

# AMERICAN SOKOL

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Educational and Physical Culture Organization



*The Charles Bridge, the Old Town Bridge Tower, the Church of the Knights of the Cross and the Smetana Museum - view from Kampa Island.*



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## *Calendar of Events*

FEB. 25 - SOKOL MINNESOTA  
Sibrinky

MAR. 3 - SOKOL BROOKFIELD  
Exhibition

MAR. 4 - SOKOL WASHINGTON, D.C.  
"The Highlights of Czech Operas"

MAR. 10 - SOKOL SAN FRANCISCO  
Masaryk's Birthday Dance

MARCH 10 - SOKOL TABOR  
Gymnastic Exhibition

MARCH 16 - SOKOL GREATER CLEVELAND  
Fish Fry

MARCH 17 - SOKOL STICKNEY at Morton West  
Gymnastic Exhibition

MARCH 18 - SOKOLICE OMAHA  
95TH Anniversary Dinner

MAR. 18 - SOKOL SLAVSKY  
Exhibition

MAR. 24 and 25 - WESTERN DISTRICT  
Semi-Annual meeting in Cedar Rapids

MAR. 24 and 25 - SOKOL GREATER CLEVELAND  
Vcelka Play

MAR. 24 - SOKOL BALTIMORE  
Dozvuky

MARCH 24 - SOKOL BERWYN at Morton East  
Gymnastic Exhibition

APRIL 1 - SOKOL WEST SUBURBAN at Hinsdale  
South High School Gymnastic Exhibition

APR. 7 - SOKOL NEW YORK  
Annual Exhibition

APR. 15 - WESTERN DISTRICT  
Children's Competition hosted by Sokol Omaha

APRIL 20 - SOKOL GREATER CLEVELAND  
Fish Fry

APR. 28 - SOKOL GREATER CLEVELAND  
Night in Prague

MAY 4 - SOKOL SLAVSKY  
Card and Bunco Party

MAY 6 - WESTERN DISTRICT  
T. J. Sokol of Crete - 100th Anniversary Dinner

MAY 12 - SOKOL SAN FRANCISCO  
Dance

MAY 18 - SOKOL GREATER CLEVELAND  
Fish Fry

MAY 18 - SOKOL MILWAUKEE  
Exhibition and Awards

JUN. 3 - SOKOL GREATER CLEVELAND  
Summer Gymnastic Exhibition  
Oddfellows Fresh Air Camp

JUNE 3 - SOKOL SLAVSKY  
Picnic

JUNE 9 - SOKOL SAN FRANCISCO  
Dance

JUNE 10 - SOKOL WASHINGTON, D.C.  
Program in memory of Tyrš

JUNE 15, 16, 17 - WESTERN DISTRICT SLET  
hosted by Sokol and Sokolice Crete

JUNE 21-24 - TORONTO SLET

AUG. 5 - SOKOL GREATER CLEVELAND  
Sokol Picnic - Oddfellows Fresh Air Camp

AUG. 12 - SOKOL SAN FRANCISCO  
Annual Picnic

SEPT. 22 - SOKOL SAN FRANCISCO  
St. Wenceslaus Dance

# AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CV

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Číslo - No. 2

## The Leadership of George Washington

To gain their independence, and to establish a strong and dignified government, the American people needed two kinds of leadership.

They needed, first a resourceful general to lead their comparatively untrained troops against the British, and, second, a wise statesman to guide the new nation. It was America's great good fortune that it found both the general and the statesman in the person of one man, George Washington, who has with justice been called "the Father of his Country."

As military leader, Washington proved to be single-minded and steadfast in purpose. In the early days of the Revolutionary War that ragged, ill-fed, untrained American regiments suffered terrible defeats. And in 1780, after four years of indecisive battle, the whole country was in a state of exhaustion. But Washington never despaired or lost heart. Throughout the bitter conflict, he remained a figure of dignity and serene moral courage. He was convinced of the rightness of the American cause and of the inevitability of victory.

Along with his brilliant generalship, his steadfastness and courage, Washington had one other quality which endeared him to his countrymen. That quality was his largeness of spirit. He showed this trait as commander-in-chief of the American Revolutionary Army. A

number of his generals intrigued against Washington's leadership, but whenever one of these generals was in trouble, Washington was quick to help by sending his best troops.

He accepted the blame in time of adversity and refused to claim the credit in times of success. Although some groups tried to pick quarrels with him, Washington would not waste his energies in quarreling. Instead, he spent all his eloquence in trying to rouse the people to effort and sacrifice. "Our cause is noble," he wrote, "it is the cause of mankind."

This same largeness of spirit showed itself again in the confused period which followed the winning of independence. Washington saw that freedom was not enough - it had to be balanced with authority. And although he had hoped to retire from public life to his farm in Virginia, he responded to the call of his countrymen to preside over the convention which wrote the American Constitution and after that, to become the first President of the U.S.

In both roles, he made it his function to mediate between conflicting groups and opinions. As President, he brought into his cabinet the two leaders of rival parties, Thomas Jefferson and Alexander Hamilton. And just as he tried to keep peace within the country, he also strove to keep America at peace with the rest of the world.

Although it ran counter to the prejudices aroused by war, Washington did not hesitate to make a treaty



cementing peace with Great Britain. He believed that principle was everything and that national policy must have moral value.

America was indeed fortunate to find in its time of crisis a man like George Washington. But his qualities - his understanding of the times, his constancy of purpose, his loftiness of outlook and his devotion to justice - made Washington more than a national leader. From his own day to be recognized as a truly world figure. His personal traits, like the causes of liberty and democracy for which he fought, transcend national boundaries.

*Children's Friend*  
January-February, 1981

## ABRAHAM LINCOLN

*"Those who deny freedom to others  
deserve it not for themselves,  
and, under a just God, cannot long retain it."*

Americans think most often of Abraham Lincoln in the light of the momentous events that followed his election in 1860 as the 16th President of the United States.

In that year, the nation was about to split asunder over the issues of states' rights and slavery. By the time the tall, gaunt, thoughtful man from the West had taken his oath of office, 11 southern states had left the Union to form the Confederate States of America.

