

AMERICAN SOKOL

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Educational and Physical Culture Organization

Letos si však já dám pozor

BOHUMIL MAREK - 1964

Letos si však já dám pozor,
budu jísti střídmě jen,
abych na to posvícení,
užil pěkný, milý den!

Když si po obědě sednou
všichni v předním pokoji,
myslím, že se touto básní
teta plně spokojí.

Naučil jsem se ji z knihy,
kterou učitel mi dal,
bych verše o posvícení
hostům pěkně odříkal!

Nuže tedy, dobrá, pozor,
již se kouří z komína
a to moje posvícenské
povídání začíná!

Už máme posvícení za dveřmi v síni,
jděte pro řezníka, ať bije svini.
Voda se už vaří, z mēdēnce skáče,
a zejtra budeme dělat chutné koláče.

A co jich napečem, to po dvou pecích,
ty je pak rozneseš, Vašku, po strejcích.
Když přijdeš do domu, dej pozdravení
že je všechny zveme, k nám na posvícení.

Raduj se kmotře Dvořáku,
budem veselí,
bude u nás posvícení,
dá bůh v neděli.
Vola jsme už zabili,
prasata jsme pobili,
čtyři husy náležitě
jsme vykrmili.

Přijď, ty kmotře i s kmotřičkou,
v neděli ráno,
zveme vás na posvícení.
bude vám přáno,
masa dost a jitrnic
jelita a ještě víc,
od jídla nebude scházet,
věřte kmotře - nic.

Čtrnáct liber hovězího
masa vařit dám,
sedm liber skopovýho
do zelí už mám.
Šest liber vepřovýho
a čtyry uzenýho,
kdo přijde na posvícení,
uctíme každýho!

Ted' jsem vám vše pěkně řekl,
sucho v puse mám,
trošku piva do skleničky
hrdlo si už svlažím sám!



AMERICAN SOKOL

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OFFICE OF THE
EXECUTIVE BOARD ASO.
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6424 W. Cermak Road Berwyn, Ill. 60402
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at ASO Office

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LORRAINE ZDENEK JOHN SATEK
By-Laws Chairman - JOSEPH KOVAR

Calendar of Events

NOV. 7 and 8 - SOKOL GREATER CLEVELAND
Holiday Fair

NOV. 14 - SOKOL BROOKFIELD
50th Anniversary Dinner

NOV. 20 - SOKOL GREATER CLEVELAND
Fish Fry

NOV. 20, 21, 22 - SOKOL MILWAUKEE
Folk Fair - Mecca Area - Auditorium

DEC. 5 - SOKOL GREATER CLEVELAND
St. Nick's Dance

DEC. 5 - SOKOL LOS ANGELES
Mikulas Dance

DEC. 5 - SOKOL SLAVSKY
St. Nick's Dance at Sokol Berwyn

DEC. 5 - SOKOL STICKNEY
Spaghetti Dinner

DEC. 6 - SOKOL DETROIT
Czech Dinner Party

DEC. 6 - SOKOL WASHINGTON, D.C.
St. Nicholas Celebration

DEC. 20 - SOKOL SOUTH OMAHA
Flea Market

DEC. 31 - SOKOL SOUTH OMAHA
New Year's Eve Dance

DEC. 31 - SOKOL GREATER CLEVELAND
Dinner Dance

DEC. 31 - SOKOL BROOKFIELD
New Year's Eve Party

DEC. 31 - SOKOL LOS ANGELES
New Year's Eve Dance

DEC. 31 - SOKOL STICKNEY
New Year's Eve Dance

DEC. 31 - SOKOL DETROIT
New Year's Eve Party

FEB. 5, 1982 - SOKOL SOUTH OMAHA
Annual Vecirek

FEB. 13, 1982 - SOKOL BROOKFIELD
Spaghetti Dinner

FEB. 13, 1982 - SOKOL LOS ANGELES
Valentine Dance

FEB. 20-21, 1982 - SOKOL SOUTH OMAHA
Garage Sale

FEB. 21, 1982 - SOKOL STICKNEY
Pancake Breakfast

MAR. 6, 1982 - SOKOL BROOKFIELD
Gymnastic Exhibition

MAR. 20, 1982 - SOKOL LOS ANGELES
Josefovskas Dance

MAY 21, 1982 - SOKOL MILWAUKEE
Graduation Program

JUNE 13 and 14, 1982 - SOKOL ST. LOUIS
Central District Slet

JUNE 18, 19, 20, 1982 - WESTERN DISTRICT
Slet - St. Paul, MN.

OCT., 1982 - SOKOL BALTIMORE
110th Anniversary

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CII

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WE'VE MOVED!

As of November 1, 1981 the
American Sokol Organization
has moved to new headquarters.

Our new address is:

**6424 W. Cermak Road
Berwyn, IL 60402**

Phone is still the same:
(312) 795-6671

Please change your records accordingly.

Thank You
The Executive Board

ASO Executive Board Meeting

Regular meeting of the American Sokol Organization Executive Board, Tuesday, September 22, 1981, was brought to order at 7:30 p.m. by President Roy Zitny. District minutes received: Central, June 17th; Northeastern, May 27th and July 22nd, Southern, May 24th and July 23rd; Pacific, no date; Western, June 8th.

CORRESPONDENCE: Thank you letters received concerning our XV National Slet in Fort Worth. From Washington, D.C. informing us of their plans to build a Sokol hall. We give them our support. Also sent Bro. Jaroslav Kaspar-Paty, President letter from government officials proclaiming what a good job "Sokol" is doing for the youth of America. They are trying to obtain a government grant, to help with building. Received the official invitation from the Czechoslovak Sokol Abroad for the Vienna Slet in 1982. Also wished our approval of the invitation before sending it on to other units. This was given. Also a complete itinerary (in Czech) of all the plans for Vienna. Will give to Bro. Rabas to read and report on any important facts. Received the final papers and check from the Trust Fund of Arthur Novak, Milwaukee, WI. The check was for \$330.72. Invitation from Sokol Brookfield for their 50th anniversary banquet, also information for their ad book. Also received their confirmation of the Tyrs statue, forwarded that to Bro. Milan, Fort Worth. Sokol Londyn sent a sample tie they are selling. Approval given to order two dozen to start with. Southern District, invitation to the District Slet in 1982, June 4, 5 and 6th. Also request that Bro. Zitny or one of his representatives be present. Bro. Zitny has accepted, if he cannot make it, a representative will be sent in his place. Thank you letters from Sis. Nekuda for remembering her husband, Emil and from Bro. Pavoucek for compiling the officers' list from Western District, they are making a memorial plaque.

