

MARCH 1987

VOL. CVIII - No. 3

# AMERICAN SOKOL

Publication of the American Sokol  
Educational & Physical Culture Organization

PHYSICAL FITNESS  
THROUGH GYMNASTICS



*Not one nation, large or small — died in the  
full vigor and soundness — but fell when it  
became decrepit, indolent and frivolous —*

Dr. MIROSLAV TYRŠ

# AMERICAN SOKOL

ISSN: 0003-1259

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

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

Subscription \$4.00 per year

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

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

## OFFICE OF THE EXECUTIVE BOARD ASO

Jackie Kourim, Secretary  
6424 W. Cermak Road, Berwyn, IL 60402  
Telephone: 312-795-6671

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

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

## Change of Address for American Sokol

AMERICAN SOKOL ORGANIZATION  
6424 West Cermak Road  
Berwyn, IL 60402

Sokol \_\_\_\_\_

Name \_\_\_\_\_

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

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

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

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

# ASO FINANCIAL REPORT

JANUARY 1987

## RECEIPTS:

Dues	\$ 7,076.86
Convention Fund	6,938.00
Special Assessment	3,398.00
T. G. Masaryk Dues	70.00
Advertising in "American Sokol"	350.00
Subscriptions to "American Sokol"	20.00
Resale of Jewelry	105.00
Dividends & interest	39.22
Christmas Seals	979.50
Postage	2.89
Sokol Ties	96.00
Sokol Scarf	7.50
Labels	14.35
Window sticker	2.00
Educational Booklet	1.00
	<hr/>
	19,100.32

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

539.93

## Total Receipts

\$19,640.25

## DISBURSEMENTS:

### ADMINISTRATIVE

Salaries — Office Employees	\$ 946.12
F.I.C.A. & F.W.T. for Dec., 1986	286.52
I.W.T. — 4th Qtr., 1986	81.94
Rent, Janitor Services & Supplies, Phone, Electric	951.53
Postage	30.69
Service Contract — Metafile	950.00
Advertising	135.00
Travel Expense	593.80
Christmas Seals	490.56
Miscellaneous	32.11
	<hr/>
	\$ 4,498.27

## BOARD OF INSTRUCTORS

Salaries	\$ 446.32
F.I.C.A. — Dec., 1986	62.22
I.W.T. — 4th Qtr., 1986	41.59
Editor "Sokol Gymnast" — Jan., 1987	30.00
Add'l. copies "Sokol Gymnast" — Dec., 1986	29.00
Postage	16.65
Travel Expense (To USGF — BOD meeting)	324.90
Video Equipment hoop-up	42.33
	<hr/>
	\$ 993.01

## EDUCATIONAL DEPARTMENT

Salaries	\$ 64.05
F.I.C.A. — Dec., 1986	12.48
I.W.T. — 4th Qtr., Dec., 1986	4.54
	<hr/>
	\$ 81.07

(Continued on page 32)

# AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CVIII

March — 1987 — Březen

Číslo - No. 3

## EXECUTIVE BOARD MINUTES

JANUARY 27, 1987

Members present: Sis. Mildred Pinc, Marie Ptacek, Jackie Kourim, Bro. Fred Stankovsky, Fred Kala, Chuck Borvansky, Paul Lebloch, Jerry Rabas, Bob Barcal, Gary Masek, Dick Ptacek and George Basta.

Members excused: Sis. Sylvia Pistorius, Vlasta Zitny, Emilie Ruzicka, Lynda Filipello, Bro. Roy Zitny, Jerry Milan and John Satek.

Guests: Sis. Emily Stankovsky, Sokol Milwaukee, Sylvia Laznovsky, Southern District, and John Sedlacek, Western District.

District minutes received and reviewed: Western District, annual meeting, October 5th, 1986; ASO minutes also approved.

**CORRESPONDENCE:** Christmas greetings, from Sokol Paris. Metafile Information Systems, Inc., \$950.00 annual support contract approved for payment. Also we will have two hours of travelling time at no charge the next time we have four hours of in house training. Berwyn Police Department, renewal of our parking permits, (\$1.00) permit, total 8, approved for payment. Sokol Maryland (Baltimore), interesting article about associate members, letter of explanation will be sent to them. By-Laws back from Bro. Jerry Milan for Sokolice Omaha. These will be sent back for corrections, then Bro. James Riha, District by-laws chairman will proof them and send them on the Executive Board for final approval, copy to be sent to Bro. Milan, (this in order to expedite matters more quickly). Copy of letter from Bro. Robert E. Jirousek, President, Northeastern District, to Bro. Wallace Schiffer, Sokol Rip, self explanatory. Letter of interest from Bro. Edwin Halik, concerning a Sokol "joke". Letter given to the BOI and they will formulate an answer. Invitation to the Czechoslovak National Council of America debutante ball. Comment on our 1986 design for our Christmas seals. Thank you letters from Sis. Agnes Reisner and Elizabeth Penovich, Secretary, both of Sokol Moravan. Thank you from Bro. Jerry Hardy and some interesting facts about competitors of years ago, this information given to the BOI, for historical purposes. Thank you letter to the Bohemian National Cemetery Assn. for the donation to the "American Sokol" publication. Congratulations to Bro. Frank and Sis. Anna Pliska, Sokol Greater Cleveland, on the occasion of their 72nd wedding anniversary and

Bro. Pliska's 93rd birthday. Other items and articles of interest: Illinois Bell, Terms and Conditions of Service; Propositions on retaining English as our first language, Fund raising pamphlet given to the Educational Department. Note: wrong names on the picture from Sokol Omaha that appeared in the Denní Hlasatel.

**COMBINED WOMEN'S AND MEN'S DIRECTOR'S REPORTS:** Sis. Sylvia Pistorius and Bro. Dick Ptacek — Report given by Bro. Ptacek: After reviewing November's minutes, Sis. Pistorius discussed the motion previously made to purchase special binders in which to store back issues of USGF publications. Bro. Michalek will order the necessary binders and see that the back issues are properly filed. Reference was also made to the Progressions booklet prepared by the National School Board. Sis. Pat Satek has designed a special cover page for this booklet. Letters were written to District Directors informing that the BOI would provide this booklet to individual units if requested. Since no requests have been forthcoming, apparently all units have been supplied with this material. Sis. Schnabl noted that Bro. Halik is preparing a text to be used in conjunction with this material. When completed, it will be mailed to all District Directors with a reminder that copies to individual units will be provided by the ASO BOI if requested. Received work order copy from Peerless Emblem Co., on recent re-order of Gymnastic Skills patches. No price change. Received Southern District BOI minutes. Noted that they plan to hold two Skills Improvement Clinics this year. Bro. Brad Durham announced that the Southern District has been chosen to perform at the first home game of the Dallas Cowboys next season. Bro. Jerry Hardy letter thanking the BOI for again re-appointing him as AAU representative. Also received a detailed report of the Convention held in New Orleans in September of 1986. Bro. Jiri Liska advising that Sis. Prochazka, Los Angeles; Riddle, Sokol Fresno; and Duffy of San Francisco had not received the Progressions material supplied at the Directors Conference. Copies were mailed immediately upon receipt of request. Also advised that the new Pacific District Director is Bro. Martin Prochazka, 8009 Brimfield Ave., Van Nuys, CA 91402. Sis. Norma Zabka, notice of her attendance at the USGF Board of Directors Meeting, Dec. 13 and 14th, and necessary copies of hotel and air fare receipts, total of \$324.90, approved for payment. From Sis. Chris Yatchyshyn thanking the ASO for their positive

response in supporting a combined Instructors Training School. The Sokol Woodland Camp in Barryville is being offered as the school site. Camp to be available for as long as three weeks, June 28 thru July 18. Sokol USA indicated they would like the name of one contact person from the ASO with whom they can communicate with regard to formulating plans for the school. Acceptance of the ASO Indian Club Special Number has been received together with a list of special requirements. NOTE: Slet videotape should be arriving shortly. Bro. Michalek will act as our representative.

**FINAL REPORT FORM:** Northeastern District: Beginners, Intermediate and Advanced Instructors School — July 25 thru August 3, Sokol South Omaha, 15 Students tuition and transportation, \$3,320.00, approved for payment. **SOKOL USA SLET:** Sis. Dagmar Fiala asked whether some sisters from Canada and Sokol USA could participate in the Indian Club Special Number, permission was granted by the ASO BOI. Sis. Fiala will be in charge of the presentation in Washington, D.C. **ASO 1989 NATIONAL SLET:** Bro. Gary Masek, the Slet site and accommodations have been selected and reserved, and plans are proceeding nicely. **DISTRICT DIRECTOR'S CONFERENCE: October 16, 17 and 18, the dates selected for the District Director's Conference** at the Holiday Inn in Omaha, NE. Bro. Ptacek and Sis. Pistorius met with Bro. Basta and Bro. Bob Barcal of the Executive Board regarding the District Directors' Conference expenditures. Since the per diem has been increased "up to \$100 per day", the Executive Board feels that a more exact accounting of expenses be made. The per diem forms will be changed and in the future, receipts (or copies thereof) for transportation, hotel and meals, whenever possible, will be required. These forms will be mailed out prior to the Conference. At the conclusion of the Conference the forms will no longer be collected but each person will be responsible for his/her own receipts, sending them to the Sokol office for reimbursement up to \$100 per day. **Merit Award Committee — Sis. Anne Halik:** All transcripts have been received. Changes in application forms as prescribed at the District Directors' Conference have been made and after approval of the Executive Board, new application forms will be printed. Corrected application form presented to Bro. Michalek for publication in the "Gymnast". Assembled the audio and video cabinet, Bro. Steve Fischer connected all the equipment, everything in working order. Bills for electrical hook-ups total \$42.33, approved for payment to Bro. Fischer.

**GYMNAESTRADA REPORT:** Written up by Sis. Pistorius: Our request for entry in the Gymnaestrada has been accepted and Sis. Norma Zabka has written a formal letter to Mr. Mike Jacki of the USGF requesting their support financially for the 50 participants who will be representing the USA and the American Sokol Organization during these events. She has specifically requested the cost of \$304.50 per person which would include: accom-

modations, meals, participant passes to opening and closing ceremonies and Gymnaestrada blanket. Total cost \$15,225.00. Since there seems to be more interest in participating in the Indian Club number, it was recommended at our January BOI meeting that try outs be held on Sunday, February 15th at Sokol Tabor, 10:00 a.m. for those who wish to be considered. Judges will be Bro. D. Ptacek, P. Lebloch, E. Schnabl and Sis. E. J. Schnabl. We do not wish to discourage anyone, but feel that since we are small in number, we must send those who will represent our organization of the highest quality. Those who will be chosen will be notified at a later date, all others would be alternates. Currently we have 25 from the Southern District with 8 additional as alternates. In conversation with Bro. Jerry Milan on January 17th, their enthusiasm is high, they are in the process of several fund raisers and are working on their number. Since we will be allowed only 25 minutes for each performance we will work with only two numbers, The Southern District and the Indian Club number. Each number will take approximately 12 minutes. They will be performed on a regulation floor exercise mat indoors on three different days. Upon our arrival in Herning there will be 3 days to rehearse. All music must be on cassette and two copies of each must be mailed to the committee by March 31st. Sis. Zabka has sent Bro. Milan the same information as we have been receiving so that we both know what is going on. Received a provisional time schedule which will be sent to those representing our organization. There are 23 countries participating with about 21,732 gymnasts.

