

# AMERICAN SOKOL

VOL. XCVII - NO. 10

OCTOBER 1976

PUBLICATION OF THE AMERICAN SOKOL  
Educational and Physical Culture Organization



## Official Seal and Logo of 1977 Slet



# AMERICAN SOKOL



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by the

**AMERICAN SOKOL ORGANIZATION**

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6426 West Cermak Rd. Berwyn, Illinois 60402

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20th of the previous month.

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## ATTENTION

Please notify the A.S.O. Office immediately  
upon change of address.

## Calendar of Events

OCT. 23rd - SOKOL BELCAMP's ANNUAL  
VINOBRANI (Grape Harvest festival)

OCT. 30TH - SOKOL HAVLICEK-TYRS  
Dinner and Dance - Sokol Brookfield

OCT. 30th - SOKOL LITTLE FERRY  
80th Anniversary - Bicentennial Celebration (sic)

NOV. 6th - SOKOL WEST SUBURBAN  
Polka Party - 8 P.M.  
Laborers Hall, Cass and Ogden, Westmont  
Bob Nudera's Polka Band

NOV. 13th - SOKOL BROOKFIELD  
45th Anniversary

NOV. 13th - SOKOL FUEGNER, L.I.  
90th Anniversary

Bohemian Hall, Astoria  
NOV. 13th - SOKOL TYRS  
Square Dance  
Bohemian National Hall

NOV. 27th - SOKOL MIAMI  
7th Anniversary Dinner-Dance  
Norin Community Center

DEC. 4th - SOKOL TYRS  
St. Nicholas Dance

DEC. 4th - 5th SOKOL MIAMI (Cancer Bazaar)  
Trimming Czechoslovak Christmas Tree  
Bayfront Auditorium

DEC. 5th - SOKOL DETROIT  
Czechoslovak Afternoon Dinner Party  
Sokol Cultural Center

DEC. 31st - SOKOL DETROIT  
New Year's Eve Party  
Sokol Cultural Center

DEC. 31st - SOKOL TYRS  
New Year's Eve Party

EVERY MONDAY - SOKOL MIAMI  
Social and Supper  
Moose Club - 150th and Memorial Hwy.

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## Tentative Schedule for 1977 Slet

So that you may plan to attend your XIV Slet in 1977  
the following are dates and tentative events planned for  
these days:

WEDNESDAY, JUNE 22

Judges Meeting

THURSDAY, JUNE 23

1. Junior Competitions
2. Special Number Competition
3. Presidents' Dinner and Meeting

FRIDAY, JUNE 24

1. Senior Competition
2. Junior Group Activity
3. Banquet

SATURDAY, JUNE 25

1. Volleyball Competition
2. Championship Competition
3. Awards Dance

SUNDAY, JUNE 26

1. Slet Rehearsal
2. SLET
3. Nazdar - 'till we meet again!

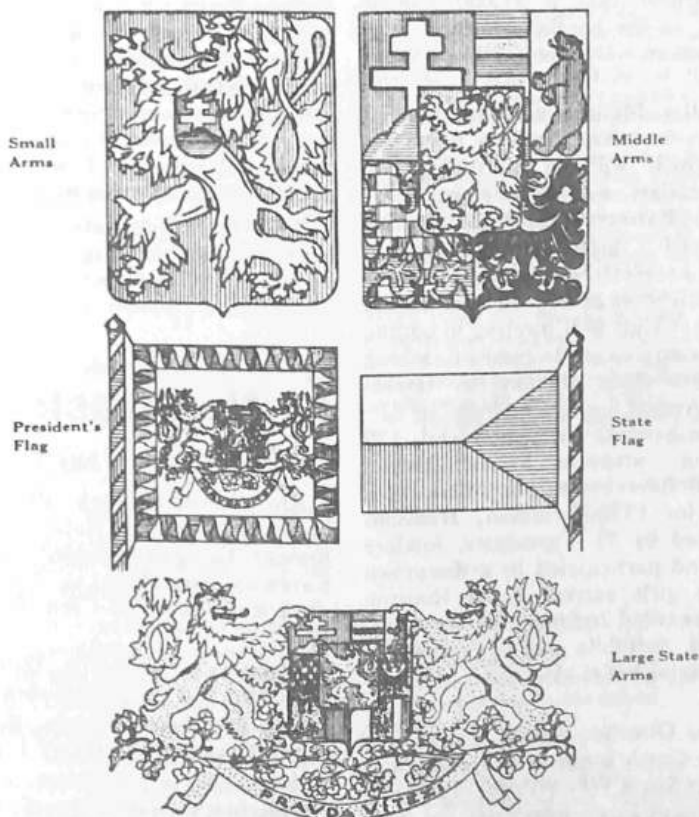
# AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. XCVII

October - 1976 - Ríjen

No. 10



## ARMS AND FLAGS OF THE CZECHOSLOVAK REPUBLIC

### OCTOBER 28, 1918

The Republic of Czechoslovakia came into being October 28, 1918. A country of Central Europe, it comprises the territories of Bohemia, Moravia, Silesia, Slovakia, and Carpatho Ruthenia (formerly the Austro-Hungarian Empire).

The first president of the newly formed Republic was Thomas Garrigue Masaryk, known as the Liberator. He was inaugurated on December 21, 1918, and served as President until he voluntarily retired in December 1935. He was succeeded by Dr. Eduard Beneš.

Prague, situated on the Vltava River (Moldau), known as the City of a Hundred Spires, is the capital of Czechoslovakia. It was here, that Charles University was founded in 1348, the first in Central Europe.

October 28, 1918, is a day we remember reverently.

## Southern District

July 22, 1976

Bro. George Prevratil, President, presided with 12 delegates present. Guests: Sis. Gay Williams and daughter. Excused bro. Jerry Milan. Meeting held at Sokol Ennis.

Correspondence: From Supreme Lodge SPJST, bro. Morris, President, expressing appreciation for Sokol participation in portion of banquet program of their Convention; also confirmed that a \$1,000 annual donation for four years, to the Southern District, was approved by the Convention. - Unit report from Sokol Houston.

Reports of Units: **Dallas.** Monthly meeting attended by 38 - 7 students plan to attend course - plans for clinic, Oct. 29-31, which will be instructive for gymnasts, coaches and judges, a fee will be required - Junior girls performed at Farmers Branch Bicentennial celebration, well received - group is scheduled to perform in Dallas and at West Fest in September. - N.T. Judges associate will meet at Sokol Zizka. **Ennis.** Gym classes on vacation. - Unit BOI meeting to outline schedule for next season - good number taking swimming lessons - gym clinic attended by several gymnasts. **Fort Worth.** August meeting attended by 22 - summer gym classes for 5 weeks were successful, 129 gymnasts, 12 instructing - preparing to host District Course Aug. 8-15, will have 9 students attending - Formulating schedule for 1976-77 season. **Houston.** August meeting attended by 39 - gymnasts, folklore dancers, and Czech band participated in a downtown parade July 3, Junior girls carried Sokol Houston banner, the group was awarded 2nd place for marching. - Special number and tumbling was presented at K.C. Hall, July 11 - special ballet classes on Mondays and Wednesdays.

