

AMERICAN SOKOL

Publication of the American Sokol
Educational & Physical Culture Organization

Vlasta Matela

AMERICAN SOKOL ORGANIZATION TOUR TO ZURICH, SWITZERLAND, FOR THE VI SLET OF THE CZECHOSLOVAK SOKOLS ABROAD

(PART II)

MONDAY, JULY 7, 1986

We all assembled outside the hotel about 8:30 a.m. to say our farewells to those who were not traveling with us on our tour of Europe. We shook hands with sis. Dagmar Fiala as a token of our "thanks" for her great efforts as well as good bye. Looking forward to the travels into Austria, Hungary, Slovakia, Moravia and Prague and from there our flight back home to Chicago, Ill.

From Prague CEDOK Travel Service dispatched two large coaches driven by our drivers, Standa and Mirek and our tour guides Vera and Daniella. Each traveler was assigned a bus seat arranged in advance by the travel agency. Those with green luggage tags, mostly Slet spectators were assigned to Mirek and Vera and the gymnasts, with a blue tags, were assigned to Standa and Daniella. This also helped Sister Cihak, who then alternated between the two buses as she traveled with the tour alone since her son Edward, had departed for Rome on a business trip. She watched over us like a mother hen over a new brood of chicks that had just seen the light of day. Her advice was also valuable to us during our shopping trips. She advised where good buys were to be found, good places to eat and where to exchange our money for foreign currency. This is the job of the tour guide but they often consulted with Mrs. Cihak, as they respectfully called her.

We were all accustomed to travel in our U.S. buses equipped with all the comforts necessary for our needs. Suddenly we noticed to our dismay that these buses were not equipped with a W.C. (washroom), and these were our means of transportation for almost two weeks? How will we survive this trip? To our surprise all went well, except for a minor accident. They say a person can even grow accustom to a guillotine and we did adjust to a Cedok bus without a W.C.

Leaving Zurich, we drove along Lake Zurich as well as Walensee to the small state known as Liechtenstein which was our first stop. It was short but enough to stretch our bones, make ourselves comfortable, and purchase a few post cards to send to our friends scattered around the globe. Liechtenstein is a principality and the castle Vaduz houses the Prince and his royal family. This tiny country is known for its rare stamps that are highly prized by the philatelists throughout the World. Perhaps that is why the post office employs such pretty and courteous young ladies who speak many languages and are very accommodating. A post card costs half a Swiss franc and air mail was 1.10 but none of us know what a cup of coffee cost as we were too busy to enjoy one during our short stay.

Our next stop was in Austria, the heart of the Olympic games held in Innsbruck, also the main town of the Tyrols. Here we enjoyed some refreshments, hiked to see the famous Olympic ski jump often seen during Winter Games. It was rather different than viewed on television, the run at the bottom is not as long as one might think. Before leaving, we visited an old church built during the Renaissance period.

Our travels took us across a small piece of West Germany where the local customs people displayed their authority. A small custom station was nestled in a lovely pine forest where we waited for some time while the buses as well as our drivers and tour guides were checked. We later found that it is a social game they play, the Germans inspect the Czechs at their borders and the same is done to the Germans when they arrive at the Czech borders. The ones who suffer are the passengers, in this case it was our group. When all was checked and found in good order, we proceeded to Salzburg where we stayed two nights at the Winkler Hotel on Franz Josef Strasse, with nice accommodations and delicious meals.

(Cont. on page 103)



AMERICAN SOKOL

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6424 West Cermak Road
Berwyn, IL 60402

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Calendar of Events

- OCTOBER 26 — Recognition Banquet
Milwaukee
- NOVEMBER 2 — Annual Czech Play
ZCJB Group — Berwyn
- NOVEMBER 15 — 75th Anniversary Dinner
Havlíček-Tyrš — Slovak Athletic Hall
- NOVEMBER 16 — Czech Christmas Festival
S. Omaha
- NOVEMBER 21-23 — Holiday Folk Fair
Milwaukee
- DECEMBER 6 — St. Nick's Dance
Greater Cleveland
- DECEMBER 6 — Mikulášská
Greater Cleveland
- DECEMBER 7 — Czechoslovak Afternoon Dinner
Party — Detroit
- DECEMBER 22 — Childrens Christmas Party
Milwaukee
- DECEMBER 27 — Czech Christmas,
European Village — Milwaukee
- DECEMBER 31 — New Years Eve Dance
Detroit
- DECEMBER 31 — New Years Eve Dinner/Dance
Greater Cleveland
- DECEMBER 31 — New Years Eve Party
Brookfield
- FEBRUARY 1 — Winter Gymnastical
Detroit
- FEBRUARY 8 — Annual Jaternice Dinner
Milwaukee
- JUNE 24-27 — XX Sokol USA Slet and National
Gymnastic Championships - Washington, D.C.

Notice to all Unit Financial Secretaries:

We are now computerized and need you to bring our membership records up to date.

You received a printout of your unit members and a letter from A.S.O. Pres. George Basta and Fin. Sec. Mildred Pinc requesting information and corrections to the printout. If you have not completed this little project, please do so now and return to us.

Thank you for your consideration in this and in helping us update our administrative system.

Nazdar! A.S.O.

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CVII

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Číslo - No. 10

DNES ZURICH (TODAY ZURICH) ZÍTRA PRAHA (TOMORROW PRAGUE)

Honored guest, Brothers, and Sisters:

It is an honor for me to extend greetings on behalf of all American Sokol Organization members.

The first Sokol unit in the United States was founded in 1865, just three years after the original Sokol unit was founded in Prague. We have, in the past, maintained close ties to the former Czechoslovak Sokol Organization. This tradition of friendship and brotherhood continues with the Czechoslovak Sokols Abroad.

Although many of our members are third and fourth generation Americans, who no longer speak Czech or Slovak, we have remained loyal to the beautiful and patriotic traditions established by Miroslav Tyrš, Jindřich Fuegner, and Thomas Masaryk.

We share your hope for a free Sokol Organization in a free Czechoslovakia.

Dnes Zurich — Zítřa Praha. Today Zurich — Tomorrow Prague.

We wish success to your VI Slet.

(Greetings given by Bro. Paul Lebloch at the opening ceremonies of the VI Slet of the Czechoslovak Sokols Abroad at the Nova Park Hotel in Zurich, Switzerland, July 3, 1986.)



Brs. Babinec, Rabas & Lebloch, and Sis. Pistorius

Czechoslovak Sokol Abroad

Executive Board
American Sokol Organization
6424 West Cermak Road
Berwyn, Illinois 60402 U.S.A.