**MEMBERSHIP DIRECTOR — Bro. Fred Kala:** Sis. Pinc has sent out notices for the delinquent units, some have responded. List of the delinquent units read. We still have a few units with special problems which are being handled. Trying to get all the reports in for 1986 so a complete membership report can be made. Article by Sis. Norma Zabka on membership. She wants to contact those who were Sokols and are not now. Educational department will work with this information, maybe develop it into a brochure. At Sokol Havlicek's 75th anniversary one couple from Utah re-joined this unit. Said they should have never left. Sokol Slavsky is also getting former members back.

**EDUCATIONAL CHAIRMAN — Bro. Paul Lebloch:** Letter from Sis. Joan Sedlacek requesting suggested Czech holidays to be used for St. Paul's International Folk Fair. Information was sent. Sokol Women of Little Ferry, New Jersey, donated \$100 to the Library/Archives Fund in honor of Sokol Fuegner's 100th anniversary. They request that an appropriate book or artifact be purchased. Will attempt to get the book on the artist Josef Mánes. It contains colored pictures of the first Sokol flag and other things he designed for Sokol. Bro. Rome Milan will be contacted regarding status of ASO films to be video taped. We are waiting for picture of 1986 course and a picture of Jim Hartung for the new tri-fold. Bro. Anton Studnicka donated

1948 and 1932 Sokol stamps. Bro. Fred Kala donated several issues of "For You From Czechoslovakia". Bro. Jiri Spanek requests to buy a video of our last Slet. Bro. John Satek has the master, we can now duplicate videos here in the office, now that we have the equipment set up. Attended the 36th Ball given by the Czechoslovak National Council. The American Sokol Organization was mentioned in the opening address for our support of the Council. Arranged the American Sokol ad that appeared in the program book. Very elegant ball.

**PUBLICITY — CZECH — Bro. Jerry Rabas:** Articles on upcoming exhibitions and information on the Zurich Slet along with pictures. Also gave a short report on the newsletter from Czechoslovak Arts and Sciences.

**PUBLICITY — ENGLISH — Sis. Lynda Filipello:** Absent, no report.

**FINANCIAL SECRETARY — Sis. Mildred C. Pinc:** Financial reports for November and December, 1986, were prepared and copies were distributed to Executive Board members. Rosters are being returned by the units and all corrections are being made on our records. All Federal and state wage reports have been filed. W-2 forms for 1986 have been prepared for each employee. A W-2 form is being submitted to each employee with their payroll checks this month. These are to be filled out and returned to the office as soon as possible. Donation and interest for the Future Sokol Leader's Fund and donations and interest to the Library/Archives Fund were read. An extensive report on our insurance was given by Sis. Pinc. A long discussion followed with many suggestions given. Sis. Pinc will follow up the suggestions made by the Executive Board and present a report at our next Executive Board meeting. Dual membership explanation given at this time also. Transferring does not lose your seniority.

**TREASURER — Bro. Robert Barcal:** Reconciled bank statements, everything in order. The Uniform Division is \$6.50 ahead. Bro. Basta then went on to explain the ledgers from the computer. Explanation given on the figures. Large purchases this first year after the convention. Interest rate went much lower, loaned \$15,000.00 to the Southern District interest free, membership is going on, travel expense has increased because we have two members travelling to Executive Board meeting. Printing up our by-laws, lawyers fees (which were never allowed for in the budget), accounting services to obtain the group tax exemption, purchase of computer and all its equipment, all this in one year. The Directors Conference went over its allotment, postage is excessive. The time for putting our program on the computer was also expensive. Converting onto our own mailing list. The Uniform Division was using a lower mark-up than provided in the budget. One suggestion that the by-laws printing expenses should be charged to the convention expenses. This would have to be brought up at the

next convention. This is also the first year the auditors will take our figures from the computer.

**EDITOR — Sis. Lynda Filipello:** Absent, no report.

**SECRETARY — Sis. Jackie M. Kourim:** Report on the Christmas seal drive thus far, 851 donors total donations, \$5,728.00 (gross). Enjoying the new typewriter. Working on putting together the 1987 Directory. We will hold the Christmas seal account open till March 1st. Keeping up with all the other secretarial duties.

**II. VICE-PRESIDENT — Bro. Gary Masek:** Report on teleconferencing service. Copies of the Slet guidelines to be given to each board members. Letter from the Holiday Inn read by Bro. Masek. Also one from the Ramada Inn. Security guards for the night of the Victory Dance (our own). Long discussion on many points.

**I. VICE-PRESIDENT — Bro. Chuck Borvansky:** Nothing to report at this time.

**PRESIDENT — Bro. George C. Basta:** According to the newsletter from Sokol New York, their "deal" fell through, but everything seems to be looking up for their unit anyway. A possibility that the lawsuit in Cleveland will be dropped. Seldon, Fox has been notified that our books are ready for auditing.

Sis. Sylvia Laznovsky, our guest from the Southern District, brought greetings from the Board. She wanted to take this opportunity to thank all the people for the donations to Southern District to help pay for the bills from their lawsuit. Letters are being sent out. They appreciate all the help and support they have received. A list will be given to our Editor, Lynda Filipello, for printing in the Sokol publication, only the names will be printed. Questioned about the "pan Jan" letter, nothing has come of it. Explanation of the tax situation at Sokol Ennis, they feel they have the situation well in hand.

**OLD BUSINESS: Bro. Masek brought the flag that a Western District unit was dissatisfied with.** Long discussion and comparison of old and new flags. A letter will be sent to all units and districts advising them to hold off ordering any flags from our current source. We are investigating several other sources.

Meeting adjourned at 9:55 p.m. Refreshments served afterwards to warm us up. The whole duration of the meeting was in an office without heat!

*Jackie M. Kourim, Secretary*

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**MAKE PLANS NOW  
FOR THE  
SOKOL U.S.A. XX SLET  
in Washington, D.C.  
June 24-28, 1987**

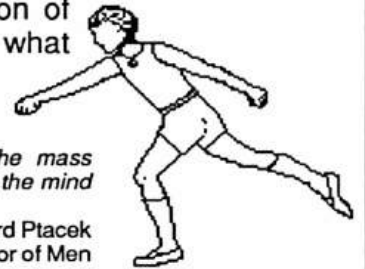
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# My **SOKOL** Notebook...

Compiled by: Sis. Patricia Satek

## Why do Sokols perform calisthenics?

Because many of you are now preparing for your gymnastic exhibitions and Slet, I thought you might be wondering the same thing. So, I asked this question of some very important Sokol members, and this is what they told me:



*"Through calisthenics, Sokols maintain a bond of togetherness. The mass Calisthenics are a picture of beauty, plus exercise and coordi-nation of the mind and body and above all uphold our Sokol tradition!"*

Bro. Richard Ptacek  
A.S.O. National Director of Men

*"The performance of Calisthenics is unique to our organization. The progression of difficulty by class enables the performers to exercise grace, agility, strength and coordination for all parts of the body. To memorize the movements to music stimulates the brain and sharpens our minds. It is one segment of our Sokol ideals that brings us together, to perform as one mass, regardless of gymnastic capabilities."*

Sis. Sylvia Pistorius  
A.S.O. National Director of Women

Excerpt from a longer version: *"Calisthenics is the only exercise that can be performed by all individuals, regardless of previous training, ability or age. Calisthenics is a Sokol speciality; it gives the feeling of being a useful part of something beautiful; when disciplined individuals together create something that individuals alone cannot."*

Bro. Vaclav Zenisek  
Central District A.S.O. Educational Director



Excerpt from a longer version: *"...the final culmination of an active training program, the joyous feeling and the exhilaration, the elation felt by all participating, the feeling of brotherhood, of family, of working together and of being together is the true Sokol feeling and the reason Sokols perform calisthenics. Sokols who drill together, stay together!"*

Bro. Edwin Halik  
Past President Central District A.S.O.

Until next month, **"NA ZDAR!"**

Watch for this page every month. I'll have all kinds of fun and interesting Sokol information to share. Send me your ideas! Address them to: "My Sokol Notebook", % Sis. Patricia Satek, 1922 S. 57th Avenue, Cicero, IL 60650-2143.

Share the learning! Pass this page along to a friend!

March 1987

# DIRECTORY OF THE AMERICAN SOKOL ORGANIZATION 1987

## EXECUTIVE BOARD ASO:

Meetings 4th Tuesday, 6424 W. Cermak Rd., Berwyn, IL 60402.

**Pres.**, George C. Basta, 2629 S. Maple Ave., Brookfield, IL 60513.

**Ist Vice-Pres.**, Charles Borvansky, 4542 Hawthorne, Lyons, IL 60534.

**II. Vice-Pres.**, Gary Masek, 13044 Skypark Dr., Omaha, NE 68137.

**Sec'y.**, Jackie Kourim, 388 Shensstone Rd., Riverside, IL 60546.

**Fin. Sec'y.**, Mildred Pinc, 3629 S. 57th Ave., Cicero, IL 60650.

**Treas.**, Robert J. Barcal, 1522 S. 58th Ct., Cicero, IL 60650.

**Dir. of Women**, Sylvia Pistorius, 342 Naperville Rd., Westmont, IL 60559.

**Dir. of Men**, Richard Ptacek, 4330 S. Clinton Ave., Berwyn, IL 60402.

**Educ. Dir.**, Paul Lebloch, 512 Redondo Dr., Unit #107, Downers Grove, IL 60515.

**Czech Pub.**, Jerry Rabas, 1647 S. Euclid Ave., Berwyn, IL 60402.

**Eng. Pub.**, Lynda Filipello, 4401 Fender Rd., Lisle, IL 60532.

**By-Laws Chmn.**, Jerry Milan, 6208 Lakeside Dr., Ft. Worth, TX 76135.

□

## CENTRAL DISTRICT BROOKFIELD, ILLINOIS

Mtgs., 4th Wed., Sokol Brookfield, 3909 Prairie Ave., Brookfield, IL 60513. **Pres.**, Charles R. Borvansky, 4542 Hawthorne, Lyons, IL 60534. **Sec.**, Nancy Borvansky, 4542 Hawthorne Ave., Lyons, IL 60534. **Fin. Sec.**, June Pros, 1606 East Ave., Berwyn, IL 60402. **Dir. of Women**, Ellen Jeanne Schnabl, 2503 S. Harvey Ave., Berwyn, IL 60402. **Dir. of Men**, John Satek, 212 Memory Lane, #1, Williamsport Village, Westmont, IL 60559. **Ed. Dir.**, Vaclav Zenisek, 2422 S. Lathrop, N. Riverside, IL 60546.

