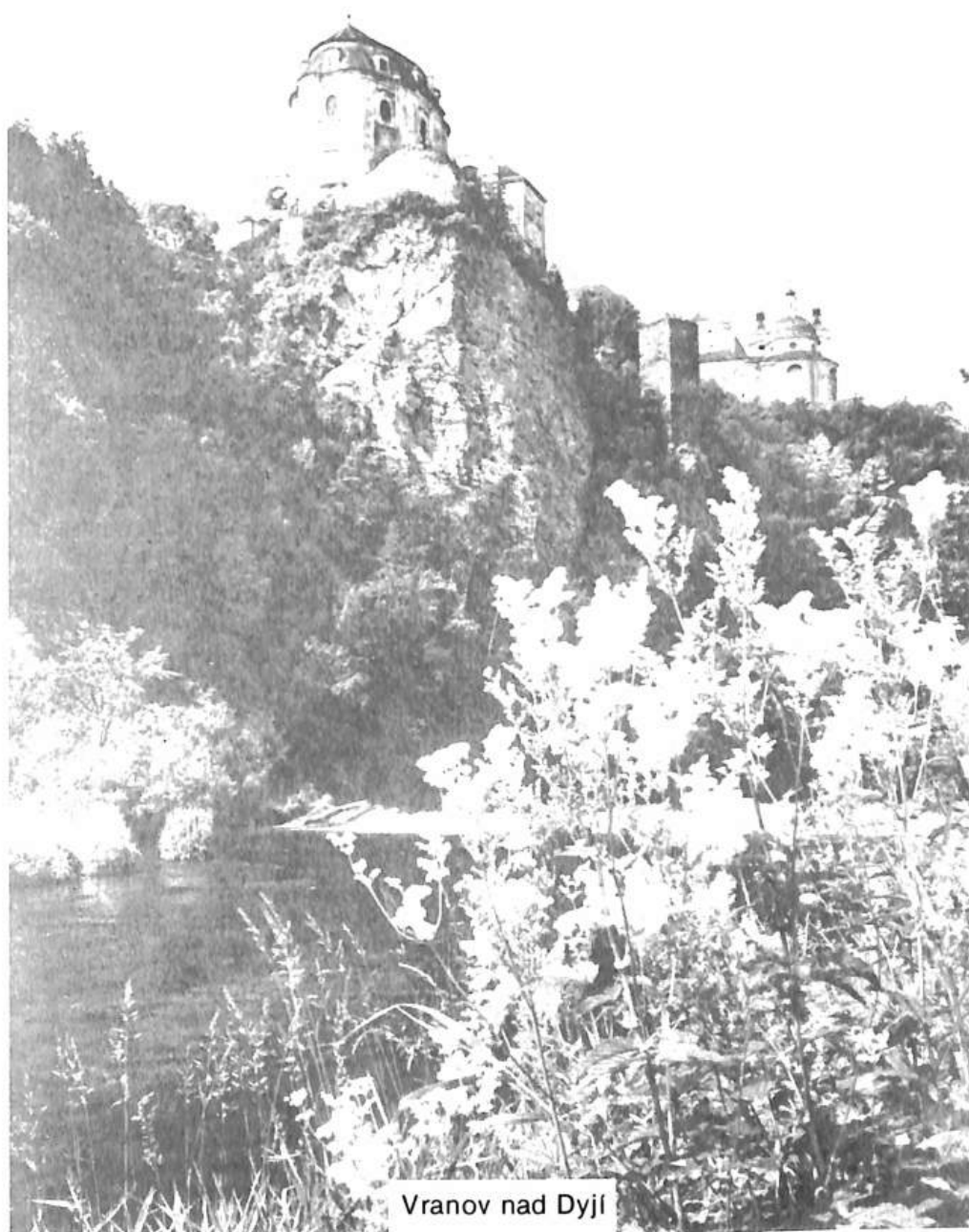


AMERICAN SOKOL

VOL. CIII - NO. 4

APRIL 1982

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OFFICE OF THE
EXECUTIVE BOARD ASO.

Jackie Kourim, Secretary

6424 W. Cermak Road Berwyn, Ill. 60402

Tel.: 795-6671

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

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Calendar of Events

APR. 16 - SOKOL GREATER CLEVELAND
Sokol Fish Fry

APR. 17-18 - EASTERN DISTRICT
Slet

APR. 24 - CHICAGOLAND SOKOL
Dinner Dance at Sokol Brookfield

MAY 1 - SOKOL SOUTH OMAHA
Mini-Slet Dance

MAY 2 - SOKOL CLEVELAND
Dinner

MAY 14 - SOKOL SLAVSKY
Bunco and Card Party at
Mid-America Federal Savings and Loan

MAY 21 - SOKOL GREATER CLEVELAND
Sokol Fish Fry

MAY 21 - SOKOL MILWAUKEE
Graduation Program

MAY 23 - SOKOL LOS ANGELES
Gymnastic Exhibition

JUNE 5 - SOKOL CLEVELAND
Jr. girls and Jr. boys competition

JUNE 6 - NORTHEAST DISTRICT SLET
A.M.L.A.

JUNE 12 and 13 - SOKOL ST. LOUIS
Central District Slet

JUNE 18 - SOKOL GREATER CLEVELAND
Sokol Fish Fry

JUNE 18, 19 and 20 - SOKOL MINNESOTA
Celebrating 100th year anniversary

JUNE 18, 19, 20 - WESTERN DISTRICT SLET
St. Paul, Mn.

JUNE 20 - SOKOL LOS ANGELES
Czechoslovak Day in Alpine Village

JUNE 21-27 - WESTERN DISTRICT
Teacher's Course, Pine City, Mn.

