

AMERICAN SOKOL

PUBLICATION OF THE AMERICAN SOKOL
Educational and Physical Culture Organization

November 1968

AMERICAN SOKOL ORGANIZATION

invites everyone to attend

the

XII Sokol Slet

June 25-29, 1969

in the

Chicago Metropolitan Area

STANLEY BARCAL
President

GEORGE C. BASTA
Slet Chairman

BETTY PRENER
Secretary

EDWARD LINHART
Director of Men

LORRAINE ZDENEK
Director of Women

AMERICAN SOKOL



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OFFICE OF THE EXECUTIVE BOARD ASO.

Betty Prener, Secretary

6426 W. Cermak Rd., Berwyn, Illinois 60402

Tel.: 749-6671

Calendar of Events

- DEC. 13th—SOKOL ST. PAUL, MINN.
Adult Christmas Party.
- DEC. 20th—SOKOL MILWAUKEE, WIS.
Christmas Party.
- DEC. 21st—SOKOL HOUSTON, TEXAS.
Dance — Joe Patek Orchestra. 9 p.m.—1 a.m.
- DEC. 22nd—SOKOL HOUSTON, TEXAS.
Sokol Christmas Party and Social.
- DEC. 31st—SOKOL SOUTH OMAHA, NEBR.
New Year's Eve Dance.
- DEC. 31st—SOKOL HAVLICEK-TYRS, CHICAGO.
New Year's Eve Dance.
- DEC. 31st—SOKOL TABOR, BERWYN, ILL.
New Year's Eve Dance.
- DEC. 31st—SOKOL DETROIT, MICHIGAN.
New Year's Eve Party.
- DEC. 31st—SOKOL HOUSTON, TEXAS.
The Lamplighters, 9 p.m.—2 a.m.
- DEC. 31st—SOKOL LITTLE FERRY, N. J.
71st Annual New Year's Eve Party.
- DEC. 31st—SOKOL CEDAR RAPIDS, IOWA.
New Year's Eve Party.

DEC. 31st—SOKOL OMAHA, NEBRASKA.
New Year's Eve Party.

DEC. 31st—SOKOL TYRS, CLEVELAND, OHIO.
New Year's Eve Dance and Supper.

1969

JAN. 25, 1969—SOKOL BERWYN, ILLINOIS.
Banquet.

FEB. 1st—SOKOL TOWN OF LAKE, CHICAGO,
ILL. — Townites Social Club Annual Masquerade
Dance, Peacock Room of the C.S.A. Bldg.

FEB. 2nd—SOKOL OMAHA, NEBRASKA.
Gymnastic Exhibition.

FEB. 8th—SOKOL WEST SUBURBAN, Downers
Grove, Ill. — Sweetheart Dance, Laborer's Hall,
Cass and Ogden, Westmont, Ill.

FEB. 9th—SOKOL MILWAUKEE, WIS.
Jaternice Dinner.

MAR. 22, 1969—SOKOL BERWYN, ILLINOIS.
Annual Gymnastic Exhibition.

APR. 13th—SOKOL OMAHA, NEBRASKA.
Pork Dinner and Carnival.

MAY 4th—SOKOL WEST SUBURBAN, Downers
Grove, Ill. — Annual Gymnastic Exhibition, Her-
rick Junior High School, Grant and Middaugh,
Downers Grove, Ill.

MAY 16th—SOKOL MILWAUKEE, WIS.
Interclass Meet.

MAY 17th—SOKOL MILWAUKEE, WIS.
Track Meet.

MAY 25th—SOKOL MILWAUKEE, WIS.
Gymnastic Exhibition.

Konečně ve svém!

18. listopadu 1862 zahájeny hry ve prozatímném
divadle národním v Praze.

Člověk doby dnešní s údivem namítne, cože na
tom zvláštního, ale ti, kteří něco četli a zajímají
se životem národa, ti všichni s radostí vzpomínají
106 letého jubilea samostatnosti české Thalie v srd-
ci království. Vzpomínají a zjišťují, že to jeden z
těch mnohých článků života českého, které zrodil
tento rok podivuhodný, na jehož počátku křepce v
činnost vstoupil Sokol. Vzpomínají dále celé cesty
křížové divadla českého, těch naivních a přece tak
vzácných začátků "vlastenců z Boudy", těch poni-
žujících milostí a nemilostí kruhů rozhodujících, to-
ho trdného podruží v německém divadle zemském
a radostně přisvědčí, že den 18. listopadu 1862 za-
sluhuje vzpomínky vděčné. Vzpomínají dále, že po
21 letech téhož dne roku 1883 otevřeno Národní
divadlo, znovu povstalé z rumu děsného požáru
(12. srpna 1881), kdy mohli čeští lidé vůči velko-
lepé obětavosti národa, jenž v pravdě "hrůzy pek-
la překonal", znovu nadšeně zvolati: "Konečně ve
svém!"

V.

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník—Vol. LXXXIX.

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JAMES L. CIHAK:

COMMEMORATION OF THE 50th ANNIVERSARY of the Declaration of Independence of the Czechoslovak Republic Oct. 18, 19 and 20, 1968, in Washington, D. C.

On October 28, 1918, the Czechoslovak Republic was born, bringing to an end centuries of foreign rule and inaugurating 20 years of a model, democratic republic. Munich ended that in 1938. In the intervening 30 years to 1968, except for the three years 1945-48, repressive measures and total loss of every vestige of personal liberty again forced the nation under the yoke of dictatorship.

Czechoslovak Independence Day this year, sponsored by the Czechoslovak National Council of America with the cooperation and participation of most of the Czech and Slovak organizations in America and throughout the Free World, was to have been a happy occasion, justified by the democratization process then taking place there. The invasion and occupation of Czechoslovakia by the Soviets and their Warsaw Pact allies put an end to eight months of increasing hope for a humane progress towards the nation's right to self rule. They are again paying a heavy price for the unmasking, before the entire world, of a dictator's scheme for world conquest.

This action again places a heavy responsibility upon the shoulders of Americans of Czech and Slovak descent. The eternal hope for freedom must not be allowed to die in Czechoslovakia. Every effort must be made to synchronize the efforts of all of our organizations and of hundreds of thousands of individuals to do everything within our power to keep the flames of liberty alive. An auspicious beginning was made at the joint convention of Czechoslovak organizations in America and the Free World during the Washington convention. The tragedy of the August invasion brought together over 200 delegates, with a cumulative wealth of experience and accomplishment rarely seen, all of one mind, determined to assure the future of our ethnic group and in the process to help the United States become an even more powerful bastion of democracy.

We cannot permit the invasion of Czechoslovakia and the increasingly repressive measures to become forgotten. It is up to us to keep the knowledge of these matters constantly alive. Let us not delude ourselves "That it cannot happen here." The rulers of the Soviets and their allies are also fighting for their lives. The slightest loosening of their iron-fisted hold on their own people would create an explosion that would sweep them into the discard. The battle for the minds and hearts of men is a constant one, requiring, on our part, steadfast adherence, active adherence to the finest principles devised by

mankind thru centuries of trial and experimentation.

The groundwork for the future advance of all of our organizations, on a united front, was laid in an atmosphere of good will and appreciation of the tasks lying before us. The visits to 2400 — 16th St. N.W. to lay a memorial wreath before the plaque dedicated to Thomas G. Masaryk, on Thursday, Oct. 17, — to the Special Ceremonial Mass at the National Shrine of the Immaculate Conception (Friday evening, Oct. 18), — to the Memorial Service at the Tomb of President Woodrow Wilson in the Washington Cathedral and to the Woodrow Wilson House on Saturday, Oct. 19, — created a spirit of unity in which the delegates and visitors could foresee the accomplishment of the programs submitted by the working committees. Detailed reports on the individual propositions will be submitted in our December issue.

So many people are deserving of mention for their contributions to the success of this great Memorial Commemoration and its historical significance. Outstanding have been the Commemorative Committee composed of sis. Vlasta Vraz and bros. V. Chalupa, A. Cierny, E. Dellin, Mě Ferjencik, J. K. Hasek, J. Krakora, F. Kratochvil, A. Salamoun, J. Zastera. Bro. James Krakora rates special commendation for his truly massive efforts thruout the preparatory work as well as chairman of all of the Washington events and convention. The Czechoslovak Society of America under its President Frank J. Vodrazka, deserves a well-earned thanks for its exceptional efforts for the success of this great undertaking. Our deep appreciation and thanks go to sis. Maria Lang, Millie Byer and Dagmar Horna for their work.

Every one of those participating in Washington, as well as in the scores of district and local observances of the commemoration are deeply conscious of their future obligations and determined to see this struggle to a successful termination. The ASO. Executive Board was represented by President Stanley Barcal, Vice-Pres. Blanche J. Cihak, Secretary Betty Prener, sis. Ann Falta and bros. James Cihak, Jerry Rabas, Frank J. Vodrazka. More than a score of Sokol stalwarts represented their districts and units.

T. G. Masaryk's faith in the inevitable place of his country in the ranks of the free, progressive nations of the world shall be our anchor in the storms ahead and we too, like he, believe, "Truth Shall Prevail."

Senator Hruska Decries Russian Invasion of Czechoslovakia

"The Soviet invasion of Czechoslovakia has clearly demonstrated that human liberty, decency and dignity are incompatible with the Communist system," Senator Roman L. Hruska (R.-Neb.) said in the keynote speech to the Czech and Slovak organizations in the U.S.A. and Canada in convention called by the Czechoslovak National Council of America at the Statler Hilton Hotel, Washington, D. C., which met to celebrate the founding of the Czechoslovak Republic, 50 years ago.

Mr. Hruska, whose father came as an infant to America from Czechoslovakia, said the repression of freedoms in that country by Russian military might points to the "urgency and necessity of a review and drastic revision" of the Johnson-Humphrey Administration's "detente mentality" which has produced a program of so-called "bridge building" between the U.S. and the Soviets.

"The U.S.S.R.," he said, "continues to pose a clear and early threat to world peace. It shows a continued determination for extending communist domination far beyond its present borders."

The Nebraska Senator noted that the early part of this year was devoted by Czechoslovakians to preparations for celebration of the 50th year of that nation's declaration of independence as a republic.

"These expectations were enhanced by the gain of a new freedom. Newspapers, intellectuals, students, men-in-the-street—all had a newfound liberty to think and to talk about."

