

AMERICAN SOKOL

VOL. CXVIII - NO. 12

DECEMBER 1977

PUBLICATION OF THE AMERICAN SOKOL
Educational and Physical Culture Organization



*May the Spirit
of Christmas
remain with you
throughout the
coming year.*

AL FITNESS
S
GYMNASTICS

AMERICAN SOKOL

Published Monthly
(Except Bi-Monthly July and August)
by the



AMERICAN SOKOL ORGANIZATION
6426 West Cermak Road, Berwyn, Illinois 60402
Subscription: \$3.00 per year

EDITORIAL STAFF

6426 West Cermak Rd. Berwyn, Illinois 60402

Copy for publication must be received by the
20th of the previous month.

OFFICE OF THE EXECUTIVE BOARD ASO.

EllenJeanne Schnabl, Secretary
6426 W. Cermak Rd. Berwyn, Ill. 60402

Tel.: 795-6671

Meetings: 4th Tuesday, except July and August,
at ASO Office.

EXECUTIVE BOARD:

- President - ROY ZITNY
- I Vice President - BETTY PRENER
- II Vice President - RUDOLPH SVOBODA
- Secretary - ELLEN JEANNE SCHNABL
- Financial Secretary - AGNES SOTKA
- Treasurer - GEORGE BASTA
- Director of Men - PAUL LEBLOCH
- Director of Women - MARIE PTACEK
- Educational Director - STANLEY BARCAL
- Editorial Staff - ROY ZITNY,
STANLEY BARCAL, BETTY PRENER
- Public Relations -
Czech - JERRY RABAS
American - SYLVIA PISTORIUS
- Organizational Director - ANN BASTA
- Executive Board - EDWARD SCHNABL,
JAMES JINDRA, LORRAINE ZDENEK
- Alternates - GEORGE SIMONEK,
WILLIAM MEYER, RICHARD VACHATA

Calendar of Events

- DEC. 29 - SOKOL HAVLICEK-TYRS
Buffet - Sokol Meeting
- DEC. 31 - SOKOL ENNIS
New Years Eve Dance
- DEC. 31 - SOKOL SOUTH OMAHA
New Years Eve Dinner-Dance
- DEC. 31 - SOKOL BROOKFIELD
New Years Eve Banquet
- DEC. 31 - SOKOL GREATER CLEVELAND
New Year's Eve (Silvestra)
Dinner and Dance

- DEC. 31 - SOKOL BERWYN
New Year's Eve Celebration
- DEC. 31 - SOKOL DETROIT
New Year's Eve Party
Sokol Cultural Center
- DEC. 31 - SOKOL LOS ANGELES
New Year's Eve Dance
- DEC. 31 - SOKOL SAN FRANCISCO
Sylvester Dance
- DEC. 31 - SOKOL BELCAMP
New Year's Eve Party
- JAN. 8 - SOKOL SLAVSKY
Installation of Officers
T. G. Masaryk School
- JAN. 14 - SOKOL CHICAGOLAND BLDG. ASSN.
Dinner Dance
Sokol Brookfield
- JAN. 28 - SOKOL STICKNEY
Installation of Officers
- JANUARY 29 - SOKOL BELCAMP
Unit Annual Meeting
- FEB. 4 - SOKOL LOS ANGELES
Annual Ball
- FEB. 5 - PACIFIC DISTRICT
Annual Meeting
- FEB. 5 - SOKOL DETROIT
Winter Gymnastical
Sokol Cultural Center



**HAVE YOU
SENT IN YOUR
NEW ADDRESS?**

Change of Address for American Sokol

AMERICAN SOKOL ORGANIZATION
6426 W. Cermak Road
Berwyn, IL 60402

Sokol

Name

Old Address

..... Zip

New Address

..... Zip

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - VOL. XCVIII

December - 1977 - Prosinec

NO. 12

"A time of giving and a time of receiving" . . .

CHRISTMAS

A time when family and friends, bound together in love and friendship, display that which they feel for one another thru the exchanging of gifts.

It is also a time when Sokols reflect upon that which they feel for one another. The warmth and comradeship that is shown throughout the year is somehow special during the Christmas season.

Sokols give, and in so doing, receive a warm and wonderful feeling of our Sokol sisterhood and brotherhood.

Your Executive Board wishes to each of you who are giving of themselves to our Sokol cause and to you who have given in years gone by a warm and very Merry Christmas.

May I extend to you and your families the joys and happiness of this holiday season and may they continue all year long.

ROY ZITNY,
President

ASO Executive Board Meeting

OCTOBER 25, 1977

Meeting called to order, presided by bro. Roy Zitny, Pres.

Present: Sis. B. Prener, E.J. Schnabl, A. Sotka, M. Ptacek, A. Basta, bros. G. Basta, P. Lebloch, S. Barcal, J. Rabas, J. Jindra, G. Simonek. Excused: Sis. S. Pistorius, L. Zdenek, and bros. Ed Shnabl, R. Svoboda, W. Meyer.

District minutes received: Eastern, Sept. 1977; Northeastern, Sept. 28, 1977; Central, Sept. 28, 1977; Southern, Sept. 22, 1977.

Correspondence: Program book from the Czech Festival, Yukon, Okla. - Sokol Corpus Christi, purchase of Czech flag. - District Presidents notified regarding decision of Sokol U.S.A. to hold 1979 Slet. Date and site undetermined. - Letter from bro. M. Neuman, Pres. Sokol Washington, D.C., thanking bro. Zitny for attending 30th Anniversary celebration. - Maryland Sokoletter, Eastern District will conduct Slet in June, 1978. - Contacted sis. B. Pavoucek regarding 75th Anniversary of Sokolice South Omaha. - Sis. B. Prener, speaker, took Citation of Merit for sis. Marie Strnad. - Sis. R. L. Fiema of Dearborn, Mich. advised her glasses were not found at Slet. - Letter from bro. Ed Babor, Sokol Fugner, L.I., N.Y. that bro. Neuman, representing Eastern District inadvertently did not mention their unit as active at Presidents meeting at the Slet. - Notified bro. Babinec, Pres. Sokol New York, of bro. and sis. Zitny's flight plans for their 110th Anniversary. - Sent Citation of Merit for bro. R. Richter, Sokol Milwaukee. - Received list of units and officers from D.A. Sokol; copy given B.O.I. - From Sokol Fresno copy of letter sent Chicago Tribune regarding fine article on Sokol Slet. - Sent sis. M. Zlatohlavek Sokolice Renata Tyrsova, packet of 3-fold brochures. - Newsletters received: Sokol Cleveland Cech-Havlicek, and Sokol Miami. - Sent sis. Zabka number of membership forms - Correspondence bro. J. Liska, Sokol Los Angeles, regarding Mrs. Klara Steiger's request to advertise in our publication. - Sokol Detroit newsletter about Sokol Rip seeking gym instructors and possible merger with Slovak Sokol gym classes. Northeastern District has been in communication. - Notice Sokol Zizka, present secretary is moving, correspondence should be sent to their hall. - Sent check for Merit Award committee.