When in the spring of 1861 the Civil War began, the new President's first great purpose was to save the Union - even if this meant maintaining slavery in the states where it was legal. But by 1862, he had come to understand that the second great purpose of that tragic conflict must be the abolition of slavery.

Under his leadership both these towering purposes were achieved, and Lincoln lives on in reverent memory as the preserver of the Union and the Great Emancipator.

Yet, when Lincoln left his Springfield law office to assume the Presidency at a moment of supreme crisis, he had been a national political figure for a brief time only. So that, when the Republican Party turned to him as a Presidential candidate, he said: "No one, scarcely, outside of Illinois knows me."

It took time for Lincoln to grow into his office, but once he had done so he stood revealed as one of the giants of history - a great man who was also a living demonstration of the opportunity that a nation "dedicated to the proposition that all men are created equal" offers to its most humbly born citizen.

Lincoln not only exemplified the principle that all men are created equal, he believed in it. And he always expressed this belief in simple words - as when he addressed the 166th Ohio Regiment late in the summer of 1864.

After stressing the fact that victory in the conflict would perpetuate this "great and free government," with its "equal privileges for all in the race of life," he said to the battle-scarred soldiers: "I beg you to remember this, not merely for my sake, but for yours. I happen, temporarily, to occupy this White House. I am

a living witness that any of your children may look to come here as my father's child has."

Thus spoke the man who began his long journey to greatness as a wood-cutter, farm-hand, Mississippi River boatman, clerk in a country store and postmaster in a village post office.



When Lincoln made his second Inaugural Address, on March 4, 1865, victory for the Union cause was nearly at hand. He used the occasion to express his hope for humane rebuilding of a nation almost shattered by the prolonged and terrible Civil War. "With malice toward none, with charity for all," he said toward the close of his address, "with firmness in the right as God gives us to see the right, let us strive on to finish the work we are in, to bind up the nation's wound."

Before Lincoln could translate into action the policy of reconciliation with the South his words foreshadowed, he was struck down by an assassin's bullet. Lesser men who came after him imposed a harsh, vindictive peace.

Thus his program of reconciliation died with him - but what he said did not die, for it expressed the kind of democracy in which we believe and to which we aspire. Other words, spoken to the eternal conscience of mankind, still live in the hearts of millions and gain new force against every thrust of tyranny that threatens the world today:

*"I leave you hoping the lamp of liberty will burn in your hearts . . . Our defense is in the spirit that prizes liberty as the heritage of all men everywhere.*

*We must march shoulder to shoulder in the great army of freedom . . . It is for us to be dedicated to the great task remaining before us . . . We shall nobly save, or meanly lose, the last best hope of the earth."*

*Children's Friend, January-February, 1981*

## Sokol Educator

## JOSEF MÁNES

Josef was born in Prague, Old Town in 1820. He painted portraits, landscapes, flowers and colored sketches of peasants. All his work had poetic, symbolic qualities. He viewed life from a highly intellectual, artistic background and also from close association with aristocrats. However, he was aware that his Czech people, ruled by the Hapsburgs, were strongly influenced by the rich, the nobility. He knew that it was the peasants who kept the Czech language alive. It was for this reason that he devoted his life not only to portray the aristocrats, but to leave a lasting record of the "sedláci" (peasants), with their beautiful costumes, their kindness and their gentility.

Josef Mánes became a national hero, a celebrated artist so well loved that many books were written about him. He was taught the first of artwork by his father, Antonín. He was also encouraged to follow an art

career by his mother Magdalena. They were a family of artists, including Uncle Václav, a professor in the Art Academy, who lived with them.

In 1833, Josef left school to be trained by his father and uncle. His father painted landscapes which came up to the high standards of landscape painting as done by Theodore Rousseau. In 1835, Josef entered the Art Academy where he spent five years. Before finishing his schooling he was exhibiting and receiving awards, the first a silver medal. This was followed by a gold medal he got for a painting of King David, playing a harp. He was honored with many awards. His long friendship began with Count Tarouco, who became a student of his father.

Quido, the brother of Josef Mánes, was also artistically inclined. He was interested in the costumes as worn by the people from different provinces. They had intentions of opening up a gallery showing colored sketches of the natives in their costumes. Josef made a portrait of his brother Quido as a youth. His sister Amálie opened up a private school for girls.

Mánes illustrated Czech folk songs with thoughts of publishing an album of them. He promoted Czech music, art and literature, also knew French, English, German, Slovak, Russian and Polish literature. He loved music, favoring that of Bedřich Smetana and Mozart. The 19th century in which Mánes lived belongs to Romanticism, but its roots go back to the 18th century. Mánes worked in oil, watercolor, pencil, pen and ink and knew the art of making lithographs and xylographs.

He painted portraits of counts, countesses, their children, people from all walks of life, heads of women and men, gypsies, nude women and babies, young people, mountain scenes, townscapes, forests, wide tree trunks to emphasize their long survival and flowers. He designed insignias for fraternal lodges and singing societies, made banners for different organizations, also replicas of the Bohemian coat-of-arms, the lion with a crown on its head. Taken from the astronomical clock on the Old Town Hall, the calendar dial is a copy of the original one done by Josef Mánes. The twelve medallions are made up of twelve scenes of country people which show pictures of the cherubs, one attached loosely by reins to a Pegasus, another cherub to a lion and there are other animals not as unreal as a winged horse.

Mánes made engravings in wood which brought out the beauty of the Slovanské costumes, Hanácké costumes and those from Trenčína, and men there know as "dráteníci" (wire workers). They repaired pots, pans and could do anything with wire from wiring together an animal cage to making a stand for a flatiron to set on. Mánes embraced a variety of subjects. He made pictures of cherubs portraying spring, summer, fall, winter and people in different cycles of activity: going to church, attending a funeral, fishing or driving out in a buggy.

