

AMERICAN SOKOL

PUBLICATION OF THE AMERICAN SOKOL

Educational and Physical Culture Organization

JAMES L. CIHAK:

WHY IS THE XII SLET OF ASO. SO VITALLY IMPORTANT?

Sokol Slets have always been of prime importance. Competitions, participation in the mass calisthenics, for which they were justly famous, social gatherings, opportunities to compare notes and learn to know each other better have all acted as a cement to make the Sokol stronger. The enthusiasm and inspiration, both working toward those happy days and as a long lasting aftermath, had a value that could not have been secured in any other way. They were the spur to renewed, beneficial activity.

The Slets of COS. in Praha were world renowned. Visitors were overwhelmed. Physical education technicians from the entire world came to them, marveled at them and went back home realizing that for their nation a spectacle of such magnitude was out of the question. Oh they understood alright what made it possible in Czechoslovakia. Here was an entire nation, every segment and phase of it, dedicated to a great ideal, "Physical Perfection Joined With a Noble Mind." This was the only nation in the world, though using antiquity as an example, to far outstrip it in actual performance and participation. The conditions, the constant battle for survival and existence plus the intelligence of the citizens had made all of this possible.

1918 brought independence and a fruitful two decades of intensive Sokol activity.

1938 saw dictatorship and beastiality overcome a small nation from the outside.

1945, a brief, bright light from the rekindled sparks of rewon independence until in February 1948, from the outside and planted inside, communist force and treachery closed the doors of democracy for the next two decades.

The XI Sokol Slet in Praha, in the summer of 1948, was the last one. What has occurred since then and the futile attempts of those in power to imitate them have been dismal failures. You cannot force by official decree, the results gained by voluntary assent. The Sokols accomplished what they did because they believed in the ideals of democracy and humanity. When these were taken away and ignorance with brutality rode the seats of power all incentive to emulate their past become temporarily dormant.

(Continued on page 15)

AMERICAN SOKOL



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OFFICE OF THE EXECUTIVE BOARD ASO.

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Calendar of Events

- MAR. 2nd — SOKOL CLEVELAND-CECH-HAVLICEK, Cleveland, O. — Annual Winter Exhibition.
- MARCH 8th — SOKOL TABOR, BERWYN, ILL. —
Gymnastic Exhibition.
- MAR. 15th — SOKOL BROOKFIELD, ILLINOIS. —
Annual Gymnastic Exhibition.
- MAR. 16th — SOKOL TYRS, CLEVELAND, OHIO. —
Gymnastic Exhibition.
- MAR. 16th — SOKOL SLAVSKY, CICERO, ILL. —
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.
- APRIL 20th — SOKOL ST. LOUIS, MISSOURI. —
Gymnastic Exhibition.
- MAY 3rd — SOKOL MLADOCECH, RACINE, WIS. —
Gymnastic Exhibition 7:00 P.M.
- MAY 3rd — SOKOL NEW YORK, N. Y. —
Gymnastic Exhibition.
- 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.

In memoriam Emilie Kirchové.

Těsně před vánoci dolehla těžce na každého z nás smutná zpráva o úmrtí vzorné sokolské pracovnice ses. Emilie Kirchové. Nechtěli jsme ani uvěřit. Vždyť ještě nedávno viděli jsme ji s plným elánem zájmat se o vše co směřovalo k rozvoji sokolského hnutí. Nadšeně hleděla vstříc XII. sokolskému sletu a chtěla pomáhat, aby byl opět úspěšným a mohutným. Byla to její iniciativa, aby v rámci sletových dnů byla uspořádána schůzka účastníků zájezdů AOS. na slety v Praze. Také s obrovským zájmem sledovala loňskou snahu o obnovu sokolského hnutí v ČSR. a těžce nesla srpnové události, které vše zhatily. Jak ráda by byla opět viděla tu mohutnou sokolskou slávu v zemi Tyrše a Fuegnera. Cesty lidských osudů jsou však neúprosné a zůstávají bez našeho vlivu.

Sestra E. Kirchová narodila se v Chicagu 15. září 1908. Brzy pak rodina se odstěhovala do Československa, kde ztrávila svoje mladá léta a získala vzornou sokolskou výchovu v jednotě Praha-Vršovice která ovlivnila celý její život a provázela ji do posledního dechu. Ihned po příjezdu do Chicaga zapojila se do sokolské práce v jednotě Havlíček-Tyrš. Byla dobrou a vytrvalou cvičenkou a úspěšně se uplatňovala v závodech. V roce 1929 byla členkou závodního družstva žen Sokola Havlíček-Tyrš, které vyhrálo prvou cenu ve vyšším oddílu. V roce 1938 jela s výpravou AOS. na slet do Prahy. Mohutné dojmy z těchto slavných dnů provázely ji po celý život. Od svého příjezdu do Chicaga až do loňského léta věnovala se plně a soustavně sokolské práci. Po celou tu dobu byla členkou cvičitelského sboru jednoty, několik období v župě, kde byla náčelnicí a byla i v náčelnictvu obce. Řadu období byla náčelnicí jednoty. Jednota Havlíček-Tyrš byla jejím druhým domovem a sokolství největší láskou a zálibou. Vychovala také vzorně sokolsky své dvě děti, Blanche a Tonyho, kteří se plně uplatňují v sokolské práci. Neužila také mnoho svých vnuček které se slzami dojetí vítala nedávno na podlaze tělocvičny.

V těchto několika řádcích těžko se dá vylíčit ta velká celoživotní sokolská práce ses. Kirchové. Je čistě a nadšené sokolství, kterým plně žila své život. zůstává nám vzorem. Bude nám chybět v naší sokolské práci. Čest její památce!

—j. r.—

!! PLEASE — NOTICE !!

New Location

American Sokol Organization
6426 West Cermak Road
Berwyn, Illinois 60402

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

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EDWARD STETKA:

XII ASO. SLET

The XII Slet will be held on June 29th and once again participants and non-participants from all over the country will gather in Chicagoland, where brothers and sisters will renew old acquaintances and new friendships will be made. Yet, many will not realize that they are part of something that can only happen in our Sokol organization. Picture to yourselves, participants from the Atlantic to the Pacific, from the Canadian border to the Rio Grande, presenting a mass exhibition after only one rehearsal. These who are unacquainted with the Sokol are amazed when informed of this fact and wonder how it could happen. They do not know that this was made possible by the unequalled system of terminology created over 100 years ago by the founder and first Director of Sokol, Dr. Miroslav Tyrš. With this system, the instructors in all Sokol gymnasiums are able to interpret and instruct every movement exactly alike.

Competitions are a major part of the Slet days. They motivate the members of the Sokol gym classes to a determination to have the honor of representing their Units at the Slet. To participate and compete in this great event is the aim of every Sokol gymnast.

Perhaps the best description of a Slet could be best expressed by quoting, in part, Karel Capek, the modern Czech writer, who wrote a psychological analysis of the feelings of a spectator at a Sokol Slet in Prague:

"I have been thinking about why the Sokol mass calisthenics are a typical climax of every Slav national celebration, while elsewhere it is a contest of individuals, teams or toreadors. At a Sokol Slet, I see before me an immense rectangle of pure beach

sand, framed by hundreds of thousands of heads. Into that blinding space flows a rhythmic wave of thousands, thousands and thousands of figures, with a natural movement like breathing or the flow of blood through one's veins, but good Lord, what a breath, what a calm and immense flow. No unnerving drama is taking place; I feel no anguish or passionate heroism; I feel that I am breathing, but breathing with the breath of thousands; my heart is peacefully beating, but it is the beat of thousands; through my body flows a wave of movement and it is the movement of thousands, stronger than the flash of a sword; a movement that carries me, flows into me and overflows in me, not as if I were one of those on the field, but as if I were all of them."

Regretfully, we do not have the thousands and thousands of participants in the Slets in this country because our membership never could compare with that of the disbanded Czechoslovak Sokol Organization. At the time of the Communist coup d'état, the total number of members of the Sokol in Czechoslovakia was over one million, or about one-tenth of the population of that country. However, no matter where a Slet is held or the number of participants, it will always be a significant physical culture and patriotic manifestation of the Sokols.

Words, even as genuine as those written by a renowned writer, cannot express the exuberant feeling of those who participate in and those who witness a Slet. These overwhelming emotions make the members feel proud that by being a part of the Sokol organization, they have contributed in making the Slets possible.

Why Is the XII Slet of ASO. So Vivaly Important?

(Continued from cover page)

And then came the "thaw" in early 1968. Liberalization and a serious attempt to humanize communism rode high, though carefully, for a few months. This became a revelation in many ways. Where most had felt that the Sokol was dead, a great surprise awaited them. It was almost impossible to believe that so much vitality existed in the Sokols and that they would arise in such vast numbers to proclaim that they were again ready to take their place in the ranks of democracy and progress. Even a Slet for 1970 was dreamed of.

Russia's ruling clique, fearful that its entire structure was ready to fall apart, acted with its fear-

impelled force and brutality. The Tartar knows only one way to rule, — to grind into the earth all opposition. In the face of universal censure by both democratic and communistic forces outside its own tightly held sphere of influence, it has again demonstrated its greatest weakness. It cannot face, let alone compete with, the ideals of liberty, human decency, progress thru individual initiative, or any of the other characteristics of free men.

The Sokol dream has again been forced into a straight jacket. But even those few brief months have demonstrated to the world that the Sokol spirit is not dead and will not die out for decades to come.

The last great Slet in Praha was the XI Slet of 1948. The next would have been their XII.

The Slet of ASO. in 1969, this year, is our XII Slet. Let us make this XII Slet in June, 1969, a "Remembrance Slet," for ourselves and the Sokols in Czechoslovakia. Let this XII Slet be for them as

well as for us, and let us above all remember what a debt of gratitude we owe them for their ideals, their example, their inspiration, their help to maintain what they so intensely hope to reactivate.

"The XII Slet, — The Remembrance Slet."
Nazdar!

Statistics — XI Slet COS. — 1948

Figures alone will give you the best idea of the magnitude of this Slet. The Slet grounds outside the stadium accommodated 350,000 people daily. Trolley transportation carried 1,600,000 people every day. The children's Slet was composed of 125,000 boys and girls, the juniors 100,000, Sokol men and women 150,000. The barracks which held 6,000 individuals in each 3 story building were each a complete city with every need supplied. This was necessary for the quick assembly, lineup and march of each group performing in the stadium. Every individual knew before he left home exactly where he would eat and sleep, lineup, perform and depart. This was only possible because of the strictest self-discipline and constant training.