Dear Sisters and Brothers:

Our VI Slet held July 3.-7. 1986 in Zurich, Switzerland is by now part of our common Sokol heritage and we wish to express herewith our sincere appreciation for the support you have given our Slet and for your member's participation at the Slet, led by your President brother George Basta.

We were especially moved by your presentation to us of a beautiful flag with the Statue of Liberty as it symbolizes the ideals of freedom inherent in your great American Republic as well as the contribution made by American Sokol in the struggle leading to the attainment and then the regaining of Czechoslovakia's independence in both World Wars.

Your participation at our Zurich Slet continued a proud tradition of American Sokols' participation at All-Sokol Slets in Prague, now expressed by your attendance at Slets of our organization, being the temporary successor of the ČOS (Czechoslovak Sokol Organization) whose activities have been suppressed by the present regime in the country of Sokol's origin. We trust that the good spirit of fraternal cooperation between our two organizations will prevail until such time as it again will be possible for all of us to meet at a new XII All-Sokol Slet of Czechoslovak Sokol in Prague, capital of once again free, independent and democratic Republic of Czechoslovakia.

Kindly accept our best wishes for continued progress and success in all your activities.

Nazdar!

CZECHOSLOVAK SOKOL ABROAD

Jan Waldauf, Presiden

Zdeněk M. Dobrovolný, Secretary

FIRST, ZURICH AND THEN THE TOUR!

So many wonderful reports in your newsletters on this XX Slet and Europe delighted your editor, that I decided to reprint them for all Sokols to enjoy. We thank you for recording your sights and sound for us to relish...

REFLECTIONS OF A "EUROPEAN ENCHANTMENT"

It seemed unreal; after months of preparation and years of anticipation, this was it! The flight to New York was uneventful. There we met the group from Pittsburgh and old friends, Arizonians Virginia and Ed Linhart. The four-hour layover passed quickly, drinking beer and shopping, all ready!

Not too many were able to sleep on the flight to Zurich. Upon arrival, we had an opportunity to walk in the area of our hotel. We discovered the stadium was just around the corner, as were some neighborhood type restaurants which we tried later in the week and found the food good and the people friendly.

We were fortunate to be in Zurich for the week-end of their 2000th Birthday (yes, 2000th!) Celebration. The downtown area was decorated with over one hundred life-size lions. Each one was painted to complement the area in which it was displayed. The one in front of the chocolatier was "chocolate" with a large gold bow. The jeweler had a gold and silver female in the window and a gold and silver male on the outside trying to get in. The ice cream parlor had a "sundae" lion, complete with a whipped cream mane and cherry on top of his head.

Our tours to various parts of Switzerland took us past picturesque chalets, all with bright and beautiful flowers. Our lunch stops were usually in local restaurants in small towns where we were able to sample the local beer — and shop. More than one in the group bought a cuckoo clock in the wood carving center of Brienz.

One of our excursions took us through Interlaken where we saw the Jungfrau mountain. Then on to Grindelwald where we rode the chairlift up the mountain. While we were having lunch, there suddenly was a lot of commotion on the porch. When they took down the flag we knew there was a problem. Rain clouds had moved in quickly and we could no longer see the tops of the mountains. We were issued heavy raincoats for the chairlift ride down the mountain, but we could still enjoy the delicate wild flowers in the meadows below.

Our first view of Bern was the red rooftops. Those who spent time waiting to see the glockenspiel were disappointed and questioned whether it was worth the wait. The fresh fruit stands at the

open market were a welcome sight. Everyone was fascinated with the three-foot chess pieces used in the sidewalk chess games. And then there was The Swiss National Bank.

Fourth of July was celebrated by taking a boat ride on Zurichsee to Rapperswil. We glided by the shoreline and really enjoyed — you guessed it — the beer! It seemed the streets of Rapperswil were narrower than we had seen until now, but it did not interfere with our — you guessed it again — shopping! In the evening, we were treated to fireworks synchronized to American musical show tunes.

Our next adventure was to Mt. Rigi. We all sardined ourselves into a cable car. Before taking the cog railway back down, we heard via the grapevine that it was a place for topless sunbathers. We sampled the beer — and shopped. An unique feature we found on the roads were the lanes reserved for cyclists.

Lunch in Lucerne was at the Stadtkeller Restaurant which featured a folklore show. Those who had it agreed the cheese fondue was the best they'd ever had. Luckily, we were furnished with the recipe. The beer was good, too. Unusual in the city was the wooden Chapel Bridge with religious paintings on the ceiling and the nine towers of the fortress wall. It's a city you want to visit again.

The weather was great for the first five days of our trip. And then it rained; all—day—long. This was supposed to be the BIG day — the day we had been preparing for for so long. The day of the Slet. We rehearsed kuzele in a practice room; two "eights" at a time. It took a long time. Cal was rehearsed on an indoor track under the stands. Each gymnast had his/her own lane. And it just kept raining. It did let up some, to a half-drizzle, for the nastup. We changed into our leotards. While waiting to go on we huddled for warmth. First, fronts in; then backs in. Finally, it was time to go on. It stopped raining just before we marched in. It was a thrill to see all the women in blue marching around the stadium. The audience was so receptive; It was an unforgettable experience. The rain started again when we were leaving the field.

Several groups performed in the rain, but then it happened again. Just as the Men and Women were marching onto the field for the mass calisthenics, the rain stopped and the sun came out. All's well that ends well.

The Slet was behind us and it was on to Germany. We traveled through the beautiful Black Forest area on our way to Heidelberg. A visit to the castle took us to the weinstube where we saw the 60,000 gallon wine vat. Another highlight was a stop at Sepp'l (next door to the Red Ox of STUDENT PRINCE fame) where we all took turns drinking beer from the four-litre boot. The next day took us to the old city of Rothenburg. The tour of the city was lead by the Towncrier. It included a walk atop the city wall. One of the most unusual shops of the entire trip was the Christmas shop here. It was like stepping into another world. After

the tour, it was party time — birthday party time. Doug Kotlan was celebrating his 18th birthday and Louie Huml his 38th. It's a party neither will forget.

Next was the beautiful city of the Passion Play, Oberammergau. The paintings on the buildings were unusual in that they depicted scenes of events. Everyone bought some kind of carving here. The stay was much too short, but Munich was waiting.

In touring Munich, it was hard to believe that 60% of the city had been destroyed during World War II. Almost everything had been rebuilt and restored to its original state. At the Olympic Village we stopped to see the pool where Mark Spitz had won his seven gold medals. Across from the Village was the BMW World Headquarters — four round towers build to resemble four cylinders.

The Glockenspiel here was the most elaborate one we saw. We were not disappointed. One place that was a disappointment was the Hofbrauhaus. We all agreed it was too commercial and lacked the local color of the other beer halls we visited. But the beer was good.

