

AMERICAN SOKOL

Publication of the American Sokol
Educational & Physical Culture Organization

Vlasta Matela

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



The Slet tour of the American Sokol Organization for the VI Sokol Slet of the Czechoslovak Sokols Abroad to Zurich, Switzerland during July 3 thru 8 1986 was well planned and escorted by Cihak World Travel, Berwyn, Illinois. The tour departed from O'Hare airport on Lufthansa airline at 5:15 p.m. on July 3, 1986.

Originally about 150 tourists applied for the Zurich tour. However, uncertain conditions at international airports provoked by terrorists and followers of Khadafy and the unexpected catastrophe in Ukrainian Chernobyl caused many would be tourists to cancel their plans. In spite of everything, the American Sokol tour headed by its President Brother George Basta and his wife Ann filled a large portion of the airplane. This group also filled two large modern buses during the European part of the tour. The group was easily identified by the blue flight bags, imprinted VI SLET—ZURICH 1986 — Czechoslovak Sokols Abroad — ASO — which were a gift, furnished by Cihak World Travel. These were very unique and held many necessities that the tourist needs to have at hand for daily use. Many people inquired as to their purchasing these bags, without luck.

July 4, 1986. After a short stop in Frankfurt and transfer to another plane, we landed at Zurich airport at 10:15 a.m. where we boarded two charter buses, exclusively for our group which provided all necessary transportation during our stay in Zurich, thus eliminating worries about taxis, buses or local trams which were limited due to many visitors for the Zurich celebrations. We were all identified by a blue badge with A.S.O. which speeded boarding busses without problems as these were solved by Mrs. Cihak and her son Edward who resolved all transportation problems, and were carefree to enjoy our trips and personal problems, or going about on our own.

In Zurich our group stayed at Nova Park or Stoller Hotels, both of which are located on Badenerstrasse and within walking distance of the Letzigrund stadium, site of the Slet. We were divided due to hotel accommodations being limited because many visitors coming into town for the 2000th celebrations of the founding of Zurich by the Roman on July 6, when their stronghold was known as Turikum, later Curych — Zurich.

For general information, wish to note that there are 15,000 Czechoslovaks living in Switzerland with most of them emigrating after Russian invasion in 1968. In the Canton of Zurich there are about 5,000 Czechoslovak people. Tourists from all parts of the world came to the Slet, totaling about 1,200, some coming as participants others as spectators. It is no wonder hotels were filled to capacity and all available housing was put to use. These crowds also added to the transportation problems and many streets were closed thus having drivers find alternate routes, to their destinations.

In the evening we all attended the "Welcoming" at the Kongress House which is located near the Zurich Lake. We arrived early in order to view the Slet exhibit which was prepared and supported by Sokols from all parts of the World. It consisted mainly of photographs, pamphlets of Sokol events and literature. It was housed in only one section of the large and impressive Kongress House. It was possible to purchase many souvenir items as well as books and almost everyone bought something. I myself found "Morový Sloup" by Seifert as my "catch" and souvenir.

The evening was a meeting of Brothers and Sisters from all four corners of the World, with guests from England, Argentina, Australia, France, Austria, Holland, South Africa, Canada, Sweden, Switzerland, U.S.A. and West Germany. They all recalled their memories of past Slets

(Cont. on page 96)

AMERICAN SOKOL

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OFFICE OF THE EXECUTIVE BOARD ASO

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

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Change of Address for American Sokol

AMERICAN SOKOL ORGANIZATION
6424 West Cermak Road
Berwyn, IL 60402

Sokol _____

Name _____

Old address _____

_____ Zip _____

New address _____

_____ Zip _____

Calendar of Events

SEPT. 28, 1986 — SOKOL FUEGNER, L.I.
100th Anniversary Dinner Dante's.

OCT. 26 — SOKOL & SOKOLICE MILWAUKEE
Recognition Dinner

NOV. 21, 22, 23 — SOKOL & SOKOLICE
MILWAUKEE — Holiday Folk Fair

DEC. 27 — SOKOL & SOKOLICE
MILWAUKEE —
Czech Christmas, European Village

FUTURE SOKOL LEADERS FUND

JULY, 1986

In memory of Sis. Vlasta Vojta —
Mr. and Mrs. Robert J. Vondrasek
and Mr. and John F. Cilik \$50.00

LIBRARY AND ARCHIVES FUND

JULY, 1986

In memory of Sis. Vlasta Vojta —
Fred C. and Emily P. Stankovsky \$10.00

DIRECTORY CHANGES

SOKOL & SOKOLICE RACINE
new sec. Ally Larson
1834 Polaris, Racine, WI 53404
414-633-6927
V. Pres. Alma Christensen
6243 Charles St., Racine, WI 53402
414-639-2461

SOKOL LOS ANGELES
change of address

Ed. Dir. Jiri Liska
1857 Burning Tree,
Thousand Oaks, CA 91362

CORRECTION TO JUNE PUBLICATION

Sis. Alice Kalkwarf is the mainstay of Sokolice
Crete **not** Sokol So. Omaha.

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CVII

September — 1986 — Září

Číslo - No. 9

American Sokol Executive Board Meeting

The regular meeting of the executive board was held on June 24 at Klas Restaurant to honor two past Presidents, Br. Stanley Barcal and Br. Roy Zitny.

After dinner, President George Basta presented past president pins to our two deserving brothers. Article with pictures follow these minutes.

Correspondence: invitation from Slovak Gymnastic Union Sokol to Br. Basta to attend their 90th anniversary, Br. and Sis. Borvansky to attend as Br. Basta will be in Zurich. Western District submitted revised bid for 1989 National Slet, accepted and approved. Letter from Vincent Gonzalez regarding Cleveland case, motion to dismiss has been filed. Sokol Houston building is now in proper hands, legal Unit now in control. Sokol Seattle, two members wish to transfer to Sokol Los Angeles. Approval for Pacific District to handle this. Auditing report on the XVI American Slet Committee, accepted. Copies of membership report sent to the six district presidents.