Report of Educational Director. Bro. O. Parma. On agenda, plans to teach Czech songs at Sokol Zizka. - Received newsletter from Sokol Fort Worth. - Indicated that the first issue of Sokol Zizka newsletter has been mailed.

Report of Treasurer. Sis. Hamilton read report for June and July.

Report of Board of Instructors. **Dir. of Women,** sis. Sylvia Laznovsky mailed Slet results to American Sokol. - Received request for music for Floor exercises previously submitted. - Attended Slet in Zurich and gave report - large number of participants and spectators from the States. - bro. Joey Ehrenberger of Sokol Zizka placed 2nd in the Men's Intermediate Division. **Dir. of Men,** bro. Larry Laznovsky. Final arrangements made for the District Course Aug. 8-15 at Sokol Fort Worth - surveys presently show 62 students including 10 from Northeastern District and 4 from Eastern District. - Instructors, bros. Dusek, Vrzalik, Milan, and sis. Zabka. Tuition \$60.00 per student. - Ordered 50 Sokol manuals, 25 song books and 60 copies each of Sokol and the Sokol Idea, Dr. Miroslav Tyrs, and Dr. Joseph Scheiner. Graduation certificates also ordered. Tentative registration at 10:00 a.m. Aug. 8th, graduation 2 p.m. Aug. 15th.

Czech Cultural Society. Bro. McClure reported on Czech Day at the Fair Oct. 10. There are no requirements as to type of float, number of participants. However, a permit must be obtained. Banner suggested for the parade. Program Chairman should be contacted regarding length of time and type of program Sokols plan to present. After discussion, the District will request 30 minutes at the Coliseum.

Discussions. Advance sale of Slet tickets to District Slets to be put on agenda of annual meeting. - Bro. Prevratil brought up for discussion, various Slet films that the District has obtained for its Library. Films are available to our Units upon request to the Educational Director (Department), at no charge, except payment of return postage and insurance covering the value of the film. Films are not available to anyone outside the Sokol Organization. In case request is for a means of Public Relations the film must be accompanied by a Sokol member to show the film.

Bro. Prevratil expressed appreciation to Sokol Ennis for hosting the meeting and to all for reports presented and work accomplished.

## Northeastern District

July 28, 1976

Bro. Edwin Jirousek, President, called meeting to order at Bohemian National Hall, with 21 delegates present. Delegates pledged allegiance to the flag. Bro. Kavan announced that sis. Pickac - a long time member of Sokol Cleveland-Cech Havlicek, recently passed away.

Secretary's report. Sis. Wilma Sevcik received letter from bro. and sis. Schamanek asking to be excused.

Vice President's reports. Bro. R. Jirousek and bro. Frank Kavan attended D.T.J. gymnastic exhibition July 4, 1976.

President's report. Bro. E. Jirousek, on July 3, 1976 judged competitions at Slet in Zurich, Switzerland; July 4, 1976 participated in the Slet in Zurich as a gymnast. The Northeastern District received a banner from the Sokols Abroad, which was placed on our District Flag.

Each delegate, who attended the Zurich Slet, commented on his or her experiences. All agreed Slet in Zurich was an inspiration to all Sokols.

Treasurer's report. Bro. Galik reported expenses for past month. Motion that all bills be paid, approved. Bro. E. Hoch moved treasurer's report be accepted as submitted. Approved.

Board of Instructors. Sis. Jencik reported on highlights of the Zurich Slet. Sis. Jane Mastny received first place medal in Women's Low Division Competitions. Twenty-six women and six men from Northeastern District participated in the Zurich Slet. - Bro. Peter Dusek invited all delegates to B.O.I. meeting on July 29. Officers for the new year will be elected. Bro. Dusek asked for approval to send six persons to District Course in Texas. Approval granted. - Bro. Dusek asked District purchase new American and

Czechoslovak flags. Motion by Bro. Kavan, that District purchase new flags if necessary. Approved. Bro. Jirousek appointed bro. Galik to purchase new American and Czechoslovak flags if necessary. Bro. Dusek reported he attended B.O.I. meeting at the Convention in Zurich. Bro. E. Jirousek expressed his appreciation to bro. Dusek and sis. Jencik for their fine leadership as District Directors.

Library. Bro. Kotlan reported the Library Committee, at its organizational meeting, adopted rules for the use of the Library.

Unit reports. **Sokol Detroit.** Bro. Schamanek submitted his report by mail. Unit's Scholarship Committee awarded five scholarships. Enrollment for Fall classes will begin Sept. 14. **Sokolice Detroit.** Sister Schamanek submitted her report by mail. - Three Junior girls initiated into adult membership, also five new members initiated. The rummage sale netted \$791.00. **Sokol Tyrs.** Bro. Vavra reported unit has hired a new custodian. Sis. Jirousek reported wonderful cooperation from Sokols on Český Den. The Unit realized \$1,300.00 as its share.

Committee reports. Bro. Vavra reported some of the statues were vandalized.

American Sokol, Inc. Bro. Robert Jirousek reported request for grant from Firestone Foundation was denied. Pending - request to Ohio Historical Society for a grant.

Old business. Postcards. Bro. E. Jirousek reported sale of cards brought \$314.00.

District Slet. Bro. Galik submitted final financial report. The District realized a net profit of \$995.41, which included \$50.00 donation from Sokol Tyrs for soup. \$1,216.50 realized from admission charge.

New Unit Request. Bro. Galik submitted a complete report on the June 28, 1976 organizational meeting of the petitioning unit. Both he and Bro. Gruber attended the meeting as Executive Committee observers. Bro. Gruber reported that he conducted the elections for the unit. Motion by bro. Voris that decision of Executive Committee regarding recommendation of admission of new unit into A.S.O. be postponed. Motion seconded.

Discussion on the question. Following delegates spoke regarding the question: R. Jirousek, F. Kavan, J. Galik, R. Gruber, G. Jirousek, P. Dusek, G. Jencik, E. Hoch, L. Voris, K. Vavra, and G. Kotlan. Motion by bro. Galik that prior motion be withdrawn and question of recommending new unit into A.S.O. be submitted to delegates immediately, and that vote be by secret ballot. Motion seconded and approved. Bro. E. Jirousek appointed bro. Pliska and secretary to conduct balloting. After conducting the balloting, the secretary submitted the following results: 14 delegates voted to recommend that petitioning unit's request for admission to A.S.O. be denied; 6 delegates voted to recommend that petitioning unit's request be granted; 1 abstaining.