One thing that was very striking in the stores were the bright colors of the clothing, especially the women's shoes. Shopping in Munich was a real treat!

*Dorothy Cummings,
Sokol Greater Cleveland*

To be continued — Next month, Austria and Czechoslovakia.



*A.S.O. Past Directors Award, presented by
Br. Jan Waldauf to Sis. Emily Ruzicka,
Br. Ed. Linhart.*

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of the previous month**

THE JACKET

When the Soviet Union, through the Communist party, gained control of Czechoslovakia in 1948, one of the first things they did was to ban the Sokol Organization. At this time, one out of every four people in the country were active members of Sokol. The organization may be banned, but on our recent trip to Czechoslovakia, we did learn that the legacy founded by Miroslav Tyrš lives on.

Bro. Tom Santorie brought his South Omaha Sokol jacket with him into the Iron Curtain. The weather was very cool and it became necessary to wear some type of jacket every day. Because Bro. Tom is a Bohemian, and therefore — he did not want to purchase another garment. Instead he wore his Sokol jacket everywhere we went in Czechoslovakia.

As it turned out, that jacket provoked numerous comments from Czechs who remembered the organization from pre-1948. One man in Karlovy Vary broke into tears when telling us of the years that he spent in prison for the crime of being a Sokol member. I will never forget the warm feeling in my heart when I gave him a Sokol T-shirt and his overwhelming thanks.

In Praha (Prague) people would walk by us on the streets and in a low voice whisper "Nazdar Sokols". One man took off his hat, bowed and said "Miroslav Tyrš was a great man".

The Sokol movement is gone in Czechoslovakia, and probably will never return. It is not forgotten, and it is our duty to see that it continues to live on in the free countries of the world. We owe it to those who remain in Czechoslovakia to see that the heritage is passed into the future and not a faded memory of the past. *Nazdar! Jim Riha,*

Sokol South Omaha



*Br. Vaclav Pavelka, Paul Lebloch, Rome Milan,
Sis. ????*

Stanley Charles Prostředník

SOKOL RIP — PITTSBURGH

1901 — 1/16/86

Stanley Charles Prostředník was born in 1901 in Nové Město n. Metují, Czechoslovakia, the youngest of 13 children. After an apprenticeship in horticulture at the Jiran Greenhouses in Pardubice, he assisted the head horticulturist at Hradčany Castle in Prague, preparing floral decorations for President Thomas Masaryk. He served in the Czechoslovak Army (1921-1925).

From 1932-39, he was with the Civil Defense Corps and assisted many compatriots to escape through the underground. In 1939, he was arrested and imprisoned in several concentration camps. He escaped, joined the Czechoslovak Army in Exile, and fought in the Loire Valley. After the fall of France, he fled to Bermuda where he met with Jan Masaryk, en route to Washington for a meeting with Franklin D. Roosevelt.

After his arrival in the United States, he worked as a machinist and recounted his war experiences to many Czechoslovak groups. He also had a reunion with President Eduard Beneš whom he knew in Prague as Secretary of State. In 1945 he moved to Pittsburgh, and, in 1947, he became horticulturist at Hartwood, Mary Flinn Lawrence's estate.

He held offices in the Sokols and was Treasurer of the Czechoslovak Room Committee from 1957 until his death. He was a member of the Nationality Council. In 1977, he and his late wife, Anne, endowed the Stanley Prostředník Award, an annual scholarship which enables a graduate student at the University to study abroad during the summer. He collected for Hillman Library almost 5,000 books on Czechoslovakia — many of them rare editions. His autobiography, *Long Journey: Memoirs of a Czechoslovak Patriot*, awaits publication.

— Margaret Mary Vojtko



On Life

"The kind of call you make in the woods is the kind of echo you will receive."

On Work

"There is a great deal of difference in working for people who know their profession and trade and who care about their work, and in working for people who do not."

On Nature

"You take out and you return."

"I follow the Laws of Nature... Many things, after all, are not written in any horticulture books. One has to learn by observing Nature which is an open book."

On Gardening

"Whether dealing with plants or with people, honesty is the best policy."

On Freedom

"I bled on the front for your freedom."

"If you want freedom, you must be willing to fight for it."

From *Long Journey* by Stanley Prostředník

Sokol Educator

IN MEMORIAM

Ten years ago, on September 10, 1976, the former secretary general of the Czechoslovak Sokol Organization in Prague, Bro. Eugene C. Koepl, died in Silver Springs, Md.

Eugene Koepl joined one of the Prague Sokol Units as a young student and became a fine gymnast, attended courses for gymnastic instructors, and eventually was called upon to serve on the Board of Gymnastic Instructors. During his studies at Charles University in Prague (he studied law and economics) he was assigned as secretary for the district organization's administration.

Eugene Koepl was among the Sokol leaders who organized the Slav Sokol Federation (Czechoslovak, Yugoslav, Polish, and Bulgarian Sokols). In 1935 he was selected for the office of secretary general of the Czechoslovak Sokol Organization (headquarters in Prague).

Then came the Munich tragedy and Eugene with other Sokol and national leaders organized a resistance movement after the Nazis invaded Czechoslovakia. As a leading activist he was arrested by the Gestapo and imprisoned in concentration camps in Poland and Germany.

Liberated in 1945 by the American Army at the Amberg concentration camp, Eugene Koepl returned to Prague and to his office at the headquarters of the Czechoslovak Sokol Organization. In 1947 he came to the U.S. with the official Sokol delegation from the liberated Czechoslovakia. Then in 1948 native communists, supported by the Soviet Union, took over the government of Czechoslovakia and Eugene Koepl resigned from his office and soon after went "over the border" to save his life. He came to the U.S. in 1950 and was employed as a research analyst for the U.S. Army in Washington, D.C.

He became a member of the local Sokol unit of the American Sokol Organization as well as his wife Milada and daughter Jana. He retired from the Pentagon in 1970.

An the 10th anniversary of his sudden death (on September 10, 1976) we pay high tribute to the memory of an outstanding person, Czechoslovak patriot, demokrat, and Sokol leader, Eugene C. Koepl.