JULY 16 - SOKOL GREATER CLEVELAND
Sokol Fish Fry

AUG. 13, 14, 15 - SOKOL DETROIT
Czechoslovak-American Festival - Wyandotte

AUG. 14 - SOKOL DETROIT
Ethnic Heritage Runs

AUG. 20 - SOKOL GREATER CLEVELAND
Sokol Fish Fry

AUG. 29 - SOKOL LOS ANGELES
Sokol Children's Camp in Dinky Creek

SEPT. 17 - SOKOL GREATER CLEVELAND
Sokol Fish Fry

SEPT. 19 - SOKOL MINNESOTA
Highland Park Booya

OCT. 3 - SOKOL DETROIT
Czechoslovak Heritage Day

OCT. 15 - SOKOL GREATER CLEVELAND
Sokol Fish Fry

OCT. 1982 - SOKOL BALTIMORE
110th Anniversary

OCT. 17 - SOKOL LOS ANGELES
Moravian Festival

NOV. 19 - SOKOL GREATER CLEVELAND
Sokol Fish Fry

DEC. 4 - SOKOL LOS ANGELES
Silvestrovská Zábava

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CIII

April - 1982 - Duben

Číslo - No. 4

Northeastern District

February 24, 1982 meeting. Sixteen members were present when President Robert E. Jirousek convened the meeting at 8:05 p.m. After the Pledge of Allegiance, a moment's silence paid tribute to deceased member sis. Anne Horice, SGC. The secretary read the minutes of the annual meeting, two necessary corrections were made; minutes approved as corrected.

Correspondence: From ASO, received reimbursement for tuition for the Advanced Instructors Course in Fort Worth to be distributed to SD and SGC who sent students. Sokol Rip, sent their annual report; bi-monthly business meetings are held; social activities are enjoyed and annual Christmas party was held. Sokol West Texas - raffle tickets and ad request were bought and approved for payment. Rental bill for Bohemian National Hall for 1982 meetings approved for payment. ASO Executive minutes were reviewed.

President's report - Attended SGC exhibition on February 7th; observed the volleyball tournament on February 14; reported on the US Professional Gymnastic Classic held February 15th. Curt Thomas and gymnasts executed an exceptional performance of gymnastic skills combined with a good show.

Treasurer gave report of the transfer of funds to checking account and money market certificate investment. Balances as of February 24, 1982 were given, for savings and checking accounts.

BOI report - Bro. Roger Martanovic, district director, reported that the junior boys' leader has resigned, looking for a new leader. Attended winter exhibition of SGC on February 7th whose varied program held the attention of the audience. Cleveland will host the ASO District Instructors' Conference on October 15-17. Sis. Karen Berg is making hotel arrangements and Saturday evening social will be hosted by SGC. Bro. Martanovic further reported that the District Instructors' Course on August 1-7 will be at the Bohemian National Hall; arrangements by SGC. Sis. Dagmar Fiala, Sokol Washington, D.C., who composed calisthenics many come to Cleveland for a "návěčná". Quarterly meeting of BOI will be in Detroit on March 21st. Little boys and girls competitions at Sokol Detroit on April 3rd, distribution from Chicago of Gymnastic Skills to each unit, helpful tool. General discussion about October conference and August district course during which several members asked more details, Bro. Martanovic answered all questions.

Unit reports - Bro. Nelson Gedeon, President of Sokol Cleveland reported the following. March 7th,

membership and chicken paprikash dinner, April 4th, potluck dinner before general meeting, April 3rd, plan to participate in little boys and girls competitions, May 7th, membership meeting and dinner. Men's classes have started and all classes meeting regularly. Bro. Jirousek asked about the unit's membership books. Bro. Gedeon assured efforts are continuing to assemble.

Bro. Jirousek, Sokol Greater Cleveland - February 7th, winter exhibition successful, good attendance, program well performed and social at BNH provided a good finish. February 10th, a memorial service for Sis. Anne Horice at BNH, February 19th, fish fry, March 14th, spaghetti dinner after membership meeting, August 1st, annual picnic. Host unit for district exhibition at AMLA on June 6th, contract signed.

Old business - President Jirousek sent letter to ASO explaining the district's difficulty in finding all records to supply history by March 1st. Search for these records proved it is necessary to have some system of maintaining record books. Bro. Martanovic moved a new, four-drawer, metal file be purchased, seconded and approved.

New Business - Bro. George Eisenstein, SD, reported by phone that January 23, 1983 is available for the annual meeting to be held in Detroit, seconded and approved, make reservation firm.

General discussion followed regarding Sokol Cech-Havlicek's records of years before the merger with Sokol Cleveland which are housed at Sokol Cleveland. Sis. Mae Gruber suggested the district write a letter to the unit requesting to review these records in search of district record books since at that time the district meetings were held at the Cech-Havlicek hall on Wendell Avenue.

Bro. Jirousek referred to the need for someone to take over the Sokol souvenir inventory which Sis. Horice housed and managed. Sales bring profit to the district.

Bro. President reviewed the calendar of coming events and at 9:35 p.m. called for adjournment with "Končím dnešní schůzi s provoláním sokolským NAZDAR!"

Respectfully submitted,

Rose Psenicka, Secretary

Copy for Publication

MUST BE RECEIVED BY THE 10th
OF THE PREVIOUS MONTH

SOKOL EDUCATOR

A Short Treatise on Historical Events of the Slovak Nation

The Czechs and Slovaks are not two separate peoples, they are one nation and always will be in Czechoslovak consciousness. The great Moravian Empire fell in the year of 907 as Bratislava and Slovakia became a part of the Kingdom of Hungary. The Bohemians retained their portion of the land, but the Slovaks did not fare so well. They were cut off from Czech political and social discourse and had little to hold on to their closeness to one another.

They had to depend entirely on their own resources, and the fact that they survived remains a miracle of European history. They held on to their language, fighting continuous pressures against them by the Magyars. They were the masters and looked upon the Slovaks as inferior, and treated them with contempt. The Czechs lost their freedom after the Battle of White Mountain in 1620, but even under Austrian rule they still had more leeway than the Slovaks. They were able to develop their own Czech language, with the acceptance of German as the official language.

The Czechs looked to Western Europe as their source of culture, and the Slovaks accepted Eastern Byzantine progress. The records left behind were few and poorly chronicled. They did not leave historical accounts of religious wars or stories of how they survived for almost one thousand years.

The Slovaks fell under Magyar rule while Bohemia and Hungary, unconquered became two medieval states. The Slovaks were not free to develop their own culture and language. They could not keep up a relationship with their brothers to the west. Naturally, environment brought changes to some households. They were not all held back by their peasant backgrounds. One could become a merchant and acquire wealth, but always the nobility held power. It was thought that higher education for the peasants did not take place until the fifteenth century, but this was not correct. It was proved by Czech and Slovak scholars that there were Slovak students at Charles University of Prague soon after it was founded by the medieval King Charles IV.

