

AMERICAN SOKOL

VOL. XCII — NO. 3

MARCH, 1971

PUBLICATION OF THE AMERICAN SOKOL
Educational and Physical Culture Organization

BETTY PRENER

OUR "FLAGS"

It was on June 14, 1777, that the Continental Congress unanimously passed a resolution: "Resolved that the flag of the thirteen United States be thirteen stripes, alternating red and white, that the union be thirteen stars, white in a field of blue, representing a new constellation." And so the Stars and Stripes came into being.

The Stars and Stripes were first flown over Fort Schuyler, New York, on August 2, 1777. John Paul Jones was the first to raise our Flag at sea. As new states were added to the Union it necessitated passage of new legislation whereby a star would be added for every state entering the Union. The thirteen red and white stripes were to remain, representing the original Colonies. Our Flag is now the twenty-seventh official design, adopted July 4, 1960.

The Flag has traveled around the globe. It flies on all our ships at sea and atop U.S. official buildings throughout the world. The Stars and Stripes were raised on the North Pole by Admiral Robert E. Perry in 1909; dropped over the South Pole by Admiral Richard Byrd in 1929; and implanted on the Moon by Neil Armstrong and Edwin Aldrin on July 20, 1969.

OUR SOKOL FLAGS

For informational and historic purposes, the standardization of our Sokol Flags, as we know them today, was the work of a committee of three. Suggestions were received from members of the Northeastern, Southern and Central Districts. Sketches of Unit, District, American Sokol Organization, and Slet flags were presented to the District Presidents and the ASO Executive Board for consideration in August 1956. Designs were finalized by Bro. Walter Hosek of Dallas, Texas—color scheme and wording were decided—submitted, and approved.

Officially, the Slet Flag, along with the American Sokol Organization Flag, District and Unit Flags was first unfurled at the National Slet held in June 1957 at Morton West Stadium, Berwyn, Ill. For the past fourteen years they have been proudly carried on many occasions.

Unit and District Flags should be displayed at American Sokol Organization Slets, District Slets, District and Unit meetings, annual gymnastic exhibitions, parades and special occasions. Cherish our Flags. Add to our proud heritage by displaying the Flag of the United States and the SOKOL Flags in the coming Memorial Day services.

AMERICAN SOKOL



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by the

AMERICAN SOKOL ORGANIZATION

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EDITOR

George Herink

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OFFICE OF THE EXECUTIVE BOARD ASO.

June Pros, Secretary

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Calendar of Events

MARCH 27th—SOKOL BERWYN, ILLINOIS.
Annual Gymnastic Exhibition.
MAR. 28th—SOKOL SO. OMAHA, NEBR.
Building Committee Pancake Breakfast — 8:00
A.M. to 1:00 P.M.
MAR. 31st—SOKOLICE HAVLICEK-TYRS, CHI-
CAGO, ILL. — Luncheon and table games.
APR. 16th—SOKOL SO. OMAHA, NEBR.
Chicken/Shrimp Dinner and Dance.
APR. 17th—SOKOL STICKNEY, ILLINOIS.
Annual Gymnastic Exhibition, Morton West High
School, 7 p.m.
APR. 18th—SOKOL BROOKFIELD, ILLINOIS.
Chicken Dinner.
APR. 25th—SOKOL HAVLICEK-TYRS, CHICAGO,
ILL. — Annual Gymnastic Exhibition, 3 P.M.

APR. 25th—SOKOL STICKNEY, ILLINOIS.
Pork Dinner, 12-5 P.M.
APR. 28th—SOKOL DETROIT, MICHIGAN.
Springtime Card Party.
MAY 1st—SOKOL RACINE, WISCONSIN.
Annual Gymnastic Exhibition.
MAY 2nd—SOKOL WEST SUBURBAN, DOWN-
ERS GROVE, ILL. Annual Gymnastic Exhibition.
MAY 14th—SOKOL MILWAUKEE, WISCONSIN
Interclass Gym Meet.
MAY 14th—SOKOL SO. OMAHA, NEBR.
Chicken/Shrimp Dinner and Dance.
MAY 15th—SOKOL MILWAUKEE, WISCONSIN.
Interclass Track Meet — Lake Front.
MAY 16th—SOKOL HAVLICEK-TYRS, CHICAGO,
ILL. — Pork Dinner.
MAY 17-20th—SOKOL DETROIT, MICHIGAN.
Rummage Sale.
MAY 21st—SOKOL BROOKFIELD, ILLINOIS.
Card and Bunco Party.
MAY 23rd—SOKOL MILWAUKEE, WISCONSIN.
Annual Gymnastic Exhibition.
MAY 23rd—PACIFIC DISTRICT SLET, LOS
ANGELES, CAL.
JUNE 10th—SOKOLICE HAVLICEK-TYRS, CHI-
CAGO, ILL. — Smorgasbord Luncheon.
JUNE 13th—CENTRAL DISTRICT — ANNUAL
GYMNASTIC EXHIBITION.
JUNE 13th—WESTERN DISTRICT SLET.
Ryan High School, Omaha, Nebr.
JUNE 27th—NORTHEASTERN DISTRICT SLET
JULY 4—CANADIAN SOKOL SLET—TORONTO.
AUG. 22nd—SOKOL DETROIT, MICHIGAN.
Summer Festival.
OCT. 23-24th—SOKOL DETROIT, MICHIGAN.
Carnival-Bazaar.
NOV. 6th—SOKOL HAVLICEK-TYRS, CHICAGO,
ILL. — 60th Anniversary Dinner-Dance.

Scholarship Endowment Fund Requirements

Requirements for the James and Helen Hovorka Scholarship Fund: The applicant must be of Czech or Slovak descent, have interest to promote Czech or Slovak culture and history. Must be a full-time student in good standing at an accredited college or university, having completed at least one year of study with a high academic standing, taking courses at least for a Bachelor degree and **MUST BE IN FINANCIAL NEED**. Additional consideration will be given students majoring in Czech, Slovak, and other Slavic languages, history and other related fields.

The student is required to sign an honor and loyalty code, being of good moral character, and loyal to the United States of America. The student agrees not to engage in any campus disorders, violent demonstrations, and have no subversive leanings. Any such infractions will be cause for discontinuing financial assistance and repayment of any aid already received.

Applications may be obtained from Secretary, Dr. Jan Micka, 2408 So. Oak Park Ave., Berwyn, Ill. 60402, during April and May, but not later than July 1st.

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník—Vol. XCII.

March — 1971 — Březen

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INACTIVE SOKOL UNITS NEED HELP

Several stories appeared in the American Sokol of late presenting a factual picture of Sokol in the U.S.—its problems, hopes and ambitions. Bro. Edward Schnabl stated them quite eloquently on last month's cover page. Bro. Edward Stetka has constantly emphasized the same in the Sokol Baltimore newsletter and your editor has followed an identical pattern—picturing the apathy that is quite prevalent amongst many Sokol units.

Sometimes we cannot understand the lukewarm attitude on the part of a good number of our Czech people, especially when the welfare of the Sokol is involved. Is it a reflection upon our softness and desire for comfort and ease? Or is it because we have no sense of gratitude for those who preceded us; who by their sweat and toil gave us everything we have? Do we feel all this due us? Is it ours by right of succession and requires no effort on our part to insure the future? Are each and everyone of us satisfied with things as they are?

Perhaps the most comprehensive summarization was submitted by Sis. Emilie Welcl-Ruzicka in her pre-convention report in June 1970. Sis. Ruzicka is another of our zealous Sokol members who had devoted practically a life-time in behalf of the Sokol movement. Your writer remembers her well from the old days at Sokol Havlicek-Tyrs many, many years ago. Perhaps there is no other more qualified to speak out pertaining to Sokol, so it be wise to repeat, and more or less elaborate upon many of her learned statements in the report. They certainly are most timely and equally important.

"The Organization department was to "reactivate inactive units". Statistics showed many such units in all Districts (seven in the Chicago area alone). With this bleak outlook a study was made of the situation. Many unit and district meetings were visited. The greatest problem—lack of communication. Visiting officers, instructors, organizers, lecturers, more teaching material, more supervision is vitally needed.

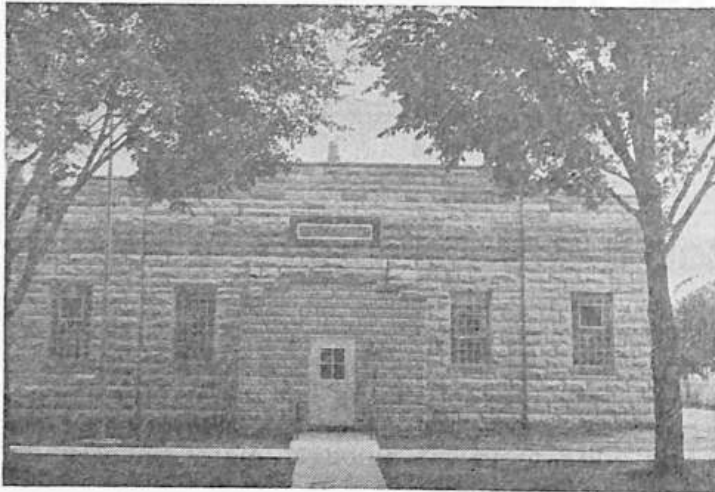
It was found, in many instances, Sokol work is not keeping abreast of the times. Customs and habits of yesteryear have changed. Family life and club activities must adjust accordingly. By all means the program of physical fitness based upon the precepts of Tyrs and Fuegner should never be neglected. It is a thorough program beneficial to all ages, yet it depends upon the instructor, physical director, unit and district officers to see that it is fulfilled.

Many units are without gyms, conducting meetings—some units with gyms available are not being used for lack of instructors and other reasons—some have assets with little or no activity of any kind. There were instances where isolated units needed assistance in all phases—again some received very little attention in the past, and entirely dependant upon one or two individuals with a following. When they pass on or move away the unit will surely disintegrate. It is typical, many officers in inactive units are older persons doing their utmost to keep the unit together with very little activity."

There is not much to be added, for the above partial report just about covers the gamut. Next month we'll delve upon the recommendations of the Organizational department.

G. H.

Sokol Stickney, III.



BEFORE



AFTER

Sokol Stickney is one of the most progressive Units in the American Sokol Organization. It has been blessed with outstanding leadership. Its progress has been short of being phenomenal, as witnessed by the recently completed remodeling program—new front, kitchen, barroom, washrooms, etc.—mostly all volunteer labor.

Like all other Sokol Units its early history has been colorful. Sokol Stickney was first conceived June 1927; Anton Mrazek serving as first president. The first meetings were held at Mejda's Grove, property owned by James Mejda, one time starosta of Sokol Havlicek-Tyrs. From 1928 through 1936 meetings and gymnastic classes were held at this location.

October 1935 saw the cornerstone of the present building laid. The members practically doing all the work—pushing wheelbarrows of cement, carrying house-bricks and all the other necessary materials, etc. It took an entire year to complete the building—a very sturdy structure to this day.

October 1936 dedication ceremonies took place, preceded by a big parade. A Silver Anniversary,

commemorating the 25th year since erection of the building was held November 1960, with 225 persons in attendance. Many Sokol notables were present for the occasion.

A long list of devoted leaders presided over Sokol Stickney down through the years. The Unit has progressed tremendously since it was first organized, due to capable leaders and a cooperative membership.

The Sokol is proud of the fact it helps combat juvenile delinquency in the village of Stickney by keeping 350 children off the streets with a well organized and supervised program. It has purchased all new gymnastic equipment, and boasts of the finest apparatus of any Unit in the area. Gym classes have reached an all-time high.

The present officers of Sokol Stickney are: President, William Vrba; Vice-President, William Meyer; Corresponding Secretary, Marge Sheridan; Recording Secretary, Beverly Pohanka; Recording Treasurer, Ann Muzik; Treasurer, Richard Taus; Sgt.-at-Arms, Frank Hetch; Men's Director, Irvin Triner; Women's Director, Nancy Pajeau.

Sokol Baltimore

Sokol Baltimore was founded ninety-eight and a half years ago. Institutions do not survive through the years by accident; they live only through possession and operation of everlasting principles.

It has been said that if you think BIG you get to be Big; think small and the world will pass you by. It is necessary to change with the times.

Sokol Baltimore has endured for ninety-eight and a half years because there have always been some positive thinking individuals who constantly thought BIG. They were individuals with VISION, who perceived a great and grand future for Sokol Baltimore, who stepped in to do the things that had to be done without fanfare. It is because of these individuals that we are today on the threshold of our CENTENNIAL.

We have come this far despite those whose thoughts were small, whose thinking was negative, who could not see the forest for the trees, always

looking over their shoulders into the past instead of gazing into the future. True—the past has been magnificent, but we cannot exist on past deeds. We must constantly plan ahead—not for next week, next month, or next year—but for years or decades that lie ahead, fully realizing that without progressive thinking stagnation will soon set in.

We must guard against apathy—a sickness which has infected large numbers of persons in this country. We find it in all walks of life as well as in organizations. It seems that people today only live for themselves and what they can get out of life instead of what they can contribute.

Twenty-one years ago we had to sell our Sokol gym on Gay and Preston streets. This was a second home to many for almost a half century. Conditions in that locality made it mandatory that we move if Sokol Baltimore was to continue to exist.

Several years ago I mentioned that we must be

gin to make plans to move from our present site. My words went unheeded, in fact, there were those who wanted to invest several thousand dollars remodeling the present building. Conditions at our present location are on par with those which existed twenty years ago at Gay and Preston. What a waste of money that could have been.

Today, we are making plans for the observance of our Centennial, October 28, 1972. As we approach this historic occasion, our activities in general are sagging. During the past five years or more, the number of affairs staged by our Entertainment Committees has been gradually dwindling; attendance in the gym classes has been going downward, and other activity is not what it should be. It is vitally important all activities be increased immediately, in order during the Centennial we can point with pride at our many accomplishments in the past, and also be able to include the years 1971 and 1972.

The future of Sokol and Sokolice Baltimore is in the construction of a new, modern gym. In the meantime we will have to put forth all our energies to keep our organization alive until that day arrives when we will be able to move into our new Sokol gym.

Edward Stetka, Baltimore "Topix"

MEETING OF THE EXECUTIVE BOARD OF THE A.S.O.

Held February 23, 1971

Reports: Eastern District Meeting minutes 1/18/71. Northeastern District Annual Meeting minutes 1/17/71. Central District Annual Meeting minutes 1/24/71. Southern District Annual Meeting minutes 1/24/71. Pacific District Annual Meeting minutes 1/30/71.

Three members of Plzensky Sokol: Bros. Cihak, Kilberger and Fisher were welcomed as a delegation of their Unit regarding dues and assessments. Bro. Barcal stated all Units are obligated by the By-Laws, as adopted at the 1970 Convention. Letter to be sent in time for their meeting, stating obligations and rules.

