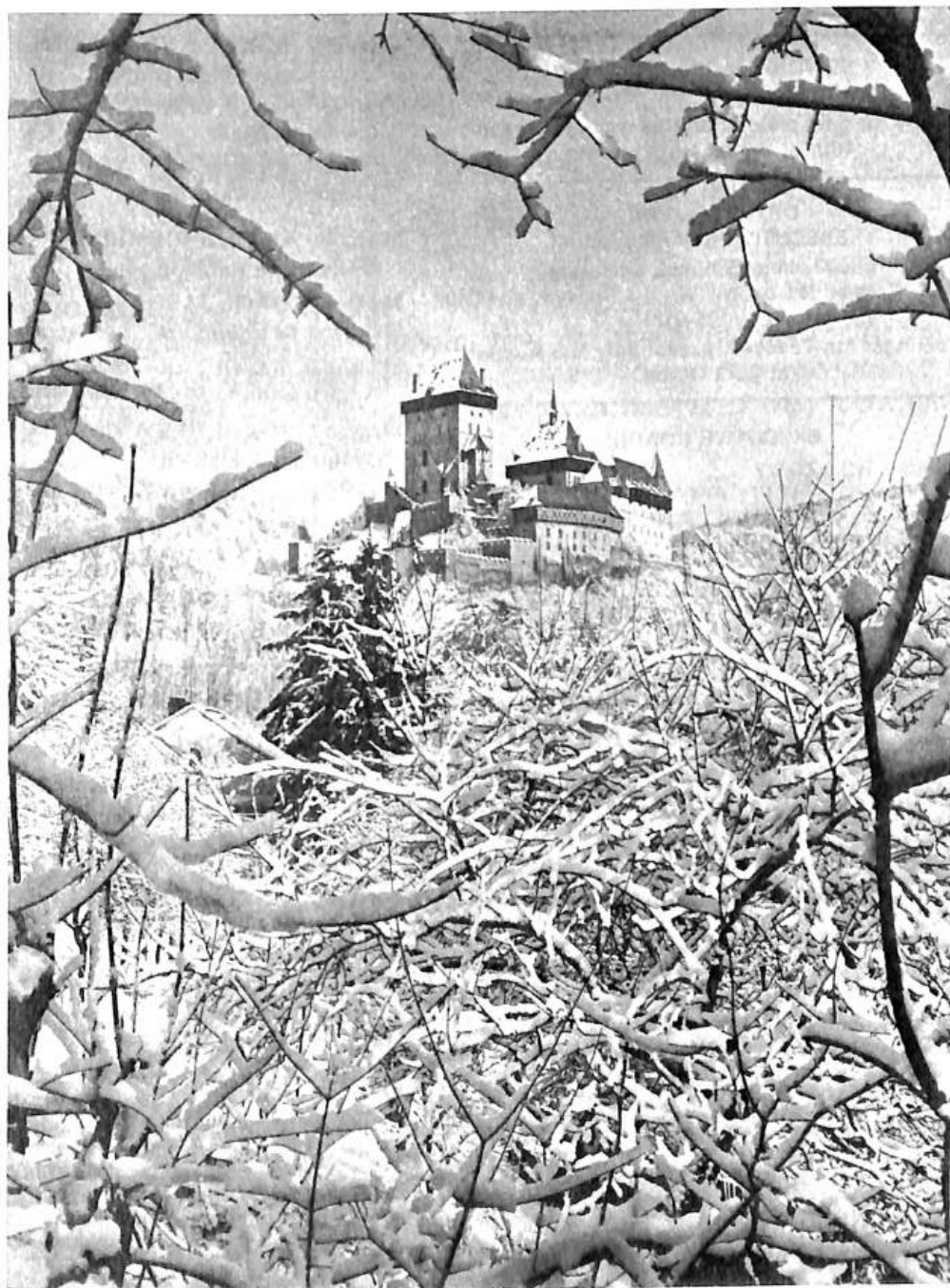


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**OFFICE OF THE
EXECUTIVE BOARD ASO.**

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6426 W. Cermak Rd. Berwyn, Ill. 60402

Tel.: 795-6671

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

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Calendar of Events

- JAN. 6 - SOKOL CLEVELAND - CECH-HAVLICEK
Jaternice Dinner
- JAN. 19 - SOKOL MIAMI
10th Anniversary Celebration
- JAN. 19 - SOKOL STICKNEY
Installation of Officers
- FEB. 2 - SOKOL NEW YORK
Šibřinky - Costume Ball
- FEB. 3 - SOKOL DETROIT
Winter Gymnastical

- FEB. 9 - SOKOL BROOKFIELD
Spaghetti Dinner
- FEB. 10 - SOKOL GREATER CLEVELAND
Winter Gym Exhibition at
Cleveland State University
- FEB. 16 - SOKOL GREATER CLEVELAND
Masquerade Ball (Šibřinky)
- FEB. 17 - SOKOL STICKNEY
Pancake Breakfast
- FEB. 17 - SOKOL AND SOKOLICE MILWAUKEE
Jaternice and Pork Dinner
- FEB. 23 - SOKOL BERWYN
Las Vegas Night
- FEB. 24 - SOKOL NEW YORK
Children's Award Dinner
- MAR. 1 - SOKOL BROOKFIELD
Gymnastic Exhibition
- MAR. 8 - SOKOL TABOR
Gymnastic Exhibition
- MAR. 16 - SOKOL SLAVSKY
Annual Exhibition - Morton East High School
- MAR. 22 - SOKOL BERWYN
Gymnastic Exhibition
- MAR. 29 - CHICAGOLAND SOKOL
BLDG. ASSOCIATION
Dinner-Dance at Sokol Brookfield
- APR. 19 - SOKOL NEW YORK
Gymnastic Exhibition - Social follows
- APRIL 26 - SOKOL STICKNEY
Gymnastic Exhibition
- MAY 3 - SOKOL WEST SUBURBAN
Gymnastic Exhibition
- MAY 10 - SOKOL SLAVSKY
90th Anniversary Banquet
P.B.A. Manor, Berwyn
- MAY 16 - SOKOL AND SOKOLICE MILWAUKEE
Graduation and Award Night
Pilgrim Park Jr. High School
- MAY 17 and 18 - SOKOL ST. LOUIS
115th Anniversary Week-end Celebration

NOTICE

Updated prices on your organization flag. The new price is \$202.40 each net for 3X5 ft. double embroidered flag reading correctly both sides. The 8'x1" 2-pc. oak finished pole is priced at \$14.00 each and the gold spear is priced at \$8.05 each. All prices are net FOB Huntsville, Alabama. Delivery can be made in 5-6 weeks from date order is received at our factory.

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AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

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SOKOL AND THE NATION

It is axiomatic that systematic training from childhood through maturity will develop the characteristics that are the prime necessity for national defense. We can point with justifiable pride to the acceptance record of our members for the armed forces when the chips were down - less than one percent rejections.

