

AMERICAN SOKOL

VOL. CVI - NO. 12

DECEMBER 1985

PUBLICATION OF THE AMERICAN SOKOL
Educational and Physical Culture Organization



THE EXECUTIVE
BOARD OF THE
AMERICAN SOKOL
ORGANIZATION
AND ALL ITS
COMMITTEES
WISH ALL OF YOU A
MERRY CHRISTMAS
AND A
HAPPY NEW YEAR.

Veselé vánoce!

In addition the New Year should be a productive one just like our Slet motto, "Toward New Horizons," let us aim high and set our goals for 1986 to increase our membership, double the activities in the gym classes, continue or start cultural activities.

For new goals in 1986!

NAZDAR!

George C. Basta, President

AMERICAN SOKOL

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OFFICE OF THE EXECUTIVE BOARD ASO

Jackie Kourim, Secretary

6424 W. Cermak Road, Berwyn, IL 60402

Telephone: 795-6671

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

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FRED STANKOVSKY

Alternates - VLASTA ZITNY, MARIE PTACEK,

ED JELINEK, EMILIE RUZICKA

By-Laws Chairman - JERRY MILAN

Calendar of Events

DEC. 31 — SOKOL SAN FRANCISCO
New Year's Eve Dance

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

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

DEC. 31 — SOKOL STICKNEY
New Year's Eve

MARK YOUR CALENDARS FOR 1986!

JAN. 11 — SOKOL LOS ANGELES
Sokol Semi-Formal Ball

FEB. 1 — SOKOL BROOKFIELD
Spaghetti Dinner

FEB. 1 — SOKOL CESKA SIN
Gymnastic Exhibition

FEB. 9 — SOKOL MILWAUKEE
Jaternice Dinner

FEB. 15 — SOKOL LOS ANGELES
St. Valentine's Ball

FEB. 16 — SOKOL STICKNEY
Pancake Breakfast

FEB. 22 — SOKOL BERWYN
Las Vegas Night

FEB. 28 and MAR. 1 — SOKOL BROOKFIELD
Gymnastic Exhibition

MAR. 2 — SOKOL NAPERVILLE
Gymnastic Exhibition

MAR. 8 — SOKOL TABOR
Gymnastic Exhibition

MAR. 15 — SOKOL LOS ANGELES
St. Joseph Dance

MAR. 15 — SOKOL STICKNEY
Gymnastic Exhibition

MAR. 16 — SOKOL SLAVSKY
Gymnastic Exhibition

MAR. 22 — SOKOL BERWYN
Gymnastic Exhibition

MAR. 23 — SOKOL WEST SUBURBAN
Gymnastic Exhibition

APR. 12 — SOKOL BERWYN
75th Anniversary Celebration

MAY 16 — SOKOL MILWAUKEE
Exhibition and Sokol Graduation



**HAVE YOU
SENT IN YOUR
NEW ADDRESS?**

Change of Address for American Sokol

AMERICAN SOKOL ORGANIZATION
6424 West Cermak Road
Berwyn, IL 60402

Sokol _____

Name _____

Old address _____

_____ Zip _____

New address _____

_____ Zip _____

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CVI

December — 1985 — Prosinec

Číslo - No. 12

ASO EXECUTIVE BOARD MEETING

Regular meeting of the American Sokol Organization Executive Board, Tuesday, October 22, 1985, was called to order by our President Bro. George Basta at 7:35 p.m. Pledge to the flag was given.

Members present: Sis. Marie Ptacek, Sylvia Pistorius, Mildred Pinc, Bro. Fred Stankovsky, Dick Ptacek, Chuck Borvansky, George Basta, John Satek, Fred Kala, Roy Zitny, Jerry Rabas, and Sis. Vlasta Zitny. Sis. Emily Stankovsky was our guest for the evening.

Members excused: Sis. Jackie Kourim, Emilie Ruzicka, Bro. Paul Lebloch, Jerry Milan, Robert Barcal, Gary Masek, Ed Jelinek.

District minutes received and reviewed: Central District, September 25th and Eastern District, September 29th.

Introduced Sis. Frances Malina, who will be secretary pro tem for the evening.

CORRESPONDENCE: Tentative program of the VI Slet of Czechoslovak Sokol Abroad, Zurich, Switzerland, 1986. Eastern District, list of new Executive board members, plus copy of letter to Bro. Charles Zraly, making him honorary president of the Eastern District. Northeastern District, letter stating approval of the district in the merger of Sokol Cleveland with Sokol Greater Cleveland. Sokol Cleveland will be asked to send in a quarterly report for the third quarter of 1985, so that we can close the books properly, no fees are necessary at this time. Eastern District sent congratulations on a job well done on the convention and Slet. Sokol South Omaha, invitation to the Executive Board and especially Bro. Zitny to attend their mortgage burning ceremony, November 9th, 1985, approved. Bro. Gary Masek will deliver Bro. Basta's message at the ceremony. Sokol Brookfield, is interested in purchasing a Statue of Liberty flag, information will be sent to them. Denní Hlasatel, requesting an ad for the 28th of October, a 1/8 page ad, \$42.50 was approved, Bro. Jerry Rabas will handle the content. Fraternal Herald, WFLA publication, with a printed correction in the Texas State meeting minutes. Bro. Stankovsky also mentioned that there was an article in the magazine on his being Chairman of the ASO Convention in June. Answer to our letter to Sis. Norma Zabka, requesting the proper date for the gymnestrada which is in 1987 not 1986. Czechoslovak Society of Arts and Sciences in America, Inc. requests a lot of research

information, and also to be included on our mailing list. When time is available, this project will be done. Sokol Switzerland newsletter. Czechoslovak National Council of America, sent seals, \$10.00 donation approved.

Correction to last month's minutes were as follows: Sis. Pistorius said there was no bill submitted by Sokol West Suburban for the repair on the balance beam, it should read to be submitted. All districts will utilize the dual tape recorder.

1985 SLET: Still a few outstanding bills to be collected and one to be paid before the books can be closed. Bro. Charles Klapp bill approved for \$90.00 for third microphone at Slet. Check approved for payment of \$250.00 to Southern District Director Bro. Larry Laznovsky for mat transportation for Slet.

WOMEN'S DIRECTOR — SIS. SYLVIA PISTORIUS: Sis. Julie Slavik stated Sis. Irene Mergl is now the Eastern District Director of Women. As requested by the Executive Board I purchased the dual cassette recorder for reproducing tapes for the districts. The total cost of the JVC tape recorder is \$189.95. The model is one of the top brands and can be used by the Executive Board secretary when taping meetings. Additional material was received from Bro. Jan Waldauf and Sis. Dagmar Fiala regarding the calisthenics, music and video tapes for the Zurich Slet. Competition material for the women is written in Czech. Will make every effort to obtain the English version. Tentative schedules were received starting with volleyball on Friday and ending with the Slet on Sunday. These copies along with the music have been mailed to the District Directors. A letter was written to Bro. Steve Banjak requesting information regarding the Sokol manual status and informing him of our Advanced instructors course in 1986 at which we would like to have the new completed manuals. Final Report — Southern District - USGF Congress of Coaches, \$299.85, approved for payment.