The logistics for an event of this type are staggering. Split second timing, order and efficiency were seen everywhere. Thousands arriving and departing every day, obeying every command, for the commanders had been elected by themselves, work-

ed tirelessly and received not one dime. No one was paid—everything was done voluntarily. 110,000 breakfasts, lunches and dinners served every day from field kitchens to the gymnasts in strict order and exemplary cleanliness and they were good, substantial meals, too.

45,000 gym instructors, 89,500 district and unit officials, 12,000 Slet officials and committee members worked for years to produce this Slet. No one received pay. Only the best of the best were qualified to perform at the Slet. Elimination competitions were held in the units, then districts, then nationally. Out of 1,000,000 senior members and 2,000,000 children and juniors only about 10% ever reached the Slet as performers—but in the meantime an entire nation had physical culture. The state contributed nothing. The Sokols paid for everything themselves. They would not accept anything from the communistic regime.

PRESENTING A GYMNASTIC EXHIBITION

Systematic planning of the details of an indoor gymnastic exhibition, and its proper arrangement, is the way to a well prepared and effective presentation before the public.

The two main points to be given consideration revolve around organization and preparation. Organization entails the formation of the materials at hand, their use, and the type of numbers to be presented. The children's classes are most effectively presented by performing simple but appealing numbers; for the girls a dance routine with singing, and if possible the addition of appropriate costumes. The boys show their best with a good setup of vaulting over and adjusting "buck," or with a series of pyramids.

Junior girls usually are conscientious in learning their parts and are used to good advantage in a special number with or without hand apparatus, in a rope skipping number, and can also learn a good routine on uneven bars, balance beam, or side horse vaulting. Junior boys can be utilized for tumbling, vaulting over side horse, or long horse, pyramids, or a combination of these events. Senior women and men may perform special calisthenics, special artistic group calisthenics, or dances, separately or jointly, and also exhibit exercises on various apparatus.

A properly arranged and prepared marching number with changing steps and formations always makes a hit in any program and should be included as an event by the juniors, or seniors, or both. A variety of performances will add the color and action required of a good program.

Preparing your performers is an important task and involves patience and confidence. The director must have a definite knowledge of the numbers and should teach them in short series so that each part is thoroughly mastered before proceeding with the next. Emphasis must be placed upon the correctness of movements and posture—and the precision necessary for mass movement. Remember to teach slowly but thoroughly. Plan your entrance and exit. Train your group to march correctly and effectively. The appearance before and after a performance has a strong effect upon the execution of a number.

Rehearsals should be held for the entire program so that all participants will have a knowledge of their parts in the program. Avoid needless rushing around at the last moment by planning beforehand—step by step.

The teaching staff, together with the committee in your unit or district, should make proper plans for the cleanliness of the site; the seating arrangements; ticket committee; the publicity which is so vital to any attraction; the discipline maintained during the proceedings; the proper coordination of the numbers, so that there is no waiting between numbers; and make certain that there are no more than two speakers during the program: a welcoming address and main speaker in most cases, add to the program without causing restlessness among the audience. The speaker should be told to devote his theme to the beneficial qualities of the Sokol system of physical education and the need of such training for the youth of our country.

The final number on the program should be both colorful and appealing and one which will create a highly favorable closing impression.

The entire program should not extend over a two-hour period. In many instances, a well balanced program when run off smoothly lasts approximately an hour and a half with the balance of the evening devoted to dancing and perhaps a session of group singing.

The following are specific suggestions for preparing a gymnastic exhibition:

1. **P.A. System:** Clear, understandable, speakers located in more than one section.
2. **Music:** Piano is ideal for marches, during the performances on apparatus, for tumbling and special numbers. If taped or recorded music is used, arrange it with the numbers so as to avoid delays, re-running, etc., and coordinate it with a P.A. system for proper volume and effect.
3. **Uniforms:** Clean and neat, and if special costumes are utilized, a harmonious combination of colors should be used.
4. **Grand March or Entry:** Pre-planned positioning for each group; with markers recommended.

Avoid crowding to the front in order to eliminate larger vacant spaces in the rear. All participants should be properly trained to march in tempo, with emphasis on good posture.

5. **Exhibition on Apparatus:** Utilize the best gymnasts on each selected apparatus, with short but effective routines.
6. **Placement of Apparatus:** In order to obtain the most desirable visual effect, the apparatus should be placed in the position which will emphasize the side view effect of the performance.
In Relation to the Main Stand: Horizontal bar: axis front to rear. Uneven bars: axis parallel with the stand. Parallel bars: axis parallel with the stand. Balance beam: axis parallel with the stand. Mats: (for tumbling) parallel with the stand. Long horse: (vaults) axis parallel with the stand. Side horse: axis front to rear.
7. **Site:** Where possible with bleachers. Ushers should be available to escort spectators to their seats especially when there is a full capacity audience. The presence of ushers will provide courtesy, efficiency, orderliness, and social dignity.

(From Sokol U.S.A. Times)

Omaha Czech Brass Band

It is with sincere pleasure that four brothers of Sokol So. Omaha announce the release of the "First Anniversary Album" of the Omaha Czech Brass Band.

The brothers who were instrumental in bringing this gently flowing authentic Czech tempo are bro. Karel Dvorak, Director of the Omaha Czech Brass Band, who has arranged a group of delightful songs that perfectly illustrate their depth of tone coloration. Bro. Joseph D. Slezak, assisted by bro. Milas Novotny has captured for your enjoyment a recording process that brings forth the richness of tone and full quality of every note for you to enjoy the toe-tapping music of the old country right in your own home. The harmonious recording for this special blend was at the South Omaha Sokol Hall, Omaha, Nebraska. The cover design by bro. Charles Svagera reveals the greatness of this album of unforgettable specially selected tunes. As an added bonus, the cover has a picture of the Omaha Czech Brass Band.

The old favorites on this album are arranged and presented so that they sound fresh and new. They are Ty Ty Ty (Annie in the Cabbage Patch), Sirotek, Pohádky Mládí (Tales of My Childhood) and nine others which give you many hours of listening pleasure. This will make an ideal gift or a welcome addition to your own record collection.



Jim Cisar, the vocalist, charms the hearts of the young and old, as he sings with an appreciation for the mood of his song in his native language.

The first album of the Omaha Czech Brass Band has reached all corners of the country which includes 37 states, Canada and Europe.

The album #HDLP - 5002 is available at your local record departments, South Omaha Sokol Hall, or may be ordered direct from Heritage Records, Box 6063, Omaha, Nebraska 68106. The price is \$3.00 for mono and \$4.00 for stereo, plus thirty-five cents for handling and postage.

NORM REISSMAN:

AN OLD HABIT OF HALIK'S

"So what else is new with Ed down at Illinois?" a track buff in these parts asks.

"Nothing really. He set another record."

"Is that all? Ed's been setting records since the days with Sokol."

Some folks still visualize little Ed bouncing around as a Sokol gymnast. Many years since then, but it makes no difference to nostalgic followers of sports.

Ed Halik had himself a national record for a prep when he reached 15 feet as a Falcon. Observers were amazed. The fellow is rather short, about 5-9, and there are times when added height, and a slenderer frame than Halik carries, are assets for a pole-vaulter. But Ed has a timing that is gifted. The Sokols left him with the gift.

We reach Champaign. Ed has already set records there. Now comes the Illinois Intercollegiate Indoor championships. With the focus on him, and old Morton coach Bob Reynolds in attendance, he goes 15-feet, 6¾ inches, as if to show Bob he can do it. It's a mark for the meet that stuns Champaign once more.

Friends of Ed . . . well, some of them . . . just yawn at such endeavors.

There were other products of Morton West, also proteges once of Reynolds, who came off splendidly in the meet.

Bruce Self won two races . . . the 60-yard intermediate hurdles and the 60-yard dash.

Rick Wostratzky was third in the 60-yard gallop,

and Larry Cascio 4th in the pole vault.

Cascio and Wostratzky are out of Southern Illinois, while Self and Halik are Champaign students. They scored 40 points, Illinois won the meet and SIU was second.

It was a nice coincidence to see them gather, and Reynolds would not have missed it for anything. He's a rough-looking coach, but a sentimentalist at heart.

Thirteen schools were entered, along with the Illini and Southern.

Bradley was there, and De Paul and DuPage, and Eastern Illinois and Loyola, Millikin, Illinois Wesleyan, North Central, Northern, Western, and Illinois State.

And 296 students.

Most eyes were focused on Halik, the Sokol Slavsky product whose young life has been devoted to gymnastics of all sorts. Leaping over a rod more than 15 feet high is merely an extension of what he prepared his body to do since the age of 3.

If things go well, and his steady improvement is not troubled by injury or illness, he could reach 16 feet before his Illini days are over.

So what's new with Ed? It's a rather silly question. Look up and imagine him flying over another tall level after propelling himself with that trusty pole. The kid just doesn't feel comfortable unless he's flying. He's one of the few who has no need for an airplane

(Berwyn Life, January 31, 1969)

ASO. Executive Board

January 28, 1969

Bro. S. Barcal called for a motion to accept sis. June Pros as secretary pro tem. Approved.

Minutes of the November 26, 1968 meeting approved.

Reports of Districts: Eastern Dist. minutes of meeting 11/18/68. — Northeastern Dist. minutes of meetings Nov. and Dec. 1968. — Western Dist. minutes of meeting 11/9/68. — Eastern Dist. minutes of meeting 1/20/69.

Correspondence: Letter from Eastern Dist. requesting sis. E. Ruzicka to visit their district pertaining to organizational problems, this will be forwarded to sis. Ruzicka. Sokol Milwaukee sent their 1969 schedule and an invitation to their dinner Feb. 9, 1969. Information received from the Czechoslovak National Council which included resolution, manifest, declaration of committee on Immigrant Affairs and recommendations from the committee on Relationships Between American Organizations as decided upon in Washington, D. C. at the commemoration of the 50th anniversary of the Czechoslovak Republic. Annual report from the Council of Higher Education. Sokol Detroit sent a report of their meeting of Jan. 9, 1969, also a request for a representative of the ASO. to attend their combined annual meeting Feb. 14, 1969. Approved bro.