Traveling overseas or to faraway places did not appeal to Mánes. He walked around the country and traveled extensively through Moravia and Slovensko studying and painting. He was satisfied to stay in his

own Slav world. He went to Poland and Silesia, there also to study costumes and a trip to attend an art festival in Russia. He was one of the patriots who after the 1848 revolution brought pressure on Emperor Francis Joseph to grant a group of Czech artists the same equal rights that the German artists received.

Josef Mánes worked with Jindřich Fuegner and Miroslav Tyrš in designing the Sokol uniform. The original red shirt was chosen as the symbol of love for one's country. It was the color of the uniforms worn by Giuseppe Garibaldi, who with his soldiers fought for freedom and to unify Italy. Sokols had that same great desire to unify their country and free it from Hapsburg monarchy. The red in the Sokol shirts still survives with the rosette and feather stuck in the hat. In the Miroslav Tyrš Museum hang paintings by Mánes of the Fuegner and Tyrš families.

The technique of coping with light and atmosphere to the best advantage was mastered by Mánes. He had a magical way of using colors and fitting them together like a rhythmically composed poem. He found his national artistic sense and the pathos of his nation in the Slovenské people.

One of his paintings that show his great harmony with nature and brought him recognition from the country people was "Libánky Na Hané" (Lovers on Hane), Slovak province. The lovers embraced in each others' arms are seated in a buggy, driving along a country lane. Mánes said that the best years of his life were years of 1847 through 1867. It is known that Mánes had a close association with Countess Isabella Tarouco. She kept a diary in which she wrote daily, leaving behind a record of his art life.

For years, Josef Mánes' humorous drawings and sketches of natives appeared in a Prague magazine. He had a "koníček" (hobby) which was collecting clocks. It had probably begun with his great interest in the astronomical clock on the Town Hall tower.

Josef Mánes exhibited in Rome, Moscow, Berlin, Bucharest, Serbia, Dresden, Budapest, the Royal Scottish Academy in Edinburgh and in many other countries. He became ill in Rome and his sister Amálie brought him to Prague. He recovered and was able to attend another art exhibit and that was the end. He died December 9th, 1871 and was buried at Olšanské Cemetery.

Sis. Stella Tichy  
Sokol Cechie, Chicago

## ITEM OF INTEREST

People in all parts of the world continually strive to better their lives by learning and doing. In Czechoslovakia, as in many other countries, the making of "povidla" had become because of economics, a necessary task and tradition.

To supplement food availability fruit trees were planted around the home, in the yard (humna), along the roads bordering properties, along lanes leading into and through fields. The plum (trnka, švestka, or slíva) was/is very popular throughout Czechoslovakia and especially in southern Moravia. It is a fruit of many

uses . . . it can be eaten fresh, cooked, dried, baked in pasteries, made into jellies, preserves, jams, butter, wine and spirits.

**NAČ JE TRNKA? (WHAT IS A PLUM FOR?)** Herein lies an ageless controversy; for what use is it best suited. The wife contends that the "trnka" is for "povidla", but the husband knows it is for "slivovice" (plum brandy).

The process of making povidla may vary to some degree from area to area or even village to village. In Veselí nad Moravou area the plums were harvested in early September as they ripened. Generally, they were of two varieties, the "karlatky" or "pukačky" a free stone and the "durancije" a cling stone. The workers sang as they worked and the gathering of plums may have been a time for song, romance and heartache.

The picked plums were carefully spread on clean rye straw in the cellar or other room to further ripen. In the evening after two or three days the "karlatky" variety were pitted and put into a wooden tub. Next morning the cooking began. The "trnky" were put into a large copper kettle (or vat) which had been thoroughly scrubbed with vinegar and salt and rinsed with water the day before. A special structure, in the yard or attached to the rear of the house was used in the cooking. A steady medium fire under the kettle had to be maintained all the time and constant stirring was required to keep the plums from burning. The kettle was filled half way and covered, and as the plums cooked down more plums were added until the vat was full when cooked or all the plums used. Stirring the plums during the cooking was done by a four-faced paddle, the shaft of which protruded from the kettle lid. A handle attached to the shaft extended beyond the edge of the kettle and as the handle was moved back and forth the paddle mixed the plums. At intervals the lid was lifted and the contents were samples for consistency. As the plums thicken often time they bubbled and splattered inflicting minor burns upon the taster. Perhaps the word "lizačka" comes from the habit of licking off the tasty splatters.

The making of povidla was a long, tedious, monotonous chore that ran continually for two days and two nights when the crop was plentiful. To ease the monotony and to lighten the work, friends came to help and much singing, joking and cavorting went on. In fact, too much so at times when the younger folks took over the chores in the evening. Someone always brought an accordion and hence merriment dulled the senses of duty and attention to the task at hand.

As the cooking continued the plums began to thicken and finally became prune butter or "povidla". Then it was ladled into earthenware containers, cooled, covered with clean cloth and stored. It was used throughout the year, and next harvest time the making of povidla began again. Povidla keeps well, it is known that even after ten years it still may be good and usable.

Using the "durancije" variety plums, the process of making povidla required a little more work. Since these are cling stone plums they were first cooked with the stones. When well cooked the plums were mashed through a strainer, a small broom, which had been thoroughly cleaned, was used to rub the flesh of the fruit

through the strainer until only the stones remained. At this point in the process, an interesting and delicious event took place. The mashed and strained fruit, in a rather liquid form, referred to as "lizačka", was put back into the kettle for its final cooking. But first small amounts of the "lizačka" was packaged in small containers, distributed to relatives and friends, and some sold in the neighborhood by the children.

Now you have learned how "povidla" is made - but what about the husband and his "slivovice"? Well, happily for him, the story does go on.

There were always some later ripening plums, discarded plums from the making of povidla, overlooked fallen plums and no doubt withheld plums. All of these were gathered, put in a wooden barrel, left to ferment and then distilled into that "cure all" elixir "slivovice".

Most households made plum brandy. They had their own stills or borrowed one from neighbors. Others again, would await a mobile distillery that visited the villages. The operators of the still would keep one liter of brandy out of every ten liters distilled.