MEN'S DIRECTOR — Bro. Dick Ptacek: We are asking the Executive Board's approval for the addition of Bro. Steven Fischer to the Men's Board of Instructors, given. The new Men's Director for Eastern District is Bro. Stanley Mergl. Letter from Bro. Frank Michalek informing the board that he has met with Bro. Linhart regarding details of the editorship of the "Sokol Gymnast". Bro. Michalek has requested that the BOI subscribe to the following publications in his name: United States Gymnastic Federation; United States Association of Independent Gymnastic Clubs; International Gym-

nast; Executive Fitness Newsletter. Material in these publications that is pertinent to our needs will be passed on to our readers. Publications will be subscribed to in the name of the Gymnast editor and addressed to the ASO office; after the editor is through with them, they will be returned to the ASO office to be available to others who may be interested in using them, approved. The BOI will write a letter to Bro. Michalek with all the information concerning the editor's job, this should clear up any questions that he has.

MEMBERSHIP CHAIRMAN — Bro. Fred Kala: Second quarter reports are not up to date. Third quarter reports coming in slowly. Gave report by districts who is still missing for the second quarter. Sis. Pinc was asked by the Executive Board to send letters to all the delinquent units. First quarter membership is the same as the figure reported at the convention. Just over 7,000. How many associate members were picked up? Long discussion ensued. No determination was made at this time.

EDUCATIONAL CHAIRMAN — Bro. Paul Lebloch: Not present, no report.

PUBLICITY — CZECH — Bro. Jerry Rabas: Wrote an article on Sis. Betty Prener and Bro. Stanley Barcal who are retiring from the Executive Board. Will work on the ad for the 28th of October. Czechoslovak Sokol Abroad had some good articles and pictures on our Slet.

PUBLICITY — ENGLISH — No chairman, no report.

FINANCIAL SECRETARY — Sis. Mildred Pinc: The financial report for September, 1985, was prepared and copies were distributed to Executive Board members. Two certificates matured, both were renewed at the highest possible rates. Third quarter 1985 reports for FICA, FWT, IWT and Illinois Unemployment Compensation were filed. Dues cards were requested by and sent to Sokol West, Texas; Sokol Los Angeles, CA and Sokol Stickney, IL. Checks for seven Merit Awards were mailed. The \$1,400 was transferred from the Future Sokol Leaders' Fund account to the Western National Bank of Cicero checking account. Interest payments from four savings and loans were added to the Future Sokol Leaders' Fund. One interest payment was added to the Library/Archives fund. Sokol Slavsky will be sent a letter about the honorary membership given to Sis. Betty Prener at the last convention.

TREASURER — Bro. Robert Barcal: Not present. Comparison reports were left on conference table, these were passed around. Reports gone over by Bro. Basta and explained the quarterly report for ASO and the monthly report for the uniform division. Uniform division inventory will have to be adjusted at the end of the year. The uniform department is also ordering ahead, all stock items completely filled.

UNIFORM DIVISION REPORT: Given by Sis. F. Malina. Sis. Borvansky and Pros took over as managers, October 1, 1985. New hours have been

posted and published in the "American Sokol". Sent price list to all units, district and sister organization directors. Bro. Borvansky made signs with new hours, these have been distributed to all Central District active units, with request to display in their gyms. Re-arranged stock, ordered additional stock, plan to maintain (during active season) a larger supply of most popular items. Parents are slowly taking advantage of the new hours. The instructors and parents seem pleased with the extra time the office is open. We thank Sis. Betty and Helen Prener for their assistance, advice and support in the process of turning over the Uniform Division. They should be commended for the outstanding job they did for these many years.

EDITORIAL — SECRETARY — Sis. Jackie M. Kourim: Report read by Sis. Malina, Sis. Kourim out of town. Still working as editor, October issue printed and being mailed, first draft of the November issue being worked on. As secretary, prepared all the letters and other materials for the mailing of the Christmas seals, at least 2,500 have already been mailed out, the rest will be completed after I return. The seals were delivered on October 11th, two weeks later than promised. This throws everything off schedule. Remind Bro. Kala that one ad is still delinquent for the ad book. To date we have received 4,577 requests for the new by-laws book. There are still 10 units and 3 districts missing from our survey. Bro. Borvansky had the proofs ready, they will be distributed for the proofreading and returned as soon as possible for printing. Keeping up with all the secretarial duties as best as possible. The Canon 125 had the new drum replaced and the line removed from one of the rollers.

II. VICE-PRESIDENT — Bro. Gary Masek: Not present, no report.

I. VICE-PRESIDENT — Bro. Chuck Borvansky: Brought in the copies of the by-laws for proofreading. The width of the pages will stay the same, length will be longer. Bro. Kovar, Milan and Stankovsky will proof read.

PRESIDENT — Bro. George C. Basta: Brought in a good used check writer for the ASO. Worked with the computer and tour committees.

COMPUTER COMMITTEE: Met several times with Meta-File for information on software. Bro. Rus Zitny is getting quotes on the hardware. We have to determine what capabilities we wish to purchase; mailing plus membership information; accounting, general and uniform and also word processing. Gave comparison of what it costs us now for software service at CSA. \$5,000.00 was approved for the purchase of the hardware. Who will do the programming? After long discussion, the committee was approved to make the final decision on both the software and hardware. When we get the computer the mailing list will be done first.

TELE-CONFERENCE INFORMATION: We will have to go to Illinois Bell office and ask for additional information. Get information by next meeting.

FLAG INFORMATION: Sis. Lynda Filipello: Sis. Pat Satek did the design work. The young man who was doing it for the flag company, passed away. Brought in sample flags as requested at the last meeting. The satin flags wrinkle and are not good for outdoor marching. Nylon applique is more practical for outdoors. Will we have the same price if we have half satin and half nylon flags? We will have to sanction the use of the design by the Executive Board. Send out a letter with a deadline to get the price, after that date each individual unit or district will have to bargain on their own. Can we apply Czech or American flags to our quantity? No, only unit flags will count. Information to be sent out: design, price list and letter.

TOUR COMMITTEE: Bro. Roy Zitny: Letters were sent out to the travel agencies, three itineraries requested. Most tours were very similar, even in price. Remuneration differed from all agencies. Very lengthy discussion followed. Tour committee was given approval to sift through all the facts and make the final decision and get the information out to all interested parties. Next meeting to be held October 31, at 7:00 p.m.

President Basta was going to Little Ferry for the surprise testimonial dinner for Bro. Frank Capek this weekend. A recognition certificate will be typed by Sis. Malina.

NEW BUSINESS: Bro. Stankovsky announced that Sokol Milwaukee will be marching in the Festival of Parades on June 21st, there will be television coverage.

Meeting adjourned at 10:45 p.m.

Respectfully submitted,

Frances Malina, Secretary pro-tem

CENTRAL DISTRICT EXECUTIVE BOARD MEETING

Meeting called to order at 7:30 p.m. by Bro. Vytlačil. Pledge to the flag given.

Motion made by Bro. Glasser that the minutes from the September 25th, meeting be approved as recorded and that we dispense with reading them. 2nd by Sis. Modes and Bro. Domansky. Motion carried.

CORRESPONDENCE AND BILLS — Newsletter from Sokol Stickney regarding bus trip to Sokol Ceska Sin Exhibition.

ASSESSMENTS RECEIVED from Sokol Slavsky, Sokol Town of Lake, Sokolice Tabor, Sokol Brookfield, Sokol Havlíček-Tyrš, Sokol West Suburban, Sokol Milwaukee.