## EASTERN DISTRICT, LITTLE FERRY, NEW JERSEY

Mtgs., 4th Monday, Sokol Little Ferry, 14 Garden St., Little Ferry, NJ 07643. **Pres.**, Frank Capek, 40 Williams St., Apt. D11, Little Ferry, NJ 07643. **Sec.**, Lynne K. Gadaleta, 270 Demarest Ave., New Milford, NJ 07626. **Fin. Sec.**, Frank Donovan, 279 Liberty St., Little Ferry, NJ 07643. **Dir. of Men**, Stanley Mergl, 1278 - 1st Ave., N.Y., N.Y. 10021. **Dir. of Women**, Irene Mergl, 1278 - 1st Ave., N.Y., N.Y. 10021. **Ed. Dir.**, Frank Novak, 241 Graceford Dr., Aberdeen, MD 21001.

## NORTHEASTERN DISTRICT, CLEVELAND, OHIO

Quarterly, Bohemian National Hall, 4939 Broadway Ave., Cleveland, OH 44127. **Pres.**, Robert Jirousek, 5116 Chillicothe Rd., Chagrin Falls, OH 44022. **Sec.**, Rose Psenicka, 3696 Rocky River Dr., Cleveland, OH 44111. **Treas.**, Edward Wutsch, 6701 Karen Dr., Seven Hills, OH 44131. **Dir. of Men**, Roger Martanovic, 42 Santin Circle, Bedford, OH 44146. **Dir. of Women**, Maryann Fiordelis, 18605 Hillcrest, Livonia, MI 48152. **Educ. Dir.**, George Kotlan, 7017 Brookside Rd., Independence, OH 44131.

## PACIFIC DISTRICT, LOS ANGELES, CALIFORNIA

Meetings held quarterly at different units. **Pres.**, Jiri Liska, 1857 Burning Tree Dr., Thousand Oaks, CA 91362. **Sec.**, Florence Palas, 7823 Stewart & Gray Rd., Downey, CA 90241. **Fin. Sec.**, Libuse Pelc, 1330 N. Lima St., Burbank, CA 91505. **Dir. of Men**, Martin Prochazka, 8009 Brimfield Ave., Van Nuys, CA 91402. **Dir. of Women**, Cheri Riddle, 113 Second St., Clovis, CA 93612. **Educ. Dir.**, Louise Nekuda, 2653 Hartland Circle, Westlake Village, CA 91361.

## SOUTHERN DISTRICT, DALLAS, TEXAS

Meetings rotated, Dallas, Ennis, Fort Worth and West - 4th Thursday. **Pres.**, Ben Maca, 6551 Cliffbrook Dr., Dallas, TX 75240. **Sec.**, Stuart Hamilton, Rt. 5, Box 71-A, Ennis, TX 75119. **Fin. Sec.**, Bernice Hamilton, Rt. 1, Box 146-A, Italy, TX 76651. **Dir. of Men**, Rome Milan, 6208 Lakeside Dr., Fort Worth, TX 76135. **Dir. of Women**, Sylvia Laznovsky, Rt. 1, Box 47, Ennis, TX 75119. **Educ. Dir.**, Louis Kubala, 641 Texas Ave., Corpus Christi, TX 78404.

## WESTERN DISTRICT, OMAHA, NEBRASKA

As determined at Annual and Semi-annual meeting. Mailing address - P.O. Box 37511, Omaha, NE 68137. **Pres.**, Gary Masek, 13044 Sky Park Dr., Omaha, NE 68137. **Sec.**, Barbara Seefus, 3920 Wright St., Omaha, NE 68105. **Fin. Sec.**, Blanche Masek, 4048 S. 13th St., Omaha, NE 68107. **Dir. of Men**, Vojmir (Bud) Benak, 5919 S. 15th St., Omaha, NE 68107. **Dir. of Women**, Jolene Dalton, 5240 S. 23rd St., Omaha, NE 68107. **Educ. Dir.**, Bob Vanyo, 446 Bay St., St. Paul, MN 55102.

## DIRECTORY OF UNITS

**CENTRAL DISTRICT,  
BROOKFIELD, ILLINOIS**  
Sokol Berwyn, Illinois — Mtgs. 2nd Thursday, Sokol Berwyn, 6445

W. 27th Pl., Berwyn, IL 60402. **Pres.**, Edward Jelinek, 276 Nuttal, Riverside, IL 60546. **Rec. Sec.**, Marie Knez, 6513 W. 27th Pl.,

Berwyn, IL 60402. **Corr. Sec.**, EllenJeanne Schnabl, 2503 S. Harvey Ave., Berwyn, IL 60402. **Fin. Sec.**, Anne Dusek, 256 W.

Butterfield Rd., Elmhurst, IL 60126. Dir. of Men, James Kratochvil, 1242 S. 50th Ave., Cicero, IL 60650. Dir. of Women, Anita Skotnicki, 267 Deming Pl., Westmont, IL 60559. Educ. Dir., Paul Lebloch, 512 Redondo Dr., #107, Downers Grove, IL 60515.

**Sokol Brookfield, Illinois** — Mtgs. 1st Friday, Sokol Brookfield, 3909 Prairie Ave., Brookfield, IL 60513. Pres., Robert Michalek, 9103 W. Sherman, Brookfield, IL 60513. Sec., Doris E. Barda, 3436 Arden Ave., Brookfield, IL 60513. Fin. Sec., Frank Ludicky, 1013 Community Dr., LaGrange Park, IL 60525. Dir. of Women, Sue Kozelka, 4230 Raymond Ave., Brookfield, IL 60513. Dir. of Men, Don Pojman, 2115 Mayfair Ave., Westchester, IL 60153.

**Sokol Cechie, Chicago, Illinois** — Mtgs., 1st Sunday of March, June, September, December, at Cafe Europe, Cicero, IL 60650. Pres., Otto Glasser, 587 E. Parkway Rd., Riverside, IL 60546. Sec., Roselyn J. Bergman, 2141 Ridge Ave., Evanston, IL 60201. Treas., Emil Meskan, 822 Huntley Rd., Algonquin, IL 60102. Co-Educ. Dir., Anne L. Glasser, 587 E. Parkway Rd., Riverside, IL 60546, and Stella Tichy, 2141 Ridge Ave., Evanston, IL 60201.

**Sokol Ceska Sin** — Mtgs., second Monday of every month, Ceska Sin, 4314 Clark Ave., Cleveland, OH 44109. Pres. Ron Chernenek, 15330 Trisket Rd., Cleveland, OH 44111. Corr. Sec., Doris Kotlan, 1451 Wagar Ave., Lakewood, OH 44107. Rec. Sec., Beverly Stepanek, 6107 Biddulph Ave., Brooklyn, OH 44144. Treas., George Spilker, 6938 Brookside Rd., Independence, OH 44131. Dir. of Men, Don Kotlan, 1451 Wagar Ave., Lakewood, OH 44107. Dir. of Women, Doris Kotlan, 1451 Wagar Ave., Lakewood, OH 44107. Educ. Dir., Carol Siekaniec, 3801 Buechner Ave., Cleveland, OH 44109.

**Sokol Chicago, Illinois** — Mtgs., 3rd Monday, Sokol Berwyn, 6445 W. 27th Pl., Berwyn, IL 60402.

Pres., Stanley Barcal, 2437 S. Harvey Ave., Berwyn, IL 60402. Sec., Charles Zdenek, 9709 S. Mason Ave., Oak Lawn, IL 60453. Fin. Sec., Robert Barcal, 1522 S. 58th Ct., Cicero, IL 60650. Educ. Dir., Stanley Barcal, 2437 S. Harvey Ave., Berwyn, IL 60402.

**Sokol Fuegner, Chicago, Illinois** — Mtgs., 3rd Friday, Sokol Club, 10756 Green Bay Ave., Chicago, IL 60617. Pres., Eugene R. Johnson, 10433 Ave., "F", Chicago, IL 60617. Sec., Oscar G. Vickers, 9735 Ave. "J", Chicago, IL 60617. Fin. Sec., John A. Menzyk, Jr., 11113 Green Bay Ave., Chicago, IL 60617

**Sokol Havlicek-Tyrs, Chicago, Illinois** — Mtgs., 4th Monday at Sokol Berwyn, 6445 W. 27th Pl., Berwyn, IL 60402. Pres., Ann Basta, 2629 Maple Ave., Brookfield, IL 60513. Sec., Louise Kmen, 2520 S. Harding Ave., Chicago, IL 60623. Fin. Sec., (Men) Vaclav Zenisek, 2422 S. Lathrop, N. Riverside, IL 60546. (Women) Elsie Cerny, 4140 S. Ridgeland Ave., Berwyn, IL 60402. Educ. Dir., Vaclav Zenisek, 2422 S. Lathrop, N. Riverside, IL 60546.

**Sokol Milwaukee, Wisconsin** — Mtgs., 1st Sunday or Thursday of each month at various locations. Pres., Fred C. Stankovsky, 14325 W. Sun Valley Dr., New Berlin, WI 53151. Sec., Thomas Boehm, 10466 W. Woodward Ave., Wauwatosa, WI 53222. Fin. Sec., Charles Renaud, 2976 N. 45th St., Milwaukee, WI 53210. Dir. of Men, Mark Matt, 9011 Hawthorne Ave., Apt. #3, Wauwatosa, WI 53226. Educ. Dir., Christine Hron, 1543 W. Denis Ave., Milwaukee, WI 53221.

**Sokolice Milwaukee, Wisconsin** — Mtgs., Dec., Jan., Feb., Mar., 1st Sunday, National Savings & Loan, 3670 S. Moorland Rd., New Berlin, WI 53151. Apr., May, June, Sept., Oct., Nov., 1st Thursday, International Institute, 2810 W. Highland Blvd., Milwaukee, WI 53208. Pres., Louise Porinsky, 10207 W. Park Ridge Ave., Milwaukee, WI 53222. Sec., Alice Haertlein, 7333 W. Medford Ave.,

Milwaukee, WI 53218. Fin. Sec., Helen Pilger, 2974 N. 45th Str., Milwaukee, WI 53210. Dir. of Women, Christine Hron, 1543 W. Denis Ave., Milwaukee, WI 53221.

**Sokol Naperville, Illinois** — Mtgs., schedule uncertain, mail to Filipello residence. — Pres., Lynda Filipello, 4401 Fender, Lisle, IL 60532. Rec. Sec., Marsha Filipello, 4401 Fender, Lisle, IL 60532. Fin. Sec., Tina Filipello, 4401 Fender, Lisle, IL 60532. Dir. of Women, Marsha Filipello, 4401 Fender, Lisle, IL 60532.