WOMEN'S DIRECTOR - Sis. Marie Ptacek: BOI members for the coming year are: Sis. Pistorius, 1st assistant, A. Halik, 2nd assistant, L. Zdenek, M. Satek, M. Prchal, E. Schnabl, J. Zeman, J. Kalat and M. Simonek, secretary. Newsletters from various units, all are very complimentary of our XV Slet. Notice of USGF Congress for Coaches to be held September 23-28, 1981 at the Hyatt Regency, Fort Worth. Slet statistics compiled by Sis. Betty Prener, assisted by Bro. Linhart, were submitted as follows: Children's Slet calisthenics, 107 girls, 48 boys, total 155. Czechoslovak Folk Dance, 192. 440 Relay Race, 20. Senior calisthenics, 360 women, 215 men, total 575. "Salute to the Southern District", 32 women, 32 men, total 64. Junior calisthenics, 360 girls, 154 boys, total 514. Grand total, 1,520. Eleven entries in the Special Number Competition (5 Districts were represented). Many remarks were sent in concerning the Slet, both good and some constructive; all these will be reviewed. All correspondence pertaining to the Slet will be brought to the Directors' Conference for further

discussion. ASO School, Advanced, two weeks at Ennis, 39 students; one week at Fort Worth, 17 adults; Bro. Milan, Michalek, Vrzalik, Rome Milan, Benak and Sis. Zabka, Provaznik and Dalton, instructors. Meeting for the revision of the Sokol Manual was held in July at Sokol Camp Woodlands. Received only one copy each of the children's cal, Jr. and Sr., from Czech Sokol Abroad for their Slet in Vienna. Bro. Waldauf has promised to send at least six more copies of the Jr. and Sr. calisthenics, as well as 6 cassettes of the music. Very costly for us to duplicate because of the large number of pages in each calisthenics. Sis. Dagmar Fiala, Sokol Baltimore, wrote she will be very happy to go over the calisthenics with us at the Directors' Conference if we are able to devote some time for that purpose. She says the proper interpretation of the cal requires knowledge of the musical score because the tempo changes quite frequently. A brief summary of the tours to Vienna were given at our meeting. USGF officials attending our Slet were very impressed with the program. **DIRECTORS' CONFERENCE** - to be held October 16, 17 and 18 in Baltimore, Maryland. ASO Directors, 1st and 2nd assistants, Bro. Lebloch and Sis. Ptacek, District Directors, National School Board Chairman and BOI secretary are sanctioned by the ASO. All others attending will do so at their own expense. Conference will be held at the Lord Baltimore Hotel. Agendas for the Conference have been mailed to the District Directors. **CHAMPIONSHIP RESULTS:** were not available immediately following the competition, but have been since mailed to each unit entered in this competition. **FINAL REPORT FORMS:** Approved for payment. Southern District for assistance to 14 students to attend the Advanced Instructors Courses held in Ennis and Fort Worth, July, 1981. Bro. Milan, Michalek, Vrzalik, R. Milan, Benak and Sis. Provaznik, Zabka and Dalton, instructors, \$550.00. Central District for Assistants' Workshop held August 11, 12 and 13, 1981 at Sokol Brookfield. 19 students attended. Sis. Schnabl, Zeman, Pajeau, Wostratsky and Bro. Rich Vrba, instructors, \$47.44.

MEN'S DIRECTOR - Bro. Paul Lebloch: Bro. and Sis. Kalat were welcomed back to the BOI and thanked for their efforts for the XV ASO Slet. The Slet was discussed in detail and reports given relating to the Slet. From comments of both participants and spectators, the Slet was a success and inspiration. I am proud of our members and juniors for their preparation, discipline and Sokol spirit. Received a letter from Bro. Jerry Hardy, complimenting us on the Slet, he will represent the ASO at the AAU convention. On July 19, 1981 thru Friday July 24th our representatives along with Sokol USA representatives met at Sokol Woodlands, Barryville, New York in order to work on revision of the Sokol Manual. Bro. Jerry Milan, Ed Halik and Sis. Marie Provaznik represented the ASO; Bro. Steve Banjak, Sis. Mickey Chilla and Chris Yatchysyn represented Sokol USA. Sis. Ellen Kovac replaced Bro. Banjak on Tuesday when he had to leave. Bro. Milan reported; the group worked well together, cooperating in the work at hand. It was agreed that we should; (1) correct typographical errors and mistakes in figures, (2) include more illustration and examples, (3) all

examples must be in correct terminology, (4) tumbling should be expanded and put into the 1st department, (5) a vocabulary should be added, (6) definitions corrected and some added, (7) locomotion movements added, (8) marching tactics should adhere as close to US military as possible, (9) apparatus should be expanded with more examples and illustrations. Food and lodging was fine and the atmosphere was very friendly. Sis. Yatchysyn and Lil Hrbek got most of the material typed in draft form. It was suggested that in the future, we have a full time typist and office equipment and supplies available at all times. They could have accomplished more and moved at a faster pace if they had a draft to work with each day. The revision of the manual is long overdo. It is important to the Sokol movement, that this work be accomplished. A biography of Bro. Emil Milan appeared in the USGF publication stating his affiliation with the ASO. Bro. Phil Cahoy, Sr. was recently inducted into the Nebraska Gymnastic Hall of Fame. An editorial regarding his accomplishments appeared in the Omaha World Herald. Bro. James Hartung and Bro. Phil Cahoy made the United States team for the World Gymnastics Championships to be held in Moscow this year. We have much to be proud of.

VIENNA TOUR, 1982: All districts have been notified and given itineraries. General mailing in the Central District is complete. Reservations have been coming in already.