Bro. E. Jirousek asked bro. R. Jirousek and Secretary to submit letter to A.S.O. regarding results of ballot.

### STATEMENT OF OWNERSHIP, MANAGEMENT AND CIRCULATION

(Act of October 23, 1962: Sec. 4369, Title 39, United States Code)

- Title of publication: American Sokol.
- Date of filing: September 13, 1976.
- Frequency of issue: Monthly - except bi-monthly July-August issue.
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- Location of known office of publication: 6426 W. Cermak Rd., Berwyn, Illinois 60402.
- Location of the headquarters or general business offices of the publishers: 6426 W. Cermak Road, Berwyn, Illinois 60402.
- Names and address of publisher, editor, and managing editor: Publisher - American Sokol Educational and Physical Culture Organization; Editor - Betty Prener, 4102 Roslyn Rd., Downers Grove, Ill. 60515. Managing Editor - Executive Board American Sokol Organization, 6426 W. Cermak Road, Berwyn, Illinois 60402.
- Owner (If owned by a corporation, its name and address must be stated and also immediately thereunder the names and addresses of stockholders owning or holding 1 percent or more of total amount of stock. If not owned by a corporation, the names and addresses of the individual owners must be given. If owned by a partnership or other unincorporated firm, its name and address, as well as that of each individual must be given.) Roy Zitny, President, 4332 Arthur Ave., Brookfield, Ill. 60513; Betty Prener, 1st Vice-Pres., 4102 Roslyn Rd., Downers Grove, Ill. 60515; Rudolph Svoboda, 2nd Vice-Pres., 2343 S. 14th Ave., North Riverside, Ill. 60546; EllenJeanne Schnabl, Secretary, 2503 S. Harvey Ave., Berwyn, Ill. 60402; Agnes Sotka, Financial Sec'y., 1516 S. Cuyler Ave., Berwyn, Ill. 60402; George Basta, Treasurer, 2629 S. Maple Ave., Brookfield, Ill. 60513.
- Known bondholders, mortgagees, and other security holders, owning or holding 1 percent or more of total amount of bonds, mortgages or other securities. None.
- For completion by non-profit organizations authorized to mail at special rates (Section 132.122, PSM). - Have not changed during preceding 12 months.
- Extent and nature of circulation:

	Average No. Copies Each Issue During Preceding 12 Months	Actual No. Copies of Single Issue Published Nearest to Filing Date
A. Total No. copies printed (Net Press run)	5979	5979
B. Paid circulation		
1. Sales through dealers and carriers, street vendors and counter sales.	None	None
2. Mail subscriptions.	5879	5879
C. Total paid circulation (Sum of 10B1 and 10B2)	5879	5879
D. Free distribution by mail, carrier or other means, samples, complimentary, and other free copies	None	None
E. Total distribution (Sum of C and D)	5879	5879
F. Copies not distributed.		
1. Office use, left over, unaccounted, spoiled after printing	100	100
2. Returns from News Agents	None	None
G. Total (Sum of E, F1 and F2 should equal net press run shown in A)	None	None

I certify that the statements made by me above are correct and complete.

BETTY PRENER, Editor

(Signature of editor, publisher, business manager, or owner)

The September issue of American Sokol carried the interesting article . . . "Vacation - Europe - Zurich" by Charles Mrizek, Jr. "Chuck," as he became known to us resides with his family in Citrus Heights, California. We in the Midwest remember well the Mrizek Baking Company.

Editorial Staff, ASO

**SECURE A NEW  
MEMBER!**

## Ed Stetka



Bro. Ed. Stetka, one of our most dedicated and outstanding Sokols. A strong leader in the Eastern part of our country, he has developed thousands of our youth physically and morally.

Bro. Ed. Stetka was born March 13, 1911. His father, Frank Stetka, was director of Sokol Baltimore for over 35 years, after attending the first Sokol instructors' course in America which was held in Chicago in 1899. Ed's mother, Barbara Sticha Stetka, was president of the Baltimore Sokolice for several years, and for many years his sister, Sylvia Peifer was also their president. His brother, Jerome, was an excellent musician and not only enriched Sokol programs, but helped in gym classes and schools. Ed Stetka is from a 100-percent Sokol family, and attended gym classes in Sokol Baltimore from the age of five. He followed in the footsteps of his father, who was one of the pillars of the American Sokol Organization whom we had the pleasure of visiting in the old Sokol Blesk building in Baltimore. Ed began teaching boys' classes in Sokol Baltimore in the early 1930s. He also taught all classes in Sokol Curtis Bay in the late 1930s.

Ed was instrumental in the organizing of Sokol Belcamp in 1941 and Sokol Washington in 1947. Was named Honorary Member and Director of Sokol Curtis Bay and Honorary Member of Sokol Washington. For more than 25 years was Director of Sokol Baltimore, and presently holds office as Director of the Southern Circuit of the Eastern District of A.S.O. Also held position as Secretary of his unit for three years. Held office of Treasurer of Sokol Baltimore since 1940, and remained in that office except when he was called upon to fulfill his duties to his country during World War II. Even then, when possible, he attended Sokol functions in Chicago, New York, Washington, etc.

Positions as instructor in gymnastics in several States were offered to him, and a request from the Governor of Maryland to become a member of the Maryland Physical Fitness Committee when it was organized. These had to be refused because of his already heavy schedule. However, he attended some of the meetings in an advisory capacity.

Beside his Sokol duties, Ed was president of the CSA Grand Lodge of Maryland. At present he is president of the Bohemian National Cemetery in Baltimore.

Worked for the Bata Shoe Company as bookkeeper when the company started construction in Belcamp and after it went into production. Worked for Social Security for a short time before taking position in the Post Office, where he worked for 30 years. Was appointed Director of the exhibition when the Sokol Stamp was issued in 1965.

As in all cases of our great leaders, it is impossible to enumerate all of Ed's activities and achievements. Currently he is directing his main activities and efforts toward erecting a new Sokol home in Baltimore.

Last but not least, Ed is for many years the editor of "TOPIX," one of our excellent and most popular educational newsletters. His unselfishness and enthusiasm, and continued devotion to the Sokol, shines throughout the lines of this informative and conscientiously compiled message to our brotherhood.

Our congratulations to you, Ed. You have gained the love and respect of all who know you.

Nazdar!

Charles M. Prchal

## Omahans Take Gymnastics Titles

Omaha South High students Phil Cahoy and Jim Hartung won the all-around championships in gymnastics in their age groups Saturday, August 21, at the AAU Junior Olympics in Memphis, Tenn.

Cahoy, representing Region 7 in the 12-14 age bracket, tied in vaulting with a score of 16.95, won the horizontal bar with 17.60, the rings with 17.10, the pommel horse with 17.80, the parallel bars with 17.50, and was second in floor exercise.

