



AMERICAN SOKOL

PUBLICATION OF THE AMERICAN SOKOL

Educational and Physical Culture Organization

OUR SOKOL PRESIDENT'S MESSAGE

The year 1968 now belongs to the history books. The records will show that nationally our Sokol membership is about equal with the previous year, with some Sokol units making sizeable gains, while others have suffered some slight losses.

The Sokol activity seems to be the largest in units that have relocated and have new and modern facilities, such as Sokol St. Louis, Detroit, Houston and others, while the lower or no activity is in units whose halls are older and are located in changing and old neighborhoods, where it becomes economically impossible to operate our Sokol buildings.

The most recent one to be sold was Sokol San Francisco with no immediate plans for the future.

The records will also show that almost all of our districts conducted successful gymnastic competitions—Slets and instructor schools and clinics, while some districts also conducted volleyball, basketball, bowling and golf tournaments. Through all of these activities we should be assured of future leadership in our units and districts.

On behalf of the American Sokol Organization, I wish to express my thanks to all the participants—members—unit and district officers, for the Sokol cooperation that helped make the year 1968 the success that it was.

Let us all remember that our membership is our most important asset.

On June 26th-29th, 1969, in addition to all of the unit and district activities, the American Sokol Organization is sponsoring the XII American Sokol Slet and competitions in the Chicagoland area.

All of the committees are busy in their respective areas to insure that all of our participants-members and guests enjoy this Sokol holiday. In order to insure its success, the cooperation of all our members, units and districts is necessary. We are confident that with your support it will be the success that you can be proud of.

My very best wishes to all our members and newly elected officers for the year 1969.

STANLEY BARCAL

AMERICAN SOKOL



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by the

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OFFICE OF THE EXECUTIVE BOARD ASO.

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Calendar of Events

- JAN. 29th—SOKOL BROOKFIELD, ILLINOIS.
Luncheon.
- FEB. 1st—SOKOL ST. LOUIS, MISSOURI.
Barn Dance.
- 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. 2nd—Gym classes of SOKOL CLEVELAND-
CECH-HAVLICEK, Cleveland, O. — Card Party.
- 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. 13th—SOKOL ST. LOUIS, MISSOURI.
Chicken Dinner.
- FEB. 14th—SOKOL DETROIT, MICHIGAN.
Joint Annual Meeting of Sokol and Sokolice.
- 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).
- FEB. 22nd—SOKOL SOUTH OMAHA, NEBR.
Annual Member and Spouse Večerek.
- MAR. 2nd — SOKOL CLEVELAND-CECH-HAVLI-
CEK, Cleveland, O. — Annual Winter Exhibition.

- MARCH 8th — SOKOL TABOR, BERWYN, ILL.
Gymnastic Exhibition.
- MAR. 15th—SOKOL BROOKFIELD, ILLINOIS.
Annual Gymnastic Exhibition.
- MAR. 22, 1969—SOKOL BERWYN, ILLINOIS.
Annual Gymnastic Exhibition.
- MARCH 22nd — SOKOL BALTIMORE, MD. —
Annual Dozvuky.
- MAR. 29th—SOKOL BROOKFIELD, ILLINOIS.
Spaghetti Dinner.
- 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.

John Cervin

As the New Year began, a life ended. It was a life dedicated to the Sokol aims, ideals and goals.

John Cervin, born in 1901, passed away after a lengthy illness on January 1, 1969. John was a good gymnast and as an instructor of the junior boys he had no peer. His policy of bringing the boys along slowly and according to each individual's capabilities was instrumental in the many medals and trophies which his boys and teams won in competitions. Because of his uncanny ability, he was able to spot and correct the slightest flaws in a gymnast's execution which most instructors would not notice.

Because of the illness which befell him almost a score years ago, bro. Cervin, after making periodic appearances in the gym classes, finally was forced to give up instructing entirely. This was a great loss to Sokol Baltimore's gym classes as a man of his caliber is not easily replaced.

A 100% Sokol family, he is survived by his wife, Rose (nee Kortus), formerly of Chicago, who is treasurer of Sokolice Baltimore, two daughters, Rose Marie Krajca and Ann Huber, and a son, John, Jr. Ann and John are members of the Baltimore BOI and all three have been winners of medals in Sokol competitions.

Funeral services were held on Saturday, January 4, and bro. Cervin was buried with Sokol honors with the pallbearers being those who he had so ably instructed.

Bro. Cervin has departed from this earth, but he will forever remain in the hearts of the countless numbers of those who he had instructed, those who served with him on the BOI and by those who attended the instructor's courses with him. He was held in high esteem by all.

Edward Stetka

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník—Vol. XC.

January — 1969 — Leden

Číslo—No. 1

KAREL M. PRCHAL:

VOLUME XC

January 10th, 1879, marks an important milestone in the Sokol movement and in the Czechoslovak community in all parts of the United States. On this auspicious day the first issue of Sokol Americký visited for the first time in the existing Sokol nests in America as well as back home in old Bohemia. Today we recall with gratitude and appreciation the name of Gustav E. Reisl, the publication's first editor. As we look back over the past ninety years it is virtually impossible to rummage through the yellowed pages of this record of Sokol enthusiasm without stirring deep rooted emotions, and reliving the sense of love and devotion actually breathing from this first humble issue.

The periodical entered upon the scene modestly with 8 pages, but with great hopes and promises for the future. The then existing Czech publications in the United States, (Slavie, Slovan Americký, Dennice Novověku, Hlas Jednoty Svobodomyšlných, Pokrok Západu, Svornost and Amerikán—all of them now extinct), welcomed it warmly. It was also received with enthusiasm back home in native Bohemia.

Today our monthly magazine, now known as "American Sokol," is entering into the ninetieth volume and it is our sincere aim that it will always remain a source of strength to the loyal Sokol members. It is the oldest Sokol journal in the entire world and it performs an important function. With your assistance and cooperation it can further the growth and understanding of the Sokol cause. Expanded and improved, it will better serve the entire brotherhood. Its every page can bring new joy. I realize that today our journal has a different mission than in the years when it spoke to generations of Bohemian emigrants. Nevertheless,

it remains a contact between brothers and sisters, traveling new roads, but aiming toward the same goal. We are happy that the "American Sokol" is read with interest. We continue to stand firmly united with mutual ideals and a desire for the strengthening of moral and physical substance of our members and all circles we are able to reach and influence. With a clear and proud conscience we look with confidence toward achieving further success.

Through the "Sokol" we will continue to remind the world at large of the new Golgotha recently visited upon the Czech and Slovak Nation. As in two previous liberation movements, we will support, with all our strength and ability, that nation's valiant struggle for liberation. The recent violence, catastrophe, foreign intervention, gallows, tanks, bayonets, crowded prisons, police dictatorship and lies, notwithstanding, Czechoslovakia is assured of our moral support in its yearning for freedom, democracy, national and state independence.

The Jubilee Year, the 90th, of our "American Sokol," coincides with the year of our 12th Slet. The Slet, by which we intend, through the brotherhood and the public to confirm our faith in the coming years. Supported by the past and aroused by contemporary events, animated with love for our nation, we shall continue to support every effort for progress and prosperity.

Faithful to the ideals and obligations listed in the first issue of Volume I, the pages of "Sokol" will serve the Sokol cause, aid our nation and work toward success of this year's great undertaking.

Let us all meet at the 12th Slet of the American Sokol Organization!

Nazdar!

EDWARD STETKA:

THE FUTURE



As we relax in our heated homes tonight, let us reminisce for just a few moments about the pioneers of the Sokol Movement. They brought the great ideals and principles of this great organization across the waters of the Atlantic and planted them firmly in this country. The constant flow of immigrants from Bohemia helped to fortify the existing Units and organize new ones. For these immigrants, there was no eight hour day and five day work week, but somehow, after a long day of sweat and toil, they found the time and energy to devote hours to the functions and activities in their Units. Because of their faith, their perseverance, their diligence and their untiring efforts, they have given us a monument which we should cherish.

The Sokols have had a brilliant past; born of the great idea that bodily health produces mental and moral health. However, we cannot exist on past deeds, but must look into the future with a determination to go continually forward. We must not be complacent for complacency has not only seen the deterioration of many organizations, but nations as well. There must be a revived active interest among all members to guarantee a successful future.

As Sokols, we must overcome the indifference which has spread over this country in the form of an epidemic. We must take an active interest in everything that will determine our future. We must make every effort to excel above all others in a general determined activity. This we can do if each of us would disengage ourselves from the many social trivialities and devote some of our free time to Sokol activities. Let those who do not know better indulge in trivialities. Enlightened individuals should spend their time and use their talents for something of value.

The future of every Sokol Unit depends on four things: (1.) Inspirational leadership; (2.) the active participation of a majority of the members in the activities; (3.) growth in membership, and (4.) new and better gymnasiums.

There must be inspired and determined leadership in our Units, not only from the officers, but also from the chairmen of the various committees. The leaders must not repose in a feeling of self-satisfaction, but must constantly aim for higher goals. Outstanding and influential leadership will create a greater interest among the members and through their interest they will become active in the affairs of the Unit. An active Unit will provide the magnetism to attract new members. A combination of leadership, activity and increased membership will bring the realization that our facilities, more than adequate in the horse and buggy days, are totally inadequate in this age of space, and that new and modern facilities will be necessary in order to further our program.

We must not be satisfied with short-sighted horizons, but must set ourselves future goals. What has been accomplished in the past is just a prologue to future thought and activities. It is upon this foundation that we are challenged to build an even greater Sokol organization in the future.

JAMES L. CIHAK:

TO THOSE WHO ACCEPTED RESPONSIBILITY FOR 1969

Whether the officers and committees elected to lead our units and districts are continuing in their office or whether they are new ones, of one thing we can be certain, they are responsible people. Knowing the pride of the Sokols and Sokolice in their 104 years of activity we can rest assured they have chosen individuals fully capable

of leading them in this all important year of the XII Slet of ASO. All important? Exactly so. With the suppression of every vestige of freedom in the land of the birthplace of the Sokols, the entire load of carrying on falls upon the Sokols in the free world and especially upon the Sokol in the USA.