MEMBERSHIP - Bro. Fred Kala: Is completing work on the membership letters, which will be given to Sis. Kourim to type and distribute as soon as possible.

EDUCATIONAL - Bro. Stanley Barcal: New books in the library, (1) History of Czechs in Cedar Rapids 1852-1942 by Martha Griffith; (2) The Czech Book by Pat Martin, recipes and traditions; (3) Fables from Czechoslovakia, translation by M. Melvina Svec; (4) Freckles and Featherbeds by Grace Drabek Smith. Thank you letters will be sent to the people who donated books. One book approved for order is Posters by Mucha, from Barnes and Noble. Regarding the bust of Tyrs, the cost will be \$725.00. Orders have been received from the following units: Fort Worth, Detroit, Sokol Greater Cleveland and Sokol Brookfield. The bill of \$1,100.00 for the mold and first casting has been approved for payment. The Educational Committee budget will pay for this, also \$172.00 for repairs of artifacts. Essay Contest: the date has been extended to October 15. Judges will be Bro. Lebloch, Barcal, Sis. Prchal, Prener and Zdenek. Sokols in America: Sis. Prener talked to Sis. Stella Tichy about writing a portion. She will be happy to. Sis. Prchal will bring us the work that Bro. Prchal had started so that we may have a starting point. Sis. Prchal will write a portion about the women in Sokol and specifically, the Women's BOI. Members for the new year were ratified for the Educational Committee. Sis. Schabowski is gathering prices for the possible printing of Sokol postcards to sell all year long. We have several ideas for picture designs. Sis. Kos has slogans and their interpretations for all the classes. We will use these to send out as mailings each month for this season. Sis. Zdenek will write to districts requesting

their districts histories for use in the work; "Sokols in America", asking for the material within six months. Sis. Prchal presented to the organization two oil paintings, one of Tyrs and one of Fuegner, which were a gift to her husband from the artist. They are very beautiful. Sis. Prchal has also brought in a translation of Sis. Provaznik's Lesson Plans for girls, junior girls and women, originally published by the COS in 1946. Sis. Zdenek has offered to type this manuscript, so that the library may have a full copy. Copies will be turned over to the BOI.

PUBLICITY - CZECH - Bro. Jerry Rabas: No report.

PUBLICITY - ENGLISH - Sis. Nancy Borvansky and Vlasta Zitny: No report.

FINANCIAL SECRETARY - Sis. Mildred Pinc: The financial reports for June, July and August, 1981 were prepared and copies were distributed to Executive Board members. On August 5th, \$15,000 was transferred from a regular passbook at Clyde Federal Savings to a 6 month certificate with a rate of 15.8 percent. A bill of \$180.00 was received from the Gestetner Corporation for the renewal of the maintenance agreement, approved for payment. Two certificates maturing within the next month; suggest transferring \$5,000 from Citizen Savings and Loan Assn. to our checking account and re-deposit the balance, approved. There are several units who have not paid their 1st and 2nd period dues for 1981. Is Sokol Rozvoj still active and should it be retained as a member of the American Sokol Organization? Donations to the Future Sokol Leaders' Fund for July and to the Library and Archives Fund for June, were read.

TREASURER - Bro. Edward Hlinka: July, August and September books for uniform division gone over and found to be in order. Bank statements for the month of October reconciled. Comparison charts will be shown at next meeting.

UNIFORM - OFFICE - II. VICE-PRESIDENT: Sis. Betty Prener: The months of July and August hit their usual low, but with classes starting in September things really picked up. Southern District shows exceptional activities according to orders received, Eastern District, classes started and uniforms are needed, Central District coming along fine, overall, in the Districts collections are very slow. Shipments from suppliers are taking longer necessitating frequent placement of orders. Now working on new price list. Cover will feature "Vienna 1982 Slet". There are some price increases. UPS rates will be increased, including weekly service charge effective November 1st. XV Sokol Slet souvenirs, 1981, winding up this account. "T" shirt orders, placed in Fort Worth, were shipped here for delivery. Customers notified by phone and letter to pick up. A few still remain. Cleaned a portion of basement. Cartons of old by-laws and old Slet souvenir books to be discarded. Basement needs thorough cleaning. Discard items not needed. Some space is necessary. Checked flags brought back from Fort Worth. Believe that we have two flags not ours, American flag and Czechoslovak flag. Size 4'x6' woolen type material, with golden spear finial on Cs. flag.

EDITOR - SECRETARY - Sis. Jackie Kourim: July-August issue of the American Sokol was held at the post office, they were notified about this, September issue was mailed within a day. Worked on transferring the files from upstairs to downstairs for the last five years. Made 31 citations of merit for Sokol Milwaukee for their recognition dinner. Worked on typing up the tour itineraries for the districts. Have been selling a number of sets of plates, they seem to be going well after the Slet. Handled necessary correspondence for the summer.

I. VICE-PRESIDENT - Bro. George Basta: On vacation.

PRESIDENT - Bro. Roy Zitny: Gave the highlights of the President's Conference held in Fort Worth during the Slet. Worked on the Vienna tour with the committee.

OLD BUSINESS: No reports from the XV National Slet as yet.

NEW BUSINESS: We are investigating the office next door for larger space. That way we would be able to bring our library up from the basement and have our artifacts available to the public.

Meeting adjourned at 10:30 p.m.

Sis. Jackie Kourim, Secretary

Czechoslovakia's Birthday

PART II

This continues the article from last month and focuses on the contribution of the ordinary Czech and Slovak soldiers whose heroic efforts and great personal sacrifices during the Great War or World War I (1914-18) and afterwards made possible the creation of a new nation in the heart of Europe. These soldiers fought against tyranny and for freedom on many fronts and many armies. The foreign legion of the French army benefited from having dedicated Czechs serving in the "Nazdar" company and elsewhere. Czechs and Slovaks served in the Italian army with distinction. On the Russian front these men earned their worldwide reputation for heroism and feats worthy of the 15th century Hussite warriors. The success of the Czech Druzina within the Russian army at the battle of Zborov resulted in the creation of the Hussite division with regiments named after Jan Hus, George of Podebrady, Jan Zizka and Prokop the Great.