Correspondence: Letter from Sis. Anna Jansky, Sokol Portland, regarding a flag from the 1921 Slet, which she would like to give to the A.S.O.; letter will be sent requesting and thanking her for the flag. Letter from Bro. Pavoucek, President of Sokol Fuegner-Tyrs, for three Citation of Merit Awards for three fifty year members. This has been complied with. Thank you from SPJST for the congratulatory letter on dedication of their new building. Thank you from Bro. and Sis. Pavoucek to Sis. Pros. and the Central District during their week-end stay. Sokol Baltimore requested information regarding tax exemption, information sent. Sister Ceithmal, thank you to the A.S.O. and Sokol Tabor for the fine job done for Bro. Prechal's 75th Anniversary Banquet. Request from the Western District regarding Board of Instructors matters. This was answered by Sis. Schnabl. Letter of appreciation from the Resolutions Committee of the Southern District and greetings from their Annual Meeting. Southern Circuit of the Eastern District Sports Festival May 1st and 2nd. Thank you from Sis.

Provaznikova to Bros. Barcal and Prechal for attending her 80th Birthday Anniversary Banquet. Thank you from Sokol New York for the Citation of Merit Awards sent. Western District request for the break down of the Traveling Instructors Fund for their District. Invitation from Bro. Hrebik regarding the Slet in Vienna 1972. Letter will be sent. Received educational material as requested from the Western District. Memorial service for Sis. Pavla Zenklova February 27th, Bohemian National Cemetery.

Board of Instructors: Bro. Linhart read the minutes of his meeting of February 17th. Correspondence received from the Eastern, Northeastern and Central District regarding reports. Thank you from the Southern District for the cooperation throughout the year. Recommend Sis. Prechal as representative and Bro. Jerry Milan as delegate to the U.S.O.C. convention in March. Letter received from Mr. Jiri Gabera of Canada requesting information about teaching of the Sokol System, ask Sis. Prener to answer. Final report forms received from the Western and Southern Districts for payment of \$21.00 and \$50.00 from the Traveling Instructors Fund. These will be turned over to the Women's Board for approval. Attended the Central District Directors Conference February 7th. The Slet to be held in Canada over the July 4th week-end will be attended by the Eastern, Northeastern and Central District with their own numbers. Apparatus meet may be formulated, but have received no further information. District Courses will be held by the Eastern and Northeastern District, two weeks during August. Southern District may hold a course after their Slet in June. Central District will make plans to hold a course either at Potters Lake or combine with another District. Men's 1973 apparatus exercises written by Bro. Ptacek. Received a set of exercises from Bro. Walko which may be used at the Toronto Slet. Sis. Schnabl and I edited the Sokol Gymnast and would appreciate any articles, pictures and items of interest which could be published. Pictures will be taken of all the uniforms and published in the near future. Recommend the following as officers of the Men's Board of Instructors: 1st Assistant (Men) Bro. Richard Ptacek, 2nd Assistant (Juniors) Bro. Roy Zitny, Secretary Bro. Paul Lebloch.

The Merit Awards rules and method of allocations were discussed. Recommend new application blanks be printed to conform to new regulations adopted at the 1970 Convention. Answered all mail and requests for information. On February 7th and 10th Sis. Halik and I conducted an instruction hour for Women's Calisthenics.

Sis. Schnabl stated no Women's Board of Instructors meeting was held in February due to the combined meeting held in January. Attended the Annual Meeting of the Central District. Worked with Bro. Linhart on the Sokol Gymnast. Attended the funeral of Sis. Sykora, a member of Sokol Berwyn and past Vice-President of the A.S.O. Sent forms to the USOC regarding Sis. Prechal attending the biennial meeting in March. Sent letter to Sis. Jirka regarding tournament rules. Sent tape of the Women's Hoop Drill to Sis. Santos of Los Angeles. She states the Pacific District Slet will be held May 22 and 23. Sis. Lizak states they are

not positive as to date. Sent all information requested by Sis. Lizak regarding various meets and calisthenics. Sis. Kerr requested the 1953 Slet Calisthenics for Juniors and Seniors, these I will look up, but suggested she notify Sis. Wagner as they may be in the Northeastern District file. Received apparatus exercises and free music from Sokol USA. Have written to Sis. Zabka for information on the activities of the Eastern District, but as yet have received no reply. Bro. Barcal suggested Sis. Schnabl call Sis. Zabka.

Publicity: Sis. Basta stated she placed article in the Life newspapers regarding Bro. Prchal's Banquet.

Financial Secretary: Sis. Sotka reported Federal taxes deposited. Pacific District has not replied regarding Sokol Scio, nor the Southern District regarding Sokol Praha. Sokol Portland paid the Special Assessment in 1965 but nothing since. No reply from Sokol Zizka regarding traveling expenses paid to Bro. Kebrle. No reply from Bro. Babinec (Sokol New York) either. Wrote to Bro. Matosec explaining the Financial Reports in the American Sokol. Assisted in the mailing of the By-Laws. Inventory of Sokol pins taken, will order 40 year pins. Profit of Bro. Prchal Banquet \$249.68, which will be used to defray the expense of the books given to the guests. Balance of books and glasses will be sold through the office at \$1.00 each.

Treasurer: Bro. Basta stated he is in agreement with Financial Secretary report. Reconciled ASO, Excursion and Uniform accounts. Reinvestment accounts being worked on. Uniform Division remains about the same. Suggest we purchase a bookkeeping machine valued at \$300.00. Can be purchased for \$100.00, maintenance agreement \$120.00 per year or \$15.00 per hour plus parts. Motion to purchase machine and maintenance agreement for \$120.00, carried. Displayed chart, statement of conditions, as of Dec. 31, 1970.

Membership: Bro. Svoboda stated his committee held a meeting Feb. 18th. Present were Bro. Hlinka, Sisters Drnec and Fara. Discussed various ways and means to recruit new members and the possibility of setting up goals and objectives. Also the possibility of rewards to Units and Districts. This committee will set up the framework. This information would be available to all Units and Districts. Other organizations will be checked into to see what their procedure is. We will meet regularly and each member of the committee will set up an outline, which will be gone over. Sis. Fara was elected Secretary.

Editor: Bro. Herink stated he has been requested to place an article in the American Sokol by the Council of Higher Education, also their scholarship information, permission granted. Permission given to print article pertaining to inactive Units. Sis. Prener suggested the cuts should be placed in order and catalogued, also all cuts should be returned to the office after use by printers.

Secretary: Sis. Pros stated all correspondence has been complied with. Thank you extended to Sis. Vorel, Falta, Prener, Barcal and Murphy and Bro. Sotka for their valuable assistance in the mailing of the By-Laws. Letters will be sent to all Unit Secretaries informing them the By-Laws have been mailed, one per family, to the entire membership. Additional copies may be obtained upon request

for new members. Letters to be sent for Bro. Herink to various Units who have built new buildings or remodeled their present buildings. Unit Secretaries will be informed the new window decal is available at 10c each, samples to be sent to Secretaries and Directors.

Uniforms: Sis. Pros stated orders are filled as received. Shortage of some gym slipper sizes, may have to look into the possibility of another source.

President: Bro. Barcal stated he attended the final meeting of the Committee for the Charles M. Prchal Testimonial Banquet. Attended the meeting of the Board of Instructors. Attended the meeting called by the Czechoslovak National Council in regard to the Hlasatel. Called Bro. Emil Pekar, President of the Northeastern District, regarding the funeral of Bro. Tichy, former President of the District. Attended the Grand Opening and Dedication of Sokol Karel Havlicek-Borovsky, Ennis, Texas, February 20th and 21st. Their new Sokol building is very beautiful, located on seven acres of land. The Saturday and Sunday affairs were very well attended, with over 1,000 people each day. Spoke with members of Sokols Houston, Zizka and Ft. Worth. Visited with Bro. George Prevratil and family, President of the Southern District. Presented checks in the amount of \$100.00 each to Sokols Corpus Christi and Karel Havlicek-Borovsky from Sokol Chicago.

Sis. Prener presented 1899 and 1907 books for the library and a copy of 1904 Památník Souvenir Album which will be bound.

Financial Report A.S.O. February 1971

INCOME:

Dues	\$ 607.00
Convention Fund	374.50
Special Assessment	716.00
Dividends and interest	64.14
Advertising in American Sokol	180.00
Resale of jewelry	30.00
Postage, educational pamphlets, cuts	14.30

Total Income \$ 1,985.94

DISBURSEMENTS:

Administrative Department	
Salaries	\$372.74
F.I.C.A. & F.W.T. for Jan.	137.82
Rental, janitor service, phone ...	284.20
Maintenance agreements and fees	59.70
Office equipment and supplies ...	183.64
Postage	460.58
Plaques	55.50
Travel expense	162.00
Miscellaneous	4.14

\$ 1,720.32

Educational Department B.O.I.

Salaries	\$222.04
F.I.C.A. & F.W.T. for Jan.	36.80
Editor Sokol Gymnast	25.00
Add'l. copies Sokol Gymnast ...	28.00
Postage and binding of Sokol	
Gymnast	17.27

\$ 329.11

Sokol Publication	
Printing American Sokol	\$534.32
Editor American Sokol	75.00
Postage American Sokol	48.02
	\$ 657.34
Miscellaneous	
Uniform Division — Salary, phone	\$167.55
	\$ 167.55
Total Disbursements	\$ 2,874.32
Balance brought forward:	
Western National Bank of Cicero—check- ing account	\$ 8,196.42
Income — February 1971	1,985.94
	\$10,182.36
Disbursements — February 1971	2,874.32
	\$ 7,308.04

Future Sokol Leaders Fund

Bro. and Sis. Valenta	\$ 10.00
In memory of Ludwig Wortner:	
Ladislav and Rose Lizak	5.00
John and Lynn Pokorny	5.00
Mrs. Joseph Kies	2.00
Sokol Nova Vlast, in memory of Bro.	
John Tichy	15.00
Clyde Savings & Loan Assn. — Dividend ...	178.53
	\$215.53

Donations are tax exempt.

DISTRICT REPORTS

EASTERN DISTRICT

January 18, 1971

Pres. Bro. Charles Zraly presided.

Present were: Bros. J. Babinec, F. Capek, A. Chaloupka, J. Petlicka, C. Zraly, C. Kubicek. Sisters: B. Kubat, F. Kubicek, B. Novotny, M. Provaznik, R. Rohlfis, N. Zabka, B. Zraly. Excused, B. Hochner.

Correspondence—A.S.O. Executive Board notice that Patricia Holub of Sokol New York has received the \$100 Merit Award for the period of 1970/1971.

Sokol Karel Havlicek Borovsky of Ennis, Texas, informs us that the construction of their new Gymnastic Center is near completion.

Invitation to attend the 75th Birthday Testimonial Banquet for Bro. Charles M. Prchal. Bro. Mathew Neumann will represent the Eastern District.

Sokol Philadelphia sent a listing of their newly elected officers. Sis. Josephine Tunkl has been elected president.

* * *

Feb. 3—Training period for Jr. and Sr. women's apparatus competition exercises. Bohemian Hall, Astoria. Jr. boys and Sr. men, Slovak Sokol Hall, Astoria.

Feb. 7—Eastern District training period for special number. Apparatus exercises for children's competition.

March 6—Volleyball Tournament, New York Sokol Hall, Jr. boys 5 P.M., Sr. men 8 P.M.

March 7—Volleyball Tournament, New York Sokol Hall, Jr. girls 1 P.M., Sr. women 3 P.M.

April 24—United Sokol Gymnastic Competition for Jrs. and Srs.

May 15—Competitions for children. Small boys, 11 A.M., Bohemian Hall. Small girls, 11 A.M., Slovak Hall, Astoria.

Eastern District Instructors Course, August 14 to 28.

The Eastern District will sponsor a bus trip to the Sokol Toronto Exhibition from July 2 to July 5. The Eastern District will perform a special calisthenic number.

Report of Director of Men, Bro. Capek—Only report of activities was received from Sokol Little Ferry. Received invitation from Sokol USA to participate in their Slet and competitions at Barryville, N. Y. on May 29 and 30, 1971. Each organization is being asked to perform a special number.

Sis. Provaznik suggested that we participate in the Exhibition of Sokol USA at Barryville. A bus tour would be planned.

Public Relations—Bro. Petlicka wrote to the organizer of Toronto Exhibition in regards to bus tour and hotel reservations.

UNIT REPORTS

Sokolice Little Ferry—Exhibition April 18, 1971. Women's division donated \$600 to men's division. Also made drapes for hall. Children will sell candies to raise funds.

Sokol New York—Successful Bazaar and New Year's Eve affair. Jan. 28, installation of officers. Feb. 6, "Sibrinky". Feb. 21, Gym clinic—students from other units invited. Feb. 28, "Matejskou Pout", 2 to 9 P.M. No admission.

Sokol Fuegner—Successful Christmas party. Held election of officers. Two new changes made. Sis. Jane Cerny, financial secretary, and Bro. Charles Pranci, treasurer. Exhibition—May 2, 1971.

Sokol Baltimore—Sokol and Sokolice Baltimore planning to merge July 7, 1971, on 99th Anniversary of Sokol Baltimore. A Sports Festival sponsored by the Southern Circuit of Eastern District to be held on May 1 and 2 at Belcamp. Sibrinky—Feb. 13.

Sokol Washington, D. C.—Sibrinky on Feb. 6 and wreath laying at Tomb of the Unknowns on May 23.

Sokol Miami—Very active socially. Had Christmas party, bus trip and several dinner parties.

* * *

Sis. Zraly will write to Sokol Miami in regards to dues to Eastern District.

Bro. Zraly reports that the new A.S.O. By-Laws have been printed and will be distributed to units.

Bro. Chaloupka suggested that district meetings be held every other month; and that a special meeting be called if necessary.

Due to the four day holiday weekend in February it was decided to cancel the meeting. The next meeting will be held at Bohemian Hall on Monday, March 15.

Report of Treasurer, Bro. A. Chaloupka—Receipts \$79.80.

* * *

PACIFIC DISTRICT

January 30, 1971

Meeting was called to order by Pres. Salak. Delegates—Sokol San Francisco: Bros. Spanek, Lorenz, Libor and Sisters Spanek, Lorenz, Libor. —

Sokol Seattle: Bro. Stejskal. — Sokol Fresno: Bro. and Sis. Lizak. — Sokol Los Angeles: Bros. Spinka, Jakl, Pokorny and Sisters Hintnaus, Jakl, Pulpan.

Sis. Zboril, secretary, was unable to attend. Sis. Jakl was elected to replace her for this meeting. Discussion was brought up regarding Dinky Creek summer camp. It was announced Sis. Hlavacek did not accept compensation for the summer camp, donating her time. Letter received from A.S.O. Pres. Barcal regarding Sokol Scio. Also a letter from Sokol Borovsky. A telegram was sent Sokol Borovsky.

