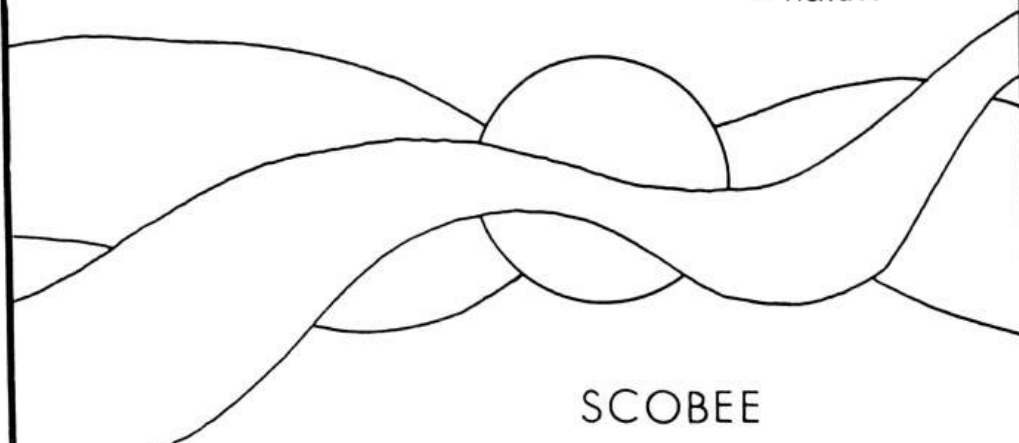


# AMERICAN SOKOL

Publication of the American Sokol  
Educational & Physical Culture Organization



"True courage comes in enduring . . .  
in persevering and believing in oneself."  
- McNair



SCOBEE

ONIZUKA

SMITH

JARVIS

McNAIR

McAULIFFE

RESNIK

CHALLENGER  
1-28-86

# AMERICAN SOKOL

ISSN: 0003-1259



Published Monthly  
(Except Bi-Monthly July and August)  
by the

**AMERICAN SOKOL ORGANIZATION**  
6424 West Cermak Road, Berwyn, Illinois 60402

Subscription \$4.00 per year

---

EDITOR - LYNDA FILIPELLO  
4401 Fender Rd., Lisle, IL 60532  
312-355-2572

*Copy for publication must be received by the  
10th of the previous month*

---

## 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

---

President - GEORGE C. BASTA  
I. Vice-President - CHARLES BORVANSKY  
II. Vice-President - GARY MASEK  
Secretary - JACKIE KOURIM  
Treasurer - ROBERT BARCAL  
Financial Secretary - MILDRED C. PINC  
Director of Men - RICHARD PTACEK  
Director of Women - SYLVIA PISTORIUS  
Educational Director - PAUL LEBLOCH  
Public Relations - JERRY RABAS  
Membership - FRED KALA  
Editor - LYNDA FILIPELLO  
Executive Board Member - ROY ZITNY, JOHN SATEK,  
FRED STANKOVSKY  
Alternates - VLASTA ZITNY, MARIE PTACEK,  
ED JELINEK, EMILIE RUZICKA  
By-Laws Chairman - JERRY MILAN

---

## Change of Address for American Sokol

AMERICAN SOKOL ORGANIZATION  
6424 West Cermak Road  
Berwyn, IL 60402

Sokol \_\_\_\_\_

Name \_\_\_\_\_

Old address \_\_\_\_\_

\_\_\_\_\_ Zip \_\_\_\_\_

New address \_\_\_\_\_

\_\_\_\_\_ Zip \_\_\_\_\_

*Challenger Memorial and new cover design by  
Sister Pat Satek, Sokol Slavsky.*

## Editor's notes...

### The Challenger HEROISM

Their untimely death is not what makes them heroes, rather it is their **advanced** knowledge of their task that enables them to mankind. Emerson wrote in his "Essay on Heroism", "Self-trust is the essence of heroism... It speaks the truth, and it is just, generous, hospitable, temperate, scornful of petty calculations, and scornful of being scorned. It persists, it is of an undaunted boldness, and of a fortitude not to be wearied out. Its jest is the littleness of common life."

Emerson also noted that times of great heroism coincide with times of great terrorism!

## FUTURE SOKOL LEADERS FUND

December 1985

In memory of Br. Allen Shabart —		
Sokol Milwaukee	\$25.00	
Br. Fred and Emily Stankovsky	5.00	
		\$30.00
In memory of Br. James C. Pilger —		
Br. Jerome and Sis. Vlasta Vojta		10.00
In memory of husband, Charles —		
Victoria Machotka		10.00
In memory of Bro. Henry Smidl —		
Sokol Chicago		10.00
In memory of Sis. Marie Kahn —		
Bro. Fred and Sis. Emily Stankovsky	5.00	
		\$ 65.00

— Donations are tax exempt —

---

## IN SYMPATHY



### DONALD DWIGHT STEINMAN, Sr.

4-9-19 to 1-5-86

President Southern District  
Past President, V. President for  
Sokol Fort Worth Gymnastic Center.

Family suggests all memorials be made to  
Sokol Gymnastic Center,  
6500 Boat Club Road, Ft. Worth, TX 76179

# AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CVII

February — 1986 — Únor

Číslo - No. 2

## ASO EXECUTIVE BOARD MEETING

Regular meeting of the American Sokol Organization Executive Board, Tuesday, January 28, 1986, was called to order by our President Bro. George Basta at 7:30 p.m. Pledge to the flag was given. A moment of silence for the people who lost their lives on the space shuttle.

Members present: Sis. Mildred Pinc, Vlasta Zitny, Marie Ptacek, Jackie Kourim, Lynda Filingello, Bro. Gary Masek, Fred Kala, Roy Zitny, Charles Borvansky, Jerry Rabas, Bob Barcal, Dick Ptacek, George Basta, John Satek, Ed Jelinek.

Members excused: Sis. Emilie Ruzicka, Sylvia Pistorius, Bro. Fred Stankovsky, Paul Lebloch and Jerry Milan.

District minutes received and reviewed: Western District, September 29th, 1985; Northeastern District, October 6th, 1985; Central District, November 10th, 1985. ASO minutes approved with one correction, under Membership Chairman, should read \$2.00 per quarter member.

