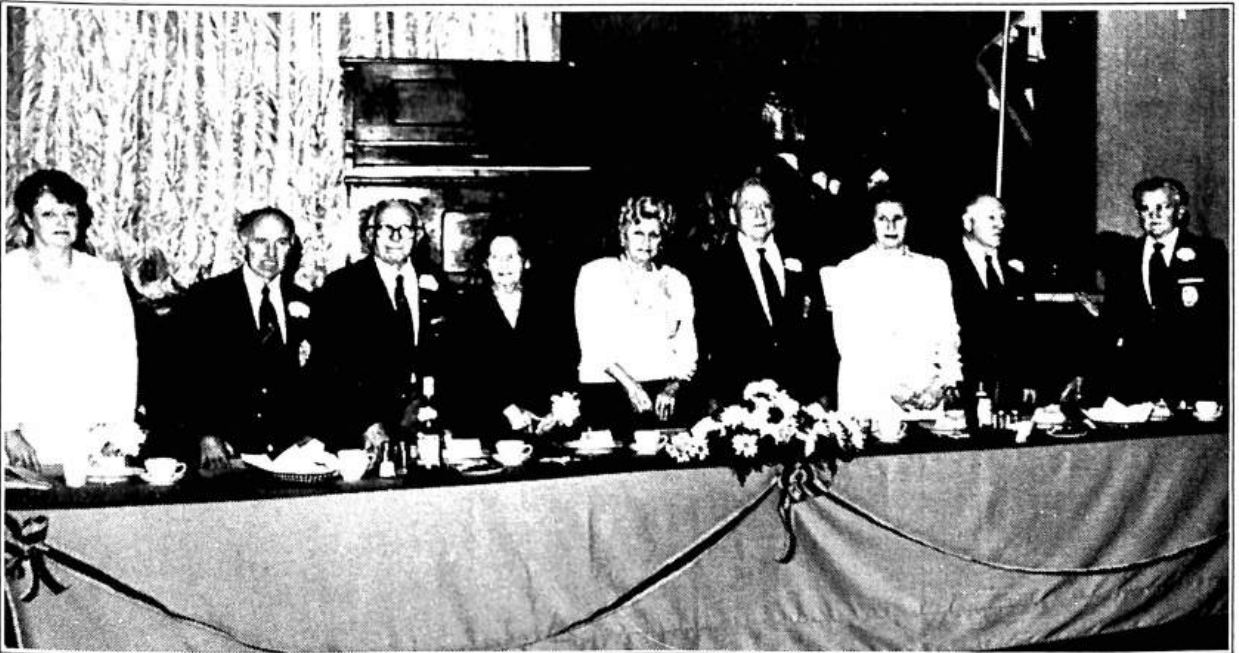


# AMERICAN SOKOL



Publication of the American Sokol  
Educational & Physical Culture Organization

## THE SPIRIT OF THE SOKOL



*Left to right: Sisters & Brothers — Marie Ptacek, Paul Lebloch, Edwin Halik, Kate Danko, Emilie Welcl Ruzicka, Stanley Barcal, EllenJeanne Schnabl, Edward Linhart, George Basta.*

The second century of the American Sokol is shining through the examples of continuing good works of the leaders of the organization.

The honorees at the November 19 recognition dinner was a Who's Who in the mid to late 20th century of the respected American Sokol Educational and Physical Culture Organization. Their dedication to the principles of a "physical fitness through gymnastics" program has endeared them to thousands of members and children throughout the United States.

Their written texts of calisthenics, musical special numbers, and marching numbers have been performed by tens of thousands of Sokol gymnasts through their years of serving the technical division of the organization.

Those honored for serving in the administrative arena served with distinction in many offices and official capacities for many years.

The administrative and technical divisions form the nucleus of the Sokol traditions and serve the membership far and wide always mindful of the Sokol motto "neither profit nor glory".

### HONOREES

SISTER KATE DANKO

Honorary Director of Women  
VII General Convention — Omaha, Ne. June 1946

SISTER EMILIE WELCL RUZICKA

Honorary Director of Women  
VIII General Convention — St. Louis, Mo. June 1955

# AMERICAN SOKOL

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Jackie Kourim, Secretary

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at ASO Office

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# AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CX