B.O.I. REPORTS — Women's Div. Sis. Schnabl presented her report.

Bill submitted for payment: \$13.82 postage, \$450.00 U.S.A.I.G.C. workshop.

Motion made by Bro. Glasser that bills be paid, 2nd by Sis. M. Bruno, Carried.

Men's Div. Bro. Satek presented his report.

Educational Dir. Bro. Zenisek reported that a letter directed to the parents of class participants has been prepared by the District Educational Committee and will be distributed prior to the new year. Bro. Zenisek stated that he attended the A.S.O. National Educational meeting and will work with them on some new directives and ideas.

PROPERTIES COMMITTEE — Sis. Helen Prener reported that the framed charters are now hanging in the District Office.

Inspected some of the property of Sokol Racine. Would like to see a committee of volunteers be formed to start sorting out this property. Bro. Flossman offered to bring some of the boxes to the District Office.

Committee of volunteers are: Bro. O. Glasser, V. Zenisek, E. Halik, J. Rabas, Sis. E. J. Schnabl, and A. Basta.

PUBLICITY COMMITTEE — Czech: Bro. Rabas reported that he has an article ready for print announcing our upcoming annual meeting.

English: No report.

Bro. Halik stated that he secured some of the brochures from the Life Newspapers publicity seminar that was held. Distributed to the unit presidents and the officers of the Executive Board.

AUDITING COMMITTEE — Sis. Betty Prener reported that the auditing committee did audit the books and all is in order. Bank statements and cancelled checks will be audited before the annual meeting.

OTHER REPORTS — District Merit Award Committee — Sis. Schnabl reported that the funeral directors have not responded as yet to the letter that was sent months ago. Bro. Vytlačil will make personal contact.

State of Illinois, Report of Assets — Bro. Vytlačil reported that he made a phone call to the office requesting this information. Will make contact with Selden Fox (ASO auditors) for clarification on how to file this form.

Sis. Basta reported that the State of Illinois has grants that are available to non-profit organizations. Volunteered to attend a meeting on Oct. 29th, to see if we qualify.

DEFERRED OR UNFINISHED BUSINESS — Report from Nominating Committee — Bro. Satek reported that all the officers positions are filled and properties committee is formed. Auditing committee needs to be completed.

Bro. Borvansky suggested that we consider the auditing committee might be comprised of the Financial Sec'y's of each unit. All in attendance agreed that this was a good idea.

Bro. Satek asked all unit delegates to mention this within their units.

Central District Annual meeting — Correction on location: Meeting will be held on Nov. 10th — Sokol Stickney Hall.

Other business: Sis. Borvansky stated that the District financial assets are accumulating. Strongly

recommends that we consider larger office quarters. Discussion followed.

Sis. Pros suggested that a committee be formed to review the needs of the District regarding instructor courses, educational division and larger quarters, etc. Money to be divided thru budget evaluations.

BUDGET COMMITTEE TO MEET OCTOBER 30th — 8:30 p.m. District Office.

Budget committee volunteers: Bro. Charles Borvansky, Otto Glasser, John Satek, Ed Schnabl, Sis. EllenJeanne Schnabl and June Pros.

NEW BUSINESS — Agenda for Annual Meeting — Last year's agenda was reviewed with some additions.

Raffle for Annual Meeting — All unit officers, delegates and Executive Board members are asked to donate a gift for our raffle.

Merit award winner from Central District — Tracy Somolik, Sokol Berwyn.

RECEIPTS AND DISBURSEMENTS — Report presented by Sis. Pros. Report accepted by all present.

NEXT REGULAR MEETING — January 22, 1986 — SOKOL NAPERVILLE REFRESHMENT HOST.

No further business, Bro. Vytlačil adjourned the meeting at 9:30 p.m. Recorded by

Sis. Nancy Borvansky, Sec'y

ASO FINANCIAL REPORT

OCTOBER 1985

RECEIPTS:

Dues	\$ 9,232.55
T. G. Masaryk Dues	40.00
Convention Fund	80.00
Special Assessment	28.00
Resale of Jewelry	52.50
Slet Profit	10,000.00
Merit Awards	1,400.00
"Highlights of Czech History"	15.75
Educational Booklets	2.00
Copies	7.85
U.P.S.	2.33
Christmas Seals	1,563.50
Video Tapes	20.00
Donation	10.00
	<u>22,454.48</u>
A.S.O. Uniform Division - Rent, Salaries, etc.	657.42
TOTAL	\$23,111.90

DISBURSEMENTS:

ADMINISTRATIVE

Salaries - Office Employees	\$ 911.19
FICA & FWT - Sept., 1985	206.16
IWT - 3rd Quarter, 1985	77.55
Rent, Janitor Services, Phone, Electric	868.56
Office Supplies	251.99

Stationery & Dues Cards	632.73
Postage	31.10
Travel Expense	485.00
Insurance (Fire)	187.00
Christmas Seals	1,773.27
Miscellaneous	74.36
	<u>\$ 5,498.91</u>

BOARD OF INSTRUCTORS

Salaries	\$ 438.94
FICA - Sept., 1985	73.82
IWT - 3rd Quarter, 1985	20.82
Editor "Sokol Gymnast"	30.00
Add'l. copies "Sokol Gymnast" - Sept., 1985	29.00
VCR Tapes	20.00
Dual Cassette Recorder	189.95
Postage	17.63
USGF & USA IGC Publication	105.00
	<u>\$ 925.16</u>

EDUCATIONAL DEPARTMENT

Salaries	\$ 86.86
FICA - Sept., 1985	11.28
IWT - 3rd Quarter, 1985	7.17
Postage	5.94
	<u>\$ 111.25</u>

SOKOL PUBLICATION

Editor "American Sokol"	\$ 125.00
Postage "American Sokol" - Sept., 1985	350.18
Printing "American Sokol" - Sept., 1985	1,059.64
Mailing list changes - Oct., 1985	255.45
	<u>\$ 1,790.27</u>

MISCELLANEOUS

ASO Uniform Division - Salaries	
FICA, FWT, IWT - 3rd Quarter, 1985 & phone	\$ 666.94
Merit Awards	1,400.00
Special Appropriation - Southern District	299.85
Loan to Southern District, ASO	15,000.00
	<u>\$17,366.79</u>

Total Disbursements	\$25,692.38
Balance brought forward:	
Western National Bank of Cicero - Checking Account	\$12,826.73
Receipts - October, 1985	23,111.90
	<u>\$35,938.63</u>
Disbursements - October, 1985	25,692.38
	<u>\$10,246.25</u>

Help Our Sokol Grow

AMERICAN SOKOL ORGANIZATION

GYMNAST

DECEMBER 1985

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



*At this Holiday
Season*

*The American Sokol
Board of Instructors
wish to extend to
all Sokol Units
and their members*

*Seasons Greetings
and*

*Best Wishes
for a*

*Merry Christmas
and a*

Happy New Year

NAZDAR! TO ALL

AMERICAN SOKOL
BOARD OF
INSTRUCTORS

SYLVIA PISTORIUS
PAT SATEK
JUDY HARLAN
ANN HALIK
JAN KALAT
JOMARIE MLSEK
MARIE PTACEK
NORMA ZABKA
FRANCES MALINA
ELLENJEANNE SCHNABL

DICK PTACEK
DAVID HARLAN
FRANK MICHALEK
CHUCK KALAT
PAUL LEBLOCH
JERRY MILAN
JOHN SATEK
STEVE FISCHER

Survival of the World Fittest Man

How fit is Steve Sokol, the self-proclaimed "World's Fittest Man"? Consider these achievements:

- In 1981 Sokol performed 13,013 leg lifts in 5 hours and 45 minutes;

- In 1983 he completed 1,000 sit-ups in 39 minutes—with a 42-pound weight on his chest;

- In 1984 he rode from San Francisco to Los Angeles (500.2 miles) in 43 hours and 8 minutes—without ever sitting on the bicycle seat.