Financial report was read by Sis. Nekuda.—Balance of \$1,480.12—monies from dance (\$738.60) will be left for the camp fund. Sis. Lizak made motion set up fund for summer camp. Approved. Bro. Salak thanked all who had donated their time at the camp.

Bro. Spanek reported upon activities at Sokol San Francisco. Bro. Lorenz described gymnastic programs at the same Unit. — Bro. Hintnaus and Sis. Santos reported on Sokol Los Angeles. — Bro. Stejskal spoke upon Sokol Seattle. — Sis. Lizak stated Sokol Fresno was trying to hold together even though it was quite difficult, having no hall.

On inquiry by Bro. Pokorny it was announced 33 children attended Dinky Creek Camp. It was suggested the camp be well publicized several months ahead.

Sis. Santos reported on B.O.I. meeting. Several proposals were made—Hume Lake outing in September—Pacific Coast Sokol Vienna Slet with cooperation from the A.S.O.—Pacific District Slet—Summer Camp. The membership decided the Slet be held in Los Angeles.

Bro. Stejskal is donating copies of the original Sokol papers, Bro. Spanek as Educational Director is taking them over. It was proposed to raise the Zupa dues. Approved. Bro. Nekuda was commended for his work in the Zupa.

The officers for 1971 are: Pres. Bro. Salak; Vice-Pres. Bro. Spinka; Secy. Sis. Pulpan; Financial Secy. Sis. Nekuda; Treasurer Sis. Nekuda; Educational Director and Zupa Organizer, Bro. Spanek; Auditing Committee, Bro. Pokorny and Sis. Pulpan.

* * *

NORTHEASTERN DISTRICT

January 17, 1971

Bro. Pekar called the meeting to order. Bros. Suchy and Zahradnicek were recognized as 50 year members.

Correspondence—Letter from Bro. Prostednick, Sokol Rip, stating of no Unit representation at the Annual meeting. Also stated the Unit's assets, and they had an offer on their property of \$30,000.

Treasurer, Bro. Galik—Gave thorough report for the District in 1970. Checking account—\$585.00. Savings account—\$1,618.39. Savings Bond \$50.00. Also reported District membership: Sokol Moravan, 36; Sokol Rip, 20; Nova Vlast, 191; Cleveland-Cech-Havlicek, 200; Tyrs, 307; Detroit, 424; N.E. District has 550 men and 648 women.

Reports were made by Pres. Bro. Pekar; 1st Vice-Pres. Bro. Serpan; 2nd Vice-Pres. Bro. Kovar; 3rd Vice-Pres. Bro. Jirousek.

Units—Sokols Rip and Moravan made no reports.

Sokol Detroit Ladies Auxiliary—Gave extensive monthly activity, highlighted by the 50th Anniversary in Sept. 1970. Report submitted by Sis. Zboril.

Sokol Detroit—Bro. Siedlik reported upon cash on hand, taxes, payments, mortgage, donations, pledges and hall rentals.

Sokol Cleveland-Cech-Havlicek—Bro. Gruber welcomed delegates. First time Annual Meeting was held at this Unit. Unit averages 40 members at meetings. Had 70 gymnasts in 1970. Expect Sokol Tyrs to join them in 1971.

Sokol Nova Vlast—Bro. Kocian told of activities in past year. Benefit Dance for Pete Sykora raised \$4,000. Will have Fish Fry in April.

Sokol Tyrs—Bro. Voris stated sale of building was not completed. Class enrollment remained the same. Concert Band, Theatrical Guild, Sewing Club kept active.

Public Relations, Sis. Khol—Mails publicity to the two local papers and all suburban papers. Contacts radio stations with all announcements.

Organizational Director, Sis. Jirousek—Nothing accomplished during past year. No information received from A.S.O.

Educational Director, Bro. Zahradnicek—Writes articles regularly in the Novy Svet publication.

1970 Convention Committee, Bro. Jirousek—Due to the circumstances prior to and at the Convention was unable to give final report. Stated problems encountered. Hopes to have the finalized report soon.

B.O.I.—District Slet to be held June 27th. — District competitions (boys and girls, 10 to 12 yrs.) in Detroit, July 10-11. — Sokol Detroit Gymnastical held in January. — Three Cleveland Units' combined exhibition in February.

New Business—Discussion of problems; unable to get new and younger members to get involved, also, develop new activities to interest younger generation.

Auditing Committee: Bros. Serpan, Kavan and Eisenstein—books found in order.

The newly elected officers for 1971 are: Pres. Bro. Pekar; 1st Vice-Pres. Bro. Kovar; 2nd Vice-Pres. Bro. Jirousek; 3rd Vice-Pres. Bro. Gruber; Secy. Bro. Nemecek; Treasurer Bro. Galik; Publicity, Sis. Khol; Organizational, Sis. Jirousek; Educational, Bro. Zahradnicek; Krajansky Vybory, Bro. Kocian; Nacelnik, Bro. Jirousek; Nacelnice, Sis. Wagner.

* * *

SOUTHERN DISTRICT

January 24, 1971

The annual meeting was called to order by District President, Bro. George Prevratil. A standing silence was observed in memory of the deceased members.

Roll call of Units and delegates:

Sokol Corpus Christi—Bros. Frank Veselka, Paul Chapman.

Sokol Zizka, Dallas—Bros. Oldrich Parma, Richard Toberny, Comer Caldwell; Sis. Helen Parma.

Sokol Karel Havlicek-Borovsky, Ennis—Bros. Edwin Laznovsky, Frank Laznovsky, Eric Moucka, Joseph Slovak.

Sokol Fort Worth—Bros. Jerry Milan, John Stoeppelman.

Sokol Houston—Bros. Elmer Busch, Jack Lang, William Svec; Sis. Doris Peterzelka.

Sokol Karel Havlicek, Yukon, Oklahoma—Bro. John Kouba.

Sokol Praha, Prague, Oklahoma—No delegate.

Correspondence—Unit reports of Dallas and Houston for month of December. Czechoslovak National Council expressing appreciation for District's donation. Sokol Ennis announcing Grand Opening of new building February 20-21st. Sokol Praha does not respond to correspondence.

District officers—Annual reports were made by: Pres. Bro. George Prevratil, Dallas; 1st Vice-Pres. Bro. Charles Peterzelka, Houston; 2nd Vice-Pres. Bro. Don Steinman, Fort Worth; Secy. Sis. Vlasta Laznovsky, Ennis; Educational Director Bro. Jerry Milan, Fort Worth; Director of Men, Bro. Larry Laznovsky, Ennis; Director of Women, Sis. Sylvia Laznovsky, Ennis.

Units—Bro. Prevratil called for annual reports of each Unit which covered general activities, progress, financial report and slate of officers for 1971. Reports were good. District shows a gain in membership. Most Units have gym activity throughout the year. Total membership of District: 718 regular, 214 associate members.

District Directors—Sis. Sylvia Laznovsky reported on the B.O.I. meeting held November 7th. Units represented: Corpus Christi, Dallas, Ennis, Fort Worth, Houston. Bro. Edward Linhart, A.S.O. Director of Men, was in attendance. The agenda covered the B.O.I. meetings held during the Convention regarding uniforms, scholarships, clinics, courses, judging sessions, tournament rules, Unit identification ribbons. Affiliation retained in USGF, U.S. Olympic committee and AAU. Further discussed: Use of special assessment fund, District Slet, calisthenics, special numbers, District Course, Unit exhibitions, Sokol camp, assistance to inactive Units.

Recommendations—District Slet in 1971, B.O.I. meetings held quarterly, Sunday clinics, District Course in 1971, affiliate with AAU and Gymnastic Teachers Association, continue subscribing to the Modern Gymnast and Mademoiselle Gymnast for each Unit, \$100 for each approved delegate to attend gym clinics, District representation for the Czech Day at the State Fair committee. All recommendations approved.

Old and new business—The following were discussed: Shoulder patches—assisting Sokols Ennis and Corpus Christi—Sokol camp—Youth program—assisting Sokol Karel Havlicek, Yukon, inactive for several years—civil defense—educational material—By-Laws.

Auditing committee—Bros. Lang, Slovak, Chapman, Toberny, Laznovsky found the books in good order.

Special order of business—Sis. Marie Kane was presented with a Sokol Appreciation Plaque for her 37 yrs. of devotion perpetuating the Sokol Ideals.

The officers for 1971 are: Pres. Bro. Prevratil; 1st Vice-Pres. Bro. Peterzelka; 2nd Vice-Pres. Bro. Steinman; Secy. Sis. Laznovsky; Treasurer Sis. Kane; Educational Director Bro. Milan; Director of Men, Bro. Laznovsky; Director of Women, Sis. Laznovsky.

CENTRAL DISTRICT

February 24, 1971

District Pres. Bro. Joseph Drnec called the meeting to order, with 25 members present. The new delegates from Sokol Berwyn, Bro. Edward Pavek and Sis. Mildred Pavek were introduced.

Correspondence—A letter was received from Sokol Tabor naming the following to the Organizational Committee: Bros. James Berousek, Thomas Sotka, L. Payer. — Council of Higher Education requests donations for membership. Referred to the Executive Board for study. — Village of Brookfield requests District have representative attend their meeting for the 4th of July celebration. Sokol Brookfield will represent District.

B.O.I.—The Men's and Women's Directors were absent and excused. Their reports were read by Bro. Schnabl and Sis. June Pros. Bro. Lebloch and Sis. Michalek were praised for the work they were doing. Bro. Krimmel asked information pertaining to the Traveling Instructors fund. It was stated, not as much traveling is required in the Central District as in some of the others, and therefore not as costly. A motion was made to pay the mileage of out-of-town representatives: Bro. Stankovsky of Milwaukee and Bro. Strukelka of Racine, Wis. Approved. Entry fees for volleyball and basketball were received from Sokols Stickney and Berwyn. The B.O.I. will help with publicity for the District Slet.

Old and new business—It was suggested letters be sent each unit directing them to have their delegates to the Organizational committee named. Also, the sending of Bro. Schnabl's letter to every member of the District was discussed.

It will be decided whether to visit Sokol Milwaukee or Sokol St. Louis this year as they have their exhibitions on the same day. The Toronto Slet was also mentioned. Information regarding the chartering of buses will be obtained. Bro. Janecka, Ways and Means chairman, asked the members for support and help. The Slet Program Book was discussed.

First Meeting of the Membership Committee

February 18, 1971

Bro. Rudolph Svoboda, chairman, opened the meeting. Present were: Bro. Edward Hlinka and Sisters Josephine Drnec, Anne Fara, Anne Kalivoda. The following initial questions were discussed: What is the purpose of the committee? Is it to recruit new members? Give ideas and suggestions? Sell membership through stressing physical fitness? What about non-gymnasts as members? What does Sokol have to offer?

Suggestions brought forth: Units should first concentrate upon people presently exposed to Sokol as prospective members. Our Juniors, who upon graduating high school usually go on to college for a period of four years, never returning to Sokol. These young people should be contacted regularly, at least twice a year—letting them know of our pride in their ambitions and inviting them to join the gym classes when home.

The parents of 1st and 2nd class youngsters are the second source for contact. When a new member is asked why he did not join sooner, usually the answer, he was not asked. Sell them on Sokol at the earliest opportunity.

It was suggested the committee set up goals and objectives. Possibly offering rewards to Units and Districts—flags, certificates, etc. Ask each Unit to set up its own Membership committee. The A.S.O. Membership Committee should be available to answer any questions that may arise. The committee can only suggest. Situations differ in each part of the country. It should act as a co-ordinator, not a recruiter. Telling what is expected and how to go about it.

Each Unit have a bulletin board; listing names and addresses of new members, names of men in service. Have pictures—news of International and National sporting events. Regional high schools—especially their gymnastic achievements. Articles from local newspapers of young people excelling in gymnastics. Also of those receiving scholarships.

First the committee must decide on policies and framework. Bro. Hlinka and Sis. Drnec will check upon procedure in other organizations. Each committee member will make an outline of suggestions. Notes will be compared and a definite line of action will be taken at the next meeting.

1970-1975 A.S.O. EXECUTIVE BOARD

To help you understand and know your leaders better each member of the Executive Board was requested to submit an autobiography as to Sokol background, family, work or profession, interests, etc.

These real-life stories will appear in the American Sokol individually, one each month. This will enable you, as a fellow Sokol, to recognize and familiarize yourself with the people upon whom we had bestowed the highest Sokol honor.



June Pros, Secretary, A.S.O.

Born in Chicago, Ill. November 29, 1931; maiden name was Lange. Came from a family of one brother, four stepbrothers and three stepsisters. Folks are deceased.

Married Miles Pros in June 1953, have one son Miles Jr. (Skip). Since 1954 the Pros family has

resided just one block from Sokol Tabor in Berwyn, Ill. Although not of Czech descent it was through her husband that sis. Pros discovered Sokol. Her interests began in 1958 when Skip enrolled in the Tots class at Sokol Tabor.

Always interested in athletics, before long began assisting Instructor, Blanche Kos. When the latter became ill took over the class. Joined Sokol Tabor shortly; continuing teaching classes 8 of her 12 years as member of that Unit.

Sis. Pros became Director of Women at Sokol Tabor in 1962; serving five years, non-consecutively, in that same capacity. Became member of the Central District Board of Instructors. Was elected Director of that same group in 1966, re-elected in 1967.

Her work in the Unit and the District pertained to the technical portion, always with children in mind, eventually realizing there are other aspects to Sokol. In 1968 became a member of the Board of Directors at Sokol Tabor.

During the years 1966-1970 sis. Pros was also member of American Sokol Board of Instructors. In 1969, the Slet year, served as Slet secretary. Working with the most dedicated Sokols her outlook and understanding broadened. Soon she accepted the offer to work in the Sokol office. Was instrumental organizing the Uniform Division, of which she is now manager.

Her greatest honor came upon being elected Secretary of the American Sokol Organization Executive Board; relatively a new-comer, an honor she will always cherish. Sis. Pros conducted two tours, one in 1969 for the Installation of Sokol Miami and the second in 1970 for its 1st Anniversary.

Sis. Pros states: "For me the opportunities have been great, starting with teaching our children, for this is where I began learning the meaning of Sokol, and then to be able to continue through the different phases of the Sokol movement. In Sokol there is something for everyone, but first there must be the interest, whether it be Unit or District. No task is too small and the rewards are great when you can say "I've done my best".

To me Sokol has been a great gift, to work with children and young people, to meet with devoted men and women of the Sokol, the backbone of our organization. And now, I hope to help in the future advancement we all wish to attain; for this is our organization and as members we must all do our part."

DESTROYERS IN OUR MIDST

By DR. NICHOLAS NYARADI
Educator at Bradley University

Our American people, when they look at the incredible wave of disorder which can be seen today in our country, still do not see, do not understand, what is behind it.

You hear that if the war in Vietnam would suddenly be stopped, all this disorder would be stopped. Do not believe it.

