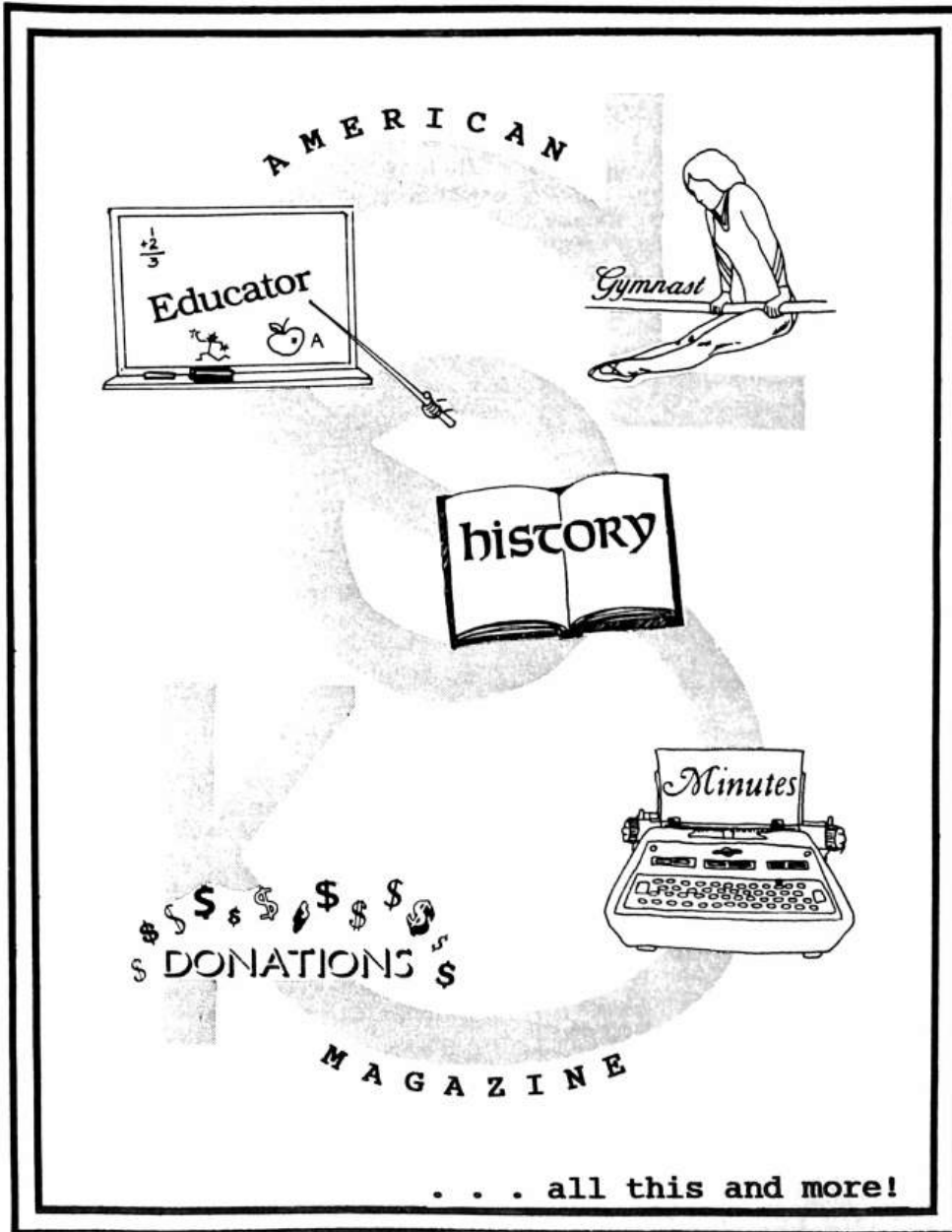


# AMERICAN SOKOL

Publication of the American Sokol  
Educational & Physical Culture Organization



# 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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**APPLICATIONS FOR THE  
BEGINNER—INTERMEDIATE  
ADVANCED INSTRUCTORS  
COURSE IN OMAHA, NEBRASKA —  
JULY 25 TO AUGUST 3, 1986  
are due May 1st, 1986**

**ATTENTION ANY MEN OR WOMEN  
VOLLEYBALL PLAYERS  
ATTENDING THE  
ZURICH SLET  
contact  
BRO. FRANK MICHALEK**

## Sokolové — krajané:

Krajanská veřejnost jistě ocenila pěkný a hodnotný Slet Americké Obce Sokolské v právě uplynulém roku.

Byla to schůzka ze všech koutů Ameriky. Přijeli k nám do Chicaga z Californie, Texasu, Nebrasky, Ohio, Minnesoty, Wisconsinu, Floridy, New Yorku, Kanady a měli jsme zde návštěvníky ze Švýcar a dokonce i z Kanárských ostrovů.

Je to krásné pomyšlení, že právě ty Sokolské Slety jsou snad jedinou příležitostí přivést ty po celém světě roztroušené Čechoslováky občas dohromady. Je to doslovně vzájemné navštěvování, když jeden soused pozve přítele a ti mu to opět oplácí.

V letošním roku, Sokolský Slet ve švýcarském Curychu bude opět jednou významnou událostí a opět velkou příležitostí k setkání a seznámení s krajany a bratry z celého světa.

Bude to schůzka krajanů a sokolů rozestých po celém světě, ať už v Evropě, Jižní Americe, Kanadě a dokonce i z Austrálie a pochopitelně jako obvykle v největším počtu sokolové ze Spojených států amerických.

Není doposud plně chápáno, že ta malá zemička ve střední Evropě, už za starého Rakouska-Uherska vyvážela do světa spolu s emigrací nejen chudé lidi, ale s nimi i kulturní hodnoty v ostatních zemích dosud neznámých.

Sokolská myšlenka Tyršova je jednou z nich a je dodnes národním pojítkem mezi Čechoslováky po celém světě, bez rozdílů majetkových, politických i náboženských.

Na shledanou v Curychu, na Sletu Sokola v zahraničí, ve dnech 3. až 6. července 1986.

Na Zdar! *V. Ženíšek*

*Vzdělavatel sokolské župy Střední*

Organizací výpravy do Curychu byla Americkou Obcí Sokolskou pověřena cestovní kancelář "Čihák Travel" v Berwyn, Ill., 6302 W. Čermák Rd., 60402.