The Slovaks accepted written Czech as their language. In towns where they had been able to rise to important positions and become leaders they made out their own official papers. When books began to be printed, they were available for the Slovak reading public. Although some documents showed the dialectal differences in the way Slovaks wrote, it was a fact that the basic language of Czechs and Slovaks was the written language of both.

The question of how much influence the Hussite movement had on Slovak religious and cultural life has often been discussed. Some people are of the opinion that it did not benefit the Slovak people. Others

claimed the Protestantism benefited the Slovaks and made them aware that they have a common religious, cultural and national heritage. But they remained good Catholics and it was not until after Martin Luther, the German religious reformer, started to preach against the Roman Church that attention was paid to the corrupt clerics. This resulted in the Czechs and Slovaks becoming predominately Protestant. This was in the sixteenth century between the years of 1579 and 1593, when the (Bible kralicka) translation of the Bible from Latin to Czech took place. Czechs and Slovaks sang the same hymns, and spread religious literature derived from the Czech version of the scriptures.

The Battle of White Mountain brought re-Catholicity. The Czechs who refused to change their faith were forced to flee and many fled to Slovakia. The religious turmoil continued until gradually the Slovaks were weaned away from their Hussite and Reformation memories. Once again the Catholic priest led peasants to Masses, but there was a re-awakening of national consciousness. In 1846, a Slovak patriot, Ludovit Stur, made known a written language on which he had been working for years. The Magyars interfered, which made the Slovaks more determined to use among themselves their written language.

This brought on more attacks from the Magyars who ruled over them, and worsened the condition of the Slovaks and caused them to draw further apart from the Czechs. The Slovaks had to stop using their common literary language.

During the years of 1849-1859, the Germans dominated the entire Austro-Hungarian Empire. Had this continued, the Germans would have been the privileged ones and all other nations, including the Magyars, would have been treated as inferior. But it would have united the Czechs and Slovaks, realizing that their language and nationality were at stake. But this highly centralized system did not last, and was followed by another dualism.

The Compromise of 1867 benefited only the Germans and Magyars. This unequalization went on for fifty years, and it was not until the last decade of the nineteenth century that the pressure from the Magyar overlords lessened. The Slovaks had leaders among their people who tried to improve their living conditions. They had many kindred souls who worked for their betterment. There was President Thomas G. Masaryk, who was a Slovak at heart, and General Milan Stefanik, a former pupil of Masaryk. He was a renowned astronomer, became a French citizen, and entered the French Air Force. This made it possible for him to meet French politicians, and he arranged the first meeting between statesman Aristide Briand and Masaryk on February 3, 1916. From the beginning, Briand was sympathetic to the cause of liberating the Czechs and Slovaks. Full cooperation of the Slovaks did not come easily. The transition was not a smooth one due to Magyar agitation, and the Slovaks slow to accept political change. Luckily Slovak leaders were prepared to join the fight for liberation. The Slovak land was a land worth fighting for. The High Tatras with their impressive grandeur today bring tourists from many countries. They offer luxurious hotels and village inns with homey, comfortable

lodging with meals. The highlands lead to the lowlands, and it is not unusual to see a buxom maid with a colored kerchief on her head driving ahead of her a flock of wobbling geese.

The harshness of peasant life had been lessened by their love of farming the land. The great variety of costumes they wore was surprising. The women wore attractive headdresses, and their pleated skirts and bodices were embroidered in reds, gold and browns. The puffed sleeves of their white blouses were trimmed with lace, and their white aprons embroidered. The men wore tight-fitting trousers with white linen blouses richly embroidered. In tiny hamlets or remote villages, one may see on festive days or Sundays, natives going to church dressed in their peasant costumes.

The timber churches date from the seventeenth century, showing no signs of being damaged from exposure to the elements. The roofs are shingled and topped by gables and towers. It is also common to see a wayside shrine where one can stop and say a prayer.

During the first two decades of the New Republic, great economic progress was made. The Slovaks badly needed new roads and highways, schools built, and books printed. Masaryk encouraged Sokol training, and in the first two years, many new gymnasiums were built. He established teacher's training colleges, commercial, agricultural, industrial schools and libraries.

Taken from Jan Kollar, Slovak poet:

"Time changes all, even time;
to victory it leads to truth.
The errors of blundering ages
one fleeting moment may change."

We must believe that the change will come, and Czechs and Slovaks as one nation will be free to face the future together.

Sis. Stella Tichy
Sokol Cechie - Chicago

Western District

Meeting of February 8, 1982. Meeting was brought to order by President Ed Pavoucek. Pledge to the flag was given. Minutes of last meeting read and approved.

Correspondence: Quarterly reports read for the 4th quarter from Renata Tyrsova, Sokol South Omaha, Sokolice South Omaha, Sokol Wilber, Sokol Karel Jonas, Wilson, Kansas; and Sokol Cedar Rapids. Second, 3rd and 4th quarters from Sokol Omaha; 3rd and 4th quarters from Sokol Caldwell. Proxy from Sokol Caldwell to Sokol South Omaha for semi-annual meeting. Letter of resignation read from Sis. Barb Seefus as secretary of the district. Bro. Pavoucek regretted this and said she was one of the best secretary's the district ever had. Letter from the ASO giving total in special assessment fund.

Bills paid for insurance on video machine; phone calls, postage and copies; stamps and record book; all approved and paid.

Report - Director of Women - Sis. Dalton not present. Bro. Benak indicated that Sis. Dalton had

figured out that to pay mileage for the clinic competition in Cedar Rapids, it would cost a great deal of money out of the special assessment fund. Money that should be used for future instructors schools, etc. A possible solution would be to have the parents of those taking part to volunteer to drive them where ever clinics would be held.

Direct of Men - Bro. Cahoy called Bro. Vanyo in St. Paul and also called Cedar Rapids and sent slet calisthenics for men as well as routines. Bro. Cahoy called to Cedar Rapids to see if there would be enough interest to have a clinic. District children's competition coming up April 25th. Juniors to be judges.

Unfinished business - tentative date for banquet at St. Paul is June 18, 1982. District by-laws were typed and sent to Chicago.

New business - Convention 1985, June 23-26; by-laws committee, June 19th; BOI, Saturday, June 22nd, 1985. Slet activities to follow.

Discussion was held regarding sending history of Western District to ASO. Need to get copy of program book from Fort Worth. Sis. Masek gave the treasurer's report. There being no further business the meeting was adjourned.