February — 1989 — Únor

Číslo - No. 2

## THE SPIRIT OF SOKOL

*Cont. from cover page*

### BROTHER EDWIN HALIK

Honorary Director of Men  
X General Convention —  
Chicago, Il. June 1965

### BROTHER EDWARD LINHART

Honorary Director of Men  
XII General Convention —  
Detroit, Mi. June 1975

### SISTER ELLENJEANNE SCHNABL

Honorary Director of Women  
XII General Convention —  
Detroit, Mi. June 1975

### BROTHER STANLEY BARCAL

Honorary President  
XII General Convention —  
Detroit, Mi. June 1975

### BROTHER GEORGE BASTA

Honorary Treasurer  
XIII General Convention —  
Cedar Rapids, Ia. June 1980

### SISTER BETTY PRENER

Honorary Member  
XIV General Convention —  
Oak Brook, Il. June 1985

### SISTER MARIE PTACEK

Honorary Director of Women  
XIV General Convention —  
Oak Brook, Il. June 1985

### BROTHER PAUL LEBLOCH

Honorary Director of Men  
XIV General Convention —  
Oak Brook, Il. June 1985

"The old ideas are new again because they're not old, they are timeless! Duty, sacrifice, commitment, and a patriotism that finds its expression in taking part and pitching in."

— Pres. George Bush  
Inaugural address Jan. 20, 1989

## The 80-20 Rule

*The greater part of any activity draws on but a small fraction of resources.*

This is simply a rephrase based on a study philologist George Kingsley Zipf (1902-1950) called an introduction to human ecology or, the way people manage resources. Hugh Henner, a professor of English at John Hopkins in his article published by Discover magazine (April, 1986) from a book by Zipf *Human Behavior and the Principle of Least Effort* sights several examples of this principle. A few favorite recipes from hundreds on file, unfiled papers on our desk because we will refer back to them soon and once filed will probably not be used again. The most interesting was that we make over 50 per cent of our normal talk by recycling only about 100 words. Perhaps this is why we need to have more variety in our everyday activities so we can increase our vocabulary base.

Have you observed that year after year, our Sokol calisthenics seem to yield an unusual number of repeated moves. Perhaps the authors are aware of the 80/20 rule and chose the path of least resistance for themselves and the performers. Have you noticed how we applaud a new combination of gymnastic skills, or new leotards, or a new sound in music as long as someone else is performing. Most of us are so conditioned to repetition that we tend to resist change unless it is inserted in small intervals and the total change is not more than 20%.

If the 80/20 rule is universally applicable as suggested, then it explains why 20% of any membership at any time in any organization attends meetings, and then why 20% of the attendees volunteer to work, and then why 20% of the workers are chairpersons, and then why only 20% of chairpersons continue to chair anything at all, and, finally, why only 20% of this chair-group is honored after 50 years of continuous service!

In any case, the 80-20 rule is a principle by which we can, at least, estimate the success of any endeavor, and at best, can serve as a motivation to increase our base so as to insure a higher rate of return. The time has come to GROW. — Lynda

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## Help Our Sokol Grow

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## Executive Board Minutes

November 15, 1988

Called to order by Pres. George C. Basta. Members present: Sis. Pinc, Zitny, Ptacek, Filipello, Pistorius, Kourim, Bro. R. Barcal, Borvansky, Zitny, Kala, Ptacek, Rabas, Lebloch, and Satek. Members excused: Br. Jelinek, Milan, Sis. Ruzicka.

District minutes received and reviewed: Pacific, May 20; 1989 Slet mtgs Sept. 17, Oct. 19; Western Sept. 18; Eastern, Oct. 29.

Correspondence: Approved Christmas greeting ad for Life newspapers. Approved renewal of Czech Freethinking Schools publication "Svobodná Škola". Approved ad of our XVII Slet for Czechoslovak National Council of America ad book. Approval to cancel support agreement with Metafile. Sokol Minneapolis request assistance in closing their unit and approval for merger with Sokol Minnesota. Vic Gutman and Asso. report on progress of festival, very long discussion followed on ticket prices.