Director of Women: Sis. Sylvia Pistorius: Report on Zurich Slet status, we will present Statue of Liberty Flag. Letter from a Sis. Mikus Fayetteville, Tx. re Czech dances. Her letter referred to Southern District as potential new unit, Sis. Norma Zabka will represent us at USGF conference. Central District to conduct seminars for Directors and instructors. Br. Benak in close correspondence with national board regarding instructors course. Our Districts were reminded again of their obligation to send material to the Gymnast part of the Publication as stipulated at our last convention. Sis. Filipello stated that Central District has sent many in. It was recommended that Sis. Dolly Baca be requested to write a folk dance for our 1989 ASO Slet. FINAL REPORT FORMS: Western District Women's Compulsory Judging Clinics, Sokol So. Omaha, Sokol Omaha, and Sokol Crete, instructor Sis. Jolene Dalton for mileage and per diem, \$95.80. Northeastern District Slovak Sokol Course, Berryville, N.Y. Aug. 4 thru 24th, 1 student, \$330.00, both approved for payment.

Director of Men — Bro. Richard Ptacek: Letter received from Sis. E. J. Schnabl and E. Balas offering their services to write calisthenics for 1st and 2nd class boys and girls for the 1989 SLET, approved. All Slet calisthenics, except TOTS have

been accounted for: Seniors, Br. Dave and Sis. Judy Harlan; Juniors, Sis. Pat Satek and Br. Paul Gilea. Reservations and room assignments for the Directors Conference are to be in by September 1. B.O.I. had lengthy discussion regarding the proposed certification of ASO instructors. Br. Michalek submitted a form and application for USGF Safety Certification Course and Test to be held Sat. June 21 in Indianapolis. Permission to attend this course was given by the BOI pending approval of the Executive Board. Approval given with \$100.00 per diem. Sis. Schnabl is to present ASO with collection of calisthenics from years past. Br. Michalek would like to prepare a history of all prominent officers of Sokol starting with the board of instructors. He, therefore, requests a short resumé of their life in the Sokol movement which will be published from time to time in the Gymnast.

MEMBERSHIP CHAIRMAN — Br. Fred Kala — excused, no report.

EDUCATIONAL CHAIRMAN — Bro. Paul Lebloch: Received pictures from Br. Rabas; materials books, and pamphlets from Sis. Belsanek. Recommend ASO purchase replica of Statue of Liberty for display at office. Sis. Filipello to order.

PUBLICITY — Br. Jerry Rabas: Articles on District Slet in both Czech papers.

ENGLISH PUBLICITY — None.

FINANCIAL SEC. — Sis. Mildred Pinc: May report distributed. Internal audit for 1st quarter completed and in good order. Membership rosters sent to Karel Havlíček Borovský, Sokol and Sokolice Milwaukee, and Sokol Slavsky. The annual 990 report was filed, annual report of charitable trustee, AG-990PC was also prepared. Have completed the computation of what Sokol Cleveland owes the ASO through the 4th quarter of 1985. Letters are being written to Sokol units which have reported associate members with corrections of the fees. I participated in the Central District Slet and will travel to Zurich to attend Slet.

TREASURER — Br. Robert Barcal: Reconciled bank statements and books. All in order. Comparison charts passed out. Br. Basta also introduced Sis. Helene Keppler who works on the financial reports on the computer. Uniform division is the one last thing we have to put into the system.

EDITOR — Sis. Lynda Filipello: Had pictures of rhythmic gymnastics professionally photographed for new ASO tri-fold. St. Louis Jr. Girls graciously modeled for these photos. Approved photographers fees \$20.00. Brought in forms for re-

filing our second class mailing for publication. Postal records showed we were originally filed as a profit organization in error. Discussion followed.

SECRETARY — Sis. Jackie Kourim: Processed all the letters and mailings mentioned in correspondence. Approval received to order steel shelving. I installed the officers of Sokolice Tabor on June 6th.

II V. PRESIDENT — Br. Gary Masek: Last report on National Course was 98 students.

I. V. PRESIDENT — Br. Charles Borvansky: Participated in Central District Slet.

PRESIDENT — Br. George C. Basta: Installed Sokol Slavsky's officers, June 4th, Sokol Berwyn's June 12th, attended Central District Slet, June 8th, and Southern District Slet June 14, 15, and 16 in Fort Worth. Houston matter discussed at length. Br. Larry Laznovsky was awarded plaque for his 18 years as Director of Men for the Southern District, a very touching presentation. Insurance information given. No liability insurance. A committee of Br. Basta, Sis. Kourim, Pinc, and Sotka was appointed to review the insurance problems. This committee includes Sis. Basta who did much work for Central District's Slet.

OLD BUSINESS: CSA banquet: Br. Basta and Sis. Basta will be joined by Br. and Sis. Zitny, Br. and Sis. Rabas, and Br. and Sis. Kourim. Br. Paul Lebloch will represent us as speaker at the Czechoslovak Sokols Abroad at the Nova Park Hotel on July 3rd.

NEW BUSINESS: Sis. June Pros gave report on the uniform division and the new computer and its progress. Requesting an advance of \$4000.00 to pay current bills for stock ordered and received in preparation for the 1986/87 Sokol season. Will save 5% if paid by June 30th. Approval given. The State revenue department will be contacting us regarding taxes due on purchases made for the past three years, also a penalty to be charged. We need a Tax Exempt number. 1986/87 uniform prices will be raised to reflect sales tax/manufacturers increases on all items. We are unable to locate a new supplier for the red Tots shorts. Any suggestions? Have received many letters and comments of thanks for prompt handling of orders. This is because we have a ready supply of goods.

Meeting adjourned.