**Sokol and Sokolice Racine, Wisconsin** — Mtgs., every three months at Labor Center. Pres., Elsie Kaplan, 6453 Middle Rd., Racine, WI 53402. Sec., Alice Larson, 1834 Polaris Ave., Racine, WI 53404. Fin. Sec., Lois Nikl, 900 Romaine Ave., Racine, WI 53402. Ed. Dir., Helen David, 1305 Carlisle Ave., Racine, WI 53402.

**Sokol Slavsky, Berwyn, Illinois** — Mtgs., 1st Wednesday, Piper School, P.O. Box 453, Berwyn, IL 60402. Pres., John Satek, 212 Memory Lane, Williamsport Village, Westmont, IL 60559. Sec., Linda Modes, 3629 S. 57th Ave., Cicero, IL 60650. Fin. Sec., Agnes Drozd, 1611 S. 57th Ct., Cicero, IL 60650. Dir. of Men, Greg Ticzkus, 1606 S. Lombard Ave., Berwyn, IL 60402. Dir. of Women, Patricia Satek, 1922 S. 57th Ave., Cicero, IL 60650. Educ. Dir., Libbie Krivanek, 392 Nuttal Rd., Riverside, IL 60546.

**Sokol and Sokolice St. Louis, Missouri** — Mtgs., 4th Monday, American-Czech Educational Center, 4690 Lansdowne Ave., St. Louis, MO 63116. Pres., Mary Ann Sulz, 3635 Bamberger, St. Louis, MO 63116. Rec. Sec., Irene Rak, 4029 S. Spring Ave., St. Louis, MO 63116. Corr. Sec., Jean Stanley, 6420 Bishops Pl., St. Louis, MO 63109. Fin. Sec., Larry Ryll, 3709 S. Spring Ave., St. Louis, MO 63116. Dir. of Men, Paul Lat, 9246 Lawndale Dr., St. Louis, MO 63126. Dir. of Women, Marla Breidenbach, 4587 Tarlton, St. Louis, MO 63128. Educ. Dir., William Shana, 9145 Desmond Dr., St. Louis, MO 63126.

AMERICAN SOKOL ORGANIZATION

# GYMNAST

MARCH 1987

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

## UNITED STATES GYMNASTICS FEDERATION



### Gymnastics Safety Guidelines

1. **ASSUMPTION OF RISK.** Participation in gymnastics activities involves motion, rotation, and height in a unique environment and as such carries with it a reasonable assumption of risk.  
**WARNING!** Catastrophic injury, paralysis or even death can result from improper conduct of the activity.
2. **COMPETENT SUPERVISION.** Do not participate in any gymnastics activity without competent supervision.
3. **POTENTIAL MEDICAL EMERGENCIES.** Instructors/supervisors should be aware of the potential medical emergencies that could occur in gymnastics and be prepared to adequately respond to them in an appropriate manner.
4. **BE PREPARED TO PARTICIPATE.** Dress appropriately, follow accepted warmup practices, and be mentally prepared to engage in the activity.
5. **CAREFULLY CHECK EQUIPMENT.** Before directly engaging in any gymnastics activity, make sure the equipment is adjusted and secured properly and that adequate matting appropriate to the activity is in the correct position.
6. **CARELESSNESS CANNOT BE TOLERATED.** Gymnastics is an activity requiring active concentration. **Horseplay** or any other form of carelessness cannot be tolerated at any time for any reason. Consult your instructor.
7. **FOLLOW PROPER SKILL PROGRESSIONS.** A safe learning environment includes a correct understanding of the skill being performed and following proper skill progressions. When in doubt, always consult your instructor.
8. **MASTERING BASIC SKILLS.** Safe learning practices demand mastering basic skills before progressing to new and/or more difficult levels.
9. **ATTEMPTING NEW AND/OR DIFFICULT SKILLS.** The readiness and ability level of the performer, the nature of the task, and the competency of the spotter all must be taken into consideration when attempting a new or difficult skill.
10. **PROPER LANDING TECHNIQUE.** Safe dismounts, as well as unintentional falls, require proper landing techniques. No amount of matting can be a fail-safe. Avoid landing on head or neck at all costs as serious catastrophic injuries may result.

## FOR SAFETY'S SAKE

By MIKE BOTKIN  
*USA GYMNASTICS Editor*

Safety in the gym has been, and will always be, paramount. But the topic has become even more intensified recently with the rash of lawsuits levied against club owners. Every gymnast, coach, and administrator is very aware of the hazards involved in gymnastics, and now the United States Gymnastics Federation has given the community a safety program to aid in its continuing education.

For this reason, I decided to address this most important and current issue in this month's article for *USA GYMNASTICS*. I began by talking to Dr. Gerald George, Director of Safety for the USGF.

"Based on the Amateur Sports Act of 1978, the USGF, and all amateur sports bodies, were mandated to education and safety programs," said Dr. George. "With the new administration that came in with Mike Jacki in 1983, he saw the vital need for this program."

The first step in the safety education process was the development of two projects: the first of four safety posters for the gym; and the development of a safety manual. The latter project was a monumental task that began in 1983 and was finished two years later.

"The authors of the manual were chosen by areas of expertise," said George. "The manual was reviewed by a strong board and by three separate law firms to assure validity and authenticity of the manual."

During the time of the development of the manual, three of the four safety posters were completed. The topics are general guidelines, guidelines for the gymnast, mats, and the final poster which will deal with safety guidelines for equipment.

Once the ball started rolling, the next, and probably biggest, item on the agenda was the development of a safety certification program. Based on the Safety Manual, a 100-question computer-scored test was developed by George. "The test underwent the same scrutiny of attorneys and committees that the manual did. There were over 2,000 test questions which were whittled down to 100," said George.

In order to disseminate the test and begin certification, a base of 10 certifiers was established. These 10 people had to submit their resume for review to become a candidate. Then, once accepted, they needed to score 95 percent or better on the test to become a safety certifier.

"Now there are 30 certifiers," said George. "Ultimately, we would like to have a certifier in every state plus additional certifiers in more heavily populated areas."

The certification lasts for four years; one must then retake a course and test to continue certification. "The program is giving a level of credibility to gymnastics coaching and teaching that it otherwise did not enjoy," said George. The safety certification will take place approximately three to five times per

year in each state. "Certification will be readily available and people active in the program will receive updated information year-round."

The program is in its infancy, but already has been widely accepted by those inside and outside the gymnastics community. "We have received active support from equipment suppliers. Olympic coaches, law firms and medical people," said George. "The entire gymnastics-related community has shown full support for the USGF Safety Program. They feel it is a necessary ingredient to promoting better gymnastics. I strongly believe it will help reduce the number and severity of gym-related accidents. The program will also improve the instructional environment in both competitive and recreational gymnastics as well. Eventually, we are hoping that all people in the gym will be actively involved in the program."

The education and safety department is also working on several other projects that will greatly enhance the gymnastics atmosphere in this country. The Safety Manual is being edited again for a second printing. Also, a safety video is on the drawing board to be developed in 1987.

But there is a primary thrust to get gymnastics back into the school settings. In order to do this, the committee is in the planning stages for a teaching and coaching manual for gymnastics. "We are beginning to develop an outline for this manual," said George. "Once that is developed, the actual writing will take place. I feel once the outline is completed, it will take a year and a half to finish the manual."

"The best reason for a safety certification/education program, ultimately, is for the welfare of the gymnasts," concluded George.

We heartily agree.

Calisthenic instructors does this sound familiar?



"Oh! *Four* steps to the left and *then* three to the right!... What kind of a dance was I doing?"

## DOC'S CORNER

A new column titled Doc's Corner will appear monthly and vary in size. You may contribute to this column, offer articles and letters to the editor and even ask questions.

### CORRECTION

For the November 1986 issue of the *Gymnast* an information source listed "Bob Chapo" as a winner of the third place bronze medal at the Slet in Switzerland representing Sokol Greater Cleveland. Bob is from Sokol Detroit in Michigan. Sorry about that, Bob.

### MOTIVATION

For you coaches and teachers that like to work on the positive aspects of motivation, sister Jolene Dalton, Women's Director of the Western District sends us these words of wisdom, to help us be better in preparing for our classes and conducting our classes and dealing with gymnasts, instructors, assistants, and fellow members in our everyday encounters.

**Notes from videotape on MOTIVATION presented by Bro. Larry Laznovsky at the District Conference, October 1986**

Don't seek to be 100% better at one thing. Seek to be 1% better at 1,000 things.

7 out of 10 people don't come back to a business because of how they are treated on their 1st contact with that company.

A person usually tells good news to 3 people — and bad news to 11 people.

Customers buy things, so be courteous to them! The highest form of courtesy is listening (nievely)!

Measure customer satisfaction and then do something about it!

Weigh the importance of a complaint — Don't just defend your position.

Have constant innovation — Get on with it — Try it.

Commitment, not authority, runs a business.

Leadership, not Management, is needed. Be an enthusiast, a cheerleader, give recognition of your support people.

The leader's role is to create a vision, not to kick someone in the back side! Let them know what *they* do counts.

Have fun, zest, and enthusiasm! Pride! If you have pride in your organization, you can get your people to do anything.

Don't manage by sitting behind a desk all the time. Make MBWA your motto: Managing By Wandering Around!

*Sokol is a business and our gymnasts and members are our customers. We can apply much of the above to our Sokol Organization.*

### INSTRUCTORS COURSE

The Instructorss Course following the XX Sokol U.S.A. Slet will be held at the Sokol USA Camp "Sokol Woodlands" in Barryville, New York. It is

tentatively scheduled to be a two or three week course that will immediately follow the Washington Slet from June 28, 1987 to July 18, 1987. Bus transportation will be provided from the Slet to the Camp for S Camp for students and staff.

### CURRENT COMMENTS FROM KELLY CRUMLEY.

## FLOOR EXERCISE

**Round off** — A wide hand placement on floor is desired. This will help maintain a horizontal center of gravity. In doing so, the speed is maintained and loss of energy is minimized. The hurdle should lean forward with speed and giving distance. As the second hand is placed on the floor, the body should have an early turn as to simulate the last part of the flip flop. This helps set up the snap down action so it is straight and in line.

**Flip-Flop** — Again a wide hand placement is desired. Keep the center of gravity low and horizontal with speed. The elbows should have minimal bend or angle. The hand contact to the floor should not happen premature. This will cause a blocking action off the floor. When on the hands, the snap action should not happen before the body passes through a vertical position. The hand position on the floor should be slightly inward or parallel. If the thumbs are making a straight line if connected, this is correct. The shoulder angle should break causing the body to rotate at the shoulders. A late snap then should occur with the whole body and not just at the hips. While on the feet, the knees have minimal bend as did the elbows. The rotation should happen at the knee joint as it did at the shoulders. A strength drill can be done by taking two panel mats that are folded, lay on the stomach placing the feet on one and the hands on the other. Rise and lower the body from an arch to hollow position. Beginning gymnast may need help.

Front tumbling is becoming more efficient, handspring double fronts and I suspect a brani out fliffus to be done soon. Front flip flops are a must in our developmental training. This re-developing area will soon be a major part of good routines worldwide.