"There were," he noted, "relaxations of control: desired increased trade with other nations, a new pattern of diplomacy in keeping with traditional international relations, lifting of the ban on tributes to Thomas and Jan Masaryk, the revered father

and son leaders of the nation."

"But in the midst of this modest and peaceful reform movement, came the sudden and brutal military seizure and occupation by the Russian Soviets, proving once again that there is no change in the historic ruthlessness and terror of the communist leadership and method."

Senator Hruska, who had called in a Senate speech, shortly after the invasion of Czechoslovakia, for a reappraisal of the Administration's "bridges building" policy, noted that Former Ambassador to Moscow, George F. Kennan, had written, "I have not seen any evidence of detente and I would not trust any so-called detente if it is not supported by free contact between governments and peoples. Any real detente would have to begin with agreement on the future of Eastern and Central Europe. But I do not see that anything has changed in this respect . . ."

As evidence of a continuing Soviet hard line, Senator Hruska cited renewed declarations by Moscow of its aim of world domination Soviet support of Castro's Cuba as a base for export of subversion throughout Latin America and Russian supply of sophisticated arms and material to North Korea.

He called his audience's attention to a 15 percent increase in the military budget of the Soviet Union, together with development and deployment of a massive modern naval fleet, including submarines, especially in the Mediterranean.

"The people of the United States cannot directly aid the people of Czechoslovakia in their moment of crisis and despair," Senator Hruska said, "but we can, with prudent foresight, prepare our nation and our alliances to prevent similar tragedies in other countries."

Unit Officers

Financial Secretary—a very needed and important office in the structure of our organization. One of the duties is to collect dues from the members of the unit.

This office requires that the person, in order to properly fulfill the duties of Financial Secretary, be:

- Diligent in the collection of dues and special assessments.
- Issue membership dues cards.
- Keep proper records of receipts and disbursements (Journal).
- Post receipts (dues) to Membership Ledger.
- Issue quarterly reports to American Sokol Organization and District.
- Report (to unit) periodically, those members who are in arrears.
- Turn over money to Treasurer.

At this time we would call the attention of all members to the By-Laws—pages 53 and 54, and we quote: "MEMBERSHIP DUES SHALL BE PAYABLE IN ADVANCE." This is something that can be called to the attention of your members tactfully, perhaps in monthly meetings.

And with cooperation on the part of the membership, the Financial Secretary can properly fulfill the responsibilities of the office, and the receipt of this income by your unit will enable your unit to meet its financial obligations.

If you get the message should anyone ask whether you are a member in good standing, we hope you will be able to answer in the affirmative. Too, by paying your dues promptly you are assisting your Financial Secretary to do a great job!

Betty Prener

ENROLL IN WINTER SESSION OF SOKOL USA GYMNASTIC SCHOOL

DECEMBER 26-31, 1968 AT

SOKOL BEACH MOTEL

Courtney Campbell Causeway • Tampa, Florida 33607 (813) 884-8495

WRITE FOR DETAILS — TODAY!!



The televised sessions of the recent Olympics in Mexico City have whetted the interest of thousands of Americans in gymnastics, and the capacity crowds which witnessed the gymnastic exhibitions indicate such interest is worldwide.

If American gymnasts ever dominate such contests as they have track events, it will be because of such institutions as the American Sokol Organization and Sokol U.S.A. Sokol U.S.A. will hold its first annual winter gymnastic school in the gymnasium of the Sokol Beach Motel, Tampa, Florida, from December 26—31, 1968. The motel, located on Courtney Campbell Causeway, overlooks Old Tampa Bay, and is only a few minutes from the Tampa International Airport.

Every gymnast attending the school will receive individual expert instruction, with one teacher for every eight students. Men will receive instruction in work on the horizontal bars, rings, parallel bars, long horse, side horse, floor exercises and tumbling.

Women will be coached in work on uneven bars, balance beam, vaulting, floor exercises, tumbling and ballet. The daily schedule will include gymnastic classes, lectures, free workouts, movies, dancing and poolside barbecues.

The school will be directed by Milan Trnka, Assistant Professor of Health and Physical Education and Head Gymnastic Coach at West Chester College, Pa., and Director of the summer Sokol U.S.A. Gymnastic School at Sokol Woodlands, Barryville, N. Y.

Steve Banjak, Jr., Head Gymnastic Coach at Slippery Rock College, Pa., will direct the women's program. Gary Anderson, Gymnastic Coach at Henderson High School, West Chester, Pa., will direct the program for men. Other instructors will include Joe Fedoro, Gymnastic Coach at Oneonta State College, N. Y.; John Castle, Head Gymnastic Coach at the University of Virginia; Ellen Babuska, AAU champion of the State of New Jersey.

Living and Partly Living by JIRI MUCHA

Book reviewed by C. M. Prchal

A prison camp does not necessarily, as one would suppose, reduce all inmates to a common denominator. In spite of the regimentation, each man retains his individuality. The musician tunes his instrument and gives concerts; the author continues to write on paper smuggled to him by a sympathetic guard; the thief continues to steal whatever must be stolen. Thus, to each his own, even in prison.

Mucha's prison camp is not Dostoyevsky's "House of the Dead," or Solzhenitsyn's prison in "One Day in the Life of Ivan Denisovich." Here the prisoners enjoy music furnished by fellow inmates or books from the prison library. Newspapers are taboo, but somehow find their way into the mine. When the beer becomes "monotonous" and a creative prisoner invents a special cocktail, another prisoner calmly leaves the camp to pick the needed blackberries growing in the woods—on one occasion meeting the Commandant as he marches out. Punishment consists not of whip lashes or bread and water, but head shaving.

The lot of the prisoners in the coal mine is not much different than that of the civilian colliers working the mine. Bonuses are offered to the civilian colliers and rewards of longer visiting hours to the prisoners in return for greater output in the mine. Once the prisoners adjust to the work they even find a measure of satisfaction that comes from

physical labor, in spite of the constant threat of explosions, fires and cave-ins. Some men even find here an escape from the struggle and responsibility of life outside.

This does not mean however, that the camp is a college fraternity. Most inmates come with scars, both physical and psychological, received in other prisons where man's inhumanity to man is a way of life. There is always the undercurrent of fear of being transferred to a harsher prison. There is frustration and despair, as when the author speaks of "drowning in a bottomless sea of time," and again, "feeling frozen into immobility." Then comes the realization that "It does not matter why we live. What matters is how." There is the poignancy of farewell when a prisoner is released. A smile and a handshake and a promise to see each other soon, knowing full well they never will—like ships that pass in the night.

A humming bird, a tree or a snowstorm recall to the author incidents of his childhood and invoke memories of far-off countries he visited and friends he made long ago. In view of recent events in Czechoslovakia, his reminiscences of the German invasion in 1938 are particularly heartbreaking.

While life in the prison camp was not unbearable, through it all ran "the frightening, gnawing sense of time running out, irretrievably." A feeling not restricted to prisoners!

JAMES L. CIHAK:

THE XII ASO. SOKOL SLET - JUNE, 1969

Our preparations for and participation in the XII ASO. Slet, in Chicagoland, June, 1969, have a greater significance than we realize. The invasion of Czechoslovakia by the Soviets and their Warsaw Pact allies on August 20-21, 1968, has again postponed the reactivation of the Sokol in the land of its creation. It is up to the Sokol in the free world to carry on, to nurture the ideals upon which it is based. Over a century of devotion to them has had the finest influence upon the lives of hundreds of thousands of individuals as well as gaining for the Sokols the admiration of every serious-minded observer.

Mr. J. Verbock, himself an accomplished gymnast, wrote the following in the Bata News at the time of the XI Slet in 1965: "No amount of words could possibly describe the impressive display of physical fitness which was exhibited at the 1965 National Sokol Gymnastics Competition and Exhibition in Berwyn, Ill. This event was the largest all-around gymnastics competition in the entire country.

"A total of 775 gymnasts from all sections of the United States as well as Canada participated in the competition from June 24th to June 26. Strength, coordination, flexibility, balance, courage, determination and sportsmanship are the principle Sokol ideals. Individual performances are judged on prescribed exercises in apparatus and calisthenic routines with strict Olympic standards." And he added: "The mass calisthenics performed by close to 600 junior boys and girls in colorful dress was a sensational highlight of the outdoor exhibition." The above is just a part of his glowing remarks about our Centennial Slet. How much more incentive we have now to make the XII Slet an even greater and more meaningful one.

Fully realizing the need for early organization to ensure the success of the Slet, the first meeting of

the Slet Committee was called for Sept. 13, 1968, at which the following were elected as Slet officers: Bro George Basta, Chairman, bros. Wm. Vrba, James L. Cihak and Stanley Barcal, Co-Chairmen, sis. Betty Prener, Recording Secretary, bro. Frank J. Vodrazka, Treasurer, bro. Edward Linhart and sis. Lorraine Zdenek as Directors of Men and Women.

Committee chairmen are: Frank J. Vodrazka, Finance; sis. Emilie Ruzicka, Publicity; bro. Edwin Halik, Housing; bro. Joseph Drnec, Management; sis. Blanche J Cihak, Banquet; bro. Joseph Janecka, Sokol Exhibit; bro. James L. Cihak, Souvenir Program Book.

A very welcome sight was the large number of new faces present, Sokols and Sokol'ce with plenty of experience in their units or the district, but entering the national Slet for the first time. This is an encouraging sign for the future. The second meeting was held October 30 at which the various committees held their preliminary conference. Again the participation of the new members was very active and fruitful.

The convention, held in Washington, D. C., Oct. 18, 19, 20, 1968, of most of the Czech and Slovak organizations in the U.S.A. and Canada, recognized the vital importance of the Sokols. In its recommendation to the Committee for the Cooperation of Czech and Slovak Organizations in America it states, "The committee recommends the most intensive cooperation of all ethnic organizations with the Sokols because the bodily and ideological training of our youth is an important factor for maintaining our ethnic life."

We know our units and districts are, and have always been, well aware of their contributions to our national life and shall fulfill their individual roles for the XII ASO. Sokol Slet with distinction. Nazdar!