Cihak attend. By-laws received from Sokolice Ren Tyrsova and Sokol Omaha; these were given to sis. A. Falta to check. Sokol and Sokolice Los Angeles requested bro. S. Barcal to attend their 60th and 50th anniversaries on April 27, 1969. Approved bro. Barcal attend with request to meet with the members of the Pacific Dist. Sis. Pros sent a photo copy of the history of Sokol Cedar Rapids to bro. Pavoucek as requested. Charter renewal will be sent in. Membership to the United States Olympic Committee and the USGF. have been paid.

BOI. Reports: Sis. L. Zdenek read report for the months of December and January. Expenses for bro. Paul Fina, our representative to the AAU convention, approved for payment. Payment for the Central District Instructors Course held this fall approved. Sokol Material Supply should now be able to handle our orders. Suggest the trip slated for New York be held in abeyance should it be necessary to go there at some time in the future. The new price list will be sent out in a few days. The Central District was given permission to obtain their uniforms at their own discretion. Copies for the Compulsory Championship competition exercises and preliminary survey sheets have been sent to all districts. With bro. Linhart taped the music for children's calisthenics and championship floor exercise.

Bro. E. Linhart read reports for the months of December and January. Eastern Dist. submitted

SOKOL GYMNAST

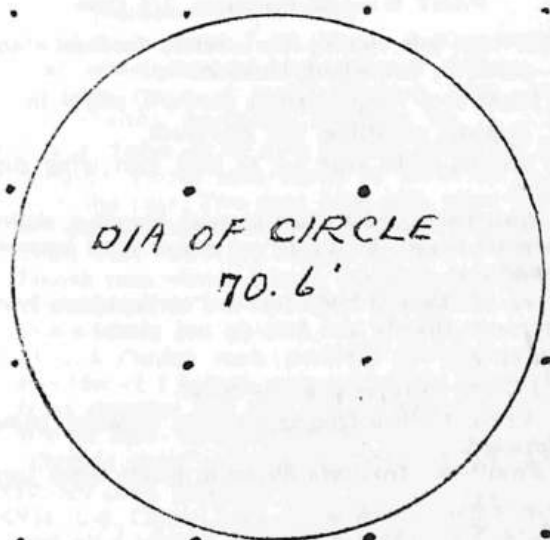
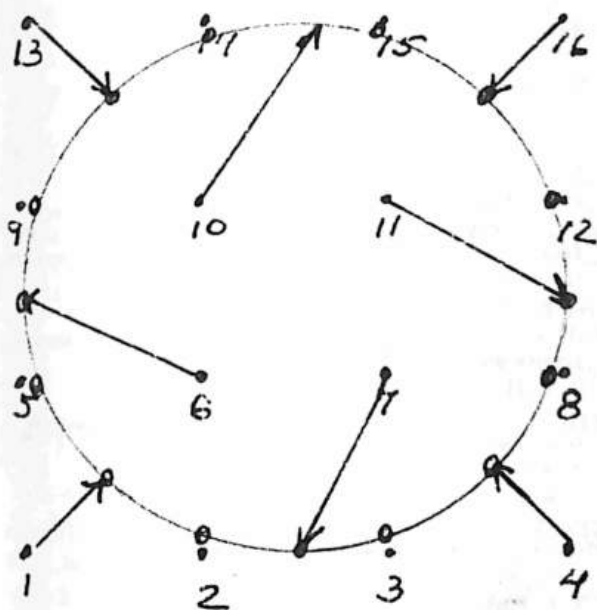
February 1969

EDITOR—MILDRED PRCHAL

2419 Scoville Avenue, Berwyn, Illinois 60402

XII ASO. SLET CALISTHENICS - 1969

MEN



FRONT

PASSAGE TO PART III

Passage to Part III is same as Part II (back to position) with this addition—on last 4 counts as per diagram form large circle.

Numbers 2, 3, 5, 8, 9, 12, 14, and 15 stay in position. Numbers 1, 4, 6, 7, 10, 11, 13, 16 take steps to form the circle.

EXERCISE III

Part A — 16 measures, 3/4 time

In circle facing inward

(With slight swinging of arms take full count in each measure.)

- I. Left frontarm—right reararm, palms inward unless stated.
- II. Swing thru closearm, left reararm, right reararm.
- III. Level frontbow—swing thru closearm, left uparm, right closearm.

- IV. Upright—closearm.
- V. Right frontarm, left reararm.
- VI. Thru closearm, left frontarm, right reararm.
- VII. Slight rearbow, right foretouch—thru closearm, right uparm, left reararm.
- VIII. Upright, close right to closeheel stand—closearm.
- IX. Dip thru halfsqat—left frontarm, right reararm, palms in.
- X. Dip thru halfsqat—thru closearm, left reararm, right frontarm.
- XI. Dip turn trunk 90° right—thru closearm sidearm frontal circles inward right in front of left.
- XII. Finish in sidearm, palms up.
- XIII. Turn trunk 90° left, dip thru halfsqat—swing arms down thru closearm, right frontarm, left reararm.
- XIV. Dip thru halfsqat—thru closearm, left frontarm, right in reararm.
- XV. Dip turn trunk 90° left—closearm and sidearm frontal circles inward, right in front of left.
- XVI. Finish in sidearm, palms up.
- XVII. Closearm—180° turn to the left to stand right reartouch, draw right to closeheel stand—left frontarm, right reararm (now facing outward of circle).
- XVIII-XXXII. = II.-XVI.

INTERLUDE — 16 measures, 3/4 time

- I. Closearm 90° turn left, starting with left begin 3 runs L, R, L, in counterclockwise direction on outside diameter of circle (left hip into circle) arms in bent reararm.
- II. Close right to closeheel stand—sidearm, knuckles up.
- III. = I. (without turn)
- IV. = II.
- V.-XVI. = Repeat I.-II. 6 more times.

PART B — 32 measures, 3/4 time

- I. 90° turn left (facing into circle), closeheel stand—sidearm, downslant, knuckles up.
- II. Right fore lunge—uparm outward, palms in.
- III. Support squatting, left reartouch.
- IV. Extend right rear leg to bent arm lying support.
- V. Push backward to low support kneeling, sitting low on heels, (hands do not move) head between hands.
- VI. = IV. Extend body forward to bent arm lying support (hands and feet do not move).
- VII. = V.
- VIII. Push to support stride stand.
- IX. Upright—thru frontarm uparm outward, palms forward.
- X. Frontbow—frontarm outward, hands touch toes.
- XI. = IX.
- XII. = X.
- XIII. Jump to closeleg squat support.
- XIV. Uprise, deep frontbow—high reararm, palms in.
- XV. Upright toestand—thru frontarm, uparm.
- XVI. Closeheel stand—closearm thru sidearm.
- XVII. 90° turn right and left side lunge—sidearm, knuckles up.
- XVIII. Draw left to closeheel toestand—uparm, palms in.
- XIX. Right side lunge—sidearm, knuckles up.
- XX. Draw right to closeheel toestand uparm, palms in.
- XXI. Left side step—sidearm, knuckles up.
- XXII. 90° turn left, right forestep—frontarm upslant thru closearm, knuckles up.
- XXIII. Left forestep—reararm thru closearm.
- XXIV. 90° turn left, right side lunge—right uparm outward left, sidearm downslant, knuckles up.
- XXV. Left side lunge—sidearm, knuckles up.
- XXVI.-XXXII = XVIII.-XXIV.

PASSAGE TO PART IV

4 measures — 4/4 time

- I. 1-4 Upright, close right to closeheel stand and march to own marker, facing front.
- II. 1. Turn inward toward center (shortest way) to closeheel, closearm—form 4 small squares of Nos. 1, 2, 5, 6 — 3, 4, 7, 8 — 9, 10, 13, 14 — 11, 12, 15, 16.
2-4. Hold.
- III.-IV. Hold.

PART IV — A

16 measures — 4/4 time

- I. 1. Toestand—reararm outward, knuckles front.
2-4. Hold.
- II. 1. Forestep left, slight rearbow of head—thru frontarm, uparm outward, palms front.
2-4. Hold.
- III. 1. Upright, right forelunge—left reararm thru closearm, right frontarm, upslant, knuckles up.
2-4. Hold.
- IV. 1. Turn 180° left, close left to closeheel stand—right uparm, palm front, left frontarm, knuckles up.
2-4. Hold.
- V.-VIII. = I.-IV.
- IX. 1. Level front bow—sidearm, palms to floor.
2-4. Hold.
- X. 1. Upright to stand right foretouch, slight rearbow—reararm outward, palms front.
2-4. Hold.
- XI. 1. Upright, ½ squat right reartouch, slight frontbow—(leg, body and arms in line) uparm thru sidearm, palms in.
2-4. Hold.
- XII. 1. Upright, close right to closeheel stand—frontarm, upslant outward, knuckles up.
2-4. Hold.
- XIII. 1. Forestep left, drop to right kneeling—frontarm, knuckles up.
2. Support kneeling, left rearleg.
3-4. Hold.
- XIV. 1. Turn trunk 90° left to support kneeling on right arm, left sidetouch—left frontal swing thru sidearm to uparm, palm down, look up.
2-4. Hold.
- XV. 1. Turn trunk 90° right, draw left to closeleg kneel, slight rearbow—sidearm, palms up.
2-4. Hold.
- XVI. 1. With toes tucked under—swing arms back to reararm outward, knuckle front—uprise from kneel to closeheel stand.
3. Turn shortest way to facing front to closeheel stand—closearm.
4. Hold.

PART IV — B

Marching — 8 measures — 4/4 time

Finale — 8 measures — 4/4 time

- I. 1-4. Numbers 1 and 2 turn 90° left, 3 steps forward, L, R, L, turn 90° right and close right to closeheel stand—closearm.
Numbers 3 and 4 turn 90° right, 3 steps forward, R, L, R, turn 90° left and close left to closeheel stand—closearm (all others in rear follow same pattern).
- II. 1. Right frontarm, left reararm, thumbs up.
2. Swing to right reararm, left frontarm.
3. = 1.
4. = 2.
- III. 1. Turn 90° left, left side stride—sidearm, knuckles up.