## POMMEL HORSE

**Longitudal Circles** — doing as many as possible, moving forward and backward, along the horse body without pommels. Placing crash pads around horse allows the gymnast to go to a crash and not to a stand. This puts an emphasis on trying harder to stay on. To be able to do this type of circle, the body must have the legs rise in the back part of the swing. The hips should move back to center and the shoulder should be relaxed and not pushed completely upward. The front swings of the circle should have an open chest. The relaxation of the shoulders can be practiced by doing shrugs up and down while in support to get the feel of relaxing.

This circle concept should be practical with speed on the mushroom and on the horse without the pommels. To obtain the extension required, a pre-school donut mat can be placed around the mushroom or by placing the mushroom top on the floor. Early hip turn should be done slightly inward as the circle continues around and not all at one. The body should not be in a hollow position in the back part of the circle, it must be in a slight arched position.

**Flairs** — The flair should be done with the body rotation rather than leg manipulation or placement. The hips and leg angle should be maintained and isolated. The rotating forces stem from the chest and shoulders. The concept of a hard under cut helps thrusts the legs backward into a slightly arched straddle position. The legs should be rise with the hips forward. Again the hollow position should not occur. This forces the legs back to the horse, rather than away and deminishes the circle speed.

**Pommel Loops** — These should be practiced on the buck with one pommel or on the one pommel mushroom. Each turn should be a maximum effort as many as possible creating a personal goal to beat. If 5 can be done, then 6 should be attempted. As the circle in the pommel loop becomes elevated, a foam pommel can be placed on the buck to simulate 2 pommels. A foam pommel can be made by using ordinary pit foam and taped to the horse.

# BIZARRO

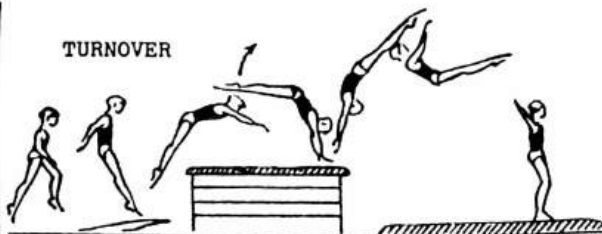
By DAN PIRARO



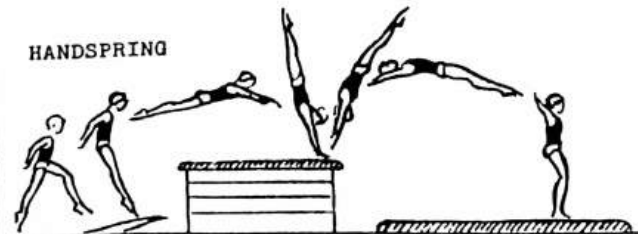
## VAULTING

## TURNING OVER

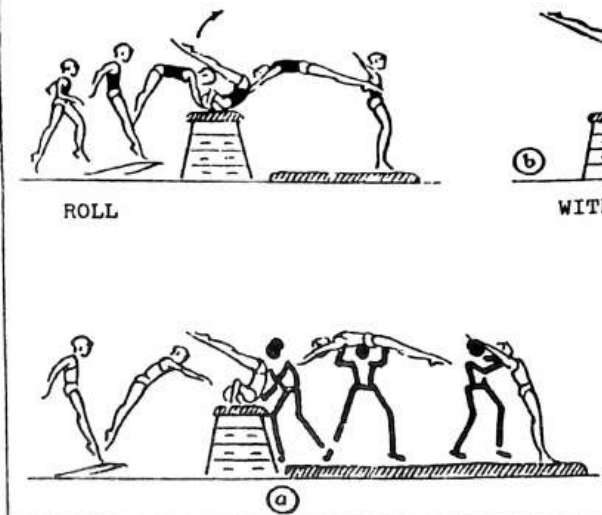
### TURNOVER



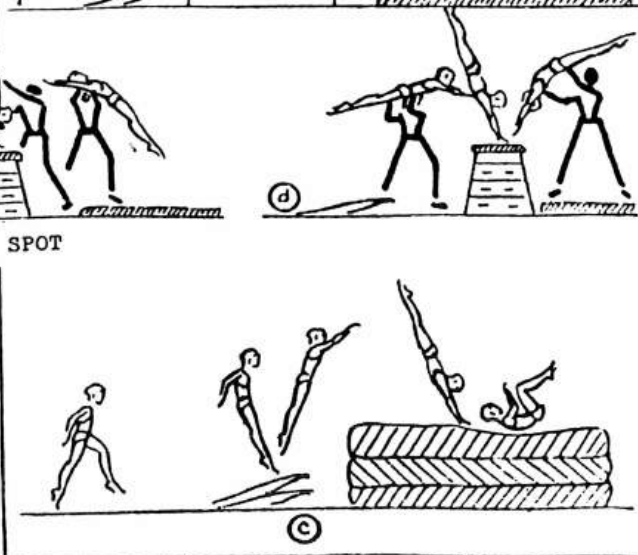
### HANDSPRING



### ROLL



### WITH SPOT



**Sokol Stickney, Illinois** — Mtgs., 1st Wednesday, Sokol Stickney, 4131 S. Home Ave., Stickney, IL 60402. Pres., Marie Vachata, 8030 W. 46th St., Lyons, IL 60534. Sec., Karen Jarchow, 10863 Ursula Dr., Willow Springs, IL 60480. Fin. Sec., Greg Wiatr, 6404 W. 41st St., Stickney, IL 60402. Dir. of Men, Richard Vrba, 326 Edge Lake Point, Schaumburg, IL 60194. Dir. of Women, Karen Jarchow, 10863 Ursula Dr., Willow Springs, IL 60480. Educ. Dir., Nancy Borvansky, 4542 Hawthorne Ave., Lyons, IL 60534.

**Sokol Tabor, Berwyn, Illinois** — Mtgs., 1st Friday, Sokol Tabor, 1602 S. Clarence Ave., Berwyn, IL 60402. Pres., Joseph Moravec, Jr., 1346 S. Kenilworth, Berwyn, IL 60402. Sec., Michael Kulhanek, 1819 S. Scoville, Berwyn, IL 60402. Fin. Sec., Len Navratil, 8609 W. 144th Pl., Orland Park, IL 60462. Dir. of Men, Ed Linhart, Sr., 1820 Ridgeland Ave., Berwyn, IL 60402. Educ. Dir., Joseph Moravec, Sr., 1346 S. Kenilworth, Berwyn, IL 60402.

**Sokolice Tabor, Berwyn, Illinois** — Mtgs., 1st Friday, Sokol Tabor, 1602 S. Clarence Ave., Berwyn, IL 60402. Pres., June Pros, 1606 East Ave., Berwyn, IL 60402. Sec., Mildred Homolka, 2513 S. 60th Ct., Cicero, IL 60650. Fin. Sec., Joyce Kress, 1824 Wesley Ave., Berwyn, IL 60402. Dir. of Women, Irene Polashek, 2114 Elmwood Ave., Berwyn, IL 60402. Educ. Dir., Blanche Kos, 1530 Marengo Ave., Forest Park, IL 60130, and Valentine Husak, 2633 Home Ave., Berwyn, IL 60402.

**Sokol Town of Lake, Chicago, Illinois** — Mtgs., 2nd Wednesday, Jan., Mar., June, Sept., Nov., at T. G. Masaryk School, 5701 W. 22nd Pl., Cicero, IL 60650, May and Dec., (Dinner meetings) at various restaurants. Pres., George Vytlačil, 12515 S. Harold, Palos Heights, IL 60463. Sec., Mildred Mentzer, 11358 S. Hamlin Ave., Chicago, IL 60655. Fin. Sec., Blanche Cihak, 19 Lakeview Ct., Willowbrook, IL 60514. Educ. Dir., Joseph Sotka, 1516 Cuyler Ave., Berwyn, IL 60402.

**Sokol West Suburban, Downers Grove, Illinois** — Mtgs., 1st Monday, at St. John's Ev. Luth. Church, 7214 Cass Ave., Darien, IL 60559. Pres., Sylvia Pistorius, 342 W. Naperville Rd., Westmont, IL 60559. Sec., Mildred M. Bruno, 307 W. Naperville Rd., Westmont, IL 60559. Treas., Evelyne Behounek, 4827 Cornell, Downers Grove, IL 60515. Dir. of Men, Frank Michalek, 10 S. 020 Lorraine Dr., Hinsdale, IL 60521. Dir. of Women, Janet Lobraco, 240 N. Roslyn, Westmont, IL 60559.

#### EASTERN DISTRICT, LITTLE FERRY, NEW JERSEY

**Sokol Baltimore, Maryland** — Mtgs., 2nd Sunday, American Sokol Center, 2931 E. Madison St., Baltimore, MD 21205. Pres., Ann Cervin Huber, 514 Sellrus Ct., Fallston, MD 21047. Rec. Sec., Marie Pokorny, 9812 Gunforge Rd., Perry Hall, MD 21128. Corr. Sec., Betty Joy Kilian, 3068 Mayfield Ave., Baltimore, MD 21213. Fin. Sec., Mary Parizek, 8236 Northview Rd., Baltimore, MD 21222. Dir. of Men, Harry Burns, 4708 Homesdale Ave., Baltimore, MD 21206. Dir. of Women, Marlene Burns, 4708 Homesdale Ave., Baltimore, MD 21206. Educ. Dir., Ann Cervin Huber, 514 Sellrus Ct., Fallston, MD 21047.

**Sokol Belcamp, Maryland** — Mtgs., 3rd Sunday, at the Bayou Restaurant. Pres., Frank G. Novak, 241 Graceford Dr., Aberdeen, MD 21001. Sec., Edward C. Kotras, 2905 Creswell Rd., Bel Air, MD 21014. Fin. Sec., Sidney Formanek, 16 Pleasant Wind Court, Aberdeen, MD 21001.

**Sokol Curtis Bay, Maryland** — Mtgs., 2nd Thursday at residence of Blanche Guilfooy, 4807 Pennington Ave., Baltimore, MD 21226. Pres., Blanche Guilfooy, 4807 Pennington Ave., Baltimore, MD 21226. Sec., Helen Henne, 206 Tenth Ave., Baltimore, MD 21225. Fin. Sec., Edward Henne, 206 Tenth Ave., Baltimore, MD 21225.

**Sokol Fuegner, I.I.C., New York** — Mtgs., 4th Tuesday of Feb., March, May, June, Sept.,

Nov., Dec., Bohemian Hall, 2901 24th Ave., Astoria, L.I.C., NY 11105. Pres., James Segota, 21-28 29th, Astoria, NY 11105. Sec., Virginia Belsan, 41-35 49th St., Sunnyside, NY 11104. Fin. Sec., Jane Cerny, 26 Middleton Rd., Garden City, NY 11530.