EXECUTIVE BOARD

Meeting Held October 29, 1968

Correspondence: Greetings and best wishes from the annual meeting of the Eastern District. — Letter from bro. E. Pavoucek interested in obtaining Czech Christmas carols. Request re: membership kits referred to Membership Committee. Also letter forwarding 4 copies of by-laws of Sokol Omaha. — Letter from J. Valaitis and copy of book entitled "Siberian Tundra"—bro. J. Cihak will read and give further recommendation. Purchase of one copy approved (\$1.75). — Sokol Seattle—bro. Anthony Novotny sent copies of correspondence regarding commemorative program to be held October 27, celebrating the 50th anniversary of the founding of the Czechoslovak Republic. — Received ad from bro. Anthony Suster for Sokol Beach Motel to appear in November issue of American Sokol. — Ad containing annual greetings will be placed in Denni Hlasatel.

Dir. of Women—S's. L. Zdenek: Cutting stencils for competition exercises for women and junior

girls, and 4 classes of children's calisthenics. Recommendation of price to be set on "old" Sokol Manuals referred to joint BOI meeting. Expanding BOI. Slet Committee.

Dir. of Men—Bro. E. Linhart: Bro. Bud Benak approved as instructor at 1969 ASO. course. Eastern District report of instructor's course expense of \$450.00 (including instructors' salaries) approved. Sokol Baltimore junior girls performed in the ceremonies commemorating the Czechoslovak Republic's 50th anniversary of its founding at Washington, D. C. The matter of junior girls attendance at Eastern District course will be handled by Washington, D. C. unit. The 1969 ASO. 2-week course will be held at Potter Lake beginning June 20th. USGF. Congress, Nov. 2 and 3, will be attended by bro. E. Linhart. Sis. M. Prchal will attend the Congress of Gymnastic Coaches sponsored by USGF.

Editor—Bro. C. Prchal: Delay in printing American Sokol was occasioned because of heavy printing schedule due to the celebration in Washington, D. C. Attended funeral services of bro. Rudolf Novak of Cedar Rapids and spoke at the funeral.

SOKOL GYMNAST

November 1968

EDITOR—MILDRED PRCHAL

2419 Scoville Avenue, Berwyn, Illinois 60402

XII AMERICAN SOKOL SLET – JUNE 1969

Mass Calisthenics for Men and Women

ONE FOR ALL! ALL FOR ONE!

Composed by Ed Linhart and Mildred Prchal

Music: Prof. Frank Kubina

Greeting, 4 parts, and finale. First part is the same for men and women with minor differences in arm passages and positions; consists of warm-ups. Men and women in columns of fours, close interval.

MEN

Numbered "1", "2", "3", "4".

- I. 1.-4. Hold neighbors' hands—uparm outward—head rearbow.
- II. 1. Upright, L forestep—release hands, uparm inward, cross R wrist before L, palms front.
2. R forestep—uparm outward, palms front, cross R hand in front of neighbor's L.
3. L forestep—uparm inward (like 1.).
4. = 2. (4th step on front marker).
- III. 1.-2. Close L to R, halfsquat, moderate frontbow—low frontarm inward, cross R over L hands clenched, (fist), knuckles front.
3.-4. Upright, toestand—reararm, palms front.
- IV. 1. Closeheel—closearm.
2.-4. Hold.

Passage To Free Interval

- V. 1. No. 1 sidestride R.
2. Close L.
3.-4. = 1., 2.
No. 4 men same but opposite foot and side.
- VI. 1. No. 1 and No. 2 sidestride R.
2. Close L.
3. Sidestride R on marker.
4. Close L.
No. 3 and No. 4 men same but opposite foot and side. (Nos. 1 and 4 men execute four sidestrides and close; Nos. 2 and 3 do two sidestrides and close on marker.)
- VII. 1. SIDEWAY uparm outward, palms front, head moderate rearbow.
2.-4. Hold.
- VIII. 1. Upright—closearm thru sidearm.
2.-4. Hold.

PART I — A

On marker—free interval—4/4 meas. (no introduction).

- I. 1. Swing L sidearm, R bend frontarm inward, knuckles up—turn head left (stretch from waist to left).
2. Downward circles (finish like 1.).
3. Swing downward to R sidearm, L bend frontarm inward, knuckles up—turn head right.
4. = 2. opposite.
- II. 1. Downward swing L sidearm, knuckles up (R remains sidearm).
2. Frontarm, knuckles up.
3. Halfsquat—bend sidearm, hands before shoulders, knuckles up.
4. Toestand L, R low sideleg—sidearm (high toestand L).
- III. 1. Side stradleg, deep arched frontbow—loose frontarm inward, R wrist over L.
2. Dip in frontbow—sidearm.
3. Dip in frontbow—loose frontarm inward, R hand over L.
4. = 2.
(Frontbow and dip is in hip joint—retain arched frontbow.)
- IV. 1.-2. Dip in frontbow, upright, transfer weight to L leg, extend R to low sideleg, close R to L in support squatting—circle thru frontarm, R hand crossing over L, low sidearm, fingers touch floor.
3.-4. Uprise, upright—through sidearm uparm, palms front.
- V. 1. L high frontleg—frontarm inward, fingers touch arch of L foot (do not bend trunk).
2. L closeleg—uparm, palms front.
3. Turn trunk 90° left—sidearm, palms up, turn head left.
4. Turn trunk forward—uparm, palms front.
- VI. 1.-4. = V. 1.-4. opposite.
- VII. 1.-2. Halfsquat, flank circle forward.
3.-4. Uprise, deep frontbow and dip in frontbow—frontarm upslant (fingers touch floor, knees straight).
- VIII. 1. Upright, R forelunge—frontarm, knuckles up.
2. Moderate rearbow—reararm, palms front.
3.-4. Push from R changing weight to L, 45° turn to left, close R—closearm.

PART I — B

- I. 1.-4. L forestep, kneel R, frontbow (chest touches L knee), slow high reararm, knuckles down (R knee on marker).
- II. 1.-4. Upright, push weight forward on L half-toe, L shin diagonally back, moderate rearbow—thru frontarm uparm outward, palms front.
- III. 1.-4. Change weight to R knee, R sidebow, L sidetouch—R palm on floor for support (support kneeling L sidetouch) L outward front circle to uparm, thumb back—head turned left.
- IV. 1.-4. Upright, kneeling support L high rearleg (L leg passes through sideleg)—(R hand must replace forward to remain in line of direction).
- V. 1.-4. Upright, close L to kneel seat, deep frontbow—sidearm, knuckles up.
- VI. 1.-4. Upright in kneel, moderate rearbow—uparm, palms front (thru sidearm).
- VII. 1.-2. Upright, L bend frontleg, sole on floor, moderate chest and head rearbow—reararm, thumbs front.
- VIII. 1. Upright, 180° turn right on L foot, R forestep (L reartouch)—closearm.
2., 3., 4. Hold.
- IX.-XV. = I.-VII.
- XVI. 1. Upright, 180° turn right on L foot, R forestep—closearm.
2., 3. Two steps L, R, turning 45° to right.
4. Hold.

PART I — C = PART I — A

But in VIII. measure, cts. 3., 4., omit 45° turn.

WOMEN

INTRODUCTION

FOURS in close interval — stand between two markers.

Girls numbered "1", "2", "3", "4".

- I. 1.-4. Clasp hands of neighbors in closearm—uparm outward, head rearbow.
- II. 1. L forestep—release hands, softly cross R before L uparm inward, (palms face in).
2. R forestep—softly open arms to uparm outward.
3. L forestep, softly cross R before L uparm inward.
4. = 2. (4th step on front marker).
- III. 1.-2. Close L to R, halfsquat, chest and head frontbow—soft low frontarm inward, cross R over L, knuckles front.
3.-4. Upright, toestand—reararm, palms front.
- IV. 1. Closeheel—closearm.
2.-4. Hold.

Passage To Free Interval

- V. 1. No. 1 girls sidestep R.
2. Cross L halfsquat behind R.
3.-4. = 1., 2.
No. 4 girls same but opposite foot and side.
- VI. 1. No. 1 and No. 2 sidestep R.
2. Cross L halfsquat behind R.
3. Sidestep R on marker.
4. Close L.

No. 3 and No. 4 girls same but opposite foot and side. (No. 1 and No. 4 girls execute 4 sidesteps and close; No. 2 and No. 3 do 2 sidesteps and close on marker.)

- VII. 1. SIDEWAY uparm outward, palms front, head moderate rearbow.
2.-4. Hold.
- VIII. 1. Upright—closearm thru sidearm.
2.-4. Hold.

PART I — A

On marker—free interval—4/4 measure—(no introduction).

- I. 1. Swing L sidearm, swing R bend frontarm inward, knuckles up—turn head left (stretch from waist to left).
2. Downward circles (finish like 1.).
3. Swing downward to R sidearm, L bend frontarm inward, knuckles up—turn head right.
4. = 2. Opposite.
- II. 1. Downward swing L sidearm, knuckles up (R remains sidearm).
2. Frontarm, knuckles up.
3. Halfsquat—bend sidearm, hands before shoulders, knuckles up.
4. Toestand L, R low sideleg—sidearm (high toestand L).
- III. 1. Side stradleg, deep arched frontbow—loose frontarm inward, R wrist over L.
2. Dip in frontbow—sidearm.
3. Dip in frontbow—loose frontarm inward, R hand over L.
4. = 2.
(Frontbow and dip is in hip joint.)
- IV. 1.-2. Dip in frontbow, upright, transfer weight to L leg, extend R to low sideleg, close R to L in support squatting—circle thru frontarm, R hand crossing over L, low sidearm, fingers touch floor.
3.-4. Uprise, upright — sideway uparm, palms front.
- V. 1. L high frontleg—frontarm inward, fingers touch arch of L leg (do not bend trunk).
2. L closeleg—uparm, palms front.
3. Turn trunk 90° to left—sidearm, palms up—turn head left.
4. Turn trunk forward—uparm, palms front—face front.
- VI. 1.-4. = V. 1.-4. opposite.
- VII. 1.-2. Halfsquat, moderate body wave, flank circle forward.
3.-4. Deep frontbow and dip—frontarm upslant (fingers touch floor, knees straight)
- VIII. 1. Upright, R fore-lunge—frontarm, knuckles up.
2. Small wrist movement to palms up, reararm—moderate chest and head rearbow.
3.-4. Push from R, transfer weight to L, 45° turn to left, close R—closearm.