As a college dean, I am daily involved in these events. Let me tell you that even if the war in Vietnam would come to an end there would immediately be some other issue which those who want to destroy our country would pick up.

SOKOL GYMNAST

March 1971

Edited by AMERICAN SOKOL BOARD OF INSTRUCTORS

EDWIN J. HALIK

TEACHING MARCHING TACTICS

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

Good tactics breed good conduct, easy control, and improves posture and walking. Marching, if practiced diligently, provides excellent opportunities for great exhibition numbers while giving enjoyment and satisfaction as well as a sense of unity to the participants.

The above remarks were the opening statements of an article on teaching "Marching Tactics" written in 1958. They are as applicable today as they were then, even more so because many of our instructors have never really learned to teach Marching Tactics and some seem to think that it is a big waste.

Remember! Marching Tactics are an important part of our Sokol Program, so let's March! March! March!

Since there is a need for grouping together certain tactics which should be taught to the various age groups, at various levels of progression, or according to the need for maneuvering your groups about the area during the program.

Let's group them as follows:

- I. Assembling the class.
- II. Organizing the class.
- III. Turns.
 1. In place (as individuals).
 - a. While standing.
 - b. While marching in place.
 2. Marching (as individuals).

I. Assembling the Class:

The original Sokol method is for the instructor to step to the center of the area when he is ready to start the class program and to call "ATTENTION!" All activity in the area ceases, everyone stands at attention facing the instructor awaiting further instructions. The instructor then designates the formation and the place of assembly with appropriate commands and hand signals which the

groups proceed to follow quickly. I have used a whistle signal when ready to start the program, which means "Stop All Activity." Put away any equipment you have been using and assemble quickly in a previously established place and formation. You may (I do) say "LINE UP!" or "FALL IN!" following the whistle signal. This does require some practice. It requires firmness on the part of the instructor and insistence upon immediate response to the signal. I use the rank formation (double rank for larger classes) with the tallest on the right of the formation (heels on the back edge of the line, if there is one). There are other formations you might use such as files, columns of two's, three's, four's, etc., etc. You might even go to 3 or 4 ranks in depth or use circle formations, single or double circles. Most important is that the arrangement should be such that the instructor can view the entire class from any of several points of observation. The rank formation seems better for our program.

II. Organizing the Class:

The organizing, of course, must begin before you work on assembling the class. Sit them down in some central area—explain the rules and explain the procedure of a Sokol Class. They should be told what Sokol expects from you, and from them, and what they can expect from you. This is where you explain your methods of assembling and dismissal and try them out.

Now that you have them lined up (in ranks) you must teach them how to stand properly, to adjust spaces, to make turns, etc. in response to your

"ATTENTION!"

"DRESS RIGHT — DRESS!"

*(DRESS LEFT) *(DRESS CENTER)

"READY FRONT!"

"AT EASE!"

*(REST) *(PARADE REST)

*Learn the difference between these and the ones you will be using.

After "AT EASE!" you must always call the group to "ATTENTION!" before any other command may be given.

"FALL OUT!" means you may leave the formation but do not get too far away as you will be called back to formation again. Fall out the class and call them back to formation again several times. Explain that this must be done quickly,

efficiently and quietly without any pushing or shoving, and they do enjoy this too.

"DISMISSED!" means finish (the class has ended) (you may go home). Before you dismiss the class, don't forget our Sokol "Nazdar!" Don't use "Nazdar!" as a signal for dismissal. Dismiss the class after you have exchanged greetings with them. You call "Nazdar!" and the class responds with "Zdar!"

CAUTION! Don't expect your class, children especially, to stand at "ATTENTION!" "DRESS RIGHT—DRESS!" or in various calisthenics positions for long periods while correcting some individuals. This is distasteful and boring, rather repeat the commands several times while making general corrections then rest the class while working with individuals who may need special help.

III. Turns:

1. In place (as individuals).

a. While standing: Teach proper pivoting, pushing off, turning and classing of the feet on "RIGHT—FACE!" and "LEFT—FACE!" Don't rush into the "ABOUT—FACE!" Teach either "RIGHT—FACE!" or "LEFT—FACE!" until they do one side well, then go to the opposite side. Remember that two "RIGHT—FACES!" or two "LEFT—FACES!" will give the same result as "ABOUT—FACE!" without the confusion of teaching another method of placing feet, shifting weight, etc. Don't try "ABOUT—FACE!" in your 1st Class groups.

Do try "RIGHT OBLIQUE—FACE!" and "LEFT OBLIQUE—FACE!" but remember that after a turn of 45° we must always return to the previous position, no other turns should be used. The command for this return is "READY—FRONT!" or "RECOVER!"

b. While marching in place: Teach your class "IN PLACE—MARCH!" before attempting to move them about while marching. Explain the proper

raising and lowering of the knees and feet when marching in place. Emphasize the beat with clapping hands, stamping feet, the beat of a wand or by counting 1-2-3-4. Get them in step. Keep them in step. When they have trouble keeping the beat, stop them and start over again. The command for stopping is "CLASS—HALT!" and is done in two counts. Usually, the "HALT!" comes on the right foot with the one count for the left foot and the two count on the right foot. This means that you have to be pretty good at commands and timing, so give the "HALT!" on either foot. You will find this simplifies it considerably. Try "RIGHT—FACE!" or "LEFT—FACE!" while marching in place. This can be tricky! Here is where you must learn to get your commands off on the proper foot. Right turns on the right foot. Left turns on the left foot.

2. Marching (as individuals).

Now you can try marching around the gym. Be ready to stop them quickly if you get into trouble and you can very easily, especially in a small gym. Don't try marching in rank (side by side) yet. Give them a "RIGHT—FACE!" and you have them in a single file which is simpler for marching. Before you start, explain how to "take corners" by designating certain places or spots on the floor as automatic turning points or use the corners of the volleyball or basketball courts (if your floor is marked off). This will give you more time to keep the beat, to keep them in step and to keep order as well. When they get this down pretty well, work on turning the corner sharply on the outside foot—right foot when going counterclockwise around the gym—left foot when going clockwise. Remember the method of turning corners changes when marching in columns of two's, three's, four's, etc. Don't try turns on command to the right, left or to the rear while marching in files, columns or ranks until you and the class have a lot of marching experience.

SOKOL GYMNASTIC COLUMN

Care of Burns

By T. R. VAN DELLEN, M.D.
Reprinted, courtesy of the Chicago Tribune

Early in 1961, I wrote about clean ice or ice water for minor burns. The cold relieves pain and minimizes swelling. Apparently, our suggestion was forgotten, because ice has been touted again as a new remedy. Cold compresses are most convenient for children and mothers, especially when a small area is involved.

An ice cube is made to order for tiny grease or electrical burns. The distress following contact with a hot plate, boiling kettle or cigaret is relieved by soaking the hand in cold water. The use of cold also relieves mild to moderate sunburn. A towel soaked in sterile or soapy ice water is placed on the burned shoulders, extremities or face. It is removed when the pain subsides.

Burns are more serious in infants, older people and those with heart, lung, glandular or renal disease. These individuals may require hospitalization even for minor burns. The same applies to persons

who inhaled smoke, noxious fumes or were in an explosion. Wheezing, hoarseness or difficult breathing may be a signal of internal burns, and the ensuing swelling could obstruct the air passage-way.

Hospital care usually is advised for moderate, severe or critical burns. Special therapy is needed, including intravenous fluids, aspiration of gastric contents and prevention of infection. But these measures are not necessary for most burns, which are less extensive.

Intravenous fluids, for example, are not needed if the individual is able to swallow. On the other hand, outpatient care at the hospital often is necessary. Minor burns, other than those of the face and crotch, usually are covered with sterile dressings.

Never apply grease, ointments or antiseptics to any large burn area before reaching the hospital emergency room.

A.A.U. JUNIOR OLYMPIC COMPULSORY EXERCISES FOR BOYS AND BEGINNERS EXERCISES FOR GIRLS 1970-1972

BOYS—AGE GROUP 9 AND UNDER

Floor Exercise

(Area is 40' by 40')

- | | Pts. |
|---|------|
| 1. Raise arms, rise on toes, one step forward and roundoff into vertical jump with $\frac{1}{2}$ turn landing on both feet, lower to squat and roll forward to a straddle stand with legs straight and arms overhead. | 2. |
| 2. Lower arms sideward, downward, and place hands on floor and press to a headstand with legs spread—close legs and HOLD. | 2. |
| 3. Roll forward to a squat and rise to stand with arms overhead. | 1. |
| 4. One-eighth turn left or right and raise leg and step forward into a cartwheel. | 1. |
| 5. and continue forward into a second cartwheel. | 1. |
| 6. $\frac{1}{2}$ turn into a Swedish fall and turn left or right to a sitting position on floor with legs joined and straight and arms horizontal. | 1. |
| 7. Bend forward, extending arms forward and roll backward in tuck roll to stand with arms overhead. | 1. |
| 8. Lower arms, 1 step forward and roundoff and jump upward to land in a stand. | 1. |

Side Horse Vault

- | | |
|--|-----|
| 1. Run and jump to a squat stand on the saddle and immediately execute a vertical jump upward with body fully extended and stretched to land in a stand. | 10. |
|--|-----|

Low Parallel Bars

- | | |
|--|----|
| 1. Two or three running steps and jump to an upper arm hang and swing forward while rolling backward to a straddle support. | 1. |
| 2. Place hands on bars in back of hips and raise legs to "L" and HOLD. | 2. |
| 3. Spread legs to straddle seat and place hands forward on bars and press with bent hips and spread legs to a shoulder stand. Close legs and HOLD. | 3. |
| 4. Roll forward to a straddle support. Join left leg to right leg over right bar, place right hand on left bar, raising right leg while executing $\frac{1}{2}$ turn left to a straddle support. | 2. |
| 5. Place hands in back of hips. Raise legs and join and swing downward and rearward and execute front vault dismount to the right. | 2. |

Low Horizontal Bar

- | | |
|--|----|
| 1. From a stand facing bar with over-grip (ordinary grip), pull upward lifting legs and turning backward to a front support (pull-over). | 3. |
| 2. Drop backward with bent hips and bringing one leg between hands, swing downwards and execute a single leg kip to a stride support. | 3. |
| 3. One half turn in direction of rear leg passing | |

- | | |
|--|----|
| rear leg over bar and joining legs to a front support. | 2. |
| 4. Drop backward with bent hips and swing forward extending body and relasing hands and coming to a stand with back to bar. (Under-swung to dismount.) | 2. |

APPARATUS SPECIFICATIONS: Side Horse Vault—height of horse 40", Parallel Bars 50" in height, Horizontal Bar 60" in height. (Exceptions may be made in height of the apparatus in cases that involve extreme individual problems.)

GIRLS BEGINNER EXERCISES

Uneven Bars

- | | |
|---|--|
| 1. From a stand under the high bar facing the low bar, place both hands in overgrip on the low bar. Kick R leg forward upward, followed by L leg, and turn over backward with legs together, executing a back hip pullover to a front support. | |
| 2. Cut the L leg over the low bar under the L hand to a stride support. Drop backward with the bar under the L knee, and on return, knee swing up, release the low bar and grasp the high bar. | |
| 3. Raise the R leg sideward over low bar. Bend the knee and put the ball of the foot on the low bar. Shift the weight over the R foot. Kick L leg upward, and at the same time push with R leg from low bar. Join the legs and execute a back hip kick-over to a front support on the high bar. | |
| 4. Drop backwards through kip position, holding ankles close to the high bar. Lower the R leg to the low bar and immediately 180 degree turn to the R over the R thigh to a stride support L on the low bar, L hand regrips high bar in overgrip to L side of R hand, R hand changes to overgrip on high bar. | |
| 5. Lift the R leg over the low bar to an inner rear seat, facing the high bar. Execute a long hand skin-the-cat on the high bar to an ankle rest on the low bar. Fully extend legs into a front thigh rest on low bar (front lying hand). Release the R hand and 270 degree turn L to a riding seat on the L thigh, L hand is on high bar in overgrip and R hand grasps low bar behind the hip, R leg is straight and L is bent with toe touching R knee. | |
| 6. Lean back on R hand, elevate both legs to a momentary V-sit. Place the R foot on the bar, and releasing the R hand, rock forward to a stand on the R leg. Simultaneously raise straight L leg forward upward, with L arm in contact with the high bar. Pass L leg over the top bar while executing a 90 degree turn to the L on R foot. Release the bar with L hand in order to let the L leg pass, then regrip it with both hands in an overgrip. The L leg continues to the L and then to the rear horizontal position. Extend at elbows and stretch out into scale. | |
| 7. Return to stand on low bar with both feet. Lean forward to inner front support on high bar. | |

Raise arms sideward to swan balance. Momentary hold to show control.

8. Tuck head, bend body at the hips, reach around under high bar, and shift grasp around the bar. Execute a pike forward roll around the bar and open up to a long hang facing outward.
9. Swing lower body back, then underswing forward, bending moderately at the hips on the front swing. Dismount by extending the body while turning 180 degrees to the L, releasing the bar first with the R and then the L hand. Land outside the high bar facing inward.

Floor Exercise

(Music: Gravy Waltz by Ray Brown)

Position: Stand with feet in closed position, arms curved at sides

First Run (2.5)

1. Step forward L, kick R leg forward. Raise arms laterally (second position) to the horizontal.
2. Step forward R into a lunge on the R foot. Reach forward with the arms and placing the hands on the floor, execute a forward roll coming up in a squat position.
3. Jump from both feet into an arabesque leap, R foot downward, L foot backward, arms stretched obliquely over head.
4. Take two or three runs and hop to a cartwheel (no side is designated because of the beginner level).
5. Backward roll to the knees. (For continuity between the cartwheel and roll, keep the first leg of the cartwheel straight, and as the last leg of the cartwheel reaches the floor, bend it to sit down.) Bring the arms obliquely backward, body bent forward over the knees. Turn the head to look up and backward to the R side.

Second Run (2.3)

6. Making a one-eighth turn to the R, rise, stepping forward on the R foot to a 4th position pose, R foot supporting weight, L foot stretched backward, point of toe on the floor. Arms come forward to a curved position over the head (5th position) and open sideward to the lateral position with palms down and head held high.
7. Three running steps, L-R-L to a scissor leap (hitch kick).
8. Step L to a cat leap, arms circle over the head and back to the sideward position, step L and hop on the L foot.
9. Four running steps forward R-L-R in a curved pattern around the corner of the floor 90 degrees. Step forward R on ball of foot and close L behind it on ball of foot, to a pose with the R arm stretched obliquely backward downward, head looking up over the R wrist.

Third Run (2.2)

10. Step forward R bringing L arm forward and upward to the R arm. Place hands on floor and kick up to a handstand forward roll coming up in a squat position.
11. Immediately execute another forward roll to a back lying position on the floor, arms stretched over head. Roll sideward to the L over the

stomach and continue to the back.