Respectfully submitted, *Sec. Jackie Kourim*

Edited by *Lynda Filipello*

ASO FINANCIAL REPORT

JULY, 1986

RECEIPTS:

Dues	\$ 5,232.00
Convention Fund	112.00
Special Assessment — Southern District	56.00
Advertising in "American Sokol"	200.00
Resale of Jewelry	346.50
U.P.S. Charges	2.57

Membership kits	60.00
Sokol Tie	8.00
	<u>6,017.07</u>

A.S.O. Uniform Division — Rent, Salaries, etc.	492.62
	<u>\$ 6,509.69</u>

Total Receipts

DISBURSEMENTS:

ADMINISTRATIVE

Salaries — Office Employees	\$ 803.75
F.I.C.A. & F.W.T. for June, 1986	185.84
I.W.T. — 2nd Quarter, 1986	65.60
Rent, Janitor Services, Phone, Electric	936.65
Repairs to typewriter	30.00
Travel Expense	475.21
GNFPCA Filing Fee	5.00
Printing Quarterly Report blanks	54.85
C.P.A. Professional Services	3,982.70
C.S.A. Banquet	60.00
	<u>\$ 6,599.60</u>

BOARD OF INSTRUCTORS

Salaries	\$ 326.18
F.I.C.A. for June, 1986	83.50
I.W.T. — 2nd Quarter, 1986	42.08
Editor "Sokol Gymnast"	30.00
	<u>\$ 481.76</u>

EDUCATIONAL DEPARTMENT

Salaries	\$ 202.36
F.I.C.A. for June, 1986	23.60
I.W.T. — 2nd Quarter, 1986	10.61
Books	25.40
Picture Frames	57.12
	<u>\$ 319.09</u>

SOKOL PUBLICATION

Mailing list changes — July, 1986	\$ 179.59
Editor "American Sokol" — July, 1986	125.00
Salaries — Computer	675.87
Phone	5.11
	<u>\$ 985.57</u>

MISCELLANEOUS

A.S.O. Uniform Division — Salaries, F.I.C.A., June 1986, F.W.T., June, 1986, I.W.T. — 2nd Qtr., 1986 & Phone	\$ 194.06
	<u>\$ 194.06</u>
Total Disbursements	<u>\$ 8,580.08</u>

Balance brought forward:

Western National Bank of Cicero — Checking Account	\$2,151.03
Receipts — July, 1986	6,509.69
	<u>8,660.72</u>
Disbursements — July, 1986	8,580.08
	<u>\$ 80.64</u>

Two ASO past presidents honored

The June meeting of the executive board was highlighted by a dinner honoring past presidents Br. Stanley Barcal and Br. Roy Zitny. The occasion was originally prompted by Sokol Milwaukee's Br. Fred Stankovsky's design of the past presidents pin (see ad). Dinner was served family style with 41 paying guests enjoying the feast and conversation. Brother Basta delivered a humorous and brotherly speech on the many facets of Br. Barcal's life as a Sokol. As a top notch gymnast, he competed in the Championship division in 1935, '39, and '46, taking first place in '46. As Sokol instructor he kept Sokols in line at Sokols Rozvoj, Chicago, and Berwyn. As a member of the National B.O.I. for 46 years, he served under Directors Jelinek, Kudrnovsky, Halik, Linhart, and Lebloch. He traveled to Prague in



Bro. George and Sis. Ann Basta

1932 and 1938 as a member of the ASO team. He was Director of Men for Sokol Chicago for 19 years and President for 32 years even to this day. He is also president of the Chicagoland Building Assn. He was elected to the highest office in the ASO at the 1965 convention and again in 1970. Had the by-laws not been changed, he may still be serving as the ASO President. His lovely wife, Rose, has been at his side throughout. Br. Basta



Br. Roy and Sis. Vlasta Zitny

continues, "On behalf of Sokol and all your friends, it gives me great pleasure to present you with this past president's pin. May you wear it proudly and in good health."

Br. Barcal commented, "Serving the Sokol organization has always been my pleasure. The executive board is a team effort. The climax of the Slet year of 1985 was by far the best Slet I have ever seen and that goes back to Soldier's Field. The convention itself had some touchy subjects and emotional ones. Our problems did get solved finally after several years. Last, but not least, I am very grateful for all your cooperation and all the cooperation at home."...

In honor of Br. Zitny: Br. Basta continues, "Our next past president Br. Roy Zitny comes from an all-Sokol family. Br. Zitny was active gymnastically and received many awards as a member of Sokol Havlíček-Tyrš. He served on the B.O.I. and was Director of Men. Three ASO Presidents have come from Havlíček-Tyrš. When he transferred to Sokol Brookfield he instructed in all classes for fifteen years, also serving as Director and President during that time. He has been Director of Men for the Central District and member of the National B.O.I. In 1975 he was elected ASO president and again in 1980. On behalf of all your friends here and the ASO it gives me great pleasure to present this past president's pin."

Br. Zitny comments, "I would like to thank everyone and also to thank the executive board that I was privileged to head for those ten years. We didn't always see eye to eye but we all always would do what we thought was right for the ASO. I also want to thank my wife, Vlasta, for all the times I



Br. Stanley and Sis. Rose Barcal

was away for Sokol. As Stanley has said, I received more from Sokol than I gave. It is something that many people do not realize until you are a member of such an organization and in part become involved. You have done something with your life."

Sis. Prener noted that a new era is here with Sokol in the U.S.A. as the past three presidents of the A.S.O. were born in America.

The executive board encourages the membership to honor their past presidents by presenting them with the past presidents pin this year.

Sokol Educator

LET'S TAKE THE "SOAK" OUT OF SOKOL

For years now I have been listening to many of you out there saying "Soakohl" when speaking about our organization. It has bothered me a great deal and I have decided to say something about it, but most of all I am greatly concerned that perhaps we are about to lose some of our last Czech connections to our American Sokol Organization and that would be a great shame.

There are, as far as I can tell, three Czech words which most of us still use in our Sokol gymnasiums and Sokol meetings. They are "Sokol", "Slet" and "Na Zdar!". If there are others, please let me know.

1. Sokol — is our organization's name or title, which means falcon, a member of the hawk family (probably Perregrine). Instead of using the "o" sound as in "soak" why not try to find an "o" sound closer to the original Czech sound, but this is not so easy, close, but not enough is the "o" in "or" which gets lost in the "r" sound, and there is the "o" in "some", "sommersault" or "son" or the "au" or "ou" as in "taught" or "bought". Still not too close, but either could be a start toward getting the original Czech sound. With a little practice and a lot of good will, we can do it.

2. Slet — our Czech name for the Annual District or the Quadrenial National American Sokol get-together, meaning a flocking as in "Birds of a feather, flock together" — a gathering or get-together of Sokols from everywhere, a festival, a time for great gymnastic feats, exhibitions, cultural events and social events, a time for fun and frolic. There should be no problem pronouncing "Slet" with a sound as in the word "Bet".

