



# AMERICAN SOKOL

PUBLICATION OF THE AMERICAN SOKOL  
Educational and Physical Culture Organization

December 1968

**AT THIS HOLIDAY SEASON  
TO ALL OUR MEMBERS**



Just an old-fashioned Christmas greeting  
That's sent to bring your way  
The happiest sort of wishes  
For the merriest kind of day.



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# AMERICAN SOKOL



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EXECUTIVE BOARD ASO.

Betty Prener, Secretary

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## Calendar of Events

- 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.
- DEC. 31st — SOKOL BALTIMORE, MD. —  
New Year's Eve Dance

1969

- JAN. 25, 1969—SOKOL BERWYN, ILLINOIS.  
Banquet.
- JAN. 25th — SOKOL WASHINGTON, D.C. —  
Sibrinky the the Presidential Arms.
- JAN. 25th — SOKOL TYRS, CLEVELAND, O.  
"Night in Prague".
- JAN. 26th—N.E. DISTRICT ANNUAL MEETING  
Sokol Detroit, Mich.
- JAN. 25th — SOUTHERN DISTRICT BOI —  
Annual Meeting.

- JAN. 26th — SOUTHERN DISTRICT,  
Executive, Annual Meeting.
- JAN. 26th — SOKOL DETROIT, MICH. —  
Gymnastical.
- 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.
- FEB. 15th — SOKOL MLADOCECH, RACINE,  
WIS. — Valentine Dance.
- FEB. 15th — SOKOL BALTIMORE, MD. —  
97th Annual Sibrinky.
- FEB. 22nd — SOKOL HAVLICEK-TYRS,  
CHICAGO — Annual Sibrinky (Masquerade).
- MARCH 8th — SOKOL TABOR, BERWYN, ILL.  
Gymnastic Exhibition.
- MAR. 22, 1969—SOKOL BERWYN, ILLINOIS.  
Annual Gymnastic Exhibition.
- MARCH 22nd — SOKOL BALTIMORE, MD. —  
Annual Dozvuky.
- APRIL 13th — SOKOL HAVLICEK-TYRS,  
CHICAGO — Annual Gymnastic Exhibition.
- APR. 13th—SOKOL OMAHA, NEBRASKA.  
Pork Dinner and Carnival.
- MAY 3rd — SOKOL MLADOCECH, RACINE,  
WIS. — Gymnastic Exhibition 7:00 P.M.
- 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 18th — CEREMONIES IN ARLINGTON  
NATIONAL CEMETERY.
- MAY 25th—SOKOL MILWAUKEE, WIS.  
Gymnastic Exhibition.

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## Washington Crosses the Delaware

On Christmas eve, December 24, 1776, 192 years ago, George Washington, after suffering military setbacks in New York in the early stages of the Revolutionary War, retreated across New Jersey and crossed the Delaware River. The American cause was at a low ebb. Washington's main army, reduced to 3,000 men, seemed about to disintegrate. It appeared that the British could easily march on Philadelphia. In this discouraging situation, Washington made a dramatic move that ended an agonizing campaign in a blaze of triumph. On the stormy night of December 25-26, he recrossed the Delaware, surprised the Hessian mercenaries of the British army at Trenton, and captured 1,000 prisoners. This brilliant move enabled him to occupy a striking position in central New Jersey, whereupon the British ceased offensive operations and pulled back to the vicinity of New York. America's hopes revived.

# AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

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## VÁNOCE 1968.

1938, 1948 a 1968. Tři letopočty symbolizující tragedie československého národa a státu. Nacismus, komunismus, sovětismus. Tři rozkladné ideologie, které znamenají ponižující porážku demokracie i osvíceného humanistického socialismu a bezohledné nastolení diktátu a násilí.

To také znamená zásadní změny v politickém prostředí státu, ohrožení jejich odpůrců a zpátečnictví. Takové změny jsou doprovázeny pronásledováním a nuceným i dobrovolným odchodem do exilu. Útěkem do ciziny, do neznámého prostředí a do nejistoty.

Desetitisíce rodin a jednotlivců opustilo letos své domovy, svá zaměstnání, své nejbližší před pronásledováním a vězněním sovětskými okupanty a jejich nečetnými zrádnými přísluhovači vlastní krve. Tisíce z nich jsou a budou ještě dlouho bez pevné budoucnosti, bez práce a vlastních domovů, bez hmotných prostředků.

Jsou v cizině jen proto, že nechtěli dále zrazovat demokracii, své mravní zásady a převážnou čestnou většinu spoluobčanů. Volili svobodu, ale také nejistotu, nové starosti, bolest z rozloučení a nové začínání.

Blíží se Vánoce, svátky rodinného štěstí a klidu. Noví uprchlíci je budou prožívat prvně mimo své domovy ve vlasti. Nikoliv všichni budou mít do té doby své nové přístřeší. Budou je trávit v táborech nebo u cizích. Někteří nebudou ani mít dostatek prostředků k podělení svých dětí vánočními dárky, k jejich i svému oblečení a k opatření nejnutnějšího. Vždyť většina jich odešla ve spěchu, bez ničeho nebo zůstali v zahraničí jen s nejněnutnějším, vzatým na cestu.

Je pravdou, že některé státy, v nichž tito noví uprchlíci hledají asyl a nový život jim poskytují první nejněnutnější pomoc, ale to je jen minimální, dočasně a skromné. Nic to neubere ze smutku Vánoc, z opuštění vlasti a z nedostatku. Nic nezmenší potřebu rychlé pomoci.

Nezapomeňme, že velká většina těch odešlých jsou Sokolové. I když jim byla vzata organizace, neztratili víru a zůstali sokolství věrni alespoň v srdci, chováním vůči bližním, neskrývanou soudržností s jinými, ve vzájemném bratrství a sesterství a ve výchově svých dětí myšlenkou, ze které vznikla Československá republika, jejíhož 50. výročí je vzpomínáno za tak tragických okolností. Myšlenkou, ze které vznikly československé zahraniční legie a její, celým světem hodnocená, demokracie.

V letošních pohnutých chvílích a dnech nesplněných nadějí se ukázala nová vlna obrozeného sokolství, nový bojový duch a úsilí vrátit rodné zemi ryzí Tyršovo sokolství. Sokolství jednotící národ, vychovávající mládež k čestnosti, demokracii a k lidství.

Násilí bylo silnější než touha národa. A tak nastalo nové období emigrace. Americké Sokolstvo, čeští a slovenští krajané, byli vždy mezi prvními, kteří pomáhali své rodné zemi, svým sestrám a bratrům, potřebným a ohroženým. Prokázali to nejednou ve vydatné míře a s obětavostí nevšední. Prokáže to i tentokrát vůči svým sestrám a bratrům, kteří mezi nás přišli v nouzi.

Je mnoho cest jak zmírnit jejich osud a učinit dobrý skutek. Máme přece již tolik zkušeností. Můžeme poskytnout affidavity, pomoci nalézt byt a zaměstnání a podepřít v době počátečního nedostatku.

A co můžeme udělat k Vánocům?

Ujměme se neopuštěnějších, uložme si každý z nás opatřit pro každého nejméně jeden dárek, zejména pro ty nejmenší, pro děti. Dárek praktický a vhodný. Podělme každého něčím, ať cítí, že je přijímáme mezi sebe, že si vážíme jejich národního sebevědomí, že o jejich starostech víme a chceme je zmenšit.

Pozveme je k Štědrému večeru, ke stromku, mezi sebe, nahradíme jim postrádaný pocit rodinného prostředí, svým srdcem, svým

domovem. At' se nebojí prvních Vánoc v cizině. Kdo nemůže učinit něco z toho, má možnost přispět dárky nebo finanční pomocí sdružením, která to učiní za vás.

Možná, že některé jednoty konají o vánočních dnech své nadílky, zábavy a p., které mohou být dobrou příležitostí k pozvání a pohoštění.

Za dobrých časů v Československu prodávali Sokolové v jednotách ve prospěch opu-

štěných a potřebných, malá rudá srdéčka. Také mezi námi, americkými Sokoly, byla po válce dobře známa. Byla odznakem obětavosti, ochoty pomáhat a citu. Obnovme tento pěkný zvyk letos o Vánocích i u nás. Třeba bez vnějšího označení, bez ukazování naší dobré vůle. Učiňme tak přímo citem a porozuměním našeho vlastního, živého srdce. Srdce sokolského, srdce bratrského a sesterského. EK

JAMES L. CIHAK:

## BRIDGES — 1968-1969

From a log placed over a brook to the engineering marvels of today, bridges have served their purpose in bringing mankind closer together quicker and with less and less effort. Vast expanses of land have been opened up, the products of a technological age have moved in quickly and efficiently, and in return, the raw materials, ores and produce of the new area have flowed back, because of bridges. The traffic of our era on wheels has demanded and secured ever bigger and better bridges with their connecting ribbons of concrete. We grasped the need and found the ways and means of satisfying it. Man's daring, creativeness and willingness to pay the price for myriads of material advances, touching every phase of his life, have made this era and the future we face fantastic ones.

We have made giant strides. We have not, however, secured the sense of peace and security we might have expected from all of this bounty. Even our everyday life has become a tollway trip, with its fast start, breakneck speed, early arrival and—nothing seen or learned on the way.

And now we hear of other types of bridges, from one philosophy of life to another. They had been used from the time man learned to reason and tried to make himself understood to others. The word bridge was not actually used but the methods employed were the same, in a primitive way. As thinking became more complicated and involved, and as small groups developed into city states and nations, as the sciences, architecture, arts, literature and observation of nature and natural phenomena developed, it became more and more important to spread knowledge, to discuss, debate and

to find some common ground for the utilization of all learning.

Generations and then centuries of trial and error, of successes and failures, of stumbling and making a fresh start were needed to prove to mankind the constant need for understanding and cooperation, rather than secrecy, suspicion and childish attempts to "go it alone." Every thinker worthy of the name has been ridiculed, abused and stoned for daring to see, think and plan for the centuries ahead rather than just for the advantages of the immediate present. The price of this shortsighted thinking has always been a heavy one and will continue to be so until man realizes, justice desired must also be willingly given, and liberty and freedom as we know them belong to everyone.