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. CVII

April — 1986 — Duben

Číslo - No. 4

## ASO EXECUTIVE BOARD MEETING

Regular meeting of the American Sokol Organization was called to order by our President Br. George Basta Febr. 25, 1986 at 7:30.

Members Present: Ss. Sylvia Pistorius, Jackie Kourim, Marie Ptacek, Lynda Filipello, Brs. John Satek, Fred Stankovsky, Richard Ptacek, Robert Barcal, Fred Kala, Paul Lebloch.

Members excused: Ss. Vlasta Zitny, Mildred Pinc, Emilie Ruzicka, Brs. Roy Zitny, Gary Masek, Jerry Milan, and Jerry Rabas.

District minutes received and reviewed: Western, January 19, Central, January 22; A.S.O. minutes approved.

Correspondence: Eastern Dist. answer to our survey about hosting 1989 XVII Slet, declined, feels Nat'l Slet should stay in Central District due to central location. Br. Jerry Zimcik, Sokol Seattle, answer to our suspension letter, wishes to maintain his and Br. Berka's membership; sent ltr. explaining how to join T. J. Masaryk unit. Copy of correspondence sent to Pacific District, Sis. Louise Nekuda. Letter from Br. Jim Riha in disagreement with the payment of fees for associate members; long letter of explanation sent to Br. Riha. Each member of the Executive Board will receive new by-laws and will review them by March meeting; Final decision will have to be made on interpretation. From Br. Joe Vacasek, Wilson, Ks. with questions re: ownership of their hall; full letter written to them with explanation of ownership rights. Newsletters from Sokol Ceska Sin and Czech. Sokol Abroad. Questions also raised re: our donations to Statue of Liberty Fund. Will check with Czech. National Congress.

WOMENS DIRECTOR — Sis. Sylvia Pistorius: Ltr. from Br. Steve Banjak re: Sokol Manual, enclosed copy of calisthenics portion and advised us that the completed section of cal. will hopefully be ready for proof reading by the beginning of March. Acceptance letter from Sokol Aarau Switzerland of our 1985 senior calisthenics to be performed as special number at their Slet. Final report from Western District for the purchase of VCR recorder and timer \$940.34, approved. Received copy of letter, instruction sheet, and application form as submitted by Br. Benak for the National Instructors Course which was sent to all District Directors. It was suggested by the B.O.I. that this info be sent to each

unit to attract more applicants, B.O.I. Sec. to do mailing. Possibility of 1986 Slet T shirt discussed.

MEN'S DIRECTOR — Br. Richard Ptacek: Ltr. from Br. R. Pesek of Sokol St. Louis re: interpretation of new minimum age, 17. Will be on Directors Conference agenda in October 1986. National Instructors Course: following an Executive Board meeting at which Br. Masek was present, the following decisions were made, 1. After reviewing the financial figures presented by the Western District and the decision on the ASO Executive Board to use Future Leaders' Fund to pay for instructors salaries, their transportation, costs of manuals, songbooks, etc., it was realized the \$250.00 charge per student could be reduced to \$110.00, which will cover the cost of food and lodgings. 2. Profits, if any, from the course will go back to the Future Leaders Fund. 3. The official Director of the National Instructors Course will be Br. Bud Benak. Plans for a national team suggested by Br. Jerry Milan will be covered in a letter to him and Br. Benak regarding status of this team. Br. Benak and Sis. Dalton will be asked to prepare a report on the USGF September conference.

MEMBERSHIP CHAIRMAN — Br. Fred. G. Kala: Five units missing for the last quarter of 1985. District Pres. will be receiving report, Asso. members will be done separately.

EDUCATIONAL CHAIRMAN — Br. Paul Lebloch: Results of Essay contest to be printed, Info on the unit cultural contest sent out, will upgrade our info for the Directory of Special Libraries, requests permission to purchase books: "A history of the Hapsburg Empire" 1526-1918 (a history of all the people who lived under the scepter of this ruling house). "Moravia Magna" (a portrait of the great Moravian Empire which flourished between 450 and 973 A.D.

PUBLICITY — CZECH — Br. Jerry Rabas: Absent, but a copy of article with all upcoming Central Events from the Denní Hlasatel presented.

FINANCIAL SEC. — Sis. Mildred Pinc: Absent, report read by Sis. Kourim. Membership pins sent to units requesting them.

TREASURER — Br. Robert Barcal: Reconciled bank stmts., in order. Slet checking acct. closed out.

SECRETARY — Sis. Jackie Kourim: Mailing to Sokol Seattle of suspension letters. Mailing to by-laws chairpersons of each district, prepared new directory, marked prices each ad in souvenir book from Slet and balanced for audit committee,

received approval for 7,000 copies of by-laws to be printed.

II. VICE PRESIDENT — Br. Gary Masek: not present, no report.

I. VICE PRESIDENT — Br. Borvansky: Attended recog. dinner in Detroit, hospitality fantastic. Pres. of N.E. Dist. also present.

PRESIDENT — Br. George C. Basta: Most everything I worked on had to do with our committees. Computer; mailing lists complete; tour committee; Cihak World Travel did mailing, Reservations coming slowly. Tele-conferencing equipment is here.

NEW BUSINESS: uniform report from Sis. June Pros given. Youth Creed as composed by James L. Cihak will be in ad for Sokol Berwyn's 75th anniversary. Br. Stankovsky gave report on his visit to Houston, Tx. and fellow Sokols he met there. Remarks in local Berwyn/Cicero Life newspaper about Sokol being a "dying" organization created a real stir. Much publicity from Local units is expected. Note from uniform division: no longer able to order "red" tots shorts from supplier. Looking for source.

EDITOR — Sis. Lynda Filipello: New cover designed by Sis. Pat Satek approved by board.

Discussion on insurance rates/lack of insurance discussed at length.

## New Unit Flag Design

The Executive Board approved a new design for the unit. This design can be ordered through the ASO c/o Sis. Lynda Filipello, 4401 Fender Rd., Lisle, IL 60532. The new design *does not* cancel any existing flags. Only new units and/or units needing to *replace* old flags need respond to this special ordering.