Vlad. Slavik

President, Sokol N. Y. ASO



AMERICAN SOKOL ORGANIZATION
GYMNAST



OCTOBER 1986

Editor: Frank H. Michalek — 10 S. 020 Lorraine Dr., Hinsdale, Illinois 60521

American Sokol Organization Merit Award for 1986-87

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



LAURA BANASZAK
Sokol West Suburban
Central District
Northern Illinois
University



DENISE WIEGAND
Sokol Tabor
Central District
Concordia College



JANET KAY RADDISH
Sokol Omaha
Western District
University of
Nebraska at Omaha



VOJMIR BENAK, Jr.
Sokol South Omaha
Western District
University of
Nebraska at Lincoln

RENEWAL

TRACY SOMOLIK, Sokol Berwyn

MERIT AWARD COMMITTEE

Sylvia Pistorius, Richard Ptacek, Paul Lebloch, Marie Ptacek, Charles Klapp, Anne Halik (Chairman)

TEACHING YOUR GYMNASTS TO SWING

Biomechanics in Plain Talk for the Novice Coach

LAURA J. SIM

The uneven parallel bars, a dynamic and spectacular event, demand strength, coordination and flexibility. Many young beginning gymnasts often find this particular event the most challenging, difficult and frustrating of the four Olympic events for women because even the most basic routines require that these physical qualities be highly developed. The uneven bars can also be frustrating for coaches, particularly when gymnasts endure hours of hard work and seemingly endless repetition of bar stunts as well as the everpresent pain of bruises and rips, but *still* cannot master the fundamental skills. *There is no way to fake a bar routine*, and watching a gymnast struggle through one become an agonizing experience for the gymnasts and the coach (and the judges and the spectators...)

Optimum performance on the uneven bars depends on more than physiological characteristics. The rhythm and continuity of movement which characterize this event are ensured through the element of *swing*. Used in this context, swing is defined as the circular movement of an object about some axis so that all parts of the object travel in the same direction through the same angle in the same amount of time.¹ Relating this concept to movement on the uneven parallel bars, George describes swing as movement of the entire body in a circular path around an axis of rotation, which for our discussion here is an uneven bar rail.²

Gault and Grant discussed swing as a critical component in uneven bar work at all ability levels and believed swing should be stressed through formal instruction and drills.³ Many athletes cannot seem to perform bar routines as dynamically or fluidly as their coaches would like, nor can they perform a routine without having to *muscle* every move. Not only does learning to swing during the initial stages of training ease acquisition of advanced bar skills, but it also instills the beginning gymnast with a sense of the rhythmic and powerful movement that underlies even the simplest bar routine.

The mechanics of swing are not difficult to comprehend. Before discussing ways to generate and optimize swing, two basic mechanical principles must be introduced. The first of these is *torque*, a force that causes rotational movement. The amount of torque depends on (1) the magnitude of the *force* acting on an object, and (2) the *distance* between *where* that force acts on an object and the axis about which the object rotates. Increasing either the force or the distance from the axis to the point where that force acts (or increasing both) increases torque. Related to uneven bar work, the concept becomes a bit clearer.

The force of gravity pulling on a gymnast's body creates the torque which causes rotation around the bar. The point at which this torque acts is the

center of gravity of the gymnast's body (located at the hips). The axis of rotation is the bar rails. (See Diagram 1.) The amount of torque depends on the magnitude of the force and the distance between where the force acts and the axis of rotation. Since the magnitude of the force (gravity pulling on the gymnast) remains the same, the gymnast can increase torque only by pushing the center of gravity further from the bar.

An understanding of torque and how to generate it clarifies the role it plays in uneven bar work. The greater the torque, the greater the *momentum* of a gymnast's swinging body.

The second mechanical principle important in understanding swing is *momentum*. Momentum, defined as the amount of motion a body possesses, is produced by the combined *velocity* (speed) at which the body moves and its *mass* (weight).

The law of conservation of angular momentum (angular momentum is momentum of a rotating object) states that the angular momentum of an object will remain unchanged until a torque acts on the object. In the case of uneven bar skills, a torque (gravity pulling on the body) constantly acts on the body, increasing momentum during the downswing and decreasing momentum during the upswing.

Angular momentum depends on (1) the *angular velocity* of a body and (2) *rotational inertia*. *Angular velocity* is the speed at which a body rotates. Hay defines rotational inertia as a body's resistance to change in its state of rotational motion. This resistance to change depends upon the mass of a body and the distribution of that mass about the axis of rotation. According to Kreighbaum and Barthels, *rotational inertia* is comprised of *mass* (body weight) and *radius of gyration*, the term for the distribution of the mass about the rotational axis.⁴ The greater the mass and the greater the radius of gyration, the greater the rotational inertia. A close look at an uneven bar skill will help clarify these terms and principles.

In the case of a back hip circle, a gymnast has one of two options. Following the preparatory cast she can maintain a straight body position throughout the entire move. (See Diagram 2a.) In this example, she is keeping her body as extended as possible and the distribution (radius of gyration) of her mass around the axis of rotation (the bar rail) is large as possible. The gymnast can also perform a back hip circle by piking as her hips contact the bar following the preparatory cast. (See Diagram 2b.) The piked position reduces the distribution (radius of gyration) of her mass around the bar. *Rotational inertia* increases when a body's radius of gyration is large and decreases as the radius of gyration becomes smaller. Therefore, the gymnast in Diagram 2a is creating a larger degree of rotational

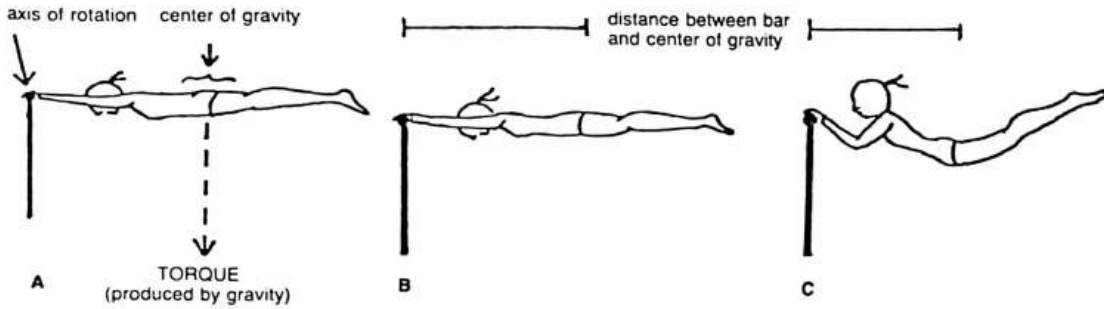


Diagram 1. The amount of torque that can be produced depends on the magnitude of the force acting on the body and/or the distance between where the force acts and the axis of rotation. As seen in A, gravity is the force involved, the center of gravity is where the force acts and the bar rail is the axis of rotation. Because the force of gravity remains constant a gymnast can only create more torque by increasing the distance between the bar and the center of gravity. The gymnast in B is generating more torque than the gymnast in C by maintaining an extended body position which places her center of gravity as far away from the bar as possible.