Bridges, indispensable bridges, are for our material well-being, but even more important are the bridges of the human mind, unhampered at both their inlet and outlet, with the smoothness of the two way traffic seen in every metropolitan area. Darkness, fog or smog may slow them down but never stop them entirely. Neither shall ignorance, greed or lust for unparalleled power permanently close the bridges of the mind.

Bridges are an essential part of communications, so vital in every phase of our lives. Let the bridges in our Sokol life bring that harmonious, daring will to accomplish the time proven goals set for it by its founders. The land that gave the Sokol Idea and Ideals to the world has again been suppressed, but is far from giving up. The gates to a freer world opened for a few months, the latent, intense desire to reactivate the Sokol exceeded everyone's expectations. They shall hear about our efforts, our determination to

carry on those same Sokol Ideals and that spiritual and moral stamina shall keep alive the Sokols and their desire to again lead their nation to the road to complete freedom.

Almost three decades of dictatorship has not broken their will. They are bound to again gain the admiration of the world at their massive Slets.

In the meantime the torch is in our hands and the XII Slet of the American Sokol Organization is to be held in Chicagoland, June 26-29, 1969.

The last Slet in Praha was the XI Slet in 1948. Let us make the numerically next Slet, the XII Slet a commemorative Slet for them and an exhilarating, alive one for America.

JAMES L. CIHAK:

## More Bridges Under Construction

The commemoration of the Fiftieth Anniversary of the founding of the Czechoslovak Republic and the convention of Czech and Slovak organizations held in conjunction with it, in Washington, D. C., on October 18-20, 1968, laid foundations for many far-reaching actions for our entire future ethnic life.

The large working committees were composed of people with many years of successful experience and dedicated to the perpetuation and expansion of our Czech and Slovak culture in America. This is firmly in line with the actual sentiments of our government. The greater the wealth of culture poured into the American life stream, by its scores of ethnic groups, the richer will that life become.

Individual recommendations of the committee for the cooperation of all Czech and Slovak organizations will be given in detail in future issues of American Sokol. We give you the main objectives here, for the consolidation of future efforts to expand and safeguard our cultural work.

1. Call a convention of Czech and Slovak teachers and cultural workers in the U.S.A. and Canada, for the purpose of creating a permanent central coordinating organization. This shall have as its goal:

- a. Concentration and coordination of activity in the field of schools and culture, including choral and theatrical groups.
- b. Concentration of all possible financial assets of our lodges in a central school and cultural fund.
- c. Cooperation with fraternal organizations for their participation in this fund.
- d. Securing 'credit course' recognition for the teaching of Czech and Slovak at American

schools.

- e. Write and publish a practical "Czech and Slovak Conversation" booklet for Americans traveling to Czechoslovakia.

2. The committee recommends the most intensive cooperation of all ethnic organizations with the Sokol organizations, for the physical and ideological training of our youth is a very important factor for the preservation of our Czech and Slovak community life.

3. As the Czechoslovak National Council of America is today the main spokesman of our ethnic group in the battle for the ideals of freedom, democracy and justice, it is recommended that all organizations, who expressed their patriotic feelings, solidarity and unity at the convention should join with the Czechoslovak National Council of America in the closest cooperation.

4. As many new and important roles have been assigned to the Czechoslovak National Council, it is recommended that all Czech and Slovak organizations and individuals support the Council financially now and continue to do so in the future, in this joint effort on the national field.

5. The committee recommends the reactivation of the "Federation of Czech and Slovak Fraternal Organizations" for the purpose of cooperation in attaining the above goals.

These, briefly stated, were just some of the very important recommendations to assure the future of our ethnic group, a course that can become the great bridge to a more fruitful and beneficial period of activity for all of us. The Sokols as mentioned are a valued and integral segment of that future.

## The Landing of the Pilgrims

On December 21, 1620, 348 years ago, about one hundred men and women landed on the shore of what is now Massachusetts and founded a colony which they called Plymouth. The Pilgrims, as they were called, were mostly members of a small English religious community which had previously settled in the Netherlands to escape persecution. Mainly plain people—farmers and artisans—they were endowed with a goodly measure of courage and

perseverance. Before disembarking from their ship, the Mayflower, the heads of the families deliberated about the kind of community they wished to establish. To avoid possible tyranny or anarchy, they decided to submit to such government and governors as they should by common consent make and choose. This agreement was written and signed by them and is now known as the "Mayflower Compact." It is one of the important documents in the history of American democracy.

## ASO. Scholarship Awards



Jolene Swoboda

The interest in the ASO Scholarship awards has been most discouraging. For the third year since the awards were approved by the 1965 Convention, request for applications have been on a decline.

The ASO Board of Instructors conference in February 1968, made several recommendations to the Scholarship committee

which changed some of the previous requirements. These recommendations were adopted by the committee and published in the American Sokol. It was hoped that this would bring an increase in applicants from each District. However, the results were very disappointing as only three applications were received from all Districts.

Upon reviewing the applications, the committee selected Jolene Swoboda as winner

of the scholarship award for Western District. Congratulations and best wishes to her in the coming year.

Further consideration was given for a one year scholarship to Michael Hoskovec also of Western District. This was due to a previous Western District award winner using only a one year award due to graduation. This recommendation was approved by the ASO. Executive Board. Best of Luck to Michael in his studies during the current year.

In spring of 1969, application again will be open for the Scholarship awards. Directors of units and Districts are urged to inform the college bound students of these awards and encourage them to apply for the scholarships. Previous applicants are also urged to re-apply. Approval for these awards from the Future Leaders Fund was granted in 1965 by the Convention, so let us put these funds to use.

## EXECUTIVE BOARD

### Meeting Held November 26, 1968

Letter from Mr. J. Hertl of Hialeah, Fla.—referred to sis. E. W. Ruzicka. Sokol pamphlet will be updated for general information purposes on Sokol. Sis. E. Ruzicka reported on the Sokol booth at the Holiday Folk Fair. The response was very good.

Bro. E. Linhart, Dir. of Men: Received many requests for calisthenics and information on Sokol Material Supply. Sis. L. Zdenek will go to New York to resolve problems existing. Northeastern District working on special number for the Slet. Report received on Mexico Olympic Games from bro. Emil Milan. Bros. Linhart and Fina, and sis. Prchal reported on successful USGF. convention. Sister Prchal appointed USGF. Chairman of Women's Modern Gymnastic Committee. Reports received on physical fitness and on Central District instructors course. Schedule of Slet events set and will be recommended to the Slet Committee. Bro. Linhart will confer with bro. P. Fina concerning travel to AAU. convention at Las Vegas. Bills for USGF. convention, and filming of apparatus exercises approved for payment.

Sis. L. Zdenek, Dir. of Women, has invited several women to participate in BOI. Slet activity. Completed cutting of stencils for calisthenics (4 children's classes), and is cutting stencils for competition exercises. Studying music for calisthenics (children's and juniors) preparatory to taping. Attempted contacting Mr. Silverman of S.M.S. regarding uniforms several times without success. Will continue to do so and get matter thoroughly resolved.

Bro. C. Prchal excused. Report was read by sis. A. Falta. Bro. Prchal attended banquet honoring 3 men, one of whom was bro. Tesar. Spoke on behalf of the ASO. Attended and spoke at Akademie—Manifest solidarity čl. lidu. American Sokol November issue is in print.

Bro. J. Cihak spoke at 50th anniversary ceremonies at Sokol Detroit. Spoke at 50th anniversary of Polish Independence at Lane Technical High School. Wrote articles for American Sokol. Sent information on Sokol to Mayor J. R. Canfield of Dearborn Heights, Mich. Sent articles on Sokol to DePaul University. Wrote a short book report on "The Cemetery of Nations in the Siberian Tundra."

Sis. A. Basta assisted at the Sokol exhibit at Navy Pier. Much interest shown in our exhibit. Mrs. Heverdejs (sister of bro. C. Kropik) of Antioch, was interested in teaching calisthenics to boys—ages 8-10 years. Referred to sis. E. Ruzicka for further contact and possible unit in Antioch area. Calisthenics will be sent by BOI. Made contact with West Side Editor of Tribune. — Bro. J. Rabas reports talking with Editor from Tribune who promised he would help with Slet publicity. Will be in touch with Sun-Times next week where another contact has been made.

Sis. A. Falta, together with bro. F. Vodrazka, Treasurer, deposited interest from Treasury Certificates, transferred funds from Future Sokol Leaders Fund for 4 scholarships. Bro. Vodrazka has Labe Savings book. Will check to see where better returns can be had on our savings. Lease was put into safety deposit box.

# SOKOL GYMNAST

December 1968

EDITOR—MILDRED PRCHAL

2419 Scoville Avenue, Berwyn, Illinois 60402

BROTHERS – SISTERS:

MAY HAPPINESS BRIGHTEN YOUR HOLIDAYS AND  
REMAIN WITH YOU THROUGHOUT THE NEW YEAR.

MILDRED PRCHAL

## XII ASO. SLET CALISTHENICS – 1969

MEN (Continued)

PART II — B

32 measures, 2/4 time.

- I. 1a2a 8 runs into diagonal starting with left foot to closeleg, facing toward center of cross.  
 II. 1a2a 8 runs into diagonal starting with left foot to closeleg, facing toward center of cross.  
 III. 1a2a Frontarms, knuckles up.  
 IV. 1a2a Closearm.