**CORRESPONDENCE:** Thank you letter from Sokol New York to the Executive Board; copy of letter from Lloyd Holding Co., Inc. to Sokol New York; Sokol newsletter. Report given by Bro. Zitny and Basta on their visit to Sokol New York and the options given them on their Sokol building. Thank you letter from Bro. Fred Stankovsky for his get well greetings. Northeastern District, letter of support to Bro. George Basta and the Executive Board. An answer will be written. Northeastern District, letter requesting a written approval from the Executive Board concerning the merger of Sokol Cleveland with Sokol Greater Cleveland, copy of letter of approval attached. A letter from the financial department to be sent concerning the fees still owed to the ASO. Metafile information and a thank you note from Bonnie Layland. Pivar Computing Services, Inc., information on converting our mailing list. Sokol San Francisco, Bro. Kamil A. Skapa, letter of concern. By-laws from Sokolice Omaha will be given to Bro. Jerry Milan, by-laws chairman to go over. Sokol Berwyn, request for ad for their 75th anniversary program book, approved a full page ad, \$75.00. Several letters from Western District, requesting ad and donation to the trophy fund. After lengthy discussion it was decided that we would follow the guidelines used by the Executive board in the past. Ads will only be taken for special

numbered occasions for units and districts. It was approved that Bro. George and Sis. Ann Basta attend the Western District Slet, June 27, 28, and 29 in Omaha, Nebraska. A congratulatory message will also be sent for their souvenir program book. From AT&T and Bro. Gary Masek, information on teleconferencing. After information was discussed thoroughly, approval was given to get the speaker system before next meeting if possible. National Alliance of Czech Catholics, requesting donation for seals, approved. They support our seal drive. Sokol newsletter from Zurich, Switzerland.

**DIRECTOR OF WOMEN — Sis. Sylvia Pistorius:** Excused because of illness.

**DIRECTOR OF MEN — Bro. Richard Ptacek:** Gave a combined report for both directors. Orders for gymnastic skills patches and bars received from Sis. Jackie Eisenstein of Sokol Detroit, Sis. Mae Simonek, Sokol Slavsky and Sis. Joan Sedlacek of Sokol Minnesota. Orders were filled and results given to Sis. Pat Satek, girls gymnastic skills chairman. Plate and engraving for Central District relay race trophy is needed, however, the board decided to wait until the "essay contest" concludes so all the engraving can be done at the same time. Letter from Bro. J. Liska advising that he will be leaving for a six months vacation on January 8, 1986, and his alternate will be Assistant District Director, Bro. Jiri Hrouda, 4039 West 182nd Street, Torrance, CA 90504. Bro. Steve Banjak, an update of the Sokol manual. The entire calisthenic portion with drawing has been submitted to the printer. Copy will be mailed to ASO President and director for proof-reading. Apparatus portion might be ready for the printer by June. Bro. Banjak suggests a meeting in August might be advisable to make decisions on the marching portion. Discussion of the letter ensued, because of the better facilities and materials at hand the ASO office would be the best place to meet.

We have been advised that the new Director of men, Southern District, is Bro. Rome Milan. Bro. Jerry Hardy, AAU Representative, has forwarded to the ASO material obtained at the AAU Convention held in September. The material is being turned over to Bro. Michalek for possible use in the Sokol Gymnast. Received thank you note from Sis. Provaznikova for birthday card mailed to her on behalf of the BOI for her 95th birthday. Sis. Sylvia Laznovsky requesting apparatus routines for Zurich, also a video tape of the calisthenics being used, material mailed promptly. Sis. Lat, Women's Director of Sokol St. Louis on behalf of her junior girl

whose 2nd place trophy was broken while transporting luggage after Slet. It was suggested that the trophy be returned to the ASO where it will be either repaired or replaced. Sis. Schnabl presented a written interpretation of the Senior men and women's calisthenics being used in Zurich as presented by Bro. Zenisek. This material will be given to Bro. Michalek for publication in the gymnast. Sis. Schnabl also submitted a revised copy of rules and regulations regarding the special number competition. This information will be valuable for our national Slet competition and will also be available to any district requesting same. It was recommended and approved by our board that the senior calisthenics performed at our 1985 Slet be presented in Zurich as a special number by the ASO. A letter will be sent to Sis. Dagmar Bergova requesting permission to include this number in their program. Bro. John Satek advised the board that he has looked further into the purchase of video recorders and has found that the Panasonic has a far better slow-motion feature. These items were purchased and the bill was approved for payment, \$1,167.31. National Instructors course was discussed at length. Fee will be decided tonight and the figures sent to Bro. Bud Benak. All material will be ready for distribution by February 1st. Since the manual will be available, Bro. Benak will have the National School Board material duplicated for the students. BOI recommendation for Director of the National Course to be held in the Western District, be Bro. Bud Benak, approved by the Executive Board. We have again reminded all District Directors that our 1989 Slet is not too far away, therefore we are requesting that all proposed calisthenics be made available by our District Directors conference in October of 1986.

**MEMBERSHIP CHAIRMAN — Bro. Fred Kala:** Several units still missing from the fourth quarter reports. Bro. Fred Kala read the list. Sokol Seattle members will receive suspension letters from the ASO. Phone calls, registered letters all have gone unanswered. Copy of the letter to be sent to Sis. Nekuda, district president. Why is there not a more drastic change in the associate members listings? Still waiting for reports to come in.

**EDUCATIONAL CHAIRMAN — Bro. Paul Lebloch:** Bro. Lebloch out of town, report read by Sis. Kourim. The XVI American Sokol Slet essay contest entries will be judged by the educational committee on February 11th at 7:00 p.m. at the ASO office. We extend an invitation to Bro. Roy Zitny, Slet co-chairman and Sis. Marie Ptacek, Slet director of women to be part of our judging team. Bro. Zitny will be out of town at that time and will not attend. The announcement and details of the unit cultural and educational competition will be sent to all unit and district educational directors. Bro. Kala submitted quotes from companies who video tape films. Have to use good tapes in transferring film unto tape. Long discussion on this process. We will have to keep the master tape in the office, than can make copies to sell to interested parties, we now

have the equipment to copy tapes. Approved to have one film taped and see how it goes, Radmar, Inc. had the best bid. Bro. Zenisek has sent American Sokol material to Europe to be used in a display in Oetz, Austria during the Sokol Abroad Slet. Sokol photographs were sent to Joan Liffiring-Zug of the Penfield Press. Thank you letters were sent to people who sent donations to the library/archives.

**PUBLICITY — CZECH — Bro. Jerry Rabas:** In the Yugoslav newsletter there was a small article and pictures from our last Slet. No report for English publicity, no representative.

**FINANCIAL SECRETARY — Sis. Mildred Pinc:** Financial reports for November and December, 1985 were prepared and copies were distributed to Executive board members. Fourth quarter, 1985, Federal and Illinois wage tax reports were filled. W-2 forms for 1985 were prepared for all employees including the retired employees. Membership pins were requested by Sokols Berwyn, Forth Worth and Tabor. We were not able to supply 5 year pins. They were ordered 6 weeks ago and delivery was promised for two weeks ago. After many phone calls to A-AAA Trophy Co., Mr. Stuart Morris was reached. He had had an accident and was hospitalized for two weeks. Sokols New York and Minnesota requested rosters of their members, these were mailed to them. Request for auditing committee to go over the slet records, they will meet on January 30th. Savings certificate is expiring February 8th, this will be renewed. We have only one Sokol Plaque left, approved to order four more. Donations to the Future Sokol Leader's Fund and the Library/Archives Fund for the months of December and January were read. Also the dividends and interest for these funds were read.