Why would anyone want to go through such torture? For Sokol, 29, the reasons are two-fold. His field of interest is exercise psychology, which he studies at San Jose State; and, in the image of Charles Atlas, Sokol was sickly and asthmatic as a child.

That's why most of his records have been set in conjunction with some type of fundraiser. On behalf of the American Lung Association, Sokol completed an Ironman decathlon in under 16 hours. All he did was: 1,000 situps, 1,000 jumping jacks, 1,000 leg lifts, 500 squat thrusts, one circuit of Nautilus weightlifting, pedal for one hour on a stationary bike, power walk (fast walking while carrying dumbbells) 5 miles, swim 2 miles, bicycle 120 miles and run 10 miles.

"People think I should look like Arnold Schwarzenegger," says Sokol, who's 5-10½ and around 155 pounds. "But for my size, I have a lot of relative strength."

He needed that strength during the ride from San Francisco to L.A. With 10 miles to go, Sokol began to hallucinate. At the finish, he bursts into uncontrollable crying. It took him six weeks to recover. But boy, was he in good shape after that.

Take home a piece of the Olympics

As a memento of the Olympics and a great motivator, AMF American is now offering a special deal to clubs on the very same FIG spec Olympic mats used in Los Angeles. This commemorative line is a last chance to put a piece of gymnastics history in your gym. Made especially thinner for the Games, the tremendously versatile FIG spec mats are designed for layering. The more resilient surface is ideal for use under beams or in vaulting areas.



Photo by Dave Black 1984

Bart Conner to star in "Flips"

Gymnasts vaults onto big screens

First, plans were announced for a film to star Kurt Thomas as an All-American hero, and now Bart Conner will translate his gold-winning Olympic performance into a screen debut, this one about gymnastics.

The film is entitled "Flips", appropriately enough, and the story deals with two young men who pursue quite approaches to gymnastics excellence. Sounds almost like a gymnastics-oriented "Chariots of Fire" to us.



AMF

USGF Photo by Dave Black 1984

This is the first of a three part series
prepared by Jolene Dalton —
Western District

JUDGING SOKOL WOMEN'S COMPULSORY EXERCISES

PART I

Ideally there are four judges. They will sit apart from one another and give their scores independently. They will have 30 seconds to deliver their mark. The high and low scores are eliminated and the two middle scores are averaged for the final score. (If there are three judges, all three scores will be averaged.) In Sokol the two middle scores are added.

RECOMMENDATIONS FOR JUDGES:

1. Know the compulsory exercises perfectly (ideal technique, exact text, and optional or reversible parts) and the specific deductions.
2. Maintain a fair judgement during the entire meet.
3. Judge rapidly and impartially.
4. Write legibly, especially the numbers.
5. Always make sure you have the correct number or name of the gymnast on your score sheet.
6. Always sign your initials or number on every score sheet.
7. Know the regulations and dimensions of the apparatus.
8. No contact with the public, team, or coaches during the completion.
9. Don't leave your seat without the head judge's permission.

DUTIES OF THE HEAD JUDGE:

1. Throw out the high and low scores and check that the two middle scores (or all three scores, if there are only three judges) are within range:
 - 9.00 to 10.00 — 0.3
 - 7.05 to 8.95 — 0.6
 - 7.00 & below — 1.0
2. Call a conference of the four judges:
 - a. after the first performance on each individual event
 - b. when the two middle scores are out of range
3. Deduct the following penalties from the average score:
 - a. gymnast warms up on the apparatus after competition starts (0.5)
 - b. gymnast begins before the signal is given (0.5)
4. Will terminate the gymnast's performance if:
 - a. the gymnast, after a fall, takes more than the allotted time to remount the apparatus
 - b. the gymnast, after a fall, leaves the immediate area (for any reason)
6. Will decide if the apparatus was really faulty and if the gymnast may or may not repeat her routine. (Note: if the **apparatus** was faulty, she may repeat her routine. If the error was the

fault of the gymnast or her coach/spotter, she may not repeat her routine.)

6. Will see to it that all the judges are seated in appropriate places.

JUDGING — GENERAL

All compulsory routines are scored from 9.8 by use of tenths of a point. The missing 0.2 may be obtained for special virtuosity (styling, flair, amplitude, extension, etc.).

Deductions in general include:

a. **small faults** which have a penalty of **0.1 to 0.2** (incorrect position of the hands, of the head, of the pointing of the toes; slight bending of the legs, of the arms, of the body; slight straddling of the legs — to 45 degrees; slight lack of amplitude; small movements of the arms, of the legs, of the trunk in order to maintain balance

b. **medium faults** which have a penalty of **0.3 to 0.4** (pronounced bending or straddling of the arms, of the legs, of the body — 45 to 90 degrees; pronounced lack of amplitude; pronounced movements of the arms or trunk in order to maintain balance)

c. **serious faults** which have a penalty **starting at 0.5** (extreme bending or straddling of the arms, of the legs, of the body — over 90 degrees; total lack of amplitude; falls and supports on the apparatus).

Beginning judges: The gymnast may bend her knees up to an angle of 45 degrees and this is still considered a **slight** fault of 0.1 to 0.2. Usually you will not see a greater degree of knee bend.

Remember that it is correct to slightly bend the knees when landing from any skill, and it is also correct to slightly bend the knees **before** pushing off for an acrobatic, tumbling, or dance skill.

Bending the knees more than 45 degrees but less than 90 is considered a **medium** fault. Think... How often do you see knees bent to a **serious** degree? Straddling the legs up to 45 degrees is considered a **slight** fault. It would be rare to see more than this. Most of your deductions will be in the "slight" category.

Bending the body (piking) up to 45 degrees is considered a **slight** fault. You usually do not see more than this except in landings. So, for a piked cartwheel you usually would deduct 0.1 to 0.2.

As far as bending or straddling of the arms is concerned, you normally see them bent only slightly and straddled slightly in the FX and beam events so the penalty there would be 0.1-0.2. On the bars you may see them bent to a more serious degree. Example: The gymnast ends up too low in a stem rise and has to muscle up to get to a front support.

If the gymnast falls and is assisted simultaneously, the greater deduction is received. The gymnast is not penalized for both a fall and an assist. We call this double-deducting.

Help Our Sokol Grow

B.O.I. of the Czechoslovak Sokols Abroad

(Translation)

Dear sisters and brothers:

Enclosed is the registration form for the VI. Slet volleyball tournament. The tournament will take place July 4, 1986 at the Allmend I. gymnasium in Zurich with the following program:

- 8:00 A.M. meeting of team captains and referees
- 8:30 A.M. line up of all teams
- 9:00 A.M. opening ceremonies

CONDITIONS

- Tournament will take place only when four teams of men and four teams of women are registered
- Teams may be filled by juniors from the same Unit
- Each Unit is entitled to enter maximum of three teams of men and three teams of women
- Each team must be identically dressed, and the jerseys must bear the Sokol emblem
- The enclosed registration must be signed by the Directors and returned no later than March 30, 1986 to either of the above address.
- Team drawing will take place on July 3, 1986 P.M.