(Diagrams in January issue)

- No. 1 and 6—135° turn left with 8 runs in place.  
 No. 4 and 7—225° turn left with 8 runs in place.  
 No. 10 and 13—45° turn left with 8 runs in place.  
 No. 11 and 16—45° turn right with 8 runs in place.  
 No. 2—135° turn right and 8 runs into diagonal and turn behind No. 5 facing toward center.  
 No. 5—45° turn left and 8 runs into diagonal and turn behind No. 6 facing toward center.  
 No. 8—45° turn right and 8 runs into diagonal and turn behind No. 3 facing toward center.  
 No. 3—135° turn left and 8 runs into diagonal and turn behind No. 7 facing toward center.  
 No. 9—135° turn left and 8 runs into diagonal and turn behind No. 14 facing toward center.  
 No. 14—45° turn right and 8 runs into diagonal and turn behind No. 10 facing toward center.  
 No. 15—45° turn left and 8 runs into diagonal and turn behind No. 12 facing toward center.  
 No. 12—135° turn right and 8 runs into diagonal and turn behind No. 11 facing toward center.  
 Nos. 6, 7, 10 and 11 step in closer to center.
- V. 1.-2. Kneel right—hands on hips, thumbs in back.  
 VI.-XVI. HOLD (women at Slet work alone, for unit exhibitions insert movements at end of Part B).  
 XVII. 1.-2. Squat—uparm, thumbs back.  
 XVIII. 1.-2. Uprise, level front bow—sidearm, thumbs up.
- XIX. 1.-2. Upright, squat—frontarm, knuckles up.  
 XX. 1.-2. Uprise, deep front bow—thru closearm high reararm, thumbs front.  
 XXI. 1.-2. Upright, squat—frontarm, knuckles up.  
 XXII. 1.-2. Uprise, toestand—reararm, palms front.  
 XXIII. 1.-2. Squat—thru frontarm, uparm outward, palms in.  
 XXIV. 1.-2. Uprise—sidearm downslant, knuckles up.  
 XXV. 1.-2. Right side lunge, side bow to right (trunk and left leg in line)—frontal swings to the left, thru uparm, both arms on right of body, frontarm to right, knuckles up.  
 XXVI. 1.-2. Upright draw right to closeheel stand—frontal swings downward to the left, frontarm up to the left.  
 XXVII. 1.-2. Frontal swings downward to the right, frontarm up to the right.  
 XXVIII. 1.-2. Frontal circle downward to the left, to closearm.  
 XXIX-XXXII. = XXV.-XXVIII.—Opposite.  
 XXXIII. 1a2a—4 runs in place, turn 90° right—sidearm, hold partners hands at elbows, end men hands on waist, center men touch with left hands in center.  
 XXXIV. 1a2a—4 runs L, R, L, R, turn ¼ (counterclockwise) circle.  
 XXXV. 1a2a—4 runs in place L, R, L, R.  
 XXXVI. 1a2a—4 runs L, R, L, R, turning ¼ (counterclockwise) circle.  
 XXXVII. 1a2a—4 runs L, R, L, R, turning ¼ (counterclockwise) circle.  
 XXXVIII. 1a2a—4 runs L, R, L, R, turning ¼ circle.  
 XXXIX. 1a—2 runs L, R, in place, drop hands, turn to direction of own marker.  
 2a—2 runs, L, R, toward own marker.  
 XL. 1a2a—4 runs L, R, L, R, to own marker (face front) and closeheel stand on last step.

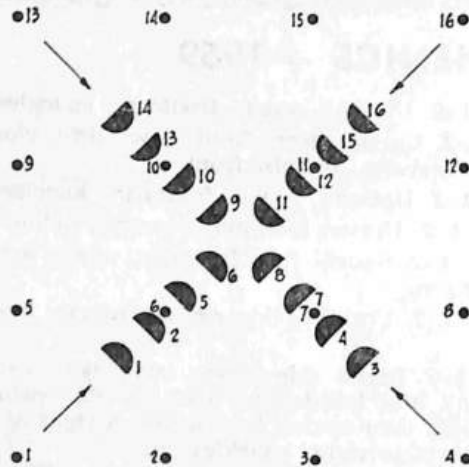
REPEAT—PART C = PART A.

**INSERT FOR UNIT EXHIBITIONS  
II EXERCISE — PART B**

- V. 1.-2. Kneel right—hands on hips.  
 VI. 1.-2. Squat support.  
 VII. 1.-2. Uprise and flank circles forward.  
 VIII. 1.-2. Continue to frontarm.  
 IX.-X. 1.-4. Rearbow—arms hold in frontarm.  
 XI.-XII. 1.-4. Frontbow—arms hold.  
 XIII. 1.-2. Upright, rearbow—left uparm (begin flank circle to rear).  
 XIV. 1.-2. Upright—left continues rearward to frontarm.  
 XV. 1.-2. Rearbow—right uparm (begin flank circle to rear.)  
 XVI. 1.-2. Upright—right continues rearward to frontarm.

**WOMEN — (Continued)**

**PART II — B**



40 2/4 measures — no introduction.

Blocks of 16—small circles of 4s—cross of 16.

- I.-IV. 4 polka steps R, L, R, L, in small circles of 4s in own area traveling counterclockwise as follows: Nos. 1, 2, 5, 6; Nos. 3, 4, 7, 8; Nos. 9, 10, 13, 14 and Nos. 11, 12, 15, 16.  
 On ct. 1, turn the necessary degrees and direction to form circle and face direction of travel, join hands R front, L back and execute 4 polka steps R, L, R, L, once around counterclockwise, turn head to right, look over R arm.  
 (On 1st ct. Nos. 1, 2, 3, 4, 9, 10, 11, 12 will turn 135° left to start polkas.)  
 (Arms completely stretched when doing polka steps in small circles.)  
 V.-VII. Form cross: Circles break, leaders Nos. 6, 8, 11, 9 lead their lines with 3 more polka steps, R, L, R, to center of block forming cross facing center (viz diagram). Release hands on first polka step going into cross and place fingers on shoulders of front girl.  
 VIII. 1. Step L in place.  
 2. Hold.  
 Arms are straight, fingers lightly on front girl's shoulders. Nos. 6, 8, 9, 11 frontarm, knuckles up, fingers touch in center of cross.

- IX.-X. 1.-4. Rearbow—arms hold.  
 XI.-XII. 1.-4. Frontbow—arms hold and straight thruout.  
 XIII. 1.-2. Upright; rearbow—L uparm (begin flank circle rear).  
 XIV. 1.-2. Upright—L continues rearward to frontarm.  
 (XIII.-XIV. L arms makes complete flank circle.)  
 XV. 1. 90° turn to right on R heel—R uparm (before turn).  
 2. Close L to R—place R arm back of right girl's waist, L arm moves back of left girl's waist (end girls place outside hand on waist; R arms are over L arms in back of bodies).  
 XVI. 1. Kneel R (knee slightly back of L heel) lean forward, head frontbow.  
 2. Hold.

XVII.-XXXI. Hold.

XXXII. 1. Upright, R reartouch.  
 2. Hold.

XXXIII. 1.&2.&. 4 runs in place R, L, R, L.

XXXIV. 1.&2.&. 4 runs R, L, R, L, turning one quarter circle counterclockwise in cross, (center girls hold L hands in center).

XXXV. 1.&2.&. 4 runs R, L, R, L, in place.

XXXVI. 1.&2.&. 4 runs R, L, R, L, turning one quarter circle.

XXXVII. 1.&2.&. 4 runs R, L, R, L, turning one quarter circle.

XXXVIII. 1.&2.&. 4 runs R, L, R, L, turning one quarter circle.

XXXIX. 1.&. release and closearm—2 runs R, L, in place, individuals turning 90° to right.  
 2.&. 2 runs R, L, toward own markers

XL. 1., &, 2., 3 runs R, L, R, to own markers.  
 &. close L to R.

**PART II—C LIKE PART II—A**

(Change of formation before PART III to be furnished later—it is the same as before PART II.)

**PART III — A**

32 3/4 measures. Flowing and smooth arm movements—amplify all body and arm movements.

On markers at open interval—in block of 16—numbered as per diagram.

I. Dip L forestep—L thru frontarm, knuckles up, turn palm up and sidearm—head turn left, eyes follow movement of hand.

II. = I. opposite.

III. Chasse L forward (dip L forestep, close R to L)—frontal swing downward to bend inward uparm (5th pos.) R crosses over L.

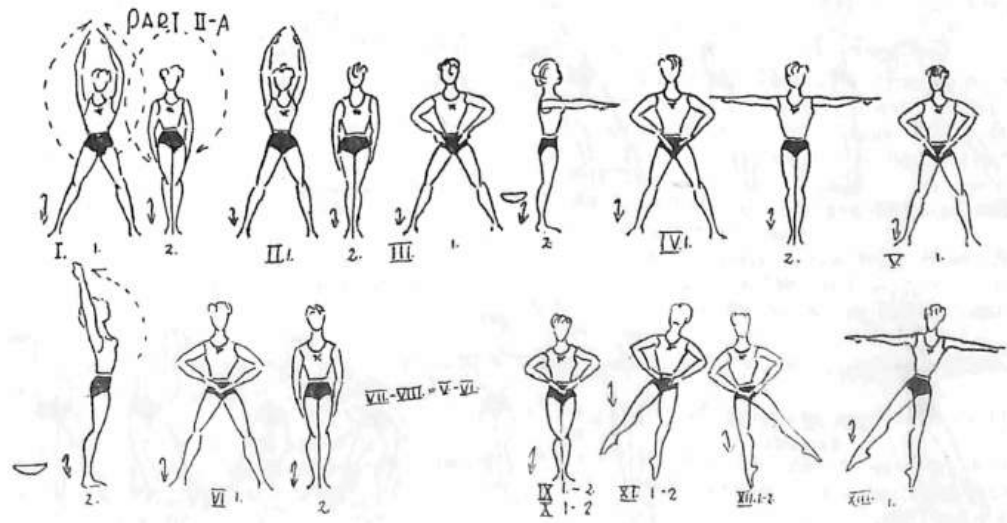
IV. Dip L forestep—strong stretch of body forward and upward, shoulder rearbow.

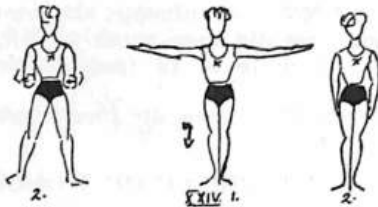
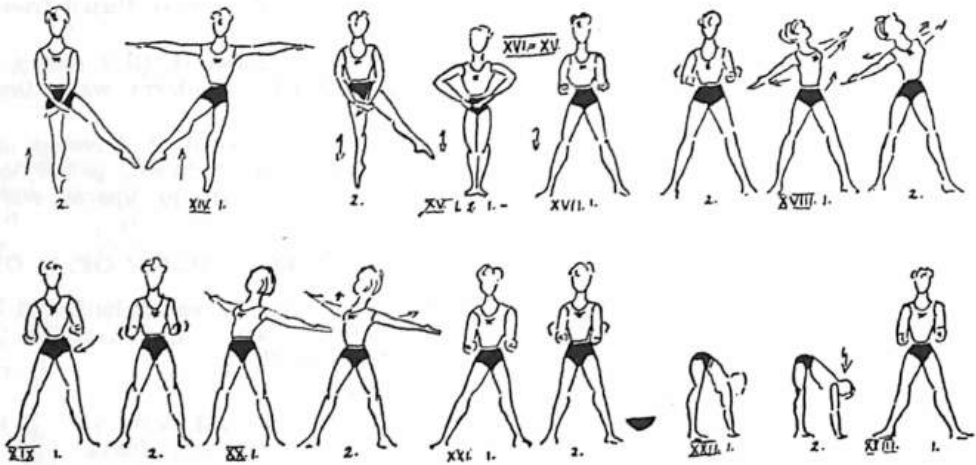
V. Halfsquat R rearward, L foretouch, head rearbow, sidearm, palms up, on 3 softly turn knuckles up.