Respectfully submitted,
Frances Susterka, Secretary Pro Tem

Central District

February 24th Meeting - called to order by President Bro. Vytlačil at 7:45 p.m. Pledge to the flag given. Motion made to dispense with the reading of the minutes from January 27th meeting but that corrections be added. Reimbursement check from ASO special assessment account. Installation of officers for Sokol and Sokolice Tabor was held on February 5, 1982.

Correspondence and bills - Poll answers received from Sokol Berwyn, Brookfield, Cechie, Havlicek, Milwaukee, Slavsky, Stickney, West Suburban, Town of Lake. Letter from Sokol West Texas with raffle tickets. 1982 roster of officers received from Sokol Milwaukee, Stickney, Slavsky and St. Louis. Newsletter received from Sokol Miami. Received minutes from Educational Committee from January 20th and February 17th meetings. Bill submitted for postage and post cards for the educational committee. Assessments received from Sokol St. Louis, Sokol Brookfield, Sokol West Suburban, Sokol Slavsky and Sokol Fuegner. Dividends received from savings and loans. Received refund of \$100 from Czechoslovak American Bicentennial Committee.

Board of Instructors - Women's report presented by Sis. Pistorius; also requested the board's approval to hold a workshop and judging clinic at Sokol St. Louis. Four district representatives will be involved; approved. Men's report presented by Bro. Satek; also presented a bill for video taping of 2nd class boys competition; approved for payment.

1982 St. Louis District Slet - Bro. Rabas presented a brief report on the tour to St. Louis. Flyers will be ready for insertion into all unit exhibition books. Sis. Borvansky presented a report on the program book

ads, questioned how the checks should be handled, agreed that they should be sent to the St. Louis Slet committee.

Properties committee - In the absence of Sis. H. Prener, Bro. Halik reported that the charter has been found and presented to the Board. Stated that the charter became effective in 1918 and was dissolved in 1965. Sis. Prener will continue her effort to seek information on how to activate this charter. Charter papers will remain in the district office.

Publicity - Bro. Rabas reported that he submitted articles on the unit exhibition. Sis. Bruno and Sis. Borvansky submitted articles to their area newspapers publicizing the exhibitions.

Educational committee - Minutes for January 20th and February 17th meetings were submitted by Sis. E. J. Schnabl.

No report was given by the auditing committee. Bro. Satek presented the corrected contract from the Marriot Hotel for the 1985 convention, approved. Bro. Rabas reported the number of people signed up for the Vienna Slet. Cut off date is April 15th. Names of the St. Louis tour committee given, also the names of the workers for the BOI District picnic.

Monthly unit reports - Bro. Satek reminded all delegates that he would like a brief report on their unit activities at the Executive board meetings. Delegates should give a calendar of events of their units to Sis. Borvansky so that she may record them in the minutes. Sis. Ruzicka reported on the meeting of Town of Lake members. Bro. Satek suggested that a letter be sent to Sokol St. Louis asking them to host the annual meeting.

New business - Bro. Glaser stated that the Mid-America certificate has been renewed. Bro. Halik gave a brief report on our affiliations with the Czechoslovak Council and their request for a delegate from the district. In the past Bro. Halik has represented us at their meetings. The board asked Bro. Halik if he could continue to do so, agreed.

Receipt and disbursements report presented by Sis. Kadlec, report approved. Meeting adjourned at 9:47 p.m.

Respectfully submitted,

Sis. Nancy Borvansky, Secretary

ASO Financial Report

FEBRUARY 1982

RECEIPTS:

Dues	\$ 1,423.45
Sokol T. G. Masaryk Dues	10.00
Convention Fund	2,404.00
Special Assessment	1,239.00
Advertising in "American Sokol"	180.00
Resale of Jewelry	449.65
"Highlights of Czech History"	2.25
UPS Charges	6.37
Educational Booklets	5.00
Skills Patches	9.90
Miscellaneous	164.15
	<u>\$ 5,893.77</u>

ASO Uniform Division - rents, salaries, etc.	668.14
TOTAL RECEIPTS	<u>\$ 6,561.91</u>

DISBURSEMENTS:

ADMINISTRATIVE

Salaries - Office employees	\$ 593.67
FICA & FWT for January 1982	152.16
Rent and Janitor Services	663.40
Office supplies	77.21
Postage	39.40
Miscellaneous (Xmas gifts - mailman and garbage man)	10.00
	<u>\$ 1,535.84</u>

BOARD OF INSTRUCTORS

Salaries	\$ 422.59
FICA & FWT for January 1982	70.12
Editor "Sokol Gymnast"	30.00
	<u>\$ 522.71</u>

SOKOL PUBLICATION

Editor "American Sokol"	\$ 100.00
	<u>\$ 100.00</u>

MISCELLANEOUS

ASO Uniform Division - Salaries and FICA - January, 1982	\$ 602.36
	<u>\$ 602.36</u>
TOTAL DISBURSEMENTS	<u>\$ 2,760.91</u>

Balance brought forward:

Western National Bank of Cicero - Checking Account	\$28,788.97
Receipts - February 1982	6,561.91
	<u>\$35,350.88</u>
Disbursements - February 1982	2,760.91
	<u>\$32,589.97</u>

FUTURE SOKOL LEADERS' FUND February 1982

Interest Earned	\$ 237.31
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LIBRARY AND ARCHIVES FUND February 1982

In memory of Dr. Joseph J. Hudlik - Helen and Betty Prener	\$ 25.00
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All donations are tax exempt

Poetry Contest

A \$1,000 grand prize will be awarded in the upcoming poetry competition sponsored by World of Poetry, a quarterly newsletter for poets.

Poems of all styles and on any subjects are eligible to compete for the grand prize or for 99 other cash or merchandise awards, total over \$10,000.

Says contest chairman, Joseph Mellon, "We are encouraging poetic talent of every kind, and expect our contest to produce exciting discoveries."

Rules and official entry forms are available from the World of Poetry, 2431 Stockman Blvd., Dept. E, Sacramento, California 95817.