**TREASURER — Bro. Robert Barcal:** Bank statements were reconciled and all in good order. One check is missing for \$10.00 and the bank has been unable to provide us with a copy of the check. We do not know who sent it. Slet account has now been closed that the check from the Falconers Assn., was cashed. Replaced the lost check to Berwyn Window Cleaning Service. Comparison chart for the last quarter of 1985 was gone over and explained.

**EDITOR — Sis. Lynda Filipello:** The new editor was introduced and unanimously approved by the Executive Board. Discussion again on the positioning of the labels on the cover. Many suggestions given to our new editor, one being that in order to get good picture reproduction you have to use black and white pictures. We wish Lynda much luck!

**SECRETARY — Sis. Jackie M. Kourim:** Working with the tour, computer, tele-conferencing and by-laws committees. By-laws will go to printer after final approval, February 10th. Took care of Christmas party plans and handled all the necessary correspondence in the last two months.

**II. VICE-PRESIDENT — Bro. Gary Masek:** Had presented all his reports in previous discussions and presentations. It was nice to have Bro. Masek present at meeting.

## *Sokol Educator*

**I. VICE-PRESIDENT — Bro. Charles Borvansky:** Presented the design for the slet in Zurich. Final proof of the by-laws ready, will be given to the members of the committee as requested by Bro. Milan. Want them back by February 10th, so that the final printing can be done.

**PRESIDENT — Bro. George C. Basta:** Attended the meeting in Sokol New York with Bro. Zitny. Worked on the computer and tour committees. Attended Sokol Berwyn's and Sokol Tabor's recognition dinners and made presentations. Also was lucky enough to attend the Super Bowl game!

Are waiting to hear from Sokol New York, to find out how their voting on their building came out, meeting was scheduled for January 19th.

**TOUR COMMITTEE — Bro. Roy Zitny:** Mailings have gone out from Cihak Travel, many inquiries are coming in. Advertising in our publication has brought response. A Watts line service will be advertised after the end of January, just for making reservations. Meeting was had to design the new logo for the Slet.

**COMPUTER COMMITTEE:** Ran into a problem. Had to have the keyboard replaced. We will have to reload the information that was lost. A two day school will be held in Glenview on the 18th and 19th of February to teach the basics of the machine, 9:00 a.m. to 4:00 p.m. We are in the process of converting our mailing list onto floppy discs. The tape from CSA will go to May and Speh to be put on floppy discs, then to Meta-File who will process the discs into our software system. Also have to get our maintenance agreement for the AT&T computer, approved. Two people to start will be going to the school. Then they will teach the others. Want to know when the BOI will be able to get their tournament rules on the computer. Mailing list is the number one priority now.

Bro. Stanley Barcal is our representative to Morton High School and will get information for us on the lady that was injured during our Slet in June in the audience. So far we have little information.

A lengthy discussion on liability insurance ensued. If we here in the Midwest area are no longer going to be able to obtain liability insurance for our affairs we will have to change the site of our Slet.

Bro. Masek had two requests - Wanted to know if it was all right for the BOI — men and women to have joint meetings. This is approved, many units and districts already meet together. Would like the Western District balance sheet for the special assessment fund. These are sent out once a year. They will be going out shortly.

Permission given to get rid of the old machines that are no longer in use, therefore making more room for the current machines and making room available for current files and furniture. Meeting adjourned at 10:40 p.m. Refreshments served afterwards.

Respectfully submitted,  
*Jackie M. Kourim, Secretary*

When we define Sokol philosophy, we usually quote our early Sokol leaders, Tyrš, Fuegner, Scheiner, and others. Their writings in Czech and in English translations, done in the style of the 19th century, are still very emotional and stirring to most Sokols, but some outsiders might argue that these concepts are no longer relevant to America in 1986. The outsiders are wrong.

We are not remnants of a bygone age. Sokol concepts are as valid and appropriate today as they were 120 years ago. To defend the belief I won't quote Tyrš and Fuegner, I'll quote Webster's **New Collegiate Dictionary**. No, I could not find the word "Sokol", but I did find three words that I think are relevant — society, gymnastics, and culture.

### SOCIETY:

1. Companionship and association with one's fellows. 2. A voluntary association of individuals for common ends. 3. An enduring and cooperating social group whose members have developed organized patterns of relationships through interaction with one another. 4. A part of a community that is a unit distinguished by particular aims or standards of living or conduct.

The words certainly apply to Sokol: companionship, voluntary, enduring, cooperating. We do consider ourselves to be a unique part of the community. We expect to be judged by our conduct. We seek a society of the extended family with grandparents, parents, children, aunts, uncles, and cousins all participating. A society that combines 50 neighborhood Sokol units into a nationwide American Sokol Organization.

### GYMNASTICS:

1. Physical exercise designed to develop strength and coordination. 2. A competitive sport in which individuals perform optional and prescribed acrobatic feats, mostly on special apparatus, in order to demonstrate strength, balance, and body control.

Sokol accepts these concepts of gymnastics. As physical exercise we use gymnastics to provide a life-time of physical fitness for all our members. We use the competitive sport, not so the elite few can win trophies, but to give every gymnast at every ability level an incentive to do his/her best, to improve, to strive for excellence.

### CULTURE:

1. The act of developing the intellectual and moral faculties. 2 The integrated pattern of human behavior that includes thought, speech, action, and artifacts and depends upon man's capacity for learning and transmitting knowledge to succeeding generations. 3 The customary beliefs, social forms, and material traits of a racial, religious, or social group.

The moral and intellectual development of our members is just as important as our physical development. We treasure our unique beliefs and social

forms. We fully realize that in order for our ethnic group to retain its identity in America, perhaps in the world, we must practice our Czech cultural traditions and pass them on to our descendants.

Picture the Sokol philosophy as a building: The culture provides the foundation; a very deep foundation comprised of our common roots in Czechoslovakia and in America. Gymnastics provides the frame; the strong girders that allow it to stand straight. Society provides the cement that binds it all together in fellowship. Each ingredient is essential, else in time our building would collapse.

Society, gymnastics, culture; three simple words, but in a rather unique combination. I hope you find it still relevant today.