VI. Uprise, halfsquat L rearward, R foretouch, frontbow—frontarm inward, R over L; execute first loop of lateral figure "8".

- VII. Upright, uprise, chasse back (rearstep R, close L) toestand—execute second loop of lateral figure "8" thru sidearm to reararm, knuckles up.
- VIII. Dip R rearstep, L foretouch—sidearm, softly turn palms up.
- IX. Dip L sidestep, close R, toestand (L remains sidearm) sidebow to left—start downward frontal circle R.
- X. Upright, dip L sidestep, R sidetouch, sidebow to right—finish front inward R, palms up, look toward hands.
- XI. Upright, dip R sidestep, L sidetouch—R swing downward sidearm, palms up, head turned to right.
- XII. Upright, dip L sidestep—thru wave in sidearm turn knuckles up.
- XIII-XVI. = IX-XII. opposite.
- XVII. Dip close L—downward frontal circle (R crosses over L).
- XVIII. Dip R sidestep, L sidetouch, **SIDE BODY WAVE** to right (R hip leads followed by transfer of weight to R) downward swing to low reararm inward, (behind body) back of R hand lightly placed in palm of L hand; head moderately turned to right.
- XIX. Dip L sidestep, R sidetouch, side body wave to left (L hip leads followed by transfer of weight to left)—arms hold, head moderately to left.
- XX. Dip R sidestep, L sidetouch, side body wave to right (R hip leads followed by transfer of weight to R)—arms hold, head moderately to left.
- XXI. Turn in direction of center of block to form a circle of four in center comprised of Nos. 6, 7, 10, 11 and circle of 12, Nos. 1, 2, 3, 4, 5, 8, 9, 12, 13, 14, 15, 16 (viz diagram):  
 1. L low sideleg turning on R halftoe shortest way in direction of center.  
 2-3. Dip L forestep—release and draw arms thru closearm, carrying elbows upward first (arms pass thru bend sidearm—hands pass from back

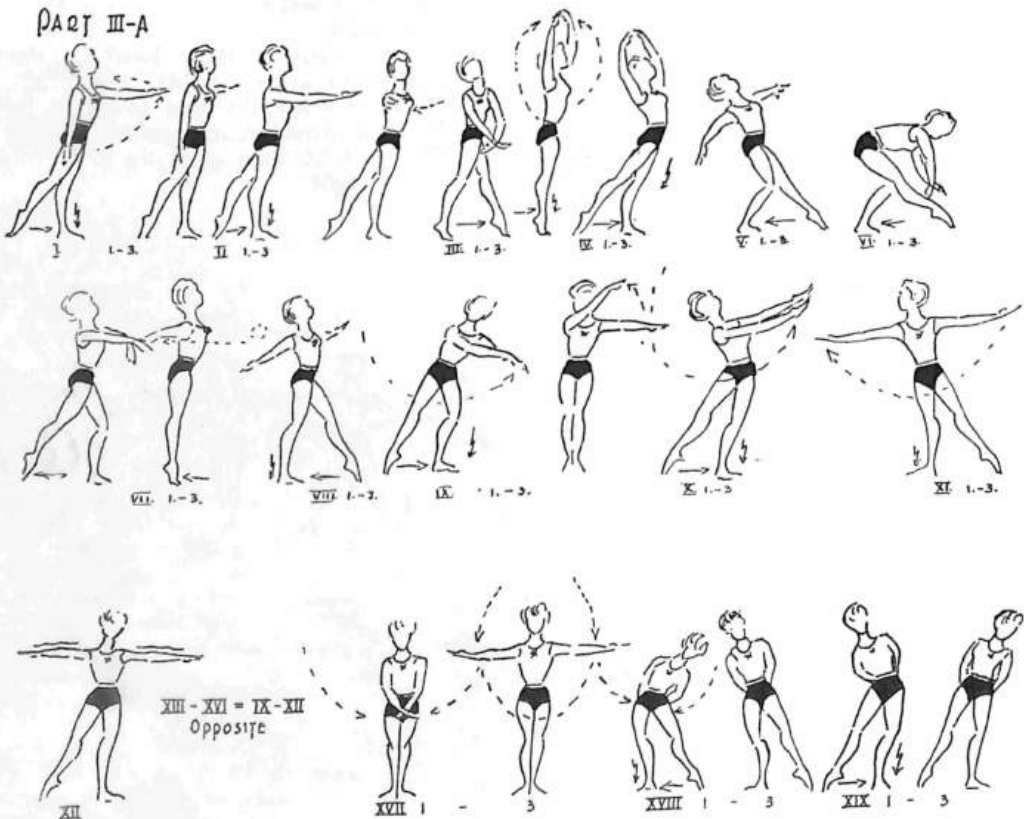
- to frontarm under arms), thrust frontarm, palms up.
- XXII. Chasse R forward, (R forestep, L closes to R in toestand)—frontarm wave turning palms forward.
- XXIII-XXIV. Halfsqat R forestep and uprise—soft bend uparm outward, palms in and small hand circle inward to uparm outward, arms stretched.
- XXV-XXXII. FOR CIRCLE OF 12 ONLY:  
 XXV. Slide L foot to rear to halfsqat R reartouch, moderate frontbow—uparm, palms front (trunk and L leg in line).  
 XXVI. Hold.  
 XXVII. Uprise, upright, L rearstep, R foretouch—L flank circle front, palm front.  
 XXVIII. R closes to L, moderate rearbow—R flank circle front, palm front.  
 XXIX. Upright, halfsqat—frontward closearm.  
 XXX. Uprise, toestand—soft sidearm, palms down (XXIX. and XXX.—continuous arm movement).  
 XXXI. Thru knee dip turn trunk to left, head to left—girls in circle of 12 (outside circle) join hands.  
 XXXII. Upright, thru knee, dip turn trunk to right, head to right.
- XXV-XXXII. FOR CIRCLE OF 4 ONLY:  
 XXV-XXVI. Join hands in uparm outward, rearbow, close L to R (girls should be in close interval).  
 XXVII. Upright, reararm — placing arms around each others waist.  
 XXVIII. Hold.  
 XXIX. Moderate frontbow, head frontbow.  
 XXX. Upright—(arms hold).  
 XXXI. Thru knee dip turn trunk to left, head to left (hold arms around waist).  
 XXXII. Upright, thru knee dip turn trunk to right, head to right.

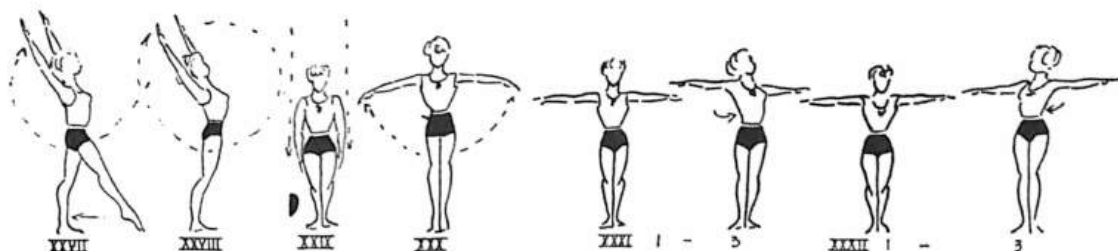
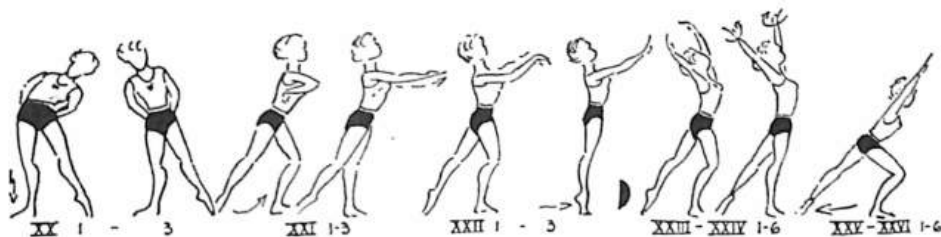




If you've ever had to stay in bed for a few days, you've probably wondered why your legs were so thin and wobbly when you got up. Both these symptoms reflect the actual condition of your muscles. Just as exercise enlarges and strengthens the muscles, lack of exercise weakens and shrinks them. When muscles are not used, many of the tiny capillaries which nourish them shut down. As soon as they are given some work to do, the capillaries re-open and start nutrition flowing again.

(Sokol Baltimore "Topix")





## JUNIOR BOYS AND GIRLS

Passage To Part II for Junior Boys and Girls Will Be Furnished Later

(Continued)

### JUNIOR GIRLS

Part II — 64 measures, 3/4

All arms and hands soft; use full measure to complete moves.

- I. With ½ squat dip, left forestep, right reartouch; frontarm, palms down.
- II. With ½ squat dip, shift weight back to stand right rearstep, left foretouch; flank swing thru closearm, to reararm, palms back.
- III. Shift weight forward to stand left forestep, right high frontleg thru closeleg, 180° turn left on left toe (right now becomes right rearleg); swing thru closearm, frontarm to uparm, palms front.
- IV. Shift weight, stand right rearstep, left foretouch, swing down thru frontarm, closearm to reararm, palms back.
- V.-VIII. Repeat I.-IV., Part II, exactly.
- IX. 90° turn right; with dip ½ squat to left sidestep, slight left sidebow, right sidetouch; swing thru closearm to left sidearm, right frontarm far inward, palms down.
- X. Upright, shift weight with dip ½ squat to right sidestep, slight right sidebow, left sidetouch; swing downward thru closearm to right sidearm, left frontarm far inward, palms down.
- XI. 90° turn right (to rear), right forestep, left reartouch; flank swings down thru closearm, reararm, uparm, palms forward.
- XII. Dip ½ squat right, high left frontleg, flank swing thru frontarm, closearm to reararm, palms back.
- XIII. 90° turn right with dip ½ squat to left sidestep, slight left sidebow, right sidetouch; swing thru closearm to left sidearm, right frontarm far inward, palms down.