AMERICAN SOKOL

SOKOL GYMNAST

APRIL 1982

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

1865



1982

COACHING

EDITORIAL By ROGER COUNSIL - USGF TECHNICAL JOURNAL

Coaching gymnastics at best is an amalgam of many disciplines. Coaches have to be superb technicians, They have to have insight into the demands placed on the kinesthetic senses of the athlete. They have to be superb practicing psychologists. They have to be a surrogate mother and father. They have to be a fund raiser and it helps if they also possess janitorial abilities. Lastly, they are pressed into service all too often as athletic trainers and emergency first aid technicians.

At the present time there is a great deal of concern predominately in women's gymnastics about the need for safe practices in coaching gymnastics. The use of the term "safe practices" is somewhat of a catch-all phrase. It does, however, certainly suggest that the speed of progression in emphasizing acrobatic difficulty is approached at much too rapid a pace by many, many coaches. The blame, if one needs to place the blame, could partially fall upon a system of rules that places an emphasis on acrobatics and risk. At the same time, there appears to be too little emphasis on proper execution, the attainment of proper positions in performing basic skills and good old-fashion form throughout a performance.

What can be done about the current tendency towards more and more difficulty without a proper emphasis upon execution? Should we establish rules that prohibit a young athlete from progressing too quickly through the various classes of competition so as to constrain the need to attain greater and greater difficulty at too early a stage of development? Should we do an exhaustive study on certain types of movement at certain stages of physical development and establish a "hot list" of skills that should not be performed too early in one's career? Should the USGF become a licensing agency to make sure that all coaches have the academic background to prepare them to make sound judgements in the teaching of young children assuring preparation in such areas as biomechanics, physiology of exercise, techniques of counseling, and developmental anatomy? I do not know the answers to the questions just posed, however, the problem is manifest. There were many dangerous landings in the recent Junior Olympic Competition for girls - many more than one would expect at a national level competition. Something is wrong and attention needs to be directed towards the problems. Gymnastics should be rewarding, exhilarating and just plain fun. The term "sucess" does not need to be concomitant with physical debilitation. If one competes in gymnastics, he or she should not leave the sport as a cripple; with bad ankles, a bad knee, or arthritic shoulders. There are sound ways to teach difficult skills, and we as professionals must learn them.

V - JUBILEE SLET

Czechoslovak Sokol Abroad

Vienna
July 2-5, 1982

- AGENDA -

THURSDAY, JULY 1, 1982

10:00 a.m. - Sightseeing tour of Vienna by bus.

7:00 p.m. - Cathedral Concert - Festive Mass, Karlskirche, Karlsplatz, Wien 1 - Subway U1, U2, U4.

FRIDAY, JULY 2, 1982

8:00 a.m. - Official opening of Slet activities. Hotel Post, Fleischmarkt 24, Wien 1.

8:30 a.m. - Commencement of Slet Volleyball tournament (All day). Stadthalle, Vogelweidplatz 14, Wien 15. Streetcars No. 18, 49.

8:45 a.m. - Opening of Slet exhibit (during all Slet days). Hotel Post, Fleischmarkt 24, Wien 1.

9:00 a.m. - Departure by bus to site of the former Nazi Concentration Camp Mauthausen (near Linz, approx. 180 miles from Vienna) for the unveiling of commemorative plaque to Sokols who lost their lives there.

5:00 p.m. - Approximate time of return.

8:00 p.m. - Get-acquainted evening in the great festive hall of the historic City Hall of Vienna where Slet visitors will be welcomed personally by the Mayor of Vienna. His Worship Leopold Gratz, who is the honorary Patron of the Slet. - Included in the admission price is food provided on a self-serve buffet-style basis. Music for dancing and listening pleasure will be provided by a Viennese Czech orchestra. Attendance limit: 1,000 persons (will not be exceeded). - Evening ends at 11:30 p.m. - Rathaus, Rathausplatz, Wien 1. Subway U2. Streetcars 1D, 1T, 2D, 2T.

SATURDAY, JULY 3, 1982

8:30 a.m. - Commencement of Slet gymnastic competitions (All day). Universitäts-Sportzentrum Schmelz, Possingergasse 2, Wien 15. Streetcar No. 49.

11:00 a.m. - Unveiling of commemorative plaque to the founder of Sokol Dr. Mir. Tyrš in the gymnasium of Sokol Vienna XVI. Sokol Videň XVI, Steinerergasse 7, Wien 17. - Streetcar "J" (Ottakringer Strasse).

3:00 p.m. - "Homage of Tyrš and his Sokol idea" - speech on significance of Sokol, followed by addresses of representatives of organizations represented at the Slet. Universitäts-Sportzentrum Schmelz, Possingergasse 2, Wien 15. - Streetcar No. 49.

8:00 p.m. - Slet Concert. Performance by: Choir of the Vienna boys "Wienerwald Sangerknaben". Ballet group of the Vienna State Opera. Opera singers from Switzerland. Violin virtuoso Trnka in a world premiere of J. Novak's sonata dedicated to the Vienna Sokol Slet. 60-member symphony orchestra of the Austrian State Radio. - Concert program will feature music by:

Haydn, Mozart, Strauss, Dvořák, Smetana, Suk. - Volkstheater, Neustiftgasse 1, Wien 7. - Subway U2.

SUNDAY, JULY 4, 1982

8:00 a.m. - Rehearsals of all classes. - Weststadion, Bahnhofstrasse, Wien-Hutteldorf. - Subway U4. Streetcars No. 49, 52.

10:00 a.m. - Catholic Mass in the Czech Church. 63 Rennweg, Wien 3. - Streetcar No. 71. - Bohoslužby čs. evangeliků. Service of Czech evangelists. Hielandgasse 9, Wien 10.

2:00 p.m. - Main Slet performance. - Weststadion, Bahnhofstrasse, Wien-Hutteldorf. - Subway U4. Streetcars No. 49, 52.

8:00 p.m. - Farewell Slet Dance, Palais Auersperg, Auerspergstrasse 1, Wien 8. - Subway U2.

MONDAY, JULY 5, 1982

8:30 a.m. - IV Convention of Czechoslovak Sokol Abroad (All day).

9:00 a.m. - Day of Sokol youth - all-day bus excursion along the Danube with stops at the Schonbrunn Castle, the "Prater" amusement park and a dance in the afternoon. - Bus sightseeing tour outside of Vienna for adults.

7:00 p.m. - Departure for an evening in Grinzing in a special private streetcar which will return to Vienna around midnight.