Cahoy won the all-around title with 103.64 points. James Mikes of Redding, Pa., was second at 98.85.

Hartung won the 15-18 age bracket for the second straight year with 104.00 points in the all-around. Jeff Mitchell of North Carolina was second at 92.70.

Hartung won the vaulting 17.15, the horizontal bar 17.55, the pommel horse 17.80, floor exercise 17.50, and the parallel bars 17.55. He placed second on the rings.

Bro. Phil Cahoy, Sr., of Sokol Omaha is the coach of the two gymnasts from Omaha. We, of Sokol Omaha, are very proud of these two top gymnasts.

Beverly A. Kilborn, Women's Director  
Sokolice Omaha

Ed. Staff: Congratulations to all!

# SOKOL GYMNAST

OCTOBER 1976

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Editor - Edward Linhart - 1820 Ridgeland Ave., Berwyn, Ill. 60402

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## OLYMPIC HOPEFULS - MOSCOW 1980?

Three of the top High School athletes in the United States come from Sokol ranks.

The United States Gymnastic Federation National Championship for Boys was held at Fort Worth, Texas, June 11, 12, 1976. Phil Cahoy, Jr. placed 2nd in the 12 - 14 Age - Group with a total of 98.70 points. Jim Harting won the 15 - 18 Age Group with a new high of 101.75 points.

Both boys are members of Sokol Omaha and are taught by Brother Phil Cahoy, Sr. They were selected to attend the USGF National Gymnastic Training Camp at Carbondale, Illinois.

Tom Hintnaus of Sokol Los Angeles holds the CIF Pole Vault record for High Schools in the USA at 16 feet 4 1/2 inches. He won the Masters Meet, California State Meet, the Chicago International Invitational Meet among others and made the Hawaiian Tour Team.

In one track meet he entered and won four events - 120 high hurdles (15.8), 330 low hurdles (40.7), high jump (6 feet) and pole vault (15.3). Last fall he won the decathlon which features 10 events for high school track men.

"As the saying goes, he would be a great decathlon prospect if he wasn't such a great vaulter" - said Dave Shannon, head track coach at Aviation". "Here, he has done everything - play football, soccer, wrestling and excelled in all of them."

"He attributes what his coaches praise as great body control to gymnastics, a sport he worked out at early in life under the tutelage of his father, Lubo Hintnaus." Bro. Lubo is the Director of Men of our Pacific District.

Tom was a member of the American Sokol relay team that came in first during the Zurich Sokol Slet. Next year he will attend the University of Oregon on a full scholarship.

The Board of Instructors of the American Sokol Organization is proud of all three boys and wishes them continued success. We are confident that they will represent the United States at the 1980 Olympiad in Moscow.

Paul Lebloch

# CAST FROM THE LOW BAR

- Courtesy of Gymnast



Fig. 1



Fig. 2

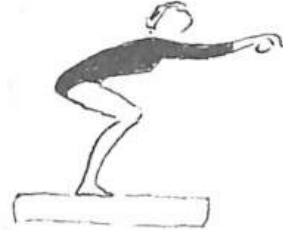


Fig. 3

By Helen Sjursen

When a gymnast tries a cast from the high bar for the first time, on the whole they either eliminate the cast altogether or cast slightly before going into a long hang. Many times, this poor technique results in a loss of grip. Many times, too, a gymnast will not, when beginning to learn this cast, shift her shoulders back in good timing with the cast of the legs. This results in a downward pull when in the long hang, again causing the loss of grip.

Let's start teaching the cast from a front support on the low bar facing in. Place a landing pad as shown in Fig. 1 (over the area where the stretched body will be after the cast). The spotter will have an active role in this preparation.

Fig. 1 - The spotter stands on the right side of the gymnast while she is in the front support facing in. The gymnast will first swing her legs under the low bar to start her cast. The spotter now grips the right ankle.

Fig. 2 - As the gymnast swings her legs back, the spotter pulls the leg back, which forces the shoulder to move back in proper timing, and forces the gymnast to come to a complete stretch of the body before descending.

The gymnast should practice Fig. 1 and Fig. 2 in GOOD FORM AT ALL TIMES. Form can be broken

on descending only for this preparation, since there is a lack of height.

Fig. 3 - Once the spotter has gotten the gymnast in a stretched body position (See Fig. 2) the grip on the leg is immediately released and the right arm is simultaneously placed under the body of the gymnast, by the bend of the hip, using upward pressure to help ease the landing.

This preparation helps the gymnast "feel" the movement, learning to cast and shift the shoulders back properly and in good timing to the stretched body position. The spotter should help the gymnast several times and then allow the gymnast to do it by herself on the low bar, coming in only to assist on the landing. If the gymnast does this well on the low bar by herself, that is casting back to at least the horizontal level, then she is ready to try it on the high bar. Until the gymnast can prove that she will always maintain her grip on the high bar after the cast, the spotter should be prepared to circle the gymnast's body around the waist with both arms as the gymnast is descending after casting. As an extra safety measure, place a landing pad under the area of the cast. One other thing to keep in mind when casting from the high bar is to keep the body stretched (when in the long hang) until the hips contact the low bar, before swinging the legs under the low bar to continue on to the next move.

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## AMERICAN SOKOL UNIFORM DIVISION

### - New Price Lists -

Prepare for the next Slet with uniforms for  
All Classes.

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# Brother Larry Laznovsky - Southern Dist. Director



Larry attended his first Sokol Course when he was 12, under Br. Joseph Pokorny, Chief Instructor. In 1959 he attended the Mid-Slet in Los Angeles, California, and since has attended all National Sokol Slets. In 1962, at the age of 16, he became Unit Director of Men of Sokol Karel Havlicek Borovsky, Ennis, Texas. Five years later he was elected Southern District Director of Men and has served in that capacity since then. In 1967 he assisted in directing the American Sokol Organization Mid Slet held in Dallas. Under his capable leadership, the Southern District has progressed in all phases of activities.

He graduated from Ennis High School in 1963, and at that time his objective was agriculture. He later changed his interests to electronics and graduated from the Texas Institute of Electronics. He also served in the Texas Air National Guard for six years. He is presently employed by the American Telephone and Telegraph Co. His hobbies are: Hunting, Fishing, and Water Skiing.

At the 1969 National Slet, he met Sister Lil Vesely of Sokol Slavsky, Central District Director of Women, and they were married on Nov. 29th of that year. They have two lovely daughters, Lisa Lynn, age 4, and Lori Marie, 18 mos. Lisa was born in Corpus Christi, Texas, while a Sokol Volleyball Tournament was in progress.