**Sokol Little Ferry, New Jersey** — Mtgs., 2nd Monday, Sokol, 14 Garden St., Little Ferry, NJ 07643. Pres., John F. Donovan, 279 Liberty St., Apt. 33, Little Ferry, NJ 07643. Sec., Richard J. Novotny, 12 Green Meadows Rd., Fairfield, NJ 07006. Fin. Sec., Jerry Komarek, 101 Mehrhof Rd., Little Ferry, NJ 07643. Dir. of Men, Frank Capek, 40 William St., Apt. D11, Little Ferry, NJ 07643. Educ. Dir., Alfonse Glaser, 172 Washington Ave., Little Ferry, NJ 07643.

**Sokol Women of Little Ferry, New Jersey** — Mtgs., 4th Wednesday, except July and August, Sokol Hall, Mailing address: Sokol Women of Little Ferry, P.O. Box 475, Little Ferry, NJ 07643. Pres., Blanche Bidnik, 479 Grove St., Clifton, NJ 07013. Rec. Sec., Eva Rohlfs, 470 Teaneck Rd., Ridgefield Park, NJ 07660. Corr. Sec., Audrey Benda, 34 Brandt St., Little Ferry, NJ 07643. Fin. Sec., Elsie Machotka, 2317 Central Ave., Surf City, NJ 08008. Dir. of Women, Vilma Krauer, 31 Brandt St., Little Ferry, N.J. 07643.

**Sokol Miami, Florida** — Mtgs., every Monday 12 noon, at North Miami Community Center, all correspondence/mail to: 1215 N.E. 128th St., No. Miami, FL 33161. Pres., Emilie Ruzicka, 1215 N.E. 128th St., North Miami, FL 33161. Sec., Freda Hruska, 3550 N.W. 8th Ave., #209, Pompano Beach, FL 33064. Fin. Sec., Mildred Urban, 1350 N.E. 191st St., 307 B, N. Miami Beach, FL 33179. Educ. Dir., Emilie Ruzicka, 1215 N.E. 128th St., No. Miami, FL 33161.

**Sokol Newark, New Jersey** — Mtgs., 3rd Saturday or Sunday at members' homes. Pres., Frank Bartell, 646 E. Pt. Pleasant Ave., Box 97, Ocean Gate, NJ 08740. Sec., Barbara Kotlan, 54 Cleremont Ave., Irvington, NJ 07111.

Fin. Sec., Anna Votapek, Acacia-Lumberman Manor, Apt. 8H, East Landing St., Lumberton, NJ 08048.

**Sokol New York, NY** — Mtgs., last Thursday of each month, 420 East 71st St., New York, NY 10021. Pres., Norma Zabka, 203 E. 72nd St., New York, NY 10021. Sec., Pauline Reenock, 1276 First Ave., New York, NY 10021. Fin. Sec., Mirka Jurnik, 338 E. 65th St., #4, New York, NY 10021. Dir. of Women, Beatrice Cihak, 1540 York Ave., New York, NY 10028. Educ. Dir., Irene Mergl, 1278 First Ave., New York, NY 10021.

**Sokol Philadelphia, Pennsylvania** — Mtgs., 1st Wednesday — in home of our president. Pres., Josephine Tunkl, 5836 Akron St., Philadelphia, PA 19149. Sec., Geo. B. Novak, 2003 E. Elkhart St., Philadelphia, PA 19134. Fin. Sec., Julie Kabrbel, 8211 Albion St., Philadelphia, PA 19136. Educ. Dir., Frank Hausgut, 11933 Alber-ta Dr., Philadelphia, PA 19154.

**Sokol Schenectady, NY** — Mtgs., 4th Wednesday, luncheon meetings. Pres., Emilie Valenta, 110 Wade Lupe Tower, Queens Dr., Schenectady, NY 12304. Sec., Mary Prokop, 1005 Sixth St., (Rotterdam), Schenectady, NY 12303. Fin. Sec., Caroline Jordan, 1302 Second Ave., Schenectady, NY 12303.

**Sokol Washington, D.C.** — Mtgs., 1st Wednesday, Barton House, 2525 Barton & 10th St., Arlington, VA 22201. Pres., Jaroslav Kaspar-Paty, 7112 Camp Alger Ave., Falls Church, VA 22042. Rec. Sec., Libuse Cerny, 2802 - 27th St., N.W., Washington, D.C. 20008. Corr. Sec., Vera Arient, 7324 Lee Highway, Apt. 102, Falls Church, VA 22046. Fin. Sec., Gertrude Manhal, 1330 Massachusetts Ave., N.W., Washington, D.C. 20005. Dir. of Men, Anthony Bartos, 6067 Hollow Hill Lane, Springfield, VA 22152. Educ. Dir., Jan Kocvara, 6042 Meyers Landing Ct., Burke, VA 22015.

#### NORTHEASTERN DISTRICT, CLEVELAND, OHIO

(\*)**Sokol Detroit, Michigan** — Mtgs., 1st Thursday, Sokol Cultu-

ral Center, 23600 W. Warren, Dearborn Hts., MI 48127. Pres., Henry Siedlik, 5651 Argyle, Dearborn, MI 48126. Sec., Richard Fournier, 6590 Dolphin, Dearborn Hts., MI 48127. Dues Sec., George Vihonsky, 8507 Dale, Dearborn Hts., MI 48127. Fin. Sec., Anthony Giacchina, 30942 Fernwood, Westland, MI 48185. Dir. of Men, Charles Bares, 11425 Cedar Lane, Plymouth, MI 48170.

**Sokolice Detroit, Michigan** — Mtgs., 1st Thursday, Sokol Cultural Center, 23600 W. Warren, Dearborn Hts., MI 48127. Pres., Jarmila Kalivoda, 6533 Arcola, Garden City, MI 48135. Sec., Anna Eisner, 2750 Emily Ave., Melvindale, MI 48122. Fin. Sec., Carolyn Sabados, 43911 Orleans Ct., Canton, MI 48187. Dir. of Women, Mary Panackia, 18526 Southhampton, Livonia, MI 48152.

**Sokol Greater Cleveland, Ohio** — Mtgs., 3rd Tuesday, Bohemian National Hall, 4939 Broadway, Cleveland, OH 44127. Pres., Betty Hosticka, 2052 Ridgeview Dr., Seven Hills, OH 44131. Sec., Sue Ann Kocarek, 1551 North Avenue, Parma, OH 44134. Fin. Sec., Ronald Vinci, 19053 Hunters Pointe Dr., Strongsville, OH 44136. Dir. of Men, George Kotlan, 7017 Brookside Rd., Independence, OH 44131. Dir. of Women, Aggie Friend, 757 Lincoln Blvd., Bedford, OH 44146. Educ. Dir., George Kotlan, 7017 Brookside Rd., Independence, OH 44131.

**Sokol Moravan, Toledo, Ohio** — Mtgs., 4th Monday, at members homes. Pres., Fred Bartos, 3444 St. Bernard Dr., Toledo, OH 43613. Sec., Elizabeth Penovich, 2130 Nevada St., Toledo, OH 43605. Fin. Sec., John Reisner, Jr., 2128 Maryland Pl., Northwood, OH 43619.

**Sokol Rip, Pittsburgh, Pennsylvania** — Mtgs., Usually every 2nd month on the 3rd Thursday. Pres., Wallace Schiffer, 2074 Fairlawn, Pittsburgh, PA 15221. Sec., Louis Simek, 220 Elizabeth Ave., E. Pittsburgh, PA 15112. Fin. Sec., James Leder, 133 Mason Dr., Glenshaw, PA 15116.

#### PACIFIC DISTRICT LOS ANGELES, CALIFORNIA

**Sokol Fresno, California** — Mtgs., 2nd Sunday at various members homes. Pres., Wally Hallberg, 4767 E. Shepard, Clovis, CA 93612. Corr. Sec., Terry Deeds, 907 Rodgers Lane, Fresno, CA 93727. Rec. Sec., Valerie McCowin, 41521 Auberry Rd., Auberry, CA 93602. Treas., Twyla Young, 2515 Purvis, Clovis, CA 93612. Dir. of Women, Cheri Riddle, 113 Second St., Clovis, CA 93612. Dir. of Men, Richard Miller, 12199 Fernwood, Madera, CA 93638. Educ. Dir., Mary Falls, 8395 N. Peach, Clovis, CA 93612.

**Sokol Los Angeles, California** — Mtgs., 2nd Monday, Sokol Hall, 500 N. Western Ave., Los Angeles, CA 90004. Pres. Jerry Spinka, 4640 Gould Ave., LaCanada, CA 91011. Sec., Helen Jakl, 5132 Ellenwood Dr., Los Angeles, CA 90041. Fin. Sec., Louise Nekuda, 2653 Hartland Circle, Westlake Village, CA 91361. Dir. of Men, Steve Kilston, 946 Menlo Ave., Los Angeles, CA 90006. Dir. of Women, Iva Prochazka, 8009 Brimfield Ave., Van Nuys, CA 91402. Educ. Dir., Milada Kozak, 9813 Pali Ave., Tujunga, CA 91042.

**Sokol San Francisco, California** — Mtgs., 2nd Monday, Sokol 847-849 N. San Mateo Dr., San Mateo, CA 94401. Pres., Peter Jeremcuk, 1818 Arena St., San Leandro, CA 94577. Sec., Jana Kurka, 209 Third St., # 7, Sausalito, CA 94965. Fin. Sec., Elizabeth Bele, 11 Fairview Pl., Millbrae, CA 94030. Dir. of Women, Sylvia Prossr, 631 Chadbourne Ave., Millbrae, CA 94030. Educ. Dir., David Kurka, 414 Roosevelt Way, San Francisco, CA 94114.

#### SOUTHERN DISTRICT, DALLAS, TEXAS

**Sokol Corpus Christi, Texas** — Mtgs., 2nd Wednesday, Sokol Hall, 5502 Kostoryz Rd., Corpus Christi, TX 78415. Pres., Roy Peal, 4329 Marie, Corpus Christi, TX 78411. Sec., Helen Pavelka, Rt. 4, Box 118, Robstown, TX 78380. Fin. Sec., Frank L. Sacky, 4105 Dublin

Dr., Corpus Christi, TX 78413. Dir. of Men, Louis Kubala, 641 Texas, Corpus Christi, TX 78404. Dir. of Women, Gracie Kubala, 641 Texas, Corpus Christi, TX 78404. Educ. Dir., Jerry Sijansky, 414 Pleiades, Corpus Christi, TX 78418.

**(\*)Sokol Fort Worth, Texas** — Mtgs., 2nd Sunday, Ft. Worth Sokol, 6500 Boat Club Rd., Ft. Worth, TX 76135. Pres., Darrell L. Williams, 5012 Glade, Ft. Worth, TX 76114. Sec., Gay G. Williams, 5012 Glade, Ft. Worth, TX 76114. Fin. Sec., Jeanne Mason, 2319 Loving Ave., Fort Worth, TX 76106. Dir. of Men, Brad Durham, 828 Reed Ave., Saginaw, TX 76179. Dir. of Women, Rome Milan, 6208 Lakeside, Ft. Worth, TX 76135. Educ. Dir., Ella Davis, 6601 Seth Barwise, Ft. Worth, TX 76179.