The finest encouragement we can give the people of Czechoslovakia is to show them we have learned our lessons well, we are true to the Sokol ideals and we shall never forget how our own lives have been enriched by the spiritual and moral, as well as the all important physical training we were fortunate to receive. How few there are, able to make the same claim, even here where opportunities should have been unlimited to do so.

We are and have been passing thru a period where shirking one's responsibility for the general welfare was and is cynically accepted. We know we are not alone in this battle to reawaken a conscious desire to serve. The biggest and finest of our service organizations are in the same boat. It is a question as to what forces shall finally triumph. And this especially so in a land with the highest living standard in the world. Can we, even though a very small fragment of that nation, allow ourselves to be phlegmatic about the future? Let us forget that what we have and are trying to do is for the nation's good. Let us pinpoint it to our very own, our children and grandchildren. Don't they deserve the same chance we have

had and even better? None of us would care to argue that point. We are too vitally concerned with it.

During 1968 the sinister schemes of those bent upon subjecting all humanity to un-human servility have been unmasked to the point where even the most stupid individual could recognize the signs. Respect for any kind of laws, international, national or local has sunken to an unbelievable low. Must we wait until the trend changes or should we, as small as we are in numbers, accept the challenge and be in the vanguard with those who know and appreciate what George Washington and his destitute army at Valley Gorge accomplished, what Lincoln suffered, what Masaryk accomplished and what Tyrns and Fuegner taught us.

We have the free opportunity to make a choice. Let us make certain the conditions will always be there for us to do so.

To you stalwarts in our units and districts who have accepted the challenge by accepting responsibility for 1969 and our XII Sokol Slet, go our admiration and best wishes for your fondest dreams for our Sokol.

Nazdar!

BETTY PRENER:

SLET

What is a Slet?

It is the culmination of gymnastic activity—much training, and then putting on a pageant such as few nationalistic groups can do. It is a festival—gathering people together from all parts of the country to participate in something fantastic to behold. Hundreds of gymnasts performing in unison and creating, through physical fitness such as taught by the Sokols, a panorama that is truly artistic to behold.

The Sokol idea took hold in this country over 103 years ago, and today we are fortunate in being the Sokol organization that can put on such a show. The Sokol organization in Czechoslovakia held many Slets, truly magnificent in scope, and those of our people who were in attendance on any of these Slets, have many fond memories. The last such Sokol Slet was held in 1948 in Prague.

Our XII AMERICAN SOKOL SLET is just so many months away, and before we

know it June 25-29 will be here and Morton West will resound to a Slet scene such as only the Sokols can present. There will be competitions of juniors (boys and girls) and men and women. The Championship competitions will be our own Olympics and you will be able to see how well our contestants from all our districts have prepared for these events. There is much practice training that goes into making a good gymnast, and the results will show how seriously this training was done.

Our Sokol Gymnast has already carried the first portion of our calisthenic exercises for men and women, junior girls and boys, and will continue to bring you further technical news important to you as instructors and participants. The Canadian Sokols are busily working on the calisthenics and are planning on taking part in our Slet activities.

A few recollections from Slets visited and remembered. In 1948—C.O.S. Slet in Prague,

where 3,392 women performed an Indian club drill so outstanding they were rewarded by tumultuous applause from the audience and had to repeat the performance. Those of you who were in Dallas for our Mid-Slet will recall the beautiful performance of the junior girls calisthenics—a symbol of grace and rhythm—symbolic of youth. The women's calisthenics in Dallas were a picture of precision and perfection. As for the junior

boys and men—bodies moving in unison—movements depicting courage—a true picture of physical fitness. Yes, Dallas gave us something to remember!

And so we look forward to our XII American Sokol Slet—what will be its outstanding feature? Are you planning to take part and make it truly great? Will you be there?

We hope so!

JOHN REINER:

Sokol St. Louis, Mo.



As I enter fifty-four years of my membership of Sokol St. Louis, Mo., my memories take me back to the days of 1906 when as a boy, I started in the gym classes of Bro. August Tesar, until the present time. At first I thought that I would write these memoirs in Czech, but decided to turn to English so that even our own generation of American born, unable to read Czech, would be

able to read them. Joining as a member of Sokol, coming up from the junior classes on February 14, 1914, I stayed active from then on, serving as President for 18 years and in the winter of my life as the Educational Director and Historian. What made my membership so rewarding, were the Sokol friends I made and valued, not only in St. Louis, but also all over the United States, many of whom had passed on toward that great divide, and I shall never forget them until my dying days.

In these years, the greatest achievements of Sokol St. Louis to my knowledge were the presentation of a Czech musical entitled "The Maid Who Said Yes," given at Sokol Slavsky in 1929, with a cast of 65 performers. The Sokol Slet of 1940 in celebration of the 75th Anniversary of Sokol St. Louis, which was a two day affair. Saturday the performance at the Kiel Opera House by different visiting Sokol units, the singing of the wonderful men's Czech chorus Lyra from Chicago, Ill., and our own presentation of Blodek's Czech opera "In the Well," accompanied by an 18-piece orchestra, all members of the St. Louis Symphony, with a mixed chorus of 80 men and women, under the direction of our Prof. Jos. R. Stanovsky. The Opera House was filled to capacity with 2,500 spectators. The following day the Sokol Slet preceded by a long and colorful parade through the south side and downtown streets of St. Louis. The gymnastic exhibition was then held at the Kiel Auditorium, the highlights being the special number by 75 men

and women of Sokol St. Louis, composed and directed by our "Teach," bro. Frank Prihoda, the presence of the future President of the United States, Harry S. Truman, who also was one of the speakers, as well as our own national president bro. Charles Prechal.

Next came the presentation of the Czech opera "The Bartered Bride," in which I sang the part of "Jenik" and this fulfilled my life's ambition. Many still remember our 90th Anniversary and the Sokol Slet of 1955, which bro. Anthony Cihlar from Baltimore in his column labeled as "The Fabled Slet!" The party and barbecue at the Sokol Camp, the wonderful banquet in the Gold Room of the Hotel Jefferson, attended by a thousand guests, with Lyra singing and bro. Roman Hruska, United States Senator from Nebraska, as the principal speaker. Followed the colorful Slet and gymnastic exhibition in the great Kiel Auditorium, with bro. Prihoda's special number comprising 90 men, women and junior boys and girls, our own contribution. Then our 100th Year Anniversary held for two days in 1965. The Saturday banquet at the Park Plaza Hotel and the Sunday Sokol Slet of the Central District. This was the last time I saw one of my best friends, bro. James Simaner, whose sudden death was grieved by all good Sokols and those who were close to him.

These were the highlights of Sokol St. Louis as I remember them. Today Sokol St. Louis in spite of its 103 years of Sokol activity is prospering financially as well as morally, under the able leadership of President bro. William Shana in our new and modern home, named the American Czech Educational Center, and which largely due to the generosity of the St. Louis Czechs and the hard work of our members, is entirely without debt—a living monument to the St. Louis Czechs of the past, the present, the future and for posterity.

The true Sokol critic is not interested in personalities as much as he is in issues. Not "who" is involved, but "what." The man derives genuine pleasure from every task well done and does not fail to compliment the doer. He is cheered by every evidence of improvement. The good of the whole is dearer to him than the glory of the individual and he brings to the Sokol the spirit of real altruism. Such a Sokol critic is a member whom we should highly honor, for he is invaluable. — Tyrns.

SOKOL GYMNAST

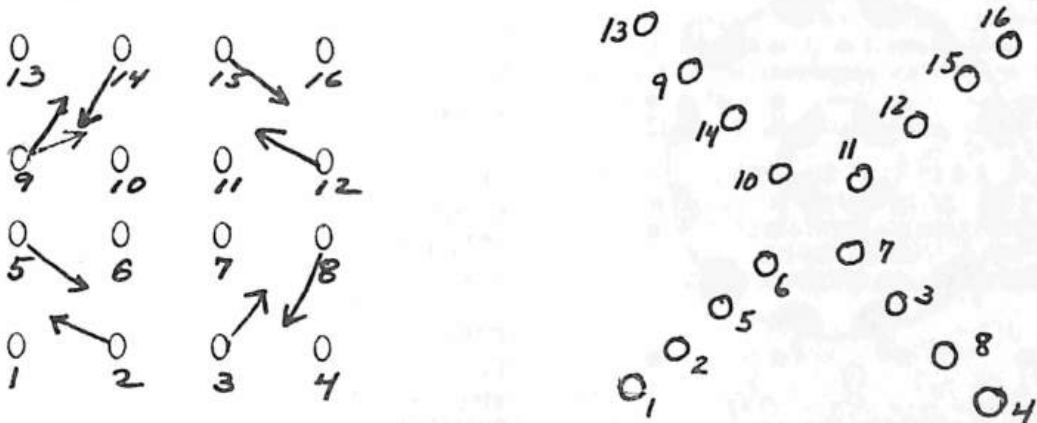
January 1969

EDITOR—MILDRED PRCHAL

2419 Scoville Avenue, Berwyn, Illinois 60402

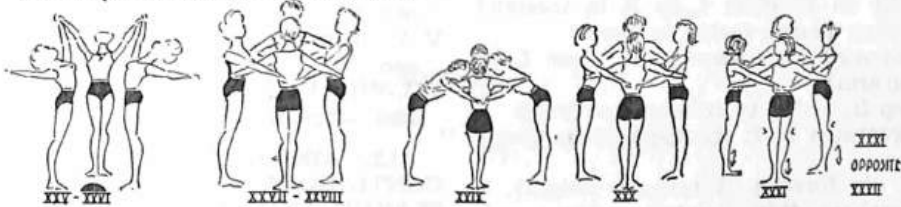
XII ASO. SLET CALISTHENICS — 1969

Diagrams for Part II-B—Men. — See December issue of Sokol Gymnast



CALISTHENICS — WOMEN — (Continued)

PART III-A (CONTINUATION) (CIRCLE OF 4 — 4TH GIRL



PART III — INTERLUDE

16 3/4 measures.

CIRCLE OF 12: (hands joined—arms stretched).