D.A. Newsletter mention of D.A. Sokol Convention is scheduled for next year. - Denni Hlasatel request for an ad for 28th of October. Due to short notice bro. Barcal moved we reserve action at this time. Passed. - By-laws received from Czechoslovak American Bicentennial Committee. - Notice of an opera being presented in Washington, D.C. - Information on Slavic Studies program at University of Pittsburgh. - From Sokol Berwyn regarding loss of mini-tramp used at Slet. B.O.I. will try to find it. - From Central District requesting use of addressograph for a tour mailing; also for their 1978 Slet. Approval granted.

Reports: Dir. of Women, sis. M. Ptacek. Necessary correspondence answered, especially material necessary for District Directors Conference. Full report of Conference will be available next month. **Final Report Forms, Special Assessment:** Expenses for Robert Pesek, Sokol St. Louis, attending Central Dist. Annual B.O.I. meeting, Aug. 14, 1977, \$30.15. - Central Dist. vaulting and dance groups, instruction, salaries and rent \$240.00 May, June and Sept. 1977. - Central Dist. apparatus workshop held Sept. 30, Oct. 2, in St. Louis for all classes of men and boys - 2 instructors \$268.00. - Northeastern Dist. 7 students at National Instructors Course June 27 - July 9, 1977 Naperville, IL., \$1,610.00.

At this time Mr. Robert Selden of Selden, Waldron and Associates, Ltd., Certified Public Accountants, came to our meeting. He discussed and answered questions regarding his recent audit of the books of the American Sokol Organization. A copy of audit will be sent to each District. Letter of confirmation and acceptance of the report given to Mr. Selden. He was very satisfied with our methods of auditing in that there are all corroborating receipts and bills for all transactions.

Dir. of Men bro. P. Lebloch. Received from bro. J. Hardy and A.A.U. Board of Directors report. He will also represent us at A.A.U. Convention in Columbus, Ohio Oct. 15. - Bro. P. Fina reported on meeting of U.S.G.F. Board of Directors, and presented his report. New Rules on Amateuism, budget, etc. Expenses \$336.90. Sis. Schnabl moved they be paid. Passed. - Attended and lectured at Central Dist. Educational Directors course. The District Directors Conference was successful and the brothers and sisters in Fort Worth were most cordial hosts. - Further on B.O.I. matters, bro. Zitny read excerpts from Sokol U.S.A. Times relating to their Slet to be held in 1979.

Membership: bro. R. Svoboda excused. He is writing an article on Membership Drive for the publication.

Educational: bro. S. Barcal. Meeting held and groundwork laid for an essay contest. Subject: "My Recollections of the XIV. American Sokol Slet." Eligible: Juniors and Seniors who participated in or were spectators at the Slet. Awards will be same design as those awarded at the XIV. Slet. - A tour to the University of Chicago Library has been planned through bro. Rabas for Saturday, November 12. Bro. Rabas contacted Dr. Laska at the University. - Several member of the Educational Committee took part in Central Dist. Educational Directors Course and were warmly received. - The ASO District Educational Directors Conference is being planned for the Fall of 1978.

Publication: sis. B. Prener. Setting up November issue now.

Czech Publicity: bro. J. Rabas. Had articles in papers regarding Omaha gymnasts appearing with the Romanian gymnastic team in Chicago; also the local Houby Day parade, specifying that Slet souvenirs would be sold at this time.

English Publicity: sis. S. Pistorius. Arranged for performance of 6 Folk Dancers and 6 Tumblers to be taped on NBC, which showed the relation of Sokols to

the Czech ethnic group. It is to be shown on "It's a Small World" Saturday, November 12th or 19th. - Wrote a few articles for the local newspapers and lectured at the Central Dist. Educational Directors Course.

Financial Secretary: sis. A. Sotka. September financial report prepared. Received and paid balance due to the North Central College for Instructors Course; sent 2 plaques to Sokol New York; mailed quantity of Sokol pins to Sokol Fuegner, South Chicago. Mailed supply of quarterly report forms to each Unit. - Received money for liquor bill from the Slet; worked selling Slet souvenirs during Cermak Road Houbu Days. - Transferred money from Slet checking account to the A.S.O. account. Deposited all donations received. Prepared financial report of A.S.O. Instructors School.

Treasurer: bro. G. Basta. Agreed with sis. Sotka's figures; reconciled bank statements. Presented comparison chart showing third quarter of 1977. Will show how A.S.O. stands mid-way between conventions in January 1978.

Uniform Div.: sis. B. Prener. Prepared report for B.O.I. District Directors Conference. Accounts payable are current; reimbursed A.S.O. for September salaries and other expense.

I. Vice-Pres.: sis. B. Prener. Attended and spoke at Sokolice South Omaha's 75th (Diamond Jubilee) which was well attended and a fine program was presented. - Attended and lectured at the Central Dist. Educational Directors School on Exhibits and Displays.

Secretary: sis. E.J. Schnabl. Answered necessary correspondence and prepared agenda for this meeting. Mailed all Merit Award checks for B.O.I. Sold Slet souvenirs during Cermak Road Houbu Days as did sis. Sotka, Basta, Pistorius, V. Zitny, and bros. J. Sotka, Simonek and Schnabl. Acknowledged donations to Future Sokol Leaders Fund. - Lectured on Libraries and Archives at Central Dist. Educational Directors Course.

President, bro. R. Zitny. Attended and spoke at Sokol New York's 110th anniversary celebration. Br. W. Slavik was excellent Master of Ceremonies. The banquet was very nice. Their hall is in the process of being renovated. - Reserved rooms at the Sheraton Oakbrook Motor Hotel for District Presidents Conference. A letter of confirmation should be forthcoming.

Old Business: By-Laws of Sokolice Little Ferry were reviewed by bro. E. Schnabl who presented written report with a few suggestions. These will be sent to Sokolice Little Ferry.

Central District

September 28, 1977

Bro. E. Halik, Pres. presided. Present: bros. R. Svoboda, B. Meyer, J. Placek, F. Kala, J. Rabas, E. Linhart, V. Zenisek, J. Lizner, E. Jezek, - sis. J. Pros, M. Vachata, L. Kmen, A. Halik, E.J. Schnabl. Excused: bro. E. Pirka, sis. J. Jurew.