**COMBINED MEN & WOMEN DIRECTORS REPORT** — Br. Richard Ptacek and Sis. Sylvia Pistorius: Highlights of Dist. Dir. conference. Bro. Satek and Schnabl to head Special Number competition. BOI board to have final word on number of speakers at Slet and time limit. Complaints from many units regarding not receiving housing info. Information to be sent to directors also. School buses should be available for those members flying to take them to various Slet sites. Approval given for USGF judges for class IV and above. Survey forms to be sent to ALL UNITS IN JANUARY to be returned no later than MARCH 1 by unit directors. A demonstration by members of the United States Sport Aerobic Federation of hand balancing and acrobatics showed how this could benefit the Sokol program. Recommend the ASO become members \$25.00 per year. Creative Dimensions rep. Charles Mosca presented company's promotional items for consideration. Recommend he come to ASO to discuss. Proposed new women's uniform was declined. Recommend increasing Merit Award from \$200 to \$500. Gymnastic skills video to be performed by various gymnasts from many units. ASO instructors course report given. Several districts and units are holding progressions clinics. Demonstration by Randy Prendergast on how to teach basic tumbling using various shapes and sizes of mats. Guest organizations present: Sokol USA Bro. Steve Banjak and Sis. Chris Yatchyson; DA Sokol Bro. Bob Liptak and a director from a local unit; Sokol Abroad Sis. and Bro. Fiala. Polish Falcons sent regrets unable to attend. Sokol USA requested that their 11 and 12 year old gymnast be allowed to compete in Junior div. at Slet. After discussion, it was denied, however, will discuss further at next conference. Recommend an umbrella type insurance be available for all combined events. Discussed advantages of all Sokols coming together on technical level and also forming a federation as previously mentioned at last two round table sessions.

Recommend this be presented at our convention. Recommend Sis. Zabka continue as our USGF rep. and that we retain membership in AAU without individual rep. at this time. Update on manual, Br. Banjak reports the apparatus portion is complete, marching section next. He is working alone at this time. Br. Kalat will bring Tournament rules recommendations at next conference. Recommend next conference in Detroit. Also recommend all Sokol instructors be USGF certified or our own certification. Final report forms approved for payment, under condition all units in each district current with dues. All other bills approved for payment.

**MEMBERSHIP CHAIRMAN** — Br. Fred Kala: Fourteen units in arrears for third quarter. Discussion followed on procedures to keep units current.

**EDUCATIONAL CHAIRMAN** — Br. Paul Lebloch: Czechoslovak American Congress commemoration of the 70th anniversary of the Republic of Czechoslovakia was a success. Sokol Slavsky and Tabor represented Sokol with two gymnastic numbers. Bro. Vytlačil was chairman, Bro. Rabas and Lebloch served on the committee. 988 attended. 350 participated.

**PUBLICITY** — Czech — Br. Jerry Rabas: Denní Hlasatel, which is mailed throughout the U.S., featured XVII Slet article.

**PUBLICITY** — English — Sis. Lynda Filipello: Central District Slet will be listed in Special Events Calendar for Illinois. Gave children's illustrated gymnastic books to both directors.

**FINANCIAL SECRETARY** — Sis. Mildred Pinc: October report distributed. Audits of administrative, uniform div., Future Sokol Leaders Fund and Library and Archives third quarter in order. Attended Selden Fox seminar, Czech American Congress comm., marched in Houby parade, and attended C.D. annual meeting. Working with OSLA insurance agent to update our liability insurance.

**TREASURER** — Bro. Robert Barcal: Reconciled bank statements for all divisions, perfect order.

**EDITOR** — Sis. Lynda Filipello: Received notes from our readers that they enjoy the District News and Views. Will run every two months, keep the news coming.

**SECRETARY** — Sis. Jackie M. Kourim: All Slet seals have been out for two weeks.

**II. VICE PRESIDENT** — Bro. Gary Masek: Report read by Sis. Kourim. Seal donations so far \$1,933.00. Also received festival fund donation of \$1,000.00 from Sen. Roman Hruska. 1,000 banquet invitations to be printed. Jim Hartung and Nebraska Gymnastic team to perform at XVII Slet.

**I. VICE PRESIDENT** — Bro. Charles Borvansky: Attended Czech American Congress 70th anniversary comm.

**PRESIDENT** — Bro. George C. Basta: Attended 70th anniversary, the District Directors conference in Baltimore, the Selden Fox seminar, Central Dis-

trict annual mtg., worked on monthly financial report, been in touch with Br. Slavik of Eastern District re Little Ferry.

NOTE — Motion made and approved that Slet souvenir plate will not be held after published date by this office. Some plates from last Slet are still here.

UNFINISHED BUSINESS: 1990 convention details not available from host.

NEW BUSINESS: Committee to be appointed at January meeting for 1990 Slet tour in Paris.