### SPECIAL BULK ORDER PRICES:

1 to 2 flags	\$300.00 each
3 to 5	285.00 each
6 to 8	270.00 each
12 to 17	255.00 each
18 and up	240.00 each

To qualify for special prices, ALL ORDERS MUST BE RECEIVED BY JUNE 30, 1986. Please send your check for \$300.00, a refund will be mailed to you after all orders have been received.

## ASO FINANCIAL REPORT

FEBRUARY 1986

### RECEIPTS:

Dues	\$ 2,954.70
T. G. Masaryk Dues	20.00
Convention Fund	2,684.00
Special Assessment	1,592.00
Subscription to "American Sokol"	5.00
Resale of Jewelry	891.00
Resale of placques	55.00

U.P.S.	2.12
Postage	.61
"Highlights of Czech History"	2.25
Christmas Seals	48.00
Skills Patches	45.00
Bars	7.00

\$ 8,306.68

A.S.O. Uniform Division — Rent, Salaries, etc.

812.52

### Total Receipts

\$ 9,119.20

### DISBURSEMENTS:

#### ADMINISTRATIVE

Salaries — Office Employees	\$ 776.89
F.I.C.A. & F.W.T. for	
January, 1986	216.64
Janitor Services, Supplies, Rent	798.30
Postage	30.72
Travel Expense	370.59
Advertising	75.00
Jewelry	1,843.95
Service on Canon Copier	34.14
Maintenance Agreement	
on Computer	600.00
Speaker Phone	53.45
Refreshments —	
Executive Board	9.58

\$ 4,809.26

#### BOARD OF INSTRUCTORS

Salaries	\$ 385.40
F.I.C.A. — January, 1986	65.16
Editor "Sokol Gymnast" —	
February, 1986	30.00
Add'l. copies "Sokol Gymnast" —	
January, 1986	29.00
Membership Fee — A.A.U.	100.00

\$ 609.56

#### EDUCATIONAL DEPARTMENT

Salaries	\$ 133.80
F.I.C.A. — January, 1986	6.30

\$ 140.10

#### SOKOL PUBLICATION

Editor "American Sokol"	\$ 125.00
Printing "American Sokol" —	
January, 1986	1,136.64
Postage "American Sokol" —	
January, 1986	392.50

\$ 1,654.14

#### MISCELLANEOUS

A.S.O. Uniform Division —	
Salaries, F.I.C.A., Jan., 1986,	
F.W.T., Jan., 1986	\$ 634.39
Library/Archives Fund —	
Postage	2.20
Special Appropriations —	
N.E. District	378.16
Western District	940.34

\$ 1,955.09

### Total Disbursements

\$ 9,168.15

Balance brought forward:	
Western National Bank of Cicero — Checking Account	\$20,491.46
Receipts — February, 1986	9,119.20
	<hr/>
	29,610.66
Disbursements — February, 1986	9,168.15
	<hr/>
	\$20,442.51

## FUTURE SOKOL LEADERS FUND

### February 1986

In memory of Br. Charles Richter —	
Fred C. and Emily P. Stankovsky	\$10.00
Sokol Milwaukee Gymnastic Association	25.00
	<hr/>
	\$ 35.00
In memory of Sis. Josephine Kosek —	
Evelyn Miller, Irvine Kosek, and Lillian Eyth	15.00
In memory of Br. Albin Barzyk —	
Ann Barzyk, wife	\$25.00
Frances Wolf and Jacob Pesek	25.00
	<hr/>
	\$50.00
	<hr/>
	\$100.00
Clyde Federal Savings & Loan —	
Interest 2/8/86	279.99
	<hr/>
	\$379.99

— Donations are tax exempt —

## ESSAY CONTEST

### BRO. LEBLOCH REPORTED THE RESULTS FROM THE JUDGING OF THE ESSAY ENTRIES

#### Seniors

- 1st Place Joan Sedlacek, Sokol Minnesota,  
Western District  
2nd Place Julie M. Kall, Sokol Ceska Sin,  
Central District

#### Juniors

- 1st Place Denise Wiegand, Sokol Tabor,  
Central District  
2nd Place Gerilyn Sijansky, Sokol Corpus Christi,  
Southern District  
3rd Place Phyliss Hutyra, Sokol West  
Southern District

#### Other entries were:

- Ellen Jeanne Schnabl, Sokol Berwyn  
Julie Ann Drobny, Sokol Greater  
Cleveland, Northeastern District  
Jack Drobny, Sokol Greater Cleveland  
Northeastern District  
Becky Wilk, Sokol Greater Cleveland  
Northeastern District  
Linda Martanovic, Sokol Greater  
Cleveland, Northeastern District  
Tracy Meek, Sokol Corpus Christi,  
Southern District.

## 1st Place — Senior Division Slet Essay Contest

SEDLACEK, JOAN  
Sokol Minnesota, Western District

### My Recollections of the XVI American Sokol Slet, as a Participant

Literally, a Slet is a gathering or flocking together. For all outward appearances the activities are in the gyms and on the field and last for five days. But it's more than that.

The drama, joy and sorrow of the competitions are a part. The days, months add years of practice, conditioning, work and determination are culminated in the last beat of the floor music, the long run to the vault, the last swing of the rings, the final dismount. The opening volley, the sounds of encouragement and of despair, the last whistle of the volleyball tournament. But it's more than that.

The sun beating down on the field, melting the track. Matched, no, outshone by the smiles and greetings of the Sokols flocking. The music and excitement, the flags waving and voices joined in heartfelt song, the beginning anticipation and the ending relief, thousands of feet moving in unison to one of our marches. The Slet is sights and sounds that happen only once — each Slet is unique. The Slet is unity and power and glory and we each profit from the experience. But it's more than that.

For me, the XVI Slet opened a new concept of what a Slet is. A Slet isn't for five days. It is years of planning. Of looking at other Slets and deciding what was good and should be kept and improved and what was not so good and should be changed. It is deciding on music for our prostrná and choosing all the individual movements that will blend with each other and with the music. It is writing out each movement, each measure and sending them around the world so that when the Sokols flock, we will be as one flowing picture. The endless hours of patient teaching of each movement and each measure. The hours of patient, conjoining, driving, demanding, rewarding teaching. But it's more than that.