- 2. Close right to closeheel stand—closearm.
- 3. = 1. (without turn)
- 4. = 2.
- IV. 1. = III.—3.
- 2. = III.—2. (moved 1 marker to rear)
- 3-4. Two steps L, R in place 90° turn left.
- V. 1-2. Two steps L, R in place 90° turn left.
- 3-4. Two steps L, R in place 90° turn left (face front).
- VI. 1-2. Forestep left—left reararm, right bend frontarm upslant, fingers touching left shoulder, knuckles up.
- 3-4. Forestep right—arms hold.
- VII. 1-4. Four steps forward L, R, L, R—left held in reararm, right stretch to frontarm upslant.
- VIII. 1. Forestep left—left uparm, palm front, right reararm, knuckles front.
- 2-4. Hold.
- I.-II. 1-8. Numbers 1 and 2 turn 90° left, 6 steps forward, L, R, etc, turn 90° right and close right to closeheel stand—closearm.
- Numbers 3 and 4 turn 90° right, 6 small steps forward, R, L, etc., turn 90° left and close left to closeheel stand—closearm (all others in rear follow same pattern, 4's are in close rank facing front).
- III. 1. Turn 90° left, left side stride—sidearm, knuckles up.
- 2. Close right to closeheel stand—closearm.
- 3. = 1. (without turn).
- 4. = 2.
- IV. 1. = III.—3.
- 2. = III.—2. (moved 1 marker to rear).
- 3-4. Two steps L, R in place 90° turn left.
- V. 1-2. Two steps L, R in place 90° turn left.
- 3-4. Two steps L, R in place 90° turn left (face front).
- VI. 1-2. Forestep left—left reararm, right bend frontarm upslant, fingers touching left shoulder, knuckles up.

- 3-4. Forestep right—arms hold.
- VII. 1-4. Four steps forward L, R, L, R—left held in reararm, right stretch to frontarm upslant.
- VIII. 1. Forestep left—left uparm, palm front, right reararm, knuckles front.
- 2-4. Hold.

FINALE

- IX.-X. 1-8. Draw right to closeheel stand—closearm.
- Turn shortest wa and march into formation of large circle used in Part III, using the same numbered positions—turn inward.
- XI. 1-4. Numbers 6, 7, 10, 11 (or 4 other suitable men) march forward into center of circle—“Outside circle of men”—forestep right, kneel left—sidearm downslant, knuckles up.
- XII. 1-4. Three center men prepare stance for final pyramid, fourth man ready to assist in mount from the rear. Two men face each other—stand astride—frontarm holding each other's shoulders. Third man “for top” stands behind. Fourth man stands behind ready to assist. “Outside circle” — frontarm outward, upslant, palms up.
- XIII. 1-4. Center man proceeds to mount onto shoulder of 2 bottom men—right foot forward on front shoulder and left foot on rear shoulder of bottom men—uparm outward. “Outside circle”—uprise to stand left reartouch.
- XIV.-XV.-XVI. HOLD.
- XVII. 1-4. Center man drops down from pyramid and all 4 align 4 abreast in center of circle facing front.
- 1. “Outside men” closeheel stand closearm.
- 2-4. March into closerank formation—4 abreast, facing front.
- XVIII. Hold.

THE END

Intro. 4 4/4 Meas. — WOMEN

PART IV. — A

16 4/4 measures — individuals in fours numbered “1”, “2”, “3”, “4”.

No. 1

- I. 1., 2., 3. 90° turn left, 3 steps forward L, R, L.
- 4. Close R to L—sidearm join hands with No. 2.
- II. 1. Halfsqat rearstep L, R foretouch, frontbow—uparm outward (hands joined).
- 2., 3., 4. Hold.
- III. 1. Upright, uprise, close L to R in toestand—frontarm outward, (hands joined).
- 2., 3., 4. Hold.
- IV. 1-4. 90° turn right, dip halfsqat sidestep R, L sidetouch, R moderate sidebow—release R hand, R uparm through frontarm, head to right (L hand remains joined).
- V. 1., 2. Upright, L sidebow—small inward horizontal circle above head.
- 3., 4. Upright, R moderate sidebow, finish small circle to uparm outward.
- VI. 1., 2., 3., 4. Four steps L, R, L, R, turning 360° to left (inward) under joined inside hands, right sidebow when turning under arms—R low front bent inward.

No. 2

- 3 steps in place (on marker) R, L, R, turning 90° R, close L to R—sidearm, join hands with No. 1.
- Opposite
- Opposite
- Opposite
- Opposite
- Opposite (on marker)

- VII. 1. 45° turn right, dip halfquat L forestep inward—R uparm, palm front. Opposite
 2., 3., 4. Hold.
- VIII. 1., 2. R rearstep (dip change weight to right) Opposite
 L foretouch—R frontarm, knuckles up, look over R shoulder.
 3., 4. Hold.
- IX. 1., 2. Upright, turn 45° to left, dip L sidestep (close to No. 2), R sidetouch, R bend frontarm upslant, fingers of R hand touch front of left shoulder, knuckles front—turn head left, look at partner. Opposite
 3., 4. Hold.
- X. 1., 2. Upright—dip R sidestep, L sidetouch, left sidebow—stretch R uparm outward, palm up, look toward R hand. Opposite
 3., 4. Hold.
- XI. 1., 2., 3., 4. Upright, 4 steps L, R, L, R, turning 90° left to face partner, sidearm, join hands. Opposite
- XII. 1. 45° turn to right, halfquat L foretouch inward, moderate frontbow and sidebow right (arms in sidearm are diagonal). Opposite
 2., 3., 4. Hold.
- XIII. 1. Upright, 45° turn to right, L forestep, R reartouch—L frontarm, R uparm (holding partner's hands—strong stretch upward). Opposite
- XIV. 1., 2., 3., 4. R rearstep (change weight) and 3 more steps in place L, R, L, turning 90° to left (face partner)—R sidearm, L swing downward to sidearm (holding hands). Opposite
- XV. 1. 90° turn left, R forestep, L reartouch, R frontarm, L uparm (holding hands—strong stretch upward). Opposite
 2., 3., 4. Hold.
- XVI. 1., 2., 3., 4. L rearstep (change weight) and 3 more steps in place R, L, R, turning 270° to left, release hands and closearm (on ct. 3).
- NO. 2 FACES LEFT ON OWN MARKER, NO. 1 IS BEHIND HER ALSO FACING LEFT.
 NOS. 3 and 4 are facing right — NO. 3 on her own marker, NO. 4 behind her.

R rearstep (change weight) and 2 more steps in place L, R, turning 90° to right release hands, closearm (on ct. 3).

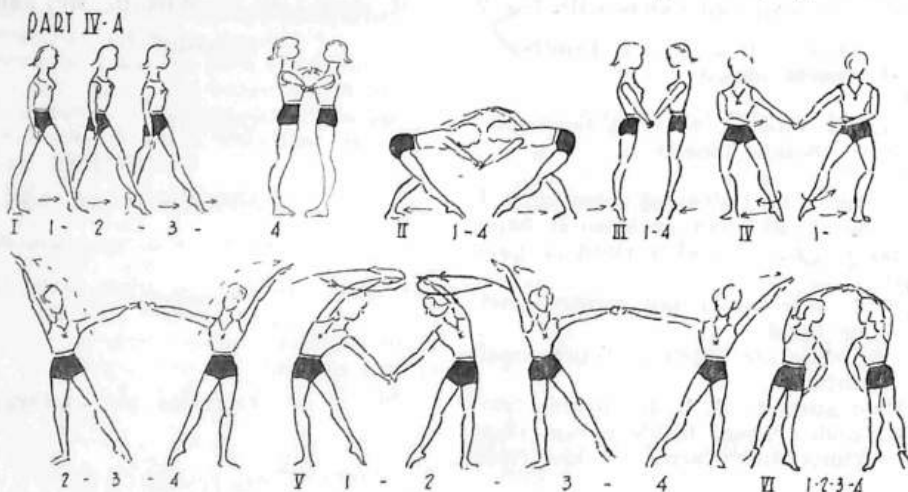
I.-XVI.

No. 3—Same as No. 1 except: MEAS. I. 1., 2., 3., 4. 90° turn left; 4 step in place, L, R, L, R—sidearm join hands with No. 4.

MEAS. XVI. 1., 2., 3., 4. L rearstep (change weight) and 3 more steps in place R, L, R, turning 90° to left, release hands, closearm (on ct. 3).

No. 4—Same as No. 2 except: MEAS. I. 1., 2., 3. 90° turn right, 3 steps forward R, L, R. 4. Close L to R—sidearm, join hands with No. 3.

Nos. 2 and 3 remain on own markers throughout 16 measures except for specific steps front, side, or back, but always returning to own marker.

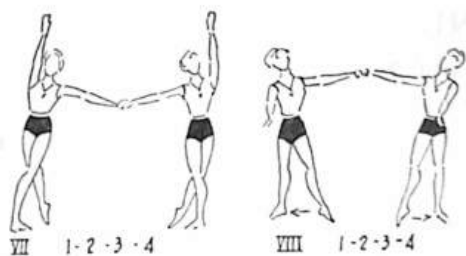


Calisthenics Corrections

JUNIOR GIRLS

Page #3 of mimeographed sheets should read: "Measures XIV.-XV.-XVI. — repeat X.-XI.-XII., Part II, exactly, and end facing front."

SCRATCH "To opposite side."



VII 1-2-3-4

VIII 1-2-3-4



IX

X

XI

XII

XIII

XIV

XV

PART IV. — B

ALL begin with left foot.
(No. illust.)

- I. 1., 2., 3., 4. Four small marching steps forward to join opposite two L, R, L, R, closearm.
- II. 1., 2., 3., 4. Nos. 1 and 2: Four steps in place turning 90° left.
Nos. 3 and 4 like 1 and 2 but turn 90° right.
(Women are now in fours facing back between No. 2 and 3 markers.)
- III. 1., 2., 3., 4. ALL: 4 steps forward L, R, L, R, to next marker.
- IV. 1., 2. Two steps L, R, individuals turning 90° left.
3., 4. Two steps L, R, turning 90° left.
(All face front.)
- V. 1., 2. Nos. 1 and 2 turn one quarter circle to right L, R.
Nos. 3 and 4 turn one quarter circle to left, L, R.
3., 4. Two more steps L, R, turning another quarter circle.
- VI. = V.
- VII. 1, 2., 3., 4. ALL: 4 steps forward L, R, L, R, to front marker.
- VIII. 1. Forestep L, R reartouch—L frontarm bent inward, knuckles front (arm rounded before chest), R uparm, palm front (arm stretched high), moderate head rearbow.
2., 3., 4. Hold.