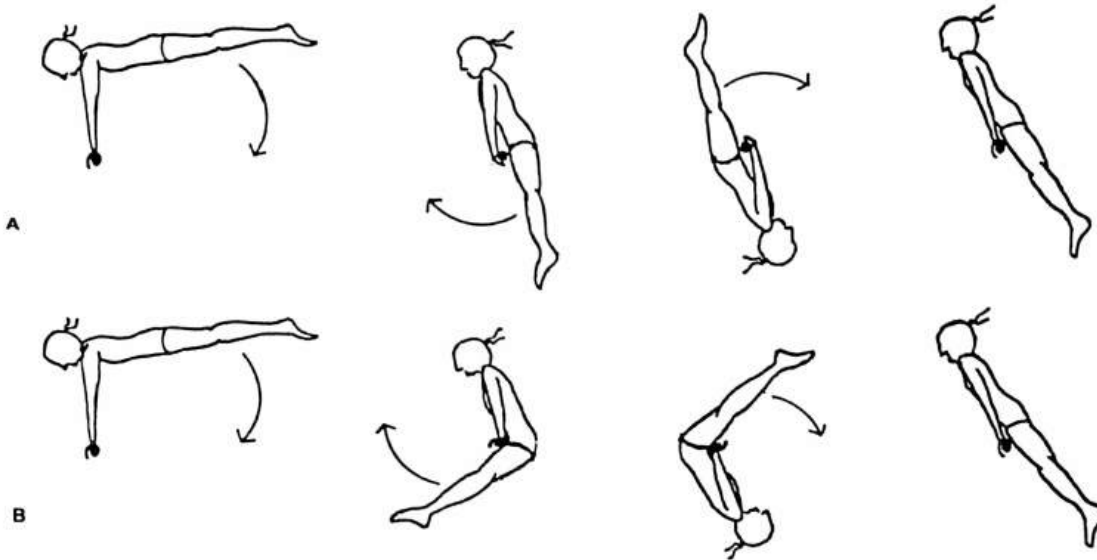


Diagram 2. By maintaining a straight body position throughout a back hip circle the gymnast in A retains a large radius of gyration and hence a large degree of rotational inertia. By piking, the gymnast in B reduces her radius of gyration, thereby decreasing rotational inertia which results in an increase in the angular velocity of her back hip circle. When the gymnast in B extends her body from the piked position near the completion of the back hip circle her radius of gyration increases, causing the velocity of her rotation around the bar to decrease.

inertia than the gymnast in 2b because her radius of gyration is larger.

Angular momentum, which, as was explained earlier, remains constant until a torque acts on a body, depends on *angular velocity* and *rotational inertia* (mass x radius of gyration). In uneven bar skills the mass of the gymnast's body remains unchanged. An alternation in either the radius of gyration or the angular velocity, however, has an inverse effect on the other. A *decrease* in the radius of gyration will result in an *increase* in angular

velocity, and an *increase* in the radius of gyration will cause a *decrease* in angular velocity. When the gymnast in Diagram 2b opts to pike, thus reducing her radius of gyration, the velocity of her rotation around the bar increases. As she approaches the completion of her back hip circle she extends her body, thereby increasing her radius of gyration and decreasing the velocity of her rotation. This trade-off between the radius of gyration and angular velocity controls momentum and swing throughout a bar routine.

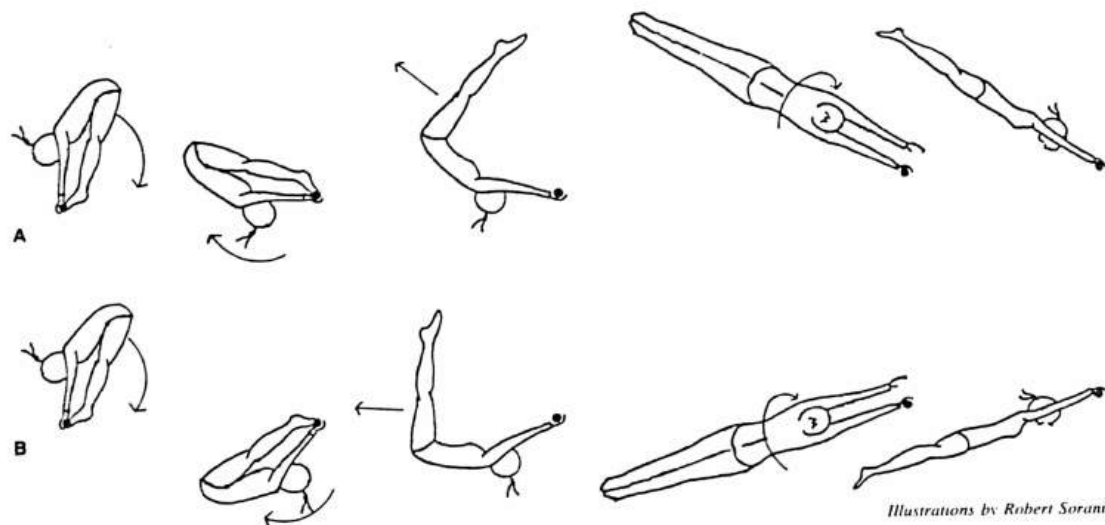


Diagram 3. Making directional and grip changes should ideally occur near the top of an upswing to insure a high, extended body position prior to the onset of the subsequent downswing. The gymnast in A exhibits excellent technique by holding her sole circle position until her hips near the peak of the upswing where she then extends, turns rapidly and is in the ideal starting position for the following skill. The gymnast in B, however, begins her extension prematurely, with her hips far below the peak of the upswing. This failure to hold the sole circle position to the top of the upswing results in a low starting position for the downswing of the next skill.

With these basic mechanical principles in mind, ways to generate and enhance maximal momentum and swing become clear. George stressed that the gymnast attains the greatest distance possible between her center of gravity and the bar by extending her body as much as possible during the downswing. This extension generates a great deal of momentum by maximizing the torque created by gravity. George also suggested that gymnasts initiate all bar skills with the center of gravity as high as possible prior to full body extension. This allows gravity to act on the body for as long a time as possible in the downswing and allows more time for acceleration. "Attaining a maximum starting height and positioning the body's mass as far as possible away from the bar during the descent phase of every swing are critical prerequisites to full use of the angular momentum principle." Kreighbaum and Barthels, Gault and Grant, and Hay also stress the importance of an extended body position throughout the downswing to ensure sufficient velocity and momentum to carry the body through the upswing phase of a bar stunt.