A moment of silence observed in memory of departed bro. Frank Prihoda of Sokol St. Louis. Bro. Halik attended the services. Sis. Schnabl moved transportation for bro. Halik be paid. Carried. Bills: \$76.00 air fare bro. Halik; \$5.20 postage sis. Pavek; \$168.00 air fare bros. Placek and Gilbert; \$20.00 Czech National Council - approved for payment.

Correspondence: Letter from Sokol South Omaha received too late. Minutes from American Czechoslovak Organization. - Letter from A.S.O. informing of request from Sokol Plzensky, tabled. A.S.O. regarding official competition uniform, will be brought to attention of B.O.I. at Dist. Dir. Conference in Ft. Worth, Tx. - Central District Educational Directors Workshop and Social Oct. 15-16, 1977. - Sokol Berwyn informing us they no longer have space to store portable rigging. - Letter from bro. Mostenan requesting his name to be put on Unit Newsletter mailing lists. Would like receiving information on various activities.

B.O.I. bro. J. Placek. Combined Unit Directors Conference Aug. 14 at Continental Restaurant. Recommend Dist. Dir. be elected during week-end of Slet; term to run from July 1 - June 30. Slet dates: 1st choice June 11, 1978; 2nd June 4, 1978; sites to be looked into: Morton West High School, Riverside-Brookfield H.S., Oak Brook Polo Grounds. Competitions prior to Slet, awards Saturday prior to Slet. Sokol St. Louis offer to host 1978 District Slet, tabled until written request received. Discussed Instructors Course.

Men's Volleyball Tournament Oct. 14; Jr. Boys two Sundays in Oct.; fee \$15.00 per team. Sokol St. Louis invitational Volleyball Tournament Nov. 26. - Housing will be handled by Central District. Transportation will be handled by Units. Dec. 10 competition for 2nd Class. Awards for Junior Boys and Men to be presented following each competition; fee \$1.50 per competitor. - Oct. 2 will participate in Ethnic Festival at Morton College. - Vaulting Team and Folk Dancers meet 2nd and 4th Wednesdays each month. - Oct. 9 Houbu Parade. Will march as District except Sokol Slavsky. - Slet calisthenics for Junior Boys and Men written by bro. E. Linhart. - A team of Men participated in Volleyball Tournament at Sokol Toronto. - Bills: \$30.15 bro. R. Pesek, Combined Unit Directors Meeting. \$100.00 bro. Placek and Gilbert, St. Louis Workshop, per diem. \$20.00 bro. Kala Dance Instructor. \$10.00 bro. Jerabek Vaulting Instructor - all approved.

B.O.I. sis. M. Vachata. Combined Directors meeting bill from Continental Restaurant \$31.51 approved. Women's meeting Sept. 13. Due to High School rule, Junior Girls Volleyball will be held in December. Women's Volleyball not set. Recommendations: Any Junior caught with alcoholic beverages, drugs, will be disqualified from any or all competitions. Separate buses for Juniors and Seniors. - Bro. Linhart stated Sokol Tabor Juniors and Seniors will travel together. - Central District in need of rental facility for storage purposes and to hold meetings, (all departments) and for Library. Bro. Kala moved a committee be formed. Carried. Committee: bro. Kala, sis. Vachata and Schnabl. - Sis. Vachata inquired why Central District does not assess their Units. Bro. Halik stated this would have to be presented to the Units. Bro. Kala moved

letter be sent all Units (prior to December meeting) informing them of items to be brought up at Central District Annual Meeting. Carried. Central District Officers will formulate letter.

Educational: Bro. Kala, Central District Educational Directors Workshop, Oct. 15-16, 1977 at Sokol Stickney. Letter has been sent all Units; speakers and instructors arranged. Packet will be given each Unit containing variety of information. Social, sis. Pros reported Social will be held Sat., Oct. 15 at Sokol Stickney, \$1.50 adults, \$1.00 Juniors. Letters sent all Unit Presidents, Secretaries, B.O.I. Directors requesting help for bar, kitchen, donation of bakery and or raffle prize. Sis. Jurew and Kress to sell tickets at door. Music furnished by George Richter. Approved.

Letter from bro. Jerry Rabas, President Weber Travel Agency presenting Central District with proposed 18-day tour, departing June 12, 1978. Land in Zagreb, tour Yugoslavia, then down to Greece returning from Athens to O'Hare; price approximately \$898.00 per person double occupancy, including air fare, superior tourist hotels, sightseeing, cruise, 2 meals each day. (17-day land package). After discussion, bro. E. Linhart moved to accept proposed tour, seconded, carried. Bro. Rabas will check into Tourist Class Hotels to lower cost for those interested.

Sis. Pros was excused, and bro. B. Meyer continued taking minutes.

Request photographer take pictures of Sokols at Ethnic Festival Oct. 2 - bro. Linhart will try to do so.

Nominating Committee: Bro. Kala, Svoboda, sis. Kmen.

Bro. Kala suggested District conduct a membership drive. Bros. Kala and Svoboda will look into this project.

MINUTES OF THE Southern District Executive Board Meeting

HELD SEPTEMBER 22, 1977

Meeting presided by bro. George Prevratil, pres. Present: bro. Don Steinman, Larry Laznovsky, Oldrich Parma, Frank Cechan, Miro Jurcik, Harrell Hamilton, Stuart Hamilton, Darrell Williams; sis. Bernice Hamilton, Sylvia Laznovsky, Helen Parma and Vlasta Laznovsky.

Minutes of last meeting corrected to include report of educational director from Fort Worth.

Correspondence: American Sokol Org. requesting photos of Slet competition winners for Slet souvenir picture book - Unit newsletters be sent to office and brother Zitny's new address - copies of Denni Hlasatel and magazine section of Chicago Tribune containing articles and photos of the American Sokol Slet - bro. Lebloch expressing appreciation for the Stetson hat and the delegation of gymnasts attending the Slet. Slovanic Fire Mutual Association annual donation of \$100. to Southern District and expressing continued success,

newsletter from Sokol Tabor and Unit report from Sokol Houston.