- I. 1. Upright, L sidestep, turn trunk to left.
- 2. Halfsqat L, bend R sideleg, tap R toes behind L heel.
- 3. Hop L, raise R foot back of L ankle (on hop).
- II. 1. Upright, R sidestep, turn trunk to right.
- 2. Halfsqat R, bend L sideleg, tap L toes behind R heel.
- 3. Hop R, raise L foot back of R ankle.
- III-IV. 1., 2., 3., 4., 5., 6. upright, 90° turn to left (trunk remains turned moderately to right—hold hands), 6 light runs L, R, L, R, L, R, around in circle clockwise (foot of bent rearleg, on run, about 12" from floor).
- V.-XVI. = I-IV. 3 more times completing circle back to place.

CIRCLE OF 4:

- I. 1. Upright, release arms from around waist—up-

arm, head rearbow, look at hands.
2., 3. Clap hands twice (in uparm).

II. 1. Hold.

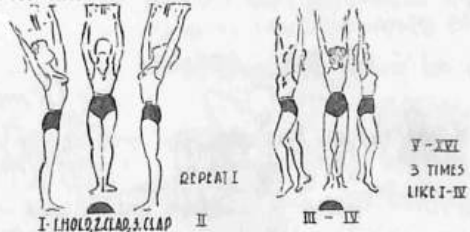
2., 3. Clap hands twice (in uparm).

III-IV. 1., 2., 3., 4., 5., 6. Six light runs, L, R, L, R, L, R, turning 360° in place to left—uparm—head upright on turns.

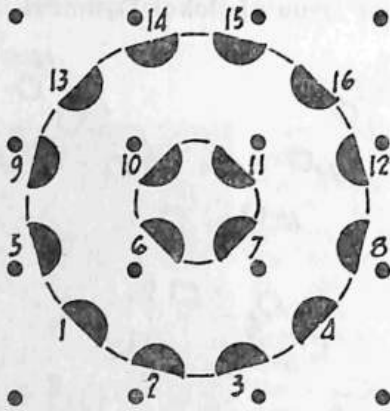
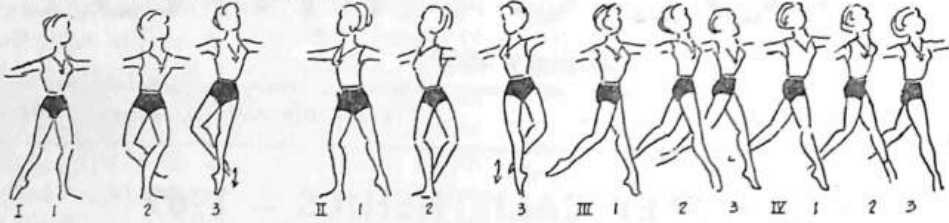
V.-XVI. = I-IV. 3 more times.

(Each time after 6 runs turning to left in place, L leg remains free; knee relaxed and L toes close to R foot ready to start runs again after clapping hands.)

Part III Interlude Circle of 4



PART III - INTERLUDE - CIRCLE OF 12



PART III - B

32 3/4 measures.

Circle of 12: (hands joined)

- I. 90° turn right on R, close L to R in toestand (sidearm, holding hands, facing in circle).
 - II. R chasse forward (dip forestep R, close L to toestand—reararm).
 - III. Dip forestep R, swing to frontarm outward.
 - IV. Halfsqat rearstep L, R foretouch, deep frontbow—reararm.
 - V.-VI. Upright, dip forestep R (change weight), L reartouch, rearbow—thru frontarm uparm outward back, look up.
 - VII.-VIII. Hold.
- Circle of 4: (hands joined)

CORRECTIONS

November issue — page 43 — WOMEN'S CALISTHENICS — PART I-B, VII. measure ADD: "3.-4. UPRIGHT, UPRISE FORESTEP LEFT — THRU FRONTARM UP-ARM, PALMS IN, HEAD REARBOW."

December issue — page 51 — for circle of 12 — measure XXV. "Slide L foot to rear to halfsqat R reartouch" should read "Slide L foot to rear to halfsqat L reartouch."

November issue — page 45 — JUNIOR GIRLS AND BOYS — PART I — measure IV. count 15 "180° turn left to stand R rearstep" should read ". . . to stand R reartouch."

I.-II. Slide L to rear and kneel on L frontbow—join hands, swing frontway to reararm.

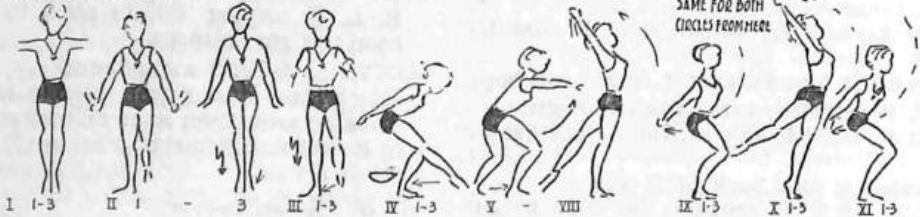
III.-IV. Upright, rearbow—thru frontarm uparm outward.

V.-VI. Upright, frontbow—swing frontway to reararm.

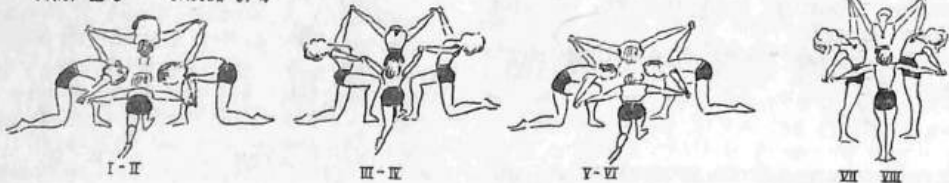
VII.-VIII. Upright, uprise on R, close L to R, rearbow—thru frontarm uparm outward back.

ALL ABOVE SHOULD BE SMOOTH AND CONTINUOUS — ALL MOVEMENTS COMPLETED, ARMS STRETCHED—REARBOWS IN SHOULDERS AND UPPER BACK; IN KNEEL REARBOW WEIGHT ON RIGHT BENT LEG, PUSH PELVIS FORWARD, CHEST HIGH.

PART III-B - CIRCLE OF 12



PART III-B CIRCLE OF 4



ALL:

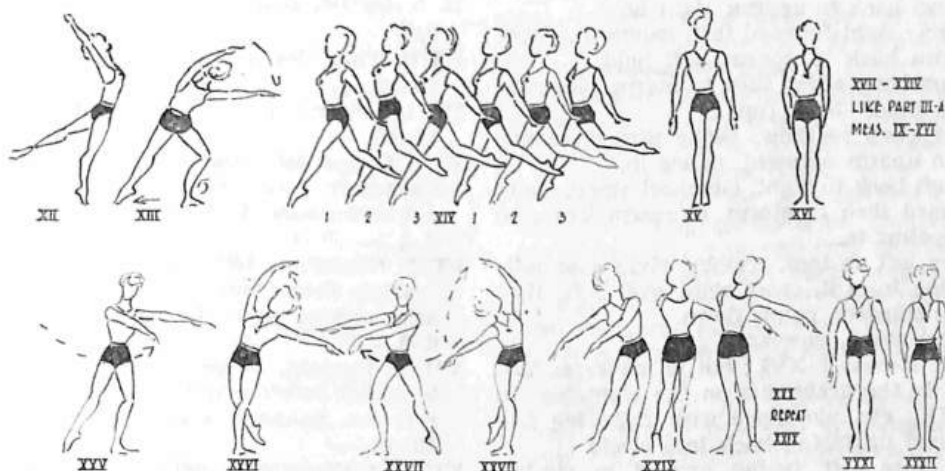
- IX. Upright, close L to R in halfsquat—swing frontway to reararm (still holding hands).
- X. Uprise, high toestand on L, R rearleg—swing frontway to uparm outward, head and shoulder rearbow.
- XI. Upright, close R to L in halfsquat—swing frontway to reararm.
- XII. Uprise, high toestand on R, L rearleg—swing frontway to uparm.
- XIII.-XIV. Release hands, individuals turn necessary degrees to left (in direction of own markers), 6 runs, L, R, L, R, L, R, to markers—with swing of arms to right (after releasing arms) and moderate sidebow to right, low reararm while running.
- XV. Close L to R in toestand—low reararm, palms front.
- XVI. Closeheel stand—closearm.

ALL ARE NOW ON OWN MARKERS.

- XVII.-XXIV. Like PART III — A, measures IX.-XVI. (Finish in stand sidetouch L — sidearm, palms down.)

- XXV. Dip L sidestep—R starts downward swing to bend uparm (L remains sidearm).
- XXVI. R reartouch inward (knees straight), left sidebow, trunk turn to right, turn head to right—R bend uparm, forearm inward, palm in, look in to palm.
- XXVII.-XXVIII. Upright and like XXV.-XVI. opposite.
- XXIX. 1., 2., 3. Sidebow R, 3 steps L, R, L, turning 180° to left in place—lower L arm to bend frontarm (R arm remains sidearm—look over left shoulder).
- XXX. 1., 2., 3. Three steps R, L, R, continue turning additional 180° to left in place (to face about).
- XXXI. Upright, close L in toestand—low frontarm, with soft wrist movement turn palms up, chest and head high.
- XXXII. Closeheel stand—closearm.

(THROUGHOUT THE ENTIRE PART III, ARMS SHOULD BE STRETCHED BUT SOFT—ALL ARM WORK SHOULD EMANATE FROM THE WAIST — HIGH CHEST, LOW SHOULDERS — CONCENTRATE ON POSTURE.)



JUNIOR GIRLS

(CONTINUED)

Passage to Part II — 4 measures, 3/4
(See December 1968 Issue of American Sokol)

I-IV. Girls hold.

Passage to Part IV — 8 measures, 3/4

I-IV. Hold.