PART I — B

- I. 1.-4. L forestep, kneel R, frontbow (chest touches L knee), slow high reararm, knuckles down (R knee on marker).
- II. 1.-4. Upright push weight forward on L half-toe, L shin diagonally back, moderate rearbow—thru frontarm uparm outward, palms front.

III. 1-4. Change weight to R knee, R sidebow, L sidetouch—R palm on floor for support, L outward front circle, bent uparm inward—head turned left.

IV. 1-4. Upright, kneel support L high rearleg (L leg passes through sideleg)—(R hand must replace to remain in line of direction).

V. 1-4. Upright, kneel seat, deep frontbow (forehead touching R forearm) bend uparm (fold forearms on floor) R forearm over L.

VI. 1-4. Upright in kneel, moderate rearbow—uparm, palms front.

VII. 1-2. Upright, L bend frontleg, sole on floor

moderate chest and head rearbow—reararm, palms in.

VIII. 1. Upright, 180° turn right on L foot, dip step forward on R (L reartouch)—closearm. 2., 3., 4. Hold.

IV.-XV. = I.-VII.

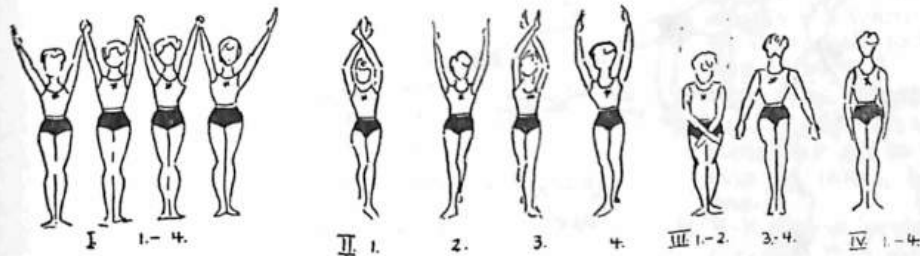
XVI. 1. Upright, 180° turn right on L foot, dip step forward on R—closearm.

2-3. Two steps L, R, turning 45° to right.

4. Hold.

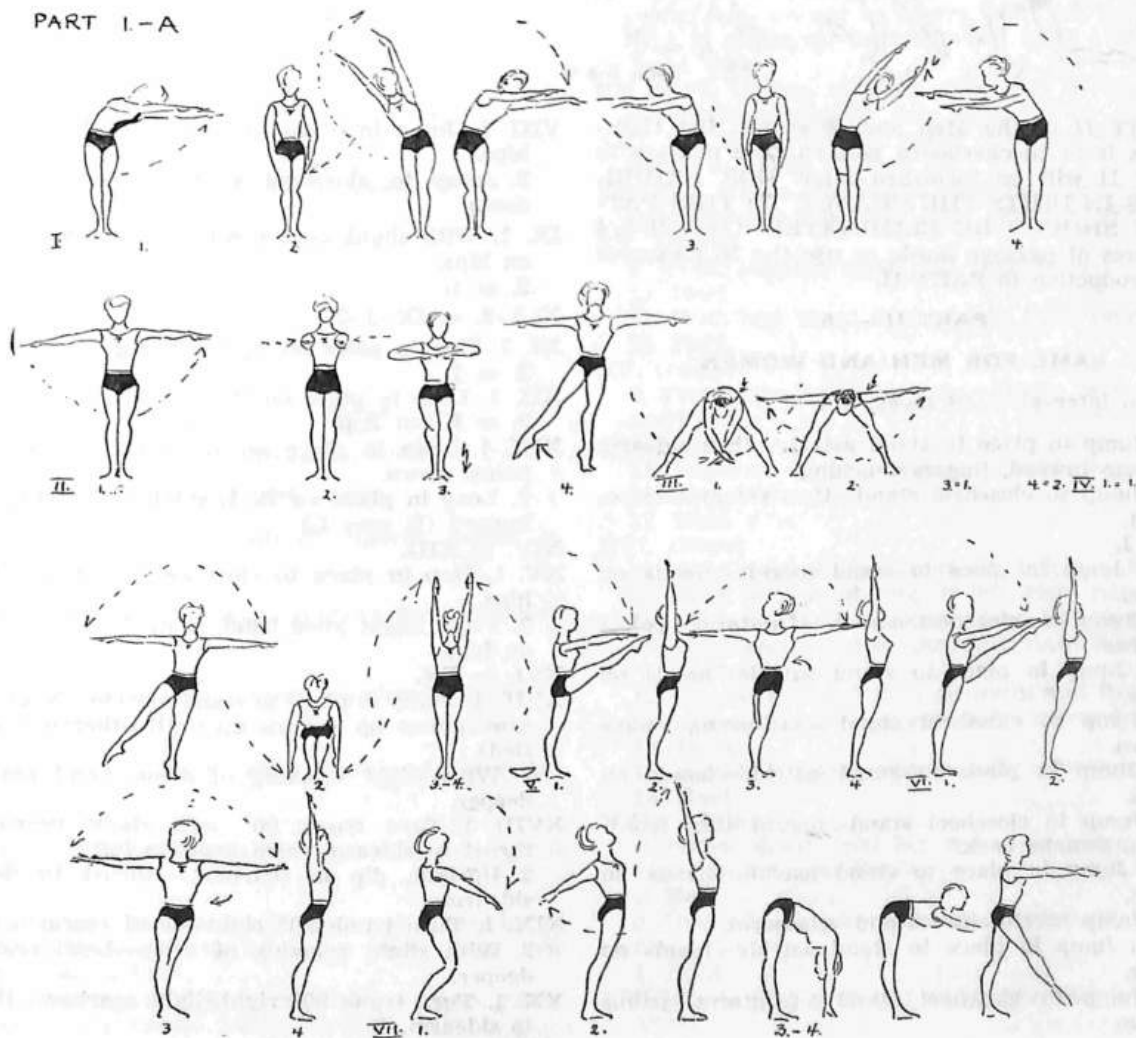
PART I — C = PART I — A

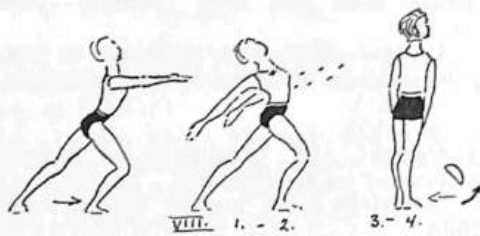
But in VIII. measure, cts. 3., 4., omit 45° turn.



WOMEN'S CALISTHENICS
Illustrations by M. P.
Introduction

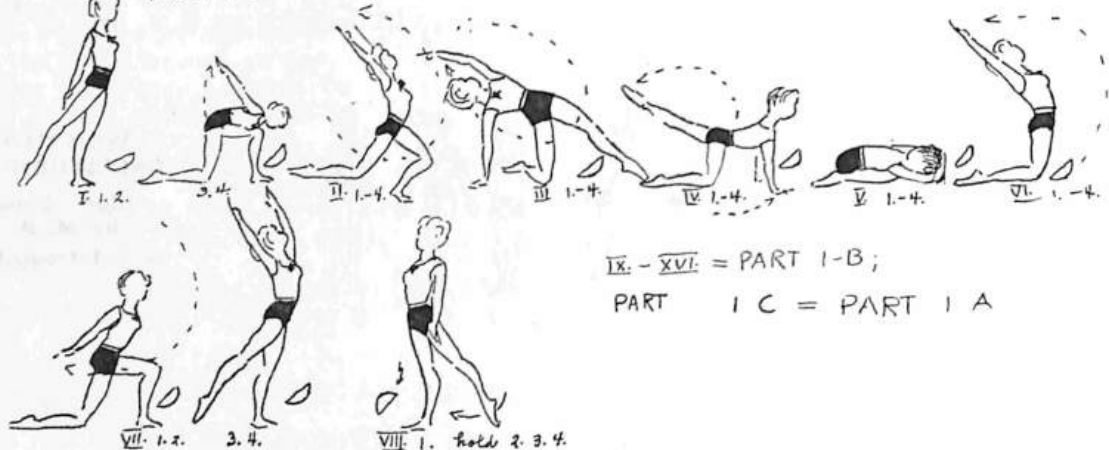
PART I - A





Our task first and foremost lies in making our nation keep to its versatile vitality, which does not let nations die, to its constant and fresh strength, and to the physical, mental, and moral health, which makes the nation immune against destruction, and thus also against any standstill or retrogression, the most murderous crime committed on the nations. — (Tyrš, "Náš úkol" (Our Task) 1871)

PART I-B



IX. - XVI. = PART I-B;

PART I C = PART I A

PART II of the Men and Women's Slet Calisthenics is in checkerboard pattern. The passage to PART II will be furnished later. FOR EXHIBITIONS IN UNITS THE CHANGE TO THIS PATTERN SHOULD BE ELIMINATED. Omit 16-2/4 measures of passage music or use the 16 measures as introduction to PART II.

PART II — A

SAME FOR MEN AND WOMEN

Open interval — 24 meas. 2/4.

- I. 1. Jump in place to stand astride—thru sidearm uparm inward, fingers touching.
2. Jump to closeheel stand—thru sidearm closearm.
- II. = I.
- III. 1. Jump in place to stand astride—hands on hips.
2. Jump to closeheel stand—frontarm, palms down.
- IV. 1. Jump in place to stand astride—hands on hips.
2. Jump to closeheel stand—sidearm, palms down.
- V. 1. Jump in place to stand astride—hands on hips.
2. Jump to closeheel stand—uparm thru frontarm, thumbs back.
- VI. 1. Jump in place to stand astride—hands on hips.
2. Jump to closeheel stand—closearm.
- VII. 1. Jump in place to stand astride—hands on hips.
2. Jump to closeheel stand—frontarm, palms down.
- VIII. 1. Jump in place to stand astride—hands on hips.
2. Jump to closeheel stand—frontarm, palms down.
- IX. 1. With slight knee bend jump in place—hands on hips.
2. = 1.
- X. 1-2. = IX. 1-2.
- XI. 1. Hop in place on L, R sideleg.
2. = 1.
- XII. 1. Leap in place on R, L sideleg.
2. = 1. but hop.
- XIII. 1. Leap in place on L, R sideleg—sidearm, palms down.
2. Leap in place on R, L sideleg—low frontarm inward (R over L).
- XIV. = XIII.
- XV. 1. Hop in place to closeheel stand—hands on hips.
2. From slight knee bend, jump in place—hands on hips.
- XVI. = XV.
- XVII. 1. Jump in place to stand astride—bend reararm, palms up (palms up until otherwise specified).
2. With slight relaxing of arms, bend reararm deeper.
- XVIII. 1. Turn trunk 90° left, slight rearbow—thrust to sidearm, turn head to left.
2. Upright, dip in rearbow—thrust to deeper sidearm.
- XIX. 1. Turn trunk 90° right—bend reararm.
2. With slight relaxing of arms—bend reararm deeper.
- XX. 1. Turn trunk 90° right, slight rearbow—thrust to sidearm.