Respectfully submitted, *Sis. Jackie M. Kourim*

## Calendar of Events

- FEB. 3-5 — Česká Síň Holiday Valley Ski Week-end  
 FEB. 5 — Detroit — Winter Gymnasticale  
 FEB. 18 — Sokol South Omaha Annual Večirek  
 MAR. 4 — Brookfield's Exhibition at R/B  
 MAR. 11 — Tabor's Exhibition  
 MAR. 12 — Naperville & West Suburban  
 Exhibition at Naperville Central High School  
 MAR. 18 — Stickney Exhibition  
 MAR. 19 — Slavsky Exhibition  
 APR. 1 — Western District Childrens Competition  
 APR. 7 — Slavsky Bunco & Card Party at  
 Mid America  
 APR. 15 — Berwyn Exhibition  
 APR. 16 — Baltimore CSA Spring Dance  
 APR. 22 — Central District Special Number  
 Competition at R/B  
 APR. 29-30 — South Omaha's Mini-Slet  
 APR. 30 — Greater Cleveland's Exhibition at  
 Cleveland State University's Woodling Gymnasium  
 MAY 20 — Central District Boys and Girls  
 Gymnastic Competitions at Naperville Central H.S.  
 MAY 20 — N.E. District Boys and Girls  
 Competitions SGC, Cleveland, Ohio  
 MAY 21 — St. Louis' Exhibition

WESTERN DISTRICT  
 HOSTS  
 XVII AMERICAN SOKOL  
 SLET

JUNE 4 — Northeast District Slet,  
 Sandy Bottom Lake, Mi.

JUNE 20-24, 1989 — AMERICAN SOKOL  
 NATIONAL SLET, OMAHA, NEBRASKA

### FUTURE EVENTS

MAY 5, 1990 — Sokol Slavsky 100th Anniversary,  
 William Tell Restaurant, Countryside

APRIL 1990 — AMERICAN SOKOL NATIONAL  
 CONVENTION, SOUTHERN DISTRICT  
 HOSTS

MAY 1990 — 125th ANNIVERSARY SOKOL  
 ST. LOUIS FIRST SOKOL UNIT IN THE  
 UNITED STATES

VII. SLET  
 CZECHOSLOVAK SOKOL ABROAD

JULY 5, 1990 —

Czechoslovak Sokol Abroad  
 VII Slet, Paris, France

1991 — Sokol Tabor, Berwyn,  
 Ill. 125th anniversary



## Slippery Rock University

Dear Ms. Kourim:

The Office of International Education of Slippery Rock University is proud to inform you that we are again conducting a travel-study workshop in Czechoslovakia this summer. This is the fourth such tour we have offered to Czechoslovakia and it has become one of our most popular. This course may be taken for 3 graduate or undergraduate academic credits or may be taken as a travel tour for no credit. It is interesting to note that most who take the course, do so for no credit and are middle aged adults or senior citizens.

Accompanying the tour is Professor Stephen J. Banjak a third generation American of Slovak descent. Mr. Banjak has traveled extensively in Europe and Czechoslovakia in particular and speaks the Slovak language.

A unique feature of this tour, is the series of lectures on various topics while traveling in Czechoslovakia. Topics include The Czechoslovak Spa (thermal waters) System; Recreational Opportunities in Czechoslovakia; The Czechoslovak System of Education, Physical Education, and Sport, and Czechoslovak Folklore. Participants will have an opportunity to attend the **Strážnice Folk Festival**. Enclosed you will find a brochure with details on this study-tour.

Slippery Rock University appreciates your cooperation in letting the readers of American Sokol know about this opportunity. We have had many inquiries from your readers and some have already traveled with us.

Sincerely, *Stan Kendzorski*  
 Office of International Education

## District/Unit XVII Slet Plans for Omaha

SOKOL NEW YORK is planning an escorted tour from Omaha to Las Vegas 8 nights/9 days which will include one night stays in Las Vegas, Grand Canyon, Zion, St. George National Park, Salt Lake City, Yellowstone Park, Teton village, Rapid City (Mt. Rushmore), and Sioux City — 9th day arrive in Omaha. Limit: 45 people. Please contact Sis. Georgiana Hall, 20 Greenlawn Av., Clifton, N.J. 07013 (201-471-1515).

The 50 Year and more Reunion for past Slet participants to be celebrated at our XVII Slet in Omaha boasts a very large participation level by Sis. Emily Ruzicka of Sokol Miami. Don't be left out of the celebration. Contact her for information on this and bus tour plans at 1215 N.E. 128th St., North Miami, Fla. 33161.

CENTRAL DISTRICT'S Sokol/Sokolice Tabor is planning two bus tours to Omaha, a drive through bus (7 days) and a 12 day with tour. Please contact Sis. June Pros 795-6671 days or 484-2297 eve. Sokol Stickney's bus/hotel accommodations are limited and going fast, so call Sis. Barb Vondra 795-4606 or Br. Rich Tharp 484-8534 pronto! Br. Jerry Rabas (Weber Travel Agency 312-749-1333) has plans for a 6 day bus tour to the Festival and Slet.