FINALE (No. illust.)

- IX. 1., 2. Upright, closearm, rearstep R (raise R

foot before stepping to rear).

3., 4. Rearstep L.

- X. 1. Long halfsquat R rearstep, frontbow—frontarm upslant, knuckles up, (L foretouch).
2., 3., 4. Hold.

- XI. 1., 2., 3., 4. Upright, uprise, 4 steps in place L, R, L, R, turning 360° to right—bend uparm inward (5th pos.).

- XII. 1. L forestep—uparm inward (soft wrist movement) cross R wrist before L.
2. R forestep—uparm outward.
3. L forestep—uparm inward cross R before L softly.
4. = 2.

- XIII. 1. L forestep—closearm frontward.
2. Hold.
3. R forestep.
4. Hold.

- XIV. 1. No. 1 90° turn right deep lunge L forward.
No. 2 45° turn right, deep lunge L forward.
No. 3 45° turn left, deep lunge L forward.
No. 4 90° turn left, deep lunge L forward.

ARM: From closearm bend frontarm and thrust uparm outward—rearbow.

2., 3., 4. Hold.

- XV. Hold.

- XVI. 1. Upright, uprise, close L to R, toestand—uparm, palms forward, head rearbow (original 4s).
2., 3., 4. Hold.

- XVII. 1. Upright, closeheel stand, closearm.
2., 3., 4. Hold.

- XVIII. Hold.

FINIS

Calisthenics Corrections

WOMEN

November issue — page 42, Part I—A, measure IV., cts. 1.-2.: instead of "support squatting", change to "close R to closeheel HALFSQUAT — circle thru frontarm, R

hand crossing over L, sidearm downslant, palms down."

November issue — page 43, omitted from notes: Part 1—A, measure VII. "3.-4. upright, uprise on L, R reartouch—thru frontarm uparm, thumbs back."

XII SOKOL SLET CALISTHENICS — AMERICANA 1st CLASS BOYS

(CONTINUED)

Passage to Section II — 8 measures, 3/4 time

I.-II. 1.-6. No. 1 gymnast turns 90° left, starting with left foot, 5 steps forward to marker No. 2, turn 90° right to closeheel stand.

No. 2 gymnast turns 90° left, starting with left foot, 2 steps forward, turn 90° right to closeheel stand.

No. 3 gymnast turns 90° right, starting with right foot, 2 steps forward, turn 90° left to closeheel stand.

No. 4 gymnast turns 90° right, starting with right foot, 5 steps forward, turn 90° left to closeheel stand.

(markers)	4	3	2	1
	*	*	*	*
(boys)	0	0	0	0

III.-VIII. Hold.

All gymnasts are in 4's at close interval, between markers No. 2 and No. 3, facing main tribune.

SECTION II

Part A — 16 measures, 3/4 time

1. 1.-3. Left frontarm, knuckles up.
2. 1.-3. Left closearm thru uparm and reararm (with slight turning of trunk left and return).
3. 1.-3. Right frontarm, knuckles up.
4. 1.-3. Right closearm thru uparm and reararm (with slight turning of trunk right and return).
5. 1.-3. Frontarm, knuckles up.
6. 1.-3. Reararm, knuckles front.
7. 1.-3. Toestand—uparm thru frontarm, thumbs back.
8. 1.-3. Closeheel stand—closearm thru frontarm.
9. 1.-3. Turn trunk 90° left—sidearm, knuckles up.
10. 1.-3. Turn trunk 90° right—closearm.
11. 1.-3. Turn trunk 90° right—sidearm, knuckles up.
12. 1.-3. Turn trunk 90° left—closearm.
13. 1.-3. Frontarm, knuckles up.
14. 1.-3. Frontbow—frontarm outward, grasp each other's hands.
15. 1.-3. Upright—uparm outward, hold hands.
16. 1.-3. Closearm, drop hands.

Part B — 32 measures, 3/4 time

1. 1.-3. Turn 90° left to closeheel toestand—uparm thru frontarm, thumbs back.
2. 1.-3. Lunge right sideward—sidearm, knuckles up.
3. 1.-3. Upright, draw right to closeheel stand—hands on hips, knuckles front.
4. 1.-3. Closearm.
5. 1.-3. Toestand—uparm thru frontarm, thumbs back.
6. 1.-3. Lunge left sideward—sidearm, knuckles up.

7. 1.-3. Upright, draw left to closeheel stand—hands on hips, knuckles front.
8. 1.-3. Closearm.
9. 1.-3. Squat support, hands outside legs.
10. 1.-3. Uprise—uparm thru sidearm, thumbs back.
11. 1.-3. Squat support—thru sidearm.
12. 1.-3. Uprise—uparm thru sidearm, thumbs back.
13. 1.-3. Frontbow—reararm thru frontarm, thumbs front.
14. 1.-3. Upright—sidearm, knuckles up.
15. 1.-3. Frontbow—reararm thru closearm, thumbs back.
16. 1.-3. Upright—sidearm, knuckles up.
17. 1.-3. Sidebow to the left, arms hold.
18. 1.-3. Upright, arms hold.
19. 1.-3. Sidebow to the right, hold arms.
20. 1.-3. Upright, arms hold.
21. 1.-3. Turn trunk 90° left—keep in sidearm.
22. 1.-3. Turn trunk 180° right.
23. 1.-3. Turn trunk 180° left.
24. 1.-3. Turn trunk 90° right—closearm.
25. 1.-3. Frontarm, thumbs up.
26. 1.-3. Frontbow, hands on hips, knuckles front.
27. 1.-3. Slowly rearbow.
28. 1.-3. Upright—closearm.
29. 1.-3. Halfsquats — sidearm downslant, knuckles up.
30. 1.-3. Upright—uparm outward, thumbs back.
31. 1.-3. Sidearm downslant, knuckles up.
32. 1.-3. Turn 90° right to closeheel stand—closearm.

Part C — 16 measures, 3/4 time

I.-XVI. Repeat Part A, Section II, I.-XVI.

Passage to Section III — 8 measures, 2/4 time

(Boys will march to original positions on markers)

- I.-IV. No. 1 gymnast turns 90° right, starting with right foot—8 steps to No. 1 marker, turn 90° left to face front.
 No. 2 gymnast turns 90° right, starting with right foot—8 short steps to No. 2 marker, turn 90° left to face front.
 No. 3 gymnast turns 90° left, starting with left foot—8 short steps to No. 3 marker, turn 90° right to face front.
 No. 4 gymnast turns 90° left, starting with left foot—8 steps to No. 4 marker, turn 90° right to face front.

V.-VIII. HOLD.

SECTION III

Part A — 16 measures, 2/4 time

- I. 1. Thru sidearm, bend sidearm, hands in fists above shoulders.
 2. —
 II. 1. Stretch sidearm—palms up.
 2. —

- III. 1. Bend sidearm.
2. Stretch sidearm.
- IV. 1. Bend sidearm.
2. Stretch sidearm.
- V. 1. Frontarm down inward, right above.
2. —
- VI. 1. Sidearm, knuckles up.
2. —
- VII. 1. Swing frontarm down inward, right above.
2. Sidearm.
- VIII. 1. Circle frontway downward to closearm, hands open.
2. —
- IX. 1. Jump into halfsqat right front astride—hands on hips, thumbs rear.
2. —
- X. 1. Jump into halfsqat left front astride.
2. —
- XI. 1. Support squatting, left reartouch.
2. —
- XII. 1. Support squatting, right reartouch.
2. —
- XIII. 1. Support squatting, left reartouch.
2. Support squatting, right reartouch.
- XIV. 1. Support squatting, left reartouch.
2. Support squatting, right reartouch.
- XV. 1. Extend left to front lying support.
2. —
- XVI. 1. Support squatting, knees together between hands.
2. Uprise to closeheel stand—closearm.

Part B — 24 measures, 2/4 time

- I. 1. Jump to stride stand—hands on hips, thumbs rear.
2. —
- II. 1. Sidebow left.
2. —
- III. 1. Sidebow right.
2. —
- IV. 1. Upright and jump to closeheel stand—closearm.
2. —
- V. 1. Jump to stride stand—hands on hips, thumbs rear.

- 2. —
- VI. 1. Sidebow left.
2. —
- VII. 1. Sidebow right.
2. —
- VIII. 1. Upright and jump to closeheel stand—closearm.
2. —
- IX. 1. Bend sidearm, hands in fist above shoulders.
2. —
- X. 1. Thrust to uparm, thumbs rear.
2. —
- XI. 1. Bend sidearm—hands in fists above shoulders.
2. —
- XII. 1. Thrust to closearm, open hands.
2. —
- XIII. 1. Sidearm, knuckles up.
2. —
- XIV. 1. Bend sidearm, hands touch shoulders.
2. —
- XV. 1. Sidearm, knuckles up.
2. —
- XVI. 1. Circle frontway downward to sidearm.
2. Closearm.
- XVII. 1. ¼ squat—hands on hips, thumbs back.
2. ½ squat.
- XVIII. 1. Full squat—sidearm.
2. —
- XIX. 1. Uprise and jump to stridestand—thru sidearm, uparm inward with hand clap.
2. Jump to closeheel stand—closearm.
- XX. 1. Jump to stridestand—thru sidearm, uparm inward with hand clap.
2. Jump to closeheel stand—closearm.
- XXI. 1. ¼ squat—hands on hips, thumbs back.
2. ½ squat.
- XXII. 1. Full squat—sidearm.
2. —
- XXIII. 1. Uprise and jump to stridestand — thru sidearm, uparm inward with hand clap.
2. Jump to closeheel stand—closearm.
- XXIV. 1. Jump to stridestand—thru sidearm, uparm inward with hand clap.
2. Jump to closeheel stand—closearm.