Meet Beat

American Announces new Equipment Classification

In conjunction with the Meet Policy, American has adopted a new classification system for equipment used in meets and clinics. The purpose is to highlight the year-round savings opportunities that can range from ten to as much as thirty percent off, depending upon the extent of competition use.

Each time AMF adds more events to their Meet Beat (including Class III, II and I competitions as well as Elite meets), the opportunity for great deals expands. In December, look for AMF at the Pacific Alliance Championships in Reno on the 1st and 2nd, and in San Jose on the 8th and 9th. For more information on the championships and related equipment deals, contact Don Nelson, D&G Sports, (408) 247-7499.

Best of luck in your preparations for the volleyball tournament and the VI Slet in Zurich.

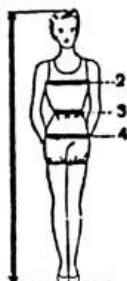
Sletu Zdar!

Bernhard Zode, Director of Men

Dagmar Bergova, Director of Women

Women performing the Indian Clubs special number at the Zurich slet next year will wear special leotards and white gym slippers. While the slippers may be bought by each participant locally, the leotards, of dark plum blue color with long sleeves and red and white trim around the V-neck in front and back, will be tailor-made for each participant in Switzerland and mailed directly to each individual. The cost of the **Leotard is \$24.50 including postage**. Full payment must accompany each order.

For your convenience, we are enclosing an order form which should be used for this purpose. Since the leotard will be made, it is imperative that all requested measurements be carefully taken and clearly indicated on the form. These measurements consist of overall body height, bust, waist, hips and sleeve length which should be measured from armpit to the wrist. For accuracy all measurements in centimeters will be preferable, but inches are acceptable, too. Just indicate please whether the measurements is in cm or in inches.



Please, make your check payable to the Czechoslovak Sokol Abroad and forward it together with your order to the address below.

All orders must be placed by the beginning of December. However, because they will be filled on first in first out basis, we urge you to send your orders now to avoid delays.

Mrs. D. Bergova
Winkelmatt 813, 5726 Unterkulm
Switzerland

REMINDER

Each district is to help the new Gymnast Editor by contributing two (2) articles per year. Articles are due by the 10th of each month. Assignments are as follows:

Central District	January & July
Eastern District	February & August
Northern District	March & September
Pacific District	April & October
Southern District	May & November
Western District	June & December

OFFICIAL TOUR

THE AMERICAN SOKOL ORGANIZATION

OFFICIAL TOURS TO THE

VI INTERNATIONAL SOKOL SLET

ZURICH, SWITZERLAND

July 3-6, 1986

ALL TOURS IN ZURICH

- JULY 3 THURSDAY:**
CHICAGO/ZURICH
Overnight flight from home city to Zurich Switzerland.
- JULY 4 FRIDAY:**
ZURICH
Transfer from Zurich Airport to Nova Park Hotel. This evening we attend a get-together and a waltz dance at the Kongresshaus. (B)
- JULY 5 SATURDAY:**
ZURICH
Take one of our optional tours to Constance or Lucerne. Evening Slet concert at the Kongresshaus. (B)
- JULY 6 SUNDAY:**
ZURICH
Main Slet performance at the Letzigund Stadium immediately adjacent to the Nova Park Hotel. Evening—farewell dance at the Kongresshaus. (B)

"ROMANTIC EUROPE" Tour #1

- JULY 7 MONDAY:**
ZURICH/LAKE COMO (TREMEZZO)
Adventure beyond Switzerland begins today as we motor through the Alps enroute to the resort city of Tremezzo on beautiful and historic Lake Como. (BD)
- JULY 8 TUESDAY:**
TREMEZZO/FLORENCE/PONTASSIEVE
Our hearts open before us as we travel south from Lake Como to Florence with stops in Parma for lunch. Milan, Monza, Reggio, Modena, Bologna, the historic cities roll by as we travel to Florence. (BLD)
- JULY 9 WEDNESDAY:**
FLORENCE/PONTASSIEVE
Day begins with a city sightseeing tour of Florence—Lunch is on your own followed by an opportunity for shopping or additional sightseeing. Enjoy a very special evening of music, dancing, and food as we travel through the Chianti Hills and Vicchiomaggio. (BD)
- JULY 10 THURSDAY:**
FLORENCE/ROME
Breakfast in the hotel followed by departure directly to the Eternal City of Rome. The afternoon is devoted to an escorted shopping tour. Dinner and overnight in the hotel. (BD)
- JULY 11 FRIDAY:**
ROME
Day begins with a morning city sightseeing tour. Lunch on your own and the afternoon is free for shopping or additional sightseeing, perhaps the Vatican Museum. Tonight we enjoy a special dinner in a typical Roman restaurant in the Trastevere District of Rome. (BD)
- JULY 12 SATURDAY:**
ROME/ASSISI/ANCONA
Morning departure to Assisi for a walking tour of the native city of St. Francis followed by lunch in a local restaurant. In the afternoon we proceed to Ancona on the Adriatic coast. Dinner and overnight in the hotel. (BLD)
- JULY 13 SUNDAY:**
ANCONA ITALY-ADRIATIC CRUISE/ZADAR YUGOSLAVIA/PLITVICE LAKES
In the morning we board ship for the six-hour boat trip across the Adriatic Sea to Zadar Yugoslavia and then motor to Plitvice Lakes. Dinner and overnight in the hotel. (BD)

JULY 14 MONDAY:
PLITVICE LAKES
We begin our day with a morning tour of the beautiful national park of Plitvice. The afternoon is set aside for relaxation or shopping. (BD)

JULY 15 TUESDAY:
PLITVICE LAKES YUGOSLAVIA/PADUA, ABANO TERME
Early morning departure to Padua with luncheon enroute. Arrival in Padua in the late afternoon. Dinner and overnight in the hotel. The beautiful medieval city of Padua is also an important educational center, home of one of Italy's most prestigious universities and art treasures. (BLD)

JULY 16 WEDNESDAY:
PADUA/VENICE
After breakfast we transfer to Venice, Piazzale Roma and then to St. Mark's Square for a half day city sightseeing tour by gondola and on foot. Lunch on your own. This afternoon is at your disposal for shopping. In the late afternoon return to Padua. (BD)

JULY 17 THURSDAY:
PADUA/BOZEN/INNSBRUCK
Today's journey will take us to Innsbruck, Austria, via the Brenner Pass. Most of the day will be spent traveling through mountain ranges, first the Dolomites and then the Austrian Alps. We stop for lunch at Bozen, Italy, in the Dolomites. (BLD)

JULY 18 FRIDAY:
INNSBRUCK
A half day excursion to Otz and the lovely surroundings of Innsbruck begin our day followed by lunch in the country at a farm which has been converted to a beautiful inn and restaurant. Dinner and overnight at the hotel. (BLD)

JULY 19 SATURDAY:
INNSBRUCK/MUNICH
Departure this morning for Munich. After hotel check in, we take an afternoon city sightseeing tour. In the evening transfer to the world famous Hofbrauhaus and our farewell dinner. (BD)

JULY 20 SUNDAY:
MUNICH/USA
Morning transfer to the airport for our flights to the USA and home. (B)

"HEART OF EUROPE" Tour #2

JULY 7 MONDAY:
ZURICH/INNSBRUCK/SALZBURG
We depart Zurich for our destination for the next two days, Salzburg, Austria. Travel via Liechtenstein to Innsbruck, Austria, site of two of the winter Olympic games. After a sightseeing tour of Innsbruck, we continue to Mozart's birthplace, Salzburg. (BD)

JULY 8 TUESDAY:
SALZBURG
This morning begins with escorted sightseeing tour of Salzburg, and its many attractions. The afternoon is free for further sightseeing or shopping on your own.