The Czechoslovak Legion fought in Russia and continued fighting back and forth across Siberia until 1920 and then went home. Unlike the static trench warfare of the Western front, the Czechs and Slovaks developed mobile train warfare into as innovative and a refined art as Zizka's war wagons that helped to defeat wave after wave of crusading invaders in Bohemia five centuries earlier.

Sokol discipline and precision movements helped greatly in executing swift flanking and other maneuvers when away from the trains. The legionaries fought across all types of terrain - through deep mosquito infested swamps, high country and desert - encountering sweltering heat as well as numbing Siberian winters as the seasons came and went while death stalked them daily.

After fighting Germans, Austrians and Hungarians, the Czech Legion fought Cossacks, the Russian Bolsheviks and other warring factions as European Russia and Siberia staggered and reeled in bloody civil war during and after 1917.

Pictures of massive and fearsome Czech armored trains such as the famous "Orlik" (Little Eagle) with their shielded artillery guns and flatcars bristling with machine guns laid side by side and back to back reveal how formidable the Czechs appeared even to well equipped and numerically superior opponents. The Esprit de Corps, armor and equipment enabled the Legion to outfight the enemy, even when vastly outnumbered, virtually battle after battle.

To those who won their war, to those who remained and to those who returned we offer one more salute and Nazdar!

Bruce A. Janda
Sokol Detroit

Mom, I Want to Join Sokol

What's Sokol? I asked Laurie that question the day she came home from school wanting to be a gymnast! Well, okay - what's one more meeting and one more uniform if it makes your kids happy? I thought, "I'll just stay on the sidelines and not get involved - I don't have time. I have lots of other things to do. I'm a busy person, you know. I'm not even Czech!" All of these thoughts ran through my mind in February, 1980. It's now September, 1981 and I am a Sokol instructor, Sokol officer, and solid Sokol supporter. So, what happened to get me involved? Glad you asked. Out of all the organizations set up for children I saw that Sokol really was geared to help children grow emotionally and physically to be the best they can be. Some organizations get so bogged down in red tape that the kids are forgotten completely in a frenzy of activity. But in Sokol, at every business meeting, instructors' meeting, and informal gathering the main question is always, "What's best for the gymnasts?" "How can we help the kids who are just beginning in Sokol to have more confidence?" All of these questions remain foremost in the minds of the instructors and the officers and the members who have been so involved. All of this concern for their well-being is what the gymnasts get out of Sokol. But let me tell you what I have gotten out of Sokol. I've gotten a real sense of accomplishment and pride. Every time I see a child who started out afraid to do a front roll progress to doing a routine on the uneven bars I know Sokol and being involved is worthwhile. Not because that child is going to be a great athlete, but because he or she has accomplished something through his or her own effort. What else have I gotten? I've made some of the best friends ever. Oh, yes, it's been some work - you can't be responsible for 657 dozen kolaces and not have some work!! But just about everything worth while having costs, in one way or another. If you're looking for investments, I highly recommend Sokol. For every minute I've invested in Sokol, I've been repaid a hundred times over, and I'm confident you will find the same to be true of any investment you make in this organization.

Sis. Linda Chudej
Sokol West SPJST

AMERICAN SOKOL

SOKOL GYMNAST

NOVEMBER 1981

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

1865



1981

American Sokol Organization Merit Award for 1981-82

Upon the recommendation of the Merit Award Committee which had met and thoroughly examined all applications of applicants, the following Merit Awards have been approved by the Executive Board to be paid from the Sokol Future Leaders Fund. Those applicants not awarded should re-apply next year.



MARIA L. PELC
Sokol L.A., Pac. Dis.
U. of Cal.



PAMELA JANE RICHTIE
Sok. Renata Tyrsova, Wes. Dis.
U. of Iowa

Renewals:
PAULA LUCILE STANSBURY
Sokol Dallas
KATHY KUBIK
Sokol Slavsky
STEVEN ULRICH
Sokol Brookfield
THOMAS F. SATORIE
Sokol S. Omaha



JOHN R. SATEK
Sokol Slavsky, Cen. Dis.
No. U. of I.

MERIT AWARD COM.
Lorraine Zdenek, Chm.
Paul Lebloch
Marie Ptacek
Richard Ptacek
Charles Klapp



KATHY VAVREK
Sokol Stickney
Cen. District

SCARF

The scarf may be of parachute silk, nylon, gauze or light silk. Measurements: Length approximately 7 feet - width 4 feet. To master the technique of exercise with scarf in Modern Rhythmic Gymnastics, it is important to harmonize the soft movement of the scarf with the body movement. Exercise with scarf is characterized by its dynamics, lightness and fluidity which are produced by the texture of the material and its ability to float in space.

The scarf may be held on a corner **with one hand**; or **with two hands** on the narrow side of the scarf; also on the wide side of scarf (about 6 inches from corners). The scarf must be held lightly holding edge with two or three fingers.

The scarf, even more so than the rest of the MRG apparatus is subordinate to music; music that is adequate for the specific qualities of the scarf material.

During scarf movements or flight, it should constantly be stretched, slow to descend ("to hang in space"). It must not twist or crumple, and must not touch the body or floor.

During change of hold or during catching while scarf is descending, it is necessary, immediately, to grasp it lightly by side or corner. Do not shift fingers along edge while catching. It must get the proper impulse so scarf can move smoothly; this impulse should emanate from the center of the body and must be sufficient but not too sharp. The trunk and scarf movements must be synchronized.

Specific Groups: A) Swings, circles, figure eights
B) Waves
C) Throwing and Catching

Swings, circles and figure eights are big movements but not dynamics. The scarf is held with both hands or one hand in either overgrip or undergrip or mixed grip on corners. During the hold with both hands it is necessary to keep the scarf constantly and completely stretched. Combining movement of whole body with arm movements assists in amplifying movement.