The rapid promotions, numbers accepted for officers training and records of our fighting men are the finest recommendation for our Sokol training. The record of our women in service, Red Cross work and general participation in all our efforts, equals that of the men.

The Sokols, either alone or in cooperation with our fraternal and cultural organizations have built and supported their own gymnasiums, summer camps, athletic fields or libraries. The finances for this have come from membership dues, private donations, special events.

The Sokol organization throughout the world is nonpolitical, but because of its insistence that its members take an active part in all forms of community work, it has within its ranks representatives of most political parties. In the United States many elected officials grew out of the Sokol ranks into public life. There have been and are U.S. Senators, scores of U.S. Representatives, state officials, mayor of cities and others.

Sokol education encourages a proud national patriotism, which, however, has nothing to do with jingoism. To ask not what one can get but what one can give to our country is a basic tenet of our philosophy.

[Editor's note: This article was written many years ago, but can still be applied to our every day lives today. With the beginning of another decade and the world situation what it is today, this article is very timely.]

ASO Annual Meeting - Southern District

November 4, 1979

The annual meeting was called to order at 8:50 a.m. and presided by District President Bro. Ben Maca. Meeting held at Sokol Zizka, Dallas. Pledge of Allegiance to the Flag was led by Bro. Larry Laznovsky. Delegation held a standing observance in respect of deceased members.

Bro. Maca extended a warm welcome to all delegates, officers and guests. There were 29 delegates and officers in attendance. All units were represented.

Minutes of last annual meeting, held November 5, 1978, were approved. Correspondence: From American Sokol Organization - two reimbursement checks to cover expenses of beginners and advance courses. Amounts drawn from the Southern District special assessment fund. Sokol seals honoring the 100th anniversary of Sokol publication. A motion made and approved for District to donate \$25 towards the seals.

Annual reports of units were given by delegates. Reports cover the general activity throughout 1979, financial reports, inventory of equipment and officers for 1980. Reports reflect very active units both gymnastically and socially. All have gym classes except Yukon. Total membership of District according to reports, 1,136.

Annual reports of District officers were given. Attendance of officers to District monthly meeting good. Nine monthly meetings held and one more scheduled for November 29th. Meetings are held rotating among Dallas, Ennis and Fort Worth.

Compiled notes from the reports: Board of Instructors - District Slet held in Ennis, June 8, 9 and 10th - very successful, there were 281 competitors, 145 little girls, 47 junior girls, 14 women, 49 little boys, 16 junior boys and 9 men. Approximately 350, including tots, participated in the Slet program. Beginners course in Ennis, June 11-16, 30 students attended, 3 from Cedar Rapids, 1 from West Suburban and 26 from the Southern District. Bro. Jerry Milan, Frank Michalek and Sis. Henriette Milan were instructors. Advance course in Corpus Christi, August 13-18, 24 students attended, 11 from the Eastern District, 2 from Western District and 11 from the Southern District. Bro. Milan, Sis. Norma Zabka and Bro. Joseph Vrzalik were instructors.

Organizational Chairman - Bro. McClure on activity, made several trips to West to confer with people that were interested in Sokol Organization, facilities were found to hold gym classes - an organizational meeting held October 7th, 19 families attended, the group was briefed on the Sokol Organization, a question and answer session held. Officers were elected as follows: Rudy Sefcik, president; Julius Dubcak, vice-president; Robert Lednický, recording secretary; Jo Ann Nors, financial secretary; Susan Crain, treasurer and Joseph Holasek as educational director. First meeting was scheduled for November 4th. Bro. McClure indicates that the group is anxious to start gym classes and

equipment will be needed and requests units to loan their equipment that is dormant in their units.

Czech Culture Society Representative - Bro. Podhrasky: 4 major projects by the society in 1979; sponsored a Czech school in Dallas. 57 students attended, language and Czech culture and history were covered. Co-sponsored a dance clinic with the Southern District in August, instructed by Bro. Fred Kala, approximately 60 attended. Another dance clinic sponsored by the society in September, instructed by Frantisek Bonus of Czechoslovakia, also successful. Czech Day at the Fair, October 14, termed as one of the most successful of Czech Days. Sokol had good representation.

Report of District Directors and District BOI annual meeting: Annual meeting held November 3, all units represented. Main topic of discussion was the District Slet in 1980, host unit Sokol Corpus Christi, scheduled for June 6, 7 and 8th. Apparatus routines and calisthenics were selected. Slet songs selected "Letí Sokol" and "Spějme Dál" in Czech and English. Other discussions of BOI: Tournament rules, Canadian Slet, June 21-22, World Games in December, Merit awards.

Recommendations submitted from the BOI meeting for consideration by the delegation:

1. For District to obtain instructors for a folk dance and modern rhythmic clinics, approved.
2. To hold both a beginners and advanced course in 1980. Dates have not been established. Units are to notify the Executive Board if interested in hosting either of the courses.
3. To continue to affiliate with AAU and Gymnastic Association of Texas.
4. Recommend that the District's men's volleyball team (currently inactive) retain the fund for future activity.
5. For District to allocate \$35 for each unit for technical gym material. All recommendations were approved.

BOI election results: Director of Men, Bro. Larry Laznovsky; First Assistant, Bro. Jerry Sijansky; Second Assistant, Bro. Al Snider. Director of Women, Sis. Sylvia Laznovsky; First Assistant, Sis. Henriette Milan; Second Assistant, Sis. Sandra Howard. Bro. Maca thanked the District Directors for their report and for the excellent job performed during the year.

Bro. Petrzalka, vice-president, named delegates to serve on committees for - nominating, auditing and resolutions.

Committee Reports: Auditing committee - found books in good order. - Recommendations submitted were approved.

Resolutions committee - Prepared resolutions to the following: Executive Board, American Sokol Organization, Supreme Lodge SPJST, Slavonic Fire Mutual Insurance Association, American Czech Culture Society, Dallas Czech Concert Orchestra, Sokol Corpus Christi, Sokol Karel Havlicek Borovsky, Ennis; Bro. Fred Kala, Joseph Vrzalik, John Stasa, Jerry Milan, Rudy Sefcik and Sis. Norma Zabka and Henriette Milan. Resolutions were read and approved.

Nominating Committee - Recommended the following slate of officers: President, Bro. Ben Maca; First Vice-President, Bro. Charlie Petrzelka; Second Vice-President, Bro. Don Steinman; Third Vice-President, Bro. Frank Veselka; Secretary, Sis. Vlasta Laznovsky; Treasurer, Sis. Bernice Hamilton; Educational Director, Bro. Oldrich Parma; Publicity Director, Bro. Jerry Milan; Organizational Director, Bro. Jack McClure. There were not any other nominations from the floor. The slate of officers as recommended by the committee were approved. District Board of Instructors slate of officers was approved. Standing Committees: Approved that Bro. Miro Jurcik continue to serve as District Historian. Approved that Bro. Bob Podhrasky represent the Southern District in the Czech Culture Society.