V.-VIII. Will be used to get into a circle of 8's:

Row I	3	2
	4	1
Row II	3	2
	4	1

V. All waltz step left; arms in low first:

- Row I, Girl #3—180° turn left—waltz in place
- #2—180° turn left—waltz in place
- #4—90° turn right—waltz rearward
- #1—90° turn left—waltz rearward

- Row II, Girl #3—90° turn right—waltz rearward
- #2—90° turn left—waltz rearward
- #4 & #1—no turn—waltz in place

VI. Waltz step right; frontarm, palms inward; adjust circle.

VII. Waltz step left; sidearm, palms forward; adjust circle.

VIII. Waltz step right in place (on count 3, closeleg); closearm.

Part IV — 48 measures, 3/4

INSTRUCTORS: When reading the sheet music, there are only 12 measures shown; however, performers will be drilling in the bass clef.

Girls are to stretch and bend to the utmost so that all music is filled out. All hands and arms are soft.

- I. Swing left thru reararm, uparm to frontarm, palms down; right hold.
- II. Swing right thru reararm, uparm to frontarm, palms down; left hold.
- III. Frontbow; thru closearm reararm, palms back (up).
- IV. Upright, frontarm, palms down.
- V. Flank swing down thru closearm, reararm to uparm, palms forward.
- VI. Frontal circle inward to uparm, palms forward.
- VII. Deep frontbow, high left rearleg, thru frontarm, reararm, palms back (up).
- VIII. Hold.
- IX. Upright, thru closeleg, lunge left forestep; moderate frontbow; thru closearm, frontarm, uparm, palms forward (arms, body and right leg in one plane).
- X. Flank circle left forward thru frontarm, closearm, reararm back to uparm; right hold.
- XI. Flank circle right forward thru frontarm, closearm, reararm back to uparm; left hold.
- XII. Deep frontbow; swing thru frontarm, closearm to reararm, palms back (up).
- XIII. Upright, deep rearbow; swing thru closearm, frontarm to uparm outward, palms in.
- XIV. Draw left back to right, closeheel stand, flank circle forward thru frontarm, closearm, reararm to uparm, palms in.
- XV. 180° turn left on toes, crossing right over left; frontal swing inward, cross right over left, thru closearm to sidearm, palms down.
- XVI. Closeheel stand, closearm.
- XVII-XXXII. Repeat I.-XVI.; but in measures VII. and VIII., do the arabesque on the right leg; in measures IX., etc., do lunge with right leg forward and end up facing back into circle.
- XXXIII. 65° turn left (going around in circle), waltz run left forward, left frontarm, palm down; right reararm, palm in.
- XXXIV. Waltz run right forward, thru closearm, right frontarm, palm down; left reararm, palm in.
- XXXV. Waltz run left forward; arms as in XXXIII.
- XXXVI. Waltz run right forward; arms as in XXXIV.
- XXXVII. 1. 65° turn right to face in, deep left sidestep.
2. Close right to toestand; thru sidearm frontarm inward (high 1st).
3. Closeheel stand, arms hold.
- XXXVIII. 65° turn right (left side toward middle of circle); waltz run right rearward; sidearm, palms forward.
- XXXIX. Waltz run left rearward; uparm, palms in.
- XL. Waltz run right rearward; sidearm, palms up.
- XLI. Waltz run left forward; left frontarm, palm down, right reararm, palm in.
- XLII. Waltz run right forward; bend left frontarm inward, fingers pointing to right shoulder, palm down; right thru closearm, frontarm, palm down.

XLIII. Waltz run left forward; thru frontarm with left, both sidearm, palms front.

XLIV. Waltz run right forward; left uparm, palm in; right hold.

XLV. Waltz run left forward; left hold, right uparm, palm in.

XLVI. 1. 65° turn left to face into circle, dip right sidestep, arms hold.

2. Close left to toestand; sidearm, palms up.

3. Closeheel stand, arms hold.

XLVII. 1.-2. 180° turn left on toes, crossing right over left; frontarm inward (high 1st), palms in.

3. Closeheel stand, sidearm, palms forward.

XLVIII. Closeheel stand, closearm.

Passage to Part V — 2 measures, 4/4

I. 1.-4. Four steps, starting left—take shortest way back to own markers.

II. 5. Closeheel, closearm stand.

6.-8. Hold.

Part V — Section A — 18 measures, 4/4

I. 1. Squat support head down.

2.-4. —

II. 5. Uprise, reararm, palms forward, look front.

6.-8. —

III. 9. Thru closearm, frontarm, outward, palms up.

10.-12. —

IV. 13. Uparm outward, palms in, look up.

14.-16. —

V. 1. Lunge left rearward, slight rearbow, right foretouch; thru frontarm and closearm, reararm, palms forward, look up.

2.-4. —

VI. 5. Straighten left knee; right thru closeleg high rearleg; deep frontbend; thru closearm and frontarm, uparm, palms forward.

6.-8. —

VII. 9. Upright, lunge right rearward, slight rearbow, left foretouch; thru frontarm and closearm, reararm, palms forward, look up.

10.-12. —

VIII. 13. Straighten right knee; left thru closeleg high rearleg; deep frontbend; thru closearm and frontarm, uparm, palms forward.

14.-16. —

IX. 1.-4. Upright; thru closeleg, lunge left forward; bend left frontarm, fingers touching right shoulder; right thru frontarm and closearm, reararm; palms down.

X. 5.-8. Straighten left knee; bend right frontleg, toe at left knee; swing left thru closearm to sidearm, palms down; right thru closearm and frontarm, uparm, palm forward.

XI. 9.-12. Lunge right forward; bend right frontarm fingers touching left shoulder; left thru frontarm and closearm, reararm; palms down.

XII. 13. Close left to right, closeheel stand; left thru closearm and frontarm—both uparm outward, palms front, look up.

14. Uparm inward, left over right, palms front.

15. Uparm outward, palms front.

16. Uparm inward, left over right.

XIII. 1. Closeknee squat; sidearm, palm down.

2. —

3. With 90° turn left, uprise only to ½ squat left, right sidetouch; arms hold but keep left sidebend, look left.
4. —
- XIV. 5. Upright, look forward, closeknee squat, arms hold.
6. —
7. With 90° turn left, uprise only to ½ squat left, right sidetouch, arms hold but deep left sidebend, look left.
8. —
- XV. 9.-10. Upright, uprise, draw right to closeheel stand; frontarm, palms down.
- 11.-12. Flank swing down thru closearm, reararm to uparm, palms front.
- XVI. 13. Uparm outward, palms front.
14. Uparm inward, left over right—180° turn left to stand left forestep, right reartouch.
15. Close right to closeheel stand; uparm outward, palms front.
16. —
(Modulation in music)
- XVII. 1.-2. Frontal circle left inward; right hold.
- 3.-4. Frontal circle right inward; left hold.
- XVIII. 5. Thru sidearm, closearm, closeheel stand.
- 6.-8. —
- Part V — Section B — 21 measures, 4/4**
- Hands soft — fluid motion — one blending into another.
- I. 1. Sidearm, palms down.
2. —
3. Girls No. 1 and No. 2: Sidebend left; bend right uparm inward, palm down; thru closearm, bend left inward, palm up (4th pos.); look up.
Girls No. 3 and No. 4: Sidebend right; bend left uparm inward, palm down; thru closearm, bend right inward, palm up (4th pos.); look up.
4. —
- II. 5. No. 1 and No. 2: Sidearm (left thru closearm); look forward.
- No. 3 and No. 4: Sidearm (right thru closearm); look forward.
6. —
7. No. 1 and No. 2: Sidebend right; bend left uparm inward, palm down; thru closearm bend right inward, palm up; look up.
- No. 3 and No. 4: Sidebend left; bend right uparm inward, palm down; thru closearm bend left inward, palm up; look up.
8. —
- III. 9.-10. No. 1 and No. 2: Upright; sidestep right, left sidetouch, sidebend left; thru closearm and sidearm, bend right uparm inward, palm down; thru sidearm and closearm, bend left inward, palm up; look at left toe.
- No. 3 and No. 4: Upright; sidestep left, right sidetouch; sidebend right; thru closearm and sidearm, bend left uparm inward, palm down; thru sidearm and closearm, bend right inward, palm up; look at right toe.
- 11.-12. No. 1 and No. 2: Upright; sidearm (left thru closearm) palms down; look forward; draw right back to closeheel stand.
- No. 3 and No. 4: Upright; sidearm (right thru closearm) palms down; look forward; draw left back to closeheel stand.
- IV. 13.-16. No. 1 and No. 2: Opposite of Measure III.
- No. 3 and No. 4: Opposite of Measure III.
- V. 1. Dip ½ squat left sidestep; moderate left sidebend; left arm hold; right THRU FRONTARM, frontarm far inward, palm down.
2. Shift weight to right with 180° turn on right toe and left rearleg; left arm hold; right arm thru frontarm with palm up to sidearm.
- 3.-4. Draw left to closeheel stand; dip ½ squat to toestand and back to closeheel stand; turn right palm down—frontal circles, right over left to sidearm, palms down (knee bend while hands are in low 1st head down; toestand while hands are in 5th and head up; closeheel stand at sidearm, look forward).
- VI. 5.-8. Repeat Measure V.
- VII. 9. Frontarm, palms down.
- 10.-12. Dip ½ squat to toestand; flank swing thru closearm and reararm to uparm, palms forward (body wave).
- VIII. 13. Kneel right rearward; frontarm, palms down.
14. Closearm; palms front.
15. Deep frontbow; high reararm, palms front (down to ground).
16. —
- IX. 1. Upright, kneel right hold, extend left to left foretouch (knee straight); frontarm, palms down.
2. Sidearm, palms front.
3. Moderate left sidebow; left hold but turn palm down; right uparm inward, palms down; look up.
4. Upright, sidearm, palms up, look forward.
- X. 5. Frontarm, palms down.
6. Moderate rearbow, look up; left hold in frontarm (it will appear as if in "frontarm upslant") right thru closearm reararm, palm forward.
7. Upright; draw left back to kneel right, left forestep, but on TOE; left hold; right thru closearm frontarm, palms down.
8. Deep rearbow; right hold; left uparm, palm front; look up.
- XI. 9.-10. Upright, left foot down flat; deep frontbow; left thru frontarm and closearm reararm, jalm back (up); right flank swing down thru closearm, reararm to uparm, palm forward.
- 11.-12. Hold frontbow; draw right front kneel to closeknee squat; left hold; right thru frontarm and closearm, reararm, palm back (up).
- XII. 13. Squat hold; upright, look forward; thru closearm frontarm, palms down.
14. Uprise to toestand; uparm, palms forward.
15. Closeheel stand; sidearm, palms down.
16. Closearm.
- Fingers straight.
- XIII. 1.-2. Frontal swing inward, left over right to uparm, palms in.
3. No. 1 and No. 2: 90° turn left forestep left, right reartouch; very moderate frontbend; left frontarm upslant, palm down; right continues in flank swing backwards to reararm, palm down.
- No. 3 and No. 4: 90° turn right forestep right; left reartouch; very moderate frontbend; right frontarm upslant, palm down; left continues in flank swing backwards to reararm, palm down.
4. —

XIV. 5-8. No. 1 and No. 2: Upright and while gradually shifting weight to stand right rearstep, left foretouch, rearbend, look up; left flank circle and $\frac{1}{2}$ down thru frontarm, closearm, reararm, uparm frontarm, closearm to reararm, palm back; right flank circle and $\frac{1}{2}$ up thru closearm, frontarm, uparm, reararm, closearm, frontarm to uparm, palm forward.