(District and Unit information is taken from newsletters and letters sent to the editor.)

The *Slet Program Book* offers an excellent opportunity for Sokol members to advertise their business/professional services and contribute to The American Sokol Slet Fund. One idea that can help many of you keep the advertising cost down is to "Share a Profession/Business Service Page". The purpose is to list the names of all members who have the same profession/business on one full page with the profession/business service as the main attraction.

Example: AMWAY PRODUCTS DISTRIBUTORS with one or two pictures of a sampling of the product line. Each contributing distributor would list their name, address, phone number and Sokol Unit. Or ATTORNEYS-AT-LAW, or MEDICAL PROFESSIONAL, etc. Large ads always attract faster. Select one person to coordinate in your area or ask the slet committee for assistance in coordinating. (Any Amway distributors out there can contact me for inclusion in our full page ad.)

— Lynda

### Mothers - Daughters - Fathers - Sons

We are looking for members who drill together as a family and/or administer together within a Sokol Unit. These articles and pictures will be featured in the May and June Sokol Publication.

Please respond with a short description and/or pictures by March 10th to the Editor.

Lynda Filipello, 4401 Fender, Lisle, IL 60532

## 1989 A.S.O. National Slet Sock Hop

On Thursday night, June 22, 1989 Sokol South Omaha will play host to an old-fashioned Sock Hop. Music will be provided by "The Grease Band". This band is one of the hottest groups in the Midwest. They play all of your old favorites from Chuck Berry to Elvis. We will be having various contests during the evening, such as a hula hoop contest, dance contests, best dressed (in 50's attire!) contest, etc. So we are inviting everyone not attending the Banquet to join us for an evening of fun and dancing!

Prior to the dance we will have a special guest appearance by 1984 Olympic gymnast, Kathy Johnson. She will talk about various aspects of gymnastics — her experiences as a gymnast, what gymnastics has taught her, comments for aspiring gymnasts, etc. You won't want to miss hearing this exciting and inspiring celebrity.

We will be serving food (tentatively pizza, chicken, sloppy joes, etc.) so plan on having supper with your Sokol friends down at the hall. Beer will be served for adults only, so remind your younger people that we will not tolerate minors with alcoholic beverages.

With the plans that we have made this could be one of the highlights of your trip to Omaha. So, as the Fonzy would say "Be cool" and we'll see you in June!

Sock Hop Committee,

Mickey & Jolene Dalton, Chm.

## TROPHY FUND

The American Sokol Organization is sponsoring our XVII American Sokol Slet in 1989, along with competitions which will be held June 20-24th, in Omaha, Nebraska.

Competitions will be conducted for both junior and senior members on a national level in apparatus, modern rhythmic gymnastics, volleyball and special numbers.

Many awards are necessary for the deserving victors of the various events. Your generous contributions to our Trophy Fund in the past were deeply appreciated and are still treasured by the recipients. Therefore, we wish to extend to you the opportunity to contribute again in this worthy cause.

Donors names will be listed in our *Program Book* with contributions of \$15.00 or more.

Make checks payable to XVII Slet Trophy Fund

Name \_\_\_\_\_

\$ \_\_\_\_\_ enclosed

Mail to: XVII A.S. Slet, Western District, P.O. Box 37511, Omaha, NE 68137.



AMERICAN SOKOL ORGANIZATION  
**GYMNAST**



FEBRUARY 1989

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

**XVIII AMERICAN SOKOL SLET**  
**Tentative Schedule of Events**

**TUESDAY, JUNE 20th**

9:00 AM to 3:00 PM	Registration of all Gymnasts .....	Holiday Inn Holidome
12 Noon	Judges Meeting .....	Holiday Inn Holidome
4:00 PM to 6:00 PM	Rehearsal for Special Number Competition .....	Bryan Sr. H.S.
7:00 PM	Opening Ceremonies & Special Number Competition .....	Bryan Sr. H.S.