Reports of Units: Dallas - 4 gymnasts performed at WestFest, Sept. 4 - special gym classes, Oct. 3 - Dec. 14 - plan to participate in Czech Day at Fair Oct. 9th. Ennis - swimming pool closed for season - 1 dance, 1 rental - 12 gymnasts participated in WestFest program, Sept. 3rd - hosted District course - gym classes resumed after brief vacation. Fort Worth - regular gym classes resumed after brief vacation - held BOI meeting and teachers workshop - 5 students attended District course and are now assisting in classes - 6 gymnasts performed at WestFest - will show 1977 National Slet film to all classes - 45-50 gymnasts to participate in Czech Day program. Houston - Hawaiian dance Aug. 6 - Fish Fry and dance, Aug. 12 - Circus and dance Oct. 1 - Costume dance, Oct. 30 - Sausage and Wienerschnitzel Oct. 14 - Halloween party for children Oct. 31 - 3 gymnasts attended District course - weight lifting classes twice weekly. Unit confirms will host District Slet for 1978, tentative dates June 16, 17 and 18.

Report of Officers: Educational Director - bro. Parma, resumed educational sessions at Sokol Zizka - Sept. 15 students gave reports on course activities - held educational director committee meeting, Sept. 8. Fort Worth: displayed during gym class registration old Slet post cards, 1977 National Slet souvenir book, newspaper articles on the Slet from Chicago and old photos. Houston - educational director gave talk on importance of unity among members and cultural education within Unit. General: At WestFest program bro. Harrell Hamilton and sis. Stamac gave talks on Sokol Organization during gymnasts performance. Director of Women, sis. S. Laznovsky - received correspondence from sis. Garrett of Sokol Yukon requesting some information on conducting classes, type of enrollment, etc., problem of instructor still exists in Unit. Informed by sis. Vodehnal of Houston that Slet dates are tentative, facilities are being checked to hold competitions and sources of available apparatus - mailed some District Slet souvenir books to the American Sokol library - gave report on travel and tuition assistance of gymnasts to District course.

Director of Men - bro. Laznovsky - gymnasts performed at WestFest, Sept. 3-4, two half-hour programs - performance well received - course successful, graduation exercises well attended, probably the largest attendance yet, all district officers present - Czech Day on agenda Oct. 9 - special number scheduled at band shell and Big Tex stage, general gymnastic exhibition in front of Hall of State. District men volleyball team resumed practice sessions - sent bro. Vrzalik Slet guidelines - District BOI annual meeting in November - Directors Conference scheduled October 21-23 in Southern District, at Holiday Inn (183 and Loop 820) tentative plans to conduct tour of local Sokol facilities after conference.

Report of the President - bro. Prevratil reported conversing with sis. Carrett regarding gym classes, made some suggestions to this matter, emphasized the by-laws as to eligibility of voting rights.

Discussions: District Slet financial report reviewed, the expense of awards was not included. Financial

AMERICAN SOKOL

SOKOL GYMNAST

DECEMBER, 1977

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



*To Our Brother and Sister Sokols
We Extend Our Best Wishes
For a Happy Holiday Season*

**VESELÉ VÁNOCE
ŠŤASTNÝ NOVÝ ROK**

American Sokol B.O.I.

The Role Diet Plays In Athlete's Life

When should an athlete eat in relation to the competitive event? Nutrition and the M.D., a monthly newsletter for physicians and nutritionists, recommends eating a normal, well-balanced meal about 3 hours before a short-duration event. This will allow time for digestion and absorption. About 3 hours before the event the athlete in a long-duration event should also eat, but the content of the meal should be low in fat and protein. Fat slows the emptying time of the stomach and protein is a source of fixed acids that must be eliminated by the kidneys.

High-protein or high-fat foods should be avoided: steaks, roasts, and other such meats, lots of butter and sour cream, heavy sauces, and other such foods. It's a good idea to have bouillon, broth, or consomme at this time to provide adequate salt intake, the newsletter suggested.

Athletes may need to eat during a long-duration event to maintain energy and prevent dehydration or low-salt syndromes. However, be careful that glucose, dextrose pills, sugar cubes, or hard candy is not eaten in excess because they draw fluid into the gastrointestinal tract and may add to the dehydration.

The so-called "sports anemia" originally thought caused by excessive hemolysis, is now known to be in part due to loss of iron in sweating. To compensate for this, iron-rich foods should be a part of the diet, particularly for female athletes.

Foods generous in iron content are lean meats, eggs, and leafy green vegetables. Parsley is high in iron for a leafy green vegetable; spinach and leaf lettuce are richer sources than vegetables of light green color such as cabbage and head lettuce.

Dried beans and molasses and dried fruits are good sources, and baking chocolate and cocoa are better providers than once thought. Whole grain products, or those with enriched flour also add iron to the diet.

If you don't like milk, there are still some sources of calcium available to you. Foods like sardines, salmon, tuna, soybean curd (tofu), and some leafy green vegetables have high amounts of calcium. However, spinach, chard, and beet greens also contain oxalic acid which combines with calcium to form an undigestible calcium oxalate.

Some cereals and breads are enriched with calcium and made with milk solids. Most reducing diets make it difficult to obtain the amount of calcium needed. Calcium is essential for bone formation and strong teeth. The recommended daily allowance is 800 milligrams.

* * *

An optimist is one who makes the best of it when he gets the worst of it.

* * *

First Rule Of First Aid . . .

Probably the most frightening of all medical emergencies involves collapse. Fortunately, however, it is a relatively simple matter, in most cases, for you to determine the most appropriate action.

The first and most important step, whatever the nature of the collapse, is to see if the injured person is breathing and if his blood is circulating. That sounds obvious, but many needless deaths occur because someone did not know how to tell if these vital signs still existed.

These functions must not be interrupted for more than a few minutes. If the brain is deprived of oxygen for more than four minutes, permanent brain damage is likely to occur, even if the injured person recovers. Likewise, if blood ceases to circulate - it is the blood that carries the oxygen to the brain - brain damage will occur shortly.

Conversely, if circulation and breathing are detected in a person, that person is in no immediate danger of death, even though he may be seriously injured and require medical attention.

To check breathing, it may be enough to look and listen. The sight of chest movement or the sound of exhaled air may be obvious. But with collapse, breathing may be so compromised that no movement of sound is apparent.

In such situations, you should put the palm of your hand over the injured person's mouth and nose to detect exhaled breath. If you are still not sure, put your ear to his mouth and nose. You should be able to hear the breath if there is breathing at all.

Detecting circulation involves feeling a pulse, which indicates the heart is beating. The pulse in an injured person's wrist may not be detected because the radial artery (the one you feel on the under side of the "thumb side" of your wrist) is small and distant and may be too faint in an injured or collapsed person.

Therefore, we teach first aiders students to detect the carotid artery in the neck, which is usually stronger and more accessible. To check this pulse, place the tips of your middle three fingers in the vertical groove found on either side of the Adam's apple (the voice box). You should practice finding this pulse on yourself so that you will be able to find it speedily on others.