No. 3 and No. 4: Upright and while gradually shifting weight to stand left rearstep, right foretouch, rearbend, look up; right flank circle and $\frac{1}{2}$ down thru frontarm, closearm, reararm, uparm, frontarm, closearm to reararm, palm back; left flank circle and $\frac{1}{2}$ up thru closearm, frontarm, uparm, reararm, closearm, frontarm to uparm, palm forward.

XV. 9-12. No. 1 and No. 2: Upright and while gradually shifting weight to stand left forestep, right reartouch, very moderate frontbend; right flank circle and $\frac{1}{2}$ thru frontarm, closearm, reararm, uparm, frontarm, closearm to reararm, palm back; left flank circle and $\frac{1}{2}$ thru closearm, frontarm, uparm, reararm, closearm, to frontarm upslant, palm down.

No. 3 and No. 4: Upright and while gradually shifting weight to stand right forestep, left reartouch, very moderate frontbend; left flank circle and $\frac{1}{2}$ thru frontarm, closearm, reararm, uparm, frontarm, closearm to reararm, palm back; right flank circle and $\frac{1}{2}$ thru closearm, frontarm, uparm, reararm, closearm, to frontarm upslant, palm down.

XVI. 13. No. 1 and No. 2: Shift weight and 90° turn right to stand left sidetouch; sidearm, palms down.

No. 3 and No. 4: Shift weight and 90° turn left to stand right sidetouch; sidearm, palms down.

14.-15. No. 1 and No. 2: Draw left in to closeheel stand; frontal circle down.

No. 3 and No. 4: Draw right in to closeheel stand; frontal circle down.

16. Closearm.

The following two measures work toward closing ranks:

XVII. 1.-2. Dip $\frac{1}{2}$ squat to toestand; frontal swing inward, left over right to uparm, palms in.

3. No. 1 and No. 2: 90° turn left dip forestep left to toestand, right low rearleg; left frontarm upslant, palm down; right continues in flank swing backwards, also to frontarm upslant, palm down.

No. 3 and No. 4: 90° turn right dip forestep right to toestand, left low rearleg; right frontarm upslant, palm down; left continues in flank swing backwards, also to frontarm upslant, palm down.

4. No. 1 and No. 2: Close right to closeheel stand arms hold.

No. 3 and No. 4: Close left to closeheel stand; arms hold.

XVIII. 5.-8. No. 1 and No. 2: Dip forestep left and close right to toestand; flank circle downward to uparm, palms forward.

No. 3 and No. 4: Dip forestep right and close left to toestand; flank circle downward to uparm, palms forward.

Girls No. 1 and No. 4 should be on markers of girls No. 2 and No. 3; No. 2 and No. 3 are in-between in close order.

XIX. 9. Moderate rearbend front waist; hands hold; look up.

10. Upright; hands hold; look forward.

11. Moderate rearbend from waist; hands hold; look up.

12. Upright; hands hold; look forward.

XX. 13. No. 1: 180° turn right to stand right forestep, left reartouch; right frontarm, palm up; left thru sidearm reararm, palm down.

No. 2: 180° turn right to stand right forestep, left reartouch; right frontarm upslant, palm up; left thru sidearm reararm, palm down.

No. 3: 180° turn left to stand left forestep, right reartouch; left frontarm upslant, palm up; right thru sidearm reararm, palm down.

No. 4: 180° turn left to stand left forestep, right reartouch; left frontarm, palm up; right thru sidearm reararm, palm down.

14.-16. Hold.

XXI. 1.-4. Hold (to end of music).

When music ends, girls drop hands with 90° turn to face front to closeheel, closearm stand. This is at the same time that the Junior Boys drop down from their pyramids.

JUNIOR BOYS

Passage to Part II — 4 measures, $\frac{3}{4}$

(See December 1968 Issue of American Sokol)

Rows of boys are counted by 3's from front to rear. Groups of six boys will form a circle, facing in, center of circle to be between markers in second row:

FRONT

2	1
4	c 3
6	5

REAR

I. 1.-3. No. 1—135° turn left, forestep left toward center, closearm.

No. 2—135° turn right, forestep right toward

center, closearm.

No. 3—90° turn left, closearm.

No. 4—90° turn right, closearm.

No. 5—45° turn left, forestep left toward center, closearm.

No. 6—45° turn right, forestep right toward center, closearm.

II. 1.-3. No. 1—Forestep right toward center, closearm.

No. 2—Forestep left toward center, closearm.

Nos. 3 and 4—Closeheel stand, closearm.

No. 5—Forestep right toward center, closearm.

No. 6—Forestep left toward center, closearm.

III. 1.-3. Nos. 1, 2, 5 and 6—Closeleg forward to closeheel stand.

Nos. 3 and 4—Hold.

IV. 1.-3. All hold.

Passage to Part IV — 8 measures, 3/4

Boys will form a single line facing front between markers:

FRONT
2 x 1
x

- I. 1-3. No. 1—Left sidestep.
No. 2—Right rearstep outward.
- II. 1-3. No. 1—Close right leg.
No. 2—Close left leg.
- III. 1-3. Repeat I.
- IV. 1-3. Repeat II.—All now in a straight line facing front, equally spaced from front to rear.
- V. 1. All right uparm thru frontarm, palm front, look up.
2-3. —
- VI. 1. Left uparm thru frontarm, palms front, look up.
2-3. —
- VII. 1. Closearm thru sidearm, look forward.
2-3. —
- VIII. 1-3. —

Part IV — 48 measures, 3/4

- I. Flank swing left thru reararm, uparm to frontarm, palms down; look to left rear on 1st count; trunk turn left and back to front during movement.
- II. Flank swing right thru reararm, uparm to frontarm, palm down; look to right rear on 1st count; trunk turn left and back to front during movement; left arm hold.
- III. Level frontbow, closearm, palms back; look up.
- IV. Upright, frontarm, palms down, look forward.
- V. Flank swing downward thru closearm, reararm to uparm, palms in—with slight rearbow and upright during movement.
- VI. Frontal circle inward, right over left—palms in.
- VII. No. 1—90° turn left; No. 2—90° turn right; closeleg, closeheel stand AND frontal swing inward to sidearm, palms down.
- VIII. Closearm.
- IX. Fall forward to dipsupport lying in rear of hands, left high rearleg.
- X. Straighten arms, support lying in rear of hands, closeleg.
- XI. Dipsupport lying in rear of hands, right high rearleg.
- XII. Straighten arms, support lying in rear of hands, closeleg.
- XIII. Squat support.
- XIV. No. 1—Upright, uprise 90° turn left with lunge left sidestep, moderate left sidebow; left sidearm downslant, right sidearm upslant, palms down (facing rear).
No. 2—Upright, uprise 90° turn right with lunge right sidestep, moderate right sidebow; right sidearm downslant, left sidearm upslant, palms down (facing rear).
- XV. No. 1—Upright, draw right leg to closeheel stand.
No. 2—Upright, draw left leg to closeheel stand. AND both—sidearm, palms down (all boys in a straight line facing rear).

- XVI. Closeheel, closearm stand.
- XVII-XXXII. Repeat I-XVI., Part IV—end facing front.
- XXXIII. No. 1—Toestand, uparm outward thru sidearm, palms in, look up.
No. 2—½ squat sidearm downslant, palms down, look forward.
- XXXIV. No. 1—½ squat sidearm downslant, palms down, look forward.
No. 2—Uprise, toestand, thru sidearm, uparm outward, palms in, look up.
- XXXV-XXXVI. Repeat XXXIII-XXXIV.
- XXXVII. No. 1—uprise; No. 2—closeheel stand; AND both—sidearm, palms down, look front.
- XXXVIII. Frontal swing right down and inward to uparm, palm in, left hold.
- XXXIX. Frontal swing left down and inward to uparm, palm in, right hold.
- XL. Thru sidearm, closearm.
- XLI. Lunge left sidestep; sidearm, palms down.
- XLII. Lunge hold; right uparm, palm in, look up; left hold.
- XLIII. Lunge hold; left uparm, palm in, look up; right hold.
- XLIV. Draw left to closeleg, closeheel stand, closearm thru sidearm, look front.
- XLV. Lunge right sidestep; sidearm, palms down.
- XLVI. Lunge hold; left uparm, palm in, look up; right hold.
- XLVII. Lunge hold; right uparm, palm in; look up; left hold.
- XLVIII. Draw right to closeleg, closeheel stand, closearm thru sidearm, look front.

Regarding Part IV:

INSTRUCTORS: When reading the sheet music, there are only 12 measures shown; however, performers will be drilling in the bass clef.

Passage to Part V — 2 measures, 4/4

Movement is from a single line facing front to open rank formation facing front by reversing the passage to Part IV, Measure I. Rows of boys will be counted off from front to rear by 2's for purposes of the finale (4 boys working as a group for the ending).

FRONT
2 x 1 — Row 1
x
2 x 1 — Row 2

- I. 1. No. 1—Right sidestep.
No. 2—Left forestep outward.
- 2. No. 1—Close left leg.
No. 2—Close right leg.
- 3. Repeat 1.
- 4. Repeat 2.
- All now on own markers, facing front.
- II. 5-8. Hold.