A Slet is the nights spent in committee meetings. All the facets must have a committee and each must have it's meetings. Judging, tabulating, trophies, banquet, tickets, dances, music, housing, food, the list goes on. I saw for the first time and remember the tabulators who were at the school and working long before many competitors were even awake and stayed long after the last gymnast left. Linked to the "outside world" by the runners, the tabulators spent the days away from the music and cheers, listening to the computers working and soft voices reading the scores.

So, what is a Slet? In a word it is Sokol. It is the visual concept of what our Sokol lives can be. On the final day we are not from units or districts. We are not from ASO, USA, DA Metro or Sokols Abroad. We are not Sokols — we are Sokol. We

are the embodiment of a man's dream and vision of a way of life. The XVI Slet should not be a memory, but a shining light that stays with us and shows us what we can be.

## 2nd Place — Senior Division Slet Essay Contest

JULIE M. KALL

Sokol Ceska Sin, Central District

### My Recollections of the XVI American Sokol Slet

The XVI American Sokol Slet hold many fond memories for me. I have been involved with Sokols for ten years as a competitor, instructor, and judge. As a member of Ceska Sin, being a part of the convention as a part of the Central District, made me very proud.

Members of Ceska Sin took our bus to downtown Chicago to do a little exploring. The Museum of Science and Industry and shopping downtown were two main attractions. Also the architecture of the buildings were of interest. The views from the John Hancock building was breathtaking.

As a competitor in the XVI Slet preparation began early. Learning the calisthenics number and new routines for the low a division kept me busy. Walking into the gym on June 27, I was ready. Feelings of nervousness I could not keep down, but seeing friendly faces of my teammates, coaches, and old friends from other units quickly relaxed me. During competition I gave my all. With a smiling face, head and body erect, and toes pointed I made my way through all the events. When competition was over we were able to mingle with the other units and competitors.

On Saturday night, at the awards banquet, everyone was buzzing with anticipation. I was no exception. When women's low a division was announced I could hardly believe my ears. I won 1st place and my first trophy. I was so excited I cannot put it in words that would express my happiness.

At the Slet on Sunday people were still extending their congratulations. I remember fondly of a man from the Central District who congratulated me on my victory and also welcomed my unit and me into his district.

The memories of these events will always be remembered, but the people will be treasured. Everyone on the committee for XVI Slet were friendly and made things run smoothly. All the smiling and encouraging faces from everyone I met. All the old friendships that were rekindled for the weekend. Especially the members of Ceska Sin who encouraged and supported me through the years and at this Slet. All these things will make the XVI American Sokol Slet a very special time in my life.

## 1st Place — Junior Division Slet Essay Contest

WIEGAND, DENISE L.

Sokol Tabor, Central District

### The XVI American Sokol Slet: Friends, Accomplishments, and Pride

When I think about the XVI American Sokol Slet three words come to my mind almost simultaneously. These words are: friends, accomplishments and pride.

For me, each Sokol Slet is a time to meet new people and a time to talk to the people from Sokols that I have only been able to write to in the past months. Three years ago I was fortunate enough to attend a week long "Beginner's Training Course" for Sokol in Naperville. I still keep in contact with some of the people I met there and so, June 30th, 1985 was a time for me to think about how strong my friendships with people from Sokol are, and will remain.

The word accomplishment is a big word. It also describes my feelings on the XVI American Sokol Slet. As I am ending my Junior division I am working harder and harder to achieve my goals. The one which I have most recently been able to achieve was being a participant in the Central District's special number, *Slet Fever*. Because I was working with people older than myself I felt exceptionally good about the final performance. I believe that being chosen to perform on Hoffman Stadium as a representative of the Central District was a great honor. The finished routine was indeed a beautiful and wonderful accomplishment.

One of the best things I have done with my time is participating in Sokol activities. This opinion illustrates the pride that I have in Sokol. I believe that the XVI American Sokol Slet especially strengthened my pride in Sokol. Last year when my friends from Oak Park asked me about Sokol I was able to say, "Come see what Sokol is all about on June 30th." Many people who attended the Slet were impressed with how well organized the calisthenic numbers were. It was very impressive to see Jim Hartung on Hoffman Stadium acting as if he were just an "ordinary" Sokol. It is also rewarding to know that a Sokol coach, Ed Linhart, helped to train two Olympic gymnasts: Phil Cahoy and Jim Hartung, when they were beginners at Sokol South Omaha. Indeed I am proud of Sokol's activities and successes.

My friends, accomplishments, and pride in Sokol reflect my attitudes on the XVI American Sokol Slet. This slet's theme was, "Towards New Horizons" and I hope that although Sokol is 120 years old in America people will consider it to just be starting. I know that my friends, accomplishments and pride in Sokol will encourage me to do my part in continuing the Sokol tradition, as well as make the XVI American Sokol Slet an important and fond memory.



AMERICAN SOKOL ORGANIZATION  
**GYMNAST**



APRIL 1986

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

**SOKOL U.S.A. COMPULSORY ROUTINES  
 1986-1987**

	<b>Sokolads</b>	Low Intermediate High	1984-85 To be written Modified Class V
	<b>Junior Boys</b>	Novice Low B Low A Intermediate High Championship	Modified Class V Class V Class IV Class III Class II Class II (may substitute Class I)
	<b>Senior Men</b>	Master I & II Low B Low A Intermediate High Championship	Modified Class V Class B Class IV Class III Class II Class II (may substitute Class I)
	<b>Sokolettes</b>	Low	Class VAI (Vault) V C (Beam & Floor) To be written (Bars)
	<b>Junior Girls</b>	Intermediate High	Class IV C (Vault) V B (Bars) Modified V B (Vault) Class IV B (Vault) Class V A (Bars, Beam, Floor)
	<b>Senior Women</b>	Novice Low B Low A Intermediate High Championship	Class IV C (Vault) V B (Bars) Modified V B (Beam & Floor) Class IV B (Vault) Class V A (Bars, Beam & Floor) Class IV A Class III Class II Class II (may substitute Class I)
	<b>Senior Women</b>	Masters I & II Low B Low A Intermediate High Championship	Class V B 2 (Vault) V C Fl. & Beam) To be written (Bars) Class IV C (Vault) V B (Bars) Modified V B (Beam & Floor) Class IV A (Bars, Beam, Floor) Class V A (Bars, Beam & Floor) Class IV A Class III Class III (may substitute Class II or I)

The above "classes" refer to the U.S.G.F. Compulsory routines. All of the above will be translated into Sokol terminology, but if you choose you may purchase a copy of the U.S.G.F. Age Group Compulsory Routines for men or women from:

U.S.G.F. Merchandising, P.O. Box 5562, Indianapolis, IN 46255-5562.

