

AMERICAN SOKOL

VOL. C - NO. 2

FEBRUARY 1979

PUBLICATION OF THE AMERICAN SOKOL
Educational and Physical Culture Organization

"100 YEARS - PUBLICATION
SOKOL AMERICKY"



AMERICAN SOKOL

ISSN: 0003-1259



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

EDITOR - JACKIE KOURIM
388 Shenstone Road Riverside, Ill. 60546

Copy for publication must be received by the
10th 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 - ELLENJEANNE SCHNABL
- Financial Secretary - AGNES SOTKA
- Treasurer - GEORGE BASTA
- Director of Men - PAUL LEBLOCH
- Director of Women - MARIE PTACEK
- Educational Director - STANLEY BARCAL
- Editor - JACKIE KOURIM
- 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

- FEB. 10 - SOKOL BROOKFIELD
Spaghetti Dinner
- FEB. 11 - SOKOL MINNESOTA - CZECH
CHAMBER MUSIC FESTIVAL - Richard Adams
String Quartet
- FEB. 11 - SOKOL GREATER CLEVELAND
Exhibition at Cleveland State University
- FEB. 16 - SOKOL GREATER CLEVELAND
Sokol Fish Fry - Bohemian Nat. Hall

FEB. 17 - SOKOL TOWN OF LAKE - TOWNITES
31st Annual Masquerade
At Sokol Brookfield

FEB. 24 - SOKOL GREATER CLEVELAND
Masquerade Ball (Šibřinky)
Bohemian National Hall

MAR. 10 - SOKOL TABOR
Gymnastic Exhibition

MAR. 11 - SOKOL MINNESOTA - CZECH
CHAMBER MUSIC FESTIVAL - Richard Zgodava,
Piano

MAR. 16 - SOKOL GREATER CLEVELAND
Sokol Fish Fry - Bohemian Nat. Hall

MAR. 17 - SOKOL BROOKFIELD
Gymnastic Exhibition

APR. 8 - SOKOL MINNESOTA - CZECH
CHAMBER MUSIC FESTIVAL - Jill Maybery, Flute

MAY 5 - CLEVELAND SOKOL DANCERS
at International Ball - University of Pittsburgh

MAY 13 - SOKOL MINNESOTA - CZECH
CHAMBER MUSIC FESTIVAL - ORCHESTRA

JUNE 28, 29 and 30, JULY 1, 1979 - SOKOL U.S.A.
XVIII Slet and Competitions at Lehigh
University, Bethlehem, Pennsylvania



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

Change of Address for American Sokol

AMERICAN SOKOL ORGANIZATION
6426 West Cermak Road
Berwyn, IL 60402

Sokol

Name

Old address

..... Zip

New Address

..... Zip

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. C

February - 1979 - Únor

Číslo - No. 2



COVER: 1886

SOKOLUM

Vítěznou silou omladlé touhy
 myšlenka velká věncuje skrání,
 snila sen těžký, snila sen dlouhý,
 dvojnásob jarým životem vzpláň.
 Na jaře míza do stromů vchází,
 semeno raší, vyrůstá v plod:
 tak nechat' u nás cestu si razí;
 záměr, jenž láme chabosti hrot.
 Tělu je třeba činnosti pružné:
 údělem duše hnutí a ruch:
 tehdy se daří povahy mužné,
 v souhlas když vejdou tělo i duch.
 Odvaha mužná dobývá světa,
 tajemství zdaru - ejhle, zde jest!
 Odvaha mužná ke slunci vzlétá,
 roznítí v podiv zástupy hvězd.
 Do lidstva knihy upněte hledy,
 v dějiny světa, národů sbor,
 velebným zjevem dávnověk šedý
 mysl vám zajme, vyjasní zor;
 v nadšení slzu oko se halí,
 podivným citem srdce se chví:
 perskému obru nárůdek malý
 odolal svojí odvahou lví.
 Stopujte dále sled jeho činů,
 jak v ducha říši velkým se stal,
 v umění svého mohutném stínu
 jak věky příští do boje zval;
 hrdíny stkvoucí dal světu v podíl,
 zářící v časův budoucích šer, - -
 nuž, kdo ty reky vypěstil, zrodil?
 stavený domov olympských her.

Olympský zápas - - čarovná slova,
 vsad'te i v naší půdu ten květ!
 chystejte věnce dubové znova
 pro silnou paži, básníka ret.
 V tom našem kraji poklady dřímou,
 žádají nořce, jenž by je zdvih',
 povahu ráznou, nadšenou, přímou - -
 zkuste, a národ zajásá v nich.
 Důvěry kotvu pohružte v nitro
 doneste svatost' ve hrudi chrám,
 ramenem vlastním stvořte si jitra,
 foenix se rodí ze sebe sám.
 Povznete ducha nad všednost žití,
 hrouda jen kleta, duch není klet:
 po pravdě žizní, dejte mu píti
 z nebeských zdrojův uměn i věd.
 Vespolek zápol s nehaslým žářem,
 na cizí úškleb zhrdavou líc;
 až símě vzejde bohatým darem,
 posměch a zloba roztají v nic.
 Tužíce páže, tužte i čela
 k myšlenek zdárných bohaté žni,
 k moudrosti druž se odvaha smělá, - -
 tak jenom v lidu z plna se dní.
 At' tady pyšně zavlaže prapor
 nad valným sněmem bujarých hlav,
 křepkostí odznak, chabosti zápor,
 zdouvaje mocně junácký mrav;
 přijde zas, přijde do vlasti Čechů,
 s velikostí sláva zavítá zpět,
 až jen sen se vrátí pod naší střechu
 statečná mysl, sokolí vzlet!

P.H.

from Sokol Americký, srpna, 1882.

ASO Southern District - Annual Meeting

November 5, 1978

The annual meeting was called to order at 9:00 a.m. and presided by District president, Bro. George Prevratil. Meeting was held at Sokol Gymnastic Center, home of Sokol Karel Havlicek Borovsky, Ennis.

Bro. Prevratil extended a warm welcome to the delegates, officers and guests. Roll Call of District officers, units and delegates. Delegation held a standing observance in respect of deceased members.

Minutes of last annual meeting, held February 5, 1978, were read and approved. Correspondence: From SFLA convention souvenir book committee - information for souvenir ads. Motion by Bro. Laznovsky to purchase one-quarter page; motion carried.

Annual reports of units were called for by Bro. Prevratil. Each unit reported on their activity throughout 1978, including financial reports and equipment inventory. All units gymnastically active except Yukon.