New, Old Business and Discussions: District Library; last annual meeting approved and accepted by Sokol Karel Havlicek Borovsky, Ennis to house a district library. Bro. York confirms that this project be incorporated in future expansion of the building.

1981 National Slet - Bro. Maca informs delegation that two co-chairmen have been elected to head the Slet Committee: Bro. George Prevratil and Bro. Larry Laznovsky. Bro. Prevratil reports that committees are being formed and assignments made. Bro. Laznovsky indicates that the World Games in December with Sokol Fort Worth involvement, association with the Convention Center personnel and the general awareness of gymnastics within the city will contribute favorably toward the National Slet.

Assistance to gymnasts participating in meets - Motion made and approved that the District allow assistance of \$100 to the unit per competitor in one year competing in U.S. Nationals and provided that they represent Sokol in Sokol uniform and limit the assistance to maximum of three gymnasts from any one unit.

SPJST Convention, June 9-12, 1980 - Approved that Bro. Prevratil be designated to represent the Southern District at the convention.

By-laws - Recommendations submitted by units were discussed.

Approved that the Executive Committee visit and hold a meeting with Sokol Corpus Christi prior to the District Slet.

American Sokol Convention, June 16, 17 and 18th - Approved that the District Executive Committee make all reservations for delegates. Units advised to submit names of delegates by January 31st. Motion made and approved that the District allocate \$200 for a hospitality room.

Discussion regarding representation from the Southern District at the Canadian Slet, June 21-22. A decision will be made at a later date.

Bro. Prevratil suggested that the equipment in Yukon be transferred to West. Yukon informs us that the equipment is in storage and the need of it is not in the immediate plans of the unit.

Approved that the District monthly meetings continue to be held on the fourth Thursday. Also approved the District seat continues to remain in

Dallas. Sokol Houston confirms plans to enlarge the building in the near future. Bro. Maca expressed appreciation for attendance and reports and for support and cooperation extended to him throughout the year.

Annual meeting 1980 - Approved to be held in Houston, tentative date: November 9th. Meeting adjourned at 3:40 p.m. with "Leti Sokol!" in Czech and English.

Nazdar!

Sis. Vlasta Laznovsky, Secretary

ASO EXECUTIVE BOARD MEETING

Regular meeting of the American Sokol Organization Executive Board on Tuesday, November 27th, 1979, was called to order by the President, Bro. R. Zitny, at 7:35 p.m. The following district minutes had been received and distributed to the board members: Western District BOI - Annual, Sept. 15th; Western District Annual - Sept. 16th, with copies of reports from all their units; Western District - Oct. 8th; Eastern District - Oct. 15th; Central District - Oct. 24th and Central District - Annual - Nov. 4th.

CORRESPONDENCE: Received a letter from the Southern District announcing that Bro. George Prevratil and Bro. Larry Laznovsky are co-chairmen for the 1981 National Slet. They requested a \$2,000.00 advance. Bro. Schnabl moved that this be allotted, to be sent after the first of 1980; seconded, passed. They likewise requested Bro. Zitny to attend their District Slet in Corpus Christi on June 6, 7 and 8th. Bro. Lebloch moved that if his schedule permits, he go; seconded, passed. Sent Bro. Liska 50 3-fold pamphlets and 50 application for membership forms - per his request in a letter to Bro. Lebloch. Acknowledgement was sent to the "Vestník" of the SPJST thanking them for the Sokol articles which are appearing in their publication. Letter received from Sokolice Renata Tyrsova which raised a number of questions regarding the 1980 Convention in Cedar Rapids. After much discussion, it was decided to invite three of their members to our office and 2 or 3 members of Sokol Detroit (where the last Convention was held) and Bro. Ed Pavoucek, President of the Western District, to our office on Saturday, January 5th, 1980. Letters will be sent as soon as possible. Received request for placement of a Christmas ad in the Cicero and Suburban Observer. Sis. Basta moved that we take an ad; seconded, passed. Requests from the Denni Hlasatel for Christmas or New Year's ads. It was decided to take a quarter page ad for New Year's; seconded, passed. In this same vein, holiday ads were discussed for the Suburban and Berwyn Life. Bro. Schnabl moved that Sis. Pistorius be authorized to handle these two likewise; seconded, passed.

WOMEN'S DIRECTOR - Sis. M. Ptacek: Received schedule of events from the AAU for their convention at the end of the month. Received the 1980 USGF Women's compulsories which are only elements. Also a letter advising that the USGF dues have been increased to \$200.00 per annum. Statistics and report received

from the Pacific District; minutes from the Western District's annual meeting; BOI minutes from the Northeastern District received. Letter from the Women's BOI of the Central District received explaining their decision not to use the Canadian calisthenics at its own 1980 Slet, but that materials and instructors are available. First and second classes of girls and boys calisthenics completed and stencils run off (1981). Junior classes being worked on.

Statistics presented for 1977-78:

Tots	439
1st Girls	694
2nd Girls	818
Jr. Girls	519
Women	463
Tots (Boys Div.)	17
1st Boys	297
2nd Boys	301
Jr. Boys	185
Men	221

A complete graph will be presented at the Convention.

DIRECTOR OF MEN - Bro. P. Lebloch: Received statistics and information from the Pacific District. Southern District encouraging their units to participate in the Canadian Slet. The BOI requested that their secretary, Sis. M. Simonek, be the BOI Convention secretary. Sis. Basta moved that she be reimbursed travel and per diem; seconded, passed. The World Gymnastics Championships will be in Ft. Worth and many of our Sokols there are represented as judges, assistants, etc. Just received two final report forms from the Eastern District: Beginners' instructors' school held in Maryland with 22 students - \$2,837.06; Advanced school in Corpus Christi attended by 11 students - \$2,774.00. Sis. Schnabl moved that the Beginners' school monies be allocated immediately, while the Advanced school monies be dispensed upon receipt of substantiating papers - without waiting for the January BOI meeting; seconded, passed.

EDUCATIONAL COMMITTEE - Bro. S. Barcal: Minutes of their last meeting read. Requesting the Western District for final report forms for the educational workshop held. Czechoslovak history ready to be distributed and a number of gratis copies were approved. The publicity brochure will soon be ready for printing and quotations will be available in January. "Our Task, Aim and Goal" will be reprinted with some minor changes. "Borec", a publication of Zupa Fuegner-Tyrs, which was the other organization which formed the existing American Sokol Organization, will be given space in one of the next issues of our publication. Sis. Basta moved that the University of Minnesota be placed on our mailing list, as they are very interested in our publication; seconded, passed.