1st CLASS GIRLS

(CONTINUED)

Passage to Section II — 8 measures, 3/4 time

- I.-II. 1.-6. Hold.
- III.-IV. 7.-12.)
- V.-VI. 1.-6.) Hands on hips, knuckles in—all do 4 waltz-type steps closing in to center. Steps are done as follows: No. 1 and No. 2 move to the L—sidestep L on count 1, close R to toestand on 2, closeheel stand on 3. No. 3 and No. 4 move to R—sidestep R on count 1, close L to toestand on 2, closeheel stand on 3. Girls finish as follows:

(markers)	4	3	2	1
(girls)	4	3	2	1

- VII.-VIII. 7.-12. Hold.

SECTION II

Part A — 16 measures, 3/4 time

(Exercise is done smoothly)

- I. 1.-3. Knee dip, frontarm, palms down.
- II. 4.-6. Knee dip, thru closearm, reararm, palms back.
- III. 7.-9. Knee dip, thru close and frontarm, uparm (5th ballet position).
- IV. 10.-12. Left foretouch, hands hold.
- V. 1.-3. Frontbend—hands touch left knee.
- VI. 4.-6. Upright, uparm (5th); left foot hold.
- VII. 7.-9. Frontbend—hands touch left knee.
- VIII. 10.-12. Upright, closearm, closeleg stand.

IX.-XVI. Repeat measures I.-VIII., Section II, but with right leg.

Part B — 32 measures, 3/4 time

Each 4 grasp hands—halfbend sidearm downslant, end girls' hands in a like position—NOT on hips. Exercise is done smoothly.

- I. 1.-3. Left sidebow.
- II. 4.-6. Upright, right sidebow.
- III. 7.-9. Upright, left sidebow.
- IV. 10.-12. Upright.
- V. 1.-3. Frontbow.
- VI. 4.-6. Upright, rearbow.
- VII. 7.-9. Upright, frontbow.
- VIII. 10.-12. Upright.
- IX. 1.-3. Left foretouch.
- X. 4.-6. Draw left back to closeheel stand.
- XI. 7.-9. Right foretouch.
- XII. 10.-12. Draw right back to closeheel stand.
- XIII. 1.-3. Left reartouch.
- XIV. 4.-6. Draw left up to closeheel stand.
- XV. 7.-9. Right reartouch.
- XVI. 10.-12. Draw right up to closeheel stand.
- XVII. 1.-3. Left sidebow.
- XVIII. 4.-6. Upright, right sidebow.
- XIX. 7.-9. Upright, left sidebow.
- XX. 10.-12. Upright.
- XXI. 1.-3. Frontarm outward (hands still clasped).
- XXII. 4.-6. Uparm outward.
- XXIII. 7.-9. Frontarm outward.
- XXIV. 10.-12. Halfbend sidearm downslant.
- XXV. 1.-3. Frontbow.
- XXVI. 4.-6. Upright.
- XXVII. 7.-9. Rearbow.
- XXVIII. 10.-12. Upright.
- XXIX. 1.-3. Drop hands, halfbend uparm outward, fingers touching, palms in (5th).
- XXX. 4.-6. 180° turn left—3 steps in place, starting left.
- XXXI. 7.-9. Closearm thru frontarm.
- XXXII. 10.-12. Hold. !

Part C — 16 measures, 3/4 time

(Exercise is done smoothly)

- I. 1.-3. Left frontarm, palm down.
- II. 4.-6. Left closearm.
- III. 7.-9. Trunk turn 90° left, sidearm left, palm down.
- IV. 10.-12. Trunk turn 90° right, closearm.
- V.-VIII. 1.-12. Repeat I.-IV., Part C, but with right arm.
- IX. 1.-3. Front arm (both) palms down.
- X. 4.-6. Closearm.
- XI. 7.-9. Reararm, palms forward.
- XII. 10.-12. Closearm.
- XIII. 1.-3. Thru frontarm, halfbend uparm outward, fingers touching, palms in (5th).
- XIV. 4.-6. Hold.
- XV. 7.-9. Three steps starting left, 180° turn left, arms hold.
- XVI. 10. Thru frontarm, closearm.
- 11.-12. Hold.

Passage to Section III — 8 measures, 2/4 time

- I.-II. 1.-4. In place 4 steps, starting left, hands on

- hips, knuckles down.
- III. 5.-6. Uphop to strideleg stand.
- IV. 7.-8. Uphop to closeleg stand.
- V. 9. Uphop to strideleg stand.
10. Uphop to closeleg stand.
- VI. 11. Uphop to strideleg stand.
12. Uphop to closeleg stand.
- VII. 13.-14. Frontarm, palms down.
- VIII. 15.-16. Closearm.

SECTION III

Part A — 16 measures, 2/4 time

- I. 1. Hands on hips, knuckles in—step left forward.
2. Uphop left, high bent right frontleg, toe pointed.
- II. 3.-4. Repeat I, but with right foot.
- III. 5.-6. Repeat I.
- IV. 7.-8. Repeat II.
- V.-VIII. 9.-15. Repeat I.-IV., BUT move backwards to marker.
16. Closeheel stand.
- IX. 1.-2. Squat support — hands outside of legs, knees together.
- X. 3.-4. Uprise, closeheel stand.
- XI.-XII. 5.-8. Repeat IX.-X.
- XIII. 9. Uphop to strideleg stand, hands on hips, knuckles in.
10. Uphop to stand crossleg, right in front.
- XIV. 11. Uphop to strideleg stand.
12. Uphop to closeleg stand.
- XV. 13. Uphop to strideleg stand.
14. Uphop to stand crossleg, left in front.
- XVI. 15. Uphop to strideleg stand.
16. Uphop to closeleg stand.

Sokolice Omaha

On January 12th, sisters Linda Beran and Karen Peterson competed in Kansas City, Missouri. Linda placed 1st on floor exercise and beam, 2nd on vaulting, 3rd on "unevens" and 1st all-around. Karen placed 1st on vaulting and "unevens," 3rd on floor exercise and 4th on beam.

Gymnasts from Iowa, Kansas, Missouri and Nebraska competed. Medals were given for 1st, 2nd and 3rd places, ribbons for 4th, 5th and 6th places and a trophy for 1st all-around.

The Editor of Sokol Gmnast judged for Girls' Midwest Gymnastic Meet, Highland Park, January 18, 1969. Will judge for Central AAU. Women's Gymnastic Championship, March 1, and State Women's Intercollegiate Gmnastic Meef at Illinois State University on March 22nd.

Also taught women's Slet calisthenics to women of Sokol U.S.A., unit 306, at the Central District Women's Workshop, Sokol Tabor, Sokol Berwyn, and Sokol Slavsky.

Was elected Chairman of the United States Gymnastic Federation Women's Modern Gymnastics Committee.

corrected expenses for their course; approved, but a letter is to be sent requesting they examine their arrangements more closely. With the help of bros. Ptacek, Zitny, Regner and Polacek the film of the junior boys and men's apparatus exercises is complete; as soon as final arrangements are made they will be available for distribution. Attended the Midwest Gymnastic Meet, Highland Park, Jan 18, 1969, and the Central District installation of officers Jan. 19, 1969, and the Directors Conference Jan. 26, 1969. Received our non-profit organizational number for mailing purposes.

Slet Chairman: Bro. G. Basta read the minutes of the Dec. 27, 1968, meeting. Slet stationery has been ordered from C. & F. Printers. Bro. Frank Vodrazka stated he has spoken to Dr. Ondrus' secretary, and the Morton School Board guarantees our requests except for the Field House. A letter of confirmation is forthcoming. Installed officers at Sokol Brookfield. Looking into the possibility of Miss America appearing at the Slet.

Editor: Bro. C. Prchal requested permission to publish pictures with obituaries; approved—if the person was an outstanding Sokol. Suggested a letter of condolence be sent to Sokol Detroit due to the loss of their fine members. Sokol Milwaukee submitted a large cut to be published pertaining to their participation in the Holiday Folk Fair; bro. Prchal will contact them and request a photograph. Installed officers of Sokol Tabor and Svobodna Obec. The January issue of the American Sokol is in the mail. Requests permission to send Sokol American to the District President of the Polish Falcons; approved.

Educational: Bro. J. Cihak reported he wrote an article for the American Sokol. Revised Sokol pamphlet is almost completed; will get out to sis. Basta next week. Heavy correspondence.

Publicity: Sis. A. Basta and bro. J. Rabas are concentrating on the Slet. Sis. E. Ruzicka suggested printing or mimeographing a type of hand bill which could be distributed at all local exhibitions and perhaps thru stores. Sis. Basta is contacting stores asking for the use of their billboards for advertising of the Slet. Bro. J. Rabas has sent in articles to various Czech publications.

Financial Secretary: Sister A. Falta reported receiving the book "Progressive Czech" from the Czechoslovak National Council. Recommended placing an article in the American Sokol offering this book for sale at \$5.50 (postage included), which in turn will be obtained from the Council; approved. A book "Time and Tide" was received; bro. Barcal asked bro. J. Cihak to look it over. Bro. and sis. Pelick from California visited us at the office. Sis. Falta stated she will be leaving on vacation Feb. 19th for 22 days.

Treasurer: Bro. F. Vodrazka requested permission to review our savings and loan in the prospect of obtaining the highest earnings. Approved. Requested the ASO. to advance the Slet Committee \$2,500.00. Approved. This account will be in the 1st National Bank of Cicero. The members of the Slet Committee to be bonded are: Frank Vodrazka, Agnes Sotka, June Pros, Stanley Barcal, James Cihak and George Basta; the bond is to be for \$35,000.00. Approved. Two out of four signatures

will be required on checks. Preparing the IRS report.

Auditing: Sis. A. Fara reported the auditing committee found the books in order.

Membership: Bro. G. Basta reported the articles requested for the American Sokol pertaining to personal histories is very slow. Bro. Svoboda reported Sokol Brookfield has reinstated bro. Novak and all information including transfer as requested has been sent to Texas.

Office: Sis. Pros read reports from sis. Mili Udaykee, Agnes Sotka and her own, which gave a clear picture of the work being done. Sis. Pros is taking the place of sis. Udaykee who had to seek full time employment. It was decided sis. Pros' salary breakdown will be $\frac{2}{3}$ Slet and $\frac{1}{3}$ administrative.