Part V — Section A — 18 measures, 4/4

- I. 1. Squat support, look down.
2-4. —

- II. 5. Uprise, reararm, palms forward, look front.
6.-8. —
- III. 9. Thru closearm, frontarm outward, palms up.
10.-12. —
- IV. 13. Uparm outward, palms in, look up.
14.-16. —
- V. 1. Lunge left forward, uparm, palms in (arms, body and leg in one straight line).
2.-4. —
- VI. 5. Lunge hold; thru frontarm and closearm, right reararm, left hold.
6. Lunge hold; thru frontarm and closearm, left reararm, thru reararm and frontarm, right uparm, palms in.
7. Repeat 5, Measure VI.
8. Repeat 6, Measure VI.
- VII. 9.-10. Repeat 5-6, Measure VI.
11.-12. Frontbow, left squat support, right reartouch.
- VIII. 13.-14. Extend left to closeleg; dipsupport lying in rear of hands.
15.-16. Straighten arms, support lying in rear of hands, closeleg.
- IX. 1. Hop to squat right support (knee between hands); left sidetouch.
2. Draw left in to full squat support.
3. Hop to squat left support (knee between hands); right sidetouch.
4. Draw right in to full squat support.
- X. 5. Extend legs rearward; dipsupport lying in rear of hands.
6. —
7.-8. Straighten arms, support lying in rear of hands, closeleg.
- XI. 9. Squat support.
10. Upright, uprise, frontarm, palms down.
11.-12. Flank swing down thru closearm, reararm to uparm, palms front.
- XII. 13. Uparm outward, palms front, look up.
14. Uparm inward, left over right, palms front.
15. Uparm outward, palms front.
16. Uparm inward, left over right.
- XIII. 1.-2. 90° turn left, lunge left, sidearm, palms down.
3.-4. Relunge to right, arms hold.
- XIV. 5.-6. 90° turn left to stand lunge left forward, swing right down thru closearm and frontarm to both arms uparm, palms in (arms, body and right leg in one straight line).
7.-8. Frontbow, draw right leg in to squat support (facing rear).
- XV. 9.-10. Upright, uprise, frontarm, palms down.
11.-12. Flank swing down thru closearm, reararm to uparm, palms front.
- XVI. 13. Uparm outward, palms front.
14. Uparm inward, left over right—180° turn left to stand left forestep, right reartouch.
15. Close right to closeheel stand; uparm outward, palms front.
16. Hold.
- (Modulation in music.)
- XVII. 1.-2. Frontal circle left inward; right hold.
3.-4. Frontal circle right inward; left hold.
- XVIII. 5. Thru sidearm, closearm, closeheel stand.
6.-8. Hold.

Part V — Section B — 21 measures, 4/4

- I. 1.-2. 90° turn left, forestep left, kneel on right; thru frontarm, uparm, palms in.
3.-4. Frontarm, palms in.
- II. 5.-6. Kneel support, left rearleg, look up.
7.-8. Left rearleg hold; dipsupport.
- III. 9. Straighten arms, left reartouch.
10. Extend right rearward to support lying in rear of hands, closeleg.
11. Squat support.
12. Uprise, upright, thru frontarm, uparm, palms in.
- IV. 13.-14. 90° turn left, sidearm, palms down.
15.-16. Closearm closeheel stand facing rear.
- V.-VIII. 1.-16. Repeat I-IV., Part V, Section B (end facing front).
- IX.-XII. 1.-16. Repeat I-IV., Part V, Section B = except do not turn 90° left on count 1 of Measure I, and do not turn 90° left on count 13 of Measure IV.
- XIII. 1. Row 1, No. 1—135° turn left; No. 2—135° right.
Row 2, No. 1—45° turn left; No. 2—45° right.
ALL—face center—frontarm, palms in.
2. Closeleg, hands hold.
3. Uparm, look up, palms in.
4. —
- XIV. 5. Forestep left; sidearm, palms down.
6. Draw right to closeheel stand; arms hold.
7. Frontbow; frontarm, palms in.
8. —
- XV. 9.-10. Upright; sidearm, palms down — full squat.
11.-12. Squat hold; frontbow, especially in head and shoulders; sidearm downslant, fingertips just touching floor.
- XVI. 13.-14. Upright, uprise, frontarm outward, palms in (all groups of 4 should form a square with the arms).
15.-16. Lunge left forward, uparm, palms in.
- XVII. 1. Kneel right; thru frontarm and closearm, reararm, palms in.
2.-4. —
- XVIII. 5. Left hand on left knee, right thru closearm and frontarm, uparm, palm front.
6.-8. —
- XIX.-XXI. (To end of music):
1. Uprise to closeheel stand
2. etc.: All groups of 4 boys will select one of them to lift overhead as high as possible. Lift will be accomplished by 2 boys grasping the ankle and above the knee of the boy to be lifted; while the third boy stands behind and grasps both legs just above the ankle and holds the legs together while lifting. The 2 boys lifting from the knee and ankle will position themselves in front of the boy going up but with their backs to the main tribune. Boy being lifted will assume a position of uparm outward, palms front, facing the main tribune. He should be leaning slightly forward when in a raised position.
Lifting is to begin as soon as possible after count 2, and be held until music stops. Then lower and form closed groups of 4 abreast facing front positioned midway between markers of Rows 1 and 2, with the end boys behind the markers of boys No. 1 and No. 2.

The XII ASO. Slet Committee

Meeting December 27, 1968

REPORT OF COMMITTEES:

BOI.—Still waiting for word from the Morton School Board as to permission to use the Morton West gymnasiums on Thursday, June 26th, and Friday, June 27th. Bro. Linhart requested information as to number of musicians needed.

Publicity—Discussed: use of billboard space, large sign of the 1st National Bank of Cicero for publicizing the Slet. Meeting with editor of Chicago Tribune.

Scrap book of all articles will be kept.

Housing—Several hotels and motels were visited for housing and banquet accommodations.

Management—Dates and places for the various activities are being requested. Meeting with Morton High School Board is also being requested.

Various Committees are to meet to review problems connected with their activities.

Financial Report ASO. December 1968

INCOME:

Dues	\$1,298.50
Convention Fund	233.75
Special assessment	895 00
Dividends and interest	427.50
Subscriptions to "American Sokol"	3.00
Resale of jewelry	6.00
Educational pamphlets, postage83
Total Income	\$2,864.58

DISBURSEMENTS:

Administrative Department	
Salaries	\$ 305.00
F.L.C.A. & F.W.T. for Nov.	72.54
Rental, janitor service, phone ...	260.61
Office supplies and miscellaneous office equipment	27.08
Travel expense	30.00
Miscellaneous expense	10.60
Petty cash	75.00
	\$ 780.83
Educational Department BOI.	
Salaries	\$ 207.80
F.L.C.A. & F.W.T. for Nov.	53.20
Printing additional copies "Sokol Gymnast"—Nov. and Dec.	55.44
Editor "Sokol Gymnast"	25.00
Phone	8.35
	\$ 349.79
Sokol Publication	
Printing "American Sokol" — Nov. and Dec. issues	\$1,368.27
Postage for Oct. and Nov. issues	66.12
Editor "American Sokol"	75.00
	\$1,509.39
Miscellaneous	
XII Slet expense—rental	\$ 15.00
	\$ 15.00
Total Disbursements	\$2,655.01

BALANCE:

Totals brought forward:	
Western National Bank of Cicero—check- ing account	\$3,425.82
Income — December 1968	2,864.58
	\$6,290.40
Disbursements — December 1968	2,655.01
	\$3,635.39

ALL ABLE BODIED MEN, please read: Shortly after NEW YEAR'S, we will be looking for you . . . probably knocking at your door . . . to come in and learn the calisthenics for the XII Sokol Slet to be held in June in the Chicago area. They would like a BIG group of participants from Cedar Rapids, so please think of it seriously. . . I have noted for many years the beneficial effect of calisthenics on the body. Especially the longer routines such used in Slets. One thing should be noted, however—do NOT work out on a full stomach. Eat lightly, if at all, work out, take a shower, feel fine, and then you can eat, and it will do you good. — (Jos. Pazour in "Sokol Bulletin"—Sokol Cedar Rapids, Iowa.)

First Airplane Flight

On December 17, 1903, sixty-five years ago, the first successful flight in a heavier than air machine was made by the Wright brothers at Kitty Hawk, North Carolina. Orville and Wilbur Wright began experiments early in 1900 with a glider. They eventually fitted a sixteen-horsepower, four-cylinder gasoline engine to it and on December 17, 1903, four successful flights were made. One of them lasted 59 seconds in the air and the machine, with one passenger, traveled 852 feet. In the sixty-five years since then, aircraft has advanced so far that the jets and strato-liners of today seem totally unrelated to the momentous but fragile "crate" that took to the air at Kitty Hawk. The site of these first engine-propelled flights has been set aside as the Wright Brothers National Memorial and a 60-foot pylon commemorates the event on Kill Devil Hill, four miles south of Kitty Hawk.

Participants In Prague Slets

Praha Slet participants will hold a get-together at the Chicago 1969 Slet.

All members who have performed in any of the Sokol Slets in Prague (1920—1926—1932—1938) please register with the Organization Department, American Sokol, 6426 Cermak Road, Berwyn, Ill. 60402. During Slet days in Chicago in 1969, all registrants will conduct a get-together and an exhibit consisting of mementos, pictures, etc.

EW-R.

BUDOUCNOST SOKOLA V ČESKOSLOVENSKU.