**Enroll That
New Sokol Member NOW!**

**AMERICAN SOKOL SINGS!
GET YOUR COPY NOW**

SLET



'77

The Slet Follow-Through

Again, as a result of the high success of the XIV. American Sokol Slet, we are experiencing a momentous growth of interest in the Sokol program.

In order to keep this interest humming, we have to direct it into a constructive effort, developing our educational and training program to the highest level of efficiency to satisfy the health and general fitness needs of all the class members - and above all, to bring forth the gymnastic dexterity potential of each class participant to the highest fulfillment. All in all, to increase the interest holding-power!

What are some of the means to cope with this task?

In the first place, we should make an appraisal of the workings of our current program. To find out and remove its weaknesses and drawbacks, in the face of the primal educational law, which states, that in order to hold the participant's interest in any activity: the activity must challenge the ability of the participant; it must be in striking distance of his or her success, and it must provide an opportunity for a social approval by her or his peers.

Furthermore, from our experience in gymnastics and athletics, we know that a person likes to do what he or she is good at. Or, as the old saying goes: "Teach a kid a trick, and he'll stick!"

Under such scrutiny we can readily see that the lowest ebb of the interest holding-power of our program is most critical, at the point of passing from the primary and intermediate class (I. and II. class) to higher classes. One of the foremost causes to that effect is the shortage of the instructional personnel for the primary and intermediate classes. In many cases one instructor struggles singularly, to teach 30 or even more youngsters, in a span of one hour, skills requiring individual instructions and supervision.

Of course there are some other circumstances, beyond our control, that influence such a high rate of drop-outs, but there are many other things we can do to lower this rate.

Below are some suggestions for that purpose:

Over and above - conduct the primary and intermediate classes the same way as the upper classes, strictly in accordance with the traditional Tyrš system.

Manner of procedure:

- a. Divide the class into squads of 6-8 members, according to the class member's ability.
- b. Set up a lesson plan for one month or longer.
- c. Use the squad-rotating plan. Note. Teaching by this plan is the most effective and known teaching method, but presently very seldom used, mainly because of the shortage of squad leaders. One of the best ways

to overcome this shortage is to train the squad leaders yourself, by organizing a squad leader club.

How to:

Select for this club more advanced squad members. Set the time for practice; at least one hour; probably on Sunday morning, so that you can include all necessary instructions for each ensuing week.

Train the squad leaders in demonstration; teaching; spotting techniques; in safety of setting up the apparatus; in warm-ups and development exercises. Give each club member the opportunity of social approval in the form of "L" insignia, or similar.

2. Organize a 1,000 Point Gym Club. In this club points are given for: class attendance; leadership; winning in competition; participation in the unit activities; skill achievement tests; Sokol knowledge quiz, and others. Note: A detailed description of the 1,000 Point Gym Club was published in the October 1973 "Sokol Gymnast."

3. Hold "Open House" several times each year; with parents, guests and local press in attendance. Beside the regular gym program, set up a Panel Discussion, with topics from the "Health Triangle," under the leadership of the Educational Director and selected class members for the panel group.

4. Hold similar Panel Discussions once or twice each month during the regular gym class.

5. Sponsor occasional Tumbling or gymnastic exhibitions at the local Grade schools.

6. Hold the Skill Achievement Tests (Intramural Meets) with the regular meet awards, publicity etc.

7. Sponsor open meets and competition in tumbling; rope climbing; indoor track; volley ball; tennis; basket ball; free throw; cross country, obstacle course; circuit series decathlon and others.

8. Sponsor the Community-wide Physical fitness day. A brief program of the Physical fitness tests, with cooperation of the local press and municipality officials.

9. Set up the Parent-Instructor-Educational Director Conference, for discussion of current problems such as "parental models to Sokol children, Cut backs in Physical education in Public schools" and similar.

10. Picnics, hikes and field trips, and others and others.

These are only a few suggestions from a long and wide list of things that can be done to safeguard our gains by the great success of the XIV. Slet. And I hope that this article will lead to many other articles and ideas bearing on this problem.

"Teach a Kid a Trick and He'll Stick!"

O. J. Kudrnovsky

Secretary, sis. Hamilton, who has the information of the awards, will contact Slet financial secretary to finalize report.

Bro. Laznovsky indicates according to agenda of Directors' Conference, the Mid-Slet will be a subject of discussion. Since the possibility of a Mid-Slet still exists, our District's interest in hosting the event was again discussed. The Executive Board again confirmed this interest.

Motion approved the District allocate \$100. for hospitality expense for the Directors Conference.

Sis. S. Laznovsky reports Sokol Ennis set up committee to plan a benefit for the Slet Orchestra Fund. Discussed several projects for event, tentatively in March or April.

Eastern District

OCTOBER 12, 1977

Eastern District meeting called to order by Pres. Otenasek. Present were bro. Otenasek, Neuman, Friedrich, Hesoun, Vrzalik, J., H. Vrzalik and sis. Friedrich.

Minutes of last monthly meeting were discussed. Bro. Otenasek corrected an omission where he had been invited to speak at Sokol New York's Anniversary. Bro. H. Vrzalik moved that bro. Otenasek accept the invitation as the representative of the District. Approved. Bro. Hesoun asked for an explanation of the term "Special Numbers Competition". Bro. J. Vrzalik explained the format of this affair, Nov. 19, 1977 at 7 p.m. at Sokol Hall in New York. Social will follow the competition. Participants are members of District Units competing with special numbers put together using gymnastics, floor exercise, balancing, tumbling, rhythmic, etc. While tabulations are taking place a short exhibition will take place. Bro. Neuman stated that his unit was unaware of this competition. Bro. J. Vrzalik replied that sis. Fiala received a personal invitation that Sokol Washington perform the same number that they presented at their Spring Exhibition. Also facts of this affair have been included in BOI minutes and also discussed at the Annual Meeting. It is supposed that Directors are reporting on these affairs at their Unit meetings. The BOI was requested to send a report to bro. Hesoun.

Correspondence - From the ASO, copies of Chicago Tribune with picture story of the Slet. A request that Sokols write a note of appreciation to the Tribune. An assessment fund check, \$230, towards expenses of the Instructors Course. Copies of Merit Awards awarded to applicants of Sokolice Little Ferry, namely sis. Catherine Cole, Lynn Youngling and Marianne Reverri, in the sum of \$200 each. Letter that Slovak Sokol will hold their Slet in 1979. No details.