*George Kotlan, Sokol Greater Cleveland*

## ASO FINANCIAL REPORT

DECEMBER, 1985

### RECEIPTS:

Dues	\$ 1,784.00
T. G. Masaryk Dues	10.00
Convention Fund	468.00
Special Assessment	223.00
Advertising in "American Sokol"	4.00
Donation to "American Sokol"	150.00
Resale of Jewelry	221.00
U.P.S. Charges	2.08
"Highlights of Czech History"	6.75
Janitor Services	18.80
Christmas Seals	1,289.00
Copies	2.10
Membership kits	30.00
Skills Patches	41.50
Miscellaneous	192.25
	<u>4,442.48</u>
Slet Profit	6,000.00
	<u>10,442.48</u>
Transfer of funds from Fidelity Savings & Loan	5,000
	<u>15,442.48</u>
A.S.O. Uniform Division — Rent, Salaries, etc.	928.40
Total Receipts	\$16,370.88

### DISBURSEMENTS: ADMINISTRATIVE

Salaries — Office Employees	\$ 907.49
F.I.C.A & F.W.T. — November, 1985	246.48
Rent, Janitor Services, Phone, Electric	902.33
Office Supplies	45.00
Postage	72.11
Travel Expense	41.00
Advertising	40.00
Insurance	468.00
Delivery Expense	15.00

Subscriptions	72.00
Deposit on Software for Computer	1,805.00
Miscellaneous - Christmas Cards & Christmas	511.47
	<u>\$ 5,125.88</u>

### BOARD OF INSTRUCTORS

Salaries	\$ 389.75
F.I.C.A. — November, 1985	68.72
Editor "Sokol Gymnast" — December, 1985	30.00
Addtl. copies "Sokol Gymnast" — November, 1985	29.00
Subscription — "Executive Fitness Newsletter"	27.00
Printing Covers for "Progressive Program of Gymnastic Skills"	62.51
Transporting balance beam	75.00
	<u>\$ 681.98</u>

### EDUCATIONAL DEPARTMENT

Salaries	\$ 16.36
F.I.C.A. — November, 1985	29.76
Postage	4.87
Phone	1.69
	<u>\$ 52.68</u>

### SOKOL PUBLICATION

Editor "American Sokol"	\$ 125.00
Printing "American Sokol" — November, 1985	1,031.64
Postage	19.38
Mailing list changes — December 1985	169.08
	<u>\$ 1,345.10</u>

### MISCELLANEOUS

A.S.O. Uniform Division — Salaries F.I.C.A. & F.W.T., Nov. 1985 & phone	\$ 643.70
Future Sokol Leaders Fund — Postage	3.52
Commission to Central District from XVI A.S.O. Slet	7,480.01
	<u>\$ 8,127.23</u>
Total Disbursements	\$15,332.87

Balance brought forward: Western National Bank of Cicero - Checking Account	\$ 2,215.25
Receipts — December, 1985	16,370.88
	<u>\$18,586.13</u>
Disbursements — December, 1985	15,332.87
	<u>\$ 3,253.26</u>

"You will rise or fall on your merits as a person and the quality of your work. All else is distraction."  
*16th President, Abraham Lincoln*



AMERICAN SOKOL ORGANIZATION

# GYMNAST


FEBRUARY 1986

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




## SPOTTING — GUARDING — ASSISTING


E. J. HALIK




The confidence of the participants in exercises must be gained by good spotting-guarding practices. The spotter-guard is there for two main reasons: 1. To protect and 2. To assist the participant and to dispell fear or hesitancy during a new, a more difficult or seemingly difficult, exercise. Instructors and assistants must be alert and watch the eyes, hands, arms, legs and body movements of the performer, and in case of failure to execute, or a miss, a fall, a slip-off, or a tear-loose, to re-act immediately and quickly to prevent injury by catching or hodling the performer as the need may be. There is no simple set of rules for spotting or guarding because the nature of the exercise itself determines the type of help or assistance one may provide. The general rule is that **everyone gets help or spotting**, even the skilled and cofindent performers who have a “**don't touch me**” attitude and who don't want help.



A spotter-guard must not get in the way of, or hinder, the performer and must learn where to properly stand and what to expect, i.e., in Vaults, in front of apparatus not in back, or, in the case of beginners, one in front and one in back.



Tips on assisting or helping in learning a new exercise are just specific ones, such as holding the wrist when performer is in hanging position and holding the upper arm near the shoulder when in support position or when vaulting. Also, where and when to place hands on the back, seat, things, legs or abdomen for balance, control or to provide leverage, to give lifts in rises, to increase swings or to slow them down.



Proper inspection and preparation of equipment and apparatus is important to the safety of the performers. Be sure everything, including mats, is in good condition, in the proper place and in good working order. There should be sufficient mats of proper thickness for landings and dismounts which should be on ball of foot and toes with partially bent knees to absorb the shock of the landing or dismount.

In every class period, there should always be emphasis on good posture at all times, on attentiveness and orderliness. Participants should remain with their groups and move from station to station in an orderly manner.

Proper and appropriate clothing should be worn to class periods. This means, no loose scarves, blouses, ribbons or jewelry of any kind, no tight fitting clothes that could hamper movements or cause injury.



# JUDGING SOKOL WOMEN'S COMPULSORY EXERCISES

By JOLENE DALTON

## Part III of a three part series

### FLOOR EXERCISE

The gymnast's performance must be graceful, light, elegant, and look easy for her. Floor exercise must be performed within an area of 12x12 meters (40x40 feet).

Point deductions:

1. Beginning of exercise missed by personal error ..... 0.5
2. Repetition of a missed element ..... 0.5
3. Fault in rhythm during the exercise (each time) ..... 0.1
4. No harmony between the end of the exercise and the music ..... 0.3
5. Gymnast outside the floor area (each time) 0.1
6. **Touch** of the hand on the floor to avoid a fall ..... 0.3
7. **Support** of the hand on the floor &/or fall 0.5
8. **Minor directional error** ..... 0.1
9. One pass in wrong direction ..... 0.3
10. Whole routine off pattern ..... 0.5
11. Coach on the floor area ..... 0.5
12. Coach speaks to the gymnast ..... 0.5
13. Coach signals to the gymnast ..... 0.3
14. Exercise without music ..... 0.1

### CALISTHENICS

The Slet Calisthenics shall be performed to taped music. If a gymnast misses the beginning cue of the Calisthenics music, she will be allowed one restart of the music with a deduction of 0.5. Once the gymnast has started to drill, she must continue.