Tuším, že to bylo v r. 1946, po obnovení Československé republiky a před posledním Všesokolským sletem v Praze 1948, kdy přijela do Prahy početnější delegace Sovětské



Fiskultury, aby se seznámila s tehdy ještě nesestátněnou čl. tělovýchovou a zejména prací Sokolstva. Navštívila také Tyršův dům, aby odevzdala ČOS. svůj dar a oplatila pozornost prokázanou za jejich pobytu. Kromě jiného byl to také objemný svazek "Dějiny sovětské fiskultury". Vedoucí skupiny doprovodil dar vysvětlením, že darovaná kniha nám má být dokladem, že Sověti nezapomínají toho, že na jejich spolkové a školní tělesné výchově měla vliv a podíl sokolská Tyršova soustava a sokolští cvičitelé na Rusi (Erben, Čada, Syrový a j.), kteří ji tam zaváděli. Bylo to, do jisté míry, dojemné a povzbuzující přiznání těch, kteří se určitě neřadili k sokolským příznivcům.

Tato událost nabyla významu zejména po XI. sletu, kdy se českoslovenští komunisté zasloužili o potlačení všech zmínek o tom, že sokolská tělovýchova byla základem mravní i tělesné výchovy čl. člověka a že to vše co se později snažili představovat jako dědictví práce komunistické proletářské tělovýchovy v Československu, je v podstatě jen pokračováním a špatnou kopií práce sokolské, o níž se nynější představitelé státní tělesné výchovy otírají s pohrdáním nebo ji przní cizími prvky, dávno před tím již Sokolem překonanými, že dávají přednost vnějšímu efektu před prohloubením a skutečným rozvojem založeným na více jak stoleté zkušenosti, obětavosti a nadšení svobodné sokolské výchovy.

Radostné i tragické události posledních měsíců v Československu prokázaly nejlépe, že sokolství, sokolská výchova je hluboce zakořeněna v mysli a srdcích čl. lidu. Po dvaceti letech skutečného potlačování všeho co Sokol šířil a vyznával, zejména demokracii a skutečný, nezávislý pokrok, přišli opět všichni věrní, aby se přiznali, vzdor k hroznému nebezpečí obnovení persekuce, k tomu co je Tyršovo národní sokolství učilo a od nich požadovalo. Kdo četl ty nadšené zprávy o pokusech bývalých Sokolů začít znovu, třeba z ničeho a naopak kdo mohl sledovat nenávislnou reakci těch komunistických a pokomunističených placených úředníků nynější t. zv. jednotné tělovýchovy, obávajících se o zaměstnání, jistě si znovu uvědomil jaký je rozdíl mezi nadšením sokolských dobrovolníků-činníků a hmotné, straně zavázaných, tělocvičných zaměstnanců.

Byly to nepěkné výpady vůči snahám obnovit Sokol ze strany těchto malých přísluhovačů. Rozbor těchto zjevů není ovšem našim úmyslem. Chceme však zaznamenat skutečnost, že nadšení a odvaha i rozvaha, s nimiž bývalí sokolští pracovníci, poznamenaní většinou komunistickými výslechy a vězněním, usilovali o obnovu starého sokolského řádu do nových jednot, prokázali víc než jasně, že ani těch dvacet let nuceného mlčení, sebezapírání i pronásledování, nijak neoslabily jejich sokolské založení, cítění a věrnost.

K ustavujícím poradám se sešli zástupci všech bývalých sokolských žup. Přišli nejen staří sokolští vysloužilci a jejich mladší nástupci, ale dostavili se nebo přihlásili i mladší, kteří bývali v době zániku ČOS. a žup ještě v žactvu nebo dorostu. A to je nejradostnější. Zdá se, že jeden z argumentů těch bývalých činovníků ČOS., kteří se v roce 1948 po komunistickém puči těžce rozhodovali, zda se má XI. všesokolský slet dokončit či má-li se odvolat, ale rozhodli se pro jeho uskutečnění, byl prokázán správným. Byl to tehdy právě ohled na sokolskou mládež, které se chtěl dát sletem jakýsi sokolský křest, nebo chtěla-li injekci, upevňující v ní oddanost pravému sokolství. Ukázalo se, že mládež nezklamala a že dobře rozlišuje dobré od zlého. Je to nejen zásluha jejich bývalých cvičitelů, cvičitelek a činovníků vštěpujících jim lásku k zemi, svobodě, demokracii a lidství, ale i rodičů, kteří byli rovněž odchováni sokolstvem nebo nezapomínali čím byla tehdy mládež sokolská výchova.

Dvacet lety útlaku se nic nezměnilo ve svědomí těch věrných. Dvacet let neochlábilo jejich nadšení pokračovat nebo třeba začínat docela znovu. Po dvacet let upevňovali svou víru.

A když se v uplynulých měsících odvážili přiznat ke svému sokolství veřejně i za cenu, že budou znovu pronásledováni nebo zneužíváni, ukázali jasně, jak hluboko je sokolství v jejich srdcích a v národě zakořeněno.

Možná, že nebudou mít po návratu opětného útisku, zostřené nesvobody, velký nebo vůbec žádný úspěch. Možná, že na to někteří zaplatí osobně, tak jako to postihovalo Sokoly za Rakouska, za nacismu a za komunismu, ale nevěříme, že sokolská myšlenka bude ve své hodnotě a cíli oslabena nebo potlačena. Nepodařilo se to předchozím, nepodaří se to teprve nynějším diktátorům. Věříme pevně, že útok vzbuzuje odpor. Věříme, že národní jednota kovaná kdysi také sokolstvem, nezanikne. Věříme mládeži a zákonu konečné svrchovanosti kladných hodnot. Zlé a slabé bude na konec poraženo. Volnost lidí, právo na jejich nezávislé a čestné myšlení a jednání nemůže být trvale zkracováno na úkor čestnosti, mravnosti a lidství.

Měli bychom si tu v Americe vzít vzor z československých Sokolů, s jakým nadšením se pustili do nového, nesnadného, boje o pravé sokolství. Naše morální i jiná podpora bude vždy žádaná. Věříme, že krutovláda a zpátečnictví s násilným řádem jednou ustoupí.

Nejméně dvě další generace si zachovají ve svých myslích a srdcích ryzí sokolství. Nejméně ještě dvě generace budou mít stejný sokolský cíl. A to je dost dlouhá doba, aby vystačila k zdolání násilí, zpátečnictví a aby vybojovala opět místo pro demokracii, lásku člověka k člověku a spravedlnost a aby přemohla to, čím je nyní lidství ohroženo a ničeno. Proto také věříme v budoucnost československého Sokolstva. E.K.

"Zrození Československa".

Anglická kniha dokumentů o prvním čs. odboji.

Ve Spojených státech vyšla v těchto dnech v angličtině pozoruhodná kniha, která je věnována především anglicky mluvícím zájemcům o historii Československa, jichž v důsledku loňských událostí v Československu stále přibývá. Jmenuje se "The Birth of Czechoslovakia" (Zrození Československa) a je to souhrn nejdůležitějších dokumentů prvního československého zahraničního i domácího odboje se 70 fotografiemi historických okamžiků, kterých se týká. Knihu vydala svým nákladem a za nevšední finanční pomoci svých přátel washingtonská odbočka Československé národní rady americké. Knihu sestavil, redigoval a úvod k ní napsal Čestmír Ješina, pracovník statistického oddělení amerického ministerstva obchodu, který se zabývá studiem moderní československé politické historie, o níž už napsal několik prací.

Toto dílo vzniklo z myšlenky uspořádat v souvislosti s nedávnou washingtonskou manifestací za svobodu pro český a slovenský lid u příležitosti 50. výročí vzniku Československé republiky výstavu nejrůznějších dokumentů z prvního odboje, počínaje historickou Washingtonskou deklarací Masarykovy československé prozatímní vlády z 18. října 1918. Když se výstava začala připravovat, bylo logické uvažovat o nějakém katalogu. Z toho se pak rozvinula myšlenka, že je třeba napravit chybu 50 let a poskytnout anglicky mluvícím přátelům Československa včetně české a slovenské druhé, třetí i další generace v Americe vědecky zpracovanou knihu s nejdůležitějšími dokumenty ze čtyřletého období první světové války, které vedlo k vyhlášení československé samostatnosti.

Kniha shrnuje historii českého a slovenského národa. Mnoho místa věnuje Ješina československým legiím ve svém úvodu a později i v chronologické úpravě zařazených dokumentů. Legie, jak je známo, byly mocným nástrojem celé první českoslo-

venské zahraniční akce, a jejich legendární sibiřská anabase byla a je dodnes předmětem obdivu historiků i určité části veřejnosti západního světa. Ješina uvádí, že Theodor Roosevelt poslal část své Nobelovy ceny míru československým legiím do Ruska.

Sbírka dokumentů začíná chronologicky Prohlášením Českého komitétu zahraničního proti Rakousku ze dne 14. listopadu 1915, tedy prvním veřejným dokumentem Masarykovy zahraniční akce. Další dokumenty navazují na ustavení Československé národní rady zahraniční Masarykem, Benešem a Štefánikem a na jejich vlastní činnost. Všimají si ovšem i událostí v českých zemích: Je tu třeba Manifest českých spisovatelů z května 1917.

Anglicky mluvící student československé historie v knize najde vše, co potřebuje ke svému studiu první československé zahraniční akce, která konečně vedla k uskutečnění staletého snu českých a slovenských vlastenců, k utvoření samostatného státu.

Knihu "The Birth of Czechoslovakia" možno objednat u jednatelky washingtonské odbočky Čs. N. R. A.: Mrs. Anna M. Faltus, 4708 Kenmore Ave., Apt. 303, Alexandria, Va. 22304, USA. Připojte šek nebo peněžní poukázku na \$5.00.

Leopold Svrček.

Sokol Tábor v Berwyn, Ill., oznamuje smutnou zprávu: Jeho účetní, bratr Leo. Svrček, nežije již mezi námi. Odešel ve stáří 63 roků po dvou měsíčním bolestném utrpení 20 prosince 1968 po těžkém zranění v automobilové srážce, kde byl pouze spolucestujícím. V jednotě zanechává trvalou upomínku.

Narodil se v Brně, v Československu a ve Spojených státech žil 19 roků. Měl šťastný svazek rodinný; ve své ženě, naší sestře Ladě, našel vzornou a věrnou spolupracovnici, ono životní štěstí, které

mu dávalo sílu a naději, když prošel několika operacemi, kdy trůd otfásal rozhodnutí. Syn Zděnek a jeho rodina byly mu radostí.