For credit card orders: (317) 638-8743. Cost: Women — \$8 Men — \$15.

Plus postage and handling — \$1.50.

(For modified V B: Beam — eliminate forward roll. Floor — substitute a lunge forward roll for handstand roll.)



## Aerobic Warm-ups

Warming up should never begin with stretching. The phrase "warm up" is not accidental. When muscles are involved in a vigorous repetitive motion for a continuous period, aerobic effects result. Literally, aerobic means "with oxygen". Aerobic-type exercises encourage the muscles actually to pull oxygen from the blood stream. During movement the muscles use that oxygen, and when oxygen is used, "calories" are released. Calories are units of heat. Hopefully now, the phrase, "warming up" makes more physiological sense, as well as the common expression "burning calories".

Stretching is not an aerobic movement, and one best incorporated only lightly until the latter stages of a warm-up. A good warm-up eases into and out of activity. A nice easy jogging pace is a good start, which can be then stepped up to a running, jumping and skipping routine combined with light stretches of the arms, trunk, legs and neck for a thorough first phase warm-up. Save splits and other extreme stretching movements for phase two, when muscles are "warm" and more receptive to stretching. For a suggested warm-up routine that incorporates these principles, see the USGF Gymnastics Safety Manual. The Manual covers a wide range of topics including warm-ups, and is a must for your gym library. If you don't have a collection of safety literature available at your club, there's no better way to start than with copies of the USGF Safety Manual. The future of independent clubs depends upon controlling the cost of insurance. Keeping yourself, your coaches and your members well-informed and educated about safety practices is an important first step.

### *How to Have Winning Hands*

Throwing, catching, gripping, reaching—our hands are crucial to athletic pursuits. But in no sport is their role more dramatic than in gymnastics, as top-ranked gymnast Sabrina Mar attests.

"I do most of my tricks with my hands," says the 15-year-old Californian. "On the beam you have handsprings and handstands. On the bars, hands play a major role. Everything I do has to do with my hands, so it's very important to take good care of them."

Gymnastics is so hard on her hands that Mar has developed thick calouses on her palms. A sudden twist of her palm against a bar could rip open a callous, especially if her hands are overdry. And they're very likely to be overdry, because gymnasts coat their hands with chalk to absorb oil, for a more secure grip.

After a day's workout, Mar is careful to rehydrate her hands with a cream or ointment like Zam-Buk. For periodic deep conditioning, she coats them with petroleum jelly or ointment, then pulls socks over them before going to bed. "In the morning, my callouses are a lot softer," she says.

Other athletes may not have to worry about callous rips, but their hands nevertheless require special care and attention. Gripping a racquet, bat, or dumbbell can cause callouses and blisters. Prolonged sun exposure dries and ages hands. Cold, windy air makes them chap easily and causes stiffness and clumsiness that may lead to injuries or poor performance.

Moisturizers are the key to prevention and treatment of many skin maladies. However, not all moisturizers are equally beneficial. Dermatologists recommend creams or ointments for hand care, as they have a higher oil-to-water ratio than lotions. Creams or ointments may feel greasier, but they are better hand protectors.

Most hand lotions contain more water than oil, so although they do soothe the skin temporarily, they can dry it out over time. The skin readily absorbs lotion, but when the perspiration process wicks out the water from the lotion, the oil is also drawn out, leaving the skin feeling dry. Continually reapplying the lotion can create a condition like having lips perpetually chapped from being licked.

In addition to using good moisturizers, athletes who care about their hands can benefit from sports gloves. Not only do these help prevent callouses and blisters, they also improve grip and provide warmth to keep hands flexible and less injury-prone. But you have to buy the right gloves for your sport.

Be sure to choose gloves fashioned from breathable fabric, such as leather and cotton. They should have no inner seams that could chafe against the skin, and for most sports, they should be soft and pliable.

Gloves for racquet sports, softball, and golf are primarily designed to improve your grip, so they should be made of a fine leather like cabretta sheepskin or thin deerskin and should fit like a second skin. Insist on trying them on before you buy them.

Some batting gloves have padding in the palm area, for extra protection against bat sting. Weightlifting and cycling gloves almost always have padded palms, to help keep the bars from digging into the palms when constant pressure is applied. Spenco even makes some shock-absorbent palm protectors for cyclists, whose hands can sometimes become numb or painful after miles of rough roads and hard handlebars.

Gymnasts wear heavy leather palm protectors, called hand guards, for their bar work. These "palms" offer improved grip and prevent callous rips.

Without hand protection, a sailor can damage his hands as severely as a gymnast, if a rope suddenly escapes his grip. And gloves make it much easier to get a firm grasp on wet, rough lines than would be possible with bare hands. Sailing gloves should be made of a heavy, durable leather that can withstand salt and water, and they should then open fingers so there are no tips to get caught in a winch.

Sailing gloves also offer protection and gripping power to windsurfers. Or if you prefer, you can buy full-fingered windsurfing gloves, available in two basic designs: padded leather for warm water, and neoprene for extra warmth in cold water.

To keep gloves soft and clean after heavy use, rinse them in cool water and hang them in a well-ventilated, shaded area to dry. Your hands will appreciate it.

—*Cynthia Cummins*

## HELP OUR SOKOL GROW

*Edwin Haliks*

### LESSON PLANS AND PROGRAM — (Cont)

**CLASS—HALT!** When marching forward, the class comes to a halt in 2 counts (to be close-heel stand)

i.e. Count 1. one step forward

Count 2. close to a close-heel stand

Use more time for tactics during your first and second months and it will pay off in time available when you really need it. It's not a "ONE SHOT" deal. If you stress tactics from the very beginning, you will always be in control, especially in emergencies. Your tactical commands will be understood by the groups and they will respond to them out of "HABIT"!