Scoring of Slet Calisthenics:

1. Correctness and completeness in execution of each move with proper coordination of the exercise ..... 7.0
  2. Proper uniform ..... 1.0
- [Deductions:
- Ribbons in hair; fancy hair clips; fancy ponytail holders ..... 0.2
  - Sokol emblem pinned instead of being sewed ..... 0.2
  - Sokol emblem attached upside down .... 0.2
  - Sokol emblem both pinned & upside down ..... 0.4
  - Jewelry (wedding rings & tapped-down religious medals are permitted without deduction) ..... 0.2
  - Messy or dirty uniform ..... 0.2
  - No belt for juniors ..... 0.2
  - Improper gym slippers or footies; no slippers or footies ..... 0.2
- All totaled, no more than 1.0 should be deducted for general appearance and uniform.]
3. Tempo and general appearance in flexibility, elegance, lightness, sureness, etc. .... 2.0

10.0

### GENERAL RULES

1. Approach ("at ease" until head judge gives signal to begin and then at least 3 steps to being the exercise) and retreat (at least 3 steps after completion of the exercise and then "at ease" until a judge gives signal to leave) are worth 0.4 of **each** exercise.

2. Compulsory exercises may be reversed to the opposite side in their entirety only, unless otherwise specified.

3. No warm-ups may be taken during a judges' conference. The penalty is 0.5 if there is an extra warm-up.

4. A gymnast may be assisted to a starting position on any apparatus but not to the extent that the exercise would be simplified.

5. Remounting after a fall must be done within a 30 second time limit.

6. If there is a fall from the apparatus, the girl cannot walk away from the apparatus to get chalk, etc.; the chalk, etc. must be readily available.

7. The coach is permitted to talk to the gymnast between the two vaults.

### APPARATUS DIMENSIONS

#### 1. Vault

- a. Low B division — 42" high
- b. Low A division — 44"
- c. Intermediate division — 46"
- d. High & Championship division — 48"
- e. Note: These are minimum heights and may be raised in all divisions.

#### 2. Uneven Bars

- a. high bar — 90" or 230 cm
- b. low bar — 59" or 150 cm
- c. either bar may be raised or lowered 1 or 2 notches
- d. short gymnasts may build mats up to make them chest-level with the low bar

#### 3. Balance Beam

- a. low height — 12" high
- b. intermediate height — 39-1/4" high
- c. high height — 3'11-1/4" high

#### 4. Mats

- a. a single layer of mats are required around and under the apparatus
- b. a 4" landing mat may be placed on a basic mat around &/or under the apparatus
- c. for mounts, boards may only be placed on a basic mat.

---

*Have you brought a friend to  
Sokol with you yet?*

---

**CENTRAL DISTRICT**  
**Second Class Girls**  
**Rhythmic Gymnastic Competition**  
**at Sokol Tabor — December 14, 1985**

**"A" Division — Without Implement**

1.	Jennifer Bujak, Berwyn	14.2
2.	Mary Volenec, Berwyn	13.5
3.	Laura Grant, Berwyn	12.7

*3 Individuals*

**"B" Division — Without Implement**

1.	Leanne Capra, Slavsky	13.7
2.	Nikki Germain, Slavsky	12.8
3.	Roxeanne Cardelli, Berwyn	12.7
4.	Jennifer Schade, Slavsky	12.6
5.	Kristen Sundwall, Slavsky	12.1
6.	Yvette Jelinek, Berwyn	11.8
7.	Karen Sundwall, Slavsky	11.6
8.	Shelly Vinyard, Slavsky	11.4
9.	Rene Husak, Slavsky	10.0
10.	Cindy Hlach, Berwyn	8.7

**"A" Division — Ribbon**

1.	Dawn Del Carlo, Naperville	11.1
2.	Allyson Gaskill, Naperville	11.0
3.	Tannya Mulacek, Naperville	10.6
4.	Denise Roberts, Naperville	9.7
5.	Julie Foss, Naperville	9.2

*5 Individuals*

**"A" Division — Ball**

1.	Jennifer Bujak, Berwyn	15.9
2.	Laurie Grant, Berwyn	15.6
3.	Mary Volenec, Berwyn	14.8
3. tie	Dana Sulceski, West Suburban	14.8
4.	Michele Gannon, Tabor	14.1
5.	Tysen Naughton, Tabor	13.8
6.	Lori Wright, West Suburban	13.4
7.	Corrie Towry, Tabor	13.3
8. tie	Emily Napolitano, Tabor	13.2
9. tie	Anita Dowdy, Tabor	13.2
9.	Michelle Testen, Tabor	13.1
10.	Helene Polashek, Tabor	12.1
11.	Irene Polashek, Tabor	12.0
12.	Kathy Luxen, Tabor	11.2

*14 Individuals*

**"B" Division — Ball**

1. tie	Maggie Zajauskas, Slavsky	14.5
1. tie	Jennifer Schade, Slavsky	14.5
1. tie	Roseanne Cardelli, Berwyn	14.5
2.	Carol Dowdy, Tabor	14.3
3.	Kristen Sundwall, Slavsky	14.2
4. tie	Rene Husak, Slavsky	13.8
4. tie	Polly Vasek, West Suburban	13.8
5.	Yvette Jelinek, Berwyn	13.7
6.	Kelly Sullivan, West Suburban	13.6
7. tie	Cara Kokenes, West Suburban	13.5
7. tie	Cassie Wojtaszek	13.5
8.	Michelle Pajeau, Stickney	13.4
9.	Michelle Humowiecki, Slavski	13.3
10. tie	Erin Einwalter, West Suburban	13.2
10. tie	Sandra Kubelka, Stickney	13.2

11.	Pauline Barcolova, Tabor	13.1
12.	Julie Frisch, Tabor	13.0
13.	Kris Wesolowski, Berwyn	12.8
14.	Samantha Chomer, Berwyn	12.7
15. tie	Danielle Testen, Tabor	12.5
15. tie	Mandy Patterson, Tabor	12.5
16. tie	Amy Ulrich, Tabor	12.4
16. tie	Karen Sundwall, Slavsky	12.4
16. tie	Rhonda Houdek, Stickney	12.4
17. tie	Christine Pecina, West Suburban	12.3
17. tie	Chrissy Burke, Stickney	12.3
17. tie	Lisa Meier, Tabor	12.3
18. tie	Cheryl Calarco, Tabor	12.2
18. tie	Cindy Hlach, Berwyn	12.2
19.	Amanda Booth, Stickney	12.1
20.	Michelle Neuberger, Stickney	12.0
21. tie	Robyn Breeding, Tabor	11.9
21. tie	Amy Volenec, Berwyn	11.9
22.	Melanie Stepanek, Stickney	11.8
23. tie	Christina Bougas, Stickney	11.7
23. tie	Lia Tomoleoni, Stickney	11.7
24.	Angel Lipe, West Suburban	11.6
25.	Jennifer Golm, Berwyn	11.2
26.	Cathy Humowiecki, Slavsky	11.1
27. tie	Lisa Pacini, Berwyn	11.0
27. tie	Carin Luttrell, Berwyn	11.0
28. tie	Kelly Wielgus, Berwyn	10.7
28. tie	Monica Niccolai, Tabor	10.7
29. tie	Karin Rawiski, Berwyn	10.6
29. tie	Julia Nunez, Stickney	10.6