Bro. Louis Teichman, Sokol Detroit

## A Creed to Live by

Many men have written creeds, those principles by which they live and in which they believe. One of the finest is this one by John D. Rockefeller, R. It is familiar to many people, but is so good it should be reread at least once a year . . .

*I believe* in the supreme worth of the individual and in his right to life, liberty and pursuit of happiness.

*I believe* that every right implies a responsibility; every opportunity, an obligation; every possession, a duty.

*I believe* that the law was made for man and not man for the law; that government is the servant of the people and not their master.

*I believe* in the dignity of labor, whether with head or hand; that the world owes no man a living, but that it owes every man an opportunity to make a living.

*I believe* that thrift is essential to well ordered living and that economy is a prime requisite of a sound financial structure, whether in government, business, or personal affairs.

*I believe* that truth and justice are fundamental to an enduring social order.

*I believe* in the sacredness of a promise, that a man's word should be as good as his bond; that character - not wealth or power or position - is of supreme worth.

*I believe* that the rendering of useful service is the common duty of mankind and that only in the purifying fire of sacrifice is the dross of selfishness consumed and the greatness of the human soul set free.

*I believe* in an all-wise and all-loving God, named by whatever name, and that the individual's highest fulfillment, greatest happiness, and widest usefulness are to be found in living harmony with His will.

*I believe* that love is the greatest thing in the world; that it alone can overcome hate; that right can and will triumph over might. "Sokol Times" January 1984

# SOKOL GYMNAST

FEBRUARY 1984

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

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## MERIT AWARD 1984

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

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

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

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

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

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

**COMPLETED APPLICATION MUST BE POSTMARKED NOT LATER THAN MAY 30, 1984**

**MERIT AWARD COMMITTEE:**

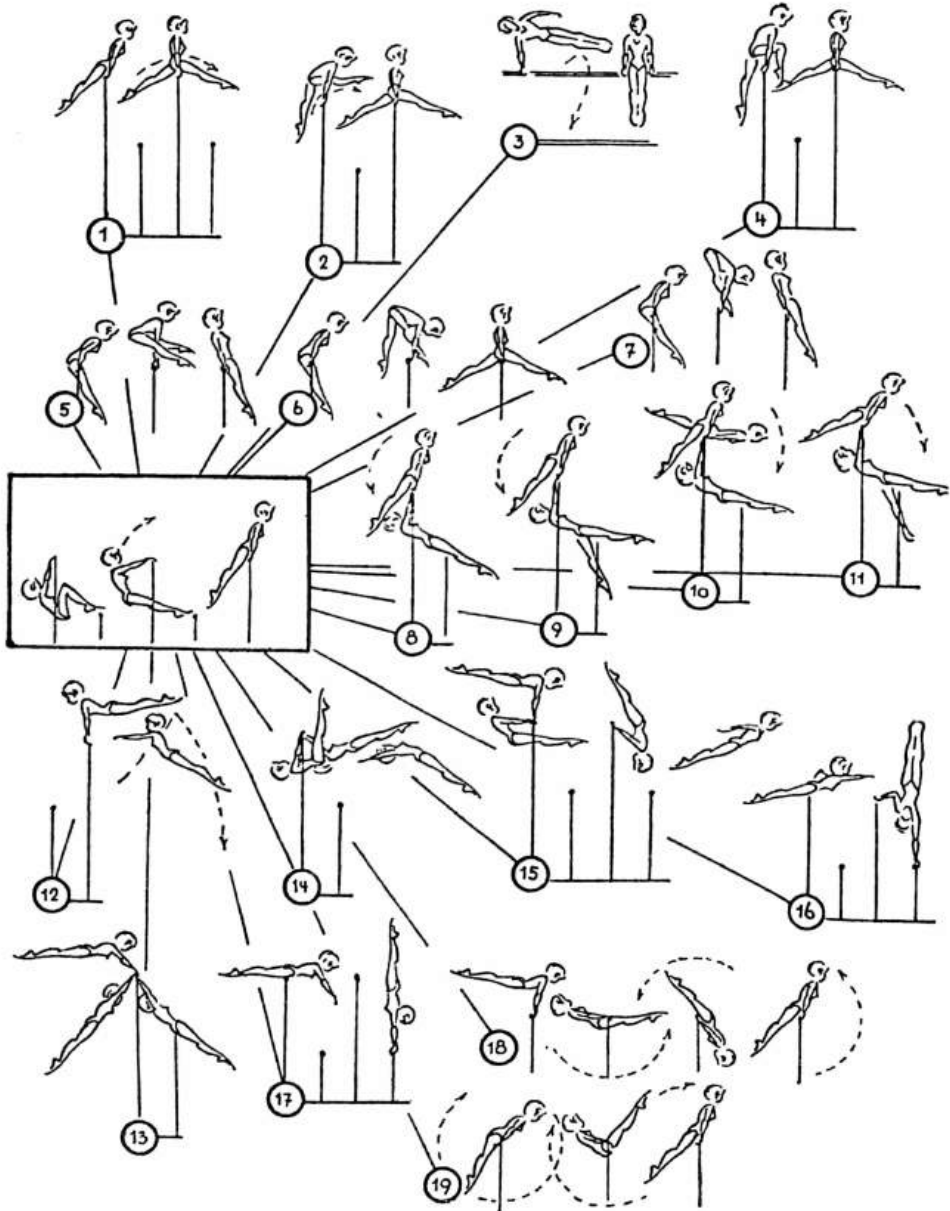
**Paul Lebloch, Marie Ptacek, Richard Ptacek, Charles Klapp and Jo Marie Mlsek (Chairman)**

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

# UNEVEN BARS - WOMEN

Indicated from the Central Box figure are various exercises that may be performed by women and Junior Girls. The starting position is from a hang on upper bar, facing inward, insteps placed on lower bar. Push from lower bar to a BACK UPRISE to SUPPORT ON high bar - continue to other movements.