Swing and circles holding wide side of scarf with both hands:

1. Closed stand - arms low right, width side of scarf held with both hands (about 6 inches from corners) - 3/4 measure
I halfsquat step L to side, R sidetouch, downward frontal swing, arms to left - moderate sidebow to left - turn head to left, look to left
II dip halfsquat R to side, L sidetouch - downward swing of arms to right - moderate sidebow to right - turn head to right, look to right
2. Preparation same as 1.
I dip halfsquat step L to side - downward frontal swing, arms to left swinging scarf to high left
II dip halfsquat step R to side, L sidetouch - downward swing of arms to high right
III-IV - I-II
3. Preparation like 1.
I-II pas chasse L to left - downward frontal to left

III-IV - I-II opposite

4. I-IV - I-IV
V-VI - I-II
VII cross R in front of L, 3-step (R, L, R) turn 360 degrees left - frontal circle with scarf to left (during turn, arms are extended at side) (on turn facing back, scarf is in back of body)
VIII step L to left side - swing scarf to left
REVERSE ALL

Figure Eights

5. Closed stand, dip - arms to right, left at right hip moderate sidebow to right - 3/4 measure
I upper loop of vertical eight: with alternate movement of arms execute circle over head beginning with right high inward - with accompaniment of body (sidebow to left, rearbow, sidebow to right) and with opposite movement of hip
II lower loop of vertical eight: horizontal circle in front of body, scarf under arms, begin by crossing arms in front of body, left high - moderate upper frontbow
REVERSE
6. Like 5. but all in kneel

Waves With Scarf - both hands or one hand

Gymnast holds scarf corner with one hand or both. When holding with both hands it is possible to execute waves alternating arms. Body movement is necessary. Scarf must be stretched.

7. Holding of scarf with one hand. Stand on R, L front touch arms extended to sides, scarf is held at corner with right hand - 3/4 measure
I dip halfsquat, change weight to stand on L, R reartouch, raise right high forward
II halfsquat R rear, L front touch - chest concentration - flank front swing with right arm downward to rear with 3 waves.
8. same as 7. I but finish with step L toestand, R rearleg
9. closeheel stand - arms extended to sides - scarf corner held in right hand
I cross R in front of L in toestand turning 360 degrees left arms: right arm high, left to side
II step on L, turning 90 degrees to left, change scarf to left hand
III take hold of scarf with both hands in back of body
IV 3 steps, R, L, R, turning 360 degrees to right and toestand L, bent R rearleg - right arm high, scarf in right hand
10. holding in one hand, frontway swing to high - leaps I
I 3 small leaps L, R, L, forward
II high split leap R - flank swing right downward to low rear on leaps - left arm extended to side
11. I waltz run forward L, R, L, - flank swing right forward beside body to high front, left extended to side
II step L forward on toes, turn 180 degrees to right and waltz turn to rear R, L, R, - flank swing downward with 3 waves of scarf

12. Holding narrow width of scarf with both hands: closed stand, arms front, hold scarf on corners - 4 4 measure
 I halfsquat stand to toestand - raising arms progressively to high with four waves of scarf
 II step L forward on toes, R extended to rear - raise arms to high, rearbow
 III lower to halfsquat on L - 4 waves of scarf
 IV scale on L, R extended high in rear - arms in front of chest
13. same preparations as 12. - run, scarf high overhead
14. turn to right or left in place with waves of scarf in front of body
15. I 4 4 measure - kneel on R, L foretouch - scarf with waves
 II sit on R, arms in front of body - Moderate frontbow - scarf wave
16. closed stand - arms high, scarf overhead - hold corners of narrow side with both hands in overgrip - 3/4 measure
 I toestand halfsquat (plie) moderate frontbow - arms hold but with wrist movement bring scarf in front of body
 II front body wave to toestand - with wrist movement raise scarf high again
 (Movement of trunk and arms is smooth and in harmony)
17. **Throwing and catching scarf** - squat - arms in front of body - 3 4 measure
 I hold scarf on wide side in overgrip - jump, R bent high back - release and throw scarf high overhead
 II land on L, R in front of L - arms extend to side, look toward descending scarf
 III 180 degree turn to right on R, close L to R in toestand - catch middle of scarf in right hand in front of chest
 IV hold
18. I 3 runs forward L, R, L, - left arm extended in front of body, right arm extended to rear, scarf held in right hand
 II jump high in stag position releasing and throwing scarf high forward overhead
 III land on both (scarf descending)
 IV close L (or R) to toestand - extend both arms in front of chest and allow scarf to fall freely upon arms which are stretched forward in front of chest
19. I-II 6 running steps, L, R, L, R, L, r, - held by corners of narrow side, arms high overhead, scarf flowing horizontally in rear
 III release scarf after giving extra forward impulse to flowing scarf - 3 more steps L, R, L, 180 degrees to left (while scarf continues to move forward)
 IV halfsquat step R to rear - catch other end of scarf on narrow side in both hands - rearbow
20. Closeheel stand - right closearm, left sidearm, scarf in right - 3/4 measure
 I 1. toestand R forward, bend L forward touching L toes to R knee, swing right frontway to high throwing scarf overhead

2.-3. hold toestand - deep rearbow - grasp scarf on opposite corner
 II chasse L forward (step L forward, close R behind L), closearm right and sidearm - trunk upright.

SOKOL SLET

Jim Hartung National Sokol Champion,
 1981 Sokol Slet held in Fort Worth

BY JERRY MILAN

Jim Hartung of Sokol Omaha scored 114.50 to become the National All Around Champion of the American Sokol Organization.

June 24-28, 1981 Fort Worth's Tarrant County Convention Center was the site for another major gymnastic championship competition. Traditionally since 1921, the American Sokol Organization has held their national championship in the Chicagoland area, but because of the easy access of D-FW Airport, close hotel accommodations, friendliness of the citizens and the success of the XX World Championships, Fort Worth, Texas was selected as host of the XV National Slet and Gymnastic Championships.

Some 800 competitors from twenty-five Sokol units and fifteen guests units, including Canada, Austria and Switzerland, performed some 4,750 routines for approximately 125 judges in four days. All levels of USGF routine were performed along with Modern Rhythmic, Group Special Numbers and Volleyball championships. Saturday nights closing Slet program at Farrington Field saw over 1000 participants in a spectacular exhibition of physical fitness.

The audience was treated to some super exhibitions by Olympian Phil Cahoy of Sokol Omaha, a soph at the Univ. of Nebraska. Phil chose not to compete because he was recuperating from an injury received earlier in the year.