- XIV.-XV.-XVI. Repeat X.-XI.-XII., Part II, to opposite side.
- XVII. Dip ½ squat close left back to right, close-heel stand; swing down to frontarm, palms down.
- XVIII. Dip ½ squat flank swing with moderate rearbow, head back, then forward (body wave) to uparm, palms front.
- XIX. Flank circle forward (no knee dip), high left rearleg.
- XX. Deep frontbow, high left rearleg hold; thru frontarm, closearm, reararm, palms back.
- XXI. Dip ½ squat closeleg, frontbow hold, swing thru closearm, frontarm to uparm, palms forward.
- XXII. Dip ½ squat upright, flank circle thru frontarm, closearm, reararm back to uparm, palms forward.
- XXIII. Frontal swings inward to sidearm, palms down.
- XXIV. Closearm.
- XXV. Kneel right rearward; frontarm, palms down.
- XXVI. Kneel both knees; flank swing down thru closearm, reararm to uparm, palms forward.
- XXVII. Deep frontbow, sit on heels; reararm, palms back (up).
- XXVIII. Sit up off heels to kneel; body upright; frontarm, palms down.
- XXIX. Flank swing down thru closearm, reararm to uparm, palms forward.
- XXX. Deep frontbow, sit on heels; reararm, palms back (up).
- XXXI. Sit on heels, body upright; frontarm, palms down.
- XXXII. Sit on heels, body upright; sidearm, palms up.
- XXXIII. Seat hold—slight lean to left, left arm hold; right swing down inacross, turning wrist and leading with back of hand; eyes follow hand.

- XXXIV. Seat hold—upright; left arm hold; right swing down to sidearm, turning palm up.
- XXXV.-XXXVI. Seat hold; repeat XXXIII.-XXXIV., Part II, with left arm and slight lean to right.
- XXXVII. Body rises off heels; both arms swing down in across, turning wrists and leading with back of hands; head down.
- XXXVIII. Kneel right, left forestep; swing down to sidearm, palms up; head forward.
- XXXIX. Uprise, left forestep, right reartouch; frontal circle down thru closearm, in across to sidearm, palms down.
- XL. Closeheel stand, frontal circle down to sidearm, palms down.
- XVI.-XLVIII. Repeat arm and body movements of XXXIII.-LX., except on XXXVIII.—closearm.
- XLIX.-LXIII. Repeat I.-XV., Part II.
- LXIV. Dip  $\frac{1}{2}$  squat right, close left; flank swing thru frontarm to closearm.

### JUNIOR BOYS

#### Part II — 64 measures, 3/4

- I. Stand right sidestride; frontal swing to right, thru uparm to left sidearm, right frontarm, far inward, palms down.
- II. Feet hold; frontal swing down, thru closearm, right side, to uparm, palms in.
- III.  $\frac{1}{2}$  squat right sidestep, left sidetouch; deep frontbow to left; frontarm inward to left side, fingers touching left ankle, palms down.
- IV. Uprise, upright; thru left sidearm, right far inward to uparm, palms in.
- V.-VI. Draw right to closeheel stand, frontal circles inward to uparm, palms in.
- VII. Frontal circle outward to uparm, palms in.
- VIII. Frontal swing outward to closearm.
- IX.-XVI. Repeat I.-VIII., Part II, except to opposite side.
- XVII. Lunge left forward, body remains upright; thru frontarm, uparm, palms in.
- XVIII. Dip arms from shoulders rearward.
- XIX. Straighten left to stand left forestep; thru closeleg, high right frontleg with  $180^\circ$  turn left to left squat support, right reartouch, palms on floor.
- XX. Extend left rearward to support lying in rear of hands.
- XXI. Dip support lying in rear of hands.
- XXII. Support lying in rear of hands.
- XXIII. Squat support.
- XXIV. Uprise, upright; closeheel stand, closearm.
- XXV.-XXXII. Repeat XVII.-XXIV., facing out of circle.
- XXXIII. (Now facing into circle) squat to seat support, bent closeleg, hands slightly reararm and body moderate rearbow.
- XXXIV. Seat support closeleg (straighten legs).
- XXXV. Seat, frontbow, frontarm, palms down, fingers touch toes.
- XXXVI. Seat, upright, sidearm, palms down.
- XXXVII. Seat, frontbow, frontarm, palms down, fingers touch toes.
- XXXVIII. Seat, upright, sidearm, palms down.
- XXXIX. Support lying on back, closearm, closeleg.
- XL. Hold.

- XLI. Support lying on back, astride; sidearm, palms down (boys' toes should touch each neighbors').
- XLII. Support lying on back, arms hold, closeleg.
- XLIII. Support lying on back; astride; arms hold.
- XLIV. Support lying on back, closearm, closeleg.
- XLV.-XLVI. Support lying on back, arms hold; thru frontleg, touch floor behind head with toes.
- XLVII.-XLVIII. Support lying on back, arms hold; thru frontleg, return down to closeleg on floor.
- XLIX. Support lying on back, closearm, palms down to floor, frontleg (legs perpendicular to floor).
- L. Support lying on back, arms hold; frontleg astride (approximately  $45^\circ$  angle).
- LI. Support lying on back, arms hold; close to frontleg.
- LII. Support lying on back, arms hold; return down to closeleg on floor.
- LIII. Support lying on back, thru sidearm, uparm, palms forward.
- LIV. Support lying on back; thru sidearm, return to closearm.
- LV.-LVI. Repeat LIII.-LIV., Part II.
- LVII. Uprise, seat, frontbow, frontarm, palms down, fingers touch toes.
- LVIII. Seat, upright, reararm support, slight rearbow.
- LIX.-LX. Repeat LVII.-LVIII., Part II.
- LXI.  $180^\circ$  turn left, by keeping left arm on floor, swinging right arm thru sidearm and frontarm, up and over to support lying in rear of hands.
- LXII. Squat support.
- LXIII. Uprise, upright, closeheel stand, closearm (facing away from center).
- LXIV. Hold.

### JUNIOR GIRLS

#### Passage to Part III — 4 measures, 2/4

	Front			
4	3	2	1	
	Rear			

- I.-II. Hold.
- III.-IV. Girls No. 4 and No. 3:  $90^\circ$  turn right; No. 4 runs diagonally, L, R, L, close R, to right side of No. 3.
- No. 1 and No. 2:  $90^\circ$  turn left; No. 1 runs diagonally, L, R, L, close R, to left side of No. 2. (No. 2 and No. 3) stay on markers; No. 1 and No. 4 are "behind" these girls, evenly spaced between rows in depth; 2 rows are now facing each other. Rows are now to be designated as column "B" or "A":

"B"	"A"
3	2
4	1

#### Part III — 48 measures, 2/4

First 16 measures—each measure is done with a jump —

- I. A  $\frac{1}{2}$  squat left, right sidetouch in place; slight left sidebow; left frontarm far inward, right sidearm, palms down; fingers spread; look right.  
B Opposite of Column A.
- II. A & B Upright,  $\frac{1}{2}$  squat (draw sidetouching leg in); bend closearm; hands in fists just in front of shoulders.

- III. A Opposite of I.  
B Opposite of I.
- IV. A & B Repeat II.
- V. A & B  $\frac{1}{2}$  squat left, right reartouch, frontarm, fingers spread.
- VI. A & B Repeat II.
- VII. A 90° turn right (to front) stand astride sideway, thrust to uparm outward, palms down (backs of hands facing in), fingers spread.  
B 90° turn left (to front) stand astride sideway—arms like "A".
- VIII. A & B Repeat II.
- IX.-XIV. A & B Repeat I.-VI.
- XV. A 90° turn left (face "B"), repeat I.  
B 90° turn right (face "A"), repeat I.
- XVI. A & B Repeat II.

Next 15 measures—omit jumping—all work alike.

- XVII. Uprise, stand left foretouch, right frontarm downslant, left reararm, palms in, fingers closed and stretched.
- XVIII. Close left,  $\frac{1}{2}$  squat, hands as in II.
- XIX. Uprise, stand right foretouch, left frontarm downslant, right reararm, palms in, fingers closed and stretched.
- XX. Close right,  $\frac{1}{2}$  squat, hands as in II.
- XXI. Uprise, high left frontleg, right frontarm, touching left instep, left reararm, palms in.
- XXII. Close left,  $\frac{1}{2}$  squat, hands as in II.
- XXIII. Uprise, high right frontleg, left frontarm, touching right instep, right reararm, palms in.
- XXIV. Close right,  $\frac{1}{2}$  squat, hands as in II.
- XXV. Uprise, left reartouch; frontarm, palms down.
- XXVI. Close left,  $\frac{1}{2}$  squat, hands as in II.
- XXVII. Uprise, right reartouch, frontarm, palms down.
- XXVIII. Close right,  $\frac{1}{2}$  squat, hands as in II.
- XXIX. Uprise, left high rearleg; thrust uparm, palms forward, look up.
- XXX. Close left, look forward, hands as in II.
- XXXI. Uprise, right high rearleg, thrust uparm, palms forward, look up.

Next 9 measures—include jumping.

- XXXII. Close right; squat;  $\frac{1}{2}$  bend closearm outward, hold neighbor's hands — hands shoulder height (hands are held until further notice).
- XXXIII.  $\frac{1}{2}$  squat right, left foretouch, frontarm.
- XXXIV. Draw left in; squat;  $\frac{1}{2}$  bend closearm outward.
- XXXV.  $\frac{1}{2}$  squat left, right foretouch, frontarm.
- XXXVI. Draw right in; squat;  $\frac{1}{2}$  bend closearm outward.
- XXXVII. A 90° turn right;  $\frac{1}{2}$  squat right, left sidetouch. Hands are now: right frontarm, inward downslant; left reararm inward downslant.  
B 90° turn left;  $\frac{1}{2}$  squat left, right sidetouch. Hands are now: left frontarm inward downslant; right reararm inward downslant.
- XXXVIII. A 90° turn left; closeleg squat;  $\frac{1}{2}$  bend closearm outward.  
B 90° turn right; closeleg squat;  $\frac{1}{2}$  bend closearm outward.
- XXXIX. A 90° turn left;  $\frac{1}{2}$  squat left, right sidetouch. Hands are now left frontarm inward downslant; right reararm inward downslant.