1. Thru pass L or R to stride support
2. Side leg pass L or R to stride support
3. Flank pass L or R to rear support
4. Squat thru L or R to stride support
5. Stradleg cut over bar to rear support
6. Bent hip thru pass (stoop) L or R to stride support
7. Bent hip thru pass (both legs) to rear support
8. Fall rearward to hang lying on low bar
9. Fall rearward to hang lying L or R rearleg
10. Roll forward to hang lying on low bar
11. Roll forward to hang lying L or R rearleg
- 12-13. Cast from high bar to hang
14. Fall rearward and underswing dismount over low bar
15. Rotate rearward (free hip circle backward) on high bar and dismount to the ground
16. Handstand on one hand on low bar
17. Fall forward to support on low bar - handstand
18. Rotate rearward on high bar
19. Rotate forward on high bar



## Acrobatics

*By Dick Priley, President USSAF*

There is archeological evidence in the form of drawing and statuettes that somersaults, handstands, and bridges were known many centuries BC in China, Egypt, and Persia. Acrobatics exercises have become the basis for training in many other sports including gymnastics, diving, and even figure-skating.

Competitive acrobatics, known as Sports Acrobatics, is related to the field of gymnastics, but the performers do not use equipment such as the horizontal bar, side horse, or balance beam. Except for the platform tumbling event, the work is done by partners and groups and resembles a fusion of dance, tumbling and floor exercise. The seven international events of sports acrobatics are: Men's Pairs, Women's Pairs, Women's Trio, Mixed Pairs, Men's Fours, Women's Platform Tumbling, and Men's Platform Tumbling. It is in these last two events that gymnasts can most readily find themselves competitive.

Sports acrobatics is a fun sport and very suitable for physical education programs as well as for the exhibition activities of club programs. It completes existing dance and gymnastic classes and challenges the physical education teacher, dance instructor and gymnastics coach to combine acrobatic skills with music and dance choreography.

Comparisons with gymnastics are inevitable as everyone wants to know how sports acrobatics is different from gymnastics.

Tumbling is common to both sports. In acrobatics, tumbling is part of the exercise in the pair/group events as well as an even of its own. Tumbling as done by sports acrobats is probably more similar to gymnastics-style tumbling.

Where gymnastics has its all-around with the gymnast performing in all 6 (men) or 4 (women), the acrobatic equivalent is mastery of 3 exercises in one event. The tumblers do straight salto, twisting salto, and mixed salto passes. The pairs and trios do exercises of balance, tempo, and combinations of balances and tempo. The 4 men do only balance and tempo. The event title is won by the highest total of scores of the 3 exercises as done in preliminaries. Finals are contested in both straight and twisting salto passes and the combined pass and in the balance and tempo exercises.

The scope for creating imaginative patterns and combinations is limitless, particularly when the strength of the men can be exploited and contrasted with the grace and elegance of the women. While gymnastics floor exercises requires strength, mobility, flexibility, and power, in pair and group work the partners must be complementary in their movement. The overall effect of seeing people working in close synchronizati- on and interdependence, with beautiful choreography and musical accompaniment, is electrifying!

## Instructor School Survey

The American Sokol Organization has planned to hold a two week Advanced Instructors School following the Sokol Canada Slet.

PLACE: Camp Barryville, New York

DATE: June 25 to July 7, 1984

The minimum age to attend is 16 years. Each student must have attained two Beginners Schools or equivalent (teaching experience in Sokol classes accepted). Students 18 years or over do not have to meet this requirement.

Juniors who do not meet the above requirements will be considered for acceptance with a letter of recommendation signed by the Unit Director.

It will be the responsibility of each student to arrange his/her own transportation home after the Course. In cases where the student will not be at the Sokol Canada Slet in Toronto, it will also be their own responsibility to get to the Course at Camp Barryville.

Each American Sokol unit has received an information letter which included a survey sheet in order to ascertain the approximate number of students to attend the Kurz. This survey is highly important as its outcome will determine the potential number of students and whether it will be feasible to hold the Instructors School. At this date the cost of the Course has not been determined.

*American Sokol Organization  
Board of Instructors*

## Foreign Notes

The Peoples Republic of China is offering a 2 weeks Gymnastic School this summer. This is open to all Americans and Canadians. It is organized by the Gymnastic Federation of China in cooperation with the United States Association of Independent Gymnastic clubs and the International Sports Exchange. Featured will be exposure to new techniques, routines, and training methods perfected by the Chinese. Expert instruction by leading Chinese Coaches and Professors of Gymnastics. It is open to all male and female gymnasts at advanced, Intermediate and Beginner levels. The location of the School will be centered in Peking, Shanghai and Canton. Cost of the school, including round trip air fare from the West Coast, land travel, expert instruction, lodging, complete meals, sightseeing, recreational, cultural and social events is \$2,575.

**HELP  
OUR SOKOL  
GROW**

## The Principles of Strength Training

By Dr. Joel Sabeau

Weight training and strength training should be an integral part of all advanced and elite gymnastics programmes. With advanced training, body preparation is important to prevent injury and allow the most rapid progression in acquiring new skills. Injuries are 60% less frequent in gymnasts who weight and strength train than in their non-trained counterparts.

Before any resistive weight training session is started, an adequate stretching and warm-up routine should be done.

In other words, the warm-ups prepare the body in many ways to help optimize the gymnasts' bodily response to strength training.

The following principles should be followed when performing the resistive strength training in order to gain maximum strength in the least time:

1. The gymnasts; strength training should be progressive. They should constantly attempt to either increase repetitions or resistance during each work out. Training should always be done to build strength, not demonstrate it. Neither fooling around nor seeing how much one can lift should be tolerated. An individual exercise should last forty to seventy seconds or seven to twelve repetitions to be most effective. More than fifteen repetitions causes failure from lack of oxygen rather than muscle exhaustion. A set of an exercise is finished when no additional movement is possible, not before. When twelve repetitions can be done by the point of exhaustion, the resistance should be increased five to ten percent.

2. The amount of strength gained is directly related to the intensity of the exercise. Individual muscle fibers in an all or none fashion. No more fibers will fill in a muscle than are necessary to move a given resistance. If the set is stopped before the point of failure, the maximum number of muscle fibers will not be involved in the exercise and the maximum benefit will not be obtained. It is also easy to see that a slight reduction in

effort will cause a disproportionate decrease in benefit. Less than maximal effort cannot be measured, nor will it do more than help your present level of fitness. It will not help increase it. Most people left to themselves will not perform to their maximum potential. Gymnasts are no exception. Supervision or "peer pushing" are often necessary to ensure maximum effort.