**Sokol Houston, Texas** — Mtgs., 2nd Thursday, Sokol Houston, 1314 W. Patton, Houston, TX 77009. Pres., Al Snider, 634 W. Temple, Houston, TX, 77009. Sec., Delores Tobola, 22115 Fields Ln., Spring, TX 77379. Fin. Sec., Ann Davis, 4103 Marlborough Dr., Houston, TX 77092. Dir. of Men, Bill Petrzela, Rt. 1, Box 70, Cypress, TX 77429. Dir. of Women, Norma Petrzela, Rt. 1, Box 70, Cypress, TX 77429. Educ. Dir., Nellie Vodehnal, 315 Milwaukee, Houston, TX 77009.

**Sokol Karel Havlicek-Borovsky, Ennis, Texas** — Mtgs., 3rd Thursday, Sokol Hall, P.O. Box 205, Ennis, TX 75119. Pres., Larry Laznovsky, Rt. 1, Box 48, Ennis, TX 75119. Sec., Irene Kubin, Rt. 2, Box 214, Ennis, TX 75119. Fin. Sec., Mike Liska, 1402 Nichols, Ennis, TX 75119. Dir. of Men, A. Robert Toth, Jr., 2101 Mobile, Ennis, TX 75119. Dir. of Women, Sylvia Laznovsky, Rt. 1, Box 47, Ennis, TX 75119. Educ. Dir., Bernice Hamilton, Rt. 1, Box 146-A, Italy, TX 76651.

**Sokol Karel Havlicek, Yukon, Oklahoma** — Mtgs., 1st Sunday, Yukon Czech Hall, Rt. 3, Box 150, Yukon, OK 73099. Pres., Elma Nykl, 2208 N.W. 12th St.,

Oklahoma City, OK 73107. Sec., Anna Smrcka, Rt. 3, Box 140, Yukon, OK 73099. Fin. Sec., Bernice Moller, 1402 Allen, Yukon, OK 73099. Dir. of Men, Anton Stejskal, Rt. 3, Box 74, Yukon, OK 73099. Dir. of Women, Mary Polasek, Rt. 1, Box 202, Mustang, OK 73064. Educ. Dir., LaVerne Benda, 6804 N. Libby Ave., Oklahoma City, OK 73132.

**Sokol West, West, Texas** — Mtgs., 2nd Tuesday, Lone Star Hall, North Davis, West, TX 76691. Pres., Raymond Matus, Rt. #2, Box 172, West, TX 76691. Sec., Bernie Klish, 1412 Jane Lane, West, TX 76691. Treas., Yvonne Nors, Rt. #1, Box 34A, West, TX 76691. Dir. of Men, Robert Lednický, 1500 N. Davis, West, TX 76691. Dir. of Women, Evelyn Cepak, Rt. 1, Box 24-A, Abbott, TX 76621. Educ. Dir., Edwina Matus, 311 N. Roberts, West TX 76691.

**Sokol Zizka, Dallas, Texas** — Mtgs., 3rd Sunday, Sokol Zizka, 7448 Greenville Ave., Dallas, TX 75231. Pres., Joseph Ehrenberger, 10411 Mapleridge, Dallas, TX 75238. Sec., Renee Faraizl, 1125 Montclair Dr., Garland, TX 75040. Fin. Sec., Marie Janousek, 11221 Desdemona Dr., Dallas, TX 75228. Dir. of Women, Teresa McClure, 1423 Lebanon, Dallas, TX 75208. Educ. Dir., Ray Faraizl, 732 W. Miller, Apt. 107, Garland, TX 75041.

#### WESTERN DISTRICT, OMAHA NEBRASKA

**Sokol Cedar Rapids, Iowa** — Mtgs., 1st Monday, Sokol Gymnastic Ass'n., 415 - 3rd St., SE, Cedar Rapids, IA 52401. Pres., Joseph Pazour, 72 - 18th Ave., S.W., Cedar Rapids, IA 52404. Sec., Donald Pulkrab, 2436 - 1st St., S.W., Cedar Rapids, IA 52404. Fin. Sec., Larry Chmelicek, 331 Wiley Blvd., N.W., Cedar Rapids, IA 52405. Dir. of Men, Joseph Pazour, 72 - 18th Ave., Cedar Rapids, IA 52404. Educ. Dir., Ted Hlubucek, 2222 - 1st Ave., N.E., Cedar Rapids, IA 52402.

**Sokolice Renata Tyrsova, Cedar Rapids, Iowa** — Mtgs., 1st Mon-

day, Sokol Hall, 417 - 3rd St., S.E., Cedar Rapids, IA 52401. Pres., Vilma Nejd, 1646 Ledjen Lane, Ely, IA 52227. Sec., Mana Zlatohlavek, 2454 Victoria Dr., S.W., Cedar Rapids, IA 52404. Fin. Sec., Bessie Dugena, 508 - 2nd Ave., S.W., Cedar Rapids, IA 52404. Dir. of Women, Allison Gerber, 1913 Wester Dr., S.W., Cedar Rapids, IA 52404. Educ. Dir., Irene Hamus, 3206 Rosewood Ct., N.E., Cedar Rapids, IA 52402.

**Sokol Crete, Nebraska** — Mtgs., 1st Wednesday, Sokol Hall, 12th and Norman, Crete, NE 68333. Pres., Steve Pomajzl, RFD No. 2, Wilber, NE 68465. Sec., Lester G. Bruns, 1705 Ivy, Crete, NE 68333. Dir. of Men, Dan Jurena, 1315 Tuxedo Rd., Crete, NE 68333.

**Sokolice Libuse, Crete, Nebraska** — Mtgs., 1st Wednesday, Sokol Hall, 130 W. 12th, Crete, NE 68333. Pres., Alice Kalkwarf, 807 Oak St., Crete, NE 68333. Sec., Gail August, 809 E. 2nd, Crete, NE, 68333. Fin. Sec., Camille Formanek, 1622 Ivy, Crete, NE 68333. Dir. of Women, Theresa Vernon, Rt. #2, Crete, NE 68333. Educ. Dir., Libbye Jiskra, 1235 Main, Crete, NE 68333 and Helen Kupka, 1009 Norman, Crete, NE 68333.

**Sokol Omaha, Nebraska** — Mtgs., 1st Monday, Sokol Auditorium, 2234 S. 13th St., Omaha, NE 68108. Pres., Dennis Pavlik, 3711 S. 117th St., Omaha, NE 68144. Sec., Jim Velehradsky, Sr., 1322 "U" St., Omaha, NE 68107. Fin. Sec., Ray. D. Duranski, 2312 S. 14th St., Omaha, NE 68108.

**Sokolice Omaha, Nebraska** — Mtgs., 1st Monday, Sokol Omaha, 2234 S. 13th St., Omaha, NE 68108. Pres., Barbara M. Seefus, 3920 Wright St., Omaha, NE 68105. Sec., Violet Callaway, 513 Bellevue Blvd., N., Bellevue, NE 68005. Fin. Sec., Virginia Hansen, 3003 Blue Ridge Dr., Bellevue, NE 68147. Dir. of Women, Elizabeth Barrett, 1529 S. 25th St., Omaha, NE 68105.

**Sokol South Omaha, Nebraska** — Mtgs., 1st Monday, Sokol

South Omaha Hall, 2021 "U" St., Omaha, NE 68107. Pres., Fred Altic, 2817 S. 74th St., Omaha, NE 68124. Rec. Sec., Anthony Swoboda, 5130 S. 20th St., Omaha, NE 68107. Corr. Sec., James Riha, 4301 Woolworth Ave., Omaha, NE 68105. Fin. Sec., Mickey Dalton, 5240 S. 23rd St., Omaha, NE 68107. Dir. of Men, Vojmir Benak, 5919 S. 15th St., Omaha, NE 68107. Educ. Dir., Marc Johnson, 4708 Emiline, Omaha, NE 68157.

**Sokolice South Omaha, Nebraska** — Mtgs., 1st Tuesday, South Omaha Sokol Hall, 2021 "U" St., Omaha, NE 68107. Pres., Jolene Dalton, 5240 S. 23rd St., Omaha, NE 68107. Sec., Sandy Hayek, 7205 S. 33rd St., Omaha, NE 68147. Fin. Sec., Ella Rendla, 2007 Avery Rd., Bellevue, NE 68005. Dir. of Women, Sandra Benak, 5919 S. 15th St., Omaha, NE 68107. Educ. Dir., Margie Swoboda, 5130 S. 20th St., Omaha, NE 68107.

**Sokol Wilber, Nebraska** — Mtgs., 1st Monday, Wilber Sokol Hall, 317 S. Wilson, Wilber, NE 68465.

Pres., Christine Janda, 420 W. 1st, Box 634, Wilber, NE 68465. Sec., Alice Maryska, RFD 2, Box 96, Wilber, NE 68465. Fin. Sec., Milie Aksamit, 318 E. 3rd, P.O. Box 966, Wilber, NE 68465.

**NORTHERN CIRCUIT OF WESTERN DISTRICT**

**Sokol Minneapolis, Minnesota** — Mtgs., not regular, at members' homes. Pres., Joseph Hosek, 3350 Upton Ave., N., Minneapolis, MN 55412. Sec., Frances Hosek, 3350 Upton Ave., N., Minneapolis, MN 55412. Fin. Sec., Luella Greb, 8100 Highwood Dr., Apt. B222, Bloomington, MN 55438.

**Sokol Minnesota, St. Paul, Minnesota** — Mtgs., 4th Thursday, CSPS Hall, 383 Michigan, St. Paul, MN 55102. Pres., Georgianna Dolejsi, 3280 County Rd. #44, Mound, MN 55364. Rec. Sec., Dr. Joyce Tesarek, 4029 - 14th Ave., S., Minneapolis, MN 55407. Corr. Sec., Laura L. Jansen, 1279 S. Cleveland Ave., St. Paul, MN 55116. Fin. Sec., Joyce Sladek,

5608 Gate Park Rd., Edina, MN 55436. Dir. of Men, Robert J. Vanyo, 446 Bay St., St. Paul, MN 55102. Dir. of Women, Betty McNiff, 1714 Cedar Lane, Newport, MN 55055. Educ. Dir., Joan Sedlacek, 630 S. Lexington Pkwy., St. Paul, MN 55166.

**SOUTHERN CIRCUIT OF WESTERN DISTRICT**

**(\*)Sokol Caldwell, Kansas** — Mtgs., 1st Monday, Sokol Auditorium, Caldwell, KS 76022. Pres., Joe Nethala, Rte. 1, Bluff City, KS 67018. Sec., Robert Vavra, Box 143, Argonia, KS 67004. Fin. Sec., Elsie Thrular, 108 S. Market, Caldwell, KS 76022.