B 90° turn right;  $\frac{1}{2}$  squat right, left sidetouch. Hands are now right frontarm inward downslant; left reararm inward downslant.  
(A & B are facing rear and opposite of measure XXXVII.)

- XL. A 90° turn right, closeheel stand, DROP hands.  
B 90° turn left, closeheel stand, DROP hands.  
(A & B are facing each other again.)
- XLI. All alike.
1. High left frontleg; frontarm inward, palms down.
  2. Closeleg; closearm.
- XLII. 1. High right frontleg; frontarm inward, palms down.

### JUNIOR BOYS

2. Closeleg; closearm.
- XLIII. 1. A 90° turn right — B 90° turn left.  
 $\frac{1}{2}$  squat closearm outward, palms in.  
2. Hold.
- XLIV. 1. Uprise, closeheel stand, thru sidearm, uparm outward, palms in, look up.  
2. Hold.
- XLV. 1.  $\frac{1}{2}$  squat thru sidearm, closearm outward, look forward.  
2. Hold.
- XLVI. 1. Uprise closeheel stand, thru sidearm, uparm outward, palms in, look up.  
2. Hold.
- XLVII. 1. Sidearm, palms down, look forward.  
2. Frontarm, palms in.
- XLVIII. 1. Closearm.  
2. Hold.

### Passage to Part III — 4 measures, 2/4

- I.-II. 1.-2.-3.-4. All boys return to original markers on first 4 count, L, R, L, close R; hands in fists at waist. Reverse facing movement in Passage to Part II.
- III. 1. Closeleg stand, closearm, open hands.  
All are now facing forward on own markers.  
2. Hold.
- IV. 1.-2. Hold.

### Part III — 48 measures, 2/4

- I. 1. Squat support, palms on floor.  
2. —
- II. 3. Uprise, upright, stand astride sideway; uparm outward, palms front.  
4. —
- III.-IV. 5.-8. Repeat I, II.
- V. 9.-10. Repeat I.
- VI. 11. Uprise, upright, closeheel stand, thru sidearm, uparm, palms in, look up.  
12. —
- VII. 13. Uphop in place, left sidetouch, sidearm, palms down, look forward.  
14. Hop to closeleg stand, uparm, palms in.
- VIII. 15. Hop in place, right sidetouch; sidearm, palms down.  
16. Hop to closeleg stand, uparm, palms in.
- IX. 1. Squat support, palms on floor thru sidearm.  
2. —
- X. 3. Uprise, deep frontbow, frontarm, palms in, fingers touching floor.  
4. —

- XI. 5. Squat support, palms on floor.  
6. —
- XII. 7. Uprise, upright, closeheel closearm stand.  
8. —
- XIII. 9. Stand astride sideway; thru sidearm, uparm inward, hands clap.  
10. Jump to closeheel stand, closearm.
- XIV. 11.-12. Repeat XIII.
- XV.-XVI. 13.-14.15. 180° turn left with 3 running steps in place, L, R, L, knees high; hands at hips in fists.  
16. Draw right to closeheel stand, closearm, open hands.  
All are now facing rear.
- XVII.-XXXII. Repeat I.-XVI.
- XXXIII. 1. Stand astride sideway, trunk 45° turn left; hands frontarm upward, palms up.  
2. —
- XXXIV. 3. Hop to closeheel closearm stand, trunk turn forward.  
4. —
- XXXV. 5. Stand astride sideway, trunk 45° turn right; hands frontarm upward, palms up.  
6. —
- XXXVI. 7. Hop to closeheel stand, closearm, trunk turn forward.  
8. —
- XXXVII. 9. Hop in place to ½ squat left, right sidetouch, left sidearm upslant, right sidearm downslant; palms down.  
10. —
- XXXVIII. 11. Relunge to right, right sidearm upslant, left sidearm downslant, palms down.  
12. —
- XXXIX. 13. Relunge to left, left sidearm upslant, right sidearm downslant, palms down.  
14. —
- XL. 15. Hop to closeheel closearm stand.  
16. —
- XLI. 1. High left frontleg, frontarm inward, palms down (hands touch toes).  
2. Closeleg, closeheel, closearm stand.
- XLII. 3. High right frontleg, frontarm inward, palms down (hands touch toes).  
4. Closeleg, closeheel, closearm stand.
- XLIII. 5. ½ squat; sidearm downslant, palms down.  
6. —
- XLIV. 7. Uprise, thru sidearm, uparm outward, palms in.  
8. —
- XLV. 9. ½ squat thru sidearm, sidearm downslant, palms down.  
10. —
- XLVI. 11. Uprise, thru sidearm, uparm outward, palms in.  
12. —
- XLVII. 13. Sidearm, palms down.  
14. Frontarm, palms in.
- XLVIII. 15. Closearm, closeheel stand.  
16. —

## XII SOKOL SLET CALISTHENICS AMERICANA I and II Classes of Boys and Girls

Composed by: Mili Udaykee, Ed Linhart, EllenJeanne Schnabl and Richard Ptacek

Music: Prof. F. Kubina

FOREWORD: 1st Class Girls, 1st and 2nd Class Boys in FOURS at close interval; 2nd Class Girls in FIVES at middle interval.

SECTION I—A, I—B ARE THE SAME FOR  
ALL FOUR CLASSES

INTRODUCTION AND PASSAGE TO MARKERS:

8 measures, 4/4 time.

For 1st Class Girls, 1st and 2nd Class Boys:  
In 4's at close interval—1 marker in depth between each group.

No. 1 gymnast stands on No. 1 marker,  
No. 4 gymnast stands on No. 2 marker,  
No. 2 and No. 3 gymnasts stand between  
No. 1 and No. 4 gymnasts.

(markers)	4	3	2	1
(gymnasts)			4	3 2 1

I.-IV. 1.-16. Hold

V.-VI. 1.-7. All gymnasts 90° turn left and starting with left foot, 7 steps forward to position on own marker:

No. 1 gymnast—7 steps in place.

No. 2 gymnast—7 shorter steps forward to No. 2 marker.

No. 3 gymnast—7 regular steps forward to No. 3 marker.

No. 4 gymnast—7 longer steps forward to No. 4 marker.

8. All 90° turn right to closeheel stand, sidearm, palms down.

VII. 9-12. Hold.

VIII. 13. Closearm.

14.-16. Hold.

For 2nd Class girls only: in 5's at middle interval, 1 marker in depth.

No. 1 gymnast stands on No. 1 marker,  
No. 2 gymnast stands between No. 1 and No. 2 markers,

No. 3 gymnast stands on No. 2 marker,  
No. 4 gymnast stands between No. 2 and No. 3 markers,

No. 5 gymnast stands on No. 3 marker.

(markers)	5	4	3	2	1
(gymnasts)				5	4 3 2 1

I.-IV. 1.-16. Hold

V.-VI. 1.-7. All 4 gymnasts 90° turn left and starting with left foot, 7 steps forward to own position on own markers:

(Continued)

Sis. E. Schnabl presented detailed report on the moving of our offices and the necessities involved getting settled. Much help was given us during our move by many brothers and sisters. Obtained literature on postage meter mailing machines. Ordered ASO. Christmas cards. Answered current correspondence and wrote annual letter to the units. Sis. A. Sotka prepared financial report for October, listed donations received for Future Sokol Leaders Fund. Wrote letter advising former landlord we would not renew our lease, paid rental, and keys were turned in to Bohan Agency as instructed by Miss Mayer. Bro. Vorel returned picture, plaque, and pedestal which were refinished. Built new shelves. — Sis. M. Udaykee made card index file of Slet Committee members, cut stencils and mimeographed set up of Slet working committees, spent many hours in packing, unpacking and cleaning before and after moving day. All correspondence taken care of. A list of key holders to be kept in file. Key will be obtained for use of bro. J. Cihak. One mimeograph to be sold. — Office furniture, chairs, filing equipment and secretarial chairs were ordered and approved.

Bro. G. Basta, Chairman reported regular Slet Committee meeting held 11-22-68. ASO BOI was granted full power to plan entire Slet program, Sunday, June 29, 1969. Tentative schedule of events was proposed. Morton West tentatively approved for our use. Admission prices were set and approved. Frank Zakrocky's orchestra approved for Slet program. Are seeking a Slet theme, should have word "Youth" within its scope.

General discussion followed concerning the Slet. President bro. S. Barcal reported attending Sokol Stickney 40th anniversary banquet. Attended birthday party held for 3 celebrants, one of whom was bro. Tesar. Attended Sokol Town of Lake 80th anniversary celebration. Attended BOI Joint Meeting and Slet Meeting. Spoke at Central District Course, which was very well attended. Week-end course is very effective in this district.

## Financial Report ASO. November 1968

### INCOME:

Dues .....	\$1,113.70
Convention Fund .....	20.00
Special Assessment .....	53.00
Dividends and Interest .....	628.13
Jewelry and Hats .....	55.10
Sokol emblems, Educational pamphlets, stickers .....	30.00
First Day Covers and Postcards .....	60.30
Postage and Miscellaneous Income .....	23.54
<b>Total Income .....</b>	<b>1,983.77</b>
Transfer of funds from Future Sokol Leaders Fund .....	400.00
	<b>\$2,383.77</b>

### DISBURSEMENTS:

<b>Administrative Department</b>	
Salaries .....	\$368.03
F.I.C.A. & F.W.T. for October ....	56.04
Rental, Janitor Service, Phone, Electric .....	283.42

Office Supplies and Miscellaneous Office Equipment .....	71.79
Travel Expense .....	9.30
Rental of Safe Deposit Box .....	7.50
Moving Expense .....	231.00
Miscellaneous Expense .....	74.61
Petty Cash .....	46.04
	<b>\$1,147.73</b>

### Educational Department BOI

Salaries .....	\$207.80
F.I.C.A. & F.W.T. for October ....	53.20
Printing Add'l. copies "Sokol Gymnast" .....	27.72
Editor "Sokol Gymnast" .....	25.00
Phone .....	7.25
Registration fees — U.S.G.F. Congress .....	20.00
Film .....	4.20
	<b>\$ 345.17</b>

### Sokol Publication

Printing "American Sokol .....	\$522.72
Postage for July-August and September issues .....	66.12
Editor "American Sokol" .....	75.00
	<b>\$ 663.84</b>

### Miscellaneous

XII Slet Expense — Rental .....	\$ 15.00	15.00
Total Disbursements .....		<b>\$2,171.74</b>

### BALANCE:

#### Totals Brought Forward:

Western National Bank of Cicero — Checking Account .....	\$3,213.79
Income — November 1968 .....	2,383.77
	5,597.56
Disbursements — November 1968 ....	2,171.74
	<b>\$3,425.82</b>

## FROM OUR DISTRICTS

### EASTERN DISTRICT

October 21, 1968

At the request of Sokol Belcamp, letters pertaining to the situation occurring in Czechoslovakia had been sent to Governor Spiro T. Agnew, Senator Joseph T. Tydings, Senator Daniel B. Brewster and Congressman Clarence D. Long.