3. Each exercise should be done with very strict form to ensure maximum loading of the muscle groups to be worked by the exercise and to prevent injury from abnormal biomechanical loading of other areas.

4. Proper breathing technique should be taught prior to beginning any weight resistance programme. Generally when pushing a resistance away from the body, one should exhale and when bringing a weight toward the body, inhale. Or a more general rule is to exhale during the positive component of a move and inhale during the negative phase. If this is done, it decreases the chance of developing high blood pressure from resistive weight training.

*Courtesy of Club News*

## Special Olympics Gymnastics Program

Special Olympics is the World's Largest program of sports training and athletic competition for mentally retarded children and adults. With year round programs in 16 sports, over one million Special Olympians participate in sports activities in every state in the U.S., the District of Columbia and over 50 countries.

Years ago, experts in the field of mental retardation claimed that mentally retarded people could not compete in sports, the retarded would not understand the concept of winning, the experts said.

Special Olympics has proven otherwise.

Today there are more than 7,500 Special Olympics gymnasts in the U.S.

As Special Olympics attempts to improve and expand its gymnastics program, more and more volunteer coaches will be needed to train athletes, conduct gymnastics Clinics, develop local gymnastics programs, and open their clubs to special athletes.

AMERICAN SOKOL ORGANIZATION  
Merit Award Committee  
6424 West Cermak Road  
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1984

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Signature of Sokol member: .....

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City: ..... State: ..... Zip Code: .....

My age is: ..... years. I am a member of Sokol .....  
of the ..... District.

## IN MEMORIAM

### Sis. Lillian Pribil

1904-1984

After a long bout with a heart disease, on January 9, 1984, suffering from her 5th heart attack in two years, our former president, Sis. Lillian Pribil, passed away. Sokol services were held on January 12 in Queens; Bro. Slavik eulogized her on behalf of all Sokols while some 35 members of Sokol New York and Sokol Fuegner were present.

Sis. Pribil was an exemplary worker; first as a member of the Sokolky New York gym team which won the first prize in 1921 First Sokol Slet in Chicago, later as a president of her unit for 17 years. She was known all over the Sokol world. Her greatest role however, was within the camp committee; whether a chairperson or only as a member, she devoted all her energies to Sokol campers. In her last years, when she couldn't move about as much as she would like to, she kept in touch with our older members, sending them cards and keeping them up-to-date as to our Sokol activities.

Who will do all that work now? Who will replace her? May she rest in peace. Nazdar!

*Sokol New York January Newsletter*

## From Czechoslovak Sokol Abroad

Dear Brothers and Sisters;

1984, as you are aware, will be the 100th anniversary of the death of our founder Dr. Miroslav Tyrš.

Our Board of Directors decided to commemorate this anniversary in August, 1984, in the village of Oetz in the Austrian Alps where Tyrš found his death.

The commemoration will center around a three-day symposium devoted to an assessment of the personality, work and ideas of Tyrš — not only as it relates to Sokol and physical education but also with respect to his many other activities — as an educator, national leader and politician, art critic, etc.

We envisage to do this in a series of "lectures" presented by their authors or, in their absence, by someone else in their behalf, to be followed by panel and general discussions whereby special focus would be directed to the relevance of Tyrš' ideas on the present and their significance for the future. We also intend to publish the lectures together with a summary of the discussions in a booklet in the fall of next year.

In view of the significance of the 100th anniversary for all Sokols we would like to invite your organization to co-sponsor this event with us and we are extending a similar invitation also to the Slovak Gymnastic Union Sokol of the United States and the Yugoslav Sokol in the Free World.

The co-sponsorship would not entail any financial contribution or participation, it would, however, dem-

onstrate the unity of all our Sokol organizations in their homage to Tyrš.

We would very much appreciate it if you could consider our suggestion for co-sponsorship of the event and advise us your decision at your earliest convenience.

Our preliminary plans call for the symposium to commence on Tuesday, August 7, 1984, and continue until Thursday, August 9, 1984 (with participants arriving in Oetz on Monday, August 6, and leaving on Friday, August 10). As mentioned above, the program would consist of lectures by discussions; on Wednesday, August 8th - the day of Tyrš' death - a commemorative ceremony would be held at the plaque at the site where his body was found (erected there in 1962 by your organization).

For the assessment of Tyrš to be complete, we would also like to include in our series of lectures a presentation on his influence on Sokol in the United States. Would it be possible for someone in your organization to prepare such a lecture for the symposium - to be presented there either in person or by someone in his (or her) behalf? Please note in this connection that we intend to distribute the lectures to be presented there to all participants upon their arrival and for that reason we would require that the text be received by us prior to the end of May, 1984.

We sincerely hope that it will be possible for you to participate in this significant event for all Sokols and we look forward to your, hopefully, affirmative reply.

Zdenek Dobrovolny,  
Secretary [signed]

Jan Waldauf,  
President [signed]

## ASO Executive Board Meeting

Regular meeting of the American Sokol Organization Executive Board, Tuesday, November 29, 1983, was brought to order at 7:35 p.m. by President Roy Zitny, pledge to the flag was given. District minutes received and reviewed: Southern, September 22nd; Central, October 26th; Northeastern, October 26th.