Public Relations - Bro. Hesoun placed articles in Hlasatel, N.Y. Listy and Hlas Narod. Bro. Otenasek suggested that District Seasons Greetings be placed in these three papers. Bro. J. Vrzalik made a motion that bro. Hesoun ascertain rates, make up copy and bring these facts to the next meeting for approval. Approved.

Bro. H. Vrzalik informed the members that he had made a presentation of the Eastern District Recognition Plaque to bro. Edward Statka. Sis. Sain was present at the presentation which took place during a meeting of Lodge Blanik, CSA in Baltimore.

Bro. Otenasek, Chairman of the District, presented his Preliminary Organizational Chart. A great deal of discussion took place on Committee assignments and some committee chairmen were appointed. Bro. Hesoun suggested that a visit to the Slet site was in order. Bro. J. Vrzalik reported that he had not as yet received a copy of the contract for signature but a visit will be planned. Bro. Otenasek is waiting for sis. Sain to come up with a time table of events. It is hoped that many details will be available at the next meeting.

BOI Report - Bro. J. Vrzalik referred to Special Numbers Competition. Also stated that Slet Committee Chairpersons will be expected to work along guidelines set up by the BOI to avoid schedule conflicts. Bro. Vrzalik also wanted to clear up a problem that existed at the Annual Meeting in which the Physical Directors were not accorded a vote, since the by-laws state that they are eligible to vote. Bro. Otenasek agreed that a technical error had occurred in this matter but it was felt that the voting was not that close, on any matter brought, to make any difference. This matter will be corrected at the next Annual Meeting.

Unfinished Business - Bro. H. Vrzalik made a motion that District Officers authorized in the past to receive remuneration, receive it again for this following term. Approved.

Bro. Hesoun asked whether he should have the Slet news published now. It was decided to only feed the information to the Units as of now.

Bro. Otenasek asked that the BOI come up with a strong Slet slogan and logo.

New Business - Bro. Otenasek will hold a meeting on Nov. 19, 1977, at Sokol New York, with the Northern Units to discuss the Slet. Sokol Camp at East Haddam and fund raising for the hoped for improvements at the Camp.

Bro. Henry Vrzalik tendered his resignation as District Secretary effective as of this meeting. He will clear up the unfinished matters before the next meeting. Bro. Otenasek accepted the resignation and will come up with a nominee by the next meeting.

It was agreed to hold the next meeting in Baltimore. Meeting adjourned.

SECURE A NEW
MEMBER

FOR THE NEW YEAR!

SOKOL EDUCATOR

Masaryk's Czecho-Slovakia

It was the greatest assemblage of people I had ever seen in my life. On that May 5th day of 1918, crowds of people stood outside the Northwestern Depot. Who was this great potentate about to be welcomed? Was he a king, a prince? No, he was a coachman's son, who had through hard work and self-denial become a professor and a leader of the movement to dismember Austria-Hungary and free the Czechs and Slovaks. He was not a stranger to Chicago. He had been an exchange professor at the University of Chicago in 1902.

The republic of Czecho-Slovakia had not as yet been proclaimed, but this enthusiastic gathering of over 200,000 people demonstrated to the world that all were for it.

There I stood on the sidewalk with a corsage of white and red carnations tied with white and red ribbon, Czech colors, pinned on the lapel of my coat, and I was holding my Czech flag to wave. I was young then and it was so long ago that only snatches of memories come to my mind. I remember that it was a joyous occasion, a once-in-a-lifetime event. When Masaryk walked out of the depot surrounded by guards, city officials, groups of Sokols, members of Czech and Slovak fraternities, he was given a great ovation. Some of the people were shouting words of praise, some were shouting words of thanks for the great work accomplished. Some people had happy smiles on their faces, and some tears in their eyes. A group of children in Selsky costumes blocked Masaryk's way. One of the little girls offered him a bouquet of flowers, but before accepting them he picked up the child in his arms and kissed her.

The streets from the depot to the Blackstone Hotel where Masaryk was to stay were decorated with flags. He was then accompanied by marshalls on horseback and bands playing. More crowds of people awaited him at the hotel, and hundreds of school children. The children had been assembled by the Czech School Board. Some were too young to really know the great significance of the day, but they remember that they sang Czech songs.

Masaryk had a Slovak father and a Czech mother. His father had sent him to work as a blacksmith apprentice. He did not dislike the work, but at his mother's urging he went back to school. The university degrees he earned did not come easily. While he was doing post-graduate work at the University of Leipzig, he met an American girl, Charlotte Garrigue. They fell in love and were married. Masaryk took her family name as his middle name. Charlotte encouraged Masaryk in his career as a writer and politician. She loved Bohemia and learned to read and write the Czech language.

Masaryk was a Sokol and advocated the importance of keeping physically fit. He did his gymnastic exercises and went horse-back riding. He was a great defender of the truth. In 1899, a young Jewish man, named Hilsner was accused of bleeding two Christian girls to death.

The blood was used for Jewish religious rites. The superstitious people believed that this was true and it brought on strong anti-semitic feelings. Masaryk studied the evidence and decided that the young man was innocent. He wrote articles to prove the story was a hoax and that Jews do not use Christian blood in their religious rites. This defense of Hilsner became very useful to Masaryk during the years of the war. The Jews, many of them good journalists, backed up Masaryk's cause to break up the Austria-Hungary monarchy.

Masaryk's background enabled him to weld the Czechs and Slovaks together and he helped to solve their differences. He had so much going for him with an American wife and friends who were journalists, professors and members of Parliament in England. And yet, he said humbly, "We would not have won without Benes. He financed the beginning of the revolution. He had studied in Paris and was more at home there than I was. Benes and Stefanik furthered our cause in France, while I talked and lectured in Russia, England and America. The Sokols gave a little money and money kept coming in from Czech Americans. There was never enough, and never was a battle for freedom undertaken with so little money. I tried to get an article or some news of our progress into newspapers continuously. We had to keep before the public that the dismemberment of Austria-Hungary was for the good of Europe."

From the May, 1918 visit in Chicago, Masaryk went to Washington, and there, too, received an overwhelming welcome. Mr. Charles Crane, a Chicago manufacturer had arranged a committee of important government men to meet him. He began to negotiate with these men, among them, Colonel House, who had drafted the Pan-American Peace Pact at the beginning of the war and was sympathetic to Masaryk's cause. Later, when Secretary of State Lansing went to Paris in November, 1918, he had with him the data and authenticated claims for statehood of Czecho-Slovakia. President Wilson invited Masaryk to the White House. Wilson helped in forming the new democracy, patterned after the Constitution of the United States with some improvements.