THE SLET PROGRAM. - A beautiful and comfortable evening greeted the spectators as they witnessed a kaleidoscope of color, movement and pageantry as the Dallas Czech Orchestra, directed by Cyrill Pokladnik played the trumpet fanfare and 1932 Los Angeles Olympic March "Novy Zivot" (New Life). A Grand Parade of hundreds of gymnasts and participants in organization uniforms, authentic Czech costumes, carrying hundreds of flags and waving banners, marched in precision around the track and assembled on the field. A beautiful sight, never to be forgotten, as the anthems were played and numbers performed. Mass Calisthenics by the children, Czechoslovak Folk Dance "Horehronsky Cardas" 440 yard Relay Race (six districts consisting of 1 Jr. Boy, 1 Jr. Girl, 1 Woman and 1 Man), Mass Calisthenics by Senior Men and Women, Apparatus Exhibition, Special Number "Symmetry" by the Central District, Apparatus by Champions, Special Presentation to Sokols 1980 Olympic Team members (Tom Hinthaus-Pole Vault, Jim Hartung and Phil Cahoy - Gymnastics), Mass Calisthenics by Junior Boys and Girls made up the Slet program. The finale was highlighted as fireworks exploded and sprayed the night skies as "God Bless America" and "America the Beautiful" were sung.

SOKOL EDUCATOR CERMAK - DEMOCRATIC BOSS

If there ever was a true Horatio Alger story of a poor boy growing up to manhood, acquiring power and wealth, such a man was Anton J. Cermak, first foreign-born Chicago mayor. Unluckily, he took office during the depression when there was great unemployment, stock market prices kept falling, and thousands of business firms declared bankruptcy.

September of 1932, only 51 of Chicago's 228 banks remained open. Every time President Hoover said that prosperity was just around the corner, stock market prices sank lower. Cermak was constantly aware that city employees were not being paid and suffered hardships. He frequently took trips to Springfield and Washington to beg for funds with which to pay city workers. He sought loans from bankers and New York financiers. He became ill from worry and overwork trying to reduce expenditures and bring the city back to normalcy.

That didn't happen until Franklin D. Roosevelt took office and called a moratorium on all banks in the United States. When the banks reopened, the people once again gained confidence in them and in government. The stock market prices started climbing to higher levels, jobs again became available, but Cermak did not live to see this happen.

He is best remembered as the martyred mayor who had been hit by the bullet that was aimed to kill President-elect Franklin D. Roosevelt. It happened February 15, 1933, in Bayfront Park, Florida. Crowds of people were seated in hastily-erected grandstands, waiting for the President-elect to appear. Cermak was seated in the front row of the reviewing stand. Roosevelt's open automobile drove up and the assembled people cheered loudly to show their relief that Hoover days were about to end - and that Roosevelt would bring them back to prosperity. Roosevelt stood up in his automobile and gave a short speech. Then Cermak and other officials walked to the car and exchanged a few words with the president-to-be. The chauffeur was about to start the car when gun shots rang out. They hit Cermak and four other people. As the bullet tore into Cermak's flesh he hollered out, "The President, get him away."

Amidst the tumult that broke out, the man who fired the shots was taken into custody by the police. He was not a gangster but a 33-year-old Calabrian, named Guseppe Zangara, who had been a citizen of the United States only two years. He said that he hated all rich, powerful men and had meant to kill the President.

Cermak was supported by two men who led him to Roosevelt's car. Roosevelt held him in his arms as the automobile sped to the hospital. It is not known if it was during the ride to the hospital or after arrival that Cermak said to Roosevelt, "I am glad it was me instead of you."

The bullet had penetrated Cermak's right lung and lodged into the vertebra. For awhile it appeared that

he might recover, but his heart was weakened, colitis set in and pneumonia developed. His condition became serious; he sank into delirium and mumbled about the poor teachers not being paid. When he was certain that he was going to die, he said, "I will pass along happy in the feeling that the great President-elect of the United States has been spared to the American people whom I love with all the love that must be in the heart of a man who came to this country a poor immigrant baby and was allowed to go so far under the Stars and Stripes."

The first viewing of Cermak was at his home at Lawndale where his Czech neighbors and great crowds of people filed past his bier. For 24 hours, the body lay in state at the City Hall. It was the saddest, the most spectacular funeral that had ever taken place in Chicago. Although it was a bitter cold day, one-half million people stood along the line of march. There were military units, veteran organizations, police on horseback, firemen, Sokols, 52 silk-hatted gentlemen, each one representing a different nationality, the Lawndale Mason Lodge, the Bohemian Odd Fellows, children from the Bohemian Orphanage and Democratic committees. The pallbearers showed Cermak's closest friends to be foreign-born, which included his own Czech people. Twenty-three thousand people crowded into the Chicago Stadium to hear the eulogies given by Governor Horner, a rabbi, minister and priest. Interment took place at the Cermak crypt in the Bohemian National Cemetary. The flower cars were piled high with floral offerings.

Cermak was born in 1873, in Kladno, Czechoslovakia. His parents, Anton and Catherine brought him to the United States at the age of one. Anton, the father, was a coal miner and the family settled in the coal mining town of Braidwood, 65 miles southwest of Chicago. The Cermaks lived in a Czech settlement in lower Braidwood. The Irish lived in upper Braidwood. Cermak went to school at a time when rural areas did not have highly educated teachers. It was probably true as Cermak said when he dropped out at the fourth grade, that he knew more than his teacher. His father taught him how to read and write Czech and it is likely that he went to a Czech language school.

Braidwood was not a town in which to acquire culture or gracious manners. But it was a town where home discipline was important and children were brought up to love one another, and to be kind to old people. Growing up with the "battlin' Irish", Cermak learned to be tough and he acquired some of the Irish pugnaciousness. He left Braidwood when he was 16 years old and went to live with an aunt in Pilsen, a Czech community in Chicago. By the time he was 19, he owned a horse and wagon, and started a wood-hauling business. When he had saved enough to marry, he chose an unassuming Catholic girl.