3. Na Zdar! — is most meaningful and expressive word of the three. It expresses our true feelings about the Sokol organization. Some say it should be written Nazdar as one word while others contend it should be two words as in Na Zdar as I used it in opening this discussion. The word has a very satisfying, very re-assuring and a very wide range of meanings, all having to do with wishing one another well (the best). Here a few — I wish you "Good luck" — "Good fortune" — "Success in all your endeavors" — "Success to you" — "To Sokol" — "To all of us" — "Make good" — "May you make your way" — "Come out on top" — "Be a winner" — "We can do it" — "We shall carry the day" — "Sokol is great" — "We are No. 1" — "We shall overcome" and a lot more.

Na Zdar should be pronounced "Naz" as in "buzz" and "Zdar" with the letter "a" as in "star" with a "Z" sound and a rolled "R" sound (rrrrrr).

Just as I was finishing, another Czech connection has been suggested. We in Central District have recently added two new Units to our roster, Sokol Naperville and Sokol Česká Sín of Cleveland, Ohio.

We have been asked to inform you that there is no sin in Česká Sín which translated means "Czech hall" or "Auditorium".

Česká Sín — Čes pronounced as in the word "Chess" and "ká" with the letter "a" as in the word "ah". That was the easy part. Now, you should pronounce "Sín" as you would pronounce the word "seen" with the "n" sound as in "canyon" or as in "onion", the "ny" sound. Na Zdar! *Edwin J. Halik*

Sokol Milwaukee Mourns the Loss of Brother AUGUST SHABART

On Saturday, August 2, 1986, Sokol Milwaukee members gathered to bid farewell to our departed Brother Sokol, August Shabart. He was 94 years old, a member of our unit for 76 years and served as its President from 1962 to 1971.

He married Barbara Neihofner on October 7, 1916 and they enjoyed 69 years together. They lived near the "Česká Sín" for a few years before moving to the 39th street home where they still resided. He took a very active part in Czech culture and enjoyed Sokol gym and dramatics. As an accomplished musician he played in many Czech Bands and Shriner's Band. Br. August was a very devoted Sokol member. His motto was "Sokol Jsem a Sokol Budu" — "I am a Sokol and a Sokol I will remain." In his younger years he was active in gymnastics and was on teams that traveled throughout the Mid-Western States.

Br. President, Fred C. Stankovsky, gave the eulogy and closed the services with this poem and a Sokol March.

*I'd like the memory of me
to be a happy one
I'd like to leave an afterglow
of smiles when life is done.
I'd like the tears of those who grieve
to dry before the sun
Of happy memories that I leave
when life is done.*

Surviving are his wife Barbara, daughter Audrey (Donald) Braatz, grandchildren Susan and Neal Braatz, Virginia (Darrell) Kraus, relatives and many friends. His brother, Allen Shabart, preceded him to eternal rest on November 30, 1985. He was 98 years old and a member of our unit for 80 years. A great loss for Sokol Milwaukee.

Nazdar, *Fred C. Stankovsky*
President, Sokol Milwaukee

HAVE YOU BROUGHT A FRIEND TO
SOKOL WITH YOU YET?



AMERICAN SOKOL ORGANIZATION

GYMNAST

SEPTEMBER 1986



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

American Sokol Organization presents the Graduates of the Outstanding National Instructors School

conducted at Sokol South Omaha in Nebraska
July 25 to August 3, 1986

Director: Bud Benak

Instructors:

Jolene Dalton, Bob Liptak, Frank Michalek, Rome Milan, Jerry Milan, Joe Vrzahlik, Norma Zabka



WESTERN DISTRICT SLET

June 1986

MASTERS DIVISION — Men

*1. Matt Dostal, Sokol Cedar Rapids	52.40
2. Jeff Dostal, Sokol Cedar Rapids	42.25

LOW DIVISION — Men

*1. Bud Benak, Sokol South Omaha	54.55
*2. Mark Forman, Sokol South Omaha	51.75
*3. Lee Sell, Sokol Cedar Rapids	47.90

INTERMEDIATE DIVISION — Men

1. Tony Swoboda, Sokol South Omaha	46.10
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HIGH DIVISION — Men

1. Marc Johnson, Sokol South Omaha	36.25
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INTERMEDIATE DIVISION — Junior Boys

*1. Steve Andersen, Sokol Omaha	50.30
*2. Michael Ragland, Sokol South Omaha	50.05
*3. Jeremy Caniglia, Sokol Omaha	50.00
4. Tom McLaughlin, Sokol South Omaha	49.40
5. Derek Fickenscher, Sokol South Omaha	43.25
6. Michael Finney, Sokol South Omaha	41.70
7. Richard Nieto, Sokol South Omaha	40.40

1. Team Sokol South Omaha	142.70
Michael Ragland	
Tom McLaughlin	
Derek Fickenscher	

LOW DIVISION — Junior Boys

*1. Hank Cerny, Sokol Crete	52.40
*2. Tony Vejraska, Sokol Crete	48.50
*3. Thomas Ragland, Sokol South Omaha	46.00
4. Patrick Nieto, Sokol South Omaha	44.85
5. Tom Sobetski, Sokol South Omaha	43.50
6. Sammy Buscher, Sokol South Omaha	40.85

*1. Team Sokol South Omaha	175.20
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CHAMPIONSHIP JR. BOYS

*1. Jonathan Dall, Sokol Omaha	48.95 Comp.
	<u>41.05</u> Opt.
	90.00
*2. Buddy Benak, Sokol So. Omaha	47.40 Comp.
	<u>39.25</u> Opt.
	86.65
3. R. McLaughlin, Sokol So. Omaha	47.25 Comp.
	<u>38.50</u> Opt.
	85.75
4. Scott Zymball, Sokol So. Omaha	46.40 Comp.
	<u>38.45</u> Opt.
	84.85
1. Team Sokol South Omaha	172.40

CHAMPIONSHIP MENS

*1. Kylon Rolles, Sokol Omaha	50.50 Comp.
	<u>45.60</u> Opt.
	96.10
*2. Jack Walsh, Sokol South Omaha	50.20 Comp.
	<u>41.65</u> Opt.
	91.85

CHAMPIONSHIP JR. GIRLS

*1. L. Fickensher, Sokol So. Omaha	40.90 Comp.
	<u>30.95</u> Opt.
	71.85
*2. Tina Cahalne, Sokol So. Omaha	39.65 Comp.
	<u>31.80</u> Opt.
	71.45
*3. S. Gregurich, Sokol So. Omaha	36.30 Comp.
	<u>25.75</u> Opt.
	62.05
*1. Team Sokol South Omaha	143.30