Karel Havlicek, Yukon - no annual report sent, however, monthly reports were received regularly. Since gym classes are not held, the unit has decided to dispose of the apparatus. Bro. Laznovsky reports visiting the unit recently while in the area. Survey the apparatus and inventory made. He recommends that the District designate someone to bring the apparatus to this area. Motion approved that this matter be left to the discretion of the Executive committee.

Bro. Prevratil proposes some type of Sokol exhibition to be presented in Yukon in the future to acquaint the youth and parents in the area of the Sokol program. Indicates that many have never witnessed a Sokol exhibition. Bro. Kuropata motions that we pursue the idea of an exhibition that would be agreeable with the unit members and executive committee. Motion carried. Motion by Bro. York that a committee consisting of the educational director, president and a member of BOI be designated to contact the Unit in regard of this proposition; carried.

Bro. Petrzelka named delegates to serve on committees for: nominating, auditing and resolutions.

Annual reports of district officers were given. Standing committee reports: District representative to the Czech Culture Society, Bro. Podhradsky - attended majority of meetings, served on the program committee - Czech Day at the fair successful, approximately 250 gymnasts from Houston, Fort Worth, Ennis and Dallas participated - a marching number at the band shell, two special numbers on the big Tex stage and a one-hour exhibition in front of Hall of State, a large crowd in attendance. Suggest that educational director also attend the meetings.

District historian, Bro. Jurcik - continues to collect and sort out souvenir books, pamphlets, photos, articles, etc. Had received some history material from units. Translating some historical and educational material into English - has acquired a Sokol dress uniform from Czechoslovakia and indicates that it is available for use.

Bro. Milan reported on the Czech Symposium in Temple, sponsored by the Department of English, Texas A and M University supported by grants, purpose to preserve the Czech culture. Bro. Milan representing the Southern District read paper on Sokol movement, served on a panel discussion on Czech culture and language. Also brought items for Sokol display; paintings, souvenir books (old and outstanding Slets) pamphlets, Sokol pins, falcon panels of Sokol movement and various items. Symposium well attended.

Afternoon Session:

Report of district directors and BOI Annual meeting: Bro. Laznovsky reports - attended USGF Congress in Oklahoma City, also attending Bros. Jerry Milan and Gary Johnson. Conference very informative - much progress made in men's department. Directors received appreciation certificates - Sis. Sylvia Laznovsky, 18 years, Director of Women and Bro. Larry Laznovsky, 11 years, Director of Men.

District BOI annual meeting was held, November 4, all active units were represented. Agenda covered: The National and District BOI Conference, plans for District Slet, District courses and other activities for 1979. School board report by Bro. Milan.

Recommendations submitted from the annual BOI meeting for consideration: 1. to hold an advance as well as a beginner course in 1979; 2. to continue to affiliate with the AAU and Gymnastic Association of Texas; 3. that the District allocate \$35 for each unit for technical gym material such as magazines, manuals, etc. with an accounting of what was purchased; 4. that funds for entry fees and possibly for other expenses be appropriated for the USVB men's team, suggesting an allocation of \$150; 5. that an instructor be brought in to hold a modern rhythmic clinic and an instructor to hold a folk dance clinic in order to stimulate interest in both of these areas; 6. that the Southern District host the 1981 American Sokol National Slet; 7. suggest that units elect their physical directors in the fall of the year. All seven recommendations approved.

BOI election results: Director of Men, Bro. Larry Laznovsky, First Assistant, Bro. Gary Johnson, Second Assistant, Bro. Wayne Sijansky. Director of Women, Sis. Sylvia Laznovsky, First Assistant, Sis. Henrietta Milan, Second Assistant, Sis. Margaret Kasowski. Motion that the Board of Instructors slate of officers be accepted, carried.

Special assessment to the district: Purpose of assessment for the overall use by the district to continue to build and work with units within the district. Motion that the district initiate a dollar assessment per member per year on associate membership payable to the district at the last quarter of the year, approved. First assessment fees will be due December, 1979.

A request from Sokol Corpus Christi - requesting a loan from the district in order to purchase some apparatus and equipment necessary for the increasing gym classes. Motion that the district grant the loan in amount as requested and be paid back within a year, carried.

Committee Reports: Auditing committee - found the books in proper and good order. Two recommendations were suggested and approved. Resolutions committee -

prepare resolutions to the following: Executive Board, American Sokol Organization, Vestnik Herald, Supreme Lodge SPJST, Slavonic Fire Mutual Insurance Association, Czech Culture Society, SPJST Lodge 88 Czech Concert Orchestra, Dallas Czech Concert Orchestra, Sokol Units: Houston, Corpus Christi and Ennis, Southern District Men's volleyball team, Bro. and Sis. Zitny, Bro. Jerry Milan, Bro. Chuck Kalat, Sis. Norma Zabka and Sis. Zazvorka of Ennis. Resolutions were read and approved. Nominating committee - recommends the following slate of officers: President, Bro. Ben Maco; First Vice-President, Bro. Charlie Petrzek; Second Vice-President, Bro. Don Stienman; Third Vice-President, Bro. Emil Kurokata; Secretary, Sis. Vlasta Laznovsky; Treasurer, Sis. Bernice Hamilton; Educational Director, Bro. Oldrich Parma; Public Relations and Organizational Director, Bro. Jerry Milan, approved.

Motion that Bro. Prevrtil be elected as Honorary President of the district and request to continue to attend the executive board meetings. Motion received a standing ovation of approval. Bro. Prevrtil expresses appreciation for support, cooperation during his term of office of 11 years as president and pledges to continue to work for the betterment of Sokol Organization. Standing committees: District representative to the Czech Culture Society - Bro. Bob Podhradsky continues to represent the District, approved. District historian - Bro. Jurcik accepts the office, approved.

Old, New Business and Information: District Slet - Sokol Karel Havlicek Borovsky, Ennis confirms that the unit will host the District Slet in 1979. Tentative date: second weekend of June. District courses - Sokol Ennis offers to host the beginners course in 1979 and possibly be held following the Slet, approved. Sokol Corpus Christi would like to host the advanced course. A tentative date was discussed, this will depend upon the availability of instructors. A volleyball tournament on a larger scale is under consideration to be held in Corpus Christi, possibly in August. Sokol Houston junior girls have participated in USGF meets. Sharon Snider of Sokol Houston is currently the State champion of Class B division and also the regional champ of Class B. Motion that Sokol Karel Havlicek Borovsky, Ennis, be reimbursed in the amount of \$100 for expense in preparation of the noon meal and coffee served, approved. Regular monthly meetings of the District Executive Committee will continue to be held the fourth Thursday, approved. Motion that the District request space within Sokol Karel Havlicek Borovsky, Ennis facilities to house a District library and be available to Units. District will allocate expenditures for the promotion of this project, approved. American Sokol National Slet in 1981 - this was thoroughly discussed in the annual BOI meeting and should the Southern District be the host it would be held in the Dallas - Fort Worth Metroplex.