From the wood-hauling business, he went into real estate and became owner of a real estate firm, was President of a Building and Loan Association and held directorship of a bank. He gained power in the political arena. He built a house in the Lawndale community big enough to house his mother and father who lived with him until their deaths.

His first political office was state representative and in April, 1909, he was elected alderman of his own 12th Ward. He considered being alderman more important than state representative. He was holding two jobs but did not resign the state representative job until he was elected alderman for the second time.

Czechs in Chicago were proud of his achievements and accepted him as their leader. Cermak was against prohibition. He represented the Wet Pressure Group in Chicago, Cook County, and the State of Illinois. He had good judgement and the ability to select public-spirited men to work with him. When being elected alderman for the fourth consecutive term, he was conducting a campaign for the office of the bailiff of the Municipal Court of Chicago. He had no previous experience as a public administrator. He won and took office, and when his term had almost ended, he was praised by the chief justice, "I have a high regard for Cermak's honesty and ability. He may be a wet politician, but he is a dry bailiff. He is a sober and two-fisted official."

He was not in good health in his early forties. He had two kidney operations and after recovering, again became ill brought on by overwork. In 1918, when the United States entered into World War I, he ran for sheriff and at the same time was the busiest of the "Four-Minute Men". He gave speeches, conducted Red Cross drives and sold Liberty Bonds. He was an active member of Sokol Chicago and other Czech organizations, and President of the National Army Associations to help soldiers. He supported the Masaryk cause to free the Czechs and the Slovaks from foreign domination. During his years as County President, he brought about a major reorganization of the Forest Preserve District. He knew how important it was to have forests encircling Chicago. He brought in a general superintendent and experienced park men to develop baseball fields, swimming pools, parking spaces, picnic areas and golf courses. Cermak's wife died November 24, 1928 and he mourned her passing, becoming ill. He went to Florida with a daughter and granddaughter to recuperate and get away for a while from the harassing job of Democratic boss of Chicago. He was a plain man, outspoken, blunt and exerted no charm to win voters. His enemies made charges against him of having close contact with the liquor hoodlums and underworld characters, but these charges were never proved. He wanted to break up the syndicate, drive out the gangsters, and clean up crime before the 1933-34 World's Fair.

He intended to be mayor. It really wasn't too hard to beat William Hale Thompson, Republican. The people wanted to end Republicanism in Chicago. John Coughlin, called "Bathhouse John" and Michael Kenna, called "Hinky Dink" and the syndicate voted for Cermak. He died a glorious death, missed being the Chicago World's Fair mayor, but was spared breaking up the syndicate and driving out the hoodlums.

He had prepared for this formidable task by having purchased a bullet-proof vest. To perpetuate Cermak's memory, Twenty-Second Street in Chicago was changed to Cermak Road and one of the pools in the forest

preserves is called Cermak Pool. Czech-Americans erected a memorial in his honor in Bayfront Park, Florida.

Sis. Stella Tichy,
Sokol Cechie, Chicago

Basic Physical Education

The physical fitness and physical skills of American youth can be improved through a systematic, scientific and regular program of physical education, such as the TYRS SYSTEM. Such a program should aim to fulfill the following goals:

1. To stimulate the heart's activity and thus improve blood circulation.
2. To improve physical qualities of the body such as flexibility, strength and agility.
3. To improve posture through the practice of desirable posture habits and the strengthening of trunk muscles.
4. To develop abilities such as endurance, coordination, balance and fast reaction.
5. To help the child develop desirable social relations and attitudes such as practicing and understanding the value of cooperation, discipline, honest competition, initiative and responsibility.
6. To develop personal qualities such as self-confidence, self-control, courage and willpower.

That part of the physical education program which intentionally strives towards the fulfillment of all these goals is called BASIC PHYSICAL EDUCATION. Every basic physical education session should contribute something to the achievement of each of the above objectives. In basic physical education lessons, methods and activities should be introduced which preclude children sitting idly watching, while a few enjoy activities. It is also important that not one moment of the physical education period be wasted. Furthermore, in order that every child will benefit fully from basic physical education, the instructor is challenged to stimulate the children's interest through activities which are varied, playful, challenging and last but not least, fun.

Bro. Ed Stetka
Sokol Baltimore

Calisthenics

Calisthenics, which is a part of the TYRS SYSTEM, is essential to a Basic Physical Education program. As a part of the basic physical education program, calisthenics serves several special purposes, the most important of which is body building. Muscles which are under-developed due to lack of appropriate activity can be strengthened. Stiff muscles can be relaxed. Muscles can gain, improve elasticity. As a result, one can gain more efficient use of all joints and muscles. Second, we can stimulate blood circulation through vigorous calisthenics. Also, coordination can be developed, proper posture habits can be taught and the use of musical or sound accompaniments serves to improve the sense of rhythm.

Calisthenics are especially valuable because the entire body can be activated in a relatively short time with just a few fundamental movements. The endless variations possible on just a few fundamental movements make the children feel as if they are always doing new or different things. As a result, they enjoy the activity and can be kept interested from lesson to lesson. The inexhaustible number of possible movements and combinations also enables the instructor to exercise according to sex, age and physical ability of the children. Not only can the movements be varied, but we can also vary class organization for calisthenics. We can practice calisthenics at specified floor places (markers), in circles, in twos or in small groups.

In recent years, calisthenics has changed substantially. The constant drilling using jerky, strictly geometrical and static movements has been replaced by movements more suitable for attaining our physical education goals. Today, calisthenics has become more lively, more free and more interesting. Calisthenics can make physical education both educational and recreational.

For these reasons, calisthenics should be included in every Sokol gymnastic session. It is an important part of the TYRS SYSTEM OF PHYSICAL EDUCATION.

Bro. Ed Stetka
Sokol Baltimore

What's in a Name?

I was reared in the Borough of Little Ferry, when it was predominately a Czech community.

The pleasing aroma of roast pork, dumplings and sauerkraut, filled the air in most homes on Sundays. Goose, rather than turkey was usually the holiday bird, and houska and kolace the pastries.

Czech mushroom pickers would roam the wooded areas, in search of the delicious morsels, and most of the pickers had their own secret areas for finding them.