**CORRESPONDENCE:** From Emil Kuropata, Sokol Houston, our answer attached. Copies of Mailgrams sent to Bro. Ben Maca, per his request by phone. From Sokol Newark, Bro. Frank Bartell, President, in response to their letter from Sokol Greater Cleveland, our answer attached. Copy of letter from Bro. Gary Masek in answer to a letter from Bro. Jirousek, which he sent to the ASO and all district presidents. Letter sent to Sis. Kourim, at her home, from Bro. John Dusek, President, Sokol Greater Cleveland, (these letters were answered some time ago). Bro. Joe Kovar, his interpretation of the voting problem in Sokol West, Texas. Bro. Fred C. Stankovsky, seeking information on several subjects, this was given to him at the Central District annual meeting. Bro. George Vytlačil, President, Central District, copy of a letter sent to Bro. Jirousek, in answer to their letter of October 18th. Invitation to Bro. Roy Zitny, 95th celebration of the

Omaha Sokol ladies to attend and speak at their program on March 18, 1984. Approved, that both Bro. and Sis. Zitny should attend this celebration. Sokol Canada, VII Slet, June 21-24, 1984, portfolio of information concerning this event. Forms from Selden, Fox and Associates, Ltd., which must be approved and signed if we wish to use their firm for our audit, approval given, and returned to their firm. Letter from the auditing committee, stating that all records were found to be in order. Several interesting notes received along with donations for our Christmas seals. Denni Hlasatel, if we wish to run an ad for the Christmas holidays, approved  $\frac{1}{4}$  page ad, will be handled by Bro. Rabas. Mini-newsletter from Sokol Cleveland. The Sun-Times, about their IN SHAPE issue to be printed January 8, 1984, our publicity chairmen should look into this. Other interesting news clippings and letters.

**DIRECTOR OF WOMEN - Sis. Marie Ptacek:** Minutes of the 1983 Director's Conference given to the Executive Board today. Our Board of Instructors' members received theirs at our November 9th meeting. Others mailed to directors. Bro. and Sis. Jerry Hardy sent greetings from Budapest. They attended the World Gymnastic Championships there. Sis. Zabka sent literature regarding a "Head Over Heels" program being jointly sponsored by McDonald's and the USGF. It is a program designed to give children ages 4 to 12 an opportunity to attend a free  $1\frac{1}{2}$  hour gymnastic session at a local gymnastic organization. Sis. Schnabl gave us a copy of the Tot's gymnastic skills program that is used by Sokol Berwyn. Copies were sent to District Directors. Bro. Banjak wrote to Bro. Rome Milan asking if he is interested in doing the artwork for the Sokol manual. We were told at the conference that Bro. Milan is not able to do it. Sis. Zabka is checking with someone who is doing the artwork for the rhythmic gymnastics routines. Sis. Schnabl asked if the manual will be expanded to include dance steps. We might consider doing so as a supplement or an addendum. Received a post card advertising small sized rhythmic gymnastics "Indian Clubs" for small children. Made of maple, the clubs are 33 centimeters long. Price is \$8.00 per pair, plus \$1.50 for shipping. These clubs are being offered by Diametrics Company, P.O. Box 818, Windsor, CT 06095. Also received an illustrated sheet showing various pins from Designs by Margarita, Fountain Valley, CA. This will be kept for the souvenir committee. Received newsletters from many units. **1985 XVI SLET:** A committee has an appointment on Friday, December 2, 1983, to check the facilities at University of Illinois, Chicago Circle Campus. We are considering it for our competitions. Southern District is in charge of writing new routines for the Jr. boys and men's competitions. Bro. Dave Harlan will be in charge of the Jr. boys and men's volleyball. Sis. Harlan will be asked if she will handle the Jr. girls and women's. A deadline date of February 1, 1984, has been set for all calisthenics routines, etc. to be in our hands here at the office. The BOI would like to suggest Bro. Kalat's idea of "New Horizons" as our Slet theme — theme and logo to encompass 1865-1985. This will have to be decided by the Slet Committee. Bro. Kalat showed us two sizes

of trophies on which he is working. Very impressive design. We are asking for an advance approval of \$500.00 for the trophy committee, from which Bro. Kalat would be able to draw money as supplies are needed. Would like to see the trophy before approving it, commented the Executive Board. Will go through the District Director's minutes in the January meeting.

**MEN'S DIRECTOR - Bro. Paul Lebloch:** A letter was received from Bro. Jerry Hardy thanking us for our support in retaining him as our Sokol representative to the AAU. He sent a brief gymnastics activity resume of his involvement with gymnastics. He is also presently a nationally certified track and field official. Bro. Hardy also sent report of the Board of Directors meeting held March 25-26, 1983 in Las Vegas, Nevada and Amateur Athletic Union Insurance Outline and the Board of Directors minutes of November 13, 1982 meeting held in San Diego, CA. Reports of various events were included in the packet sent by Bro. Hardy. We will write for a catalog of educational gymnastic equipment including the Swedish Bench from Gymthing of Baltimore. If it is of value we will recommend units to also get the catalog. A USGF Member Associations department will be included in future issues of their magazine. This department will publish historical, timely and competition articles encompassing the 18 member associations which comprise the USGF. We should keep this in mind to advertise our Slet and competitions. **1985 Slet:** Illinois Benedictine College may be a good site for volleyball. Morton West could be used for the opening ceremonies, Special Number competition and main Slet program. Bro. Satek has contacted the William Tell Motel for the Conference October 26, 27 and 28, 1984. This is where Sokol West Suburban will be holding their 25th anniversary celebration. Sokol Woodlands accepted to have our instructors course after the Canadian Slet. Rates per week will be worked out according to the amount of people attending, Bro. Jan Sopoci. The BOI will have to make the decision.

**MEMBERSHIP CHAIRMAN - Bro. Fred Kala:** Excused, no report.

**EDUCATIONAL CHAIRMAN - Bro. Stanley Barcal:** On vacation, no report.

**PUBLICITY - CZECH: Bro. Jerry Rabas:** Had articles and pictures on the District Directors' Conference and the Educational Conference in the Denni Hlasatel.

**PUBLICITY - ENGLISH - Sis. Vlasta Zitny:** Attended the Central District annual meeting, the Latvian and Western National Bank celebrations and the Educational Conference dinner.