CHAMPIONSHIP WOMEN

*1. M. Swoboda, Sokol So. Omaha	43.60 Comp.
	<u>28.20</u> Opt.
	71.80
*2. Jackie Slezak, Sokol So. Omaha	42.25 Comp.
	<u>27.60</u> Opt.
	69.85
*1. Team Sokol South Omaha	141.65

HIGH DIVISION — Women

*1. April Annin, Sokol South Omaha	38.40
*2. Colleen Kenney, Sokol South Omaha	33.80
*1. Team Trophy, Sokol South Omaha	72.20

LOW DIVISION — Women

*1. Debbie Glogowski, Sokol South Omaha	42.90
*2. Allison Gerber, Sokol Cedar Rapids	40.90

INTERMEDIATE DIVISION — Women

1. Betty McNiff, Sokol Minnesota	36.20
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MASTERS DIVISION — Women

*1. Theresa Vernon, Sokol Crete	43.50
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HIGH DIVISION — Junior Girls

*1. Cindy Hoden, Sokol South Omaha	39.60
*2. Stephanie Johnson, Sokol South Omaha	39.50
*3. Bonnie Ficek, Sokol South Omaha	38.95
*1. Team Trophy, Sokol South Omaha	79.10

INTERMEDIATE DIVISION — Junior Girls

*1. Tami Higgs, Sokol South Omaha	41.90
*2. Jill Hahn, Sokol South Omaha	41.75
*3. Kandy Holecek, Sokol South Omaha	40.10
4. Tiffany Teply, Sokol South Omaha	39.30
5. Amy Hoffman, Sokol South Omaha	35.25
*1. Team Trophy, Sokol South Omaha	123.75

LOW A DIVISION — Junior Girls

*1. Amy Driscoll, Sokol Cedar Rapids	41.75
*2. Carmen Novak, Sokol Crete	41.60
*3. Angela Koehler, Sokol Cedar Rapids	41.10
4. Jenny Sueper, Sokol Crete	41.05
5. Cathy Boeding, Sokol Cedar Rapids	40.95
6. Chris Hrabik, Sokol Omaha	40.50
7. Renda Vlasin, Sokol Crete	40.25
8. Sophie Ragland, Sokol South Omaha	38.20
9. Jenna Brigman, Sokol Omaha	37.40
10. Natalie Angelo, Sokol South Omaha	36.40
11. Laura Hendricks, Sokol South Omaha	36.05
12. Sheri Rezny, Sokol Crete	33.50

*1. Team, Sokol Cedar Rapids	123.80
Cathy Boeding Angela Koehler Amy Driscoll	
2. Team, Sokol Crete	122.90
Carmen Novak Jenny Sueper Renda Vlasin	
3. Team, Sokol South Omaha	110.65
Sophie Ragland Laura Hendricks Natalie Angelo	

LOW B DIVISION — Junior Girls

*1. Nicole Fiala, Sokol Cedar Rapids	43.60
*2. Julie Vlasak, Sokol Cedar Rapids	43.20
*3. Jennifer Benak, Sokol South Omaha	43.05
4. Danielle Kowalski, Sokol Cedar Rapids	42.65
5. Julie Schilling, Sokol Cedar Rapids	41.95
6. Dana Sindelar, Sokol Cedar Rapids	40.85
7. Mendi Wise, Sokol Crete	40.80
8. Wendi Fry, Sokol Crete	40.55
9. Gina Brown, Sokol Crete	38.60
10. Deidre Kowalski, Sokol Cedar Rapids	38.05
11. Michelle Seefus, Sokol Omaha	38.00
*1. Team, Sokol Cedar Rapids	129.45
Nicole Fiala Julie Vlasek Danielle Kowalski	
2. Team, Sokol Cedar Rapids	120.85
Julie Schilling Dana Sindelar Deidre Kowalski	
3. Team, Sokol Crete	119.95
Mendi Wise Wendi Fry Gina Brown	

Look at the rules

GETTING FIT should be fun. Keeping that way will be even more rewarding. But before you start, take special note of the following suggestions:

DO

- Start slowly and use moderation in your exercise build-up.
- Choose exercises and activities you enjoy.
- Undertake only what you can do and what makes you feel good.
- Use your warm-up exercises before you begin and repeat them to "cool down."
- *See a doctor first if you are over 30 years old and haven't regularly exercised, have any chronic illness, or if you have chest pains.*

DON'T

- Overexert or exercise to exhaustion.
- Pattern your exercise program to match someone else's.
- Expect overnight miracles.
- Neglect to eat the foods that will give you the energy you need.
- Forget to keep records of your fitness progress.

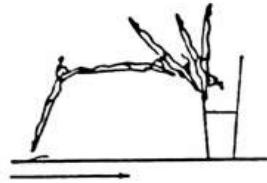
FIG-FACTS

The following are rules and regulations from the FIG Code of Points which governs all gymnastics competitions.

WOMEN

Vault: A half turn on, full turn off is a B-vault, rated at 9.40.

Uneven Bars: As a mount, a jump with extended body to a handstand on the low bar is a D-part.



Balance Beam: Special requirements:

- 1) One acrobatic series of at least 2 elements, one of which must show a flight phase.
- 2) One gymnastic series of two or several elements, at least A.
- 3) One full turn on one leg.
- 4) One gymnastic leap or jump with great amplitude.
- 5) Dismount of at least B value.

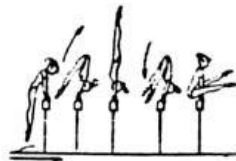
Floor Exercise: Back saltos—tucked, piked or stretched—are A-parts.

WOMEN

Vault: Flashing an incorrect or no vault number results in a .30 deduction.

Uneven Bars: If a routine has less than 10 elements, the deduction is .20.

Balance Beam: A press to handstand, lower to straddle-L is a B-part.