O jeho sokolství promluvil br. Karel Prchal: Odešel nám obětavý a nezištný pracovník. Poctivý, energický, nebojácně se stavící za pravdu. Zanícený hlasatel svobody československého národa. Účastnil se pilně, pokud mu zdraví dovolilo, všech prací pro Sokol. Byl činovníkem spolehlivým. Ač život byl k němu tvrdý, měl v srdci lásku a věřil v nesmrtelnost sokolských ideálů. Ta víra byla jeho silou, která šířila úctu k dílu sokolskému.

Po ovládnutí Československa komunisty, pro pevnost a stálost mravní opustil všechno a nevzal si sebou nic, mimo odhodlání bit se s Osudem a pomáhat hnutí, kterému sloužil doma, v uprchlickém táboře a ve svém novém domově, v Americe.

Bylo mu dopřáno, aby v roce 1968 navštívil rodné kraje a Jihoslovensko a těšil se, že bude moci svou cestu opakovat . . .

Odešel bratr vzácné hodnoty, jemuž ve vzpomínkách svých srdcí věnujeme paměť nehynoucí.

Bratr Frank Kratochvíl promluvil v zastoupení odbočky Západní předměstí ČsNRA. Z jeho projevu: "Mám na br. Svrčka osobní vzpomínku z doby před dvaceti lety, kdy jsme se poznali v uprchlickém táboře ve Schwäbisch Gmündu v Německu. Přijel jsem do tábora koncem září 1948 a již 10. října t. r. mě bylo br. Svrčkem, který byl toho času přednostou kanceláře americké organizace IRO, nabídnuto místo sekretáře v jeho kanceláři, což jsem s radostí přijal.

Po několika měsících se stěhoval náš tábor do Ludwigsburgu, kde bylo několik uprchlických táborů. Byli jsme umístěni v Jägerhofu v kasárnách a po krátkém pobytu jsme našli odvahu založit Sokol a br. Svrček byl zvolen starostou této jednoty. Později byla založena zahraniční župa sokolská dr. Edvarda Beneše, kde br. Svrček byl zvolen místostarostou a já tajemníkem. Mnoha uprchlíkům jsme pomohli bratrskou spoluprací v bídě a nouzi.

Br. Svrček byl mužem tvrdým, ale poctivým, budeme jej dlouho postrádati.

Pokoj duši Tvé, drahý bratře Svrčku, a pokoj vám všem, kteří dnes zemřelého oplakáváte."

kmp.

Frank Nejedlý.

Zlý osud zasahuje těžce v řady Sokolstva. Neúprosná smrt kosí brzy zde, brzy tam a vždy jako by vybírala nejvzácnější muže a ženy, bratry a sestry nejlepší, jichž ztráty jsou bolestné pro nás všechny.

Nyní přišla z Clevelandu smutná zpráva, že věrný člen sokolského bratrstva, Frank Nejedlý, zemřel 26. prosince 1968, po dlouhé nemoci ve stáří 68 let. Narodil se v Poděbradech, Československo a ve Spojených státech žil 45 roků.

Byl členem Sokola Cleveland-Čech-Havlíček, lože Prokop Velký čís. 708 I.O.O.F. a Iris Lodge No. 229, F.A.M.

Několik dat z dopisu bratra Karla Zaharadníčka:

Pocházel ze staré sokolské rodiny z Poděbrad. Jeho starší bratr Jaroslav to byl co přivedl do Sokola Jarku Jelínka. Br. Frank Nejedlý byl v Sokole od mládí a po příjezdu do Clevelandu asi

v roce 1922 hned vstoupil k jednotě Čech-Havlíček. Byl vzorným cvičencem, pak náčelníkem jednoty a také místonáčelníkem župy. V jednotě se oženil se sestrou Máňou Chaloupkovou, náčelnicí a dlouhá léta jednatelkou župy Severovýchodní. Již dlouhá léta churavěl a před dvěma roky navštívil jeho rodiště a zdálo se, že je na cestě k uzdravení. Zákeřná nemoc však hlodala na jeho zdraví tak, že před devíti měsíci byl převezen do nemocnice, z které se již živ nevrátil. Pro něho byla smrt vysvozením. Jak mi říkali bratři, kteří ho navštívili, nemohl mluvit. Uměle ho udržovali při životě. . . Byl věrný Sokol a ne jen jeho mateřská jednota, ale celá sokolská rodina v Americe ztrácí v něm dobrého a oddaného bratra.

Znal jsem bratra Nejedlýho dlouho řadu let. Byl bratrem dobrého srdce a čistého charakteru. Dovedl říci pravdu každému a všude. Byl skromný a bratrský stisk ruky byl mu milou odměnou za dobré dílo. Člověku, i když cítil, že jeho dny jsou sečteny, je smutno. . .

Měj věčný klid, milý bratře. Věčná paměť na Tebe, na Tvoje činy, Tvoji nezměrnou lásku k Sokolstvu bude zachována všemi, kdo Tě poznali.

Sestro Máňo — upřímnou soustrast.

kmp.

Zdická dohoda.

Bylo 6. prosince 1197. U Zdic blíž Berouna dvořákův tábor vojenský; dva Přemyslovci, rodní bratři, Vladislav III., panující kníže, a Přemysl I., trůnu proti němu se domáhající, krvavou bitvou rozhodnou spor svůj. Dva se budou rváti, kdo se bude smát? Aj, ten třetí, ten, jenž od samého záblesku dějin ukládá o život národa českého — Němec! Jen se ubíjejte v zápasu vražedném, pusťte žilou tomu tvrdému rodu českému, jen hezky hluboko zatněte až Litavka (řeka) všecka zrudne krví! Až bude zmatek největší, nastoupí mocný vládce Němectva, aby vás rozsoudil a — možno-li již — zemí českých konečně se zmocnil, nebo — bude-li oříšek přece ještě tvrdý — co nejvíce zlata nabral a Čechy ochudil. Ty české hřivny tak jsou těžké a ryzí, tak potřebné měsíci svatě říše římské, vezdy prázdnému!

Dobře vypočítáno, ale sklaplo! V noci před bitvou kníže Vladislav, ač vojskem silnější, povolal Přemysla do stanu svého, dohodnul se s ním a postoupiv mu vládu svrchovanou, spokojil se s Moravou, kterou přijal od Přemysla jako léno české. Voje obou bratří stejně bratrsky se rozešly a v osudech zemí českých nastal obrat blahodárný. O rozháranosti k síle, od slabosti k moci.

Té noci zle skřípal zuby démon němectví, zatím nebylo mu nic platno. Pro národ byla to nejlepší nadílka, jaké se českému lidu kdy k Mikulášu dostalo.

V.

Vlastenectví, láska k vlasti jest oheň: jenom ně kteří jsou hlavněmi, uhlím, dřívím, které hoří, druzí však a ostatní bud' se jen při tom ohni shřívají nebo si jím svítí, nebo při něm kaši vaří, aneb dýmky a cigáry si zapalují. — K. Havlíček.

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ÚSMĚVY.

Sokolice z Cedar Rapids dotázala se sestry, která se loňského roku účastnila zájezdu Sokolic Omaha na Havajské ostrovy:

"Co se tam nyní nosí?"

"Peníze, má zlatá, peníze!"

V Miami, na Floridě, sešli se dva sokolové.

— Jak se daří, bratře?

— Ušlo by to, ale mám jen čtyři neděle dovolenou a tak se mi zdá, že to tady moc utíká . . .

— To mně naopak se zdá, že TADY TO MOC STOJÍ!

— Koukej, Helenko, ta sestra Mac byla jistě u moře.

— Jak to víš?

— Podívej se, dyť je ještě celá umořená . . .

Posloucháme přednášky a čteme články o tom, proč cvičíme. Jsme přesvědčení, že jsme na to přišli. Ale kdepak! Teprve malá začka nám to pověděla. Když se jí totiž ptala sestra vedoucí, proč chodí do Sokola, odpověděla pohotově: "Abych doma nezlobila maminku."

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NA XII. SLET AOS.

XII. slet Americké Obce Sokolské, který vyplní dny od 25. do 29. června 1969 a jehož vrcholem bude unášející sokolská neděle 29. června v stadiu vyšší školy Morton West, znovu dokáže účastníkům z celých Spojených států a Kanady, že sokolská myšlenka, jež byla na naši americkou půdu přinesena již před 104 lety, je plna jaré svěžesti a že sem přišla, aby zde zůstala navždy.

Ve výboru, v odborech, v tělocvičnách se pracuje, aby XII. slet svou dokonalostí a mohutností působil nejen na nás, ale na celou naši veřejnost. Chceme sletem posílit všechny sokolské nadšence, vzpružit je k nové, radostné práci a probudit k novému úsilí i ty, kdo dočasně oddali se nečinnosti.

Skvělým obrazem na stadionu chceme uchvátit celou naši mladší generaci a trvale ji přimknouti k Sokolu. Ty, kteří jsou členy, chceme naplnit hrdostí nad docílenými výsledky a těm, kteří se teprve budou dívat na sokolské výkony chceme vštípit touhu, aby také vstoupili do řad sokolského bratrstva. Chceme se posléze pochlubit před ce-

lou veřejností sokolskou ideou, aby Amerika si stále více a lépe uvědomovala, jak velikým kulturním přínosem je sokolská idea pro tuto zem.

Slet je velikým dílem lásky a práce, je svátkem nás všech a každý měl by se snažit, aby se ho účastnil. Nenechte si ujít vzácnou příležitost, vidět Sokolstvo o jeho slavných dnech.

Spoléháme a věříme ve Vás! Vyhrad'te si již dnes ty červnové dny a přijď'te se všichni nejen potěšit, ale sebe i druhé povzbudit k dalšímu ušlechtilému snažení. Pomozte nám, aby účast na sletu byla co největší. Když v československém Chicagu a všech jeho předměstích bude rozvinut energický nápor, když i ostatní československá Amerika nám pomůže, dá se hravě docílit nevídaného úspěchu.

Budete mít velikou radost, až budeme všichni pohromadě — a vždycky, po všechny své dny, budete si oživovat vzpomínky na radostné dny, prožité ve dnech sletových. Na shledanou! Nazdar!

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