Larry Laznovsky began his Sokol training at the age of five at the old Sokol Hall in Ennis, Texas. Both his parents and family were always dedicated Sokols and were instrumental in erecting a new and modern Sokol Gymnasium with outdoor Olympic swimming pool. His sister, Sylvia Laznovsky, has been very active and has been the Women's Director of the Southern District for the past 16 years.

## Olympic Follow Ups

The Soviet Union is expected to easily surpass the 47 Gold medals it won in Montreal when Moscow hosts the 1980 Olympic Games.

The Russians are making an all out effort and our guess would be that they will be the team to beat on their home ground. We think the United States can give them a good run but we would have to make drastic changes in how we pick and train our Olympic teams.

Lasse Viren, the Flying Finn who became the first runner ever to win both the 5,000-meter and 10,000-meter runs in two straight Olympic Games, was named the outstanding athlete of the 1976 Games in a poll of United Press International reporters.

Viren received 15 votes in the voting by writers from North and South America and Europe, nosing out

Nadia Comaneci, the 14-year-old Romanian gymnastics star who won three Gold medals while enroute to scoring seven perfect marks of 10. Comaneci received 12 votes.

Third in the balloting, with five votes, was Bruce Jenner of the United States, who won the decathlon with a world record performance.

Receiving two votes each were East German swim star Kornelia Ender, who equalled the best Olympic performance by a woman in history by winning four Gold medals; boxer Leon Spinks of the United States, who won the light-heavyweight Gold medal in a thrilling windup; and Cuban track star Alberto Juantorena, the first runner in history to win both the 400-meter and 800-meter Gold medals.

## DISTRICT DIRECTORS CONFERENCE

OF THE

## American Sokol Organization

FRI.\* SAT.\* SUN.\* OCT. 22-23-24 - HYATT HOUSE - OAKBROOK, ILLINOIS

# Central District Competitions

## JUNIOR BOYS - LOW DIVISION

TEAMS		
1. St. Louis		594.00
2. Berwyn		508.85

INDIVIDUALS		
1. Ron Newcomer	St. Louis	127.85
2. Rob Newcomer	St. Louis	126.35
2. Tony Loll	Stickney	123.85
4. Lou Slezak	Brookfield	123.40
5. Roy Stanley	St. Louis	122.60

2 teams - 28 individuals

### INTERMEDIATE DIVISION

1. M. Gerhardt	Tabor	118.90
2. J. Hadraba	Berwyn	117.15
3. G. Kulhanek	Tabor	110.15
4. S. Sulz	St. Louis	108.00
5. J. Palter	Berwyn	105.20

7 individuals

Joseph Placek - Meet Director

## SENIOR MEN - LOW DIVISION

TEAMS		
1. Brookfield		442.4
2. Berwyn Havlicek		352.8

INDIVIDUALS		
1. R. Linhart	Tabor	130.7
2. D. Harlan	Brookfield	123.8
3. J. Hantak	Brookfield	112.3
4. F. Bouda	Brookfield	110.3
5. B. Zrna	Berwyn-Havlicek	102.9

2 teams - 12 individuals

Joseph Placek - Art Placek - Meet Directors

## JUNIOR GIRLS - LOW B DIVISION

TEAMS		
1. Sokol West Suburban		438.0
2. Sokol Berwyn		419.4
3. Sokol Slavsky		410.7

INDIVIDUALS		
1. S. Smoger	West Suburban	91.7
2. L. Trachsler	Tabor	90.6
3. K. Goering	Berwyn	89.2
4. D. Michalek	Brookfield	88.7
5. D. Gilbert	Berwyn	87.9

35 competitors

## JUNIOR GIRLS - LOW A DIVISION

TEAMS		
1. Sokol West Suburban		383.2
2. Sokol Slavsky		362.7
3. Sokol Brookfield		304.1

## Individuals

1. J. Pistorius	West Suburban	83.1
2. C. Kubik	Slavsky	90.8
3. J. Banaszek	West Suburban	80.2
4. T. Callahan	West Suburban	78.1
5. J. Ruzecich	Slavsky	76.9

24 competitors

## JUNIOR GIRLS - INTERMEDIATE DIVISION

TEAMS		
1. Sokol West Suburban		162.7

### INDIVIDUALS

1. D. Schabowski	Tabor	77.3
2. P. Palkovic	Stickney	73.4
3. A. Schnabl	Berwyn	70.6
4. C. Cosgrave	Stickney	64.9
5. S. Schaffer	West Suburban	61.6

8 competitors

Carol Strejc, Meet Director

## WOMEN - LOW C DIVISION

1. Judy Blanchinski	West Suburban	125.9
2. Olga Korda	Slavsky	125.5
3. Luann Melk	West Suburban	124.0
4. Maryann Owen	West Suburban	117.9
5. Heidi Jusk	West Suburban	117.4

7 competitors

## LOW B DIVISION

1. Marianne Baron	Brookfield	127.8
2. Chris Beard	West Suburban	121.8
3. Joyce Bennett	Berwyn	121.4
4. Marcie Zdenek	Slavsky	121.2
5. Karen Michalek	Brookfield	120.3

9 competitors

## LOW A DIVISION

1. Barb Vondra	Stickney	133.9
2. Doris Marks	Stickney	127.0
3. Bev Vondra	Stickney	126.4
4. Roberta Kubes	Berwyn	123.6
5. Mary Kucera	Berwyn	120.6

12 competitors

## INTERMEDIATE DIVISION

TEAMS		
1. Sokol Slavsky		206.1

### INDIVIDUALS

1. JoAnn Hantak	Brookfield	77.8
2. Kathy Babka	Slavsky	73.2
3. Cynthia Hokr	Slavsky	67.6
4. Sue Shubert	Slavsky	65.0
5. Ellen Lacina	West Suburban	61.3

5 competitors

## HIGH DIVISION

1. Kim Rus	Stickney	71.2
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Jo-Marie Zeman, Meet Director

**Enroll That**  
**New Sokol Member NOW!**

## SOKOL EDUCATOR

### Slet Seals

UPWARD AND ONWARD "77" Slet Seals (pictured on cover page of this issue), will be off the press soon, and the Slet Seal Committee will be busily working on getting these seals to all our members, so that you can have them in time for mailing your Christmas cards.

A design was chosen depicting the Sokol, searching and striving for ever higher goals to attain - symbolic of our organization in all facets. The blue and red two-color, enhances the design, - the dates 1865-1977, a bit of our historic past, - and the XIV. Slet '77 . . . our future and most immediate goal!

We know you will want to use them on all your cards and letters, so - watch the mails!

Other Slet information will be forthcoming, so read your American Sokol!

### Sokol Principles

Here is a timely question: "Just how many of our members have carefully read the latest By-Laws of our American Sokol Organization? And yet, on its third page we can see the "Declaration of Sokol Principles" telling us about the Sokol Movement from its beginnings in this country in 1865 in St. Louis, and how it has spread to almost all parts of the United States, and then about its main aims and goals, not only for those who are of Czechoslovak ancestry, but for all Americans who seek and value physical fitness and high morality.