Bro. Veselka, on behalf of Sokol Corpus Christi expresses appreciation to all that attended the grand opening of facilities and for good wishes and support extended.

Meeting adjourned at 4:20 p.m.

Nazdar,

Vlasta Laznovsky, Secretary

ASO - Eastern District

December, 1978

President Bro. Don Otenasek called the meeting to order at 1 p.m. in the Sokol Baltimore Hall on December 10th. Minutes of the November meeting were read, corrected and approved.

Director of Men - Bro. J. Vrzalik - In the Eastern District special competition held in Little Ferry, New Jersey, results were as follows: small children, Little Ferry, 1st and 3rd places; Division 2, Baltimore, 2nd and 4th places; Juniors and Seniors, Baltimore, 1st and 3rd; Division I, Little Ferry, 2nd place. Bro. Frank Capek resigned in September as the Director of Men for Sokol Little Ferry, and as 2nd Assistant Director of Men for the Eastern District. He will continue as technical consultant, however. Attendance at the New England Gymnastic Clinic in September was as follows: Baltimore, 10; Belcamp, 2; Little Ferry, 2. The BOI at the September Annual meeting voted to support the National Slovak Slet in Bethlehem, Penn., in June, 1979. There will be an Eastern District competition in the Northern Circuit in May, 1979.

Director of Women - Sis. L. Sain - Commented on a letter from ASO Chicago regards to the assessment fund for Sokol Miami. Bro. Otenasek commented that there are no students or instructors in Sokol Miami and that they are without the required activity. Sr. Sain will obtain a list of students from Sokol Miami and will place the list before the Executive Committee at a later date.

Educational Director - Sis. D. Fiala - Assembled the January, 1979 newsletter with appropriate photos and brought it to the meeting for examination by those present. The various members commented favorably on newsletter. The newsletter will be bulkmailed at a cost of \$0.085 per copy; postage No. 3341, Silver Spring, Md., 20904. Questions raised about a subscription price, motion for a \$2.00 subscription was seconded and approved by those present. Discussion about ads for future editions and decided that ads should be limited to one page and rates were made. Bro. Otenasek suggested that the mailing of the newsletter could be facilitated by use of the addressograph mailing lists from ASO Chicago. Sis. Fiala noted that she had already worked out the mailing addresses.

Other Business - Sis. R. Friedrich read the treasurer's and financial secretary's reports. Vice-President A. Kotras had no report. Bro. Frank Novak accepted the position of public relations director for the Southern circuit and will furnish copy to the English and Czech newspapers. Bro. Slavik is the public relations director for the Northern circuit. Sokol Baltimore graciously extended invitations to those present to attend their Christmas party and dinner, which was held later that afternoon. A letter of thanks will be sent to the President of Sokol Baltimore for this invitation.

ASO Executive meeting minutes for November 1978 and greetings from Sokol New York received. The next meeting will be held on the second Sunday, January 14, 1979 at 2 p.m. instead of 1 p.m.; meeting will be in the Sokol Baltimore Hall. There being no further business, the meeting was adjourned at 2 p.m.

Respectfully submitted,

Edward C. Kotras, Secretary

SOKOL GYMNAST

FEBRUARY 1979

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

MERIT AWARD - 1979

Upon recommendation of the Finance Committee and the Board of Instructors, the delegates at the XII American Sokol Convention, held in Detroit in June 1975, approved Merit Awards to be paid from the Sokol Future Leaders Fund.

The Merit Award Committee is accepting applications of students who are planning a course or program in an accredited two-year or four-year college. Although physical education will not be a criteria, more consideration will be given to those who are training in the physical education field.

The amount to be awarded is to be \$200.00 per year to one student per district which has under 1,500 members and an additional student per district which has over 1,500 members. This award is renewable for a second year. In order to qualify for the second year, applicant must maintain a "C" average or better. Second year allocation is NOT automatic; applicant must file letter of intent to reapply for a second year. This letter is to be signed by the Unit and District Directors, designating approval or disapproval. The letter of intent, the original application and the transcripts of grades will be reviewed. The final selection is to be made by the Merit Award Committee, approved by the American Sokol Organization Board of Instructors and the American Sokol Organization Executive Board. When a renewal is granted, a transcript of grades after the second year must be submitted to the American Sokol Merit Award Committee. A "C" average or better must have been maintained during the second year. Failure to submit such a transcript will result in a request for repayment of the award.

Merit Awards will be reviewed in September of each year. If the quota for the District is not filled, a review of all Merit Award applications, not previously approved, will be made and any restrictions imposed may be removed for that year.

The following points will be considered by the Merit Award Committee in selecting the candidates:

1. Should have attended Sokol classes regularly for at least three years prior to this application. Juniors may be included but must become adult members - girls at age 17 and boys at age 18.
2. Must have attended and successfully completed one Sokol District or American Sokol Organization Instructors' School.
3. Must have taught or assisted in Sokol gym classes.
4. Recommendation of high school Physical Education teacher.
5. Recommendation of Physical Director of Sokol Unit.
6. Recommendation of District Physical Directors.
7. Approval of District President.