Your voice and your tone should imply "This is what we are to do" — "Now do it". Every word you say to the class (as a whole) must be clear, sharp and understood. Don't stand out there in front of the class talking to yourself. Make sure they hear you and understand what you are saying. Don't just talk to the ones directly in front of you, make sure that those down at the end of the line know what you are saying and understand.

Besides teaching your classes to "Take Corners" while in single file (file means a single line) you should eventually teach them to turn corners in column of "Two's", "Three's" and "Four's", but before you do that, teach them how to form columns of "Two's", "Three's" and "Four's".

**COUNTER LEFT—MARCH!** In file or columns, is another set of tactics you should try.

**FILE JOIN RIGHT—MARCH!** Is a change from columns to file and is called to the right to get the marchers back into their original order.

After you have mastered these two commands, try them to the opposite sides.

**ABOUT—FACE!** (This is while standing in place) this is hard to teach and I do not recommend it

**for First Class** as it takes a lot of time to learn properly while two "Right Faces" or two "Left Faces" get you there verly easily.

About Face requires a lot of **individual practice** of placing the right foot in a Right Rear-Touch Across which puts it slightly to the rear and slightly to the left side of the left heel, then lifting the left toes and leaning backward on the left heel and the right foot turn (spin) to the right 180° to face the rear. If the right foot has been properly placed, you will finish in a close-heel stand position.

For older groups you might try the following: "TO THE REAR—MARCH!"

"BY THE LEFT (RIGHT) FLANK—MARCH!"

I could go on but I think this is a good spot to close this marching episode and say for further progressions see the 1968 Sokol Gymnastic Manual, pages 52 through 73.

**Warm-Up Period** — The general goals are to alert and prepare the entire body to an increased work-load by warming up and loosening the muscles, tendons, joints and ligaments, speeding up and increasing the breathing capacity, the blood circulation and alerting the brain and nervous system to a busy and active session. The exercises consist of a variety of motivities from the **Locomotor Exercise Group**, meaning to move about the area from place to place (z místa) as opposed to non-locomotor or movemental exercises (na místě) which are done in place.

Locomotor Exercises are those of the legs, feet and hip muscle groups and consist of walking, trotting, dancing and marching — hopping, jumping and leaping — creeping (on all four) on hands and feet or hands and knees — crawling on stomach, back or side — climbing (ascending or descending) — and even some from the hand travel group. Those exercises may be done in different directions (forward, backward, sideward, upward and downward) slightly (one person alone) or with two or more individuals — slowly or rapidly — with holds, or by count, by command, to music or to beat. All these can be combined with each other and/or with exercises from the **non-locomotor group** such as arm and hand movements, straight or bent, bending or thrusting, flexing or extending, swinging, circling, rotating, etc. — head and trunk movements, bowing, twisting, circling, etc. — leg and foot movements, stances, lower positions and balances, giving a great variety of activities and greater difficulty. **This exercise period should be lively, brisk, continuous, pleasant, enjoyable and cheerful.** It should give them a good feeling towards the rest of the program. All exercises and/or combinations should be simple, easy to perform and easy to learn. Other activities may include tag games, relays, response to signals or commands, exercises with hand apparatus, marching tactics, calisthenics drill movements and special events activities.

(Continued next month)

# MERIT AWARD 1986

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

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

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

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

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

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

**COMPLETED APPLICATION MUST BE POSTMARKED NOT LATER THAN MAY 30, 1986**

MERIT AWARD COMMITTEE:

Sylvia Pistorius, Dick Ptacek, Marie Ptacek, Paul Lebloch, Chuck Klapp, Anne Halik (Chairman)

**UNIT DIRECTORS — PLEASE POST ON BULLETIN BOARD  
(APPLICATION BELOW)**

AMERICAN SOKOL ORGANIZATION  
Merit Award Committee  
6242 West Cermak Road  
Berwyn, Illinois 60402

1986

I desire to make application for the American Sokol Organization Merit Award. Please mail application forms and all other instructions to:

Signature of Sokol member: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

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

## **2nd Place — Junior Division Slet Essay Contest**

GERILYN SIJANSKY

Sokol Corpus Christi, Southern District

### **My Recollections of the XVI American Sokol Slet, as a Participant**

I was very excited to be in the XVI National Slet, it being my first national Slet to compete in, but it definitely won't be my last. I had heard my older brother and sister talking of their experiences in national Slets, and even my father and his father before him could tell about the national Slets of the past, but I had to experience it myself to really understand the feelings they had.

I was nervous to compete after I saw there were many girls in my class, but I realized to compete and win wasn't the reason for which I was there. And after it was all over, I was glad that I had competed. I met girls, from other states, who were competing in the same class as I, and I even met some who didn't compete, but who came just to participate in the Slet Program.

The program went off just fine, even though there were a few problems at practice. Practice was early, everyone was tired and not too energetic, but at the program we were all excited to go on the perform our Prostná. As we walked around the track to enter the field, I saw that there were people lined up all the way down the street to yet march onto the field. I thought how all the people in the stands, all of us on the field, and everyone involved with the slet must be very proud to be a part of such a moving event. The Slet was a way to show people our heritage of which we are so proud.

It was very inspirational to me to see so many young people on the field carrying on a tradition passed down to us from our elders. As the motto states, "Toward New Horizons", we will continue to grow stronger and carry on our family heritage in Sokol.

## **3rd Place — Junior Division Slet Essay Contest**

HUTYRA, PHYLISS

Sokol West, Southern District

### **My Recollections of the XVI American Sokol Slet, as a Participant**

As I arrived in Chicago for the XVI American Sokol Slet in June of '85, I was not only thrilled but excited about competing nationally with other Sokol gymnasts like myself from all over the United States. The Slet officially started on Wednesday, the 26th, with the Opening Ceremony and the Special Number Competition at Morton West High School. It was a beautiful ceremony and both young and old enjoyed the Special Number routines.

The next day brought with it the Gymnastics Competition at Downers Grove North High School. Each gymnast was competing for that top score. There were sixty-five gymnasts competing in my division, Junior Girls Low A. I was pleased with my performance during the day even though I was shaky on a few routines.