**FINANCIAL SECRETARY - Sis. Mildred Pinc:** Not present, report read by Sis. Betty Prener. The financial report for October, 1983, was prepared and copies were distributed to the Executive Board members. A certificate for \$10,000.00 was renewed at 9.00% slightly higher than the 8.6% it had been earning. Safety deposit box at Fidelity Savings and Loan is up for renewal. We will be changing it to the First National Bank of Cicero, approved. An audit was made of the ASO books for the 3rd quarter of 1983 and everything was found in order. Sokol Houston dues are still **not paid**

for the 1st three quarters of 1983. All but one of T. G. Masaryk's members have responded to the dues notices which were sent. Brother Pohajda of the unit passed away in October. Pin orders and requests for dues cards are filled when received. An order was placed with Trinity Bronze for 5 plaques. We are still waiting for the bill from the hotel in California for the District Director's Conference. We need to transfer the funds from the Future Sokol Leaders' Fund for the cost of the conference. Donations to the Future Sokol Leaders' Fund and Library/Archives Fund were read. With the purchase of songbooks we will have to charge a shipping and handling charge in the future, approved.

**TREASURER - Bro. Robert Barcal:** Bank statements reconciled and found to be in order. Comparison reports for the ASO and the uniform division presented and explained.

**UNIFORM - OFFICE - VICE-PRESIDENT - Sis. Betty Prener:** Orders coming in, shipping them out as fast as possible. Waiting up to 9 weeks for some deliveries. Approval given to increase the inventory by \$10,000.00 from the general fund. Request for the Slet flag to be sent to Washington, D.C. for a special spring event. Will pay for the shipping both ways.

**EDITORIAL - SECRETARY - Sis. Jackie M. Kourim:** November issue went out with two mistakes. The gymnast section was stapled in wrong. Also the date in the article about Christine Horak reports her death as August 18, 1893, instead of 1983. The December issue is being prepared now. Still answering letters and requests in great quantity. Finished sending out all the Christmas seal letters. The response has been very good. To date we have received \$3,284.00 from 602 donors, giving us an average of \$5.50 per donation, which I think is extremely good. Just a reminder that the Christmas party reservations are due soon, December 9th. 36 people have made reservations to date. **GOOD NEWS!** The ties have arrived from England, the selling price is still \$8.00 plus shipping and handling. They will be advertised in the December issue of the "American Sokol". I think this shipment of ties is a better made tie than we had before.

**I. VICE-PRESIDENT - Bro. George Basta:** Has been helping fill out some government reports with the financial department.

**PRESIDENT - Bro. Roy S. Zitny:** Installed officers at the Central District annual meeting, the Latvian and the Western National Bank celebrations and the Educational Conference and the dinner.

**OLD BUSINESS:** An invitation from Czechoslovak Sokol Abroad, to be co-sponsors at a celebration in the Village of Oetz for the anniversary of Tyrs' death. Approval was given to take part in this celebration and the Educational department will work on a lecture to be printed in their booklet. The invitation will be published in the "American Sokol".

**NEW BUSINESS:** 1985 Slet - Starting with the new year the new approved Slet committee will start having meetings. The Slet report will be given at the beginning of the Executive Board meeting instead of at the end.

Czechoslovak Sokol Abroad will be holding their VI Slet in Zurich in 1986. No meeting of the Executive

Board in December. Meeting adjourned at 9:22 p.m. Delightful refreshments served by Sis. Zitny.

Respectfully submitted,  
Jackie M. Kourim, Secretary

## ASO Financial Report

DECEMBER 1983

### RECEIPTS:

Dues	\$3,165.30
Convention Fund	706.00
Special Assessment	348.00
Dividends and Interest	156.36
Subscription and Advertising in "American Sokol"	228.00
Resale of Jewelry	185.00
T. G. Masaryk dues	10.00
"Highlights of Czech History"	13.50
Education Booklets	101.00
Donation from Mir Cechie CSA	50.00
Donation from Estate of Sister Christine Horak	500.00
Christmas Seals	1,163.94
U.P.S.	8.17
Merit Awards - Transfer of funds	2,400.00
Miscellaneous	85.00
	<hr/>
	\$9,120.27
ASO Uniform Division - Rent, Salaries, etc.	544.01
	<hr/>
<b>TOTAL RECEIPTS</b>	<b>\$9,664.28</b>

### DISBURSEMENTS:

#### ADMINISTRATIVE:

Salaries - Office Employees	\$ 796.12
FICA & FWT for November 1983	156.04
Rent, Janitor Services, Phone, Electric	795.92
Postage	39.25
Bank Service Charge	20.00
Office Supplies	30.61
Stamp Machine	16.95
Travel Expense	206.00
Sokol Ties	1,984.50
Miscellaneous	385.12
	<hr/>
	\$4,430.51



**BOARD OF INSTRUCTORS**

Salaries	\$ 333.62
FICA & FWT for November, 1983	72.94
Editor "Sokol Gymnast"	30.00
Additional copies "Sokol Gymnast"	29.00
Phone	5.44
Travel Expense	270.00
District Director's Conference	201.46

\$ 942.46

**EDUCATIONAL DEPARTMENT**

Salaries	\$ 96.74
FICA for November, 1983	13.60
Membership Subscription (Smithsonian Inst.)	17.00

\$ 127.34

**SOKOL PUBLICATION**

Printing "American Sokol" - November 1983	\$ 940.00
Mailing list changes - December 1983	149.20
Editor "American Sokol" - December 1983	100.00

\$1,189.20

**MISCELLANEOUS**

ASO Uniform Division - Salaries, FICA & FWT for November 1983 and Phone	\$ 464.07
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\$ 464.07

**TOTAL DISBURSEMENTS**

\$7,153.58

Balance brought forward:

Western National Bank of Cicero - Checking	\$ 206.06
Receipts - December 1983	9,664.28

\$9,870.34

Disbursements - December 1983	7,153.58
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\$2,716.76

NSF Check	2.00
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\$2,714.76

**FUTURE SOKOL LEADER'S FUND**

In memory of the deceased members of Sokol Schenectady - Sokol Schenectady	\$ 50.00
Merit Awards	\$ 2,400.00
District Directors' Conference in Los Angeles, California	6,562.56
	<u>\$8,962.56</u>

**LIBRARY AND ARCHIVES FUND**

December 1983

Sokol Cechie	\$ 100.00
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*Donations are tax exempt*

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