Two good friends in England who helped Masaryk were Wickham Steed and Seton Watson. He knew Vienna as a university student, a professor of philosophy and as a member of Parliament. He knew of the decadence of the monarchy. He knew the Russian country and the language and was able to find his way around Petrograd even during the revolution. He had gone there at the request of the Russian Branch of the National Council to tie the Czech cause into the framework of the allied countries fighting against the Germans. It was in Russia that the revolutionary army was formed. Masaryk began to recruit his countrymen from prisoner-of-war camps, and volunteers from the Czech colony in Russia. It was a hard job as many obstacles had to be overcome. One of the greatest was the Russian higher-ups both in official jobs and the military. It was not until the Tsar and his family were massacred by the Bolsheviks that the forming of the Army went easier.

(To be Continued)

ASO Financial Report

October 1977

RECEIPTS:

Dues	\$ 3,330.00
Convention Fund	20.00
Special Assessment	13.00
Dividends and Interest	86.28
Resale of Jewelry and Plaques	435.45
Sale of Songbooks and Membership Kits ..	16.50
Sale of "Gymnastic Activities with Hand Apparatus for Boys and Girls	6.00
UPS Charges and Postage	2.54
Miscellaneous Income	18.97
	<hr/>
	3,929.24
A.S.O. Uniform Division - Payment toward Advances	500.28
Transfer of Funds from Savings to Check- ing for additional Merit Award	200.00
Repayment of Advances to XIV A.S.O. Slet Committee	7,431.58
Portion of Profit from XIV A.S.O. Slet....	3,568.42
	<hr/>
Total Receipts	\$15,629.52

DISBURSEMENTS:

Administrative

Salaries	\$578.99
F.I.C.A. & F.W.T. for Sept.	117.04
Illinois Withholding Tax - 3rd quarter 1977	56.84
Rental, Janitor Service, Phone ...	320.61
Office Supplies	28.13
Rental of Mailing Machine and Postage Meter	106.99
Service Contracts	125.00
Travel Expense	409.00
Certified Public Accountant	500.00
Miscellaneous Expense	71.85
	<hr/>
	\$ 2,314.45

Board of Instructors

Salaries	\$365.02
F.I.C.A. & F.W.T. for Sept.	46.46
Illinois Withholding Tax - 3rd quarter 1977	22.59
Editor "Sokol Gymnast"	30.00
Additional copies "Sokol Gymnast" ..	28.00
Office Supplies	28.12
Travel Expense	336.90
A.S.O. Instructors Course	8,756.70
A.S.O.-B.O.I. District Directors Conference	4,942.00
	<hr/>
	14,555.79

Educational Department

Salaries	\$ 26.21
F.I.C.A.	5.62
Illinois Withholding Tax - 3rd quarter 1977	1.74
Library Books	14.35
	<hr/>
	47.92

Sokol Publication

Editor "American Sokol"	\$100.00
Printing "American Sokol"	840.00
	<hr/>
	940.00

Miscellaneous

A.S.O. Uniform Division - Salaries, F.I.C.A., F.W.T., I.W.T., Phone	\$407.58
Advances to XIV A.S.O. Slet Committee	2.92
Merit Award	200.00
	<hr/>
	610.50
Total Disbursements	\$18,468.66

Balance brought forward:

Western National Bank of Cicero - Checking Account	\$ 4,330.84
Receipts - October 1977	15,629.52
	<hr/>
	19,960.36
Disbursements - October 1977	18,468.66
	<hr/>
	\$ 1,491.70

FUTURE SOKOL LEADERS FUND

October 1977

In memory of bro. William Pribil - Sis. Lillian Pribil, Wife	\$ 15.00
In memory of sis. Ludmila Kaminsky - Sokol Ladies Club of Hopkins, Minn.	25.00
In memory of bro. Frank Pihoda - Emil and Marie Kott	\$10.00
Helen and Betty Prener	10.00
	<hr/>
	20.00
In memory of sis. Hilda Jelinek - Helen and Betty Prener	10.00
In memory of sis. Sophie Shabart - Bro. Allen J. Shabart, husband	10.00
	<hr/>
	80.00
Dividends Earned	509.75
	<hr/>
	\$589.75

Transfer of funds from Savings to
Checking for Merit Award - \$200.00.

Donations are tax exempt.



"American Sokol Sings"

Get Your Copy Now!

ASO OFFICE



The Words of Instructions of the Beloved "Teach Příklad" Silenced

It was my cherished privilege to bid welcome to Brother František Příklad, on his arrival to New York - and now, it is my heavy-laden duty to bid him farewell on his journey's end.

"Do not squander time, for that is the stuff the Sokol life is made of" . . . Brother Příklad told me at the time, before his biographical sketch had been written, and I doubt very much, that he would even want a simple eulogy written at this time. However, I am certain that we all feel that he deserves much more than that.

Brother Příklad made the journey across the water, more than a half a century ago. He had been recommended by the ČS.O.S. as the most qualified instructor for the Čech Havlíček Sokol in Cleveland, and thus became the 12th instructor sent by the ČS.O.S. to its sister organization, the A.S.O.

His march through his Sokol years, spanning more than three quarters of a century, began in Vokovice, a suburb of Prague and ended in St. Louis, Missouri. On his upward road, he stopped as a Sokol member at Sokol Smíchov . . . Chomutov . . . Plzeň, Czechoslovakia. As the instructor at Sokol Čech Havlíček, Cleveland . . . Sokol Havlíček-Tyrš, Chicago . . . and Sokol Berwyn. For almost a decade he served as the A.S.O. traveling instructor. He left behind him a fine record of loyal and devoted service, which deserves a sincere thought of gratitude from all those Sokol units included and from the total membership of the A.S.O. After retiring from the position of the traveling instructor, Brother Příklad entered the final leg of his lifetime march, the position of the instructor at Sokol St. Louis.

Brother Příklad's talents were developed into his gymnastic skills by his early Sokol membership. As one of the zealous and advanced members of his gym classes, he had been selected for a variety of circuit and district instructors' courses. That made him eligible for the acceptance to the highest institution of Sokol learning, the Instructors' Course of the ČS.O.S. During his competitive prime, he earned the Olympic distinction, and won many honors, among them the A.S.O. Gymnastics Championship.

Due to his excellent schooling and his gymnastic dexterity, technical knowledge and true Sokol spirit, Brother Příklad became a striking embodiment of the Sokol instructor, whose true merits are not found alone, in the deeds he performed during his lifetime, but also in the goodness of the seeds sown during his teaching, as being projected into the life of future Sokol generations . . .