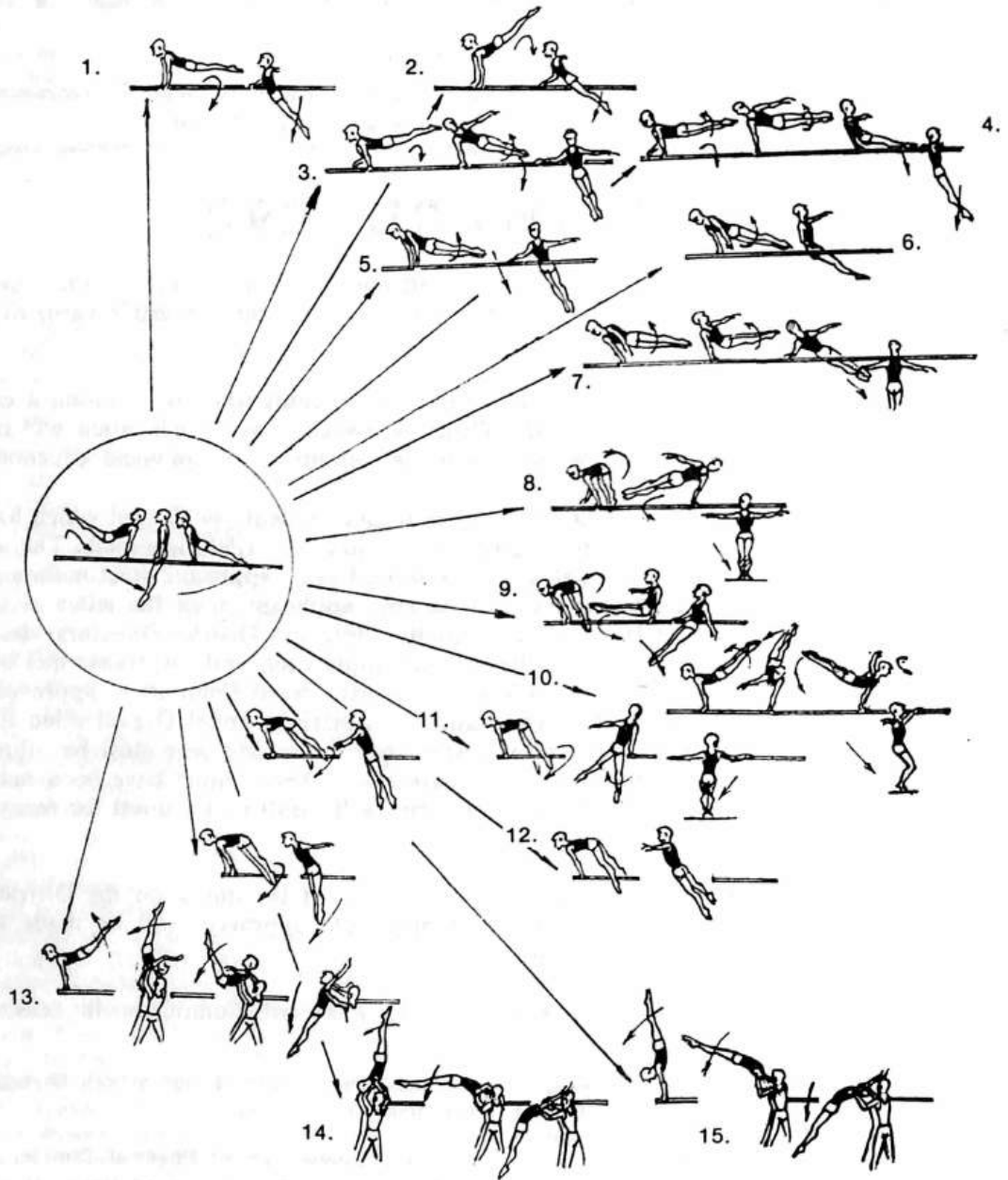
COMPLETED APPLICATION MUST BE POSTMARKED NOT LATER THAN MAY 30, 1979

Merit Award Committee:

Lorraine Zdenek, Chairman - Marie Ptacek - Paul Lebloch - Richard Ptacek - EllenJeanne Schnabl

**UNIT DIRECTORS - PLEASE POST ON BULLETIN BOARD
(APPLICATION ON OTHER PAGE)**

Dismounts for Boys on Parallel Bars

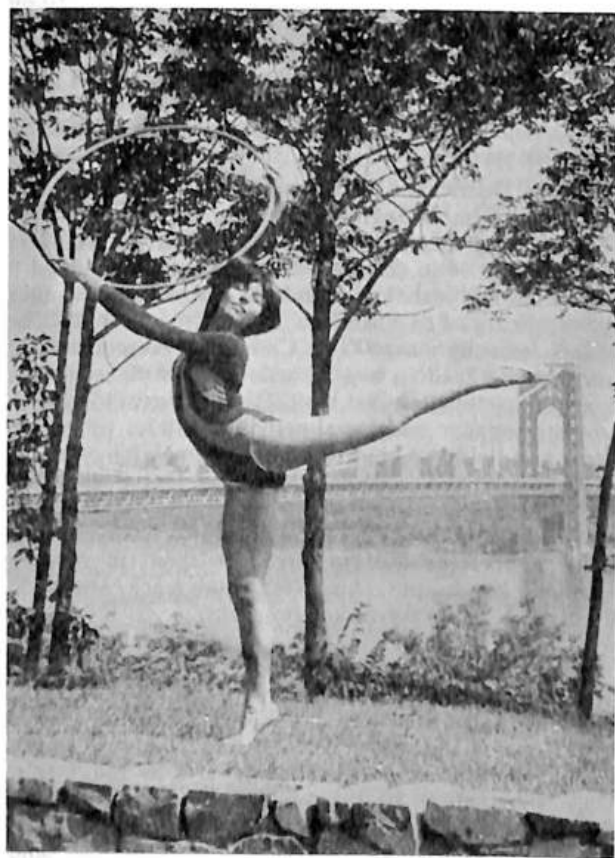


From a rear swing in hand support (circle insert) the following dismounts may be executed:

1. Low rearleg dismount.
2. High rearleg dismount.
3. Rearleg dismount to the left with 90 deg. turn left-right.
4. Rearleg dismount to the left with 180 deg. turn left-right.
5. Rearleg dismount to the right with 90 deg. turn left.
6. Rearleg dismount to the right with 180 deg. turn left.
7. Rearleg dismount to the right with 270 deg. turn left.
8. From rear swing, double leg, flank vault over both bars.
9. From rear swing, double leg, front leg vault over both bars.
10. High rearleg to handstand with 180 deg. turn on right hand (pirouette) dismount.
11. From end of bars - facing out single leg, stradleg vault over one bar, dismount.
12. From end of bars - facing out, stradleg vault over both bars.
13. - 14. - 15. - Archtumble vaults with assistance.

Sokol Champions

Sister Ellen Garlicki joined the American Sokol Organization as a Junior gymnast at age 15. She participated actively in Sokol events, and began teaching for the Little Ferry unit at age 17. She attended Sokol instructors camps in Boonton and in Chicago, and later taught at local District instructor's courses in the Eastern District. As a Senior, Ellen competed in Artistic Gymnastics. In 1972 she was the Eastern District Champion for the Intermediate Division.



**SISTER ELLEN GARLICKI
SOKOL LITTLE FERRY, N.J.**

At the American Sokol, Ellen was first introduced to a new type of gymnastic sport, Rhythmic Gymnastics, where Maria Bakos, well known Olympic Gymnastics choreographer, taught classes at the Little Ferry Sokol in 1971. Ellen entered her first Regional Rhythmic Gymnastics competition in 1972, placing 3rd All-Around, and entered her first National competition in 1973, placing 7th All-Around. In 1975 she placed 3rd All-Around at the National Rhythmic Gymnastic competition, and was the U.S. Champion with Jump Rope. She has been a National competitor in Rhythmic Gymnastics for 6 years and has won 8 medals in National competitions. Ellen is the Rhythmic Gymnastics Champion of the Eastern United States, and is one of the 5 top Rhythmic Gymnasts in the country.