JULY 9 WEDNESDAY:
SALZBURG/VIENNA
Morning: Depart from Salzburg on the super highway to Vienna, Austria. Afternoon: Upon arrival in Vienna, we take an escorted sightseeing tour of the beautiful waltz city of Vienna. St. Stephens Cathedral, The Old Town, and other city sights are included in the tour. (BD)

JULY 10 THURSDAY:
VIENNA/BUDAPEST
Morning: Free for shopping. We recommend the beautiful stores on the Kärntnerstrasse and Maria Hilferstrasse areas. Afternoon: Depart Vienna for the Hungarian capital city of Budapest. (BD)

**JULY 11 FRIDAY:
BUDAPEST**

We begin our day with a city sightseeing tour of Budapest. The afternoon is free for shopping and this evening we end our visit to Budapest by attending a Csardas party including food, wine and music. (BD)

**JULY 12 SATURDAY:
BUDAPEST/BRATISLAVA**

Morning: Leave Budapest for our destination, Bratislava, the capitol of Slovakia. Our journey today takes us via Lake Balaton. Afternoon: City sightseeing tour of Bratislava includes the castle and other landmarks of the ancient city, once the capitol of the Hungarian kings. This evening we attend a gala dinner in the Zochova Chata.

**JULY 13 SUNDAY:
BRATISLAVA/HIGH TATRA MOUNTAINS**

Depart Bratislava and travel the width of Czechoslovakia to our destination, the high Tatra mountains. We make a luncheon stop enroute at the famous spa and resort of Piastany. (BD)

JULY 14 MONDAY:

Morning begins with a sightseeing tour of the high Tatra mountains of Slovakia, sometimes called "Little Switzerland." This afternoon is free for strolling and shopping and this evening we go to a shepherd's hut called Koliba for a marvelous dinner and music. This dinner is unlike anything you may have experienced in the past. (BLD)

JULY 15 TUESDAY:

We begin our morning sightseeing tour with a stop in Levoca, a town which has been restored and rebuilt the way it was in the 16th century. We also visit the castle at Spisky before returning to our hotel in the high Tatra mountains. (BLD)

JULY 16 WEDNESDAY:

After breakfast we depart the Tatra mountains for the City of Olomouc. Our route of travel is via Roznova to Skansen, a museum in the country.

JULY 17 THURSDAY:

Today enroute to Praha, we make an intermediate stop in the town of Litomysl, the birth place and home town of Czechoslovakia's famous composer, Smetana. Now onward to the capitol of Czechoslovakia, the golden city of Praha. (BLD)

JULY 18 FRIDAY:

This morning we take a city sightseeing tour of Praha to see the Presidential Palace, St. Vitus Cathedral, The Town Square and 14th century astronomical clock called Orloj. This evening we attend a cultural performance in one of Prague's theatres or concert halls. Friday afternoon is free for shopping. (BD)

JULY 19 SATURDAY:

The morning is free for shopping. This will be one last chance, so use your time well. This afternoon we will be on our way for an escorted sightseeing tour to Konopiste, with its great collection of furniture, art and tapestries. (BD)

JULY 20 SUNDAY:

Transfer to the airport for our journey homeward or, if you so desire, you may extend your visit in Czechoslovakia. (B)

"THE SWISS ALPS"**Tour
#3****JULY 7 MONDAY:
ZURICH-ST. MORITZ**

Meet at 8:00 a.m. at the Hotel Zurich, Neumuhlequai 42, Zurich. Leave from the hotel at 8:30 a.m., driving along Lake Zurich to the historic town of Rapperswil. The road then winds through the picturesque countryside of the Toggenburg Valley into Vaduz, capital of the tiny principality of Liechtenstein. In the afternoon visit the famous Heidi Village and continue to Lenzerheide (4833ft.) and across the Julier Pass (7493ft.) to the celebrated resort of St. Moritz.

**JULY 8 TUESDAY:
ST. MORITZ-LUGANO**

After breakfast drive past the bluegreen waters of the Engadine Lakes, across the Maloja Pass (5954ft.) and into Italy. Continue to the popular resort of Menaggio on Lake Como. Across sunny hills, reach Lake Lugano, across the border again into Switzerland near the fishing village of Gandria with its steep, cobblestoned passageways leading down to the lake. Arrive in Lugano around noon. Afternoon free.

**JULY 9 WEDNESDAY:
LUGANO-ZERMATT**

Drive north from Lugano to Airolo, southern gate of the Gotthard Pass and Tunnel, then to Ulrichen (if the pass is closed due to late snowfalls, travel across the Simplon Pass). In the afternoon continue to Tasch for a mountain-train ride to Zermatt.

**JULY 10 THURSDAY:
ZERMATT-GENEVA**

Morning free with the option of an excursion to the Gornergrat for an unsurpassed view of the Alps. Leave Zermatt around noon by train and rejoin the motorcoach in Tasch. Travel through the lovely Rhone River Valley to Montreux and then along Lake Geneva to Lausanne for a short sightseeing tour of this charming city. On to Geneva in the late afternoon, arriving around 6:00 p.m.

JULY 11 FRIDAY:

Depart Geneva for home city.

"CUSTOM EUROPE"**Tour
#4**

The basic Zurich Tour plus the custom arrangements of your choice—contact us for details.

YOUR TOUR INCLUDES IN ZURICH:

(3) nights Zurich Nova-Park Hotel including continental breakfast daily.
Entry Tickets to: Get-acquainted dance, farewell dance, Slet Concert, Main Slet Performance

YOUR TOUR INCLUDES AFTER ZURICH:

Tour 1, "Romantic Europe": First class hotels in Italy, Yugoslavia, Austria and Germany.

- | | |
|--------------------------------|--------------------------------------|
| (1) Night Tremezzo/Lake Como | (2) Nights Plitvice Lakes |
| (2) Nights Pontassive/Florence | (2) Nights Padua, Abano Terme/Venice |
| (2) Nights Rome | (2) Nights Innsbruck |
| (1) Night Ancona | (1) Night Munich |

SPECIAL MEALS:

- Dinner with music and dancing in Vicchiomaggio
- Gala dinner in Rome at a local restaurant
- Special luncheons in the Austrian countryside
- Farewell dinner at The Hofbrauhaus Munich
- On tour: 14 breakfasts, 6 luncheons, 13 dinners

Tour 2, "Heart of Europe": First class hotels in Austria, Hungary and Czechoslovakia.