**WEDNESDAY, JUNE 21st**

7:00 AM to 8:00 PM	Warm Ups and Competition for Jrs. and Seniors .....	Holiday Inn Holidome
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**THURSDAY, JUNE 22nd**

7:00 AM to 11:00 AM	Rhythmic Gymnastic Competition Jr. Girls & Women ....	Holiday Inn Holidome
7:00 AM to 12 Noon	Volleyball Tournament for Jr. Boys and Men .....	Bryan School
12 Noon to 4:00 PM	Volleyball Tournament for Jr. Girls and Women .....	Bryan School
6:00 PM	Banquet .....	Holiday Inn
6:00 PM	Junior Social .....	Sokol South Omaha

**FRIDAY, JUNE 23rd**

7:00 AM	Championship Volleyball — Men .....	
12 Noon	Championship Volleyball — Women .....	
2:00 PM	Sokol Championship Competition .....	Holiday Inn Holidome
8:00 PM	Awards Social .....	Sokol South Omaha

**SATURDAY, JUNE 24th**

9:30 AM	Leaders Meeting & Flag Bearers Rehearsal .....	Civic Center
10:30 AM	Slet Rehearsal .....	Civic Center
6:00 PM	Slet Line Up .....	Civic Center
7:00 PM	Slet Program .....	Civic Center
9:00 PM	Slet Social — Czech Festival .....	Civic Center

**SUNDAY, JUNE 25th**

	Round Table Conference .....	Holiday Inn
	Czech Festival .....	Civic Center

# Uniform and Conduct Rules for American Sokol Organization

## REGULATIONS UNIFORM RULES

- A. Regulation uniforms will be worn for all formal functions, such as gymnastic performances, competitions, judging and Slets.

Not acceptable: Flowers, corsages, jewelry, such as watches, Necklaces, earrings, rings.

EXCEPTION: Wedding rings and taped-down religious medals accepted.

Uniforms must be clean and neat.

Hair must be neat: If long, tied back securely, not loose.

- B. **Suggested uniform for attendance at gym classes**

Children's Classes: White shirts, gym shorts, white socks, gym slippers or gym shoes.

Junior Girls & Women: Dark shorts, white tops, gym slippers or gym shoes.

Junior Boys & Men: White shirts, gym shorts, gym slippers or gym shoes.

Deviation from dress code will be determined by person in charge. (Uniformity in dress improves class attention and also makes a better impression should someone drop in to observe the class.)

- C. **Uniform for practice field**

All classes: Any appropriate practice clothes, in good taste.

## CONDUCT RULES

- A. Conduct rules for Sokol group activities, such as Competitions, Classes, Exhibitions, Slets.

1. Improper conduct or improper dress will not be tolerated at any Sokol function.
2. Recognition of leaders in charge (no matter what Sokol they are from).
3. No smoking or drinking of alcoholic beverages while in Sokol uniform in public view.
4. No gum chewing.
5. No profanity.
6. Be punctual!
7. Proper behavior is desired at all times to keep an orderly running class function.

- B. General rules while representing Sokol, such as outside competitions, trips or any other times you may be recognized as a Sokol member.

1. Every Sokol's conduct should be above reproach at all times.
2. All girls, boys and juniors must be responsible to an adult supervisor at all times.
3. Adult supervisor must be responsible for maintaining proper Sokol conduct.

## (1) AGE GROUPS

Tots — Under six, to the discretion of individual teachers.

1st Class Girls — 6 thru 9 years of age.

1st Class Boys — 6 thru 9 years of age.

2nd Class Girls — 10 thru 12 years of age.

2nd Class Boys — 10 thru 12 years of age.

Junior Girls — 13 thru 16 years of age.

Junior Boys — 13 thru 16 years of age.

Senior Women — 17 years of age and over.

Senior Men — 17 years of age and over.

NOTE: Competitors entering the Jr. competitions at our American Sokol Organization National Slets **must** be minimum 13 years of age by December 31 of the Slet year. **No exceptions!** This age rule applies to all guest organizations also.

When a Junior becomes 17, he/she shall become a regular member of the organization according to the American Sokol Organization Constitution and by-laws. If this Junior is still a high school student, he/she shall be eligible to compete with the juniors.

## (2) ELIGIBILITY AND COMPETITORS

Any bona fide member of the American Sokol Organization or Sokol U.S.A. and guest organizations shall be eligible to enter the National Sokol Tournament. Any competitor must be a member for at least three month of the Sokol Unit or local organization for which he competes, prior to the date of the Tournament. This rule of three month membership does not apply to persons transferring from Junior class to Senior class. If a person who for reasons of temporary transfer of employment or school attendance is participating actively in a Unit other than his own, wishes to compete with the Unit of which he is a guest, he must apply for clearance first to his own Unit Board of Instructors, which in turn applies to the District Board of Instructors, which finally applies to the National Board of Instructors for approval. The three month rule does not apply to any transferee.

## (3) CONTESTANTS'S CLASSIFICATION

Each contestant shall enter the Division suitable to his/her gymnastic development and caliber. However, if anyone should be compelled to re-enter the same Division, or to drop to a lower Division than in which he previously competed and won, for reasons beyond his control, (illness, age, employment, school attendance, etc.), then he must submit such action to the District Board of Instructors for approval who, in turn, will submit it to the National Board of Instructors for approval.