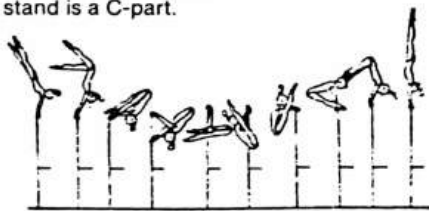
Floor Exercise: A full-twisting back salto is a B-part, a double twist is a C-part, and a triple twist is a D-part.



WOMEN

Vault: General — all vaults must be performed with the support of both hands on the horse. The approach to the board can be from a run or a roundoff. The vault may not have more than one preparatory element before hitting the board.

Uneven Bars: A Stalder forward to handstand is a C-part.



Balance Beam: Content of exercise — the difficulty parts B, C & D must come from the following groups:

— Acrobatic elements with or without flight either forward, sideward or backward (round-off counts as sideward).

— Acrobatic strength elements.

— Gymnastic elements: turns, leaps or jumps and hops, step and running combinations, balance elements in a stand, sit and lying position, body waves.

Floor Exercise: A jump double turn is a C-part.



MEN

Floor Exercise: One flair circle is an A-part; two consecutive flairs is a B-part; flairs to handstand is a C-part; flairs with a spindle is a D-part.

Pommel Horse: If the routine has only one scissor, the deduction is 0.3; no scissor at all, 0.6.

Rings: If the routine contains no handstand executed with swing, the deduction is 0.3.

Vault: A layout Tsukahara is a C-vault, rated at 9.40.

Parallel Bars: If the routine contains more than 3 pronounced hold parts (2 seconds), the deduction each time is 0.1.

Horizontal Bar: A Russian (or inverted) giant is a C-part.



(Copies of the FIG Code of Points can be ordered through the FIG or the USGF.)

MEN

Floor Exercise: A tucked front salto $1\frac{1}{4}$ is a B-part. Performed in the pike position, it becomes a C-part.

Pommel Horse: Special requirements: at least 2 scissors in any connections; at least one exercise part executed on one pommel.

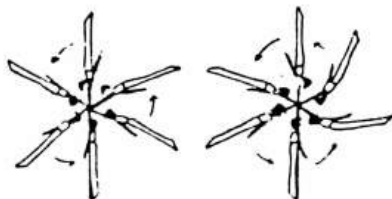
Rings: An iron cross and Olympic cross are B-parts.



Vault: A Kasamatsu tucked is a B-part, rated at 9.20.

Parallel Bars: Special requirements: one B-part with grip release-regrasp; one swinging C-part.

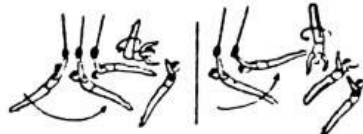
Horizontal Bar: One-arm giants, forward or backward, are C-parts.



Floor Exercise: If the gymnast takes more than 3 steps before his tumbling passes, the deduction is 0.3.

Pommel Horse: If one part of the horse is not used during a routine, the deduction is 0.3.

Rings: Front saltos, piked or stretched, with a half turn to dismount are B-parts.



Vault: A vault will receive a zero score if, upon landing, the feet do not hit the ground before any other body part.

Parallel Bars: If at least one B-part is not executed with a simultaneous grip release-regrasp, the deduction is 0.3.

Horizontal Bar: Front giant, roll to eagle grip is a C-part.



(Copies of the FIG Code of Points can be ordered through the FIG or the USGF.)

International GYMNAST

Edwin J. Jirousek

Among 32 athletes who were recently inducted into the Greater Cleveland Sports Hall of Fame was



Edwin J. Jirousek of Sokol Greater Cleveland. Over 700 people attended the induction banquet and ceremonies that were held at the Holiday Inn-Rockside on Thursday, June 26, 1986. This award was presented to Edwin Jirousek as a tribute to his achievements and contributions in the field of gymnastics. Eligibility for election is restricted to those individuals who are

considered Greater Clevelanders and those who were born or raised here and have brought recognition to the area through their sports accomplishment here or in other cities.

Edwin Jirousek has had a successful career in both Sokol and A.A.U. gymnastic competitions and he subsequently lent leadership to this sport as an instructor and administrator. Sokol Greater Cleveland along with the Northeastern District of the American Sokol Organization are extremely proud of Brother Jirousek's accomplishments. They gratefully acknowledge the valuable contributions that he has imparted to the Sokol movement, not only on the local level, but also on the national level. His love for Sokol and his tireless devotion of time and energy in the promotion of gymnastics is most commendable and certainly merits his induction into the Greater Cleveland Sports Hall of Fame.

Brother Jirousek's indoctrination into the Sokol family started in the Little Boys Class at Sokol Tyrš in 1925. He eventually served this Unit on the Board of Instructors for 29 years and on the Board of Directors for 23 years. He was the Unit's Director of Men for 23 years. His leadership qualities were also invested within the Northeastern District on both the Board of Instructors and Board of Directors. He served the District for 18 years as Director of Men and for 5 years as President.

Brother Edwin Jirousek collaborated along with other Sokols in composing and teaching various Special Calisthenics Numbers. He and the late Brother Frank Kratky were instrumental in writing the Special Numbers "Twelves" and "Fourteens" which were drilled on numerous Sokol Akademies. He also assisted in composing and teaching the Number known as "Calisthenic with Hand Apparatus", but by far, the most famous and familiar Special Number that he helped in arranging and design-

ing along with Brother Karel Vavra and Sister Evelyn Prazak is the "Red, White and Blue Number". This Number was originally drilled at the St. Louis Slet in 1955 and subsequently performed by the District on two Slets that were held in the Chicago area. This Number was also the high light of the program at the Slovak Slet held in the Cleveland Public Auditorium and has been performed to the delight and pleasure of viewing audiences in Cleveland, Detroit and Canada.

The former Sokol Tyrš Organization; the present Sokol Greater Cleveland Organization and the Northeastern District having cherished and appreciated Brother Edwin Jirousek's immeasurable contributions over six decades are indeed proud of his being and enacting a small and major part in their past and successful history. It is an honor and a privilege in having one of our Sokol members, Brother Edwin J. Jirousek receive this prestigious award and to be inducted in the Greater Cleveland Sports Hall of Fame.