- | | |
|----------------------|----------------------------|
| (2) Nights Salzburg | (3) Nights Tatra Mountains |
| (1) Night Vienna | (1) Night Olomouc |
| (2) Nights Budapest | (2) Nights Praha |
| (1) Night Bratislava | |

SPECIAL MEALS:

- Csardas dinner, Budapest
- Gala dinner, Zochova Chata Bratislava
- Koliba dinner, high Tatra Mountains
- Farewell dinner, Praha
- On tour: 14 breakfasts, 4 luncheons, 13 dinners

Tour 3, "Swiss Alpine Tour": First class hotels in Switzerland.

- | | |
|----------------------|-------------------|
| (1) Night St. Moritz | (1) Night Zermatt |
| (1) Night Lugano | (1) Night Geneva |

MEALS ON TOUR: 3 breakfasts, 2 dinners

Also included: Deluxe air-conditioned motorcoach, multi-lingual tour escorts from July 7-20, sightseeing and entrance fees per itinerary, deluxe tour bags with ASO logo.

- *Adriatic Sea ship crossing (Romantic Europe Tour 1 Only)
- **Special cultural performance in Praha (Heart of Europe Tour 2 Only)

Not Included:

- Cost of passports and visas (Yugoslavia, Czechoslovakia, Hungary)
- Drinks, extras at hotels and restaurants
- Tips to tour conductor-motorcoach driver
- Laundry, other items of a personal nature
- Items not specifically mentioned in the itinerary

We recommend trip cancellation, accident and health insurance.

LAND COST TOUR 1 \$1,475 TOUR 2 \$1,399.00 TOUR 3 \$719.00

*All tour costs are computed per international exchange rates as of 11/21/85 and are subject to change based on currency fluctuations and rates of exchange on contractual payment dates. Increases will require quotation.

Further information may be obtained from:

CIHAK WORLD TRAVEL, Inc.
6302 West Cermak Road, Berwyn IL 60402

or

AMERICAN SOKOL ORGANIZATION
6424 West Cermak Road, Berwyn, IL 60402

Name _____

Address _____

City, State _____ Zip _____

Sokol _____

Phone _____

Bro. Frank Capek Honored!

On October 26, 1985 at the Sokol Hall, Sokol Little Ferry surprised Br. Frank Capek with a testimonial dinner in his honor. Representing the American Sokol Organization and presenting an award was Br. President George Basta and his wife. Over 250 friends and relatives, including Sokol members from Sokol Greater Cleveland and most units of the Eastern District as well as friends from as far away as Florida, were in attendance. Cards and telegrams of congratulations from many well-wishers were read, including letters from the Governor of New Jersey and the President of the United States. Frank's four children and many grandchildren came from Ohio, Massachusetts and New Jersey to help with the surprise celebration. Br. Walter Slavik from Sokol New York was the able Master of Ceremonies. A champagne toast and a delicious roast beef dinner were enjoyed by all and dancing to an eight piece Czech orchestra followed. The followed address was prepared and delivered by Br. Richard J. Novotny of Sokol Little Ferry:

"The names Frank Capek and Sokol Little Ferry are practically synonymous. You almost can't think of one without the other. For more years than many of you here are old, Frank has been active on our gym floor. For many of those years, he has been completely responsible for our boys' gym program. Although we have always considered Frank to be "ours" here in Little Ferry, he actually is not a member of our organization! Frank was raised in New York City and became a member of Sokol New York when he was 6 years old, and continues to be a member of that unit. But we knew a good thing when we saw it, and many years ago Frank was unanimously declared an honorary member of Sokol Little Ferry.

While Frank was still in high school in New York City, he was a member of the varsity basketball and swimming teams. He also competed in wrestling, weightlifting, and canoeing meets for various clubs. He played basketball for Sokol New York and was a member of their gym team at all Sokol competitions and AAU meets. He tied for second place on the rings in an AAU meet but did his best work vaulting over the long horse. He was the representative of the Eastern District on the American Sokol team that was sent to compete in Czechoslovakia in 1938. He became the youngest men's director when he was 18 years old. He then took over the junior boys classes which he taught for 14 years. With Br. Oldrich Kudrnovsky, Frank had charge of the Eastern District Mid-Slet at the 34th Street Armory in New York City, which was the last major Slet in the east.

Br. Capek attended instructors schools in Little Ferry, Philadelphia, Yonkers, New York, and Michigan. Frank has been a delegate at six conventions and has participated in many, many Slets in Chicago, Cleveland and Dallas.

Although Frank spent a lot of time at the hall, he also had other pursuits, namely Rose. They took

time out from Sokol activities to get married in 1940.

During World War II, Frank served two years with General Patton in the 51st Armored Infantry, winding up in Strakonice, Czechoslovakia. For bravery during combat action, Frank received the Silver Star, one of the nation's highest awards.

Frank and Rose heard that New Jersey was the Garden State, and so, after the war, they moved to Little Ferry and started to raise their family. Conditions apparently were right in the state and soon some sprouts appeared by the names of Frank Jr., Thomas, Kenneth and Christine.

Becoming active in Sokol Little Ferry, Frank started coaching the junior girls high division team. The team did very well with one of the girls, Shirley Hartwick, winning the National Championship in Chicago. Shortly after, he took over the junior boys in Little Ferry. For almost all of the years since 1946, Frank was director of men of the Eastern District, and also director of men for Sokol Little Ferry, a position he still holds. For the last 5 years, Frank has been president of the Eastern District, and last month he was again reelected to that office. You can see that Frank's handicap hasn't stopped him from being active. In June, he attended the National Convention in Chicago and during our last Pork Dinner, he helped in the kitchen. Propped up on his crutches, he was our chief pot scrubber and dumpling maker.

Some of you who haven't seen Frank for a few years, undoubtedly noticed that he has crutches and walks with some difficulty, but those of us here in Sokol Little Ferry haven't noticed at all. We say "What handicap? What problem?" We know that in a short time Frank can throw away his crutches and be as good as new. After all, we'll be needing a physical director for many more years!

Too often people don't show their appreciation or forget to say thank you, but Frank, now that you have reached this "half-way" point, we're all here tonight to say thank you to you. A job well done! Notice that I said half-way point. We don't want you to think that your job is done. We need you for many more years. But at this time, from everyone here, we would like to present you with this gift certificate. Thanks Frank, for a lifetime of devotion and dedication to the Sokol cause."

OUR SINCERE THANKS, TO A DEDICATED SOKOL!

Frank, we who are gathered here tonight,
to honor you,
Feel that it is recognition, which
was long over due?

It was through the cooperation of
Rose, your wife,
That we learned here-to-fore unknown
facts, about your life.

You had been in seclusion, for nine
months, and had not been seen,
Until New Year's Eve, on December
thirty first, in nineteen thirteen.

That is when your life on this
planet, did initially begin,
On Yorkville's East 70th Street, you
welcomed the new year in!

At the age of six, in New York Sokol
Hall, you began gyming,
Later in high school, you competed
in basketball and swimming.

You were the youngest men's director,
New York Sokols had ever seen,
At that time you had attained, the ripe
old age of eighteen.

You took over their Junior Boys'
classes for 14 years, at a later date,
Before switching your whole hearted
efforts, to us in the Garden State!

You had studied commercial art, and
showed real ability,
But during the depression, a job in
art, was an impossibility.

You won a New York medal, in a Humane
Poster contest, on one occasion,
But later working for a printing firm,
electrotyping became your vocation.

You served in the U.S. 4th Armored
Division, during World War II,
And were awarded a bronze star, and
received a silver one, too!

At war's end you were in Czechoslovakia —
an interesting fact,
And it was in the City of Strakonice,
to be exact.