The principles should be read in every meeting of our Units and by every member. While reading this document, one cannot but help feel the pride of being a link in this Brotherhood and Sisterhood dedicated to a better citizenship in this great country of ours. At the same time, these very same Sokol Ideals that have survived well over one hundred turbulent years, help to promote deeper understanding for the struggle of the "Old Country" of many of us and the cradle of Sokol itself. In Article 2, entitled "Purpose" we can also read that in addition to our gymnastic program, American Sokols are to promote the learning of the Czech language and culture, and the preservation of the traditions of democracy, and further to oppose communism and every subversive movement that might threaten the basic fibre of freedom and independence.

Most of our members do not care for "lectures," but this is no lecture, only a reminder of some facts on which our Sokol was founded abroad and in these United States of America. After all, we want to be proud of our membership and our Sokol Units want to be proud of every one of us.

T. B. Hlubucek, Educational Director  
Sokol Cedar Rapids

### The Search For Czech Heritage

While this nation is in the midst of Bicentennial celebrations stressing the fact that it is molded by the cultures, history and know-how of all nationalities in the world, it is really amazing how many of us of Czech or Czechoslovak origin, are searching for their heritage. We, in Cedar Rapids, may see it in so many ways. Excellent enrollment in the Czech summer school, successful courses for adults sponsored by Kirkwood Community College, and, above all, the Czech Heritage movement to restore Sixteenth Avenue, prove, beyond any doubt, the eagerness to preserve the fine parts of the Czech Culture brought to these shores by the tens of thousands of immigrants.

Today, we are still proudly calling the First Trust and United State Banks and Bohemian Savings and Loan "our financial institutions," and can boast to friends that we can still buy a loaf of real "Czech rye bread" or the "Old time smoked meats" on 16th Avenue!

In the main offices of the Western Fraternal Life, a unique Czech Library was established. It has hundreds of valuable editions that came from the estates of Stanley Serpan of Omaha, and M. L. Hromadka of Cedar Rapids, and also from the vast library of Otakar Charvat, also of Omaha, who, for many years, was the editor of Czech publications including the "Hospodář" and the "Fraternal Herald."

The mentioned Czech Heritage Society is headed by the young and capable Adolph Topinka, whose parents were Czech patriots. His late father was a well known musician and orchestra leader, and his mother a well read person who believed in higher education for her two sons. Both of them contributed generously to everything that promoted a good Czech name.

In both of our Sokol Units we have slowly drifted away from the use of the Czech language in conducting our meetings, and on the gym floor. - This had to be done to accommodate the young generation unable to speak or understand the Czech language. Many felt that this could not be avoided, but the fact remains that even in our Sokol movement it is impossible to permanently divorce the Czech Heritage and the high Sokol Ideals.

Every year, hundreds of our people, representing several generations, are making costly trips to Czechoslovakia. Why? Perhaps they want to see the natural beauty of the country, visit the historical sights, or stay at the world famous spas, or perhaps search for clues or roots of their own "Family Tree." This writer was asked many times to translate historical documents, some written in German or even in the old "Šwabach" dating back several centuries. So . . . this search for Czech heritage is in progress and will continue for a long time.

T. B. Hlubucek, Educational Director  
Sokol Cedar Rapids

# FINANCIAL REPORT

## AMERICAN SOKOL ORGANIZATION

August 1976

**RECEIPTS:**

Dues .....	\$ 1,106.50
Sokol T. G. Masaryk Dues .....	30.00
Convention Fund .....	33.50
Special Assessment .....	67.00
Dividends and Interest .....	843.75
Advertising in "American Sokol" .....	360.00
Subscriptions to "American Sokol" .....	14.00
Resale of Jewelry .....	42.00
Sale of Songbooks .....	39.00
Postage and Office Supplies .....	20.07
Educational Pamphlets .....	3.00
	<hr/>
	2,558.82
A.S.O. Uniform Division - Payment toward Advances .....	733.06
Transfer of Funds from Savings to Checking .....	22,000.00
<b>Total Receipts</b>	<b>\$25,291.88</b>

**DISBURSEMENTS:****Administrative**

Salaries .....	\$ 709.11
F.I.C.A. & F.W.T. for July .....	139.34
Rental, Janitor Service, Phone .....	326.19
Office Supplies, Postage .....	148.86
Rental of Postage Meter .....	69.49
Repairs to Office Machines .....	6.00
Plate Glass Insurance .....	58.00
Jewelry .....	2,500.00
	<hr/>
	\$ 3,956.99

**Board of Instructors**

Salaries .....	\$ 318.86
F.I.C.A. for July .....	40.96
Editor "Sokol Gymnast" .....	30.00
Add'l. copies "Sokol Gymnast" .....	28.00
Office Supplies, Postage .....	126.75
Printing .....	50.00
Repairs to Office Machines .....	6.00
	<hr/>
	600.57

**Educational Department**

Salaries .....	\$ 384.70
F.I.C.A. & F.W.T. for July .....	73.44
Office Supplies .....	103.05
	<hr/>
	561.19

**Sokol Publication**

Printing "American Sokol" .....	\$1,186.71
Editor "American Sokol" .....	100.00
Postage "American Sokol" .....	81.39
	<hr/>
	1,368.10

**Miscellaneous**

A.S.O. Uniform Division - Salaries, F.I.C.A., Phone .....	\$ 537.97
	<hr/>
	537.97
<b>Total Disbursements</b>	<b>\$7,024.82</b>

Balance brought forward:

Western Nat'l Bank of Cicero -

Checking Account

Receipts - August 1976

\$ 508.01

25,291.88

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25,799.89

Disbursements - August 1976

7,024.82

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\$18,775.07

## In Memoriam

### Eduard Jílka

Byla to pro nás velmi smutná zpráva když jsme se dozvěděli, že náš bratr Eduard Jílka náhle zemřel. Zemřel ve věku 62 let. Byl to zasloužilý a skromný sokolský pracovník a dobrý vlastenec. Poznali jsme Edu při drobné sokolské práci, které je všude tolik třeba a kterou nikdy neodmítl, byl-li o ní požádán. Vážili jsme si jeho odborných znalostí při udržování naší sokolovny.