In August, 1978 Ellen attended the US Rhythmic Gymnastics Training Camp at Squaw Valley Olympic Center and ranked first in the hoop skills for the US Group Routine. She was selected as a member of the U.S. Team to compete at the International Pan Pacific Games that were held in Canada last November. The U.S. Team attended a one-week training period in Detroit, Mich., prior to the games. In Canada, the U.S. Team placed 3rd in the Group Hoop Competitions and all received bronze medals. Two U.S. Judges were sent to Canada for the competitions and Sister Norma Zabka from Sokol New York was one of the judges.

Along with her Rhythmic activities, Ellen still participates in Sokol Artistic Gymnastics and apparatus competitions. She has also competed successfully in the Eastern District Track and Field meets.

Ellen now teaches Rhythmic Gymnastics classes at the Sokol Little Ferry Unit. She is also U.S.G.F. Regional Director for Region VII for Rhythmic Gymnastics.

The selection of team members for the World Games in July will be determined after the National competitions. Ellen will continue to compete in hopes of placing on the U.S. Team, for this event.

E.C.L.

Human Body Should Last For 120 Years

A human body should last up to 120 years, but it wears out so much earlier because we are more terrified of growing old than we are of dying, says a Stanford University doctor.

"The solution is in celebrating old age," said Dr. Walter Bortz of the Stanford medical school. "Our idea of who we're going to be when we're 85 is just so grim. And if there is no value to it, then why seek it."

He said the key to longer life is deceptively simple: "Good nutrition, good exercise, and good rest - those are the three elements of good health."

Coupled with a solid program of preventive medicine, he said, that prescription would add at least 10 years to the average American lifespan. "But the problem is in really doing it. We must believe that growing old can be something valuable, something to look forward to."

Dr. Bortz stated that a variety of evidence indicates human beings are biologically capable of living to be 120 years old.

"Nobody dies of old age," he said. "You die of a disease. You die because you wear out at one critical point. The rest of your body is fine, but the chain is only as good as its weakest link."

Heart attacks and strokes are the leading cause of death in America, and most researchers agree both can often be prevented by changing to a more healthy lifestyle.

Minutes of the Directors' Conference

Held October 20 and 21, 1978

(Continued from last month)

Northeastern District has 3 active units: Cleveland Cech-Havlicek, Detroit and Greater Cleveland. Moravan, Toledo and Rip are inactive. Total average enrollment is 389 for the women's department; 142 for the men's. (Tots are included in the women's). Classes are held 10 months of the year. Reprt included a roster of District BOI officers and instructors. Sis. Cerny also included a special thanks to the many sisters and brothers in her District who assisted her throughout the year. Report included Clinics, Gymnasticale, Competitions, Slet, Exhibitions and Dance Group appearances. Bro. Vavra spoke on how he hopes we can go back to the old Sokol traditions which have held us together for over 100 years. He says to forget about catering to the stars; everyone who comes to Sokol IS a Sokol. We must not ignore the non-gifted people because the Sokol units are standing on the shoulders of the non-gifted people . . . they are usually the workers. Attempts are being made to rejuvenate Pittsburgh and Toledo. The District would like to alternate its Slets between different cities. They think that this is a possible way to keep people interested - to keep them busy. District Slet was held on June 4.

Eastern District has 7 active units: Baltimore, Belcamp, Fuegner, New York, Little Ferry, Washington, D.C. and Miami. Schenectady, Philadelphia, Newark and Curtis Bay are inactive gymnastically, but are active socially and support District functions. Total annual enrollment is 528 in the women's department and 186 in the men's. (Tot boys are included in the women's totals). Classes are conducted 10-12 months during the year. A detailed report included exhibitions, competitions, volleyball tournaments, bowling tournament, meetings and community participation. Their District Slet was held June 23-25. A "Final Slet Report" was turned in, giving detailed information on number of competitors, calisthenics participants, spectators, awards, etc. Explained to us that a number of Sokols, namely, the ASO, Sokol USA, Orels, Long Island Sokols and D.A.

Sokols joined together to form the United Sokols of the East.

Central District has 8 active units: Berwyn, Brookfield, Milwaukee, St. Louis, Slavsky, Stickney, Tabor and West Suburban. Chicago, Americky, Fuegner, Havlicek, Town of Lake, Cechie, Rozvoj and Racine are inactive. Classes meet 10 months of the year. Total average annual enrollment is 1143 in the women's department; 361 in the men's. (Tot's boys are included in the women's). Detailed report included competitions, exhibitions, volleyball, basketball, clinics, folk dancers, vaulters and various community events. District held a CPR course this fall which was well attended. Bro. Milan stated that he would like to have this taught at courses. District Slet was held on June 11. Date of 1979 Slet is June 10. District has organized a men's volleyball team which plays in tournaments with outside organizations. Men's department holds competitions in December, as well as in spring.

Pacific District has 2 active units: Los Angeles and San Francisco. Fresno, Seattle and Washington are inactive. Total average annual enrollment is 77 in the women's department; 44 in the men's. Classes are conducted 9 months of the year. Los Angeles is the more active unit gymnastically. San Francisco is mostly volleyball. Sis. Rozck, recently moved from Cleveland, is interested in starting and leading a gymnastic class in Seattle. Has hopes of reactivating that Unit. Report consisted of each unit's gymnastic and social activities, clinic, volleyball, track and field and competitions. Are making plans for their District Slet to be held Memorial Day weekend of 1979. Czech class is held after the children's gym classes in Los Angeles. Bro. Liska would like to have someone come to their District to introduce them to modern rhythmic gymnastics. Also feels that track and field events belong in the Sokol program.

Western District has 6 active units: Cedar Rapids, Iowa, Crete, Omaha, South Omaha, Minnesota (formerly Sokol St. Paul) and Wilber. Schuyler, Wilson and Hopkins are inactive. Total annual enrollment is 653 in the women's department; 190 in the men's. Classes are held 9, 10 and some 12 months of the year. Report included Competition, Slet, Exhibitions, Tumblers and Folk Dancers appearances, and community activities. (Continued next month)

AMERICAN SOKOL ORGANIZATION
Merit Award Committee
6426 West Cermak Road
Berwyn, Illinois 60402

1979

I desire to make application for the American Sokol Organization Merit Award. Please mail application forms and all other instructions to:

Signature of Sokol member:
Street Address:
City: State: Zip Code:
My age is: years. I am a member of Sokol
of the District.

SOKOL EDUCATOR

The All-Sokol Slets In Prague, Czechoslovakia

There have been eleven Sokol Slets sponsored, organized and directed by the Czechoslovak Organization Sokol . . . 1882, 1891, 1895, 1901, 1907, 1912, 1920, 1926, 1932, 1938 and 1948.