2. Upright and with slight rearbow again thrust to deeper sidearm.

XXI. 1. Turn trunk 90° left—bend reararm.

2. With slight relaxing of arms bend reararm deeper.

XXII. 1. Deep frontbow—thrust to frontarm, palms down, fingers touch floor.

2. Dip in deep frontbow, fingers touching floor.

XXIII. 1. Upright—bend reararm, palms up.

2. With slight relaxing of arms—bend reararm deeper.

XXIV. 1. Jump to closeheel stand—thrust to sidearm, palms up.

2. Closearm.

XII AMERICAN SOKOL SLET – JUNE 1969 Calisthenics for Junior Girls and Junior Boys

Written by Edward and EllenJeanne Schnabl

Starting formation:

Boys — closed 2's

Girls — closed 4's

(Front)

2	1	4	3	2	1
B		G			

(Rear)

Introduction: 16 Measures, 4/4

I.-II. 1-8. Hold

III. 9.-10. (Boys)

No. 1—right sidestep; close.

No. 2—left sidestep; close.

11.-12. Hold.

9.-10. (Girls)

No. 1—wide right sidestep; close.

No. 2—smaller right sidestep; close.

No. 3—smaller left sidestep; close.

No. 4—wide left sidestep; close.

11.-12. Repeat 9.-10.

IV. 13.-16. (Boys) Hold.

13.-14. (Girls) Repeat 9.-10.

15.-16. Hold.

All are now on markers, open ranks.

Part I—18 Measures, 4/4

Boys and Girls Drill:

I. 1. Toestand; thru frontarm, uparm, palms in, look up.

2. Hold.

3. Closeheel stand, squat support thru frontarm, head down.

4. Hold.

II. 5. Straighten knees, deep frontbend, frontarm, palms in.

6. Squat support.

7. Straighten knees, deep frontbend, frontarm, palms in.

8. Squat support.

III. 9. Uprise, upright, sidearm, palms down, look forward.

10. Hold.

11. Lunge left to left side, look left, arms hold.

12. Shift weight to lunge on right side, look right, arms hold.

IV. 13. Uprise, upright, draw left to right, closeheel stand, uparm, palms in, look up.

14. Hold.

15. 180° turn left to stand right rearstep; closearm thru sidearm.

16. Close right to left, closeheel stand, arms hold, look forward.

V.-VIII. 1.-16. Repeat I.-IV., Part I.

IX. 1.-4. Lunge left to left side; swing inward, cross right over left to uparm, palms in; sidebow left; look up (arms, body and right leg in straight line).

X. 5.-8. Uprise, upright, draw left to closeheel stand, closearm thru sidearm; look forward.

XI. 9.-12. Left sideleg high; right sidebend low; swing right inward to uparm, palm in; left hand hold in closearm; look forward (side arabesque on right leg).

XII. 13.16. Uprise, upright; close left to closeheel stand, closearm right thru sidearm.

XIII. 1.-4. Swing inward right over left to uparm outward, palms in, look up.

XIV. 5.-8. Swing up inward right over left to sidearm downslant, palms down; look forward.

XV. (Boys)

9. Squat support right, left reartouch.

10. Hold.

11. With hop, squat support left, right reartouch.

12. Hold.

XV. (Girls)

9. Frontarm thru closearm, palms down, left reartouch.

10. Hold.

11. Reararm thru closearm, palms back; left frontleg, low.

12. Hold.

XVI. (Boys)

13. With hop, squat support right, left reartouch.

14. With hop, squat support left, right reartouch.

15. With hop, squat support right, left reartouch.

16. With hop, squat support left, right reartouch.

XVI. (Girls)

13. Uparm outward thru closearm and frontarm, palms front; right toestand; left rearleg; look up.

14. Hold.

15. Closeheel stand, closearm thru front arm.

16. Hold

XVII. (Both)

1. (Boys: draw right leg in to —)squat support, knees in between hands.

2. Hold.

3. Upright, uprise; sidearm, downslant, palms down.

4. Hold.

XVIII. 5-8 Circle inward right over left to closearm.

XIX OLYMPIC GAMES - MEXICO

List of Winners In Gymnastics

WOMEN'S TEAM RESULTS

	Pts.
1. RUSSIA	382.85
2. CZECHOSLOVAKIA	382.70
3. EAST GERMANY	379.10
4. JAPAN	375.45
5. HUNGARY	369.80
6. UNITED STATES	369.75

INDIVIDUAL WOMEN'S STANDINGS

1. Vera Caslavka, Czechoslovakia	78.25
2. Zibaida Voronina, Russia	76.85
3. Natasha Kucinska, Russia	76.75
4.-5. Zuchold, East Germany	76.70
4.-5. Petrikova, Russia	76.70
6. Janzova, East Germany	76.00

Horse Vault: 1. Caslavka, Czechoslovakia, 19.775 pts.; 2. Zuchold, East Germany, 19.625; 3. Voroninova, Russia, 19.50; 4. Krajcirova, Czechoslovakia, 19.475; 5. Kucinska, Russia, 19.375; 6. Sklenickova, Czechoslovakia, 19.325.

Uneven Bars: 1. Caslavka, Czechoslovakia, 19.65; 2. Janz, East Germany, 19.50; 3. Voroninova, Russia, 19.425; 4. Rimnacova, Czechoslovakia, 19.35; 5. Zuchold, East Germany, 18.825; 6. Sklenickova, Czechoslovakia, 18.20.

Beam: 1. Kucinska, Russia, 19.65; 2. Caslavka, Czechoslovakia, 19.575; 3. Petrikova, Russia, 19.25; 4. Metheny, United States, 19.225; 5. Janz, East Germany, 19.225; 6. Zuchold, East Germany, 19.15.

Floor Exercise: 1-2. Caslavka, Czechoslovakia, 19.675; 1.-2. Petrikova, Russia, 19.675; 3. Kucinska, Russia, 19.65; 4. Voroninova, Russia, 19.55; 5.-6. Rimnacova, Czechoslovakia, 19.325 and Karasevova, Russia, 19.325.

MEN'S TEAM RESULTS

	Pts.
1. JAPAN	575.90
2. RUSSIA	571.10
3. EAST GERMANY	557.15
4. CZECHOSLOVAKIA	557.10
5. POLAND	555.40
6. JUGOSLAVIA	550.75

INDIVIDUAL MEN'S STANDINGS

1. S. Kato, Japan	115.90
2. Voronin, Russia	115.85
3. Nakajama, Japan	115.65
4. Kenmocu, Japan	114.90
5. T. Kato, Japan	114.85
6. Diomidov, Russia	113.95

Floor Exercise: 1. S. Kato, 19.475; 2. Nakajama, Japan, 19.40; 3. T. Kato, Japan, 19.275; 4. Cukahara, Japan, 19.050; 5. Karasev, Russia, 18.95; 6. Kenmocu, Japan, 18.925.

Pommel Horse: 1. Cerar, Yugoslavia, 19.325; 2. Latho, Finland, 19.225; 3. Voronin, Russia, 19.20; 4. W. Kubica, Poland, 19.15; 5. Kenmocu, Japan, 19.050; 6. Klimenko, Russia, 18.95.

Rings: 1. Nakajama, Japan, 19.45; 2. Voronin, Russia, 19.325; 3. S. Kato, Japan, 19.225; 4. Cukahara, Japan, 19.125; 5. T. Kato, Japan, 19.05; 6. Diomidov, Russia, 18.975.

Long Horse Vault: 1. Voronin, Russia, 19.00; 2. Endo, Japan, 18.95; 3. Diomidov, Russia, 18.925; 4. T. Kato, Japan, 18.775; 5. Nakajama, Japan, 18.725; 6. Kenmocu, Japan, 18.65.

Parallel Bars: 1. Nakajama, Japan, 19.475; 2. Voronin, Russia, 19.425; 3. Klimenko, Russia, 19.225; 4. T. Kato, Japan, 19.20; 5. Kenmocu, Japan, 19.175; 6. Kubicka, Czechoslovakia, 18.95.

Horizontal Bar: 1.-2. Voronin, Russia, 19.55; 1.-2. Nakajama, Japan, 19.55; 3. Kenmocu, Japan, 19.375; 4. Koste, East Germany, 19.225; 5. Diomidov, Russia, 19.15; 6. Endo, Japan, 19.025.

The United States was first in medal standings winning 108 medals of which 46 were gold; Russia was second with 91 medals, 30 of them gold.

Linda Metheny of Illinois, member of the USA team, placed among the finalists and won 4th place on the balance beam.

15 year old Cathy Rigby of California lost a placing in the finals by a very slim margin. This was her first attempt in international competitions.

(TRANSLATED BY M. P.)

ACROBATIC COMBINATIONS

BEGINNERS

Stand—sidearm.

- Run 4-5 steps, prep. hop and L cartwheel, step L turning 90° to left—sidearm; 2 running steps forward and, closing R, turn 180° to left—hold sidearm.
- Closeknee squat—thru closearm frontarm; frontroll to squat, frontarm and smoothly frontroll forward to shoulder stand—reararm, arms on floor, short hold; from lying to benthip seat—

chest rearbow and swings rearward to uparm.

- Deep frontbow and straddleg backroll to seat; second backroll to support squat.
- Uprise—swing backward to frontarm; spring from L to handstand—show, halfsquat R rear touch, step R back to L foretouch—frontarm.
- 90° turn to left, sidestep L—sidearm (L swings down) and smooth R cartwheel, sidestep R, close L, turning 90° right—sidearm, R forestep turning 90° right—thru closearm sidearm—L cartwheel, L sidestep, close R—closearm sideway.

INTERMEDIATE

Halftoe stand—sidearm.