The performance of Sokolice Baltimore junior girls at the 50th Anniversary of the Republic of Czechoslovakia at Washington, D. C., was well received. Many thanks to bro. Ed Stetka who taught the drill.

Sokol Belcamp had reactivated their gym classes. The Eastern District won the trophy at the United Sokols of the East track meet plus many individual prizes.

Sokol New York—Classes have resumed with a large gain in attendance. Gymnasts have pledged to clean the hall once a week.

Sokol Fuegner—No gym classes due to the renovation of Bohemian Hall. The senior women are attending New York Sokol gym classes.

United Sokols of the East—Slet will be held on May 25th at Boonton Sokol Camp.

Slovak Sokols will hold the leadership for this year.

D.A. Sokol of Newark will be contacted in regards to the sale of D.A. Sokol Camp in Ironia, New Jersey.

A proposal had been made that we cooperate and become members of the Czechoslovak National Council.

\* \* \*

#### SOUTHERN DISTRICT

October 10, 1968

From ASO.—approved applied reimbursement for District course expenses.

Dallas—Gymnasts participated in exhibition in Ennis, 35 gymnasts participated at the Czech Day at the Fair. Day classes maintained.

Ennis—60th anniversary celebration termed successful, attended by a large crowd; several gymnasts participated at Czech Day at the Fair, initiated adult classes—purchased new horizontal bar.

Houston—On agenda: annual Sokol circus and International Market Square celebration; gymnasts participated in Ennis 60th anniversary.

Approximately 150 gymnasts participated at 60th anniversary celebration in Ennis; program presented was the same as the Slet in Houston. Five teams competed in volleyball tournament, Houston placed first. 92 gymnasts participated at the State Fair, special numbers and light apparatus were presented.

Recent publicity of Sokol in local area: The daily paper of Ennis covered the unit's celebration with articles and pictures prior and during the function. Fort Worth women presentation of their special number on the Mobil stage at the State Fair received front page photograph recognition in the Dallas Morning News.

#### WESTERN DISTRICT

November 11, 1968

Sokol Omaha and So. Omaha competed in City Play Day on November 9, 1968. Several Sokol gymnasts placed in the top in their divisions.

Received copies of correspondence that the ASO. received re: The Czech invasion.

Director of Women—Bozena Drozda: Telephone call to Chicago—Teaching aids clarification—only actual aids can be purchased using the Traveling Instructor's Fund monies. Example: Slides or film may be purchased but not a camera. Uniforms—All records and the like were destroyed in a flood. Anyone having orders not yet filled, must send S.M.S. a copy of the original order to indicate that the order was made and proof of payment must be established. Sokol Material Supply is also looking for a new supplier, so time ONLY will solve their and our problem. Scholarships—The majority feel the scholarships unfair, but nothing can be done until the next convention. No site has been selected for the 1969 Slet, but it is still planned for the date of June 29, 1969.

FRED STANKOVSKY:

#### Sokol Milwaukee

In a period of 100 years our organization has been enriched by the work of its members. It is easy to take for granted, or by-pass, the efforts of these loyal workers.

To thank these members, Sokol and Sokolice Milwaukee held a Recognition Dinner on Saturday, December 19, 1968. Br. Joseph Drnec, Central

District President, attended this affair and with 200 members and guests paid tribute to these loyal workers of our unit. The oldest member, Br. Alois Fanta, who is 87 years old, was given special recognition for his many years of Sokol work. All the Past Presidents, officers and committee members were presented to the audience.

All of this activity was in addition to the wonderful meal prepared by our faithful Sokolice. Not only did our Sokolice prepare this feast but immediately continued baking for our Holiday Folk Fair participation. Kolace, buchty, apple strudel, you name it, our sisters baked it. All of this was coupled with activity in our gymnasium where 110 boys and girls prepared themselves for their part in the children's program and the adults for the dance attraction.

The days finally arrived — November 15, 16 and 17th. The doors opened and in the three days a total of 57,500 people witnessed the wonderful work of Folk Fair participants of 37 ethnic groups. We had many visitors from Illinois and Michigan and it was a good feeling to meet these Sokol brothers and sisters and show them the fruits of our labor. The three days soon passed and all sighed with relief. It was a most profitable venture for us. Our Exhibit Booth won the first prize of \$1,000. So now we begin all over again preparing for next year's affair.

Keeping up with the regular Sokol pace, on December 1st we were co-hosts to the Czech Basketball Team which played at one of the colleges in the suburb of Waukesha. To make it a memorable reception, after the game, our sisters who attended brought Czech bakery. The young men were pleased and elated that so many present could speak Czech with them. There were 25 of us from the Milwaukee area.

Sokol Milwaukee steps into its second century with dynamic energy to promote "Sokol Physical Fitness Through Gymnastics".

Nazdar!

#### St. Paul Sokol

The year is coming to a close with many happy events behind us to reminisce about, and also the very sad events that we cannot erase from our memories.

I am of course referring to the Czechoslovak nation, for a small period of time one almost thought that the Sokols would be able to reunite and even dream of a Slet again in the land where Sokol was originated, but with the turn of events all these hopes have been broken, but God willing, let's hope some day in some way for peace on earth.

St. Paul Sokol looks back to a successful year. Those who participated in the District Slet in Omaha, Nebraska, enjoyed every minute of their stay there. We had a nice group of gymnasts and Czech dancers that helped make the Western District Slet very successful. St. Paul had two bus loads of people at the Slet. It was my pleasure to meet with all the able leaders in Sokol work in Omaha and also the Hon. Senator Roman Hruska.

Despite the fact that most all of our active Sokol women are working gals these days, we still seem to be very successful in our daytime functions such

as bake sales and rummage sales. We claim our success to incorporating the Sokol men who are retired and also the men on their days off.

This summer we had our Annual Sokol Camp picnic, serving chicken booya, at Pine City, Minnesota the last Sunday in July. The booya was a sellout before supper time.

Fall classes started and they all are filled to capacity. Our problem is not enough teachers.

There is great enthusiasm for the Slet in 1969 in Illinois, where we will meet all of our Sokol friends again.

Now that classes are back in swing again and meetings are planned we are getting more enthusiastic. For the past two years we have had an excellent program planner for our social hour after the meetings, Shirley Verner, and have had very good attendance.

For the 50th Anniversary of Czechoslovakia movies were shown of the country today, at our October Sokol meeting. Under the supervision of sister Svanhauser we were able to see a program of slides and a lecture from a teacher on tour with a class of girls at the time of the uprising in Czechoslovakia

CHARLES M. PRCHAL:

## 50 YEARS

In two volumes of the "American Sokol" I wrote of events that our Brotherhood had experienced from the inception of the American Sokol Organization in 1917. I enumerated the achievements and sacrifices of individuals and of units—their successes and failures; programs of unit and district activities; newspaper reports; the tireless efforts of the sisters and brothers to fulfill their responsibilities and assignments; the cooperation of the Slovak brothers and our mutual participation in each others' Slets. I spoke of the combined development of body, mind and character; the pride in carrying the Sokol banner; the fruit of exemplary efforts that ripened for 50 years.

Mention was made of historical dates. Dates of the glories and sorrows of the Czechoslovak nation. It was their fate for one thousand years to strongly hold in one hand the weapons of defense and in the other the plowshares for their sustenance. At all times when fear gripped the hearts of the Czechoslovak people we helped to relieve their despair, raised their spirits and gave them hope.

I touched on teachers' courses of one and two weeks' and one month's duration; week-end schools; educational courses; schools for unit officers; courses in speaking, debates and radio programs; on our rich, well-used libraries; gifts of money, work and blood; our musical groups and hobby circles.

Reviewed were gymnastic exhibitions, outings, stage plays—often outstanding works of Czech authors; Sokol "šibřinky" and numerous other entertainments; commemoration of the founders of the Sokol movement and historical personalities; celebrations of unit jubilees; excursions to the Slets in Czechoslovakia and courses conducted for our gymnasts; great works done by officers, teachers, traveling teachers and all active membership; Sokol camps where nature study is taught, together with duties

which was very interesting and disheartening.

My two year term as President will be over and I want to thank everyone who worked so diligently with me to make it a happy successful two years.

It is easier to be governed than to govern and this knowledge has given me great strength in brotherhood. Also I want to thank Robert Vanyo and his wife Cecelia for being so faithful about editing the Sokol Slovo and keeping our members posted, even though they have serious illness in their family.

Our condolences to the families of Agnes Bukacek who passed away this spring and Antonie Trojan this past October 30th. They will always be remembered for their faithfulness in Sokol work. Also to our tots class teacher Val Kuisle whose husband Joseph passed away this spring. Our sympathy to sister Francis Loss whose daughter passed away, and also to the family of Bessie Vanek who passed away last April in Florida.

To all the Sokols the world over a Merry Christmas and a Happy and Prosperous New Year.

Nazdar!

Lucille Pavlicek, President

to parents, discipline, responsibility and respect for authority, etc.

All of our efforts have been directed toward progress, freedom and service to our nation. To this should be added unlimited sacrifice, even of our lives if necessary, as in times of great crises of our country.

In this spirit we carried on our Slets I to XI. (I participated in all of them.) They were not only spectacular performances, but serious expressions of unlimited labor. In what more meaningful way could we show the world the inspiring picture of disciplined strength, developed courage and the devotion of youth to Sokol's Ideals, which expects no material gain or glory, but with the knowledge and conviction that serious responsibility to land and people will bring its own spiritual reward.