During his career as the instructor, he composed and produced many special exhibition numbers. His "75", "90" and "100" numbers, corresponding with the years of the birth of Sokol St. Louis, were a glorious climax of his creative pursuits.

Our departed comrade attended all great Sokol Slets in Prague, from the Vienna Slet on - all the A.S.O. Slets and Interslet Contests, as a participant; contestant; instructor and spectator - František attended even the XIV A.S.O. Slet last June. This Slet was his last to charm his Sokol heart. František's parting words after the gala program, on that beautiful Sunday afternoon at the Morton Stadium were: "They did all right . . . It was a great Slet!" - - - and the usual "If not sooner, see you at the next Slet," was met only with a wordless embrace.

We share the sorrow with Sister Marie Příklad, on her loss of her husband, we will all miss him, but, he will live on for us in grateful memories!

Brother František Příklad, the beloved "Teach" of Sokol St. Louis was a fine man, friend and a true Sokol patriot, who solemnly dedicated himself to the Sokol cause, and when such men die, then, the Sokol is truly bereft!

O. J. Kudrnovsky

Delton V. Hulbert

MARCH 28, 1922 - SEPTEMBER 23, 1977

Sokol Fresno sorrowfully reports the loss of one of its great members, brother Del Hulbert. Although Del was not of Czech descent, he married a Czech girl, Helen Filgas. They are blessed with four children: Rich, Regi, Cheri, and Valerie.

In the early days of Sokol Fresno, Del was one of our most outstanding athletes. He was active in gymnastics, including the horizontal bar, parallel bars and side-horse. He was also one of our best volleyball players. In addition to these activities, Del was our Náčelník for many years. Del also held many administrative offices in Sokol Fresno, including president and vice-president.

There never was a more dedicated, conscientious or loyal worker for the cause of Sokol. He had an indomitable spirit that even carried him through his last illness. His concern was not for himself, but for his family and his friends.

Del's leadership qualities went far beyond Sokol activities. He was a high-level supervisor for the telephone company and is credited with many innovative ideas. Del's spare time was spent in developing his 20-acre almond ranch. He was also an avid fisherman, who enjoyed the outdoor life.

He will not only be missed by his family, but by everyone who knew him.

Sokol Fresno salutes you, Brother Del, and will forever miss you!



WHEN YOU PURCHASE LIFE, RETIREMENT OR MORTGAGE INSURANCE FROM CSA, YOU RECEIVE VALUABLE INSURANCE PROTECTION. YOU ALSO ENJOY MEMBERSHIP IN A FRATERNAL BENEFIT SOCIETY. CSA FRATERNAL PROGRAMS BENEFIT THE MEMBERS AND THEIR FAMILIES.

For Further Information Contact

CZECHOSLOVAK SOCIETY of AMERICA

"Pioneer of Fraternal Life Insurance"

CSA PLAZA

2701 S. HARLEM AVENUE

BERWYN, IL 60402

Phones: (312) 795-5800 - (312) 242-2224

At' Jedete
kamkoliv

vlakem, lodí nebo
letadlem,

po celém světě nebo jen
po Americe,
vždy pojedete nejlépe od

HEGER
TRAVEL BUREAU

6118 W. Cermak Road
Cicero, Illinois 60650

TOwnhall 3-4774

ALIBI: The legal way of proving that a man was not at the place where he really was.

CAULIFLOWER: A cabbage with a college education.

CELEBRITY: One who works all his life to become famous enough to be recognized - and then goes around in dark glasses so no one will know who he is.

CIRCLE: A round straight line with a hole in the middle.

COAL: A purchase which goes not only to the buyer but to the cellar.

COOKBOOK: Contains many stirring chapters.

DEPTH: Height turned upside down.

DIMPLE: A bump inside out.

FLIRT: A girl who got the guy you tried to get.

GARLIC: A vegetable whose best friends won't tell it.

HIGHBROW: One who knows more than he can understand.

INDISTINCT: Where people put the dirty dishes.

THE BOHEMIAN NATIONAL CEMETERY

OF CHICAGO

FEATURES THE BEAUTIFUL
**MASARYK MEMORIAL
MAUSOLEUM**

WITH NEWLY ADDED WINGS

It offers a complete cemetery
service consisting of

**Cremation - Columbarium
Ground Interments**

**BRONZE GRAVE MARKERS
and GRANITE MEMORIALS** are
on display at the Cemetery
Office.

5255 North Pulaski Road
Chicago, Illinois 60630

Telephones: 539-8442 - 3
Suburban 788-8442

Listen to our radio hour every
Sunday at 9:00 A.M. on WTAQ

Sokol and Sokolice Racine

It's eleven months since we sold our hall, but we've met every three months as we did before the sale. We have a catered dinner or pot-luck supper before our meetings.

Some of our members will be taking part on November 4th and 5th at the Racine Theater Guild Hall in a program called "Know Your Roots" and this year, is the first time offspring of the Czechoslovaks are the ethnic group featured. There will be dancing by a group from Milwaukee, a display of Czechoslovak artifacts and Czechoslovak pastry being served. On Saturday the program will be more formal with opera type music being sung.

We are planning a combined Sokol and Sokolice and American-Czech Club catered supper and Christmas Party followed by the meetings at the Fle-Bro Hall (the old Sokol Hall).

We still meet socially and some of us go to Chicago for dinner-dances and gymnastic exhibitions.

Any Sokol lodge wishing to send correspondence to Sokol and Sokolice Racine, please send to my home address:

Sokol and Sokolice Racine
7914 - 20th Avenue
Kenosha, Wisconsin 53140

We also had our annual American-Czech Club picnic in August. All Sokol and Sokolice members were invited.

I will try to keep members of Sokol posted on what is happening in the Racine area.

Nazdar,

Steve J. Mostenan - Rec. Sec.

- Secure a New Member -

Váš cestovní program Vám spolehlivě a přesně vyřídí

WEBER TRAVEL AGENCY, Inc.

- Foreign and Domestic Tours -

PI 9-1333

6805 W. Cermak Rd., Berwyn, Ill. 60402

BI 2-1512

JERRY A. RABAS, Pres.

(New Location)

TUZEX Service

80th
SUCCESSFUL
YEAR

of

Fraternal
Life Insurance
PROTECTION

**Western Fraternal
Life Association**
Západní Česko-Bratrská Jednota

LARGEST
CZECH-AMERICAN
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 \$135,000,000 of insurance in force. - Total assets over \$37,000,000. - Offers Legal Reserve Fraternal Life Insurance for Juveniles and Adults to age 65.

Home office

1900 1st AVENUE N.E.

CEDAR RAPIDS, IOWA 52402