Schmid addressed a gymnast's potential to maintain her velocity in the upswing by pulling her center of gravity closer to the bar. A shortening of that distance in the upswing not only decreases the torque which causes deceleration but also acts to conserve momentum by reducing the body's radius of gyration. As Schmid explained, the radius "...should be lengthened on the downswing to maximize torque and acceleration and shortened on the upswing to increase the speed of rotation."⁵

Another factor that maintains swing and rhythm in bar routines is the proper timing of both grip

changes and changes in the direction and position of the body. George and Kjeldsen agreed that the ideal time to make any of these alterations is immediately prior to the peak of an upswing, where the gymnast experiences a feeling of weightlessness just before gravity begins to create another downswing.^{2,6} Changing at this point guarantees that the starting position for the ensuing downswing is as high and extended as possible. In a sole circle half turn, for example, a gymnast should keep her feet on the bar until her hips near the top of the upswing, then extend her legs and body and turn rapidly before the downswing phase begins. (See Diagram 3.) Urging gymnasts to hold position until the highest point possible before moving into the next element will help them learn to maintain momentum and swing.

Generating the greatest momentum possible through height when initiating a skill, extension of the body throughout the downswing, shortening of the body's radius of gyration to maintain that momentum during the upswing, and the proper timing for movement changes are all critical to swing. Because these principles can be applied even to simple uneven bar skills, both beginners and advanced gymnasts should be taught these keys to dynamics, rhythmic, and effortless uneven bar routines.

Laura Sim is the women's gymnastics coach and the assistant director of athletics at Sonoma State University. Robert Sorani is a professor of physical education at Sonoma State University, Rohnert Park, CA 94928.

AMERICAN SOKOL ORGANIZATION TOUR*(Cont. from cover page)***TUESDAY, JULY 8, 1986**

The next morning we all exchanged our dollars for local currency. For \$20.00 we received 270.12 Austrian shillings. Br. Basta, our former ASO treasurer, quickly prepared a conversion table for local currency which was useful for our future shopping and copied by our fellow travelers for easy reference.

The morning was spent sightseeing with a local tour guide who pointed out many places of interest, mainly the birthplace of composer Johann Wolfgang Mozart whom the Czech helped become world famous. A river runs thru the town and a castle is seen on the hill top. In fairy tales the King and Queen lived in the castle but here the town was ruled by Bishops, mostly of German nobility. It is visible in the architecture especially the cathedral which is to be a replica of St. Peter in Rome.

The town is very picturesque and often visited by film makers who then use the local scenery and setting for their movie sets. The stores we visited in the afternoon were well stocked and no doubt everyone found something to their liking to buy as souvenir.

After shopping, several of us took a cable car to a hotel atop a hill and enjoyed a view of the town with its many churches and monasteries. We enjoyed the coffee and delicious cake and relaxed when an unexpected rain cut our visit short. We all returned to our hotel to exchange opinions and display purchases made at local stores. It was the general opinion the prices were high but the quality of merchandise good. I will know how good my souvenir of Austrian rum is when baking my Christmas cookies. The rum had an aroma which is the best in the world.

The next morning we departed for Vienna along a nice highway and arrived in the afternoon and still had time for a tour of the city. Our housing was a Hotel Hungaria on Rennweg Street, walking distance to Schwarzenbergplatz with its statue of Marshall Schwarzenberg, an ancestor to Prof. Dr. František Schwarzenberg who had lectured at a university in Chicago, Illinois.

After lunch we all left for a tour of the city. The first stop being the castle Schoenbrunn a reminder of the life of spendor in the old days of Vienna. Our guide was an elderly lady, proud of her German heritage and her Castle which due to age was filled with mothball and musty odors. The life style of Emperor Franz Josef is visible here recalling the days of his reign when the sun never set over his kingdom. Vienna is known as the Waltz town even though the dance did not originate here, the people were captivated by it and never let it go. This town, on the blue Danube, helped spread its fame throughout the World. A statue in Stadt Park honoring the "Waltz King", Johann Strauss, Jr. is a reminder of the past. Today the times are different, more sober and practical, money is lacking. The people need more material things in life than dances

and elegant clothing. People must be thrifty as cost of living is high. The waltz played in the ballrooms has been replaced by disco music. The elegant wardrobes of the past and the jewelry of those days is now visible possibly only at the opera or some international balls and only in a few cities in Austria.

The next stop was the St. Stephan cathedral — Stephansdom which dates to the first half of the 12th century and is located in the heart of Vienna which is predominantly Catholic. We also viewed the town hall, museum, parliament, opera and university buildings. Those interested in more detailed tour returned at their leisure the following day.

In the evening we drove out to the outlying area famous for the wine cellars, known as Grinzing. The atmosphere was very nice and music by the strolling musicians soon set us all in a happy mood, especially after a glass of the wine which was selected by our host. The variety of wines was endless. We also drank a toast for the 26th wedding anniversary of one of our Sokol couples from the north side of Chicago. This brought about singing of many Czech and English songs as our musicians obliged just by humming the tune. Hours passed quickly and was time to head home via an interesting route and our bus driver was quick to point out the sights, ladies of the night on street corners.

The next morning as shops opened everyone headed for the shops but not in such a mad dash as in Salzburg, as they realized we had many stops ahead of us for a few days and they planned ahead for future purchases, thus controlling their finances.

After lunch we left the hotel headed down the highway marked Vienna—Budapest. We were detained a short time at the Austrian-Hungarian borders for passport and Hungarian visa inspection. The visa was obtained before our departure from Chicago and since everything was in order, we proceeded on our way.

Our first experience behing the Iron Curtain was when we stopped at a restaurant along the road to get some refreshments and stretch our legs. We were refused service that they could not accommodate two buses for parking or the people for seating. They did however, permit us to use the W.C. The ladies were greeted there by an attendant, who for a donation, would pass out a minimum amount of tissue. However, our sisters, many of whom had traveled behind the Iron curtain were prepared with the personal necessities in their purses and were even sharing with others who were in need. This is a trivial matter but can be a very upsetting situation in the time of emergency.

Our next incident was at the hotel where the desk clerk collected all our passports and in return we each received our room assignment marked on a little booklet which was full of advertising matter. Instructions were given to us in English, German and Hungarian languages.

Accommodations were at the American Hotel chain, Atrium-Hyatt. Since we arrived just in time

for supper, we were soon seated in a fine dining room where the food and service were also very good. Each of us was served glasses of white wine with our meals. We found the vegetables and fruit served were not fresh, but canned. Was this a sign of Chernobyl? After a good meal, many of us took a short stroll thru the business district near the hotel to burn a few calories and also stretch our legs after long ride.