*45 Individuals*

**"B" Division — Ribbon**

1.	Dana Sulceski, West Suburban	17.2
2.	Laura Grant, Berwyn	16.2
3. tie	Mary Volenec, Berwyn	15.4
3. tie	Robyn Anderlik, West Suburban	15.4
4. tie	Jenn Burke, Naperville	15.2
4. tie	Corrie Towry, Tabor	15.2
4. tie	Michelle Gannon, Tabor	15.2
5. tie	Michelle Testen, Tabor	15.1
5. tie	Carol Dowdy, Tabor	15.1
6. tie	Tysen Naughton, Tabor	15.0
6. tie	Irene Polashek, Tabor	15.0
7. tie	Stacey Ottersen, West Suburban	14.9
7. tie	Helene Polashek, Tabor	14.9
7. tie	Jennifer Bujak, Berwyn	14.9
8.	Kelly Sullivan, West Suburban	14.8
9. tie	Lori Wright, West Suburban	14.6
9. tie	Monica Niccolai, Tabor	14.6
10.	Emily Napolitano, Tabor	14.5
11. tie	Cara Kokenes, West Suburban	14.4
11. tie	Paulina Barcolova, Tabor	14.4
12.	Cindy Hlach, Berwyn	14.3
13. tie	Yvette Jelinek, Berwyn	14.2
13. tie	Amy Ulrich, Tabor	14.2
13. tie	Lisa Severn, Naperville	14.2
14.	Anita Dowdy, Tabor	14.1
15. tie	Kathy Luxen, Tabor	14.0
15. tie	Kathleen Thomas, West Suburban	14.0
15. tie	Nicole Furbee, Naperville	14.0

16. tie	Polly Vasek, West Suburban	13.9
16. tie	Christine Pecina, West Suburban	13.9
16. tie	Cassie Rubly, West Suburban	13.9
16. tie	Maria Carranza, Berwyn	13.9
17. tie	Brenda Fraley, Naperville	13.8
17. tie	Kris Wesolowski, Berwyn	13.8
18. tie	Cassie Wojtaszek, Tabor	13.7
18. tie	Mandy Patterson, Tabor	13.7
18. tie	Reagan McCain, Naperville	13.7
18. tie	Carrie Joyce, Naperville	13.7
18. tie	Sonya Scherek, Tabor	13.7
19. tie	Julie Frisch, Tabor	13.6
19. tie	Erin Einwalter, West Suburban	13.6
20.	Heather Wilson, Naperville	13.5
21.	Ann Wilson, West Suburban	13.4
22.	Carrie Bluhm, Naperville	13.3
23. tie	Amanda Bates, Berwyn	13.2
23. tie	Andrea Bednarek, West Suburban	13.2
23. tie	Laura Burshears, West Suburban	13.2
24.	Jessica Sabin, Naperville	13.1
24. tie	Thesesa Hines, Naperville	13.1
25. tie	Amy Chatt, Naperville	13.0
25. tie	Susan Cubberly, West Suburban	13.0
25. tie	Lisa Rosco, West Suburban	13.0
25. tie	Jennifer Golm, Berwyn	13.0
25. tie	Mandy Konrath, Naperville	13.0
26.	Chris Kozelka, Brookfield	12.9
27.	Angela Andrys, Brookfield	12.8
28. tie	Jeanine Mielke, Brookfield	12.7
28. tie	Nancy Handley, Brookfield	12.7
28. tie	Melissa Medley, Berwyn	12.7
28. tie	Angel Lipe, West Suburban	12.7
29. tie	Tara Fleming, Naperville	12.6
29. tie	Julie Szlarski, Brookfield	12.6
30. tie	Danielle Testen, Tabor	12.5
31. tie	Kari Borske, West Suburban	12.5
31. tie	Katie Utterbach, Naperville	12.4
31. tie	Molly Sarns, Naperville	12.4
31. tie	Diana Friedl, Berwyn	12.4
32. tie	Amy Volenec, Berwyn	12.3
32. tie	Shannon Umlauf, Brookfield	12.3
32. tie	Lorrie Beck, West Suburban	12.3
33.	Susie Wilcox, Naperville	12.0
34. tie	Kelly Wielgus, Berwyn	11.7
34. tie	Jennifer Ehlert, West Suburban	11.7
35.	Kate Ogodnick, Brookfield	11.6
36.	Lisa Pacini, Berwyn	11.5
37.	Christie Putts, Brookfield	11.1
38. tie	Jenny Draai, Brookfield	10.9
38. tie	Karlen Benbenek, Brookfield	10.9
39.	Colleen Loomis, Berwyn	10.8
40.	Dawn Zajicek, Brookfield	10.7
41. tie	Lisa Meier, Tabor	10.6
41. tie	Samantha Chomer, Berwyn	10.6
42.	Judy Clarke, Brookfield	10.3
43.	Jackie Clarke, Brookfield	9.3

#### 84 Individuals

*Lynda Filipello, Meet Director*  
*EllenJeanne Schnabl, Central Dist. Director*  
*Anne Halik, Tabulating*

*The article written below is by Bro. Vaclav Zenisek, Cultural District Educational Director. It explains the 1986 Senior Calisthenic music. He suggests that it be put into each program book and/or newsletter to help our audiences understand the feeling of this composition.*

## My Fatherland (Má Vlast)

A cycle of symphonic poems by Bedřich Smetana were composed in praise of our homeland, Czechoslovakia, of its natural beauty, its people and their history. At that time, Smetana became deaf and never heard this music.

The six poems are: "Vyšehrad", "Vltava", "Šárka", "From Bohemia's Meadows and Forests", "Tábor" (camp of patriotic warriors called Hussites), and "Blaník".

"Vyšehrad", the first poem of the cycle, is more legend than history. It was the site of the home of Noblewoman "Libuše". "Vyšehrad" has a castle on the high, rocky bluff of the river "Vltava". The Prophet-Queen, Libuše, was the leader of a small group of people just coming to this place where they planned to build their home. The youngest daughter of father "Krok", she was a wise woman.

One day, standing on the highest point of the land in a long, white robe, looking over the river Vltava to the far horizon, she lifted her arms and foretold the glory of Praha. "I see a great city whose glory reaches the stars."