8:00 p.m. - Meeting of Sokol Federation in the Free World. Hotel Post, Fleischmarkt 24, Wien 1.

V SOKOL SLET NOTES

There will be no championship division in Vienna. If there are enough high or championship calibre gymnasts attending, a dual meet with the Austrian National Team will be arranged.

Calisthenics will not be a part of the gymnastic competitions except for the Women's Masters Division. Slet calisthenics will replace the Indian Club exercise in this division.

The Women's Exercises as done in Ft. Worth are the same, i.e., Masters - Low B, Low A = Jr. Girls Low B; Intermediate = Jr. Girls Low A; High = Jr. Girls Intermediate.

Sokol Abroad has sent a request for judges and numbers of gymnasts drilling Slet Calisthenics, number entering gymnastic competitions and Volleyball Tournament.

There will not be any entree fees.



Gymnastic Skills Testing Program

BOYS AND MEN'S DIVISION

At the Board of Instructors Conference in Baltimore, the Gymnastic Skills Program for boys and men was unanimously approved, and therefore the American Sokol - B.O.I. is going to continue with this program.

A new set of exercises has been developed for apparatus which includes floor exercise, parallel bars, rings, horizontal bar, pommel horse, and vault.

The program has been completely revised and now consist of five levels: Beginners, Novice, Intermediate, Advanced and Elite. A gymnast must complete the minimum amount of stunts required for each of the six events used in boy's and men's competition. The number of stunts that must be competed in each event is specified in parenthesis after each title. When the gymnast has completed all the required amounts for each event he is eligible for the appropriate gymnastic skills patch.

In the package sent to all units are individual record sheets attached for each level. Also included are sheets to record the names of all individuals who have successfully completed the necessary requirements for one or more levels. These record sheets must be submitted to the National Board on Instructors office with every request for patches or bars. The patches cost 70 cents each.

A check to cover the cost of the patches and bars, made out to the American Sokol Organization, must accompany each order. Please send this information, along with the check, to the Gymnastic Skills Program chairman, Frank Michalek, in care of the American Sokol Organization, 6424 West Cermak Road, Berwyn, Illinois 60402.

By Dr. Frank H. Michalek

Gymnastrada 1982 World's Fair Exhibit Knoxville, Tennessee

The concept of a National Gymnastrada for Independent Clubs was conceived in 1975 and was to be patterned after the European Gymnastrada. The start up date for such an effort was perceived for 1982 in Phoenix, Arizona, at Arizona State University. But, plans were switched and the location changed when the invitation from the Commissioner General of the 1982 Energy Exposition was received.

Now, many USAIGC Clubs will be exhibiting at the beautiful United States Pavilion, a part of the 1982 World Energy Exposition in Knoxville, TN. This marks the first time that gymnastics has enjoyed such a prominent position in any World's Fair and is the result of one and a half years of negotiations.

Plans to extend this program are continuing to develop and we are preparing a festive gathering in

1984. Once again, we contemplate accepting an invitation from Arizona State University.

The purpose of the Gymnastrada is to have each visiting Club team exhibit in various categories ie. (tumbling routines, rhythmic, apparatus and various choreographed numbers), without severe competitive pressures being brought upon any one performing group. It is hoped that an atmosphere of camaraderie and pride will evolve.

Nissen Corporation has agreed to provide all necessary equipment (with the exception of any trampolining devices), for both 1982 and 1984.

The United States Assn. of Independent Gymnastic Clubs Meet

USAIGC INDIVIDUAL EVENT AND ALL-AROUND COMPETITION

This ALL-AMERICAN AWARDS program is established for those girls who do not belong to a team but nevertheless desire to compete in a national championships. An individual from a MEMBER CLUB is eligible to enter the regional all-around championships and if she successfully finishes in the top six she then qualifies to represent her club and region at the National Individual Event and All-around Championships. These competitions are conducted in conjunction with the National Team Championship, but on a separate day.

ELIGIBILITY:

Any individual from a member club, in good standing, who is not a member of a team that is attempting to qualify at the Regional Championships is eligible to enter the Individual All-around Qualifying Championships. Therefore, if a team is in the Regional Competition they may not place one of these performing team members in the Regional All-around Qualifying Round. However, if that same team has another girl who is not competing for her team she then is eligible to enter the Regional All-around Qualifying Round.

AWARDS:

The top six finalists in each event and in the individual all-around at the NATIONAL CHAMPIONSHIPS will be awarded special recognition and a certificate signifying them as USAIGC ALL-AMERICAN performers.

Copy for Publication

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10th
OF THE PREVIOUS MONTH

"From the New World"

Symphony No. 5 in E Minor, Op. 95
ANTONIN DVORAK

Dvorak's Symphony in E minor remains today what it was in its own time; the most universally admired symphony so far, produced in the New World.

At age 51 and already one of the world's most celebrated composers, Antonin Dvorak arrived in the United States in 1892 to accept the directorship of the National Conservatory of Music in New York City and summers in Spillville, Iowa, a small Czech community that brought him a breath of his homeland.

The famous E minor symphony was composed in New York between January and May, 1893. In mid November of the same year, the conductor of the New York Philharmonic Orchestra requested that Dvorak allow him to present the "new symphony" at its December concert. Up to this time, the score had simply been entitled E minor Symphony No. 5. At the last minute, just after agreeing to allow his composition to be performed, Dvorak wrote on the title-page, "Z nového světa" ("From the New World"). There are many who even today understand the title to suggest that it is a symphony of "American" music. However, the title means nothing more than "Impressions and Greetings from the New World" - as Dvorak himself more than once explained.

The symphony had its first performance then, at Carnegie Hall on December 15, 1893. It was a spectacular success, both in New York, and again later at its performance in Vienna. Then the controversy began.

"It is based entirely on Negro themes."

"No, it is based on Indian American themes."

"No, it is completely Czech," the critics argued.

To some extent Dvorak was responsible for these misconceptions, because he had at times implied that these things were true. However, some time later, he clarified the controversy by writing to a Berlin conductor, just before his symphony was to be performed there, . . . forget the nonsense about my having made use of Negro and Indian themes - this is a lie. I tried to write **only** in the spirit of those national American melodies." The fact remains that Dvorak would never have written a symphony such as this had he not seen America.