At the time of the I. Slet . . . 1882, till 1918, Bohemia, Moravia and Silesia and Slovakia were provinces, under the Austro-Hungarian Monarchy despotie rule. The Slets from 1920 till 1938 (VII-X) were held in free, Czechoslovak Republic, and the XI Slet in 1948 was already held in the Czechoslovak Socialist Republic. This Slet was the last Sokol Slet, since the Sokol Organization and its activities had been liquidated by the decree of the new Czechoslovak government, after the political turnover in Czechoslovakia.

In the I. Slet, 720 men took part . . . the exercise field for 720 performers and the grandstands for 3,200 spectators . . . in the XI Slet the all-classes participation made a grand total of 276,000 and the great Sokol Masaryk Stadium accommodated 350,000 spectators.

The adjoining restaurant to the I. Slet Stadium on "Střelický Ostrov" where the Slet was held, had been used for dressing rooms, while, at the XI Slet, a cluster of buildings had been erected to accommodate more than 150,000 performers.

Only the men participated in the I. Slet, a two-day program, all Sokol adult classes, plus Sokol horsemen, older men and the Armed Forces took part in the XI Slet; besides, the separate Slets and programs had been held for the Sokol junior classes, children's classes and the public school children . . . during a period beginning at the end of May and ending by July 6th.

The exercises at the I. Slet were executed to the beat of a wand on a sounding board . . . at all Slets following the II Slet, the musical accompaniments for the mass drills, were specially composed. Besides, to prevent successive waves of performers' movements, due to only one point of dispersion of music, loudspeakers sunken into the ground of the exercise field at equidistant points were provided.

At the I Slet, the men's drill consisted of simple body movements in stationary position . . . at the XI Slet, the women introduced a new revolutionary type of gymnastics, rhythmic, a partially symbolic movement in changing formation . . . also exercises with light gymnastic equipment such as: Indian clubs, (which were introduced by the American delegation in 1887) wands, rings, hoops, bells and many others were introduced into the Slet program.

The delegations to the Slets from abroad grew from three at the I Slet to 24 nations or more, who visited the XI Slet. The American delegations were sent to all but the III Slet.

Historical records of the Sokol Organization's might, and the expansion crescendo of the Sokol Slets have been recorded in a period of 86 years.

Before its death blow, the Czechoslovak Sokol had embodied 3,367 Sokol Units, 52 Regional Districts and 1,004,987 members.

The official Sokol Bulletin listed the following facilities owned by the Sokol Units: 1,777 Sokol Halls, including gymnasiums; 1,700 outdoor training fields; 142 swimming pools; 84 summer and winter camps and 41 hotels.

The content of the Slet: the torch relay - the "herald" of the All-Sokol Slet. In the stone-paved courtyard of Tyrš House in Prague, a gathering of COS officials. It is cold and windy, on the eve of the 28th of October, the anniversary day of liberation of the Czecho-Slovak people. Standard-bearers bring in the flag and the Standard of the State. Teams of four abreast, Sokol children and juniors enter the courtyard and hand them to the highest Sokol officials, who then light with them the Greek fire in a bronze crucible. The first of the chain of runners advances to the fire, lights his torch and runs into the streets. The flaming torch is carried by runners in relay to the Slet Stadium, where the Prague District officials receive the torches from the last of the chain of runners and light a big bonfire in the center of the stadium. The Sokol President then reads a message to the COS by the light of the flames, and colored rockets are let off, from the Directors' Platform, commanding the exercise field. At this signal, beacon fires are lit on the surrounding heights, the circle of fires growing larger and larger in circumference as it radiates farther and farther from Prague. Thus symbolizing the spread of the Sokol message to the most distant frontiers of the Republic. These fires are the message of the COS to all units and the nation that preparations for the Sokol Slet have started.

At 6:45 p.m., the first fire was lit at the Stadium, and at 11:00 p.m., the chain of fires had reached the most easterly State frontiers.

The torch relay had been held two years before the XI Slet, and one year preceding the Slet, the relay race had been run along eleven routes converging at Prague. More than 1,300 miles were covered on the main and subsidiary routes. The Sokol juniors and adults meet at scheduled places from where they leave on foot if the destination is near, or in automobiles or lorries if more distant. The race is run the last day in October, as a part of Independence Day celebrations - it is a test of Sokol preparedness and the organization's spirit and efficiency.

It is run day and night, rain or shine, snow or freeze - and when the headlights of a car pierce the darkness, the team approaches, cold hands pass on the message - and the task is accomplished.

As a prelude to the principal days of the Slet, there are several pre-Slet days devoted to children, juniors and to public school Slet exhibitions.

The principle Slet Days' programs consist of the mass drill displays by the Sokols and visiting teams. At the X Slet, through a special space arrangement, 30,000 men drilled at the same time on the huge exercise field of the Slet Stadium.

A cannon salute is the signal for the program commencement, whereupon thousands of homing pigeons are released from the cages, they circle over the

stadium and then disperse in all directions to announce to those out of hearing distance, that the great Sokol Slet is approaching culmination.

The Slet is accompanied by a series of cultural events from all fields of arts and the contests of the vocal and other musical bodies.

The all-around character of Sokol training comes out clearly in the organization of Slet contests in all branches of athletics and sports. In the winter preceding the Slet, the Slet Winter Games are held in the High Tatras and comprise skiing, figure-skating, ice-hockey, and bobsled races. The junior contests are held in Beskyds.

The largest competitive event is a team contest of all classes of juniors, men and women in high, intermediate and low divisions of individual championship. A thirteen-event contest, all of them combining free exercise, apparatus and track and field. Several international contests in gymnastics were held during the Slets.

The mass drill of older men, the military displays and an exhibition of the Sokol equestrians closes the afternoon Slet program. In this grandiose pageant, large numbers of players take part in an open-air scene, with artistic, dramatic and gymnastic elements of which the central theme is connected with the idea of the Slet. The first of the pageants depicted by a live chess-board the victory of the Czech Hussite leader Žižka over the Emperor Sigismund at N. Brod in 1442. One during the X Slet was composed on the theme "Build and Defend". Barely a month after this performance at the Slet, Nazi Germany had torn apart the outer ring of defences of the last democratic bastion of Europe, and held a year later, the whole of Czechoslovakia lay in the bloody grip of Nazi terror. The Sokol Organization is liquidated, its property confiscated and some of the Sokol members executed or dragged off into the prisons or concentration camps. But then, soon after the fall of Germany the Sokol emerged from its underground activities and reconstructed the strong Sokol organization to even a greater extent than in the past.