12. Rise to a tuck sitting position with the hands in support on the floor obliquely behind the body. Kick the R leg forward and upward, then switch legs, kicking the L upward while tucking the R leg to the side under the L leg. (This should be executed quickly.)
13. Rise on the R knee standing on the L to a 4th position pose, arms stretched obliquely over head.

Fourth Run (Curve Pattern Around the Corner) (1.5)

14. Making a quarter-turn to the R with the body change the weight to the R leg, step sideward L to the L and execute a sideward slide, arms sideward. Step L sideward around the corner and hop on L, R leg bent with toe placed at L knee, making a half-turn to the L. Arms remain in the sideward position.
15. Step R sideward to the R and execute a sideward slide. With a quarter-turn R, step forward R, place L foot in front of R. Rise on toes and execute a half-turn to the R and immediately reverse the turn, making a half-turn to the L. Remain on toes and place hands on hips during the turn.

Fifth Run (1.5)

16. Run in a curved pattern (three-eighths turn) to a cartwheel, cartwheel to a lunge, quarter-turn inward for lunge, arms obliquely side upward, head back.

Beginner Compulsory Vault

Squat Vault

The compulsory vault will be a bent hip ascent, squat vault, with emphasis upon two portions of the vault; (1) takeoff for flight onto the horse, and (2) after flight with proper body position.

The vault is zero (0.0) if it is assisted by the coach during the vault (not landing), if it is interrupted completely by feet resting or by a seated position on the horse. If the coach stands between the board and the horse a 1.0 deduction is subtracted from the score given for the vault.

(Balance Beam Exercise next month)

U.S. Olympic Comm. Meeting

As announced previously the 1971 Biennial Meeting of the United States Olympic Committee, in accordance with Article XII, Section 1 (a) of the Constitution, will be held March 26-28 at The Greenbrier in White Sulphur Springs, West Virginia. Sister Millie Prchal, past Director of Women, American Sokol, will be our representative at this meeting. Planned agenda includes registration of delegates, Committee Meetings of Sports and Games Planning, 1971 Pan-American Games Seminar, and viewing of the 1968 official Olympic films of Mexico City. Also throughout will be business sessions on Constitution Amendments, Membership applications, and Board of Directors meeting.

Bro. Jerry Milan, our other delegate on the United States Olympic Committee, will not be able to attend. E. C. L.

Let me tell you, too, that the overwhelming majority of our young college students—even those in the demonstrations—are basically honest.

The principal trouble with them is that they are naive, and so full of good intentions that they simply do not understand the old saying that the road to hell is paved with good intentions.

You hear them saying that they want to destroy "the Establishment" because it is repressive. They want to have something better for the future.

They do not, however, know that with this type of attitude they are preparing the ground for the take-over by a system which is a thousand times more repressive than anything about which they are complaining.

When you speak about communism, which really directs the disorders, you should always remember that communism as a doctrine, communism as an economic system, communism as a philosophy, is as dead as a doornail.

The best proof that communism is dead today is that the Russian leaders are introducing in their economy certain aspects which certainly were an anathema to Karl Marx. When the Russian leaders want to introduce the profit motive, competition, consumer research, and such other things in the system of the Soviet Union, you will see how totally unworkable is the system of socialism or communism.

As a matter of fact, it is quite an irony that in Russia today efforts are being made to save socialism through the introduction of capitalistic methods, and we here in America are told we have to introduce socialistic methods in order to save capitalism.

I am always amazed when the small group of deliberate revolutionaries who are managing this revolutionary trend in our colleges, are called by us, very charitably, either "militants" or "activists" or "radicals". We do not call them what they really are.

We are going around pussyfooting, calling these revolutionaries "extremists", and "radicals", and "militants", when they, themselves, admit what they really are, Communists. Such leaders proudly and readily boast about their communist ties.

How is this whole thing operated?

The majority of the youngsters, I can tell you with absolute responsibility are straightforward. A small minority, however—I would not even say as much as one per cent—is directing them; they are pulling the strings.

They pick out absolutely noncontroversial issues, and attach themselves to them just like the barnacles on the hull of a ship.

Now what are these issues which those militants behind the scenes are picking up?

The first is peace.

The second is the environment. This is the anti-pollution controversy.

And the third is civil rights.

Naturally, when it comes to peace, it is the least controversial issue in the world because all of us in America are working for peace. Those of us who, like myself, believe in God even pray for peace.

What our American young people refuse to acknowledge, however, is that peace is not a one-

way street. In order to have peace it is not enough that we should want it at this end of the street, but that the individual at the other end should have the same idea, too.

All of us realize the problem in the ecology, the environment. We all know that our rapidly expanding technical civilization does threaten harm to the quality of the air, the water, the soil surrounding us. If we were to listen, however, to the false prophets who tell us that we have now "to rearrange our national priorities"—meaning that we have to stop all expenditures for military defense—and we should put all that money into the improvement of the environment, then, one day you can be sure that it would be the Russians who would be breathing our fresh air, and the Chinese who would be swimming in our clear waters.

And of course, few are divided in this country about civil rights, constitutional rights. All of us, regardless of race, creed, color, sex, or national origin, are participating in those tremendous privileges and rights which the Founding Fathers gave us.

However, not only did we receive rights and privileges, but the Founding Fathers also charged us with considerable duties and responsibilities.

When the small militant minority in the background of the demonstrations pick up these issues, they are merely using them as their battle cry.

The ignorant, but good, willing, overwhelming majority of our young people also pick up these issues. Ironically, they do not know what they are doing when they demonstrate against the draft, when they picket the ROTC buildings, when they protest against military research being conducted at our universities.

Those young people are, of course, unknowingly out to destroy the military strength of America—the strength which will protect them against slavery in the future.

Whom do such demonstrations help?

Obviously, no one but the Chinese and the Russians who can hardly wait to fill the vacuum which would be left in the world were the United States to cease being a great power.

And of course, under such conditions, when these people tell you that they want to destroy the Establishment, what they have in mind becomes this question: What is the Establishment they want to destroy?

It is America's military strength, our constitutional form of government, our free-enterprise system, and finally, our fundamental belief in God.

The dissenters are not second American Revolutionaries as they claim. Actually they are neo-Nazis, neo-Fascists, and Communists, because what they want to do is exactly the same thing Adolf Hitler did to Germany, Benito Mussolini did to Italy, and Lenin and Stalin have done to Russia—establish the rule of the minority over the overwhelming majority of the people.

What we need here, and desperately, is action, but not for new legislation. We do not need any new laws. All we need is to enforce the laws which we already have on the books.

We have to show understanding towards those youngsters who are dangerously naive. We have to explain to them the real greatness of this country in which we live.

Eagle Magazine

Bro. John Kounovsky Celebrating 100th Birthday

Bro. John Kounovsky, one of the charter members who organized Sokol Chicago March 4, 1892, is celebrating his 100th birthday this May. Bro. Kounovsky has been a loyal Sokol for 79 years.

During the years of early struggles getting Sokol Chicago started, Bro. Kounovsky was the first instructor of the classes which were held in a rented hall. His brother, Edward, was the first physical director of our Sokol.

Bro. Kounovsky moved out to North Dakota many years ago where he is now residing. Although he moved away, he always supported Sokol Chicago in every way.

In 1967, Sokol Chicago celebrated its 75th Anniversary. Bro. Kounovsky, 96 years of age, was special guest for this great occasion. During his speech he related of the many early trials of Sokol work. He spoke with great enthusiasm, was very witty and quite humorous. He was the center attraction of the evening. His presence was enjoyed by all. It is fortunate for Sokol Chicago and the American Sokol Organization that dedicated people like Bro. Kounovsky support the Sokol movement all their lives. It is certainly a tribute to have Bro. Kounovsky to be interested in our Unit and loyal for 79 years.

All of the members of Sokol and Sokolice Chicago wish him the very best of health and many happy returns of the day. Happy 100th Birthday, Bro. Kounovsky—may you be among us for many more years.

Ed Hlinka, Sokol Chicago

60. výročí Sokola Berwyn, III.

V sobotu 30. ledna jsme oslavili 60. výročí založení Sokola v Berwyn šestým výročním tancem spojeným s večeří. Návštěva byla velká a večeře výborná.

Sestra starostka K. Krimmel přivítala přítomné a představila zakládající sestru Frances Sýkorovou, která ač 86 let mladá, často chodí do schůzí i na zábavy. Byla jí vzdána pocta a předána krásná květina.

Také sestra Peroutková slavila toho dne její 83. narozeniny, avšak v kruhu svých drahých doma. Br. místostarosta Paul Gilbert jí předal květinu a vyřídil gratulace od všech Sokolů. Ses. Peroutková jest stále zaměstnána v MacNeal nemocnici.

Slavnostním řečníkem byl br. Stanley Barcal, který se své úlohy zhostil znamenitě.

Ses. starostka přivítala hosty z druhých jednot, některé až z Racine, Wis. a ses. a br. M. a L. Janíček, kteří vzdor opravdu zlému počasí obětavě přijeli až z 300 mílové dálky.

Jako první číslo programu zatančila Omladina Moravského domu několik národních tanců v překrásných krojích. Poté 16 letá dceruška br. St. Barcala předvedla umělecké cviky a mladý Ed. Pávek zakončil program dvěma tělocvičnými čísly. Ed. Pávek je několikaletým cvičencem br. Hanka Vydry a v gymnastice docílil několika vyznamenání v Morton High School. Má naději zúčastnit se závodů o State Championship.

M. V. H.

Jan Tichý.

Nemilosrdné křídlo smrti se opět dotklo čela jednoho z těch, kteří celý svůj život pracovali pro blaho svého národa a vzdálené vlasti. Bratr Jan Tichý, dlouholetý starosta Sokola Nová Vlast a župy Severovýchodní, vždy nabádal své bratry a sestry, aby mluvili česky a rozšiřovali mezi Američany znalosti i tradice získané ve své vlasti.

Není mnoho těch, kteří ztrávili tolik pracovních hodin v sokolovnách a v tělocvičnách, jako tomu bylo u bratra Tichého.

Bratr Jan Tichý se narodil roku 1891 v Liberci a v roce 1913 vyemigroval do Spojených států.

Bratr Jan patřil celé sokolské Americe. Nebylo jednoho sjezdu anebo konference starostů v Chicagu, které by se nebyl zúčastnil. Byl zvolen předsedou VII. sjezdu Amerického Sokolstva v roce 1950 v Clevelandu a předsedou sjezdu IX. v Cedar Rapids r. 1960. Zájem o Sokol, jak jeho jednoty Sokol Nová Vlast, tak župy Severovýchodní a celé obce stavěl vždy nad osobní zájmy.

V konání sokolské povinnosti jako starosta jednoty a starosta župy byl vždy příkladným pracovníkem, který neznal kompromisů, ale vždy šel přímou cestou za pravdou v odkazu presidenta Masaryka, že "Pravda vítězí!"

Jménem všech Sokolů vyslovuji hluboce proctěnou soustrast bratrům Josefovi a Rudolfovi, sestře Mary Koželuhové, dcerám Evelyn a Adélce, jejich manželům Zdenkovi Pražákovi a Alfredu Bachnovi i jejich dětem.

Přemek Kocián.

Karel Dvořák.

Poněkud opožděně chci vzdát poctu jednemu ze starých zasloužilých Sokolů bratru Karlu Dvořákovi, který zemřel 11. října 1970. My z mladší generace snadno zapomínáme na staré sokolské pracovníky. Nemohou již cvičit, ani tančovat, ani chodit do schůzí, tak na ně zapomínáme, přestože celý svůj život zasvětili sokolské a národní práci a pracovali s větším nadšením, než pracujeme my, dnes.

Bratr Karel Dvořák se narodil v roce 1885 v Československu. Když mu bylo 17 let přijel do New Yorku a ihned vstoupil do Sokola. Prodělal cvičitelský kurs v Chicagu a stal se dobrým cvičitelem. V roce 1912 odejel na západ do Scio, (Portland) kde pracoval v tenkrát velmi činných jednotách v tomto nejvzdálenějším koutu Ameriky. Oženil se s dcerou českého pionýra z Malína, Olgou Karbusickou. Od roku 1920 usadil se na trvalo v San Franciscu, kde byl velmi činný v jednotě. Svě stáří trávil v předměstí San Francisca v San Carlos u své dcery Olgy Babkové a syna Karla Dvořáka. Mímo těchto dvou dětí zanechal 7 vnuků a 6 pravnuků. Čest budíž jeho památce! Jirí Španek.

Moc v rukou bezohledných lidí, je jako oheň v rukách děcka. Znamená prostředek ku zkoumání síly, při čemž následky jsou ještě cítit dlouhou dobu. Kult jedinců, kteří se neštítí sáhnout po sebekrutějších zbraních, prohlašuje se vždy za neomylné, opředou své postupování bajkami, že koná se "dobro", "lidumilnost", "dobročinnost", "bezvýdělečnost", vše pro "méně šťastné", ale jejich trůn je nestálý, protože lid se dá klamati jen do určité doby, a pak jedná bez ohledu na tak zvanou přesilu obrněnou a osobní.

Directory of the American Sokol Organization

EXECUTIVE BOARD ASO.:

Meetings fourth Tuesday, 6426 W. Cermak Road, Berwyn, Ill. 60402. President: Stanley Barcal, 2437 Harvey Ave., Berwyn, Ill. 60402. Secretary: June Pros, 1606 East Ave., Berwyn, Ill. 60402. Financial Secretary: Agnes Sotka, 1516 Cuyler Ave., Berwyn, Ill. 60402. Kindly make all checks and Money Orders payable to the AMERICAN SOKOL ORGANIZATION, 6426 W. Cermak Road, Berwyn, Ill. 60402.

BOARD OF INSTRUCTORS ASO.:

Combined meetings every 3rd month at Sokol office, 6426 West Cermak Road, Berwyn, Ill. 60402.

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

Ass't. Director: Richard Ptacek, 4330 S. Clinton Ave., Berwyn, Ill. 60402.

Secretary: Paul Lebloch, 2212 Hainsworth Ave., North Riverside, Ill. 60546.

Director of Women: EllenJeanne Schnabl, 2503 Harvey Ave., Berwyn, Ill. 60402.

Ass't. Director: Ann Halik, 3643 Ridgeland Ave., Berwyn, Ill. 60402.

Secretary: Lorraine Zdenek, 9709 So. Mason, Oak Lawn, Ill. 60453.

EDUCATIONAL DIRECTOR: Edwin Halik, 3643 Ridgeland Ave., Berwyn, Ill. 60402.

BY-LAWS COMMITTEE: Address all mail to American Sokol Organization, 6426 W. Cermak Road, Berwyn, Illinois 60402.

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

ORGANIZATION CHAIRMAN: Emilie Welcl-Ruzicka, 910 N.E. 121st, Miami, Fla. 33161.

EASTERN DISTRICT, NEW YORK, N. Y.