Smetana writes as follows:

"At the side of the venerable rock, Vyšehrad, the poet's memory is carried back to the remote past by the sound of the harp of the bard, Lumír. There rises the vision of the rock in its ancient splendor, its gleaming golden crown that was the proud dwelling place of the palace of the Přemysl kings and princess. Here in the castle, knights assembled at the joyous summons of trumpets and cymbals to engage in splendid tournaments; here the warriors gathered for combat, their arms clanging and glittering in the sunlight. Vyšehrad resounded with songs of praise and victory.

"Yearning for the long-perished glory of Vyšehrad, the poet now behold its ruins. The devastation of furious battle has thrown down its lofty towers; fallen are its sanctuaries and demolished the proud abodes of its princes. Instead of songs of triumph and victory, Vyšehrad quakes at the echo of savage war-cries. The tempests are stilled. Vyšehrad is hushed and shorn of all its glory. From its ruins there comes only the melancholy echo of Lumír's song, so long forgotten and unheard."

NAZDAR! *Vaclav Zenisek*  
*Educational Director, Central District*  
*E. J. Schnabl,*  
*Educational Committee Secretary*

NOTE TO THOSE WHO VISIT SOKOL  
 BERWYN:

Please notice the curtain spanning our stage — depicts Libuše and her vision!

## Help Our Sokol Grow

# 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 at the Kongresshaus. (B)

**JULY 5 SATURDAY:**

You may take one of our optional tours to Constance or Lucerne. Evening Slet performance at the Kongresshaus. (B)

**JULY 6 SUNDAY:**

Afternoon, 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)

Your adventure beyond Switzerland begins today as we motor through the Swiss Alps enroute to the resort city of Tremezzo on beautiful and historic Lake Como. (BD)

**JULY 8 TUESDAY:**

TREMEZZO/FLORENCE/PONTASSIEVE

Your heart opens before us as we travel south from Lake Como to Florence with a stop 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

Your day begins with a city sightseeing tour of Florence—Lunch is on your own followed by an opportunity for shopping or additional sightseeing. We then enjoy a very special evening of music, dancing, and food as we travel to 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

Your 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 Museums. Tonight we enjoy a special dinner in a typical Roman restaurant in the Trastevere District of Rome. (BD)

**JULY 12 SATURDAY:**

ROME/ASSISI/ANCONA

Early 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

This 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 Kartnerstresse and Maria Hilferstrasse areas. Afternoon: Depart Vienna for the Hungarian capitol 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 Piestany. (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"****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 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, M  
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/W |
| (2) Nights Rome                | (2) Nights Innsbruck            |
| (1) Night Ancona               | (1) Night Munich                |

**SPECIAL MEALS:**

- Dinner with music and dancing in Vicchiamaggio
- 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 escort from July 7-20, sightseeing and entrance fees per itinerary, deluxe tour book 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**

\*All tour costs are computed per international exchange rates as of 11/21/81 and are subject to change based on currency fluctuations and rates of exchange on contractual payment dates. Increases will require requote.

Further information may be obtained from:

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

"For Reservations Only!"

**NATION WIDE WATS LINE 1-800-426-8826**

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State \_\_\_\_\_ Zip \_\_\_\_\_

Sokol \_\_\_\_\_

Phone \_\_\_\_\_

---

# GEORGE WASHINGTON

---

1st President

Born February 22, 1732

Died December 14, 1799

President 1789-1797

“First in war, first in peace, and first in the hearts of his countrymen.” These words, first written of Washington at the time of his death, describe the immortal place that he holds in history and in the affections of the American people.

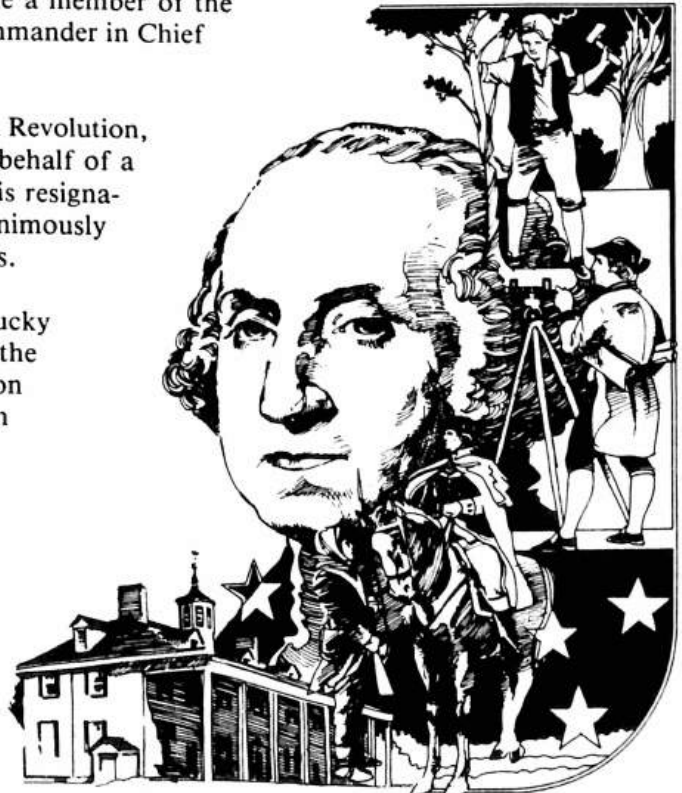
Born in Westmoreland County, Virginia, Washington preferred a life of service to his country, with all its responsibilities and hardships, to the life of comfort which his wealth and his station as the son of a prosperous planter assured him.

As a young man he established a reputation for truthfulness, honesty, and forthrightness. He worked hard and performed his tasks with great care and accuracy.

In his first military engagements and with General Braddock, Washington showed courage and sound judgement. In civil life he attended many public assemblies, served in the Virginia House of Burgesses, and, while a member of the Second Continental Congress, was chosen Commander in Chief of the Continental Army.

After his brilliant achievements in the American Revolution, Washington exerted his immense influence in behalf of a stronger central government. Six years after his resignation as Commander in Chief, he was unanimously chosen the first President of the United States.

Admission of three new states, Vermont, Kentucky and Tennessee, to the Union; establishment of the First Bank of the United States; and the adoption of the first ten amendments to the Constitution were important events of Washington's term. Also, for the first time, the popular vote fell into two definite groups or political parties - the Federalists and the Republicans. It was indeed fortunate for the nation that these early years of the new government were under the able leadership of George Washington.