Here at our Little Ferry Sokol Hall,
you had attended a dance,
Met a local girl named Rose Cudlin,
and there began a romance.

It was on April 14, 1940, that you
began your married life,
When you exchanged those solemn vows,
and became man and wife.

You and Rose had added branches to
your family tree, in this order —
Sons Frank, Thomas and Kenneth, as
well as Christine, your daughter.

Of grandsons there are three, and
of granddaughters two,
No doubt they're all a source of
great pleasure, for both of you!

Now in conclusion, on behalf of all
of us, I sincerely say —
It was our good fortune at Sokol
Little Ferry, that you came our way!

You have always been a Sokol, with
the greatest dedication,
Today it's been our pleasure, to
publicly display our appreciation!

Bro. Jerry W. Komarek, Sokol Little Ferry

EDUCATIONAL DIRECTOR, EASTERN DISTRICT

Sister Audrey Benda, Eastern District Educational Director, sent in a comprehensive list of activities that have been suggested for the units in the Eastern District. We reprint them here as a suggestion to other units and unit directors.

Plan your programs for:

1. Sokol members
2. children and junior gymnasts
3. parents of gymnasts
4. general public
5. combination of the above groups

Every unit should have the following:

- A. Bulletin board
 1. Sokol slogan for the month
 2. Sokol history
 3. Sokol news—unit, district national
 4. pictures
 5. fund raising
- B. Newsletter for members
 1. news of coming events
 2. outstanding accomplishments of members
 3. meeting dates
- C. General bulletin for gymnasts
 1. coming events
 2. rules or directions to follow
- D. Educational bulletin
 1. short review of Sokol history and events
 2. educational programs planned
- E. Unit library and librarian
 1. American Sokol
 2. other Sokol literature
 3. Czech literature
 4. gymnastic publications
- F. Orientation meetings
 1. new members
 2. new gymnasts
 3. reporter for local newspaper
- G. Self-governing junior classes
 1. own educational program
 2. own social program
 3. assist on unit committees

America's Oldest Fraternal Benefit Society:

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Visit the CSA Heritage Museum, Library, and Archives Monday through Friday 10:00 a.m. to 4:00 p.m.

Public Invited, Group Tours Available (312) 795-5800



P.O. Box 249 • 2701 S. Harlem • Berwyn, IL 60402

At' jedete kamkoliv

- VLAKEM,
- LODÍ,
- NEBO LETADLEM,

po celém světě
nebo
jen po Americe,
vždy pojedete
nejlépe od

**HEGER
TRAVEL
BUREAU**

*

6118 W. CERMAK ROAD
CICERO, ILLINOIS 60650

863-3681

ONE, TWO, THREE, FOUR, ETC.

Count your garden by the flowers,
Never by the leaves that fall.
Count your days by golden hours,
Don't remember clouds at all.
Count your nights by stars—not shadows,
Count your life with smiles—not tears.
And with joy through all your lifetime,
Count your age by friends—not years.

• • •

No one has even as yet climbed the
ladder of success with his hands in his
pockets.

• • •

Coming together is a beginning; keep-
ing together is progress; working together
is success.

• • •

I'm in that difficult age — too tired to
work and too poor to quit.

• • •

Before you flare up at anyone's faults,
take time to count ten — ten of your
own.

The BOHEMIAN NATIONAL CEMETERY of Chicago

features the beautiful

- **MASARYK MEMORIAL MAUSOLEUM**
with newly added wings

It offers a complete cemetery service consisting of

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 - **Columbarium**
 - **Ground Interments**
- Bronze Grave Markers and Granite Memorials are on display at the Cemetery Office

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Telephones: 539-8442 - 3
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LISTEN TO OUR RADIO HOUR EVERY
SUNDAY AT 10:00 A.M. ON WKDC

- H. Programs for entire season
1. Best Sokol Citizen award
 2. Sokol scrapbook
 3. essay contests
- I. Social-educational programs
- Sokol topics—
1. previous slets
 2. trips to free Czechoslovakia
 3. Olympic games—gymnastics
 4. speakers—Sokol history, etc.
 5. awards night
- General topics—
6. visit museums
 7. tour special exhibits
 8. visit programs of other organizations
 9. speakers—Heart Assn'n., American Cancer Society, etc.
- J. General social programs
1. dinners
 2. dances
 3. holiday parties
- She writes in her letter to the unit officers:

Each unit has different needs and facilities, therefore all of the attached suggestions may not be practical in your unit. Use this list for ideas and expand and develop them to suit the needs and interests of your unit. Keep in mind the group to which you are delivering your program or message.

Grass roots suggestions and ideas have the greatest affect, for they are born of necessity and bear the best fruit. *(First printed in 1960!)*

FUTURE SOKOL LEADERS' FUND

October, 1985

In honor of the 80th birthday of Bro. Edwin Halik:	
Tony and Lorraine Faikus	\$25.00
Charles and Frances Malina	10.00
Joseph and Agnes Sotka	15.00
	<hr/>
	\$50.00

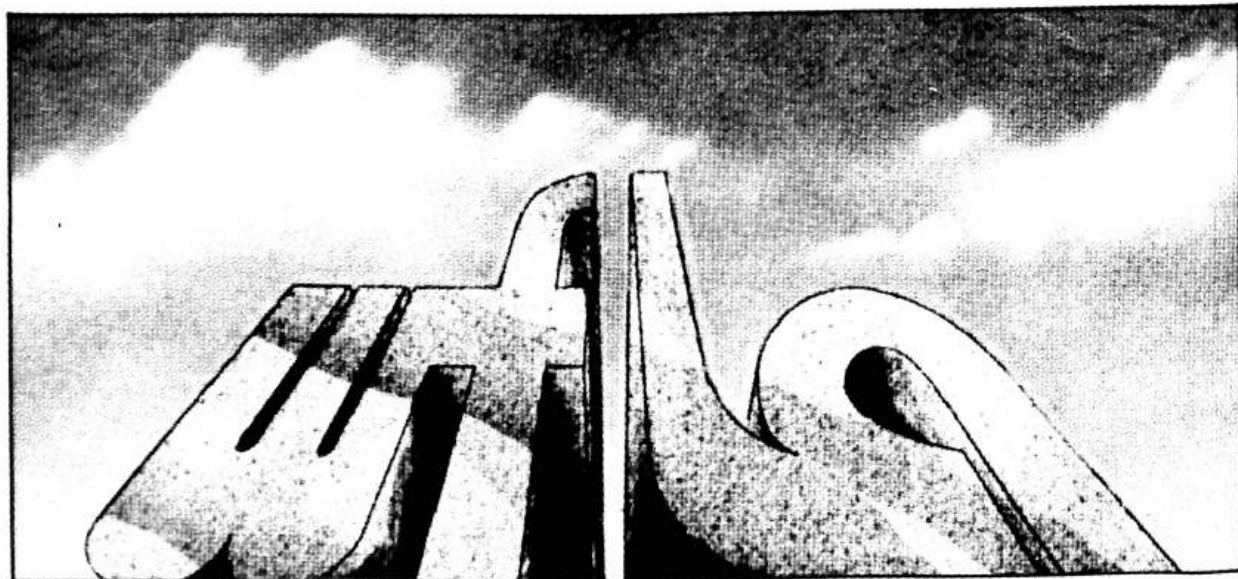
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