History of the University of Chicago, points this out brilliantly in his "The Rise of the West," a history of the Human Community. In 1964, Dr. McNeill won the National Book Award for this work. In his estimation, it was the interplay of groups and nations spreading in ever widening circles that made an indelible imprint upon humanity's advance. In scores of notations he points out the frustrations encountered because of a lack of written records. Entire civilizations lived, grew and fell by the wayside leaving behind gems of architecture, sculpture and practical inventions, but not one word of how, why or when.

As an ethnic group we too have and have had our share of outstanding individuals, but it was the

great mass of our people who made a lasting impression in every community in which they lived. Their industry, thrift and participation in every phase of community life must not be forgotten. The rare or gifted individual is but a reflection of the source from which he arose.

How many small organizations have passed out of existence after honorably fulfilling their role. How many staunch individuals contributed to the sum total of our legacy to this country. Shall all of this be forgotten?

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SOKOLICE OMAHA, NEBR.

July 21, 1968

NÁKLADNÉ LÉČENÍ.

Dneska mohou stonati
jenom lidé bohatí,
což snad u vás, chudí,
závist neprobudí.

TRIUMFOVÉ "HUMANITY".

Z lavic obžalovaných stávají se
ponenáhlu lavice oblažovaných.

ANI PO SMRTI NEMÁ ČLOVĚK POKOJE.

Na hřbitově v C. na zdi kaple
jest tabulka s nápisem: Žádá se,
aby si každý se svého hrobu smetl
odnesl.

Bratr Jehlička mi povídal: Já
mám často ruce v kapsách a přece
pracuji . . .

On je křejč, když šije kapsy.

Jenom člověk bezduchý,
může věřit na duchy.

Říká se, že peníze jsou nejlepší
přátelé — pravil nemocný br. P.,
když platil vysoký účet nemocnici
a lékaři. A zatím když je nám zle,
tak nás opouštějí . . .!

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Sokol St. Paul, Minn.**IN MEMORIAM**

It is with much sadness that we report the passing of:

Sis. John (Agnes) Bukacek, died January 4, 1968.

Bro. Joe Kuisle, died February 11, 1968.

Sis. Louise Uebel, died February 11, 1968.

Sister Bukacek was very well known in that so much of her life was spent with the public through her many doings at the CSPS. Hall. She was a stellar stage performer when the Czech plays were performed on stage there. Her interest in all forms of Czech life and activities would be hard to equal by anyone today. She helped keep the CSPS. Hall so that we today can continue to enjoy our friendships and associations there. She was one of our dear members that will be sadly missed.

It was with shocking suddenness that bro. Joe Kuisle passed away at age 53. He is survived by his wife, Valerie (formerly Kolar), and three children.

Sister Louise Uebel passed away after a brief illness at age 88. She was mother to Laura Jansen.

Our sympathy is extended to the families of these departed.

Continuation of
50 YEARS
in next issue of Sokol

In Memoriam

Jest moji smutnou povinností oznámit úmrtí našeho milého člena Sokola Corpus Christi. **BR. JIŘÍ BŘEŇ** zemřel v neděli dne 4. února ve zdejším nemocnici. Narodil se v Poličce u Svitav dne 23. března roku 1893. Byl vysloužilcem první války v americké armádě. Většinu života ztrávil co zahradník v A. M. College v Texasu. Z prvního manželství jeho odchodu želi dcera pí. Frances Picka v Bryan, Tex. syn Geo. J. Břeň v Kalamazoo, Mich., dva bratři, Grank Břeň v Dime Box, Tex. a John Břeň v Kanadě, a jeho přítomná manželka Anežka, bývalá Elgnerová z jejího prvního manželství.

Pohřeb konán z Clifford Jackson pohřebního ústavu, doprovodil Rev. W. F. Murphy a v české řeči za Sokol a řád Čermák se rozloučil s ním br. V. Kučera. Na místo květin dary věnovány útulně v Taylor, Tex. Byl pochován v rodinné hrobce v Bryan, Tex.

Jménem Sokola a SPJST. projevujeme všem pozůstalým hluboce citěnou soustrast a Tobě, bratře, přejem klidný spánek.

Za Sokol Corpus Christi, Texas,
Fr. C. Sacký, starosta Václav Kučera, tajemník

Starí měli pravdu, prohlašující mlčení za božství, neboť jest kořenem všeho božství, nekonečnosti a velikosti, jdoucí za hranice poznání, zároveň zdroj, ze kterého vše to prýští a světový oceán, v němž se vše vlévá. — Th. Carlyle.

70th

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