The Senior calisthenics to be performed in Sokol exhibitions all over the United States this spring, and then again at the 100th Sokol Slet to be held in Vienna this summer, is composed by Sis. Dagmar Fiala of Sokol Washington, D.C. to the IV and last movement of the "New World Symphony," entitled "Allegro confuoco" (quickly with passion).

This musical finale opens with a vivid and stirring, idea possessing tremendous momentum. At the very end, Dvorak recalls themes from the other movements in a way that was fashionable at the time. All in all it is an impression of music heard in America, as well as his nostalgia for the Czech countryside from which he came.

To this powerful piece of music, Sis. Dagmar Fiala composed the movements which tell the story of all the Czech immigrants who came to America during the first half of the 19th century; of their struggles and hardships; of their successes and failures, and of their deep yearning for their old homeland. And finally, enduring so much and because it was the greatest country on the face of the earth, they stayed and made America their home forever.

Sis. Libbie Krivanek
Sokol Slavsky, Educational Director

ASO EXECUTIVE BOARD MEETING

The regular meeting of the American Sokol Organization Executive Board, Tuesday, February 23, 1982, was brought to order at 7:30 p.m., by Vice-President Bro. George Basta. Pledge to the flag was given. District minutes received and reviewed; Pacific, Dec. 11th; Northeastern, Jan 17th; Central, Jan. 27th; Southern, Jan. 28th.

CORRESPONDENCE: From CNCA, with invitation for an 80th birthday celebration for Dr. Anton Hrebik to be held at the Klas restaurant, March 13th; approved to buy two tickets for Bro. and Sis. Zitny to attend. Bro. Jan Waldauf, informing us that he is planning on being here for Dr. Anton Hrebik's celebration and would like to meet with some of us that weekend. A letter was sent back to Bro. Waldauf stating the times that the majority of the executive board and board of instructors is available that weekend. For the Slet in Vienna a letter giving many important details, read and translated by Bro. Rabas. From Arthur Rubloff and Co., describing the types of fire extinguishers necessary to comply with the insurance company covering our building. The George Washington University, Museum Studies Program, would like us to fill out a form giving them information about our library-museum, this given to the educational department to handle. From Congress of the United States, concerning their scholarship-fellowship funds, also given to the educational department to pursue. Afmenco International Ltd., Beirut, Lebanon, wants information about our organization and if there is a possibility of opening a unit in Lebanon. We will discuss this letter with Bro. Waldauf the weekend he is in town. An article in SPJST Vestnik, with coverage of Bro. John Stasa's 91st birthday celebration, also mentions ASO's part.

WOMEN'S DIRECTOR - Sis. Marie Ptacek: Bro. Steve Banjak Director of Sokol USA, wrote saying they are very concerned with our new ruling that only competitors 13 years and older may compete at any National Slet. A letter has been sent to him stating that this decision was reached at our Directors' Conference due to the many problems arising from age requirements encountered at our last Slet. A list of names and addresses of our units will be sent to him as requested. Sokol USA will mail all Slet material direct to our units. Eastern District Slet will be held April 17 and 18 at Bergen Community College, Paramus, N.J. A beginners course is also being planned, possible dates are August

21-September 3 or August 16-18, 1982. Sis. Mary Jean Stoeppelman, Sokol Fort Worth, has consented to compose the junior boys and junior girls calisthenics with assistance from Bro. Jerry Milan. Bro. Dick Ptacek and Sis. Mildred Prchal are composing senior calisthenics, also looking for music. Sis. Halik is composing the tots calisthenics, also looking for suitable music. The deadline date for all calisthenics and music is July, 1983. Must be received in the office by that date. **FINAL REPORT FORMS:** Central District for a calisthenic workshop for all classes held on January 23 and 24 at Sokol Brookfield and Tabor. Sis. Dagmar Fiala, instructor. Air fare, \$178.00, 2 days per diem, rent Sokol Tabor, \$65.00, total \$343.00; approved for payment. Women's district directors have been notified to advise their units' wishes on the red head bands, whether or not to continue with them for outdoor Slets? **TOURNAMENT RULES BOOKLET:** A committee of Sis. Ptacek, Schnabl and Simonek met to get started on organizing the booklet. These were reviewed at our BOI meeting with some corrections and additions being made.

MEN'S DIRECTOR - Bro. Paul Lebloch: Additional information to the Women's Director report. Bro. Frank Michalek submitted design for bars for the various levels of our gymnastic skills program. These will be ordered. The District Directors' conference will be held in Cleveland in October.

MEMBERSHIP - Bro. Fred Kala: Interest is high in the membership drive. Won't know how we're doing until the first quarter of 1982 reports are all in. We are hoping for a 25 percent growth by 1985.

EDUCATIONAL - Bro. Stanley Barcal: Article from Sis. Stella Tichy on J. Kohout LeCoque, the last of the French Impressionists. Letter from Sis. May Konecny advising she will enjoy sending follow-up on castles and forts if we desire. Received from Bro. Stetka, Baltimore, MD, hardbound booklet on "Rohování a šerm holi dlouhou." Author Dr. Jindrich Vanicek, printed in Prague in 1898. A welcome addition to our library, written in Czech. Bro. Robert Jirousek, President of Northeastern district asking for an extension of time regarding the history of the Northeastern District. Target date for history of the districts extended to September 1st, 1982. All districts will be so notified. Essay contest; some essays need to be judged. Prizes, decision reached to give 3 prizes to the seniors and 8 to the juniors. The balance of contestants are to receive "participation patches". Bro. Barcal has copy of general history of the American Sokol Organization written by Bro. Anton Benesh of Michigan. This could be included in the write-up of American Sokol history - also interesting would be to get names and locations of units no longer in existence. Sis. Blanche Kos brought copy of "World's Fair Memorial" held in Chicago in 1933 in which information on the role played by the Sokols when President Wilson called for volunteers is contained. Sokols enlisted and that no one was rejected for physical disability, etc. Copy of this will be sent to Washington, D.C. unit, in their search for information of this sort. The Educational Department of the Central District would like to know the numbering system used in our ASO Library. Will send the information to Bro. E. Halik.

PUBLICITY - CZECH - Bro. Jerry Rabas: Will be reporting on all the exhibitions taking place.