Headquarters Sokol Hall, 420 East 71st St., N. Y. C., N. Y. 10021. Meetings 3rd Monday, alternating between New York, Little Ferry, N. J., Fuegner, L. I. President: Charles Zraly. Secretary: Blanche Zraly, both 29 Holland Court, Valley Stream, New York 11580. Director of Men: Frank Capek, 39 Barnes Dr., Ridgefield Park, N. J. 07660. Director of Women: Norma Zabka, 6600 Boulevard East, West New York, N. J. 07093. Educational Director: Joy Misek, 24-16 — 40th Ave., Long Island City, N. Y. 11101. Public Relations: Edward Stetka, 2100 Meadowview Drive, Baltimore, Md. 21207.

NORTHEASTERN DISTRICT, CLEVELAND, OHIO

Meetings 4th Wednesday, Sokol Tyrs, 3689 East 131st St., Cleveland, O. 44120. President: Emil Pekar, 6801 Glenella Dr., Seven Hills, Ohio 44131. Secretary: Henry Nemecek, 5925 Broadview Road, Cleveland, Ohio 44134. Director of Men: Edwin J. Jirousek, 16214 Maplewood Ct., Maple Hgts., Ohio 44137. Director of Women: Jeanette Wagner, 3872 Mill St., West Richfield, Ohio 44286. Educational Director: Karel Zahradnicek, 12704 Holborn, Cleveland, Ohio 44105. Public Relations: Elsie Khol, 13212 Marlerow, Cleveland, Ohio 44105. Organization Chairman: Gladys Jirousek, 18424 Chagrin Blvd., Shaker Hts., Ohio 44122.

CENTRAL DISTRICT, CHICAGO, ILLINOIS

Meetings 4th Wednesday, Sokol Havlicek-Tyrs, 2619 S. Lawndale Ave., Chicago, Ill. 60623. — President: Joseph F. Drnec, 5715 West 23rd Street, Cicero, Illinois 60650. Secretary: Louise Kmen, 2520 So. Harding Ave., Chicago, Ill. 60623. Director of Men: Paul Lebloch, 2212 Hainsworth, North Riverside, Ill. 60546. Director of Women: Carolee Michalek, 4342 S. Wisconsin Ave., Stickney, Ill. 60402. Educational Director: Jos. Janecka, Jr.,

7306 Ogden Ave., Riverside, Ill. 60546. Organization Chairman: Edward Schnabl, 2503 Harvey Ave., Berwyn, Ill. 60402. Public Relations: Ann Basta, 2620 Maple Ave., Brookfield, Ill. 60513.

WESTERN DISTRICT, OMAHA, NEBRASKA

Meetings 2nd Monday, Sokol Auditorium, 2234 So. 13th Street, Omaha, Nebr. 68108. — President: Edward Pavoucek, 2306 Jefferson, Bellevue, Nebr. 68005. Secretary: Phyllis Jirka, 6514 So. 45th Street, Omaha, Nebr. 68117. Director of Men: Raymond Lastovica, 109 E. 16th Ave., Bellevue, Nebr. 68005. Director of Women: Bozena Drozda, 2627 No. 102nd Ave., Omaha, Nebr. 68134. Educational Director: Alfred Swoboda, 5816 S. 15th St., Omaha, Nebr. 68107. Organization Director: Barbara Swoboda.

SOUTHERN DISTRICT, DALLAS, TEXAS

Meetings 2nd Thursday, Sokol Athletic Center, 7448 Greenville Ave., Dallas, Tex. 75231. President: George Prevratil, 11212 Yorkmont, Dallas, Texas 75218. Secretary: Vlasta Laznovsky, 5514 Gregg St., Dallas, Tex. 75235. Director of Men: Larry Laznovsky, Route 1, Ennis, Texas 75119. Director of Women: Sylvia Laznovsky, Route 1, Ennis, Texas 75119. Educational and Public Relations Director: Jerry Milan, 6208 Lakeside Drive, Fort Worth, Texas 76135.

PACIFIC DISTRICT, LOS ANGELES, CALIF.

Meetings, every 2nd month, in Sokol Hall, 500 No. Western Ave., Los Angeles, Calif. 90004. President: V. Salak, 518 N. Niagara St., Burbank, Calif. 91505. Secretary: Marie Palpan, 417 Mt. Washington Dr., Los Angeles, Cal. 90065. Director of Men: Lou Hintnaus, 1321 — 21st St., Manhattan Beach, Calif. 90267. Director of Women: Martha Lizak, 419 Williams Ave., Madera, Calif. 93637. Educational Dir. and Organizer: George Spanek, 1364 Drake Ave., Burlingame, Calif. 94010.

Directory of Units

EASTERN DISTRICT, NEW YORK, N. Y.

Sokol Baltimore, Maryland. — Meetings, 2nd Sun. of the month, no meeting in July and August. American Sokol Center, 2931 E. Madison St., Baltimore, Md. 21205. President: Donald Otenasek, 8231 Old Philadelphia Rd., Baltimore, Md. 21237. Secretary: Henry J. Vrzalik, 201 Lyndale Ave., Balti-

more, Md. 21236. Financial Secretary: Edward Stetka, 2100 Meadowview Dr., Baltimore, Md. 21207. Director of Men: John Cervin, Jr., 2811 E. Monument St., Baltimore, Md. 21205. Director of Women: Barie Pokorny, 9812 Gunforge Rd., Perry Hall, Md. 21128.

Sokol Belcamp, Md. — Meetings 1st Wednesday, Belcamp Community Center, Belcamp, Md. 21017. President: Frank G. Novak, P. O.

Box 65, Belcamp, Md. 21017. Secretary: Miroslav Jurny, P.O. Box 211, Belcamp, Md. 21017. Financial Secretary: Andy Kasper, 215 Park St., Aberdeen, Md. 21001. Director of Men: Joseph Fejfar, P.O. Box 85, Belcamp, Md. 21017. Director of Women: Linda Pukl, Belcamp, Md. 21017. Educational Director: Joseph Vachek, Long Bar Harbor, Abington, Md. 21009.

Sokol Curtis Bay, Md. — Meetings 2nd Friday, 4705 Virginia Ave., Baltimore, Md. 21225. — President: James F. Zaruba, 4705 Virginia Ave., Baltimore, Maryland 21225. Secretary: Frank Zamostny, 216 Werner Rd., Baltimore, Md. 21226. Financial Secretary: Frances Simon, 3549—3rd Street, Baltimore, Md. 21225.

Sokol Fuegner, L. I. C., N. Y. Meetings 3rd Tuesday, Bohemian Hall, 29-19 24th Ave., L. I. 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. Financial Secretary: Jane Cerny, 23-71 37th Street, Astoria, N. Y. 11105. Director of Men: Richard Kotmel, 43-25 160th St., Flushing, N. Y. 11358. Director of Women: Virginia Belsan, 41-35 49th St., Sunnyside, N. Y. 11104.

Sokol Little Ferry, New Jersey. — Meetings 2nd Monday, Sokol Hall, 14 Garden Street, Little Ferry, New Jersey 07643. President: Charles Kubicek, 17 Jackson Street, Little Ferry, N. J. 07643. 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. 07643.

Sokolice Little Ferry, New Jersey. — Meetings 4th Wednesday, Sokol Hall, Main and Garden Streets, Little Ferry, N. J. 07643. President: Beatrice Novotny, 11 Grove St., Little Ferry, N. J. 07643. Secretary: Kay Janakis, 15 Beech Street, Little Ferry, N. J. 07643. Financial Secretary: Elsie Machotka, 26 Center St., Little Ferry, N. J. 07643. Director of Women: Audrey Benda, 34 Brandt Street, Little Ferry, N. J. 07643.

Sokol Miami, Florida. — Meetings 4th Monday, 15000 No. Miami Ave., Biscayne Gardens Civic Center, No. Miami, Fla. 33161. President: Frank Simpach, 5921 N.E. 22nd Way, Ft. Lauderdale, Fla. 33308. Secretary: Emilie Welch-Ruzicka, 910 N.E. 121st St., Miami, Fla. 33161. Financial Secretary: Anne Valentine, 1700 N.E. 137th Terr., No. Miami, Fla. 33161. Director of Men: Frank Chmelir, 7465 S.W. 60th St., Miami, Fla. 33143. Director of Women: Diane Butler, 6261 S.W. 20th Terr., Miami, Fla. 33155. Please forward all mail to Secretary.

Sokol Newark, New Jersey. — Meetings 3rd Saturday at homes of members. President: Frank Bartell, 646 E. Pt. Pleasant Ave., Ocean Gate, N. J. 08740. Secreta-

ry: Barbara Kotlan, 54 Cleremont Ave., Irvington, N. J. 07111. Financial Secretary: Anna Votapek, 664 Valley St., Orange, N. J. 07050.

Sokol New York, N. Y. — Meetings 4th Thursday, Sokol Hall, 420-424 East 71st Street, New York, N. Y. 10021. President: Marie Provaznik, 25-64 — 35th St., L. I. C., N. Y. 11103. Secretary: Jarmila Uhlrova, 339 E. 75th Street, New York, N. Y. 10021. Financial Secretary: Marie V. Lier, 65-42 — 48th Ave., Woodside, L. I., N. Y. 11377. Director of Men: Stanley Mergl, 1278 — 1st Avenue, New York City, N. Y. 10021. Director of Women: Pat Koval, 33-25 — 92nd St., Jackson Heights, N. Y. 11372. Educational Director: Jan Petlicka, 37-20 — 81st St., Jackson Hts., N. Y. 11372

Sokol Philadelphia, Pa. — Meetings 1st Friday, Slovak Hall, 1150-54 N. 4th St., Philadelphia, Pa. 19123. President: Josephine Tunkl, 5836 Akron St., Philadelphia, Pa. 19141. — Secretary: George B. Novak, 2003 E. Elkhart St., Philadelphia, Pa. 19134. Financial Secretary: Elsie Novak, 2003 E. Elkhart Street, Philadelphia, Pa. 19134. Educational Director: George B. 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 Secretary for Women: Julia Kverek, 1541 Altamont Avenue, Schenectady, N. Y. 12303. Financial Secretary for Men: 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: Caroline Jordan, 1302 — 2nd Ave., Schenectady, N. Y. 12303. Educational Director: Frank Prokop.

Sokol Washington, D. C. — Meetings 1st Friday, Barton House, 2225 Barton St. and 10th Street, N. Arlington, Virginia. President: Matthew Neuman, 2071 Park Road N.W., Washington, D. C. 20010. Secretary: Jerry Friedrich, 13421 Bartlett Street, Rockville, Md. 20853. Financial Secretary: Gerta Manhal, 3636 16th St. N.W., Washington, D. C. 20010. Director of Men: Frank Stovicek, 2059 Park Road N.W., Washington, D. C. 20010. Director of Women: Michele Manon, 1927 Park Rd. N.W., Washington, D. C. 20010. Educational Director: Vavro Rysavy, 6061 Munson Hill Rd., Falls Church, Va. 22044.

NORTHEASTERN DISTRICT, CLEVELAND, OHIO

Sokol Cleveland Cech-Havlicek, Cleveland, Ohio. — Meetings 1st Sunday, Sokol Cleveland Cech-Havlicek Hall, 20110 Harvard Av., Warrensville Heights, Ohio 44128. President: Ralph Gruber, 3418 Colton Road, Shaker Heights, O. 44122. Secretary: Wilma A. Sevcik, 4102 Fulton Rd., Apt. G-33, Cleveland, Ohio 44144. Financial Secretary: Bertha Cihula, 31713 White Rd., Wickliffe, O. 44092. Director of Men and Women: Ann Skoda, 1541 East 191st, Apt. 549, Euclid, Ohio 44119. Educational Director: Anton Verkner, 19412 Mayfair Lane, Warrensville Heights, Ohio 44122.

Sokol Detroit, Mich. — Meetings 1st Thursday, Sokol Cultural Center, 23600 West Warren, Dearborn Heights, Mich. 48127. President: Henry Siedlik, 5651 Argyle, Dearborn, Mich. 48126. Secretary: Frank Kalivoda, 19506 Archer, Detroit, Mich. 48219. Financial Secretary: Richard Cole, 6187 Colonial, Dearborn Heights, Mich. 48127. Dues Secretary: Edward Sabodos, 15736 Archdale, Detroit, Mich. 48227. Director of Men: Martin Raebel, 6059 Cronin Road, Dearborn Hts., Mich. 48127. Educational Director: Jan Sklenar, 71 W. Hancock, Apt. 4, Detroit, Mich. 48201.

Sokolice Detroit, Mich. — Meetings 1st Thursday, Sokol Cultural Center, 23600 West Warren, Dearborn Heights, Mich. 48127. President: Jarmila Zboril, 10319 So. Morrow Circle, Dearborn, Mich. 48126. Secretary: Sophie Rosik, 8947 Memorial, Detroit, Mich. 48126. Financial Secretary: Lillian Brumo, 23136 Murray, Dearborn, Mich. 48128. Director of Women: Mary Anne Kerr, 940 S. Gulley Rd., Dearborn Hts., Mich. 48125. Educational Director: Jennie Pazdernik, 10333 S. Morrow Circle, Dearborn, Mich. 48126.

Sokol Moravan, Toledo, Ohio. — Meetings 4th Sunday, Playdium Hall, 1958 Front St., Toledo, Ohio 43605. President: Gottlieb F. Capoun, 5302 Grosse Point Parkway, Toledo, Ohio 43611. Secretary: Elizabeth Penovich, 2130 Nevada, Toledo, Ohio 43605. Financial Secretary: Don Saleta, 1809 Rivard Rd., Toledo, Ohio 43615.

Sokol Nova Vlast, Cleveland, O. — Meetings 2nd Sunday, Czech Hall, 4314 Clark Avenue, Cleveland, O. 44109. President: James Kocian, 12204 Longmead Ave., Cleveland, Ohio 44135. Secretary:

Mildred Kolar, 3337 West 88th St., Cleveland, O. 44102. Financial Secretary: June Brada, 4425 Streetsboro Rd., Richfield, Ohio 44286. Director of Men: Robert Kunc, 10612 Edgepark, Garfield Heights, Ohio 44125. Director of Women: Jeanette Wagner, 3872 Mill St., Richfield, Ohio 44286. Educational Director: Henry Nemecek, 11412 St. Mark Ave., Cleveland, Ohio 44111.

Sokol Rip, Pittsburgh, Pa. — Meetings, 2nd Friday every other month at residence of one of elected officers. President: Joseph A. Ciz, 8140 Remington Dr., Pittsburgh, Pa. 15237. Secretary: Stan-da Prostrednik, 215 Saxonburg Blvd., Pittsburgh, Pa. 15238. Financial Secretary: James Leder, 133 Mason Drive, Glenshaw, Pa. 15116.