Once an official entry blank designating which Division a gymnast will enter is submitted, that gymnast cannot change Divisions, unless approved by the National Board of Instructors.

Explanation of the customary procedure: Winning an award — the first three places — in all-around competition of the Low and Intermediate Divisions, advances the contestant to the next higher Division in the same level of competition. Championship is considered a special or optional event.

Levels of Competition	Divisions
Unit	Jr. Girls Novice
District	Low B
National	Low A
	Intermediate
	High
	Championship
	Women/Men Masters I 35 thru 49* years of age
	Women/Men Masters II 50* years & over

If First Place is earned by percentage points because of lack in the number of competitors in that Division, gymnast is not compelled to move to the next higher Division, but should be encouraged to do so.

Masters Division: Entry into this Division should be at the option of the gymnast; he/she may compete in another Division if he/she so desires. It is not necessary to move up to a higher Division after placing in the Masters.

In case a gymnast re-enters the same Division in which he won any of the first three places and such action is approved as specified in the first paragraph of this rule No. 3, his earned points count toward his team score, as well as toward an individual title claim.

All contestants competing in the individual Championship shall also compete in the High Division if there are no Championship compulsory exercises prescribed. (The High Division, compulsory exercises are regarded as Championship compulsory exercises only if so stated).

The Championship competitors shall receive their scores from the total of (A) the required High Division or other prescribed exercises and (B) the optional exercises.

Once a gymnast declares himself in the Championship Division, he shall not be entitled to awards in the individual competition in High Division and his points obtained in the High Division shall score only toward a team total.

\*Age as of December 31 of the year of the Slet.

The WGS (white gymnastic slipper) is to be worn with this leotard. Send outline of foot or European size of your current slipper with \$6.75 per pair.

**Allow 4 to 6 weeks for delivery.**

Don't wait until the last minute to order as the reconstruction takes time...

**ORDER FORM  
INDIAN CLUB LEOTARD/WGS**

**Size:**  
Small (8/10), Med. (12/14), Lg. (16/18) \$23.00  
X Lg. (18/20) \$24.00

**WGS:**  
White Gymnastic Slipper (send outline of foot)  
European Size: # \_\_\_\_\_ or outline \$ 6.75  
**SHIPPING COST** \$ 1.75

Check No. \_\_\_\_\_ Total Amount Enclosed \$ \_\_\_\_\_

**Circle size of leotard and cost of items ordered**

Name \_\_\_\_\_ Unit \_\_\_\_\_  
Address \_\_\_\_\_ Phone \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**Remember full payment must accompany order, if not order form will be returned to you for payment and you will be charged the additional postage.**

A.S.O. Uniform Dept. June Pros, Manager  
6424 W. Cermak Rd.  
Berwyn, IL 60402 (312) 795-6671

**DOC'S CORNER**

**PHILOSOPHY OF SOKOL JUDGING**

The Sokol gymnastic program of today is designed to stimulate and encourage the youth of today to value and enjoy competition. Definite standards must be adopted if the Sokol gymnastic program is to be respected and expanded. Ethically and deliberately the ideals must:

1. Assure that the Sokol gymnastic program is and remains an integral part of the total educational program of the Sokols.
2. Assure that the gymnastic program will adhere to rigid standards resulting in good character development and beneficial physical development.
3. Assure that participation in gymnastics will develop positive attitudes and an appreciation for the value and enrichment gained through physical activity.
4. Memorable and educational experiences should accompany competition so that the gymnast realizes the enjoyment in activity as well as the discipline and sacrifice required to succeed.

Therefore the Sokol judging must reflect quality, and this is determined by the competency and preparation of the Sokol judges. Judging in the Sokols or any other group or organization demands knowledge of rules and regulations. Because of their own team responsibilities Sokol instructors cannot be involved with judging and officiating. Sokol

**Indian Club XVII ASO Slet  
Order Form**

Send to: Uniform Dept. ASO, 6424 W. Cermak Rd., Berwyn, IL 60402.

**Full payment must accompany order**, no order will be shipped without payment in full. Include shipping of \$1.75 per leotard, if ordered in quantity you will be refunded any overpayments on shipping costs, but the \$1.75 must be included in this order, **unless order is to be picked up at the Uniform Dept. Office.**

All leotards will be reconstructed to meet the requirements needed for this Women's Special Indian Club performance.

members, parents, etc., are encouraged to become gymnastic judges. The responsibility for judging in the Sokols must lie with interested people who are either past competitors, interested parents or spectators, past coaches or physical education instructors. In other words, people with varied interests, home and business responsibilities must meet the demand for the number of officials needed by the Sokols in order to promote and expand the sport of gymnastics.