---

# ABRAHAM LINCOLN

---

16th President

Born February 12, 1809

Died April 15, 1865

President 1861 - April 15, 1865

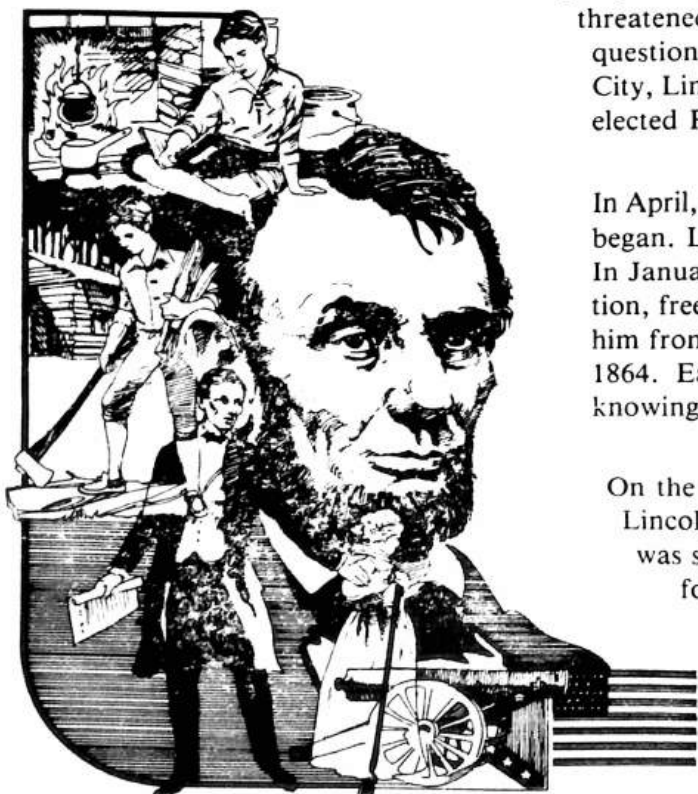
From the rude log cabin near Hodgenville, Kentucky, where Abraham Lincoln was born, the family moved first to Indiana and then to Illinois. The wilderness of Kentucky and Indiana provided only snatches of schooling for Lincoln, but he read and reread the Bible and the few other books which he could get hold of.

Lincoln's boyhood wish to make the long trip down the Mississippi was realized after he moved to Indiana. In New Orleans he saw the slave market. At New Salem, Illinois, he clerked in a store, studied law, and took part in the political talk of the day. He also served in the Black Hawk War. After he began his practice of law, he was elected to the Illinois legislature, and then to Congress.

Lincoln understood human nature, and he had a droll sense of humor which gave point to his arguments. In a series of famous debates with Stephen A. Douglas, he upheld the principles of the Republican party. He cherished the Union, and he recognized that it was threatened by the great moral issues involved in the slavery question. After an address at Cooper Union, New York City, Lincoln rose to national prominence, and in 1860 was elected President.

In April, after his inauguration, the War between the States began. Lincoln met every crisis with poise and courage. In January, 1863, he issued the Emancipation Proclamation, freeing the slaves. Neither criticism nor praise turned him from the course he had chosen. He was re-elected in 1864. Early in 1865, Lincoln had the satisfaction of knowing that the Union had been preserved.

On the evening of April 14, while President and Mrs. Lincoln sat in their box at the Ford Theater, Lincoln was shot by John Wilkes Booth. After his death, the following morning his Secretary of War, Edwin M. Stanton, paid Lincoln a lasting tribute in the words, "Now he belongs to the ages."



# America's Oldest Fraternal Benefit Society:

Providing quality life and health insurance protection and fraternal benefits to our members for over 125 years!

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

## Sokol South Omaha Celebrate Their Mortgage Burning at Ceremony

NOVEMBER 9 is now a historic day in the history of Sokol South Omaha. Dignitaries such as Bro. Senator Ed Zorinsky, Representative Hal Daub, Bros. Gary Masek and Roy Zitny recorded this occasion with well chosen words of praise for all Sokols who, through their own form of heroism, made this day a very special memory for their unit and district. Other speakers on the program were Bro. Senator Tim Hall, Bros. Ray Lastovica, Laddie Kozeny, Jim Strnad, Fred Altic, and Sis. Helen Zentz.

A special thanks was extended to Bro. Bob Pechar, Joe Berka, Jim Riha, and Sis. Jackie Berka and many others for their enthusiastic support at this event. A Sokol and Czech Museum has also been established at this Hall. Please contact Bro. Ed Pavoucek, 2306 Jefferson St., Bellevue, NE 68005, 402-291-2893 for info.

## The BOHEMIAN NATIONAL CEMETERY of Chicago

*features the beautiful*

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

*It offers a complete cemetery service consisting of*

- **Cremation**
- **Columbarium**
- **Ground Interments**

Bronze Grave Markers and Granite Memorials are on display at the Cemetery Office

**5255 NORTH PULASKI ROAD  
CHICAGO, ILLINOIS 60630**

Telephones: 539-8442 - 3  
Suburban: 788-8442

LISTEN TO OUR RADIO HOUR EVERY  
SUNDAY AT 10:00 A.M. ON WKDC

## Calendar of Events

MARCH 8 — SOKOL LITTLE FERRY  
Pork Dinner

MARCH 8 — SOKOL TABOR  
Gymnastic Exhibition

MARCH 15 — LOS ANGELES  
St. Joseph's Dance

MARCH 15, 16 — SOKOL CRETE HOST  
West. Dist. Semi Annual Mtg.

MARCH 15 — SOKOL STICKNEY  
Gymnastic Exhibition

MARCH 16 — SOKOL SLAVSKY  
Gymnastic Exhibition

MARCH 22 — SOKOL BERWYN  
Gymnastic Exhibition

MARCH 23 — SOKOL WEST SUBURBAN  
Gymnastic Exhibition

MARCH 23 — SOKOL S. OMAHA  
Card Party

MARCH 26, 28 — SOKOL LITTLE FERRY  
Boys Competitions

APRIL 6 — SOKOL LITTLE FERRY  
Mens Div. Exhibition

APRIL 12 — SOKOL CRETE HOST  
West. Dist. Childrens Competition

APRIL 12 — SOKOL BERWYN  
75th Anniversary Celebration

APRIL 13 — SOKOL LITTLE FERRY  
Womens Div. Exhibition

APRIL 25 — SOKOL LITTLE FERRY  
Fish Fry

MAY 16 — SOKOL MILWAUKEE  
Exhibition and Sokol Graduation

**WEBER**  
TRAVEL  
AGENCY

\* *Spolehlivá cestovní služba do všech částí světa*

- Vyřídíme rychle a přesně návštěvu vašich příbuzných z ČSR
- Dárková služba TUZEX vašim drahým

6805 WEST CERMAK ROAD, BERWYN, IL 60402  
312-242-1512 • 312-749-1333



We're the largest Czech-American Organization in the U.S.A.

Assets

\$55,463,927.00

AND WE KEEP GETTING BIGGER.

HOME OFFICE

**wfla**

**western fraternal life association**  
1900 First Avenue N.E., Cedar Rapids, Ia. 52402

Insurance In Force

\$230,320,364