Gradually the makeup of the town changed, and now those familiar Czech family names, remain as a mere pleasant memory. Interestingly enough, many of the names had specific meanings.

The names ranged from KRAL, a king, to a little mosquito, KOMAREK.

We had a FORST, a senior forest ranger, and a FORSTIK, a junior forest ranger. There was also a VOSIKA, a tree of the aspen family, STRISKA, a small portion of a tree - actually a wood splinter, KORINEK, a small root, as well as VORISEK, a general term for any small nut.

Audubon would have been pleased with the variety of bird names. These included SPACEK, a starling, CEJKA, a blue jay, PAPOUSEK, a parrot, LAS-TOVKA, a swallow, as well as CERMAK, SLAVIK, STEHLIK, and STRNAD. All of the latter are European species. PTACEK, indicates a small or immature bird.

As for fish and game, there was a STIKA, a fish of the pike family, JELINEK, a young deer, and VEVERKA, a squirrel.

Terrain also received a bit of attention. HORA, is a mountain, HORAK, a mountaineer, and LHOTAK, one living in a flat sector.

In the vocational category, there were KREJCI, a tailor, KOVARIK, a young blacksmith, MLINAR, a miller, SEDLACEK, a young farmer, SVEC, a shoemaker, and ZAHRADNIK, a gardener.

Other interesting names included KOBLIHA, a doughnut, KOZICH, a fur piece, POLEVKA, meaning soup, PYTLIK, a bag, TRNKA, a plum, VARECKA, a wooden laddle, and PERINA, a feather bed.

SMETANSKY, was derived from the word smetana, meaning cream, and ZABRANSKY, from the word zabrana, meaning security or guard.

There was also KUPP, a command to purchase something, KUSS, a portion of something, NEPII, which indicates that someone did not drink, and NEJEZCHLEBA, a directive against eating bread. Interestingly enough, a family with that name operated a bakery in town for years.

SVOBODA is the word for "Liberty", and "VESELY", means happy.

Adding a bit of color, as well as an international touch, there were families named SEDIVY, meaning gray, RYSAVY, brown, CERNY, black, CERVENY, red, MODRY, blue, and STRAKA, mottled. There were also NEMEC, meaning a German and TUREK, a Turk.

There existed a free Czech School; which conducted classes on Sunday mornings.

Czech heritage has left an impact on the community. Perhaps the best evidence of this, is the American Sokol. This Czech gymnastic organization was founded in 1897. For the past 84 years, it has not merely advocated, but practiced, "Physical Fitness Through Gymnastics!"

Consequently, it has given thousands of our young people a better start in life, over the years.

Incidentally the word "SOKOL" means the bird "falcon" in the Czech language. It is the organization's emblem.

That sums up the long, "dlouhý" and the short, "krátký" of my story!

Bro. Jerry W. Komarek
Sokol Little Ferry

ASO Financial Report

September, 1981

RECEIPTS:	
Dues	\$1,856.55
Dividends and Interest	481.34
Educational Booklets	41.00
Educational Dept. - Bronze Mold	25.00
"Highlights of Czech History"	142.25
UPS Charges	8.37
Postage	2.00
Miscellaneous	158.50
	<hr/>
	\$2,715.01
ASO Instructors Course	40.00
	<hr/>
	\$2,755.01

ASO Uniform Division - Rents, salaries, etc. - two months	1,042.77
	<u>\$3,797.78</u>
Transfer of funds from savings to checking account	5,000.00
TOTAL RECEIPTS	<u>\$8,797.78</u>

DISBURSEMENTS:

Administrative

Salaries - Office employees	\$ 646.16
FICA & FWT for August, 1981	175.14
Rent, Janitor Services, Phone Electric	513.17
Office Supplies	107.93
Postage and UPS Charges	22.43
Service Contract	180.00
Repairs to office machine	30.00
Misc. - Houby Sidewalk Sale Fee	15.00
	<u>\$1,689.83</u>

Board of Instructors

Salaries	\$ 381.35
FICA & FWT for August, 1981	59.36
Editor "Sokol Gymnast"	30.00
USGF Dues	200.00
Postage and UPS Charges	35.13
Phone	15.12
	<u>\$ 720.96</u>

Educational Department

Salaries	\$ 26.34
Postage and UPS Charges	15.75
Books	9.25
"Highlights of Czech History"	782.03
Restoration of Artifacts	172.00
	<u>\$1,005.37</u>

Sokol Publication

Editor "American Sokol"	\$ 100.00
Postage "American Sokol"	9.47
	<u>\$ 109.47</u>

Miscellaneous

ASO Uniform Division - Salaries FICA and Phone	\$ 383.46
Special Appropriations	597.44
XV ASO Slet Postage and UPS Charges	41.91
Instructors Course - Postage	.54
Future Sokol Leaders Fund - Postage	.18
- Revision of Sokol Manual Expenses	1,040.00
	<u>\$2,063.53</u>
TOTAL DISBURSEMENTS	<u>\$5,589.16</u>

Balance brought forward:

Western National Bank of Cicero - Checking Account	\$ 866.58
Receipts - September, 1981	8,797.78
	<u>\$9,664.36</u>
Disbursements - September, 1981	5,589.16
	<u>\$4,075.20</u>

Future Sokol Leaders Fund

September, 1981

In memory of Sis. Georgianna Leiner of Sokol Miami, Florida - Bro. Jerry and Caroline Leiner	\$ 25.00
Interest Earned	1,157.57
	<u>\$1,182.57</u>

LIBRARY AND ARCHIVES FUND

September, 1981

Interest Earned	\$ 50.07
Donations are tax exempt	

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NOTICE: Sokol Miami is moving on November 1st from the Czechoslovak Club to the Community Center on 123rd Street and 16th Avenue in North Miami. Socials and meetings will continue as heretofore on Monday afternoons and evenings.

*

NOTICE: If you have not purchased your 1977 Slet souvenir plate you had better hurry. There are only 28 left. Many people have realized what a nice collector's item they are and have been buying a set, one 1977 and one 1981 Slet plate. There's a good idea for a special Christmas present, but better hurry, before they are all gone! Don't be disappointed.

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