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

FINANCIAL SECRETARY - Sis. Mildred Pinc: Financial report for January, 1982, prepared and copies were distributed to Executive Board members. Applications for Fidelity insurance were given to officers for completion. February 13th, a Certificate was renewed for \$15,046.04 at 14.18 percent. A \$10,000 certificate is expiring on March 4th. Will be invested in an account at the highest rate of interest. Donations for the Future Sokol Leaders' Fund and the Library-Archives fund for January were read. A donation was received from Western Fraternal Life Ass'n. for \$3,125.00. Audit approval given on all books and divisions.

TREASURER - Bro. Ed Hlinka: Bank statement reconciled for both divisions and all found to be in order. Presented a yearly and monthly comparison chart for the uniform division.

UNIFORM - OFFICE - II. VICE-PRESIDENT: Sis. Betty Prener: Orders coming in with all the annual exhibitions being presented. New price list issued. Judged portion of essays. Installed officers of Sokol and Sokolice Tabor. Checked by-laws of Western District, Sokol and Sokolice South Omaha. Checked all flags on the premises. Bro. Chuck Borvansky volunteered to see that all flags are properly stored and will be in charge of all the flags. Women's dress parade uniform is being worked on.

EDITORIAL - SECRETARY - Sis. Jackie Kourim: Working hard to keep the schedule of the publication on time. New directory completed, will appear in the March issue. Secretarial duties were the norm for the month.

I. VICE-PRESIDENT - Bro. George Basta: Started the meeting for Bro. Zitny as he would be late this evening.

PRESIDENT - Bro. Roy Zitny: Installed the officers at Sokol Stickney and Chicagoland Sokol. Did not make the meeting in Dallas, because of prior commitments. Southern District is having trouble with their tax system now. Grange and Taylor area is going to have a new Sokol unit soon. Slet, 1985, went to Oak Brook and looked over the changes on the agreement. New contract to come in a few days.

VIENNA TOUR - 1982: Letter to be printed in the publication and will be sent to all people registered for the tour about the changes that have to be made, due to the cancellation of Alia Airlines weekly flights. Departures will have to be from Chicago or New York only. 154 people on tour as of February 23rd. Fast filling up.

Meeting adjourned at 9:40 p.m. Coffee and . . . afterwards.

Respectfully submitted,
Jackie M. Kourim, Secretary

Help Our Sokol Grow

Sokol Miami



Sokol Miami has been busy advertising our organization. The American Sokol. As the pictures associated with this article can attest. They were taken at the North Miami Winternational Parade. The unit made a float for the occasion. The float was preceded in the parade by Bro. Vaclav and Sis. Yvonne Hertl on horse back carrying the Sokol flag dressed in their Czech costumes. The float was awarded an Appreciation Certificate from the city officials.

The float was built by our Vice-President Bro. Andy Chobot and Bro. Joe Nemetz. It was fillet with Sokols in uniform and national costumes. The group was led by our President Sis. Emilie Ruzicka.

Sis. Freda Hruska, Secretary

Facts About Sokol

In training, it is necessary to proceed from the basic elements. Correctly performed, simple exercises consisting of two elements permit a later succession to a series of further elements until finally such a consolidation of essential movements has been effected that longer and more complex exercises become possible.

A gymnast needs above all a correct foundation for his efforts; a background which he receives with the proper training. It would be foolish to overlook mastery and technique in the fundamental elements and instead advance precipitately to an attempt to perform so called "stunts". To endeavor to accomplish a giant swing without an expertness in a basic swing is ridiculous and foolhardy.

Should each gymnast in the Sokol gymnasium perform only the exercise he likes, the result will be chaos. Without adequate discipline each gymnast will do just that and will practice only on certain apparatus



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and then only to perfect certain "stunts." To permit such occurrences in any Sokol gymnasium means the end of regular training sessions and closing the door of the Sokol gymnasium for good.

The purpose of the Sokol gymnastic sessions is not to teach a few sensational "stunts", but to provide a systematic program of physical training which effectively promotes the harmonious moral and physical development of the participating individuals regardless of age. Properly disciplined and expertly directed gymnastic hours are the basic requirements of the Sokol physical education endeavor.

We must never lose sight of the fact that we are teaching masses and our main consideration must be the Sokol program. We must be concerned with the progress of each individual and not only that of the champion.

The low beam was used in the Sokol gyms in Czechoslovakia in the early 1900's and the uneven bars (hi-lo) in 1921. In 1928, a team of Czech Sokol women performed on the uneven bars in an exhibition at the Olympic in Amsterdam and it was suggested that this apparatus be a part of the women's competitions in the future. The Czech Sokol also suggested that the high beam be used in competitions. Both apparatus were used for the first time in the women's gymnastic championships in Budapest and then in the 1936 Olympics.

Bro. Ed Stetka
Sokol Baltimore



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1. I didn't get the breaks.
2. Employers want "Yes-men" - and I'm not one.
3. If only I had a better education, I could compete.
4. It's this desk work that keeps me from being healthy.
5. It's my mother's fault that I'm not married.
6. If other employers paid better wages, I could do it, too.
7. If the Government gave me a chance, I'd make money.
8. If people in this town were more friendly and congenial, I wouldn't be so lonely.
9. Good idea - if only I had the time.
10. If I had married another man (or woman), I'd be happy.
11. If my parents only had money, I could have good times, too.
12. Society is to blame.
13. He hit me first.
14. It's all a matter of luck.
15. He had pull and I didn't.

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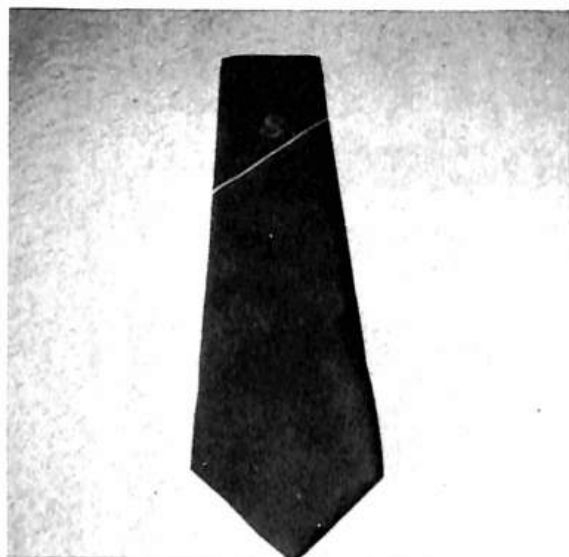
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