The next morning the weather was great, the sun was shining and we greeted it with a smile. From our room on the fifth floor we had a nice view of the flowing Danube with commercial as well as pleasure boats going by. The hotel room was furnished in good taste and very practical. Breakfast was served buffet style from 7 to 11 a.m. on the terrace on the mezzanine floor surrounded by lovely green plants and from the ceiling was suspended an airplane of old vintage. After our meal we all arranged to exchange our money as we departed on a tour of the town, knowing we would purchase something along the way. The rate was 400 forins for \$10.00 bill.

Our tour of the town was not very long or infomative. It ended near and old castle with many tourists who were attracted to the stands featuring hand embroidered blouses, tablecloths and scarves plus other souvenir items from the area. Our young guide did not mention or show us the thermal springs located under the town which I had seen many years ago and looked forward to seeing this romantic sight again. Perhaps he was not informed of this area or it is not available for viewing just like certain areas cannot be photographed due to restrictions.

Budapest is located on both shores of the Danube. In fact, it is actually two towns Buda and Pest, joined by many bridges over the river. The town Buda is older and smaller, being founded by the Romans about 150 B.C. whereas Pest on the left bank was founded in the 13th Century by Hungarian King Bela IV.

The afternoon was free for shopping or just sight seeing. Purchases were mainly linens and blouses, all beautifully embroidered. Instead of an evening meal at the hotel, we boarded our buses and headed out of town to the local tourist attraction, "a goulash party". It certainly was an international event with two buses of tourists from Russia, plus East Germany, Belgium and France. We had a group picture for our photo books to recall happy memories of the evening. The typical "Gypsy band" played while we dined and enjoyed plenty of wine, followed by delicious apple and cheese strudels. An interesting program followed with many lovely folk dances and songs. The Master of Cermonies then asked for audience participation for various acts. Our members were included in this part. Br. Cernota of Cicero along with sister Mil Pinc and Elsie Bocek and a younger member, Br. Jerry Srp's niece of Golden, Colorado. Mil Pinc was celebrating her birthday so we all joined in song for the occassion.

Each participant was awarded a bottle of wine, which they enjoyed at a later time as we did not share in their winnings.

The next morning after breakfast, July 12th. we left the hotel and headed on our way to the Czech border where we entered at the custom office in Rajka. We had about a two or three hour wait before we were allowed to enter Czechoslovakia. Why the delay? Nobody knew but we were very much disturbed by the long wait. We continued on to Bratislava, where we arrived in time to think about eating since our long stay at customs did not permit any lunch stop. After checking into the Kijev Hotel, which was a newer building on the edge of town, we boarded buses and headed to "Zoch Chalet" nesled in the woods. Here we enjoyed delicious chicken dinner, done on the spit, and all the trimmings, including plenty of wine. We all enjoyed singing many old songs as the strolling musicians knew just about any song you named. A good time was had by all and found it was very dark when we left the chalet and had to ask the manager to light our paths to the bus which was parked on the paved road up the hill.

In the morning we toured Bratislava, the main city of Slovakia, which is bordered by the Danube, the Castle and many green hills. The wide Danube gives a picture of deep blue horizons. The town shows many sections demolished, making way for new apartment complexes. Those who remember Bratislava before the war would hardly recognize it.

The local guide took us on tour of the city, mainly the castle D'evin and to Slavín, the cemetery honoring the Soviet soldiers who gave their lives. We also visited the new statue erected in the center of town. Then we continued on our way to the High Tatra mountain area where the first stop was in the spa town of Piešťany.

Piešťany is an old town already mentioned at the start of the 16th Century. Three spa bath houses were built in 1813, directly over the thermal springs but none were built again till 1912. The most modern building Blanea Grand was constructed in 1972. After viewing the town and tasting the healthful, thermal water, we had a delicious meal at the local hotel. Here many purchased pieces of crystal very reasonably thru Tuzex office. As we were boarding the buses to leave for the Tatra Mountain area, a friend of Sister Cihak's who lives in Piešťany came with two large boxes of delicious Slovak strudel, cut and ready to eat. We enjoyed this along the way and all had high praises for the lady who baked it.

To be continued

Help Our Sokol Grow

Farewell to Sis. Bozena "Bessie" Trejbal Pesek, Sokol Greater Cleveland

Though Bessie started her life in Česká Morava, under the German rule of Sudetenland, she lived in freedom here in America since she was 8 years old because her parents made the decision to bring their family here and live with an aunt. As was customary during those great migration years, the immigrant depended on family to assist. Bessie learned well from those early experiences.

When she and Joseph Pesek married, both worked hard and saved enough money to purchase a store at the corner of Lester and Finn, soon becoming known as "Pesek's Grocery". In addition to her responsibilities as wife, mother, business owner, she was often called upon to comfort neighbors, counsel neighborhood problems, and often asked for advice.

A member of the American Sokol since 1912, she actively participated in the dances, stage plays presented at the Česká Národní Sň, and activities of the Sokol Stará Parta; and in addition to these, she was also a 55 years member of the Rebekah Lodge.

"She was always proud of her daughter, son-in-law, grandchildren, and great grandchildren; proud of the progress of the family from humble beginnings to college graduates. She also treasured her 74 year membership as a staunch American Sokol. She will always be remembered as an untiring worker, not only in Sokol and the Czech Ladies Lodges, but also in all Czech activities.

"May your eternal rest, dear Bessie, be peaceful and undisturbed. *Spí sladce, Boženko Pešková, pokoj tvému popelu.*"
Sis. Anne Veverka

A Final "Nazdar" to Bro. Frank Sula, Sokol Slavsky

A member since 1928, Brother Frank fulfilled all Sokol roles. Small boys classes at Havlíček-Tyrš and Slávský. Adult gymnastic activities placing first many times, volleyball and basketball sharing the "championship" title many times with his teammates, member of the drama club and Sis. Konecny's singing group.

During his life he served on many committees at Slavsky, District, and National staff. A member of the B.O.I. at these three levels, he also was Games Chairman during Br. Kudrnosky's and Br. Halik's terms of office.

Br. Frank and Sis. Slavie met at Sokol and spent their married life serving the Sokol organization's many events.

Simply stated "Frank gave his time, his money, and mostly, himself to help his fellow Sokols. ... He will indeed be missed."
Br. and Sis. Halik

Do Units Really Fail?

Sadness touches us all when we see the decline of so many Sokol units over the past few decades. Our regrets should be tempered, however, for in spite of their limited future these units can't simply be written off as failures.

During its lifespan, a unit fails only if it makes no positive impressions upon the lives of its members and their children. Therefore measuring Sokol success solely by counting current activities and current members disregards the permanent benefits from the past. Prior accomplishments don't disappear with the decline of current unit programs. Even declining units have had an impact upon their member families, generating effects that will still be contributing to their community and their country long after the unit disband.