EDITORIAL - Sis. J. Kourim: December issue is now in print. Noted that the article which appeared in the Sept. 12 "Věstník", appeared in our American Sokol in the July-August issue.

PUBLICITY - CZECH - Bro. J. Rabas: An article will be placed in the Czech newspapers regarding our seals.

FINANCIAL SECRETARY - Sis. A. D. Sotka: Prepared the October financial report and distributed copies to the Executive Board members. Quarterly report forms mailed to all Financial Secretaries. The lease for our safety deposit box expires December 14th and we will seek one at a savings and loan closer to the office - approved.

TREASURER - Bro. G. Basta: Presented the comparison chart to the end of the 3rd quarter of 1979. Income as of the end of September shows a loss. To date expenses are \$31,751.17 and income is \$28,881.13. The Uniform Division report through October 31, 1979 shows a balance of sales amounting to \$17,900 (rounded off) and gross profit of \$5,700 (rounded off). A letter from Seldon, Fox and Associates states that our financial statements will be examined for the year end December 31, 1979. Fees will be billed after the examination and necessarily have been raised. - Approval was given by the Board.

UNIFORM DIVISION - Sis. B. Prenner: Report read by Sis. Schnabl. UPS rates have been increased. An audit for the third quarter, 1979, will be held soon. Inventory scheduled for the end of December.

VICE-PRESIDENT - Sis. B. Prenner: Arrangements made for floor cleaning and also for Christmas decorations for the office. Attended the Educational Committee meeting. Mentioned that the Czechoslovak Organizations of Greater Chicago are presenting "Babička" on December 16th. Attended the Milwaukee Folk Fair which honored the Czech ethnic group and conducted by Sokol and Sokolice Milwaukee who should be commended for their efforts.

SECRETARY - Sis. E.J. Schnabl: Prepared the October meeting minutes and distributed same to our Board members and to the six district presidents. Acknowledged Future Sokol Leaders' Fund donations and am opening envelopes with Sis. Sotka for seals money donations. Have been working on the first and second class girls calisthenics for the 1981 Slet and will soon type stencils for the women's calisthenics. Convention letters to units, districts, district presidents, district directors and district educational directors have been mailed. Will shortly be sending ASO Christmas cards.

PRESIDENT - Bro. R. Zitny: Will install the officers of the Central District.

OLD BUSINESS: Recommended changes to the Constitution and By-Laws were reviewed and discussed. Letter from Sokol St. Louis regarding their 115th anniversary read. Bro. Barcal moved that Bro. Zitny attend; seconded, passed.

NEW BUSINESS: It was noted that a meeting of Sokol West, West, Tex., will be held in Dec., and will be attended by the Southern District officers. It is very probable that we will have a new unit.

There being no further business, it was decided that there be no meeting in December and the officers be empowered to conduct any necessary business in the interim. Meeting was adjourned at 10:30 p.m.

Respectfully submitted,

E.J. Schnabl, Secretary

SOKOL GYMNAST

JANUARY 1980

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

XX WORLD GYMNASTICS CHAMPIONSHIPS Fort Worth, Texas - Dec. 3-9, 1979



Tarrant County Convention Center,
Fort Worth, Texas.

In future years we may look back at this year's World Gymnastic Championships, which concluded in Ft. Worth, Texas, as the year the United States men finally made it to the top rank.

The U.S. men finished third overall (their highest finish ever) in team competition; Indiana State's Kurt Thomas became the first American man to win a medal, taking a silver; and Thomas and Morton Grove's Bart Conner dominated the apparatus finals.

Thomas, who last year was the first American to win a gold medal in the world championships, won gold medals in the floor exercises (his specialty; but he had to share it with East Germany's Roland Bruckner) and the horizontal bar, and took silvers in the pommel horse and parallel bars. Connor won the gold in the parallel bars and tied for third in the vault.

Thomas' performance overshadowed that of the Soviet Union's Alexandre Ditiatin, who won the gold in the all-around competition, took golds in the rings and vault, but only one other medal, a bronze in the horizontal bar. A tight duel between the two is expected at the Olympics in Moscow next summer.

The U.S. women fared much less well. None won a medal in the apparatus finals, with Northbrook's 16-year-old Christa Canary turning in the highest finish, fifth in the vault. Marcia Frederick, the defending champion in the uneven parallel bars, was sixth.

While the world's top women gymnasts were competing for the all-around title, Romania's Nadia Comaneci was in a Texas hospital room, recovering from "minor surgery" to drain an infection in her left hand.

However, in team competition the squad's worst score is thrown out. So because Nadia turned in a 9.95 in the balance beam, the only event in which she could compete - her Romanian team won its first gold medal, nudging the Soviet Union (the winner 12 years running) 389.925 to 389.550.

Because she did not perform in three of the four events in Thursday's optionals, Comaneci was ineligible to win the all-around title. She did, however, perform on the balance beam, bad hand and all, and scored a 9.95. But she was forced to scratch from Sunday's finals in the event. Nelli Kim, USSR, won the all-around title.

Gymnasts from 34 countries participated in these World Games. Winners will make up the teams most likely to compete in Moscow in 1980. Many Sokol members of the Southern District were involved in this event - Henrietta and Jerry Milan of Sokol Zizka - Rome Milan, Brad Durham, Gary Johnson and many area gymnasts who acted as runners, assistants and tabulators. Our congratulations to Sokol Omaha member of the United States team, James Hartung, who proved himself capable of competing with the best in the world, and alternate Mike Wilson of Garland, Texas.

The Events - Introduction

International competitions such as the 20th World Gymnastics Championships at Fort Worth are based on the modern Olympic competitive program.

Six events for men and four events for women requiring both compulsory and optional routines will be performed by each team's six all-around competitors.

The six all-around events for men are floor exercises, pommel horse, still rings, vaulting, parallel bars and high (horizontal) bar. The four all-around events for women are vaulting, balance beam, uneven parallel bars and floor exercises.

A routine has a possible score of 10 points, so the highest possible all-around for men is 60 points and for women, 40 points. A gymnast who loses hold of the equipment is allowed to remount and continue, but with a 0.5 point deduction.

The team score, for both men and women, is based on the five best marks in each event. Lowest score of six is discarded, thereby allowing a team to suffer one weak performance.

It is important to note the total all-around score earned by each gymnast is not calculated into the team score. Only the competitive events making up the all-around are used for team points. The all-around score is significant only to the individual gymnast.

In compulsory routines, exercise difficulty is not taken into consideration - just the execution. Compulsories get the competitors off on equal footing, and allow evaluation of each gymnast's ability to correctly execute movements.

Optional routines call for the judge to evaluate both difficulty and combination, that is, the structure of the routine.