Robert E. Jirousek
President, Northeastern District

Sis. Jackie Kourim Elected

Congratulations to Sis. Jackie Kourim on her recent election to the office of secretary of the Archdiocesan Council of Catholic Women (ACCW). The ACCW has a half-million members throughout the archdiocese of Chicago. Jackie is the wife of Bro. George Kourim and mother of Christopher, Peter and Cindi and Tom. They are a 100% CSA family, and members of Lodge Yankee.



Jackie's other extra-circular activities include being secretary of the American Sokol Organization, and past editor of its Sokol Publication. Sis. Kourim is also a gifted soprano, lending her talents on many occasions.

Jackie is a graduate of the Cicero public school system and J. Sterling Morton High Schol. She is an excellent example of how motherhood can be successfully combined with duties outside of the home.

lkc

Help Our Sokol Grow

A Fond Farewell to TWO DEDICATED SOKOLS of Sokol Fort Worth

**Brother Charles Newton "Bill" Renfro
(1915 - 1985)**



Born in Comanche, Tex., Bill was an avid sportsman achieving in football and then in heavy-weight boxing. He was first introduced to SOKOL after his marriage to Mary Milan in 1938. He distinguished himself in many fields including serving as a Chief Petty Officer during WW II, Business manager and Financial Sec. of the International Union of Operating Engineers, Local 819, Director of IUOE apprenticeship, and training school,

V. President of the Texas AFL-CIO, supporter of youth programs, and among many local awards for services, he received his 40 year Sokol pin in 1982. "Brother President" to all, he opened his heart and home to all Sokols, he instilled in his family a strong sense of pride and purpose through promoting the Sokol philosophy. Mary Milan and their family continue in the pursuit of the Sokol ideals.

Brother Donald Dwight Steinman Sr.



Born in Meadows, Ill. in 1919, Bro. Donnie lived in Fort Worth, Tex. for 45 years. Active in basketball during high school in Fort Wayne, Ind., he went on to become a decorated Air Force veteran, serving in the U.S. Army Air Corp in WW II, and the U.S. Air Force Strategic Air Command until 1953.

Br. Steinman and Rosie Milan were married for 42 years. Donnie served as a very active member of Sokol Fort Worth for 39 years. He thoroughly enjoyed the many social activities of Sokol life and he will be missed dearly.

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Sokolice Little Ferry Honors SISTER AUGUSTA SVEC

Sister Svec joined the Ladies Division in 1916 and had been an active member and officer in her early association. She was our Financial Secretary from 1920 to 1933, a total of thirteen years; our President in 1941 to 1946, and then served another term as President from 1952 to 1965 (a total of eighteen years as President). A GRAND TOTAL OF THIRTY-ONE YEARS AS AN OFFICER of the Ladies Division.

Throughout those years, Sister Svec had worked on various committees, supported all the events, and attended most of the meetings. She was the Ladies Division delegate at the various Eastern District meetings and at the conventions and slets that were held in Chicago, Baltimore, and so on.

Sister Svec was also a member of the Ladies Auxiliary and followed in her (Frances Kupp) mother's footsteps in the operation of our kitchen activities. Her vepřová, knedlíčky, and zeli dinners were among the best, I am told!

In recent years, you will remember her beautiful hand-made gifts that were used as special prizes for our fund-raising events. Lovely natural cone Christmas wreaths, "scatter" rugs which (her husband) Brother Paul hooked, afghans, pretty Christmas tree ornaments, and the unusual holiday centerpieces are just a few of the many donations she contributed.

Sister Svec: Because special awards are not available to members celebrating their seventieth anniversary, your sister Sokols have asked me to present this gift as a small token of our appreciation to you for your loyalty and devotion to the organization.

You are highly respected by all of us, and we are indebted to you for serving us so well throughout the past seventy years.

Congratulations, Sister Svec.

President, Blanche Bidnik

SOKOL SOUTH OMAHA CZECH QUEEN

Kandy Holocek, age 17, was crowned on July 1st as the Sokol So. Omaha Czech Queen. Kandy will be a senior at Bryan High this fall. She has been in the Sokol Gym for 13 years and also a member of the Sokolice. Kandy is the daughter of Frank & Joyce Holocek and she will represent our Unit at the Wilber Czech Festival on August 2nd. Congratulations, Kandy and good luck in Wilber! We are all proud of you.



SOKOLSKÝ SLET V CURYCHU

Ve dnech 4.—6. července t.r. byl uspořádán ve švýcarském Curychu VI. Slet Sokola v Zahraničí, který byl významnou přehlídkou sokolského hnutí, ve svobodném světě a stal se velkou manifestací Čechoslováků za svobodu a demokracii v jejich rodné zemi. Sjelo se jich několik tisíc do Curychu, aby spolu se Sokoly manifestačně vyjádřili společně úsilí. Mezi účastníky byli Sokolové z Jižní Afriky, z Austrálie, z Argentiny, USA, Kanady a téměř ze všech západních evropských zemí. Byly to radostné pocity při vzájemném seznamování a poznávání s bratry a sestrami z těch různých míst a kontinentů.

Slet by mohutným projevem dobrovolné kázně a dobrovolné souměřitelnosti všech Čechoslováků nejen se sokolskými ideály Tyrše a Fugnera, ale i se společným úsilím po svobodné budoucnosti země zrodu vznešené sokolské myšlenky.

Americká obec sokolská zúčastnila se také sletu velmi početnou delegací v čele se starostou br. Georgem Baštou. Při nástupu na stadión byla skupina Americké obce velmi nadšeně zdravěna a vítána. Řada cvičících zúčastnila se cvičení prostných mužů a cvičení žen s kužely. Rovněž se zúčastnili sletových závodů, kde získali řady prvních cen. Všichni naši cvičící prožívali radostné pocity z účasti na tak významném a úspěšném sletu. Přinášíme několik obrázků ze sletového dění. jr



Nástup všech účastníků sletu na stadiónu.



Předání vlajky svobody Čsl. sokolstvu v zahraničí. Od leva: Starosta Americké obce sokolské br. George Bašta, starosta Sokola v zahraničí br. Jan Waldauf, vzdělavatel AOS.

Bring a friend along to Sokol

AMERICAN SOKOL ORGANIZATION TOUR

(Cont. from cover page)

whether held in European cities, U.S.A. or Canada, it was indeed heartwarming. The evening continued with music, dancing and singing and at the height of the festivity, we departed as our buses were waiting to take us to our hotels as another long and busy day awaited us.