The Sokol parade through Prague. On the second day of the Slet, the anniversary of the Magister Jan Hus on the 6th of July, 1415, the chief Slet days approach their close with ceremonial parades of the Sokols and of the visiting delegations. More than 80,000 persons participated at the last Slet, and its passage took more than five hours. Similar parades are held by the children and juniors during their Slets. All these parades are transformed into a march of triumph for the nation that gave birth to the Sokol movement and all that it stands for, and, in the spirit of love for humanity in which it was cradled.

The significance of the Sokol Slets: At the VI Slet in 1912, Mr. Eugene Sully, a member of the National Recreational Society in London, gave utterance which sounded to the Czech people like a prayer: "May a great invisible power which gives to the stars their light and to the plants their growth, grant you in the near future the realization of the national dream so movingly expressed and so greatly manifested through your slet, which has gathered people from every part of the civilized world to your Slet". - "Though I have been twice around the

world, I have never found anything so beautiful, impressive and patriotic as these days in Prague." so ran the verdict of the Lord Mayor of London Sir C. Wakefield, who visited the 1920 Slet.

The Belgian, Mr. E. Hendricks, expressed himself in the following words: "I have been a witness of something extraordinary - a crescendo of impressions, in which the Sokol man and woman, who have within them some divine quality, succeeded in making tangible what has seemed intangible. It is an incomparable spectacle and I feel sure that thousands of spectators only with difficulty overcame the desire to rush forward and take the Sokol girls in their arms and thank them for the beauty and joy they had brought to their hearts."

The famous English journalist, Henry Wickham Steed, expressed his admiration from another angle: "What I have seen is a rare manifestation of the nation's strength. It is a remarkable thing how a unifying idea is able to permeate such multitudes and make them submit to a conscious and self-imposed discipline. It is common, collective manifestation, but how splendid and how spiritual in character. I value it so highly for the very reason that the guiding idea has attained such magnificent expression in these tens of thousands without mechanizing them. The Sokol ranks breathe the thought that inspires them . . . Here indeed, the spirits have triumphed over matter and subdued it".

All in all the main objective of the Sokol Slets is to exemplify not only to the Czechoslovak nation, but also to the world, how to carry out a great community task without dictatorship or force, without corruption or spoils of a system, as the entire Slet endeavor is based on voluntary work and on the simple but strong foundation of honest democracy and love of one's fellow-being. Herein lies the ultimate aim of the Sokol Slet.

Prepared by O. J. Kudrnovsky - excerpts from: "THE SOKOL SLETS" by Venceslav Havlicek - translated by R. Finlayson-Sam-sourova.

Abraham Lincoln - Popularity As President

Sometimes a myth will arise as the result of overly enthusiastic attempts at debunking. One such is the statement sometimes made that Lincoln was not really a popular president. But in fact he was. Certainly he had enemies; a wartime president can scarcely hope to be free from attacks arising out of the public frustrations and despair which are a part of wartime. And the opposition press in Lincoln's day, an era of journalistic vituperation scarcely equaled before or since, was sometimes so extraordinarily vicious in its comments that it is not easy to remember they reflected only the opinions of editors, not the public. It should also be remembered that Horace Greeley, the most influential journalist in Lincoln's time, was responsible for many of the attacks on Lincoln - possibly because Greeley



had backed another candidate, Seward, for the 1860 nomination, possibly because Greeley had the kind of temperament that seizes upon causes rather than issues. (A blistering attack on Lincoln, written by Greeley, was scheduled for appearance when the news of Lincoln's assassination reached the New York Tribune, Greeley's paper. It was killed in Greeley's absence by the managing editor, who explained to Greeley that the Tribune would have been wrecked by a mob if the editorial had been run - and that the Tribune would have deserved it.)

Lincoln was not, it is true, originally elected by a "majority"; his share of the popular vote was 39 percent. But he was running against not one, but three other candidates. And in fact, Lincoln's margin over Douglas, his leading opponent, was more than 500,000. When he was reelected in 1864, his lead over McClellan was about the same - some half a million. The population of those states which did not secede was about 22 million during Lincoln's tenure. Lincoln's popular majority in 1864, thus, represents a margin equivalent to about 4.5 million today. Whether or not the term "landslide," applied by some historians, is applicable, it is nonetheless true that Lincoln's victory over McClellan in 1864 was greater in equivalent terms than Franklin Delano Roosevelt's over Thomas E. Dewey in 1944. And this time Lincoln captured over 55 percent of the popular vote.

When Lincoln was assassinated, even those newspapers that had been most bitter in their comments while he lived poured forth a torrent of adulation. In the words of Robert S. Harper (*Lincoln and the Press*, 1951), "It was no longer possible to determine the politics of a newspaper by what it said about Lincoln." Enemies Lincoln certainly had; no public figure can hope to escape them. But by the only standard that determines popularity on a statistical basis rather than a historian's opinion - the election returns - Lincoln was indeed a popular president.

Washington Crossing The Delaware

This famous painting is by a nineteenth-century American painter, German-born Emanuel Leutze. He actually did the painting in Dusseldorf and used the Rhine as a model. It contains at least two historical errors. The flag, occupying the center position has thirteen stars and stripes, a design which was not adopted until 1777, whereas the crossing was in 1776. Also the boats are wrong. Washington had collected Durham boats from the Pennsylvania side. These were good-sized - some forty to sixty feet long - in contrast to the rather inadequate craft depicted. Perhaps we should allow the painter some artistic license, but it must be pointed out, too, that the soldiers would not have been holding their guns with barrels pointed upward, thereby catching the sleet that was falling, and Washington would certainly not have stood in the bow of the boat in so dramatic - and unseaworthy - a pose.

After landing, the army started its march to Trenton at four in the morning. They arrived after daybreak. It is not true that the Hessians were all drunk or paralyzed with hangovers; regular guard duties had been carried out. It is true, however, that Colonel Rall of the Hessians had indeed celebrated Christmas convivially and gone to bed very late, and was sleeping soundly in his nightclothes when one of his officers banged on the door. Later, as Rall lay dying, he was undressed; and found in one of his pockets was an unread note from a Loyalist, tipping him off on Washington's movements hours before the attack.

George Washington's throwing a dollar across the Potomac. If, indeed, Washington ever did it, then the river was the Rappahannock, not the Potomac. It was on the Rappahannock that George Washington spent his boyhood. Anyway, there weren't any dollars during Washington's youth; the currency was, naturally, British.

The aforementioned facts on Lincoln and Washington from "The Dictionary of Misinformation," by Tom Burnam.