This is a highly technical process and the judging of men's optionals, with the exception of vaulting, takes place on the basis of four factors:

1. Difficulty (11 parts) worth 3.40 points.
2. Combination (requirements) worth 1.60 points.
3. Execution (form and correct technique) worth 4.40 points.
4. Bonus point (for risk, originality, virtuosity) worth 0.60 points for a total of 10.00 points.

To attain the highest possible difficulty score, the routines on floor exercises, pommel horse, rings, parallel bars, and high bar must contain five parts of lower difficulty, five parts of intermediate difficulty, and one part of superior difficulty. All are assigned fractions of point values adding up to 3.4 points.

Combination or construction of the exercise is judged by guidelines that call for the gymnast to show his mastery of each event.

Execution errors can be made with the foot, leg, head, arm, hands, and body positions with regard to holds, stops, and touching the equipment. These include deductions for handstands not held vertically, hasty transitions from one part to the next, and poor posture before or after the exercise.

"Inside Gymnastics" by Ed Gagnier was information source for this material.

The Events - Women

UNEVEN PARALLEL BARS

Unlike the other women's events, bars require upper torso strength, although strength should be overshadowed by a free flow of swinging movements.

A routine should also include kipping movements - those in which the gymnast moves from below the equipment to a position above it. A total of 12 to 14 movements should be included, consisting of four average and three superior parts, along with the necessary connecting transitions. Sequences can be composed of a variety of swinging parts in combination with releases, regrasps, kips and twists.

If she falls, the gymnast is allowed 30 seconds before continuing.

VAULTING

Although similar to the men's event, the horse is set lower for women (47 and one-fourth inches). And women vault over the width rather than the length of the horse.

Two vaults are required, either two different tricks or the same movement executed twice. The higher of the two scores will be the official tally. The gymnast is given the score of her first vault before the second attempt to

aid in her decision of whether or not to perform a different maneuver.

The gymnast must announce her vault before she begins (often by selecting a vault number). The good vault will include an explosive kickoff; quick, rising heels; immediate repulsion off the horse, and a secure landing.

FLOOR EXERCISES

Like the men's event, women's floor exercise is based primarily on tumbling movements. However, the women use smoother, dancelike moves to emphasize grace and flexibility more than strength.

Because of its dance aspects, women's floor exercise is accompanied by music. And a recent ruling will allow the use of orchestrated music for these championships, a break from the traditional piano accompaniment.

The routine must last from one minute to one minute, 30 seconds, in which time the gymnast should demonstrate good balance, execution of tumbles, pivots, leaps, and jumps and good flexibility and suppleness in coordinating all parts of the body.

A routine of full difficulty must be composed of four average and three superior movements. Popular tricks include the aerial walkover and layout back somersault.

BALANCE BEAM

Precise balance and control are required on the beam, which is only 3 and five-sixteenths inches wide, barely enough room for comfortable footing. The beam is 16 feet, 4 and seven-eighths inches long, and set 47 and one-half inches above the ground.

The routine must last from 1 minute, 15 seconds to 1 minute, 35 seconds. It should include an assortment of

sitting, lying and crouching positions, although the routine is ideally dominated by standing movements.

Rhythm of the performance should be continuous - the international concept of continuous beam movement - and be uninterrupted except for a maximum of three still positions.

The Events - Men

RINGS

Strong arm and shoulder muscles are mandatory for this event.

The gymnast must perform two types of handstands, one of which is a dynamic swing into the handstand position, the other a slow press into a handstand to show strength and control.

In addition, the gymnast must show a static strength movement such as an "iron cross," in which the body is supported with the arms outstretched sideways and held for at least two seconds.

The routine must be composed with the swinging movements being more than 50 percent of the exercise. Movements on rings are commonly referred to as giants - those that start from a handstand position and swing in a complete 360-degree circle back up to a handstand.

It is crucial that the rings remain as still as possible during the entire routine.

The wooden rings hang with a clearance of 102 inches above the floor.

HIGH BAR

The horizontal bar ranks as the most spectacular in men's events - and hardest on the hands.

The competitor can never stop as he transcends from one variety of giant swings to another by means of turns, hops, and circling around the bar in various body positions.

The routine also requires movements with both hands released, where the body twists, somersaults or vaults over and regrips the bar. The dismount must be high and feature multiple twisting, somersaulting or both in combination.

Basic swings around the bar are giants, similar to those on rings, but here the gymnast must switch his hand position when changing direction of the swing.

The apparatus is a solid steel bar 94 and one-half inches long and 1 and one-tenth inches in diameter. The bar is 102 inches off the floor and quite flexible.

POMMEL HORSE

The gymnast must perform part of his routine on each of three sections of the horse (the neck, saddle, and croup). The horse body is 63 to 64 inches long and padded and covered with leather.

International regulations call for the horse to be set at a height of 43 and five-sixteenths inches from the floor. The pommels extend five inches above the horse body and can be adjusted in width, although most operate at the standard width of 17 inches.

Pommel horse is considered the most difficult men's event, as the gymnast is not allowed to stop at any point in the exercise. He will continuously swing in circular motions with the legs held together. A routine must include at least three "scissors" movements, in which legs are split and lifted high into the air in pendulum swinging motion.

PARALLEL BARS

The design of the bars allows the gymnast to duplicate nearly every trick performed in the five other all-around events.

Parallel bars routines must be executed primarily with swinging movements. The gymnast must swing through the handstand positions with turns and releases of the hands (increasing the chances of error). Also required are movements done above and below the bars, which must include changes in direction (the stutz).

Modern wooden or fiberglass rails are flexible and comfortable. Each rail measures 11 feet, 6 inches in length. The rails are oval and have an average thickness of 2 inches. Width and height can be adjusted to suit the competitor, although most work a common height of 5 and one-half feet, while width preferences will vary between 17 and 19 inches.

VAULT

This is the only event not governed by the 11-part requirement. Here only one part is required - a single vault performed over the length of the horse body (with pommels removed).

Difficulty is determined by the complexity of the trick during flight from the springboard to horse, and the horse to the landing. (It is a technical requirement for a vaulter to push off the horse with his hands at some point during flight). Distance and height of the vault as well as control in landing are crucial in determining a score.

Among the most popular maneuvers on this apparatus are the Yamashita, a full-twisting handspring, and double-front somersault.

For men's vaulting, the horse's height is raised to 53 inches.

FLOOR EXERCISES

The gymnast must fulfill an 11-part requirement as follows: one trick of superior difficulty, five tricks of intermediate difficulty, and five tricks of lower difficulty.

The routine must be completed within 50 to 70 seconds, and cover the 40x40 foot exercise mat area. Floor exercise routines must show a predominance of complex tumbling skills. In addition, the tumbling skills must be accompanied by transitional movements (changes in direction) which highlight balance, flexibility and strength. And the rules call for a rhythmical and harmonious presentation.

CORRECTION:

Low Division Team Results of XVIII Sokol USA Slet.