President: Bro. S Barcal reported his attendance at the Central District meeting and in turn installed the officers, commented on the fine attendance and interest shown to the forthcoming Slet. Installed the officers of Sokol Berwyn, which was held at their dinner dance. With bro. Joseph Drnec put up the Sokol sign in the office window. Bro. Drnec donated all electrical wiring. Recommends sending Slet information to all editors of Unit newspapers and also to the editors of all Czech publications. Agreed. The new Gymnastic Manuals have arrived, recommends a price be set. Cost to be \$5.00 plus outgoing postage.

XII ASO. Slet Committee

January 29, 1969

Bro. George Basta, Chairman, presided, with 42 members in attendance.

Minutes of the December 27, 1968 meeting were read with the addition of our slogan "TO OUR YOUTH—A PHYSICAL FITNESS SALUTE."

Sis. Pros reported no correspondence but stated all work at the office is being done, as required.

REPORT OF COMMITTEES:

BOI.—bro. Linhart and sis. Zdenek: Finishing all material to be used in Slet competitions and calisthenics. Recommendations: **Music**—inform bro. Zakrocky, who is to conduct the band, to use 18 musicians for the Slet program. Rehearsal practice will be from 8:30 a.m. to 11:30 a.m. Sunday. Slet program to start at 2:00 p.m. Regarding orchestrating of music—to be done, if needed, by contract, and all original orchestrations to be the property of ASO. Suggested daytime activities for juniors—Sand Dunes outing, ball park, zoo, swimming, museums and Greyline tours. Awaiting the decision of the Banquet Committee as to date and place so we can plan our other evening activities. Tentative program, subject to change: Wednesday evening—judges meeting; Thursday—junior competition, volleyball, Teen Hop; Friday—senior competition, junior girls High Div competition (all other juniors free day), banquet; Saturday—A.M. free, Championship competition afternoon, Victory Dance evening; Sunday—A.M. rehearsal, Slet afternoon, Farewell Dance evening? Monday—2 week course Pottery Lake. BOI. was given the authority to select the Trophy Committee. The BOI. will make arrangements for the First Aid.

Financial: Bro. Vodrazka reported the seals are being printed, and are to be sent to all Sokol members, units and organizations. Various stores will be contacted to sell tickets for the Slet.

Publicity: Sis. Basta excused but turned in written report read by sis. Pros. Contacts are being made with the Cermak Road businessmen who have large billboard space. Bro. Rabas reported articles have been sent to various Czech publications and news media. Arranged meeting with the Editor of the "Tribune" to meet at Sokol Havlicek-Tyrs Monday, Feb. 3, 8 p.m. Those attending will be bros. Rabas, Basta, Barcal and sis. Zdenek. Bro. Barcal suggested the editors of the unit newspapers and all other Czech organizations be asked to publicize our Slet. Publicity Committee was given permission to proceed with their plans.

Housing: Bros. Halik and Lankas reported on the extensive contacts they have made with various motels and hotels. Pick Congress was approved as the central location. All housing information will be included plus a vicinity map which will be sent out.

Management: Bro. Drnec reported contact made with bro. Zakrocky as Slet conductor. Coca Cola Co. has been contacted for canteen use. Waiting for permission from the Morton School Board for OK to set up canteen during competitions.

Banquet: Sis. Cihak's committee recommendation is to hold the banquet in the Gold Room of the Pick Congress—nothing definite as to program. Approved. Sis. Cihak stated a large stage is available at no extra charge and the room can accommodate 500.

Program Book: Bro. Cihak reported another member has been added to this committee, sis. Hattie Vrba. Bro. Cihak requested permission for this committee to proceed with their plans; approved. Articles to be placed in the Program Book with the buyer in mind.

Exhibit: Bro. Janecka is requesting space downstairs in the Lincoln Federal Savings Bldg., so the exhibit can be more readily seen.

Sis. Pros requested all committee chairmen to keep records of all correspondence, bills and any other information pertaining to the Slet which is to be turned in with their final report. This is to be kept on file at the office.

Bro. Basta stated the Slet slogan is "TO OUR YOUTH—A PHYSICAL FITNESS SALUTE." This was decided upon following the December 27th meeting.

Financial Report ASO.

January 1969

INCOME:

Dues	\$ 2,541.50
Convention Fund	865.75
Special assessment	3,238.00
Dividends and interest	743.40
Subscriptions and advertising —	
"American Sokol"	183.00

Resale of jewelry	15.00
Educational pamphlets, postage	33.90
Sokol emblems, centennial decals	12.20
Sokol Manuals	25.00
Rebate on insurance	82.00
Petty cash rebate	8.44

Total Income \$ 7,748.19

DISBURSEMENTS:

Administrative Department

Salaries	\$252.90
F.I.C.A. and F.W.T. for Dec.	60.40
Rental, janitor service, phone,	
electric	257.77
Office supplies	317.54
Office equipment	153.56
Mimeo machine maintenance	50.00
New Year greetings	43.75
Travel expense	13.70
Petty cash	48.73

\$ 1,198.35

Educational Department BOI.

Salaries	\$206.80
F.I.C.A. and F.W.T. for Dec.	53.20
Printing additional copies of	
"Sokol Gymnast"	27.72
Editor "Sokol Gymnast"	25.00
Office supplies, postage, phone ..	21.73
Sokol Manuals	107.20
Membership fees, travel expense..	355.14

\$ 796.79

Sokol Publication

Printing "American Sokol" —	
January issue	\$663.95
Editor "American Sokol"	75.00

\$ 738.95

Miscellaneous

XII Slet expense	\$263.50
Special appropriations:	
Central District ASO.	291.22
Eastern District ASO.	808.75

\$ 1,363.47

Total Disbursements \$ 4,097.56

BALANCE:

Totals brought forward:	
Western National Bank of Cicero—check-	
ing account	\$ 3,635.39
Income — January 1969	7,748.19
	\$11,383.58
Disbursements — January 1969	4,097.56
	\$ 7,286.02

Future Sokol Leaders Fund

Sis. Marie Picha, in memory of husband, bro.	
James Picha	\$ 10.00
Svobodná Obec, Chicago, Ill.	100.00
Bro. and sis. Jos. Kaminsky, in memory of	
bro. Louis Strachota	5.00

Bro. and sis. Chas. Schamanek, in memory
of Dad, bro. Frank Jirasek 50.00
Mrs. Mary Strachota, in memory of husband,
bro. Louis Strachota 20.00
\$185.00
Belle City Sav. & Loan—dividend 2.38

\$187.38

\$400.00 transferred from Clyde Savings & Loan
account to Western National Bank of Cicero for
scholarships awarded.

(The above contributions are tax exempt.)

EASTERN DISTRICT

Jan. 20th

Sokol Washington has made great increases in
their membership.

Minutes from the Southern Circuit of the Eastern
District: Competitions are to be held in April or
May at Baltimore, Maryland. Southern Circuit exhibi-
tion to be held in June at Belcamp. Sister Pro-
vaznik will conduct a refresher course at Belcamp.

Sis. Zraly will write to sis. Emily Welch-Ruzicka,
Organizer of the ASO., to visit our units.

Sis. Provaznik will conduct a summer camp at
East Hadam for children desiring to learn to speak
the Czech language.

Ladislav Literak



A fateful heart attack again
robbed Sokol Detroit of one of
its devoted members.

The deceased Ladislav Lit-
erak was born to a family of
10 children on June 4, 1897, in
Celadna near Mistek in Czecho-
slovakia and passed away sud-
denly on December 11, 1968.
As a 17 year old young man, he
arrived with his father in Pitts-
burgh, Pennsylvania. In 1914
after his father returned home
brother Literak moved on in

1917 to Detroit where he lived until his death. In
1935 he married Marie Klepac, who passed away in
1954. He is survived by two sisters, Marie and Her-
mina, and one brother, Rudolf, in Czechoslovakia,
and the family of Daniel, Edward and Walter Kle-
pac with 9 grandchildren and 6 great-grandchildren.
Brother Ladislav Literak was retired after 38 years
of work for the Chrysler Corporation in and around
Detroit.

Our deceased brother Literak was a member of
sokol Detroit since his arrival in Detroit in 1917.
He was also active on various committees of Czecho-
slovak lodges in Detroit such as C.S.A., Lodge
Havlicek, Masaryk Alliance, a unit of the Czecho-
slovak National Council, during World War II was
a member of the Czechoslovak National Alliance
and as of late he was active in the Czechoslovak
Retirees Club.

Sokol Detroit is deprived of a devoted member,
who proved his faith in our society by his partici-
pation, his interest and his activity on various com-
mittees throughout his 51 years of membership.
Lately his interest was directed especially toward

our Sokol youngsters, since he believed that in
their hands rests the future of Sokol. Therefore,
he supported the young gymnasts with generous
financial donations toward their gymnastic travel
fund. At the time of financial needs for our new
Sokol Cultural Center, brother Literak again do-
nated a very generous amount toward the building
fund.

We express our sincere sympathy to the family
of the deceased to whom he has left a legacy of
a good and fruitful life, and let us assure them
that we who knew him and enjoyed his friendship
will always remember with respect our departed
brother. F. DeConti

Harry Charles Valek



With grieving hearts the So-
kols of Detroit gave a last fare-
well to one of their exemplary
members, an excellent Sokol, a
man whom I was proud to call
my friend.

The deceased brother Harry
Charles Valek was born on
March 15, 1916, in Detroit, and
he passed away suddenly on
December 13, 1968. After grad-
uation from McKenzie High
School, he was married on May
25, 1940, to Ella Jirasek. Their

happy marriage was blessed with four children—
son Douglas, and daughters Cheryl Alber, Wendy
and Laurie. The deceased is also survived by his
parents and his brother George, with whom he
was in a business partnership since 1946. His other
business partners of the National Block Company
were his long time friends George Eisenstein and
Joseph Kovar.

Beside his love for his family and affection for
his friends, brother Harry walked thru life with his
second love—the Sokol Organization. He was one
of our most exemplary members, because for him
to do right was not simply a duty but a pleasure,
this he has proven to us throughout the many years
of unselfish hard work as a gymnastic director of
men and as the chairman of the Building and Fund
Raising Committee of Sokol Detroit. Today, the
Sokol Cultural Center is completed and we must
all agree that brother Harry Valek gave all his
efforts and powers to the fulfillment of our dream
—the new Sokol Detroit home.