1. From 4 to 5 run execute front hand spring and 2 running steps—thru frontarm and closearm extend to sidearm; halfsquat step forward, frontarm; handstand; frontroll to closeknee squat (without manual support) and jump turning 180° to stand—front swings downward to sidearm.
2. Squat—frontarm thru closearm, stradleg frontroll and add second frontroll to closeknee squat—frontarm—uprise—moderate rearbow and flank circles backward, frontbow—reararm.
3. Fall backward to stand support, flank circles and moderate rearbow to frontbow—reararm and fall back to second backroll to support stand.
4. Upright—frontarm, 90° turn to right, R sidestep—thru closearm R sidearm and one arm L cartwheel on R arm, L closed, halfsquat sidestep L turning 180° left—thru closearm sidearm and R cartwheel. sidestep R, closeheel—closearm side-way.

No. 1 may be executed with optional leg.
No. 4 map be done opposite.

I. — A:

1. Halftoe stand—sidearm: from 4 to 5 runs, dive R cartwheel, another slower cartwheel, halfsquat sidestep R, sidetouch L—swing body to R sidebow and straighten (upright). — R sidearm, L front swing downward to uparm.
2. Three L cartwheels with gradual acceleration and 3 runs turning 90° left (L begins) and forestep R on halftoe, L rearleg—sidearm.
3. L rearstep—closearm, flank swings forward to uparm—springing from L slow back walkover to stand on R, L rearleg, 180° turn on R halftoe to left—frontway uparm and step L to slow walkover forward with changeover leg and R walkover forward with changeover leg. run forward—sideway closearm—step R forward, close L, step R forward (chasse) turn 180° right to halftoe stand—sidearm.
4. From run, frontspring, R cartwheel, halfsquat sidestep R, closeheel. sidearm thru closearm.

I. — B:

1. = 1. A.
2. = 2. A. with change: 2 runs forward and forestep L on halftoe, R rearleg.
3. R halfsquat rearstep; reach back, execute backroll to arabesque on L, high rearleg—uparm, upright, turning 180° right on L, R frontleg and 2 slow walkovers forward, finish as in A.
4. = 4. A.

I. — C:

1. Toe stand—sidearm: run 4 step, L dive cartwheel, 90° turn left, 2 steps—sideway closearm, frontarm—and spring from L to l-leg walkover, forestep L, cross R behind L, turn 180° to right in toestand—front swings inward to sidearm.
2. Closeknee squat—frontarm stradleg frontroll, second frontroll to squat—sidearm, jump turning 180° left to squat—front downward circles;

stradleg backroll and second backroll to stand support—upright—frontarm.

3. Turn 90° left and dip halfsquat to L sidestep—sidearm, L closearm, one hand R cartwheel; sidestep R turning 180° to right, L sideleg—sidearm thru closearm; L cartwheel to stand on R, L sideleg, sidestep L, and close R turning 90° left—swing arms thru close and front to sidearm; run forward finishing with closing of feet with 180° turn to toestand—sidearm.
4. Run 3-4 steps, fast front handspring and 2 steps forward, dip L halfsquat forestep to stand R reartouch—close arms frontway.

I. Inter. — A:

1. Toestand; from run, prep. hop on R—frontarm upslant and forward dive handspring from L leg—(before hands reach floor execute flank circles downward and do fast front handspring); 2 steps forward and L toestand forestep, R rearleg—sidearm.
2. R rearstep to rear walkover—closearm and flank swings forward to uparm, R rearstep—frontarm and second rear walkover from L to stand on R, L rearleg—flank circles upward to frontarm.
3. Low frontleg, forestep L to alternate arm walkover; 2 steps forward; cross L behind R, 180° turn left—front swings inward to sidearm, L toestand forestep, R low frontleg—uparm, alternating arm front walkover, R toestand forestep, L low rearleg—closearm thru frontarm, fall into run forward—sidearm and R forestep, L close back of R heel turning 180° left.
4. Run and 2 fast R cartwheels (on opposite leg from No. 1), the second cartwheel with 90° turn left and land on both feet (roundoff); spring to vertical jump—closearm and front swing to uparm, land in halfsquat L rear (on full sole)—rearbow—sidearm back.

OPTIONAL EXERCISES ON RINGS
for
CHAMPIONSHIP DIVISION

The rings exercise must include the following:
mount — swinging — holds
supports — dismount

Elements of Difficulty:

- C) German Roll (1 leg and other ankle in rings) straight arm support on top of rings holding straps—inverted hangs, bird's nest, etc. straddle dismount uprise to leg overhang on wrist, knee in ring
- B) dislocates, fronth and back swing into arched inverted hang "L" positions pull to lift hang sitting in rings, rotates, front and back standing in rings—splits (more than ½)
- A) jump to lifthang bird's nest inverted hang, stride split swing to lift hang

PREPARATION EXERCISES WITH HOOP 26" or 28" diameter

1.

Closeheel—hoop vertical low front.

- I. 1.-3. Dip left sidebow—swing hoop to right.
- II. 1.-3. Dip—right sidebow—swing hoop to left.
- III.-IV. = I.-II.
- V. 1.-3. Three small steps in toestand, R, L, R, turning 360° to right—swing downward to overhead (uparm outward).
- VI. 1.-3. Dip—swing hoop to left and to right, sidebow left.
- VII. 1.-3. Dip—swing hoop to left, sidebow right.
- VIII. 1.-3. Hoop vertical low front.

2.

Closeheel—hoop vertical low front, undergrip:

- I. 1. Dip sidestep L.
2., 3. Hop L, R sideleg—release R and with L swing hoop thru sidearm to uparm outward—look to left at hoop.
- II. 1. Sidestep R.
2, 3. Close L to R.
Arms: swing hoop sideway to right to vertical low front.
- III.-IV. = I.-II. opposite.

3.

Closeheel—bend closearm, hoop behind shoulder blades vertically, hands hold middle sides of hoop.

- I. 1.-3. Sidestep L, sidebow right, extend hoop vertically overhead uparm outward.
- II. 1.-3. Upright, close L to original position, bend closearm, hoop behind shoulder blades.
- III.-IV. = I.-II. opposite.

4.

Closeheel—sidearm, hoop horizontal in right hand with undergrip:

- I. 1.-3. Waltz step turning 360° to left (3 steps)—change hoop in frontarm to L hand (undergrip).
- II. 1. Sidestep L.
2. Close R.
3. Sidestep L.
- III.-IV. = I.-II. opposite.
Repeat all but hold hoop overhead in overgrip thruout.

5.

Closeheel inside of hoop which is horizontal held on either side in overgrip:

- I. 1.-3. Cross R before L turning 180° to left—bend closearm.
- II. 1.-3. Extend uparm outward, hoop horizontal overhead.
- III. 1.-3. Cross L before R turning 180° right to squat—hoop low horizontal.
Repeat with toss and catch of hoop on turn.

6.

All swings flankway. R rearstep, moderate chest

frontbow—L frontarm; take hoop in R hand vertically and swing low reararm:

- I. 1.-3. L chasse forward, (step L forward, close R)—upright, from reararm toss forward upward and catch in L.
- II. 1.-3. Dip L rearstep, moderate chest frontbow—L reararm, R frontarm.
Repeat opposite.

7.

Turning hoop before body in bend closearm, forearm front. Turn hoop inward, outward, with dip halfquat or while walking in square or around in circle.

Turn hoop before body vertically transferring from R to L and vice versa without interruption.

8.

Closeheel, sidebow left—hoop front at R hip vertically:

- I.-II. 1.-6. Sidestep L, release R hand from hoop turning hoop in L hand during swing in front of body to sidearm.
- III. 1.-3. Sidestep L—swing sideway L uparm, hoop vertical.
- IV. 1.-3. Close R, swing hoop to R hip, grasp hoop with R, sidebow L, continue to left, then opposite.

9.

Turn hoop in hand in sidearm while walking or running around gymnasium; turning hoop forward and backward.

10.

Rearstep L—L sidearm, R reararm with hoop—moderate frontbow looking back toward hoop.

- I. 1.-3. Series of turns over hand while swinging hoop forward to frontarm.
- II. 1.-3. Smoothly rise to toestand L, R rearleg—R uparm with hoop flankway.
- III.-IV. 1.-6. Return to original position by swinging hoop flankway to reararm.

11.

In horizontal position overhead holding and turning hoop in place or moving forward or back.

12.

Squat (closeknee)—hoop vertical before body in frontarm—slowly stand turning hoop horizontally overhead, (uparm outward). Slow squat—turn hoop to vertical before body. Repeat.

13.

Closeheel—hoop vertical overhead, hands in center on respective sides:

- I. 1.-4. Slow arabesque on L, R high rearleg; turn hoop 4 times while passing from uparm to frontarm upslant in arabesque.
Repeat arabesque on R.

Attended the Oct. 28th commemoration ceremonies at Sokol Havlicek-Tyrs. More interest should be shown by our people in the affairs of the Czechoslovak people.

Educational—Bro. J. Cihak: Attended ceremonies and the convention in Washington, D. C. Attended ceremonies at Sokol Havlicek-Tyrs October 27th. Will attend and participate in panel discussion at DePaul University on Sokol and Czechoslovakia October 30. Furnished material to Mr. Goldborough of the Chicago Magazine (quarterly) on Sokol and Czechoslovakia. Will speak at the commemoration of October 28 ceremonies at Detroit, Mich., November 3rd. Wrote speeches and articles for Sokol units.

Organization—Sis. E. Welcl-Ruzicka wrote a detailed report of activity—attendance at convention and commemorative ceremonies in Washington, D. C. Received promise of help from bro. A. Suster re: Slet publicity. Sokol Nova Vlast, Cleveland, is remodeling their building and have purchased land for parking lot. Called 2 discussion meetings. Attended funeral services of bro. John Kriza and helped Sokol Tabor with contributions to building fund honoring the memory of bro. J. Kriza. Supplied list of all Czech newspapers, radio stations with Czech broadcast to be used for our publicity. University of Chicago is still trying to start a Czech Char. Inactive unit situation reported on by sis. Ruzicka and bro. Barcal.

Publicity—Bro. J. Rabas prepared report of Slet Committee activity for 12 Czech newspapers in the United States. Attended, as delegate, the convention held in Washington, D. C. and the meeting of the Committee on Immigration of Czechoslovak Refugees. Reported on the situation confronting the refugees and how the U.S. Government is helping.