Bratr Ed Jílka se narodil 14. listopadu 1913 v Lucas, Kans. ve Spojených státech. Po první světové válce, když mu bylo 12 let, vrátil se se svými rodiči do Československa, kde v sokolské jednotě Obřívství u Mělníka prožil své sokolské mládí a zúčastnil se všech sokolských sletů v jeho době, v Praze. Když se počaly komunistické mraky stahovat nad Československem, tak jako celá řada ostatních Sokolů, nebyl si jist před kriminálem a odešel se svou manželkou Věrou do západního Německa, kde ztrávil rok v uprchlickém táboře. Pak odejel do Austrálie, kde v městě Perth byl spoluzakladatelem sokolské jednoty. Později se přestěhoval do Sydney, kde sokoloval se svým švagrem Jánem a sestrou Vlastou Kučerovými až do roku 1959, kdy se vrátil do své rodné Ameriky a usadil se v San Franciscu.

My, kteří pracujeme v zákulisí naší jednoty, naši jsme vždy našeho Edu na sokolském pracovišti anebo čekal trpělivě na svou manželku Věru, která pracovala v sokolské kuchyni. Dovedl trpělivě vyseďávat u pokladny až do ranních hodin při sokolských zábavách. A nebyl to nejen Sokol, kterému Eda rád pomáhal, ale svými odbornými znalostmi pomáhal všem krajanům, kteří ho o něco požádali. Můžem se ptát: "Kdo na jeho místo, kdo zvedne jeho sokolský štít?"

Milý bratře Edo, děkujeme Ti za Tvoji sokolskou práci a loučíme se s Tebou sokolským - Na zdar!

\* \* \*

V pondělí dne 28. června přišlo se s bratrem Edou Jílkiem rozloučit mnoho krajanů a členů naší jednoty.

Nad rakví promluvil česky starosta jednoty br. Jiří Špánek a anglicky ses. Helen Murphy. Br. Miroslav Marek se rozloučil s Edou za jeho kamarády. Br. Eda Jílka byl zpopelněn a na jeho žádost jeho popel byl rozmetán nad Pacifickým moří.

## Marie Prochaska

It is with deep sorrow that we report the loss of one of our sisters - Marie Prochaska, or Mae as we called her, and who was our member since 1918. Fifty-eight years is a long time to be a member in good standing and belong to any organization. - Sokolice Havlicek-Tyrs were fortunate to have had her as such a member.

In 1920, Marie was one of five women gymnasts of Sokolice Havlicek-Tyrs who represented the American Sokol Organization at the VII. Sokol Slet in Prague, Czechoslovakia.

Even though she was ailing for a long time, she was always very interested in whatever our Sokolice were undertaking and encouraged us in our efforts all these years.

Sokolice Havlicek-Tyrs extend sincere sympathy to the bereaved family.

Zdenka Tintera, secy.  
Sokolice Havlíček-Tyrs

## Za Evženem Koeplem

Nelíčená bolest vstoupila v srdce při zprávě, došlé v pátek dne 10. září 1976, že z bratrského kruhu sokolského byl vyrván vzácný, ryzí, nevýslovně skromný, obětavý bratr Evžen C. Koepl, jednatel Československé obce sokolské, jednatel X. Všesokolského sletu v Praze v roce 1938, autor mnohých článků a projevů sokolských.

Věděl jsem, že churaví, ale věřil jsem a doufal, že neúprosná příroda bude k němu vlídná již pro naši lásku k němu a jeho význam pro sokolské bratrstvo. Dával mnoho, nežádal ničeho.

O Všesokolském sletu v Praze, v roce 1938, projevoval zvláštní pozornost celé naší veliké sokolské výpravě a prokázal nám mnohé platné služby.

V roce 1947 navštívil s delegací Československé obce sokolské náš slet v Chicagu. Mnohé zde poznal. Měl vyjimečný postřeh a o své návštěvě "u nás" napsal knížku: "Co jsme viděli v Americe."

Byl jedinečný pismák sokolský a každý jeho článek hovoří nesmírnou láskou k ideálům Sokolstva. V Sokole Americkém, měsíčníku Americké Obce Sokolské, uveřejnil jsem roku 1968, jeho velmi hodnotné pojednání: "Principy odboje a brannost v sokolství." Bylo upraveno podle jeho přednášky na Columbia University v New Yorku. V lednovém čísle, roku 1969 článek "Budoucnost Sokola v Československu."

Sehnal si téměř vše nejzajímavější, co se týče sokolského tematu v poštovníctví (známky, razítka, lístky a pod.), je to jedinečná sbírka, kterou nám propůjčil pro naši chicagskou výstavu čsl. umění v roce 1975. Sbírkou se na výstavě těšila mimořádnému zájmu.

Jeho dopisy byly plny veliké a čisté myšlenky sokolské. Svou vřelostí sílil víru, bezpříkladnou vroucností strhoval k práci, bezmeznou skromností učil sloužit. Patřil všem a sobě nejmiň.

Během II. světové války prodělal hrůzy německých koncentračních táborů. Bez záchrany strachu hleděl v jícn smrti.

Pod cizími hvězdami spí věčný sen dárcové české volnosti. Je také jedním z nich. Žil stejně jako oni národu, stejně jako oni trpěl českým otroctvím a touhou jeho nejvyšší bylo připravit svému malému národu podmínky lidštějšího života aby svůj na svém stal se největším. Jeho příklad, dílo jeho života přejde v dědictví všech v Čechách. Zasíval lásku a láska těch, kteří šli s ním, provází ho do velikého neznáma. Ztrácíme v něm nejlepšího pracovníka, bratra nejdokonalejšího - rodná vlast nejdokonalejšího syna.

Odchází, ale neopouští nás!

Zanechává zde zdrcenou manželku a dcerušku a v Československu syna. S hluboce cítěnou soustrastí projevujeme i vřelý dík za velkou lásku, kterou piniily jeho dny.

Bratr Evžen C. Koepl byl zpopelněn v sobotu dne 11. září 1976, a rozlučné obřady se konaly v neděli 19. září 1976 ve Washingtonu, D.C.

Pokoj jeho popelí a čest jeho památce!

Karel M. Prchal

## Heritage '76 Festival

The City of Dearborn Heights celebrated America's 200th Birthday on July 2, 3, and 4th by bringing together various clubs, organizations and ethnic groups. This was called, Heritage '76 Festival. Sokol had a booth for these three days, representing the Czechoslovakian people.

Debrecinky (a Czech hotdog), and sauerkraut were our dinner menu. Koláče and other Czech pastries were sold and went over very well with the public. A Czech cookbook was printed as an item of sale, and other handicrafts were sold.

In addition to our booth, the Choral Group sang and the Junior gymnasts performed a tumbling act as part of the evening festivities.

The people who helped make this weekend a success are too numerous to mention. My thanks go to all members who decorated, baked, cooked and served for this booth. We can all be proud that Czechoslovakia was so well presented.

Dorothy Mily  
Sokol Detroit News

"American Sokol Sings"

Get Your Copy Now!