We believe in greater and greater understanding of our cause since it is becoming recognized and applied in the schools of our country.

Much more should, and undoubtedly will be written in the months to come, but current events necessarily fill the allotted pages of our publication. Besides these, there is the necessary information concerning the forthcoming outstanding events—the XII Slet in 1969 and the convention in 1970. I am, therefore, discontinuing this series for the present.

The history of the past years is not dead. "American Sokol" records the eras from 1865 to 1917, and from 1917 to the present, highlighting the events following the merger of National Sokol Unity and Districts Fuegner and Tyrs. Those events will stand forever as a part of the historical epoch of our Brotherhood.

All of our hopes lie with you—brothers and sisters. Take as an example those who laid the cornerstones of the Sokol Organization 104 years ago and the American Sokol 52 years ago!

## 80. výročí Sokola v Town of Lake 17. listopadu 1968.

Čas letí a ani by se nezdálo, že opět uplynulo mnoho let od poslední oslavy výročí.

Program byl zahájen starostou br. Jirím Vytlačilem, který nejdříve představil úředníky. Dále představil bra. Stanislava Barcala, starostu AOS. Br. Barcal pronesl nejdříve zdravici k 80tému výročí a soustředil svoji řeč k lepšímu pochopení sokolské myšlenky mezi naši mladou generací, zmínil se o jednotách, které rovněž postrádají činnosti tělocvičné a projevil naději, že v brzké budoucnosti tyto jednoty naváží styky k spolupráci ke spojení těchto nečinných jednot k další plodné tělocvičné činnosti. Rovněž připomněl přítomným, aby nezapomněli sledovat zprávy v denních časopisech ohledně bližícího se sletu AOS. v červnu 1969.

Br. Vytlačil pak vyzval br. Jos. Drnce, starostu župy Střední, aby také pronesl několik slov. Představil rovněž jeho manželku. Br. Drnec krátce, ale věcně promluvil a přál Sokolu Town of Lake mnoho zdaru k další činnosti. Potom promluvila ses. Blažena Janešová, starostka Sokolic Town of Lake. Br. Vytlačil představil svoji manželku ses. Růženu, místostarostku Sokolic.

Další řečník na programu byl známý náš vzdělavatel br. Václav Čihák, po jehož boku byla jeho manželka ses. Bláza, místostarostka AOS. Br. Čihák vzpomněl uplynulých let tělocvičné činnosti, a také připomenul, co Sokol T. of L. učinil pro svobodu národa československého za první a druhé světové války. Zmínil se, že za vedení osvědčeného a dlouholetého cvičitele br. Koleny a jeho následovníka a odchovance br. Jaroslava Husy účastnil se Sokol T. of L. všech sletů, řídil dlouhá léta dětský sokolský tábor ve Willow Springs, stmelil všechny cvičence od káňat k dospělým v jednu silnou sokolskou organizaci. Po jeho náhlé smrti činnost ochabla a přestali jsme cvičit, když Patronát školy na 48. a Honore ulicích budovu prodal a tělocvična byla uzavřena.

Dále se zmínil o úspěchu, kterých docílily jiné jednoty jmenovitě Sokol Detroit s jejich nádhernou budovou "Sokol Culture Center", St. Louis budovou, která jest střediskem všech národních organizací a Sokol Dallas, Texas, který si postavil svůj sokolský stánek několik mil od města s velmi prostorným pozemkem pro výlety a parkování. Tyto jednoty postavením svých budov jsou jistě zlatým hřebem naší sokolské organizace. Rovněž se krátce zmínil o posledních úspěšných oslavách ve Washingtonu, v rámci oslav 50letého výročí zrození Československé republiky.

Pak br. Vytlačil přikročil k poslední části programu: odevzdání odznaků bratřím, kteří zůstali věrni sokolské jednotě po 25—40—50 let. 50 roků: Frank Ilichman, James Čihák, John Martiny. 40 roků: Anton Smunt, Břetislav Vaněk, Jerry Pech, John Kosnar. 25 roků: Frank Čečka, James Vyslyšel, Joseph Vácha, Otto Stránský. Jr., Joseph Holoubek, Frank Mišek, Jerry Vyskočil, John Stříbrný, Vladimír Suchý (Dr.), George Vytlačil.

Po programu se rozvířila taneční zábava při hudbě br. Rud. Rozuma. Nazdar!  
LŠ.

## Výbor pro zřízení stolice češtiny a slovenštiny při Univ. of Chicago

V rámci oslav 50ho výročí vzniku Československé republiky zahajujeme sbírku na založení trvalé univerzitní stolice, "Professorship in Czech and Slovak Studies at the University of Chicago". Je to akce nesmírného významu pro celou českou a slovenskou krajskou veřejnost v Americe. Je to také důstojná a opravdu vlastenecká oslava tohoto významného výročí.

Česká a slovenská stolice na University of Chicago bude jedinou, permanentní a vrcholnou vědeckou institucí ve Spojených státech, která zabezpečí nepřetržitě studium našeho mateřského jazyka, literatury, dějin, umění a krajanské historie. Jejím hlavním posláním bude nezávislá vědecká práce a příprava budoucích profesorů a učitelů češtiny a slovenštiny, kterých se tolik nedostává na amerických školách a kolejích.

K založení stolice je potřeba \$600.000. Tato částka bude univerzitou uložena jako nadační fond s tou výhradou, že základní kapitál je nedotknutelný a že University of Chicago může používat úroků plynoucích z nadačního fondu pouze ku krytí výloh spojených s Professorship in Czech and Slovak Studies. Takto finančně zabezpečená stolice nebude záviset na dočasném zájmu a podpoře, jak je tomu v přítomné době na četných amerických soukromých i státních univerzitách. Professorship in Czech and Slovak Studies at the University of Chicago bude svobodným, nezávislým a permanentním vědeckým střediskem, odkud budou vycházet vědecké publikace věnované naší staré vlasti a nové generace pracovníků tolik potřebných k uchování našeho mateřského jazyka a bohaté národní kulturní tradice.

Pišme o stolici do svých místních novin a je-li potřeba organizujme nadšené stoupence této myšlenky v oblastních výborech. Bližší informace ráda poskytne Mrs. Jan Mička, 2408 Oak Park Ave., Berwyn, Ill., 60402, nebo Mr. R. Gorman, 166 E. Superior, Chicago, Ill., 60611. Dary pošlete přímo na The University of Chicago, 1050 East 59th, Chicago, Illinois 60637.

## Sokol Schuyler, Nebr.

(Opozdná zpráva.)

10. března 1968 ztratila jednota jednoho z nejstarších svých členů. Bratr KAREL MASTNÝ zemřel po delší nemoci 10. března t. r. ve věku 82 roků. Členem Sokola byl přes 60 let. Do Spojených států přijel roku 1903 jako 17letý mladík. Byl také členem mnoha jiných organizací. Všichni bratři a sestry doprovodili zesnulého na poslední místo odpočinku.

A tak odcházíme my staří odkud není návratu a mladí za nás do řad sokolských nepřicházejí. Škoda!

Bratr Mastný byl dobrým člověkem, dobrým Čechem a také dobrým Sokolem. Čest jeho památce!  
Anna Králová.

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### O přátelích.

Jistý řecký učenec potkal svého známého a ptal se ho, kam že jde.

"Navštívit přítele," pravil známý, načež ho učenec prosil:

"Vezměte mne s sebou, já jsem ještě nikdy žádného přítele neviděl.

Původnost a lidské štěstí  
shodnou jednu vlastnost mají:  
čím víc za nimi se ženem',  
tím se víc nám vyhýbají.

Je mnoho svodů skryto v žití  
jež v bludné cesty svádí tebe —  
vždyť mnohý musí vůdce mít,  
by najít mohl — sama sebe.

Neštěstí tvé, buď si obra větší,  
vzbudí jenom stěží soucit něčí —  
Štěstí tvé však, zjev měj třeba  
skřítka,  
očím závisti se skryje zřídka!

"Sestro — máte děti?"

"Ano, syna!"

"Je hodný?"

"Ovšem. Nekouří, nechodí do klubu, nepije, neflirtuje, celé večery je doma!"

"To je báječné! Gratuluji! Jak pak je stár?"

"Sedm měsíců!"

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JAMES L. CIHAK:

## A Tragic Tale of Suffering

We received a 112 page booklet, "The Cemetery of Nations In the Siberian Tundra," depicting one and a half years of the fifteen years, the author, Mrs. H. Tautraisa, spent in Siberia and the Soviet Union. Deported from her native Lithuania with her husband and thousands of fellow citizens, including women and children in the fateful days of June, 1941, they were transported in overcrowded boxcars of long trains to forced labor camps in Siberia. Families were separated. They lived under conditions that starved, froze and, thru overwork and disease, exterminated them by the thousands.

Working above the Arctic Circle in the newly established fishing industries, they had to build their own quarters out of anything they could find and lived mainly on a strictly controlled, meager starvation diet. Although suffering and terror are visible on every page, the record is not written in a spirit of vengeance.

As she states the case, "After arriving in the free world and ridding myself of the feeling of fathomless fear. I hold it my duty to testify and tell people about persons, women and children for the most part, who have suffered unjust privations, who fell victim to misfortunes and a terrible fate." She closes her narrative with, "It is tragic that the harsh life that the Soviets are creating knows no sentiments.

Man works for the State instead of vice versa."

"The Cemetery of Nations In the Siberian Tundra," by Mrs. H. Tautraisa, published by The Lithuanian Social Democratic Union of America.

JAMES L. CIHAK:

## Sokol Literature In English

The following brochures in English are still available at the ASO. office, 6426 W. Cermak Road, Berwyn, Ill. 60402. They were edited and prepared by the Educational Committee of ASO., to acquaint our members, juniors and the general public with the fundamental philosophy and history upon which the Sokol is based.

They are:

"Sokol and the Sokol Idea," by Educational Committee ASO. (First edition—1966.)

"Historical Preface To the Foundation of Physical Culture and Our Task, Aim and Goal," by Dr. Miroslav Tyrš. (First edition—1958. Second edition—1966.)

"Dr. Miroslav Tyrš," by Joseph Cermak (revised). (First edition—1920. Second edition—1928. Third edition—1966.)

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