Financial Secretary—Sis. A. Falta read report of receipts and disbursements for September. Advised plate glass insurance policy will be up for renewal. Attended convention in Washington, D. C. and visited Mrs. Anna Barcal. Regarding collection of dues by financial secretaries—article to appear in American Sokol that dues are payable at the beginning of the year.

Secretary: Listed donations for Future Sokol Leaders Fund. Plaques received as ordered. While on vacation s's. A. Falta and M. Udaykee filled in for sis. Sotka. Sis. E. Schnabl ordered and sent an American flag to Darney, France. Most of time was spent on taking care of the many details involving our moving to new location — S's. M. Udaykee worked on numerous Slet matters. Scholarship letters sent to winners with copies to District Director and President. Parliamentary procedure pamphlets mailed to all units and to bro. C. Zraly. Completed tabulating of balloting on by-laws changes. Balloting indicates that changes as suggested have been accepted. All correspondence has been answered and filing kept up. Related information received from bro. F. Vodrazka concerning Morton West negotiations.

President—Bro. S. Barcal attended meeting of BOI. Attended Open House at Sokol Berwyn. Attended Czechoslovak National Council convention and commemoration in Washington, D. C. Had opportunity to visit with other visiting Sokols. Sokol

Baltimore represented ASO. very well. Sokol Washington had an "Open House" after the convention for the visiting Sokols. Sokol Washington is conducting a membership drive connecting it with the events commemorating the 50th anniversary of the founding of the Czechoslovak Republic and have had excellent results. General discussion followed regarding membership records.

Meeting of the XII ASO. Slet Committee

October 30, 1968

Bro. S. Barcal, Co-Chairman, presided.

Minutes of the September 13th meeting were read. These additions were made: Housing Committee—Co-Chairman bro. Ben Lankas, Publicity Committee—Co-Chairman sis. Anne Basta.

Bro. Barcal reported on the circumstances surrounding the Czechoslovak Olympic team, after contacting AAU. officials.

Morton West—meeting arranged by bro. Frank Vodrazka and Mr. Ondrus, Business Manager of Morton West, to work out details. Management Committee will follow through on further negotiations.

Inasmuch as our publicity will be in English and Czech, it was suggested we have a Czech Publicity Chairman—bro. J. Rabas was approved as Czech Publicity Chairman.

The Executive Board of the ASO. to ask major organizations to schedule their attendance at our Slet: Moravian group, ZCBI, CSA, SGUS, SPJST, Unity of Czech Ladies and Men, Sokol Orel, Canadian Sokols, etc., and not to sponsor any major event at that time.

S's. E. Welcl-Ruzicka would like to obtain more people interested in journalism or editors as members. Bro. A. Suster of Cleveland has promised to help. Our suburban newspapers and contacts must play an important part.

Bro. J. Cihak presented a sketch (art work) for the Souvenir Program Book, decals, and Slet seals. Referred to Finance Committee.

At this point meeting was recessed allowing committees to meet for discussion. Inasmuch as time had advanced, the committees will present reports at our next meeting, which was scheduled for November 22, 1968, in the Camellia Room, CSA. Bldg.

Financial Report ASO. October 1968

INCOME:

Dues	\$2,605.25
Special Assessment	122.00
Dividends and interest	290.63
Resale of jewelry	10.20
Sokol emblems, string ties, pamphlets, postage	8.81
F.I.G. Moves and ABC Rules; tape	7.70

Total Income

\$3,044.59

DISBURSEMENTS:

Administrative Department

Salaries	\$301.53
F.I.C.A. & F.W.T. for Sept.	52.94
Rental, janitor service, phone	345.66

Advertising, insurance	123.00
Office supplies	31.47
Travel expense	22.50
Purchase of flag, plaques	72.91
Petty cash	44.42
XII Slet expense — rental	30.00
	\$1,024.43
Educational Department BOI.	
Salaries	\$207.80
F.I.C.A. & F.W.T. for Sept.	53.20
Printing additional copies of "Sokol Gymnast"	27.72
Editor "Sokol Gymnast"	25.00
Miscellaneous expense	18.00
XII Slet expense — office supplies	210.16
	\$ 541.88
Sokol Publication	
Printing "American Sokol"	\$522.72
Editor "American Sokol"	75.00
	\$ 597.72
Miscellaneous	
Special appropriations:	
Western District	\$ 22.20
Central District	130.00
Eastern District	450.00
	\$ 602.20
Total Disbursements	\$2,766.23
BALANCE:	
Totals brought forward:	
Western National Bank of Cicero—check- ing account	\$2,935.43
Income — October 1968	3,044.59
	\$5,980.02
Disbursements — October 1968	2,766.23
	\$3,213.79

Future Sokol Leaders Fund

John J. Martiny, in memory of bro. Jirasek of Sokol Detroit	\$ 10.00
Blanche E. Smidl, in memory of husband, bro. Charles P. Smidl of Sokol Chicago ..	50.00
Bro. William and s's. Anna Valenta, Cedar Rapids, Iowa	20.00
Clyde Savings & Loan — Dividend	224.80
	\$304.80

(The above contributions are tax exempt.)

FROM OUR DISTRICTS

EASTERN DISTRICT ANNUAL MEETING September 29, 1968

Correspondence—The Czech radio hour requested an ad in their Souvenir Journal. A ½ page ad will be submitted. The name of each unit of the Eastern District will appear in the ad.

The telegram received from the ASO. in regards to the situation occurring in Czechoslovakia was discussed.

Bro. Zraly received a reply from Senator Jacob J. Javits expressing his views. Also enclosed was a recent speech which Senator Javits had prepared for delivery before the Frontier Press Club, September 14, 1968, "Soviet Invasion of Czechoslovakia Reveals Kremlin's Fear of Freedom."

Bro. Stransky of Sokol New York will compile a summary of the history of the district.

Bro. Stetka gave a book of the history of the Eastern District dating back to 1903 to bro. Stransky.

Sis. Provaznik gave a report on the Sokol course at Belcamp, Md. There was a problem in selecting a suitable site for a course. The large gymnasium was well equipped and there was ample lawn space. Students under 14 years of age should not be accepted. The children went home full of spirit and enthusiasm. Sis. Provaznik thanked bro. Novak and other members of Sokol Belcamp for their assistance and hospitality.

Bro. Ed. Stetka sent articles which were published in the American Sokol and Hlasatel.

Bro. Capek asked for financial support from the Eastern District for exemplary students who will be trained to perform at various functions. The finances will be left up to the decision of the Eastern District. Letter will be sent to Sokol Belcamp and to bro. Thomas Dolina for their kind hospitality and generosity tendered to the instructors and students at the Sokol course in Belcamp.

On resolution regarding events in Czechoslovakia bro. Frank Novak of Sokol Belcamp has a prepared resolution which he will have printed for the Eastern District. Copies will be sent to all units so that all members may send them to their Senators and Congressmen.

Sis. Zabka inquired of the future of Sokol Newark. The Sokol Hall has been put up for sale.

The United Sokols of the East plan to conduct a Slet at Boonton next year. The Eastern District will not conduct a Sokol course for the ensuing year unless we get a suitable site.

Seat of the District will remain in New York City.

Officers for the coming year were elected.

The delegates gave the officers a rising ovation. Bro. Zraly requested the Southern Section of the possibility of accepting the seat of the Eastern District next year since the membership of the Southern Section is now greater than the Northern Section of the Eastern District and it is difficult to get anyone to fill all of the positions.

Greetings and best wishes for a speedy recovery were being sent to bro. Albert P. Kalabza. Greetings were also sent to bro. Tony Hron and to the American Sokol Organization

* * *

WESTERN DISTRICT SEMI-ANNUAL MEETING

Sept. 29, 1968

Received a "Good Will" contribution of \$25 from the First District W.B.F.A. convention for appreciation of the exhibition program given by the So. Omaha and Omaha gymnasts who represented the Western District at this program.

Bro. Pavoucek installed BOI officers.

Director of Education—Alfred Swoboda: Gave lectures at the District School and made pamphlets for the gymnasts.

Units gave report on their membership, classes, activities, progress, gym improvements, fund raising projects, civic participation, donations to chari-

able organizations, performances for Czech days, etc.

Sokolice Crete sponsored a blood mobile—quota was 112 pints; they were 8 pints over. This deserves mention.

District: Letters were sent to U.S. Senators Hruska and Curtis and Congressman Cunningham. Replies received from Hruska and Curtis.

A copy of the ASO. telegram sent to the officials. A copy of the telegram appeared in the World-Herald.

Many complaints were received re: Sokol Material Supply's failure to supply.

Jolene Swoboda of So. Omaha and Mike Hoskovec of Sokol Omaha have received the \$100 Scholarship Award.

Sokolice Cedar Rapids will accept the task of hosting the 1970 District Slet.

Frank Jirasek

1882 — 1968



Sokol Detroit has again lost a worthy member. Although his great heart has ceased to beat he will be forever with us. Bro. Frank Jirasek was born Jan. 11, 1882, in Tyn nad Vltavou in Czechoslovakia and passed away July 2, 1968, at the age of 86. As a 14 year old boy he joined Sokol during his tailor apprenticeship years in Vienna, Austria. Later as a young man of 20 he founded a Czech Sokol gymnastic unit in Hamburg,

Germany, and upon arrival in the year 1905 in New York he again actively participated in Sokol New York. In 1910 he moved to Cedar Rapids, Iowa, where he married the former Antonie Jozka. They had 5 daughters—Mammie Cervenak, L'bbý Schamanek, Ella Valek, Mildred Hartwell and Betty Otto, 19 grandchildren and 10 great-grandchildren. He is survived by his brothers William, Joe and sisters Anna Paskulovich and Rose Majta.

While in Cedar Rapids, brother Jirasek established a Sokol championship gymnastic group and as its representative won and held the national AAU. Championship for the duration of 2 years. This achievement earned him the envious job of a traveling instructor for the American Sokol Organization throughout Texas, Oklahoma, Kansas, Omaha and many gymnastic clinics conducted in many other various states.

Upon his arrival in Detroit in 1917 he again was active in Sokol Detroit as an instructor and leader for many years. His interest in helping others in their fight for democracy also led brother Jirasek to hard work for the Czech National Alliance for a free Czechoslovakia during the hard times of the 1st and 2nd World War.