ASO OFFICE

## 1774

**"Bicentennial Minutes" reprinted through the courtesy  
of the Shell Oil Company.**

**OCTOBER 2nd, 1774**

Two hundred years ago today, a sharp shooting Yankee farmer gave the British a hint of what they'd be up against.

The American watched a British regiment at target practice, chuckling every time a redcoat missed.

A British officer stepped up and asked if the Yankee could do better. Casually, the farmer loaded a musket and asked where to aim.

"Far left," said the British officer. The farmer fired. Hit the left.

"Now far right." He reloaded - hit the far right. Right on target.

"Now dead center," he barked. The Yankee fired. Bull's eye . . . And said, "That's not much. I've got a boy at home who'll toss up an apple and shoot out all the seeds as it's coming down . . ."

That's the way it was.

Presented by Sam Peckinpah

**OCTOBER 5th, 1774**

Two hundred years ago today, Plymouth Rock became a symbol for the American Revolutionaries.

Led by the Sons of Liberty, 4,000 colonists decided to raise the historic landing place of the Pilgrims from under the wharf where it lay forgotten.

They used a wagon and 30-yoke of oxen, and as they pried and pushed and hoisted the 10-ton boulder out of the mud, it split in two.

A young man cried out that "Here was the hand of God endorsing the division of England and America."

With a cheer, they took the half they had, and dumped it beside a Liberty Pole in front of the Plymouth Meeting House. Above it, they waved a banner with the rallying cry "Liberty or Death!"

That's the way it was.

Presented by Billy Graham

**OCTOBER 10th, 1774**

Two hundred years ago today, Virginia Volunteers were roused from their tents in a camp along the Ohio River. It was dawn. A thousand Shawnee, Mingo and Delaware Indians were attacking.

Chief Cornstalk wanted to drive the 1100 white troops into a narrow triangle between the Ohio and Kanawha Rivers. Colonel Andrew Lewis had to battle to move his men out of the trap.

Indians and Virginians fought hand to hand from sunrise to dusk. Both sides took scalps.

Colonel Lewis and 53 of his soldiers died. Indian losses couldn't be counted. They gave their battle dead to the river and scattered.

Cornstalk's defeat opened the Ohio territory to settlement by whites.

That's the way it was.

Presented by Harvey Korman

**OCTOBER 14th, 1774**

Two hundred years ago today, the First Continental Congress listened to a Declaration of American Rights and Grievances.

It was the first time that the united colonies had joined together to defy Great Britain in such strong language.

One by one it listed the rights that the colonists demanded within the British Empire.

At the top of the list was the resolution that the colonists were entitled to life, liberty, and property, and that they had never ceded to any sovereign power whatever, a right to dispose of either without their consent.

The Declaration was drafted by Major John Sullivan from Somersworth, New Hampshire, son of Irish immigrants, and one of the province's two delegates to the Congress. The Declaration was adopted unanimously. It paved the way for later, stronger Declarations.

That's the way it was.

Presented by Senator Thomas McIntyre of  
New Hampshire

## Liberty Bell Dedication

Celebrations of our country's Bicentennial Anniversary have been going on throughout many cities across our fair land. However, the City of Philadelphia was exceptionally honored on this occasion, as was brother George B. Novak, Educational Director of Sokol Philadelphia.

Hon. Frank Rizzo, Mayor of Philadelphia, sent invitations to a reception honoring Her Majesty Queen Elizabeth II and H.R.H. Prince Philip, Duke of Edinburgh, July 6, 1976.

The Philadelphia Museum of Art was elaborately decorated for the royal visit. The Queen and Prince arrived about noon, to dedicate a new Liberty Bell, an exact copy of the original. The new bell was cast by the same people in England, who had made the original, and was a gift from Queen Elizabeth II in honor of our 200th Anniversary. She touched a button and the new bell rang.

After the dedication ceremony, the Queen and Prince Philip were escorted by our Mayor to City Hall.

The reception was held at nine o'clock at the Philadelphia Museum of Art. The Queen, upon being asked if she was enjoying her stay replied, "Yes, very much, only the time is too short."

Elsie Novak, Financial Secy.  
Sokol Philadelphia



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\* \* \*

Sometimes the best way to convince  
a man he is wrong is to let him have  
his own way.

\* \* \*

A real friend is a person who could  
tell you all his troubles . . . but  
doesn't.

\* \* \*

An alarm clock is a mechanical  
device to wake up people who have no  
children.

\* \* \*

A bore is a man who spends so  
much time talking about himself that  
you can't talk about yourself.

\* \* \*

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## Sokol Miami Celebrating

Perhaps this unit holds the record of meeting, uninterrupted, every Monday for the past seven years, conducting social affairs and business on a day of the week when members might find it impossible to attend. In Miami, Monday was the only day open for us, to avoid activities of the other three clubs, and fortunately, it has proven anything but a "blue" Monday. Now the unit is preparing for the "invasion" of Winter visitors, many of them Sokol members from "up North" who will open their apartments or houses, to spend their winter among their people.

A gala dinner-dance will be held on Saturday, November 27th, in the new NORIN COMMUNITY CENTER, corner of 123rd Street and N.E. 16th Ave., in North Miami. The Board of Directors, officers, and membership cordially invite all Sokol members and visitors to this affair, by reservation to Emily Ruzicka, corresponding secretary, 1215 N.E. 128th Street, No. Miami, FL 33161 - tickets, including dinner and dancing to Ted Kata's orchestra \$6.00. Program includes a

Minuet by the Senior members, Polka by the Juniors. Charles Machacek will present a program of songs by the singing group of Sokol Miami. This group consists of the excellent voices of Vicky Pribyl, Olga Kraus, Frank Krauz, Tony and Freda Hruska, Jerry and Ella Krepelka, Lada Kopecky, and Vlasta Hron, with accompanist sis. Marian Machacek. On his new concertina, just brought from Czechoslovakia, Frank Kraus' music is a joy to hear.

Our calendar of events includes the Dec. 4-5 Cancer Bazaar in the downtown Bayfront Auditorium, where sis. Ruzicka is in charge of trimming the typical Czechoslovak Christmas tree and has won many prizes. The bake sale and gift store brings in welcome donations.

The Educational Director, sis. Vlasta Hron, conducts observance of all historical events. Added to this year's program was the Gen. Stefanik program in July. Our Labor Day program was followed by a birthday party for all those born in September. There will be short readings of Sokol history from now on.

Váš cestovní program Vám spolehlivě a přesně vyřídí

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ORGANIZATION IN U.S.A.

Organized in 1897 with 1,259 insured members in 8 states. - Now licensed in 18 states, over 60,000 certificates, has over \$125,000,000 of insurance in force. - Total assets over \$36,000,000. - Offers Legal Reserve Fraternal Life Insurance for Juveniles and Adults to age 65.

Home office

1900 1st AVENUE N.E.

CEDAR RAPIDS, IOWA 52402