On Friday, the 28th, came the Volleyball and Modern Rhythmic Gymnastics Competitions at Downers Grove. I participated in the Womens' Division for the Southern District. Although my team did not make it to the finals, it was fun playing. Later that evening, the Gala Slet Banquet was held at the Marriott Oak Brook Hotel, the Slet Headquarters. Also that night, a dance social at Union Hall with Brave Combo served the younger generation. A good time was enjoyed by all who attended these two functions.

Saturday's activities included the Championships in both Volleyball and Gymnastics. Excitement filled Downers Grove Gymnasium as the best volleyball players and gymnasts from all over the U.S. showed their skills. It was like a taste of the Olympics to me. The night brought with it the Awards Dance at the Marriott. Many awards were given out and winners were announced in each division. I found out that night that I had placed eleventh out of the sixty-five girls in my division. I was surprised and happy that moment and thanked the Lord for letting me participate in such a great event in my life that I would never forget.

Sunday finally arrived and was a really beautiful day. The Slet Program was on the agenda today. All Sokol group practiced that morning in the cool, sunny weather. As time was drawing near for the program, everyone lined up in their positions for the Parade of Costumes and gymnasts. As I waved my Texas flag, I felt a sense of pride and patriotism for the American Sokol Organization and being able to be a part of it. As the Prostná was performed, the stands full of people stood and cheered for all. It was truly a wonderful moment and memory I will cherish forever.

After the Slet Program, a Farewell Social was held at Sokol Berwyn. As everyone bid their farewell and new friendships were established, it was goodbye to the Windy City and all the excitement it brought to each and everyone who came. I was glad that I had the chance to attend such an extraordinary event — the XVI American Sokol Slet.

## **Krajanská činnost, která zasluhuje uznání, nebo-li krajanský přínos Americe**

Není pochyby, že Chicago je nejenom centrem amerického "Byznysu", ale i všech národnostních skupin, ze kterých se skládá tak zvaný "Americký Národ". Víme, že "Ameriku" bychom těžko označovali za jeden jedolitý "Národ", ale právě proto, že zde našli uplatnění lidé ze všech koutů světa a

všech možných národností, vyznačuje se tato oblast světa svými zvláštnostmi ve stylu života, ekonomie i světového nazírání.

Jednou ze skutečných zvláštností Ameriky je naprostá svoboda v činnosti každé etnické skupiny a jejich ústavou zaručená práva. Umožňovalo to vždy usnadnění "zabydlení" prvních generací emigrantů, v nesnázích v cizím prostředí. Pochopitelně v existenčním boji o život, neznalost řeči znamenala velkou nevýhodu, ale současně byla silnou pohnutkou ve vlastním zájmu splynout co nejrychleji s prostředím, co ovšem vyžadovalo pevné odhodlání, silnou vůli a vytrvalost. Kdo tyto vlastnosti neměl, musel počítat, že v tvrdém boji o existenci neobstojí.

Obyčejně první generace byla obětí ale teprve druhá, zde rozená, měla lepší vyhlídky na uplatnění. A teprve teď se začala rýsovat schopnost, civilizace a zděděné vlastnosti té které národnosti. Je jistě ku cti každé národnosti, pokud se dokázala zapojit existenčně i veřejně do amerického životního stylu, ale při tom si zachovala svojí tradici a všeobecnou charakteristiku svého původu.

Víme, že tyto vlastnosti se obyčejně začaly vytrácet už v následujících generacích, ale tím více musíme oceňovat příklady, kdy i generace třetí a čtvrté dokázaly prokazovat nejen svůj civilizovaný původ, ale i schopnost hovořit v řeči svých předků.

A teď přicházíme k ocenění krajanské činnosti naší. Čas nestojí, ale letí. Přinesení sokolské činnosti do Spojených států už v roce 1865 znamená jistě přínos něčeho, co nesouvisí s pouhým pracovním a existenčním začleněním do amerického života, ale je přínos do činnosti kulturní a společenské.

Teprve v poslední době začínáme chápat, že tak jako existence "Sokola" doma byla projevem vlasteneckého citění celého národa a stala se nevymazatelnou částí jeho historie, tak právě zde v té materiální Americe, něco podobného chybí. Teprve dnes začínáme chápat hodnotu přínosu české a slovenské emigrace, kdy po více nežli šesti i více generacích je určitou ukázkou tradic a charakteristiky svých předků, že nepřišli s holýma rukama a že máme Americe co dát.

Až dosud sokolství v Americe bylo chápáno jako pomůcka k zachování a udržení české řeči a národních tradic, ale teprve teď, v tom neúprosném asimilačním procesu si musíme uvědomit, že i po ztrátě původní řeči, myšlenka pokračuje. Že ten "Sokol" i když už někdy snad nebude hovořit česky, předává Americe něco, co zde nebylo, ale co zde nejen může pokračovat, ba naopak je zde velmi zapotřebí.

Američané nejsou idealisté — naopak — a proto pokračování něčeho, co sice není amerického původu, ale je přebíráno generacemi zde narozenými, dokazuje svojí potřebnost.

Základní sokolské vlastnosti a program jsou nejen zdraví a síla, ale dobrý charakter a hlavně

kladný poměr k vlastnímu národu, čemu se říká jedním slovem vlastenectví. Není proto naprosto třeba aby sokolství v Americe zanikalo současně s řečí svých předků, ale je třeba, aby se zapojilo do americké historie tak, jako Sokol doma se zapojil do historie Československa.

Budoucnost Sokola v Americe nemusí proto záviset pouze na udržení české řeči, ale na schopnosti jejích vůdců předat Americe ideu vlastenectví, bez které ani samotná a mocná Amerika nebude schopná si zajistit svojí vlastní budoucnost.

Každý národ na světě se vyznačuje vlastnostmi dobrými i špatnými. Bohužel, že ty špatné mají vždy lepší možnosti k uplatnění. Dokázala-li by ale Amerika přebírat od každé své etnické skupiny jen ty vlastnosti dobré — pak by byla národem opravdu dokonalým.

Máme proto jistě právo býti hrdými na to, že česká a slovenská imigrace z let předválečných, dává Americe k dispozici ze svého — to svoje nejlepší.