We express our sincere sympathy to his family and all his surviving relatives to whom he has left a legacy of a perfect life. Their present bitter grief can be alleviated only by Time, the great healer, but even today the knowledge that so many friends of the deceased were with them in their sorrow and

that everyone has only the words of highest praise for our friend, must be a great consolation to them.

Ferruccio P. DeConti

Rudolf Novák.

16. října byl jsem volán br. Ondřejem Polehnou z Cedar Rapids, že zemřel Rudolf Novák a abych přišel promluvit na jeho pohřbu. Mnoho sokolských srdcí se zachvělo po zprávě o jeho odchodu a mně bylo těžko věřit — vždyť 7. října, v Cedar Rapidsích, jsem s ním rozmlouval o našem bratrstvu, o událostech v Československu a Sokolstvu v Čechách. Vzpomínal zašlých dnů a laskavého srdce družky jeho života, Adélky. Oči se mu zalily slzami. Oba byli věrnými vyznavači sokolských ideí a v Sokole měli náplň svých životů. Rapidským jednotám dali mnohé platné služby.

18. října, když se naši sjížděli k oslavě 50. výročí československé samostatnosti ve Washingtonu, loučili jsme se s bratrem Rudolfem. Narodil se v Čechách. Dožil se 81 roku plodného života. V Sokole Tyrš, Cedar Rapids, byl členem 64 léta. Byl výborným cvičencem a v roce 1924 byl členem družstva, které representovalo Spojené státy na Olympických závodech v Paříži. Jednotě sloužil také v úřadě starosty a vzdělavatele. O život jednoty měl stále vřelý zájem a snad za každé mé návštěvy v Cedar Rapidsích (a byly časté) přišel si pohovořit a také zazpívat.

Po dlouhá léta zastupoval pojišťující společnost Northwestern Mutual. I když odešel na odpočinek, docházel do své úřadovny denně.

Po všechny časy zůstal věrným své rodné vlasti, byl vzorným občanem své vlasti nově. Těšil se velké důvěře a vážnosti nejen Sokolstva a krajanů, ale též všech, kteří s ním žili. Zaplnili plně kapli pohřebního ústavu. Přišlo se rozloučit s ním více prominentních osob z kruhů amerických. Promluvil jsem anglicky a česky: zhodnotil jeho životní dílo, promluvil o sokolském poslání. Čistý oheň strávil vše, co bylo na něm smrtelného tak, jako již dříve jeho Adélky.

Odešel vzor bratra, obětavého služebníka sokolské věci, člověka velkých hodnot. Vzal s sebou kus srdce těch, kdo ho znali. Budiž mu zachována vděčná paměť!

kmp.

In Memoriam

Sokol Wilber is again confronted with the task of announcing sad news: the death of one of our elder brothers, Joseph Stehlik.

Brother Stehlik had passed away at the Crete Hospital where he was confined for some time.

Brother Stehlik was born in Czechoslovakia November 2, 1882, and passed away September 4, 1968. He came to America in 1901 and in 1906 was united in marriage to Minnie Bruha. The family made its home on a farm 15 miles west of Wilber and in 1925 moved to a farm south of Wilber. He had been an adjustor for the Western Mutual Insurance Company for 15 years.

His quiet disposition made it easy to get along with him no matter where he was engaged.

Sokol Wilber extends its deep sympathy to the entire family and wishes eternal peace to its departed brother.

Georgia Ripa

BETTE TREFNY:

Sokolice Renata Tyrsova, Cedar Rapids, Iowa



Early in the year when bro. Charles Prchal was in Cedar Rapids on another assignment and was at the Sokol Hall, he and his wife, sister Mildred Prchal, were voted as Honorary Members of the Sokolice Renata Tyrs. The October meeting of the Sokolice was selected for the formalities of bestowing the Honorary Membership upon them. This occasion was also a fitting time to

award 50-year pins to eligible members. Sister Kveta Smith was appointed Chairman for the program.

A pot luck supper preceded the meeting.

Initiated into the unit were Mary Hlubucek, Maxine Kinch, Lottie Pospisil and Mabel Theissen. We welcome these new members into our circle and hope they will take an active part in our Sokol life.

Sister Kveta Smith then stated: "Generally speaking, titles, authority and 'thank you's' can be without depth or meaning, but when asked to MC this program I felt that a great honor had been bestowed upon me. To honor three 50-year members and two internationally known honorary members-to-be, was indeed a great privilege. I, too had tried to give of myself for Sokol ideals and philosophy, but as is usually the case, I could not have done it by myself. The cooperation of all our good sisters was the only way the job could be done."

At this point sister Smith had sisters Mar'e Vitek, Sylvia Bezdek and Anna Valenta (sister Valenta's health did not permit her to be present, so her daughter, sister Vera Conway, sat in for her) were escorted to the podium to receive their 50-year pins and corsages. Sister Bertha Jasa outlined the life and work of sister Bezdek. Sister Martha Kralik gave a history of sister Vitek's life and enumerated her Sokol activities and sister Pavla Hromadka evaluated the work of sister Valenta and her contributions to Sokol. (Next morning the Prchals and several members made a pilgrimage to the Valenta home to complete the presentation.) It was all very impressive with humor injected now and then, but very touching.

Then sister Smith continued: "The Big Heart Transplant is when the whole heart will give a whole lot of love. Looking around, I see many who have given their hearts for the Big Transplant. Two of the greatest donors are with us tonight. I knew the names of Karel and Millie Prchal but they were like 'unreachables' to me, however in 1955—in St. Louis—I met Mill'e and Karel and never dreamed that they would become such good friends of mine and my husband's.

"The years of service to Sokol—and to what it stood for, deserves greater recognition than Sokolice Renata Tyrsova can give them. But in our way, in our feeling for them, and their feeling for the Cedar Rapids Sokols and Sokolky, I am sure that

they know, by their heart transplants, we have been able to survive and to carry out the reasons for our two units' existence."

The President then presented bro. and sis. Prchal with the Honorary Membership Certificate, which was very artistically drawn and framed by sister Margie Nejdil, with these words:

"As President of Sokolice Renata Tyrsova no greater honor has ever come to me than to ask you to accept Honorary Membership into our Unit. You have given us much and we can offer you so little. With your added support to our Unit we shall not fail. May I ask for a standing ovation for the two greatest Sokols to have served the American Sokol Organization with no personal regard to self-energy or finances. They have given the greatest service to the Organization we must all believe in, and support to our last breath and to our last drop of life's blood."

In accepting, sister Prchal thanked the Sokolice for the honor and consideration. She further stated that she enjoyed the meeting and program and how much she always felt at home in Cedar Rapids amongst her many friends.

Bro. Prchal also expressed appreciation for the Honorary Membership, reminisced about some of our former loyal Sokols and then talked about their last trip to Czechoslovakia and the changing times. It was a most interesting talk and he got a big applause.

In conclusion brother and sister Eduard Ingris of Los Angeles, and formerly of Czechoslovakia, were introduced as their film "Kantuta" was being shown in Iowa and they drove to Cedar Rapids for the meeting and to get acquainted. Both bro. and sis. Ingris are talented people. Sister Nina Ingris is an accomplished vocalist, actress and linguist, so we prevailed upon her to do the number, "Let's Go To Polynesia," accompanied at the piano by her husband, Eduard. Then the whole membership joined in singing "God Bless America" and several Czech songs. It was a real treat to have bro. and sis. Ingris with us that evening.

The Women's Board of Instructors then acted as hostesses by serving cookies and coffee during the social hour that followed. Thus ended a very pleasant and informative evening.

THE INVADERS

August 21, 1968

They came out of the darkness of the night,
Their mission—to extinguish freedom's light.

Some came by air, and parachuted from the sky,
To brutally maul their freedom starved ex-ally.

Other units attacked with infantry and tanks,
They numbered some 200,000 in their ranks.

Russian propagandists insisted the troops were
requested,

But the truth was—their diplomats had been bested.
Small peace loving nations are in a serious plight,
In our modern "civilized" world, where might
makes right.

Yet barbaric methods of the strong, are to no avail,
For ultimately, it is the truth that does prevail!

JERRY W. KOMAREK, Little Ferry, N. J.
(Inspired by the Russian invasion of Czechoslovakia)

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July 21, 1968

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Count your garden by the flowers,
Never by the leaves that fall.

Count your days by golden hours,
Don't remember clouds at all.

Count your nights by stars — not
shadows,

Count your life with smiles — not
tears.

And with joy through all your
lifetime,

Count your age by friends — not
years.

TELL HIM SO

If you hear a kind word spoken
Of some worthy soul you know,
It may fill his heart with sunshine
If you only tell him so.

If a deed, however humble,
Helps you on your way to go,
Seek the one whose hand has
helped you,
Seek him out and tell him so!

If your heart is touched and tender
Toward a sinner, lost and low,
It might help him to do better
If you'd only tell him so!

—Anon

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C. M. PRCHAL:

ANNUAL MEETING

At the close of the year the units review their past years' work and make their plans for the future. All members should do their utmost to keep all equipment in order both in the gymnasium and elsewhere. The duty of every member is to become involved in Sokol affairs.

It is necessary, therefore, for every member who can possibly attend the annual meeting to do so and take part in the deliberations and discussions. Each one should contribute time and effort toward the work of the coming year which we face with such high hopes.

Members should fulfill their cultural and national duties according to their highest capabilities and conscience. Our Sokol life must be permeated with one thought: service to the unit, to the Sokol and to the Nation—without apologies. Our strength lies in voluntary compliance to Sokol ideals.

When electing officers, the young members, who are willing to work, must not be

overlooked. The proven workers, too, should be considered for office. Officers should take their duties seriously and strive to inspire their units to do their very best.

Members should back up their proven officers. "Do not open the door for their departure." Individual members should do as much as they possibly can, without looking at the others—work, act, fulfill your obligations according to Tyrs' and Fuegner's teachings—not for personal gain. Officers should demand the best from every faithful member. The foundation of a happy Sokol future lies in the hands of the members.

Dedicated brotherhood, old dependable discipline, continuous mutual work, and faith, will create the solidarity and character which is the backbone of all phases of Sokol life, without exception.

Hand in hand—heart to heart—one mind—one heart beat. The Czech poet Svatopluk Cech stated, ". . . belief in ourselves, our work, our diligence." Have confidence in yourself and you will bring happiness to the mission which is so dear to us.

A great but beautiful responsibility!

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