Sokol Tyrs, Cleveland, Ohio. — Meetings every other month, Board of Directors, 2nd Thursday each month, 3689 East 131st St., Cleveland, Ohio 44120. President: Ladislav Voris, 4250 Bexley Blvd., So. Euclid, Ohio 44121. Secretary: Lillian Pierce, 3556 Ingleside Rd., Shaker Hts., Ohio 44122. Financial Secretary: Marie Whitman, 6544 Highland Rd., Mayfield Hts., Ohio 44143. Director of Men and Women: Edward Linhart, 13801 Royal Blvd., Garfield Hts., Ohio 44125. Public Relations: Joseph Kocab, Jr., 4501 Cullen Dr., Cleveland, Ohio 44105.

CENTRAL DISTRICT, CHICAGO, ILLINOIS

Sokol Americky, Chicago, Ill. — Meetings, semi-annual at Old Prague Restaurant. President: Bes-sie Vokoun, 2642 S. St. Louis Ave., Chicago, Ill. 60623. Secretary: Hilda Jelinek, 119 E. Lake St., Barrington, Ill. 60010. 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. 60402. — President: Catherine Krimmel, 809 Greenwood Ct., Roselle, Ill. 60172. Secretary: Marie Knez, 6513 W. 27th Place, Berwyn, Ill. 60402. Financial Secretary: Stana Ziemba, 327 Herrick Road, Riverside, Ill. 60546. Director of Men: Edward Schnabl, 2503 Harvey Ave., Berwyn, Ill. 60402. Director of Women: Diane Mrizek, 6525 W. Sinclair Ave., Berwyn, Ill. 60402. Educational Director: Eddie Jelinek, 3619 Wenonah Ave., Berwyn, Ill. 60402.

Sokol Brookfield, Ill. — Meetings 1st Wednesday, National Hall, 3909 Prairie Ave., Brookfield, Ill. 60513. President: Rudolph Svoboda, 2343 S. 14th Ave., No. River-

side, Ill. 60546. Secretary: Anne Fara, 791 Fairfield, Elmhurst, Ill. 60126. Financial Secretary: Rose Fritsch, 3921 Forest, Brookfield, Ill. 60513. Director of Men: Jerry Michalek, 2241 10th Ave., North Riverside, Ill. 60546. Director of Women: Betty Vokurka, 4039 Konrad, Lyons, Ill. 60534. Educational Director: Ernest Pirka, 1248 W. Addison, Chicago, Ill. 60613.

Sokol Cechie, Chicago, Illinois. — Meetings 3rd Tuesday, National Hall, 1643 N. Cicero Ave., Chicago, Ill. 60639. — President: Otto Glasser, 587 E. Parkway Rd., Riverside, Ill. 60546. Secretary and Financial Secretary: Emilie Zibrid, 1040 S. Edgewood Ave., Lombard, Ill. 60148.

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.

Sokolice Chicago, Ill. — Meetings 3rd Monday, Sokol Berwyn, 6445 West 27th Place, Berwyn, Ill. 60402. President: Ann Falta, 2540 S. St. Louis Ave., Chicago, Ill. 60623. Secretary: Rose Barcal, 2437 Harvey Ave., Berwyn, Ill. 60402. Financial Secretary: Sylvia Murphy, 2416 So. Grove Ave., Berwyn, Illinois 60402.

Sokol Havlicek-Tyrs, Chicago, Illinois. — Meetings 2nd Wednesday, Sokol Havlicek-Tyrs, 2619 S. Lawndale Ave., Chicago, Illinois 60623. — President: George Basta, 2629 So. Maple Ave., Brookfield, Illinois 60513. Secretary: Charles Basta, 3122 Kenilworth Ave., Berwyn, Ill. 60402. Financial Secretary: Vaclav Zenisek, 2627 So. Karlov Ave., Chicago, Ill. 60623. Director of Men: Ray Krapec, 1915 S. Clarence Ave., Berwyn, Ill. 60402. Educational Director: Frank Michalek, 4342 S. Wisconsin Ave., Stickney, Ill. 60405.

Sokolice Havlicek-Tyrs, Chicago, Illinois. — Meetings 2nd Wednesday, Sokol Havlicek-Tyrs Hall, 2619 S. Lawndale Ave., Chicago, Ill. 60623. — President: Zdenka Kovar, 2852 So. Kolin Ave., Chicago, Ill. 60623. Secretary: Zdenka Tintera, 2900 Lincoln Ave., North Riverside, Ill. 60546. Financial Secretary: Louise Hladik, 5511 W. 23rd Place, Cicero, Ill. 60650. Director of Women: Helen Tuma, 5122 W. 29th Pl., Cicero, Ill. 60650.

Sokol Milwaukee, Wisconsin. — Meetings 1st Thursday, International Institute, Milwaukee, Wis. President: August Shabart, 2847

N. 39th St., Milwaukee, Wis. 53210. Secretary: Fred C. Stankovsky, 14325 Sun Valley Dr., New Berlin, Wis. 53151. Financial Secretary: Charles Richter, 5459 No. 38th St., Milwaukee, Wis. 53209. Director of Men: Fred C. Stankovsky, 14325 Sun Valley Dr., New Berlin, Wis. 53151. Educational Director and Organization Chairman: Henry Zelenka, 2852 N. 78th Street, Milwaukee, Wis. 53222.

Sokolice Milwaukee, Wisconsin. — Meetings 1st Thursday, International Institute, Milwaukee, Wis. President: Barbara Shabart, 2847 N. 39th Street, Milwaukee, Wis. 53210. Secretary: Christine Greinen, 3208 E. Grange Ave., Cudahy, Wis. 53110. Financial Secretary: Mary Zelenka, 2852 N. 78th St., Milwaukee, Wis. 53222. Director of Women: Emily Falarsh, 4435 N. 49th St., Milwaukee, Wis. 53218. Educational Director: Henry Zelenka.

Pizensky Sokol of Chicago, Ill. — Meetings 2nd Thursday, CSA Building, 2137 Lombard Avenue, Cicero, Ill. 60650. President: William Cihak, 301 Blackhawk Rd., Riverside, Ill. 60546. Secretary: Tillie Newman, 2613 Oak Park Ave., Berwyn, Ill. 60402. Financial Secretary: Joseph Kilberger, 3735 Arthur Ave., Brookfield, Ill. 60513.

Sokol Racine, Racine, Wisconsin. — Meetings last Wednesday, Sokol Racine 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 Racine, Racine, Wis. — Meetings last Wednesday of March, June, September, Sokol Racine Hall, 1313 Lincoln St., 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: Marie Fetek, 723 St. Patrick St., Racine, Wis. 53402. Director of Women: Alice Larson, 1834 Polaris Ave., Racine, Wis. 53404.

Sokol Rozvoj, Chicago, Illinois. — Meetings 2nd Thursday every 3rd month. Danish American Athletic Center, 4624 N. Pulaski Road, Chicago, Illinois 60630. — President: Rudolph Gurtler, 6416 W. 28th St., Berwyn, Ill. 60402. Secretary: Hedvika Vrba, 2135 S. Kenilworth Ave., Berwyn, Illinois 60402. Financial Secretary: Ann Bagel, 4906 West Berwyn, Chicago, Ill. 60630.

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, Illinois 60402. Secretary: Josephine Drnec, 5715 W. 23rd Street, Cicero, Ill. 60650. Financial Secretary: Frank Marecek, 2617 So. Clinton Ave., Berwyn, Ill. 60402. Director of Men: Joe Plavec, 1601 S. Austin Blvd., Cicero, Ill. 60650. Director of Women: Ann Halik, 3643 Ridgeland Ave., Berwyn, Ill. 60402. Educational Director: May Konecny, 6713 W. 19th St., Berwyn, Ill. 60402.

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: Norman W. Krizek, 5727 Arthur Ave., St. Louis, Mo. 63139. Fin. Secretary: Anton Kylian, 4551 Varrelman Ave., St. Louis, Mo. 63116. Director of Men: Norman Ulrich, R.R. 1, St. Clair, Missouri 63077. Director of Women: Helen Pescoat, 6401 Mardel, St. Louis, Mo. 63109. Educational Director: John Reiner, Sr., 4232 La-Salette, St. Louis, Mo. 63123.

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 and Women: Irvin Triner, 4223 So. Home Ave., Stickney, Ill. 60402. Educational Director: William Meyer, 3928 S. Home Ave., Stickney, Ill. 60402.

Sokol Tabor, Berwyn, Illinois. — Meetings 1st Friday, Sokol Tabor, 1602 S. Clarence Ave., Berwyn, Ill. 60402. President: Frank J. Balsanek, 3636 S. Lombard Ave., Berwyn, Illinois 60402. Secretary: Mike Willet, 3327 Euclid Ave., Berwyn, Illinois 60402. Financial Secretary: Joseph Moravec, 1346 So. Kenilworth Ave., Berwyn, Ill. 60402. Director of Men: Keith Heidler, 1342 Maple Ave., Berwyn, Ill. 60402. Educational 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: Mae Linhart, 1820 Ridgeland Ave., Berwyn, Illinois 60402. Secretary: Camille Pekarek, 1538 Harvey Ave., Berwyn, Ill. 60402. Financial

Secretary: Helen De Klyen, 1329 S. Euclid Ave., Berwyn, Ill. 60402. Director of Women: Nancy Recchia, 903 Linden Ct., Western Springs, Ill. 60558.

Sokol Town of Lake, Chicago, Ill. — Meetings 2nd Wednesday, Polish Highlander Hall, 3035 W. 51st Street, Chicago, Ill. 60632. President: George Vytlacil, 12515 Harold Ave., Palos Hts., Ill. 60463. Secretary: Anton Smunt, 5342 So. Fairfield Ave., Chicago, Ill. 60632. Fin. Secretary: James Jansky, 1517 Ostrander Ave., La Grange Park, Ill. 60525. Educational Director: James L. Cihak, 405—50th Pl., Western Springs, Ill. 60558.

Sokolice Town of Lake, Chicago, Illinois. — Meetings 2nd Wednesday every other month, Polish Highlander Hall, 3035 W. 51st Street, Chicago, Ill. 60632. President: Irene Ruzicka, 3308 West 66th Street, Chicago, Illinois 60629. Secretary: Anna Kuchler, 5249 S. Whipple St., Chicago, Ill. 60632. Fin. Secretary: Blanche J. Cihak, 405 W. 50th Place, Western Springs, Ill. 60558.

Sokol West Suburban, Downers Grove, Ill. — Meetings 4th Tuesday. Mailing address: Sokol West Suburban, P.O. Box 181, Downers Grove, Ill. 60515. President: Geogiana Kral, 428 Davis, Downers Grove, Ill. 60515. Secretary: Barbara Donda, 22 W. 507 Sycamore, Glen Ellyn, Ill. 60137. Treasurer: Sylvia Pistorius, 342 Naperville Rd., Westmont, Ill. 60559. Director of Men: Bob Lemke, 1520 George St., Downers Grove, Ill. 60515. Director of Women: Lillian Jindra, 749 Hitchcock, Lisle, Ill. 60532.

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: Don Pulkrab, 2436 — 1st St. S.W., Cedar Rapids, Iowa 52404. Financial Secretary: Dennis Hrabak, 1731 Hamilton S.W., Cedar Rapids, Iowa 52404. Director of Men: Mel Novak, 1834 Hamilton S.W., Cedar Rapids, Iowa 52404. Educational Director: Theodore Hlubucek, 137—37th St., N.E. Cedar Rapids, Iowa. 52402.

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, 102 29th Ave. Dr., S.W., Cedar Rapids, Iowa 52404. Educational Director: Kveta E. Smith, 1940 Washington Ave. S.E., Cedar Rapids, Iowa 52403

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 and Educational Director: 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: Alice Kovarik, 729 Norman, Crete, Nebr. 68333. Director of Women: Jean Logsdon, Rt. 1, Crete, Nebr. 68333. Educational Director: Albina Banks, 2023 Main, Crete, Nebr. 68333.

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: Irvin Holtz, 1706 Bellevue Blvd., Bellevue, Nebr. 68005. 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 Street, Omaha, Nebr. 68107.

Sokolice South Omaha, Nebraska. — Meetings 2nd Tuesday, So. Omaha Sokol Hall, 5601 South 21st Street, Omaha, Nebraska 68107. President: Anne Novotny, 1926 S. 46th Street, Omaha, Nebraska 68106. 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. 68107.

Sokol Omaha, Nebr. — Meetings, 1st Monday, Sokol Auditorium, 2234 S. 13th St., Omaha, Nebr. 68108. President: James Velehradsky, 1322 "U" St., Omaha, Nebr. 68107. Secretary: Joseph Susterka, 3920 Wright St., Omaha, Nebr. 68105. Financial Secretary: Raymond Lastovica, 109 E. 16th

Ave., Bellevue, Nebr. 68005. Director of Men: Raymond Lastovica, 109 East 16th Ave., Bellevue, Nebr. 68005.

Sokolice Omaha, Nebraska. — Meetings 2nd Tuesday, Sokol Auditorium, 2234 S. 13th St., Omaha, Nebr. 68108. President: Blanche Masek, 4048 S. 13th St., Omaha, Nebr. 68107. Secretary: Patricia Lastovica, 109 E. 16th Ave., Bellevue, Nebr. 68005. Fin. Secretary: Mildred Krejci, 2428 S. 14th Street, Omaha, Nebr. 68108. Director of Women: Beverly Kilborn, 1505 Polk Street, Omaha, Nebr. 68107. Educational Director: Linda Beran, 1836 West Adams, Millard, Nebr. 68137.

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. — Educational Director: Anna Kral, 1503 Denver. All in Schuyler, Nebr. 68661.

Sokol Wilber, Nebr. — Meetings 1st Monday, Sokol Auditorium. Wilber, Nebraska. — President: Alfred Chab, Rt. 2. Secretary: Lois Havel, P. O. Box 463. Financial Secretary: Lillie Kovar, 303 Main. Director of Men: Alfred Chab. Director of Women: Olga Chab. Educational Directors: Alfred and Olga Chab, Rt. 2. — All Wilber, Nebr. 68465.

NORTHERN CIRCUIT OF WESTERN DISTRICT

Sokol Hopkins, Minnesota. — Meetings 2nd Saturday at members homes. President: Josephine Krusina, 4231 Oak Drive Lane, Hopkins, Minn. 55343. Secretary and Fin. Secretary: Ludmila Kaminsky, 11401 N. Oakvale Road, Hopkins, Minn. 55343.

Sokol Minneapolis, Minnesota. — Meetings 2nd Saturday every other month. — President: Edward Andrie, 4827 N. Bryant Ave., Minneapolis, Minn. 55430. Secretary: Fanca 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 Wednesday, 381 Michigan, St. Paul, Minn. 55102. President: Lucille Pavlicek: 1461 Edgumbe Rd., St. Paul, Minn. 55116. Secretary: Georgiana Buzicky, 1709 Rome Ave., St. Paul, Minn. 55116. Financial Secretary: Wayne Hawkinson, 5921 S. Upton

Road, Minneapolis, Minn. 55410. Men's Director: Robert Bastyr, 930 Chippewa, St. Paul, Minn. 55118. Director of Women: Lorraine Vanyo, 364 Goodhue St., St. Paul, Minn. 55102. Educational Director: George Smejda, 375 Bates Ave., St. Paul, Minn. 55118.