Any child who attends Sokol classes for ten or five or only one year can derive lifetime benefits even if he never returns as an adult. If he develops better control of his body, improves social interactions with his classmates, becomes more receptive to discipline, or acquires some appreciation for our Czech cultural heritage, then we've succeeded with this child whether he remains or not, whether the contact with Sokol continues to influence him well after he leaves.

If the child is the son or daughter in an active Sokol family, then all generations benefit. "Quality time" has become a terrible cliché, but it does fit the time we spend with our kids in Sokol: gyming, competing, dancing, teaching, coaching, or traveling together. To share this with our grandchildren as well is a wonderful bonus. The memories of these unique experiences won't diminish even if later on our children drift away from Sokol.

Neither do lifetime Sokol friendships diminish when a unit declines. So many years of growing up or growing old with the same fellow Sokols — gyming and working, laughing and arguing, celebrating and grieving — make these friendships essential parts of our lives. Their significance endures regardless of changing unit fortunes.

It would be unfortunate if our future generations have no opportunity to enrich their lives through Sokol as we have done in ours, so we must motivate young people to carry on for their own sake. If for some units the future doesn't work out the way we planned, then subsequent generations lose far more than we do. We can still enjoy the present and reminisce over our Sokol past. These shared experiences are the finest rewards Sokol can offer; they would be the greatest loss for descendants with no Sokol contact.

Sokol must continually build for tomorrow, but concern about the future should not affect how we appreciate the present and treasure the past. It's really the present and the past that make it all worthwhile.

*George Kotlan
Educational Director
Sokol Greater Cleveland*

ASO FINANCIAL REPORT

AUGUST 1986

RECEIPTS:

Dues	\$ 3,602.00
Convention Fund	34.00
Special Assessment — Southern District	17.00
Sokol T. G. Masaryk Dues	10.00
Subscription — "American Sokol"	4.00
Jewelry	42.00
Educational Booklets	340.00
U.P.S.	2.94
Postage	.39
Skills Patches	21.00
Donation from C.S.A.	250.00
Miscellaneous	3.25
	<hr/>
	4,326.58

Transfer of funds from Savings to
Checking Account

5,673.07

Total Receipts

\$ 9,999.65

DISBURSEMENTS:**ADMINISTRATIVE**

Salaries — Office Employees	\$1,038.79
F.I.C.A. & F.W.T. for July, 1986	177.44
Rent, Janitor Services, Phone and Electric	961.29
Postage and Express Charges	68.26
Office Supplies	47.52
Office Equipment	338.12
Computer Supplies	9.16
Travel Expense	71.14
Insurance	270.00
Miscellaneous — Replica of Statue of Liberty	43.58
	<hr/>
	\$ 3,025.30

BOARD OF INSTRUCTORS

Salaries	\$ 341.64
F.I.C.A. — July, 1986	74.18
Editor "Sokol Gymnast" — August, 1986	30.00
Add'l. copies "Sokol Gymnast" — July-August issue	29.00
Refund — Gymnastic Skills	1.50
	<hr/>
	\$ 476.32

EDUCATIONAL DEPARTMENT

Salaries	\$ 122.91
F.I.C.A. — July, 1986	32.04
Postage	115.15
Books	16.95
Framing Supplies	2.14
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	\$ 289.19

SOKOL PUBLICATION

Printing "American Sokol" — July-August issue	\$1,480.80
Postage	556.51
Editor "American Sokol" — August, 1986	125.00

Salaries — Computer 528.75

\$ 2,691.06

MISCELLANEOUS

A.S.O. Uniform Division — Salaries, F.I.C.A., July 1986, F.W.T., July, 1986 & phone	\$ 226.62
	<hr/>
	\$ 226.62
Total Disbursements	\$ 6,708.49
Balance brought forward:	
Western National Bank of Cicero — Checking Account	\$ 80.64
Receipts — August, 1986	9,999.65
	<hr/>
	\$10,080.29
Disbursements — August, 1986	6,708.49
	<hr/>
	\$ 3,371.80

FUTURE SOKOL LEADERS FUND

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In memory of Sis. Vlasta Vojta — Rudy & Mildred Liska and Rosemary & Jerome Zelenka	\$25.00
In memory of Sis. Vlasta Vojta — Vivian & John Mizia	15.00
In memory of Br. August Shabart — Sokol Milwaukee Gymnastic Ass'n.	25.00
In memory of Herbert Ellison — Frances G. Wolf	25.00
	<hr/>
	\$90.00

— Donations are tax exempt —

LIBRARY AND ARCHIVES FUND

AUGUST 1986

In memory of Sis. Chris and Br. Louie Horak — Marion L. Kulas, daughter	\$25.00
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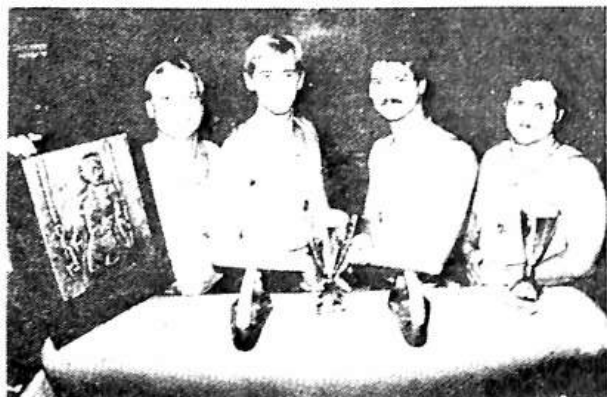
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Sokol South Omaha is proud to have four of our members on the men's team that represented the American Sokol Organization at the International Slet held in Zurich, Switzerland. Brothers James Riha, Tom Satorie, Mark Forman and Marc Johnson composed the team along with Bro. Rome

Milan of Fort Worth, Texas. Also competing in women's division was Sis. Colleen Kenney. The American team competed against gymnasts from seven countries, and finished in first place. In addition, Bro. Johnson finished in 1st place elite division against the 38 competitors in the men's division. The team brought back a beautiful bronze travelling trophy that is awarded to the outstanding team of the International event. The trophy will be on display in the Czech museum at our Hall, until the next International Slet in 4 years in Paris, France. The Slet competition was held on July 5, 1986 and was coincided with the 2,000 year anniversary of the City of Zurich. After the Slet, the group spent over two weeks touring Switzerland, Austria, Italy, Germany, France and Czechoslovakia.

We congratulate the members of this winning team, and thank them for bringing us the outstanding team trophy to South Omaha. The trophy may only be here for four years, but the memory of this achievement will last a lifetime.

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