V. Ženíšek

*Vzdělavatel sokolské župy Střední*

Bringing Sokol activities into the United States in the year 1865 was a very meaningful action. A pioneer's act in pioneer times.

It was very evident that the Czech, and Slovak immigrants were bringing more than their luggage here, in addition, their inborn intelligence and cultural ability. They did not come empty-handed. Together with working power, they contributed to the social and cultural life.

We realize only now, after six or more generations, that they brought something that even big and powerful America had a use for. Up to now, in our ethnic community, Sokol in America was seen as a means to keep the Czech language alive. The basics of the SOKOL idea and program is not only Strength and Health, but good character and good relationships to this Country, Patriotism.

The future of SOKOL, therefore, should not depend only on preservation of the original language, but on the ability of its leaders to give, or to transfer its educational and patriotic ideals, without which even powerful America will be able to assure its freedom and independence in the future.

In other words, — to place itself into the American history the same way SOKOL did in the history of Czechoslovakia.

Every nation on earth has its good and bad characteristics. Regretfully, those bad are always much easier to be absorbed. If America would be able to implement from each ethnic group only the good ones, then it would be the best and most respected nation in the World.

We surely have a reason to be very proud of the fact that our Czech and Slovak immigrants from the beginning were giving to America from its good — the very best.

"NAZDAR"

V. Zenisek

*Central District Ed. Dir.*

# 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-acquainted dance at the Kongresshaus. (B)

#### JULY 5 SATURDAY:

May take one of our optional tours to Constance or Lucerne. Evening Slet Concert 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)  
This 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  
The day begins with a city sightseeing tour of Florence—Lunch is on your own followed by an opportunity for shopping or additional sightseeing. We 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. This afternoon is devoted to an escorted shopping tour. Dinner and overnight in the hotel. (BD)

#### JULY 11 FRIDAY:

ROME  
The 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. Stephen's 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 Kartnerstrasse 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 Konopište, 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 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, Man 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 Holbrauhaus 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 bag 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 \$719.50**

\*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 requote.

Further information may be obtained from:

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## *To All Sokol Members*

*The American Sokol is  
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and educate.*

*Please contribute through  
articles of interest such as  
philosophy, culture, history,  
etc. as often as possible.*

*Articles will be proofread  
and shortened as necessary.*

*Thank you, Lynda*

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## Calendar of Events

APRIL 19 — CENTRAL DISTRICT  
Spec. No. Competition

APRIL 19 — SOKOL GREATER CLEVELAND  
Mistřiňanka Folk Group from Czechoslovakia

APRIL 25 — SOKOL LITTLE FERRY  
Fish Fry

APRIL 27 — SOKOL GREATER CLEVELAND  
Concert Band Performance

MAY 16 — SOKOL MILWAUKEE  
Exhibition and Sokol Graduation

MAY 17 — SOKOL DETROIT  
Boys & Girls Competition

MAY 18 — SOKOL LOS ANGELES  
Veřejné cvičení and dance

MAY 25 — CENTRAL DISTRICT  
Children's Picnic

MAY 31 — SOKOL DETROIT  
Jrs. District Competition

JUNE 1 — CESKA SIN  
Summer Exhibition

JUNE 1 — LOS ANGELES  
Alpine Village

JUNE 1 — N.E. DISTRICT  
Summer Exhibition in Detroit

JUNE 7 — CENTRAL DISTRICT  
Jr./Sr. Competitions

JUNE 8 — CENTRAL DISTRICT  
Slet

JUNE 15 — GREATER CLEVELAND  
Summer Exhibition

JUNE 27-29 — WEST. DISTRICT  
Slet — Host — Sokol Omaha

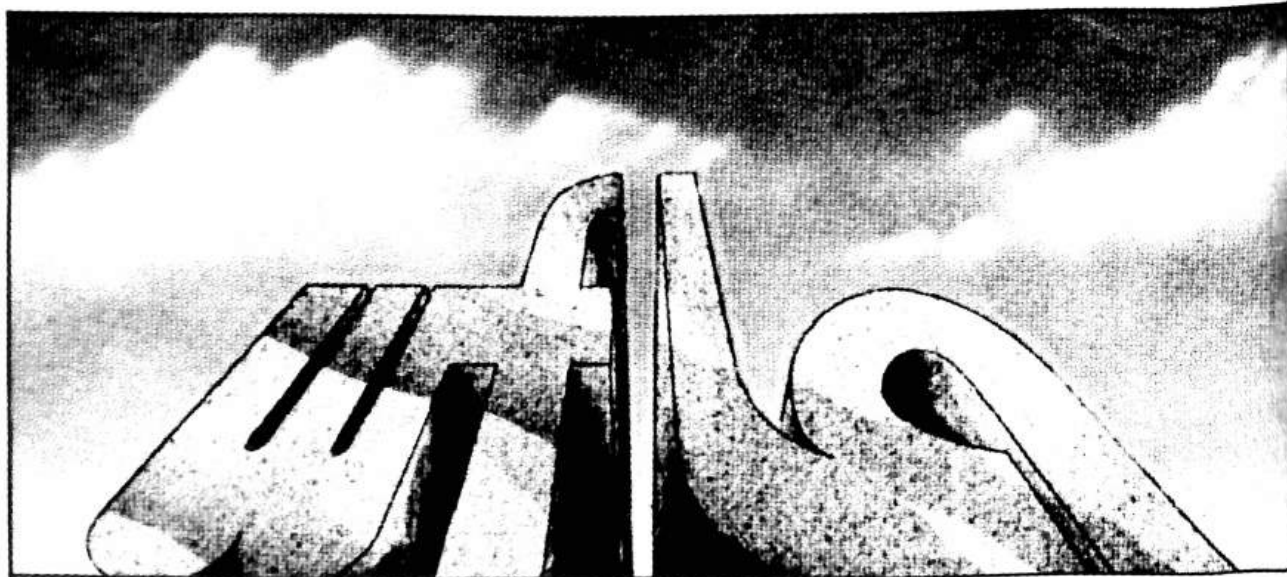
JULY 25-AUGUST 3 — HOST SOKOL  
South Omaha, A.S.O. Instructors Course

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