1. ASO New York	685.7
2. DA Sokol	678.5
3. Česká Síň	635.0
4. ASO Little Ferry	589.4

JUDGING AWARD

At the Gymnastics Associations of Texas Convention on October 12 - 14, in San Antonio, Forth Worth Sokol member Brad Durham, received the Men's Judging Award.

The Events - Results**Men's Teams**

1. USSR	587.500
2. Japan	583.700
3. USA	581.150

Women's Teams

Roumania	389.550
USSR	388.925
East Germany	388.075

INDIVIDUAL - ALL-AROUND**Men**

1. A. Ditiatin, USSR	118.250
2. K. Thomas, USA	117.975
3. A. Tkachev, USSR	117.475
4. V. Markalov, USSR	117.275
5. B. Connor, USA	117.025
6. R. Bruckner, East Germany	117.000

7. K. Gushiken, Japan	116.775
8. S. Deltchev, Bulgaria	116.525
9. (J. Hartung, USA	116.450
Tie (H. Kojiyama, Japan	

Women

1. N. Kimm, USSR	78.650
2. M. Gnauck, East Germany	78.375
3. M. Ruhn, Roumania	78.325
4. M. Filatova, USSR	77.950
5. R. Dunca, Roumania	77.725
6. V. Cerna, Czechoslovakia	77.600
7. S. Kraker, East Germany	77.400
8. E. Eberle, Roumania	77.375
9. R. Brabolle, E. Germany	77.275
10. E. Mareckova, Czechoslovakia	77.200



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 6426 West Cermak Road
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Dear Brothers and Sisters:

We wish to extend to your herewith a most cordial invitation to the VI. Slet of Sokol Canada which will be held on Saturday and Sunday June 21. and 22, 1980 at Toronto, Ontario.

We sincerely hope that it will be possible for members of your organization to participate in our Slet next year and thus demonstrate anew the ties of sincere friendship and true Sokol brotherhood which have traditionally marked our mutual relationship ever since Sokol was established in Canada in 1911.

Nazdar!

Judith Hollerová
 Jdenka Hollerová
 Secretary



Jan Waldauf
 Jan Waldauf
 President

SOKOL EDUCATOR

Rafael Kubelik, Son of a Maestro

(Continued)



From 1955 to 1958, he conducted the Covent Garden Opera in London, and at one performance he featured Smetana's "THE BARTERED BRIDE". In 1961, he was conductor of the Bavarian Radio Orchestra, and with it toured Europe in 1962, Japan in 1965, and the United States in 1968. From 1972 to 1974, he was music director of the Metropolitan Opera in New York. He again became involved in a controversy, but these embarrassing occurrences did not detract from his artistic reputation. In 1978, he conducted the New York Philharmonic in guest appearances.

In 1942, he married Ludmila Bertlova who was a violinist, and had performed as a soloist with the Czech Philharmonic. A son was born of this union in 1946, named Martin. Kubelik's wife died in 1961, and in 1963, he remarried. His second wife was an Australian soprano, Elsie Morrison. She retired from the stage to travel with her husband.

When the Communists came into power in 1948, Kubelik left Prague, and now lives in Switzerland. When at home, he relaxes by playing tennis and chess, and composing music.

In the book, "THE NEW MET IN PROFILE," by Stephen E. Rubin, Rafael Kubelik explains, "I try not to be sentimental. Of course I was born in Prague, and all my life and music are Prague-bound. But I feel that if I really want to live up to the simplicity of the Czech musician's approach to life, then I have to stay out. I cannot collaborate with people who are destroying the

greatest wealth of the nation - the fight for freedom. Our nation was always bound to fight for its liberty in thinking and for its cultural treasures. This I can't do at home, but I can do it outside. So I must suppress my nostalgia. I always say that I left my country not to leave my nation. This is why I am sad but not unhappy."

Kubelik wrote operas, the most outstanding one Veronica, symphonies, violin concerto, cello concerto and choral music. He has conducted thousands of concerts and operas, and sweats to give a good performance. He says that a conductor is just one person, and through him must flow the result of pains-taking rehearsals. Each performer on the stage is an individual with a heart and tries to be perfect. The musicians play and the operatic stars sing and act out their dramatic roles. They are a collective group of artists, but he feels that they are never as good as they should be.

At times he does get adverse criticism, but he does not let it bother him. Only when he knows that he poured out all the music in him, and critics give the performance a bad review, he feels annoyed. Then he thinks it over, and feels the same way the critics did and decides he has no reason to be hurt. He is never satisfied, tries always to improve and most important - to stay happy.

Sister Stella Tichy,
Sokol Cechie, Chicago.

Rudolf Friml

Rudolf Friml was a Czech-American pianist and composer who wrote music for operettas. Ziegfeld shows and unforgettable songs like ONLY A ROSE, THE INDIAN LOVE CALL and ROSEMARIE. He was born in Prague, Czechoslovakia, December 7, 1879. His father was a full time baker who used spare time to play the zither and accordion. He realized that Rudolf as a child liked music and encouraged him to play the piano.

Friml studied pianoforte under Jiranek, the theory of music under Foerster and composition under Antonín Dvořák at the Prague Conservatory. When Friml was twenty-one years old, he accompanied Jan Kubelik, on the piano on concert tours to Austria, England, Germany and the United States. In 1904, he performed as solo pianist on concert tours in the United States, and in 1906, he made his home in New York. He played with many leading orchestras and performed his own piano concerto with the New York Symphony. He was an attractive musician with great ambition. He had feminine features and long wavy hair, making him look more like Chopin than Franz Liszt whom, it was said, that he tried to impersonate.

Friml got his first big break when Victor Herbert, the foremost composer of light opera had a quarrel with Emma Trentini. She was a temperamental prima donna for whom Victor Herbert had undertaken to write the music for THE FIREFLY. When weeks went by and the quarrel could not be patched up, Friml was asked to complete the music. The book and lyrics were written

by Otto Harbach and young Oscar Hammerstein, nephew of Arthur Hammerstein. When the Broadway musical was being produced Friml felt that something was lacking. Over one weekend he worked to improve it. He took out one of the songs and replaced it with a more sentimental song, a beautiful waltz which he called "Sympathy". Otto Harbach was thrilled with it and said, "Friml pours melodies out of his sleeves."

Friml had the talent to improvise tunes when inspired by events or when he was in the right mood for scribbling out melodies. ONLY A ROSE was composed during a rehearsal which Friml stopped when a pretty young girl approached and handed him a rose. A pretty girl, a rose and a memorable song was written.

ROSEMARIE was an operetta that showed Friml's great skill at improvising. Otto Harbach, the writer of the operetta gave Friml the title and he sat down at the piano and dashed out a number of refrains, anyone of which could have been used. SONG OF THE MOUNTIES and INDIAN LOVE CALL were written for the operetta. Its beginnings started in the Canadian Rockies. Harbach and Hammerstein who collaborated together went to Quebec to look for Indians and get ideas for their show. They were disappointed when the great Indian show they went there to see turned out to be only a parade. Next they went to an Indian village and found that the Indians no longer performed the Indian dances or beat on drums, but had accepted the white man's way of life.