**Sokol Karel Jonas, Wilson, Kansas** — Mtgs., 1st Monday every 3rd month, now in the home of Alice Sula. Pres., Joe Sebesta, Rt. 1, Wilson, KS 67490. Sec. and Treas., Alice Sula, Rt. 1 - Box 62-A, Wilson, KS 67490.

**(\*) (asterisk) — Corrections not received by deadline.**

**SOKOL PUBLICATION**

Printing "American Sokol" —	
Dec., 1986	\$1,041.39
Postage — Dec., 1986	545.88
Editor "American Sokol" —	
Jan., 1987	125.00
Salaries — Computer	240.75
	<hr/>
	\$ 1,953.02

**MISCELLANEOUS**

A.S.O. Uniform Division —	
Salaries, F.I.C.A., Dec., 1986	
F.W.T., Dec., 1986, I.W.T. —	
4th Qtr., 1986 & phone	\$ 419.87
F.S.L.F. — Postage	.44
Adjust. F.S.L.F. for District	
Directors Conference	7,294.68
Special Appropriations —	
NE District	3,320.00
	<hr/>
	\$11,034.99
Total Disbursements	\$18,560.36
Balance brought forward:	
Western National Bank of Cicero —	
Checking Account	\$ 5,879.21
Receipts — January, 1987	19,640.25
	<hr/>
	25,519.46
Disbursements — January, 1987	18,560.36
	<hr/>
	\$ 6,959.10

*Calendar of Events*

- APRIL 4 — "Josefská Party", Sokol Wash. D.C.
- APRIL 10 — Card Party Social, Sokol Detroit Ladies Aux.
- MAY 16-17 — Seventh Tennis Tournament, Sokol Wash. D.C.
- MAY 17 — Laying of treath at tomb of Unknown Soldier, Wash. D.C.
- MAY 21-21 — Rummage & Bake Sale, Sokol Detroit Ladies Aux.
- JUNE 14 — Central District Slet.
- JUNE 14 — Summer Gymnastic Exhibition, Sokol Detroit Sokol Camp.

**COPY FOR PUBLICATION**  
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*of the previous month*

## T. G. MASARYK

### Champion of Liberty

#### Research & Studies Center of CFTUF

#### REICHS-COUNCIL IN VIENNA 1903: THE UKRAINIAN QUESTION

The Ruthenians are certainly a numerically large nation. Mainly from a historical and philosophical viewpoint they arouse a quite specific interest in any thinker, politician or observer. For the observer sees — and you can feel the impact and all its vitality right here — how a nation emerges and forms, or wants to form...

And if the Ruthenians feel they are a nation apart from other Slavic nations, if they have the power to feel so and to flock together or concentrate politically, the philologists have very little say in that. Truly, linguistic considerations are not decisive at all. Gentlemen! Look at the Americans and the British! Assuredly they have the identical language, though American speech has, in common knowledge, exclusive Americanisms — on 20,000 I think. And certainly the American feels himself to be American and not English — because his economic, cultural, and historical recollections are different from those in Britain. Surely the Ruthenians too have their historical recollections, their own historical tribulations, their own historical feats — no matter what you think of them or what value you ascribe to them...

And this brings me to salient religious sphere. The Ruthenians used to be preponderantly Greek Orthodox, and now they are Unitarian. Be it as it may, religious divergencies are extant; divergencies from Rome, divergencies from Moscow and Byzantium. They are global divergencies. They are the divide of two worlds — the East and the West.

#### MASARYK'S MESSAGE TO NATIONAL ASSEMBLY — 1919

"Consider how little the French aristocrats understood the portents of their time. Consider how little the Austro-Hungarian nobility learned from the political and social revolutions of its time. It often seems to me that modern-time bourgeoisie, the so-called big capital, walks in the footsteps of the old aristocracy. Here the word of the philosopher is valid who said, "He who wants to be led — destiny will guide him; he who doesn't want it — it will drag him along."

The problem of socialization exacts most genuine and sincere thought and a good education of both workers and capitalists; I, however, consider the task of socialism to be not merely a moral demand; nor do I subscribe to the belief that mere materialism is the issue. Besides, I can brook much rather the materialism of the hungry than that of the surfeit."

#### From PRESIDENT MASARYK TELLS HIS STORY

"Democracy must not exist only on paper or in the mouth of demagogues. Not even the best Parliament is here to determine by a vote what is truth,

right, morality. Where truth, inherent axioms of politics or right and morality are concerned there a majority vote does not count. Democracy per se will not educate people. Decent and forthright people are reared in the family, in schools, by the Church, the state administration, literature, journalism, a.s.f...."

#### Excerpts from RUSSIA AND EUROPE

"Marx and Engels distilled from historicism an ultra-positivist amorality. This cannot maintain itself or endure because individual recognition and consciousness — much less than anything else — cannot be absorbed by any mythical mass cognition or awareness. Besides, the Marx-Engels conception of the masses is not lucid: it starts with the PARTY and from there proceeds to all mankind — as it suits the authors' needs.

From the concept of natural and historical determinism, Marx and Engels have deduced unfreedom of individual will. Instead they should have stated the problem of the so-called free will by a psychological analysis of facts. Thus, determinism became fatalism. But socialism can be based upon and justified only by ethics."

#### WHAT KIND OF PEACE?

I want peace, but that does not mean that I am going to meet aggression unarmed; rather the contrary. I want practical, not Utopian peace; that means that I shall exert all the power of my brain and all my love of my nation and humanity to keep the peace; but also, if necessary, to make war. So let's be brave and manly and as strong as we can be.

#### CRITICISM

I am never against criticism; heavens, the grater part of my life I have been active as a critic! But I want criticism to be constructive, helpful, not excited.

You know even a revolution can't be merely negative; it must have a positive preparation and basis; how, then, can negative criticism achieve reform?

#### REALISM IN POLITICS

Politically Realism meant for me: don't lose yourself in memories of the glorious past, do your utmost for the glorious present. Don't hold merely to slogans and words, but to things, for then you can improve the things, and put them in order. Don't have your head in the clouds, but keep your feet on the earth; it is sure, and solid. Whatever end you serve, keep hold on reality.

#### DANGER OF POLITICAL INEXPERIENCE

Political inexperience provides a fertile soil for demagogues, and of that we have more than enough.

The discussions about the crisis of democracy, and the shortcomings of parliamentary government have their origin to a large extent in that insufficient experience. The parrot-like imitation of foreign political "isms" means that we do not think enough along our own lines, for our own needs.

I know that a subject people, depressed and deformed by subjugation, do not become free in spirit at the wave of the hand.

#### ABOUT CZECHOSLOVAKS

Foreigners say of us that we are talented, practical, industrial. Our farmers, our working men, are truly among the best. Our urban and intellectual strata are still immature, since we did not begin to urbanize ourselves until sixty or eighty years ago. I can still remember how modest the beginnings were and can see how much of the road we have gone since then.

We need fifty years of undisturbed development in order to be where we should like to be today. This is not blind confidence in our ability and tenacity. Our history, even though somewhat disjointed, the fact that through great political storms we held our ground, and that during the world conflagration we managed to restore our state, this all testifies to our political ability. I do not think that I exaggerate in saying that our history is one of the most interesting — we are fine fellows, but we often take a false step.

#### POLITICAL SLAVERY

The nationality question is in itself a social question. We Czechs and Slovaks know that well. The German master who lorded it over us politically, found in us cheap laborers. A political slave is also a social slave, therefore the liberation of our people is indispensable also from the social point of view.

## TIME OF DECISION

CHAS. M. PRCHAL

(From American Sokol, April 1970)

As we near the approaching period of reviewing and making decisions regarding the future of ASO, it must indeed be pertinent and timely to recall the work and thoughts of the first editor of a Sokol publication dating back to the year 1871. In the introductory article under the heading "Our Task, Aim and Goal" the author pointed out the unchanging mission of the Sokol ideal.

We are repeatedly reminded of this Sokol Credo written one hundred years ago. Its author, Dr. Miroslav Tyrš, was inspired by his historical review of the fate and destiny of the Czech nation. The results of his meditation while in St. Gall Canton in Switzerland became the subject matter of the first issue of the magazine "Sokol," published in 1871, presenting in a sense the platform and goals of the Sokol movement.

This first manifesto represents the most inspiring piece of work to come from the pen of Tyrš, and is justly called the Sokol Credo, for it is so deeply impregnated with noble ideals and deep sentiments, not to be forgotten with the passage of time. Just to mention a few of these literary gems. "Another man's might and another man's exercise cannot

help anyone." Or "The best efforts of a small segment of a group cannot alter the results of common efforts and struggles, and a fragment destined to remain forever a fragment can have no decisive value in matters pertaining to national existence." Here it is well to recall what Tyrš formulated and expressed so powerfully a century ago:

"What is unknown to all, none knows.

What mankind did not accomplish,  
none has accomplished.

What mankind did not create,  
none has created."

With these words to us so dear, Tyrš gave direction and aims to our life. Tyrš pointed out that all Sokol activity must be increased, in order that every single Sokol member should exert all strength and ability and courageous determination for the good of Sokol and mankind at large.

Fuegner and Tyrš, the two Sokol founders, stressed the need for constantly teaching and reminding the Sokol members to cultivate physical, spiritual and moral values, essential to the further growth of the Sokol.

We have two well written English translations of this memorable publication. The first one by Dr. J. Rudis Jicinsky, published in 1913, and a more recent one by bro. James J. Cihak in 1958. This inspiring article can be obtained from the Sokol office and should be read and absorbed by every Sokol.

Ninety-nine years have sped by since the article first appeared to wake up the Czech people, to inspire thousands of Sokol hearts. Ninety-nine years since this article has become the Sokol Credo, its summary of principles, its guide and platform (written in 1870).

This year when the Sokols meet during the XI convention of the ASO, the debates and discussions inevitable to such a gathering should point out the strength and health and determination of the Sokols in America. It should show the results of disciplined organization whose roots date back to 1865 and which is still true to its original mission, and ever faithful to Fuegner and Tyrš. It was their basic dream to give rise to generations of determined men and women, firm in their devotion to a noble ideal. A generation of inspired Sokols refusing to rest on the glory of their forefathers, but at all times ready to follow their inspiring examples.

In the spirit of the founders and all those who followed and carried high the Sokol banners and to those to follow in the Sokol destiny on the American soil I say ZDAR?

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*Not developing a sense of responsibility in your subordinates, and not expecting in from your peers.*

*Emphasizing rules rather than skills, and thwarting personal talent.*

*Not keeping criticism constructive.*

*Ignoring complaints.*

*Keeping people uniformed — not respecting their right to know.*

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## SEASONING

*Be humble mighty ones.  
Who has lived who has fallen?  
The People wind on in an incredible  
Attempt to survive this spinning  
Nightmare and yet the idea seasons  
Well upon the shelf of time and  
Freedom is written on the jars.*

Dedicated to Lady atop Capitol Hill.

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