ASO FINANCIAL REPORT

DECEMBER 1978

RECEIPTS:

Dues	\$ 930.25
Convention Fund	672.00
Special Assessment	643.00
Dividends and Interest	923.70
Subscription to "American Sokol"	3.00
Resale of Jewelry	70.05
Sale of Songbooks	27.00
Membership Kits	36.00
UPS Charges	3.25
Miscellaneous Income	5.54
	<hr/>
	3,313.79

ASO Uniform Division - Payment toward Advances	591.82
Transfer of Funds from Savings to Checking	2,000.00
	<hr/>
TOTAL RECEIPTS	\$5,905.61

DISBURSEMENTS:

Administrative	
Salaries	\$529.73
F.I.C.A. & F.W.T. for November	148.24
Rental, Janitor Service, Phone	366.26
Rental of Mailing Machine	69.49
Office Supplies	35.52
Postage	2.01
Advertising and Subscriptions	68.00
Insurance	210.00
Miscellaneous	264.69
	<hr/>
	\$1,693.94

Board of Instructors

Salaries	\$322.93
F.I.C.A. & F.W.T. for November	62.40
Editor "Sokol Gymnast"	30.00
Addit'l copies "Sokol Gymnast"	29.00
Travel Expense	376.00
Postage and Phone	1.87
	<hr/>
	\$822.20

Educational Department

Salaries	\$ 32.41
F.I.C.A. for November	5.62
Office Supplies and Postage	53.20
	<hr/>
	\$ 91.23

Sokol Publication

Printing "American Sokol"	\$ 895.13
Postage "American Sokol"	142.11
Editor "American Sokol"	100.00
	<hr/>
	\$1,137.24

Miscellaneous

ASO Uniform Division - Salaries, F.I.C.A., F.W.T., Phone	\$382.55
Additional Merit Awards	400.00
Special Appropriations - Eastern Dist. ASO	150.00
Central Dist. ASO	38.00
Refund	13.00
	<hr/>
	\$ 983.55

TOTAL DISBURSEMENTS	\$4,728.16
Balance brought forward - Western National Bank of Cicero - Checking Account	\$ 564.67
Receipts - December 1978	5,905.61
	<hr/>
	6,470.28
Disbursements - December 1978	4,728.16
	<hr/>
	\$1,742.12

Future Sokol Leaders Fund

DECEMBER 1978

In memory of Charles Machotka - Victoria Machotka, wife	\$ 10.00
In memory of Sis. Anna Barcal - Blanche Kos	2.00
In memory of Bro. James (Vaclav) Prech - Lad J. Linek	200.00
	<hr/>
	\$212.00
Dividends Earned	478.97
	<hr/>
	\$690.97

*Donations are tax exempt***Recipe for Friendship**

1 CUP FRIENDSHIP
 1 CUP THOUGHTFULNESS
 CREAM TOGETHER
 WITH A PINCH OF POWDERED TENDERNESS
 VERY LIGHTLY BEATEN
 IN A BOWL OF LOYALTY.
 ADD 1 CUP FAITH
 1 CUP HOPE
 1 CUP CHARITY

*

BE SURE TO ADD A SPOONFUL OF GAYETY THAT SINGS, AND ALSO THE ABILITY TO LAUGH AT LITTLE THINGS. MOISTEN WITH SUDDEN TEARS OF HEARTFELT SYMPATHY AND SERVE REPEATEDLY.



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

863-3681

It was a cold, rainy night, and the customer in the bar sat ordering martinis. Each time the drink arrived, he took the olive out and put it in a jar. Then, he downed the drink with one gulp and ordered another. This went on for a couple of hours. Finally, when the jar was full of olives, and he was full of martinis, the customer managed to pull himself to his feet. "That'll teach her a lesson," he said. "Teach who?" the bartender asked. "My wife," said the customer. "That'll teach her to send me out for a jar of olives on a night like this."

* * *

A new patient was quite upset when the doctor's nurse led him to a small curtained cubicle and told him to undress. "But, I only want the doctor to look at an ingrown toenail!" he protested. "Our rule is that everyone undresses," snapped the nurse as she left him. "Durn fool rule," grumbled the patient as he complied. "Making me undress just to look at my toe." "That's nothing," growled a voice from the next cubicle. "I came in to fix the telephone!"

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 Belcamp, Md.

Je konec roku 1978, který byl v naší jednotě velmi smutný. Ztratili jsme dva oddané členy Sokola, bratry James Hesouna a Louis Stupavského.

Bratr James Hesoun byl nemocný a přestal pracovat ze zdravotních důvodů. Horečně však pokračoval ve své práci pro jednotu Sokol. Byl místostarostou a radil a dával nám pomoc v každém případě. Nechyběl ani jednou ve schůzi. Celým srdcem se staral, aby Sokol Belcamp pokračoval ve své činnosti a hlavně nás všechny nabádal ku spolupráci. Ztratili jsme několik členů a byl to bratr James Hesoun, který se loučil s našimi členy na poslední cestě v pohřebním domě krásným projevem o každém členu. Odešel neočekávaně a bude nám chybět. Byl to Sokol tělem i duší po celou dobu svého života.

Pracoval pro Bat'a Shoe Co. od svého 15tého roku, začal jako mladý muž, prošel Bat'ovou školu a vypracoval se na vedoucího v prodejním oboru. Pracoval v mnoha zemích kde firma Bat'a má továrny. Vykonal

mnoho práce pro Sokol a je nám všem, kteří jsme ho znali vzorným příkladem.

Odpočivej v pokoji, bratře Hesoune!

Bratr Louis Stupavský nás opustil rovněž nenadále v minulém roce 1978. Byl jedním ze zakládajících členů Sokolské Jednoty Belcamp. Po celou dobu se věnoval sokolské činnosti. Byl předsedou zábavního výboru a měl svou práci velmi rád, neboť měl humor pro každého a každému pomáhal svou dobrosrdečností po celý život. Louis měl velkou zálibu v československých památkách a měl zařízení "Hospodu" ve svém krásném sklepě, kde nás všechny počastoval a zahrál nám nejlepší československé recordy. Měl rád všechny členy a byl nejlepším sportovcem v Sokole Belcamp. Pracoval u firmy Bat'a jako vedoucí gumárenské lisovny, kde pod jeho vedením se vyráběly veškeré podešve a podpatky pro celou výrobu bot. Budeme jej velmi postrádat v našich řadách. Čest jeho památce.

Za Sokol Balcamp,
Jerry F. Valcik.

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

81st

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 \$143,000,000 of insurance in force. - Total assets over \$38,000,000. - Offers Legal Reserve Fraternal Life Insurance for Juveniles and Adults to age 65.

Home office

1900 1st AVENUE N.E.

CEDAR RAPIDS, IOWA 52402