The two men returned to New York and after weeks of talking about and discussing the show, they decided to change the locale from Eastern to Western Canada. Certainly, in the Canadian Rockies more colorful Indians could be found. The first act was to take place in Saskatchewan and the second act in Quebec. They wrote a story about an Indian brave who is accused of murder he did not commit and hides in a small house on a canyon cliff. He had made an arrangement with his sweetheart to sing out a love call when the police were in the vicinity looking for him. It would be a signal for him to leave immediately and look for another hiding place. The signal was the big problem. Friml with his Prague background did not know Indian music. He thought that the call should be done by yodelling as singers yodel in Switzerland. The three men yodelled, whistled and sang, and finally Friml gave out a series of musical notes which delighted Harbach. He told Friml that the notes sounded just right and to go home and finish the song. By morning it was completed without the beat of the tom-tom or the yell of a war dance. - A tribe of Indians in Wisconsin claimed the song as their very own. Year after year "you---oo---oo---oo---oo!" yodels down from a cliff on a river bank where the song is being sung and an Indian show being given at Wisconsin Dells.

One of Friml's best known operettas THE VAGABOND KING was produced in 1925 by Russell Janey. It found its way into the world one day when Russell Janey was looking through Friml's notebook and came across a melody that pleased him. He asked Friml to add to the beautiful melody and when completed it became THE VAGABOND KING.



DONKEY SERENADE was originally a lullaby that came into Friml's mind one night before he fell asleep. The next morning when he awakened the melody was still in his mind and he sat down at the piano and dashed out the song. It pleased him so much that he gave it to his friend, Rudolf Schirmer to look over. The friend liked it, but changed the name to IN LOVE, under which name it first appeared. Later the name was changed to CHAMSON. Then Dalley Paskman put lyrics to it and it became CHAMSONETTE. The title was changed once more when the FIREFLY was filmed and it became one of the classics of light opera.

L'AMOUR TOUJOURS L'AMOUR was written for Friml's lady friend, a French film star whom he intended to marry. The song became popular all over the world. His last big hit was THE THREE MUSKETEERS which was produced in 1928 by Flo Ziegfeld.

Friml continued to write for the stage and produced music for films in Hollywood. He maintained a home in Hollywood, and enjoyed life, sailing his own yacht, composing music which he recorded and sent home to his Chinese secretary whom he married in 1952. He was seventy-three years old at the time and his bride thirty-nine. He died twenty years later on November 12, 1972.

Sis. Stella Tichy
Sokol Cechie, Chicago.

MATERIAL FOR OUR MARCH COPY
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Z rozmluvy se starým Pánem

Musím vám to napsat, musím to někomu říci. Sdělena radost, dvojitá radost. Chodím občas nakupovat na Čermákovu třídu, a jelikož je od domova pouze dva a půl bloku, neberu si vůz. Nedávno potkal mne starší pán (možná, že mladší než já, ale to nevadilo) a povídá: "Vy, Sokolové jste velmi dobří lidé". Nabídl jsem pánovi rámě a šli jsme. Víte jak jsme šli. Vždycky tři kroky, pak zastavit, pak zas tři kroky a starý pán hovořil:

"Ležel jsem letos skoro od jara s tím mým revmatismem. Jednou po polední přijde z kuchyně Poldinku a povídá: "Poslechni hochu, (neusmívejte se, my s mojí Poldinkou jsme moderní lidé; my se totiž ještě po padesáti letech manželství máme rádi, a tak ona je u mne pořád Poldinka, a já jsem její hoch) - tedy povídá: "Hochu je takový hezký den, po obědě jsi si již dost odpočinul, mohli bychom se trochu projít. Ty to potřebuješ a mně to udělá dobře." Já na to: "Ale proč pak ne," a tak za chvíli už jsme byli na ulici; ani hůl jsem si nevezal a šlo to. A jak tak jdeme, uslyšeli jsme z budovy, kol které jsme právě šli dětský smích.

Počekejte, já vím, že chcete vlastně vědět, proč jsem s těmi Sokoly začal, ale ono to patří k sobě a hned vám to povím.

Ta budova, kolem které jsme šli, byla sokolovna; neodolali jsme a došourali jsme se po schodech nahoru, a do tělocvičny. Ta vedoucí nám dovolila postát, ba nabídla nám i židle; koukali a poslouchali jsme. Povím vám od srdce pár vět. Připadalo nám to tak, jako bychom chtěli do toho bujarého, mládím kypícího kruhu, když jsme se dívali do těch veselých, bezstarostných očí děvčat, a rádi bychom byli pohladili ty jejich kučeravé hlavy. Viděli jsme jak se mají vzájemně rády. A samá zdravá a veselá děvčátka a ta jejich cvičitelka také taková zdravá a veselá a vycítili jsme, že cvičitelka je má ráda a dívky jí. A kde se mají lidé rádi, tam je tepleji, družněji. Z lásky se rádo poslouchá. Z lásky se rodí kázeň. Z lásky rostou krásné a dobré věci. Zkrátka, viděl jsem, že výchova sokolská vede k prospívání na duchu, na srdci i na těle, a k nejlepšímu vlastenectví. V krátké rozmluvě s cvičitelkou jsme poznali, že vedle americké hrdé historie dítkám je podávána i slavná minulost česká a boje Čechů za svobodu a, že se cvičí čtyři odpoledne a večery a také během dne. A tu jsme si uvědomili velkou složitou práci pro mládež, vlast a národ, kterou vy Sokolové konáte. Třeba štěbetala anglicky, byla děvčata naše.

O vás není ani tak moc slyšet, ale když promluvíte, tak to nějak člověka chytne u srdce a cítí, že k vám také patří, a že vy mluvíte za nás, kteří zde žijeme dlouhé desítky let i za ty druhé. My to cítíme, ale nedovádíme to říci! Všechno kolem samá politika; vlastně ta by sama o sobě nebyla nic špatného, kdyby směřovala třeba různými cestami k jednomu cíli; k prospěchu našich Spojených států. Ale to ne, to všechno jen pro stranu. A naše vlastenectví?

Jsou mezi námi lidé, kteří na jedné straně se hlásí k své americké vlasti a užívají plně její svobody. A na druhé straně chválí rozvrácení mravních sil a nespravedlivé ujařmení milého českého národa. Opravdivá láska k

českému národu, k rodné řeči, k čistému češství nese touhu po svobodě domoviny Čechů a Slováků, po všem dobrém, spravedlivém a ušlechtilém: po šťastné svobodné jeho budoucnosti.