We all know that it will take some time for us
to realize that brother Harry will never again join
us in our work for the betterment of our Sokol and
our society.

We express our most heartfelt sympathies to the
sorrow stricken family of the deceased and we
assure them that we shall always cherish the mem-
ory of our departed brother Harry. F. DeConti

“... život znamená uvedoméle úsilie po
rozvoji telesných a duševných našich ústro-
jov a schopností za účelem ich uplatnenia
pre obecné, všeobecné dobro a ušlachtilú
krásu.” — Dr. M. R. Štefánik.

Ze Sokola Washington, D. C.

Milý bratře starosto,

při Tvé návštěvě ve Washingtonu na oslavách 50tiletého výročí Čsl. republiky, jsme měli spolu debatu o náboru, který jsem začal asi koncem září. Též jsem Ti předal dopis, kterého při náboru používám. Slíbil jsem, že napíšeš o zkušenostech. Přesto, že nemohl jsem se plně věnovat náboru jak bych si přál, dosáhl jsem do lednové schůze přírůstek 20 nových členů. Máme tudíž do dnešního dne 106 členů oproti 86, které jsme měli v roce 1967. Víím, že dosáhnu nábořem ještě lepších výsledků jakmile se k tomu dostanu.

Další přihlášky mám dostati asi do příští schůze. Mám dojem, že kdyby v každé jednotě si vzal jeden člen tuto záležitost nábořovou na starost a eventuálně za pomoci všech sester a bratří, AOS. by získala stovky nových členů. Noví členové nejsou z poslední emigrace, která, doufám, též přijde.

M. Neumann, starosta.

Kopie dopisů, posílaných těm, které bychom rádi uvítali v našich řadách.

Vážený pane (paní)!

V roce 50. výročí vzniku Československé republiky vzpomínáme i všech těch, kteří připravovali a vychovávali český a slovenský národ k boji za jejich sebeurčení, svobodu a pro samostatný demokratický stát.

Mezi buditeli našich národů má své významné místo také Dr. M. Tyrš, jehož sokolská myšlenka tělesné a mravní výchovy měla v jejich životě velikou úlohu. Vzpomeňme jen bratrského ducha čsl. zahraničních legií z obou světových válek, výchovných výsledků mezi mládeží a úspěšných všesokolských sletů v Praze i v Americe.

Sokolství, i když je nyní ve vlasti přechodně potlačeno, bylo a je nesporně nositelem tvůrčího vlastenectví, pravé demokracie, vzájemného bratrství a lidskosti. Sokolské jednoty jsou po celém světě středisky tohoto úsilí. Podobně ve Spojených státech je v sokolských jednotách sdruženo na čtvrt milionu Čechů, Slováků a ostatních Slovanů.

Také ve Washingtoně působí sokolská jednota, která se snaží zmíněné vlastnosti pěstovat, poskytovat svým příslušníkům, zejména mládeži, tělesnou a mravní výchovu a být občanům českého a slovenského původu hodnotným společenským a kulturním pojitkem. Sokol je organizací výběrovou. Sdružuje jedince čestné, národně uvědomělé a ochotné sokolské zásady plnit.

Vážili bychom si proto toho, kdybychom mohli počítat i Vás mezi příslušníky naší jednoty, neboť věříme, že bychom se u Vás setkali s opravdovým porozuměním a činnou podporou. Možností je mnoho: cvičit, pomáhat ve spolkové, výchovné a kulturní práci, nebo hmotnou podporou usnadnit naši práci.

Zveme Vás proto upřímně do řad našich sester a bratří a srdečně Vás mezi sebou uvítáme.

Naleznete-li pro naše snahy opravdové porozumění, vyplňte laskavě přiloženou členskou přihlášku a vraťte ji laskavě na adresu podepsaného starosty.

Všechny případné další dotazy přirozeně rádi zodpovíme.

S bratrskými sokolskými pozdravy,

Za Sokol Washington, D. C.

M. Neumann

DNEŠNÍ DNY.

Příští rok dovrší sto let svého trvání chicagská Svobodná obec, patrně poslední pamětník společné práce Ladimíra (Františka Matouše) Klácela, jednoho z předních českých filosofů, a Františka Boleslava Zdrůbka, budovatele českého novinářství v Americe. Založili také české svobodomyšlné hnutí ve Spojených státech.

V první letošní schůzi Svobodné obce mluvil redaktor Josef Falta o blížícím se významném jubileu a rozvinul zásady, na nichž Svobodná obec byla založena. Z jeho velmi hodnotné přednášky:

Uváděl, jak dávná úsilí vědecká i společenská na sebe navazují, tvoří nepřetržitý řetěz s nynějším pokrokem a s úspěchy příštích pokolení. A právě to nynější v nás budí úctu k přetěžké práci starých generací, která je nejjasnějším důkazem síly, rozpětí a nepřemožitelnosti lidského ducha.

Zásady Svobodné obce, tedy zásady svobodomyšlného hnutí americké větve československého národa, s nimiž je také spjata americké vystoupení T. G. Masaryka, vynikají zvláště při pohledu na poslední události v Československu. Tyto zásady byly prohlášeny před stoletím, ale platí dnes jako tehdy. Týkají se také našeho všedního života: volají po vládě lidskosti a po konání dobra, vybízejí k "poctivé práci k obět'astnění všech bližních," žádají, aby každý měl úctu k sobě a k jiným

V životě mezinárodním vidíme, jak se do lesklých, prázdných a neupřímných hesel odívá stará panovačnost, rozpínavost a útočnost, opírající se o sílu bodáků a dnes také nukleárních zbraní, a jak lži, hrozbami, zneužíváním netečnosti a neinformovanosti, i strachu před ztrátou pohodlí znásilňují komunistické diktatury vlastní i cizí národy a ohrožují celý svět. Všimněme si, jak na př. dovolují a podporují jenom ty vědní obory, kterých přímo potřebují k svým dobovačným cílům, a jak potlačují všechno, co vede k svobodě.

To, co se děje v Československu, dokazuje, že ani sebe surovější násilí nemůže natrvalo ujařmit lidského ducha, který se vzpíná k svobodě a domáhá lidské důstojnosti. Je snad již souzeno našemu národu, aby v tomto odvěkém zápasu za právo a pravdu krácel první nebo mezi prvními Revoltující demokraté v Československu přirovnali velmi případně zápalnou obět' studenta Jana Palacha ke kostnické hranici, k Husově pochodni. Je pravda, že barbari málokdy byli odstrašeni mravní velikostí svých odpůrců, a tedy i Palachova smrt bude posuzována různě, ba snižována. Ale nakonec vždycky duchovní a mravní zbraň zvítězila nad barbarstvím a tak bude i v Československu.

(Dokončení na stránce 24)

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ÚSMĚVY.

Největší bolest.

To mi věřte bez řeči:
v žití toho jasu
lidem bolest největší
působí zub — času.

Svědění jest náš soukromý tajemník.

Klení je nejpřírodnější cit na světě.

Stručnost jest duše vtipu.

Svoboda bez moudrosti jest hrozný dar.

Pomluva je jako uhel — nespálí-li, aspoň ušpiní.

Učenci tvrdí, že člověk za všech okolností dosáhne rukou do úst. Patrně nejedí v jídelním voze na našich dráhách.

Nedávno vdaná sokolice si vypůjčila od své sestry ze Sokola recept na nějaké bramborové jídlo, ale již druhý den k ní přišla a ptala se: "Jaké brambory máme na to koupit? V receptu stojí, že se to dělá ze starých brambor, ale není tam, jak staré mají být."

AŤ JEDETE KAMKOLIV

vlakem, lodí nebo letadlem,
po celém světě nebo jen
po Americe,

vždy pojedete nejlépe od

HEGER

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**U.S. SAVINGS BONDS,
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DNEŠNÍ DNY—

(Dokončení ze str. 22)

Není možno srovnávat lidské pochodně československé s upalováním fanatických mnichů ve Vietnamu — mentalita evropského, západního člověka je zcela jiná než mentalita budhistických fanatiků v Asii.

Jakého zločinu musili se tedy dopustit na československém národě sovětští uchvatitelé a jejich domácí přísluhovači, když plamennou smrt volí mladý a vzdělaný člověk, který zpravidla neriskuje život lehkovážně, a když takovou smrt si zvolil příslušník církve československé, která se zrodila a rozvíjela v myšlence pokoje a nenásilnosti?

At' se v staré vlasti stane ještě cokoli — národ ukázal světu svou jednotu v odpirání zlému jednomyslným vzkříšením Masarykovy zásady, že má právo bránit svou svobodu a nezávislost třeba železem. Ale odpor proti vetřelcům a vnucovanému cizáckému učení umožnil také nejúčinnější oslavu padesátiletí republiky: národ a zvláště jeho mladší generace dověděly se v nevidané šíři a hloubce pravdu o 28. říjnu, dvacet let umlčovanou a pronásledovanou, pravdu o obnově státní samostatnosti a nezávislosti národa, o založení republiky.

Tím demokratisační hnutí vtisklo dalšímu vývoji v Československu stopu, kterou nic nemůže smazat.

Užitečnost patentního ohřivače pokrmů rozhlásí se za jednu zimu po celém světě, význam tiskařského lisu nebyl tak uznán ani za prvá tři století. — Th. Carlyle.

Congratulations!**SOKOL SOUTH OMAHA**

AK-SAR-BEN and WOW Radio Sports Awards were presented to Sokol Fuegner-Tyrs of South Omaha recently. The Ak-Sar-Ben Award is presented for patriotic deeds performed beyond the field of personal gain or welfare, and thus exemplifying the good neighbor spirit in Nebraska.

The WOW Sports Award is the Grain Belt Sports Salute awarded for outstanding participation in amateur sports and is awarded by the Sports Department of WOW Radio 59 Omaha.

Keep up the good work!

Své sokolství projevují tím:

1. že vždy a všude jednám a svůj soukromý i veřejný život upravuji ve smyslu sokolských zásad,
2. nosím zjevně sokolský odznak,
3. zdravím příslušníky sokolského bratrstva sokolským "Nazdar!",
4. účastí a podporou sokolských podniků.

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