Our thoughts turn to our loved ones at home. How are they celebrating 4th of July? This year should be exceptionally festive with the Statue of Liberty being rejuvenated and with clean robe. We are with you in spirit, dear ones, as we recall how her famous outline is visible far into the ocean.

*Beautiful and fair, mighty Lady
Symbol of Liberty and wistful dreams
Today dressed in a clean robe and light
Again continue to greet pilgrims of the World
Continue to be that which you are today
And the torch of Liberty continue to hold
Neither storms or wind put out the light you wield
Do not disappoint the dreams of those that you greet.*

July 5th — Saturday. The day was devoted mainly for meetings of various organizations and committees. For those visiting Switzerland for the first time, a trip to the Alps was planned. Some went to the town of Kostnice where a memorial service for Mistr Jan Hus was held. Speakers for the event were Prof. Jan Milic Lochman of the Basil University and Brother Rudolf Fiala, Educator of the Sokols Abroad.

Since our tour departed early, before banks were opened, we found it necessary to exchange our money at the hotel. The rate was 32 Swiss francs for \$20.00 which was not much since an egg omelette for breakfast, no coffee or juice was 16 Swiss francs. Thus Switzerland was an expensive country even for Americans.

The bus first drove us through the city with local tour guide explaining points of interest. We continued thru the scenic countryside thru hills and valleys to the city of Lucern to a section called Alp-nachstadt where we boarded cable cars similar to those at Pikes Peak, Colorado. The cars carried us to the summit of Mount Pilatus, a heights of 2,132 meters or about 7,000 feet. We were told that the steep climb in this car was a 48 degree angle. We also learned the same company built the cable line in Colorado, which accounted for the similarity of the cars at Pikes Peak.

When we reached the summit, the weather was not ideal, clouds rolled in and spoiled our view of the countryside. At times the clouds broke momentarily and we were able to get a birds eye view of the city of Lucern. The guide said this was the best spot for this view. Some climbed higher to the cross which marked the highest point of Mt. Pilatus. Visits to the hotel and restaurant for light refreshments including tea made of local herbs, and in the square listened to a local choral group present their yodelling.

Our return trip was down the other slope of the mountain in hanging gondola cars, four persons per car. Firsts we saw only rock formations, then assorted pine forests and finally the green pastures with herds of cows and flock of sheep grazing. We arrived in the town of Kriens to board our buses for return to Lucerne. En route we stopped to visit the famous Swiss lion with the human face which was carved in the limestone mountain in 1821 by the famous Lucas Ahorn to honor the memory of the Swiss soldiers during the French revolution in 1792.

Lion reminded us of the 400 lions which these days decorated the main street of Zurich — Bahnhofstrasse, quarters for the famous Swiss banks and many luxurious stores. The street is closed to traffic but pedestrians could view the brightly colored lions, two meters long, banners of plastic material.

The bus took us to the heart of Lucerne near the Lake and we all scattered to the various shops for items which were reasonable or not available elsewhere or at higher prices. After two hours we again met the bus, many loaded with various gift items like going Christmas shopping. A variety of items was purchased from beautiful embroidered, monogrammed handkerchief to mens shoes. Hope the prices were right.

We arrived safely at our hotels and began getting ready for the evening Slet AKADEMIE held that evening again at the Kongresshaue. Whoever was in charge of this program has our sincere congratulations. Believe that during this event everyone found something to his liking from the popular arias of operas to medley of folk songs as well as selections played on the harp, flute and violins. In addition to our most popular composers, Bedřich Smetana and Antonín Dvořák, were selections from other composers of the past as well as those of the present era. All participants received many standing ovations from the audience.

The audience quickly dispersed after the program ended to view the fireworks to be viewed along the shores of the lake. Beautiful fireworks display of various colors was accompanied by musical selections of classical and popular melodies. We were surprised to hear music by Smetana played as a display of floral display went off in the sky. Was it an coincidence or was it played in our honor?

Physically exhausted but spirits high we returned later to our hotel than usual and immediately went to bed. Awaiting us tomorrow is the main reason for which we came, the Slet calisthenics. According to the information on the bulleting board "Rehearsal at 7:30 a.m. at the Slet field."

July 6th — Sunday. If it rains, they say it is good luck. If this saying is true, The Sokols Abroad must be swimming in good luck. It rained at the V Slet in Vienna in 1982 and rained again at the VI Slet in Zurich in 1986.

In Zurich it rained all day except for short intervals did it stop. Due to heavy rains all morning, some rehearsals were held indoors in the Letzigrund stadium. However, due to the lack of time some

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gymnasts had no rehearsals, and we were among them and drilled in the afternoon worried about the outcome. In view of the entire situation all turned out well. By some miracle, the skies cleared during the Indian club drill of the women. Later the rain again stopped except for the finale of the men and womens calisthenics and the conclusion of the Slet. Perhaps it was providence and a reward for the unselfish and monumental job of the work the author had done as well as the great job done by the gymnasts. General opinion was that the Indian club drill of the women was the highlight of the program. Cannot elaborate on this as I was one of the gymnasts. Can only recall that the audience applauded during the number many times and the cheers of the crowd upon the conclusion of the drill seemed never ending.

Author of the Indian club drill as well as the combined men and womens calisthenics is sister Dagmar Fiala of New York. She was successful in creating and teaching something that was never

attempted. What seemed impossible at the beginning was accomplished. During the teaching of the calisthenics, Sister Fiala traveled across the U.S.A. and throughout Europe supervising the teaching and explaining parts which were difficult. It was difficult and often exhausting work for her as well as the gymnasts. In the end the efforts were worth it.

In the evening with a feeling of satisfaction, we attended the Farewell Dance, again held in the Kongress house. The American Sokol Organization took this opportunity to present to the Czechoslovak Sokol Abroad the commemorative Statue of Liberty Flag. Brother Basta presented the Flag to Br. Waldauf with assistance of Sis. Sylvia Pistorius, Womens Director and Br. Paul Lebloch, Educational Director. Sister Emilie Ruzicka, member of ASO Executive Board and Honorary Womens Director and Brother Ed Linhart, Honorary Mens Director were presented VI Slet souvenirs in appreciation of their work in past years with the Czechoslovak Sokol Abroad. *(To be continued)*

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