A tak jsem skoro otráven a v duši nespokojen, poněvadž hrajeme si na babu, na schovávanou, hrajeme baseball, golf, a football, ale nemáme si hrát se svobodou, s osudy národa za mořem.

A starý pán se zastavil a omlouval se: Odpusťte, že jsem se tak rozohnil - ale samostatný rozvoj národa a zdravý pokrok jeho mi leží na srdci tak, jako vám, sokolům.

Reknu vám, že sokolovny šli jsme hrdě a proto jsem vám co cítím řekl - a proč jsem vám řekl, že jsou ti Sokolové velmi dobří lidé. Dáváte své hlavy, svá srdce, svou lásku a oddanost národu, kterému jste svobodu pomáhali získat: práci, financemi i životy. Národ vám za to vděčí, i když dnes je to zásadně zamlčováno. A tam, kde jsme se koukali pošleme také svou malou hrůžičku a vždycky, když půjdeme s mojí Poldinkou kolem, řekneme si, že jsme také přispěli na tu sokolskou činnost.

Tolik mi povídal starý pán. Občas jsem ho přerušil, ale zde je běh jeho myšlének a obsah jeho slov. A vám to piši, abyste viděli, jak na sokolstvo pohlíží starý pán a zajisté tisíce našich lidí - - -

Bro Karel Prchal

Importance of Physical Activity

Everybody should exercise and get educated physically irrespective of age and calling. Everybody should understand that physical training is needed for the body as much as air and food.

"In order to be able to carry on any art or occupation, we have to begin by providing for ourselves the necessary tools and to be able to use these tools with good effect, it is necessary to make them durable, so that they would stand up when used. And in order to learn to think, we have to exercise our limbs, our senses, our organs, which are the instruments of our reason, and in order to be able to make full use of them, it is necessary that the body which is furnishing them be sound and strong. A good servant must be healthy and strong". (Rousseau.)

"Activity or the daily performance of a sufficient amount of work is so important a natural duty, that the whole organism or its every part which is inactive is inevitably condemned to weakness, disease, degeneration and finally to death."

"If one has a normal physical system, there is no reason and no excuse for him to remain weak, since it is possible by reasonable methodical effort to become strong."

"Learning one's duty to the body is what could be called 'physical morality'."

"Moral education is inseparable from the education which is purely physical. The school of physical exercising should be at the same time a school of youthful strength, will, courage, cool-bloodedness and daring."

(Cont. on page 12)

ASO FINANCIAL REPORT

NOVEMBER 1979

RECEIPTS:

Dues	\$1,412.25
Convention Fund	46.00
Special Assessment	39.00
Dividends and Interest	80.38
Subscriptions to "American Sokol"	3.00
Resale of Jewelry	138.05
Educational Pamphlets	17.50
Postage and UPS Charges	100.18
Donations to General Fund	70.00
Seal Donations	647.00
Miscellaneous	1.00
	<u>\$2,554.36</u>
ASO Uniform Division - Payment toward advances	534.49
TOTAL RECEIPTS	\$3,088.85

DISBURSEMENTS:**Administrative**

Salaries	\$614.85
FICA & FWT for Oct. 1979	134.66
Rental, Janitor Service, Phone, Electric	371.03
Office Supplies	56.67
Postage	30.02
Machine Parts	27.37
Advertising	75.00
Donations	50.00
	<u>\$1,359.60</u>

Board of Instructors

Salaries	\$342.62
FICA & FWT for Oct. 1979	62.24
Editor "Sokol Gymnast"	30.00
Additional copies "Sokol Gymnast"	29.00
Postage	10.08
Dues	200.00
	<u>\$ 673.94</u>

Educational Department

Salaries	\$ 39.01
	<u>\$ 39.01</u>

Sokol Publication

Printing "American Sokol"	\$1,008.78
Editor "American Sokol"	100.00
Postage "American Sokol"	168.86
	<u>\$1,277.64</u>

Miscellaneous

ASO Uniform Division - Salaries, FICA, FWT, Phone	\$453.25
Special Appropriations - Eastern Dist. ASO	2,837.06
	<u>\$3,290.31</u>
TOTAL DISBURSEMENTS	\$6,640.50

Balance brought forward:

Western National Bank of Cicero - Checking Account	\$3,713.64
Check returned and cancelled	50.00
Receipts - November 1979	3,088.85
	<u>\$6,852.49</u>
Disbursements - November 1979	6,640.50
	<u>\$ 211.99</u>

FUTURE SOKOL LEADERS FUND

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In memory of Jennie Fruhbauer - Sokolice Milwaukee Sewing Circle	\$ 10.00
In memory of Edward Porinsky - Jerome A. and Vlasta Vojta	10.00
In memory of Anna Linhart - Irwin J. and Agnes Proksa	10.00
In memory of husband, Charles Machotka - Victoria Machotka	10.00
	<u>\$ 40.00</u>

Transfer of funds to checking account for postage - \$97.55.

DONATIONS TO GENERAL FUND

In memory of Joseph Ziegler, John Martiny, Marie Vodak, Cecelia Ritschel - Sokol Town of Lake	\$ 60.00
In memory of Marie Kreibich - Richard and Marie Ptacek and Family	10.00
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Sokol Detroit News

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Importance of Physical Activity - (From page 9)

"The endeavor to be strong is a duty not only to one's family, but to one's country and to humanity in general. Only the strong will prove themselves useful in crises, emergencies, misfortunes and troubles of all kinds."

"Activity is a natural law. Every living organism, which follows the natural instinct to be active will reach full physical development by full use of its moving organs in work and in defense." (Hebert.).

Regular exercising calls for a certain amount of self-denial. It is a mistake to use exercise as a medicine, that is, to exercise only when prescribed. The right way is to exercise so as to prevent disease! One should exercise all the time, regularly, the same as he eats and sleeps.

There are various physical culture systems which are glibly recommended, and according to which, if we are to believe their authors, it is sufficient to go through a few selected and definitely arranged exercises for five minutes to accomplish the desired purpose. The authors like to point to themselves as proof of the effectiveness

of the systems invented by them. But the trouble is that the author before he invented his system, had gone through many systems and gained a little from each, and his own system merely keeps him in condition which he gained by using the other systems. But even if these new-fangled systems were effective, how many are there among us, who would hold themselves in check and follow these more or less dry prescriptions? The only seeming advantage of these systems is that hardly anything is needed to carry them out.

All these systems will, in time, bore even the most stubborn followers, will poison them by their dry indigestibility and one-sidedness and finally by the unpalatable practicality and the lonely practice, because the eternal instinct - overcoming difficulties, a practical use of strength - is not and cannot be satisfied.

It is fair, however, to agree that using any system faithfully is better than doing nothing at all.

The Sokol system and methods bring the most brilliant results both to the individual and the nation!

(SPJST)

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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