SOUTHERN CIRCUIT OF WESTERN DISTRICT

Sokol Caldwell, Kansas. — Meetings 1st Sunday, Sokol Hall, 12 miles west of Caldwell, Kansas 67018. President: Joseph Netahla, Route 1, Bluff City, Kansas 67018. Secretary: Carrie Anton, Bluff City, Kansas 67018. Fin. Secretary: E. E. Misak, Anthony, Kansas 67003.

Sokol Karel Jonas, Wilson, Kansas. — Meetings 1st Sunday, Wilson Opera House, Wilson, Kansas 67490. President: Joe Sebesta, Wilson, Kansas 67490. Financial Secretary: Alice Sula, Wilson, Kansas 67490. Treasurer: Joe Adamek, Wilson, Kansas 67490.

SOUTHERN DISTRICT, DALLAS, TEXAS

Sokol Corpus Christi, Texas. — Meetings 2nd Sunday, Sokol Hall. President: Roy Peal, 1334 Ormond, Corpus Christi, Tex. 78415. Secretary: Annie Spencer, 4921 Trinity, Corpus Christi, Tex. 78411. Financial Secretary: Adela Sijansky, Route 3, Box 277, Corpus Christi, Tex. 78415. Director of Men: Paul Chapman, P.O. Box 8138x Corpus Christi, Tex. 78412. Director of Women: Janice Chapman (same as above). Educational Director: Frank Veselka, 4949 Blundell, Corpus Christi, Tex. 78415.

Sokol Fort Worth, Tex. — Meetings last Monday, Sokol Hall, 3221 N.W. 28th Street, Ft. Worth, Tex. 76106. President: Donald D. Steinman, Rt. 6, Box 268, Fort Worth, Texas 76118. Secretary: Anne Johnson, 5713 Buchanan St., Ft. Worth, Texas 76114. Financial Secretary: Jeannie Mason, 2319 Loving, Fort 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: Joe Milan, 5016 Terrace Tr., Ft. Worth, Tex. 76114.

Sokol Houston, Texas. — Meetings 2nd Sunday, Sokol Houston Hall, 1314 West Patton, Houston, Texas 77009. President: Charles Petrzelka, Rt. 1, Box 115, Cypress, Texas 77429. Secretary: Doris Petrzelka, Rt. 1, Box 115, Cypress, Tex. 77429. Financial Secretary: Elsie Svec, 9602 Airline Dr., Houston, Tex. 77037. Director of Men:

Sidney Soukup, 3142 Fondren, La-Porte, Texas 77571. Director of Women: Martha Busch, 1310 Aldine Meadow, Houston, Texas 77039. Educational Director: Henry Marek, 207 N. 71st, Houston, Tex. 77011.

Sokol Karel Havlicek-Borovsky, Ennis, Tex. — Meetings 4th Sunday, Sokol Hall, Highway 34 East, Ennis, Texas 75119. — President: Edwin Laznovsky, Route 2. Secretary: Anastazie Jurcik, Route 2. Financial Secretary: George Good, Rt. 2. Director of Men: Lawrence Laznovsky, Route 1. Director of Women: Sylvia Laznovsky, Route 1. Educational Director: Jerry Laznovsky, Rt. 2. 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: Albert 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: Joseph Ehrenberger: 10411 Maple Ridge Drive, Dallas, Texas 75238. Secretary: Floyd Pokladnik, 6234 E. University, Dallas, Tex. 75214. Financial Secretary: Marie Janousek, 11221 Desdemona Drive, Dallas, Tex. 75228. Director of Men: William Amick, 9855 Elmcrest Dr., Dallas, Tex. 75238. Director of Women: Judi Shaban, 10124 Shadyview, Dallas, Texas 75238. Educational Director: Oldrich Parma, 6418 Maple Ave., Dallas, Tex. 75235.

PACIFIC DISTRICT, LOS ANGELES, CALIF.

Sokol Fresno, Calif. — Meetings 2nd Sunday each month, in different homes. — President: Lyn Pokorny, 5333 E. Teague, Clovis, Calif. 93612. — Secretary: Helen Hulbert, 7823 No. Temperance, Clovis, Calif. 93612. Financial Secretary: Mary Falls, 8395 North Peach, Clovis, Calif. 93612. Director of Men: John Pokorny, 5333 E. Teague, Clovis, Calif. 93612. Director of Women: Marty

Lizak, 419 Williams Ave., Madera, Calif. 93637. Educational Director: Frank Krasny, 1033 Dalphia, Fresno, Calif. 93728.

Sokol Los Angeles, California. — Meetings 2nd Friday, Sokol Hall, 500 N. Western Ave., Los Angeles, Calif. 90004. President: Vaclav Salak, 518 No. Niagara, Burbank, Calif. 91505. Secretary: Rudolf Radej, 2702 Glendale Blvd., Los Angeles, Calif. 90039. Financial Secretary: Josef Jakl, 717 N. Rosemont Ave., Los Angeles, Calif. 90026. Director of Men: Lubo Hintnaus, 1321 21st Street, Manhattan Beach, Calif. 90266. Educational Director: John Bednar, 907 Yoakum, Los Angeles, Calif. 90032.

Sokolice Los Angeles, Calif. — Meetings 2nd Friday, Sokol Hall, 500 N. Western Ave., Los Angeles, Calif. 90004. President: Marie Pulpan, 417 Mt. Washington Dr., Los Angeles, Calif. 90065. Secretary: Helen Jakl, 717 No. Rosemont, Los Angeles, Calif. 90026. Financial Secretary: Rita Tvrdek, 406 N. Regent St., Apt. 7, Inglewood, Cal. 90301. Director of Women: Ruth Santo, 528 Helio-

trope Dr., Los Angeles, Calif. 90004.

Sokol Portland, Oregon. — Meetings 2nd Sunday, 3921 S.E. 47th Ave., Portland, Ore. 97206. President: Alois Spousta, 13525 S.W. Bend Road, Tigard, Oregon 97223. Secretary: Anna Jansky, 8850 S.W. Cashmur Lane, Portland, Ore. 97225. Financial Secretary: Julia Cepica, 4224 N.E. 20th Ave., Portland, Ore. 97211. Educational Director: James Bubenik, 6117 S. E. Monroe, Portland, Oregon 97222.

Sokol San Francisco, Calif. — Meetings: Second Monday, 847 No. San Mateo Dr., San Mateo, Calif. 94401. President: Jaromir Marek, 7243 Carran Ave., Stockton, Calif. 95207. Secretary: Milos Stangl, 36255 Christine St., Newark, Calif. 94506. Financial Secretary: Edwin Keith, 250 Moline Dr., San Francisco, Calif. 94127. Director of Men: Ernie Crueger, 604 Burrow Ave., San Bruno, Calif. 94066. Educational Director: Jan Kucera, 1914 11th Ave., San Francisco, Calif. 94122.

Sokolice San Francisco, Calif. — Meetings: Second Monday at 847 No. San Mateo Drive, San Mateo, Calif. 94401. President: Blanche Duffey, 249 Poplar Ave., San Mateo, Calif. 94402. Secretary: Margaret Lorenz, 1334 21st Ave., San Francisco, Calif. 94122. Financial Secretary: Elizabeth Bele, 11 Fairview Pl., Millbrae, Calif. 94030. Women's Director: Blanche Duffey, 249 Poplar Ave., San Mateo, Calif. 94402.

Sokol Scio, Oregon. — Meetings 1st Sunday, ZCBJ.-Sokol Hall, Scio, Oregon 97374. — President: Edward Dobrkovsky, Rt. 1, Box 317, Albany, Oregon 97321. Secretary: Bessie Dobrkovsky, Rt. 2, Box 9, Scio, Ore. 97374. Fin. Secretary: Leopold Pospisil, 2541 Kincaid St., Eugene, Ore. 97505.

Sokol Seattle, Washington. — Meetings 2nd Friday. President: Ladislav Stejskal, 6911 — 40th St. S.W., Seattle, Wash. 98116. Financial Secretary: Vilma Vojta, 8475 West Mercer Way, Mercer Island, Wash. 98040. Secretary: Anthony Novotny, P.O. Box 6, Manchester, Wash. 98353.

Akademie Sokola a Sokolic Detroit, Mich.

Akademie měla velice zdařilý průběh i úspěch v neděli dne 31. ledna, v Sokol Culture Center. Na 350 osob shlédlo tělocvičný program, který jistě všechny uspokojil. Akademie a veřejné cvičení Sokolů, dvakrát do roka, předvedeno před naši i americkou veřejností, vždy dokumentuje, že sokolská idea, která měla vznik v mateřské zemi v Čechách, nezanikla zde v Americe a má pokračování i v té naší třetí generaci. A to také citově vyzdvihla v českém proslovu i v anglickém, sestra starostka, Jarmila Zbořilová. Sestra starostka v uvítačí řeči pravila m. j.:

“Co sokolství znamená pro člověka, není možno ukázat za jedno odpůdně. Ale poznáte, že sokolství žije tady ve Spojených státech. Jsme činní a pokračujeme udržovat sokolskou myšlenku a heslo “zdravý duch ve zdravém těle”. — Jsme vděční našemu cvičitelskému sboru, za velkou práci v duchu slov naší sokolské písně “Ivi silou, vzletem sokolím kupředu kráčeje”. Doufám, že si odnese krásné vzpomínky z dnešního programu.”

Celkem bylo 13 vystoupení všech členů Sokola a Sokolic Detroit, od těch nejmladších žaček a žáků, až po ženy a muže. Sokol Detroit těší se velkému počtu cvičící mládeže, a že všichni cvičí s chutí a elánem, to dokázali.

Sokolka — manželka guvernéra Nebrasky.

Je to jistě poprvé v dějinách Nebrasky, že manželka nově zvoleného guvernéra Nebrasky, J. J. Exona, je českého původu. Paní Pat Exonová, ro-

zená Prosová, se narodila v české části Omahy. Od svého mládí byla členkou tamního Sokola. Její matka, rozená Eliášová, se narodila v Československu, a mluví velmi dobře česky. Věříme, že nová “First Lady” Nebrasky se nám představí na všech našich slavnostech a že nám také něco řekne a to česky.

Dr. K.

České budovy a hřbitovy v Nebrascce.

Připravuji studii o českých spolkových budovách, jevištích a sokolovnách, které byly v minulosti vybudovány českými spolky nebo jedinci v Nebrascce. Mnohé z nich ještě existují a slouží svému účelu, mnohé byly strženy nebo prodány. Byly postaveny velkou obětavostí jedinců nebo našich spolků jako je Západní bratrská jednota, sokolské jednoty, a jiné spolky minulosti. Stejně je tomu s českými hřbitovy, které jsou roztroušeny po celé Nebrascce. Obracím se proto s prosbou k vám, milí krajané, abyste mi poslali informace, které by doplnily můj neúplný seznam českých budov a hřbitovů v Nebrascce. Zbývá nám už jen krátký čas, abychom zachránili historii těchto budov a hřbitovů. Pošlete mi laskavě anglický nebo český text historie těchto objektů, které jsou ve vašem městě, v jeho blízkosti nebo ve vašem okrese. Potřebuji jména takových objektů, jejich místo, kde kdo je založil a kdy, jakému účelu sloužily nebo slouží, zda dosud existují nebo kdy byly strženy nebo komu prodány a proč. U popisu hřbitovů hled'te zjistit, kdo tam byl pohřben jako první a kdy. Máte-li fotografie takových budov a hřbitovů, pošlete mi je prosím na adresu: Dr. V. Kučera, 2511 No. 46th St., Lincoln, Nebr. 68504. — Dr. Kučera.

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Z české Nebrasky.

Naše obroditelská akce v Nebrasce sleduje od počátku tento podstatný cíl: zachránit českou řeč, organisováním krajanského života a pořádáním veřejných slavností s programem naší písničky, hudby a tance. Ale zvláště pak klademe důraz na pořádání českých kursů. A dnes máme pro vás, milí krajané, opět několik potěšujících zpráv. Vlastenec-ký kněz, Otec Oborný, i letos pokračuje s českým kursem ve Verdigre, okres Knox, stejně úspěšným je pokračování kursu v okrese Valley a od 1. března budeme mít 10-týdenní kurs ve Wahoo, organisovaný Českým klubem v Saunders okrese. Kurs, který povede dr. Kučera, bude v učebně J. Kennedy College ve Wahoo. Tento kurs je pro dospělé i mládež.

Zvláštní dík české veřejnosti zasluhuje Český klub v Omaze, který už 12 roků pokračuje s dvěma kursy české řeči. Střední kurs pro začátečníky už, letos započal, páteční byl zahájen 12. února. Oba kursy jsou v sokolském auditoriu, So. 13. ulice.

Velmi slibnou je práce pí. Laflerové v Sidney, severozápadní kout Nebrasky, která dala dohromady obětavou skupinu tanečnic Besedy. Skupina měla už několik zdařilých vystoupení v Nebrasce i Coloradu.

A ti naši mladí tanečníci a tanečnice z Wilber zajeli letos o Vánocích do Boulder v Coloradu, kde měli velmi úspěšné předvedení našich tanců a zpěvů na charitativním programu, organisovaným zná-

mou osobností z TV, p. Welchem. Na stejném programu zazpíval české koledy Gary Zarybnický z Lincolnské university. Byla to jistě velká obětavost rodičů a dětí z Wilber, kteří se vydali až do Colorada propagovat českou tradici. — Dr. K.

Šedesátiny bratra Matěje Neumanna.

V hlavním městě Spojených států, ve Washingtonu, D. C., vyvíjí aktivní, velmi záslužnou činnost několik našich krajanských spolků. Náleží k nim také Jednota Sokol. Je to především sokolská omladina, která pilně cvičí, kdežto členstvo je převážně zaměřeno na společenské podniky. Sokolové ve Washingtonu patří k neaktivnějším v Americké Obci Sokolské. Značně se o to zasloužil starosta Jednoty br. Matěj Neumann, který po řadu let stojí v jejím čele a obětavě organizuje každou sokolskou akci. Je to nekonečně množství hodin, které ze svého soukromého života věnuje Sokolu. Kromě toho je M. Neumann činný ve Svazu čs. sportovců v zahraničí, kde je místopředsedou a archivářem. Působí ještě v řadě dalších krajanských organizací. Všude ochotně pomáhá, povzbuzuje, pro všechny má porozumění a všem nabízí svou pomoc a podporu. Dne 3. února bylo br. M. Neumannovi šedesát let. Blahopřejeme mu k tomuto životnímu jubileu a přejeme mu mnoho dalších úspěchů a spokojených let.

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