Judging at the Sokol level necessitates a respect for the gymnast. He has placed many hard earned hours into preparing himself for the competition, and rightfully so must the gymnastic judge place hard work into preparing himself for his task. The Sokol judge must maintain a professional appearance and posture attitude, be impartial, demonstrate humility, cooperate with all, and execute their responsibilities efficiently. Quality Sokol judging demands an involvement and obligation to study and learn. Through constructive evaluation Sokol judging can encourage participation and the desire for perfection.

## Central District — A.S.O.

### BOYS & MENS FALL GYMNASTIC COMPETITION RESULTS

December 10, 1988

#### 1st Class — Low Division

##### Team Results

1 Sokol West Suburban	221.35
2 Sokol Slavsky	220.15
3 USA-Lodge 306	213.60
4 Sokol Brookfield	210.15
5 Sokol Tabor	207.60

##### Individual Results

1 Russell Lubeck, USA-Lodge 306	50.85
2 Mark Muellner, West Suburban	50.65
3 Greg Schonhoff, West Suburban	48.35
4 John Simon, Slavsky	47.90
5 Jeffrey Marchluk, Brookfield	47.80

#### 1st Class — Intermediate Division

##### Team Results — No Teams

##### Individual Results

1 Robert Dickens, Stickney
2 Larry Ray, Stickney

#### 2nd Class — Low Division

##### Team Results

1 Sokol West Suburban	229.35
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##### Individual Results

1 Shawn Leece, Brookfield	50.60
2 John Trevino, Slavsky	50.25
3 Richard Manticca, Tabor	49.65
4 Michael Schulz, West Suburban	49.05
5 Mike Moushon, Brookfield	48.80

#### 2nd Class Intermediate Division

##### Team Results

1 West Suburban	149.10
2 Tabor	47.85
3 Brookfield	133.55

##### Individual Results

1 Chris Napolitano, Tabor	51.25
2 Brandon Zmrhal, West Suburban	50.85
3 Tom Stahulak, West Suburban	50.75
4 David Kozar, Tabor	49.25
5 Greg Becker, Slavsky	47.75

#### 2nd Class High Division

##### Team Results

1 Tabor	87.10
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##### Individual Results

1 Matthew Lahala, Tabor	44.10
2 Teddy Polashek, Tabor	43.00
3 Joseph Fitzgerald, Slavsky	41.85

#### Junior Low "B" Division

##### Team Results

1 Tabor	120.00
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##### Individual Results

1 Chris Stahulak, West Suburban	50.90
2 C. J. Thompson, Naperville	49.05
3 Jeff Schonioff, West Suburban	48.30
4 Tony Tumbarello, Tabor	41.35
5 Scott Simik, Tabor	40.55

#### Junior Low "A" Division

##### Individual Results

1 Dominic Mongello, Slavsky	50.60
2 Tom Dmukauskas, Slavsky	47.75
3 Joseph Pajer, Slavsky	39.35
4 John Becker, Slavsky	38.85

#### Junior Intermediate

##### Individual Results

1 Mario Mongello, Slavsky	37.95
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#### Seniors Low "B" Division

##### Individual Results

1 Steven Cacchione, USA-Lodge 306	52.65
2 Ray Fron, Tabor	50.70
3 George Kulhanek, Tabor	45.65
4 Dave Olson, Tabor	40.40

#### Seniors Low "A" Division

##### Individual Results

1 Brian Pracko, USA-Lodge 306	53.15
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Make your hotel reservations for  
National Slet in Omaha now.  
Limited number of rooms are available.

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# XVII NATIONAL SLET & CZECHOSLOVAK FESTIVAL

Dear Brothers and Sisters,

I want to be the first to say "Welcome To Omaha" for the XVII NATIONAL SLET AND CZECHOSLOVAKIAN FESTIVAL. The Slet and Festival Committees are working very hard to make this slet one of the best slets you have ever attended.

As you can see, we are trying something new this year. Along with the competitions and exhibition, we have added a Czechoslovakian Cultural Festival starting on Friday night and running through Sunday night. You will be receiving, if you have not already, a letter and questionnaire from the Festival Committee asking for your help with the festival. Any help or advice will be greatly appreciated.

## American Sokol Nat'l Competition June 18-25

Mail to:

Western District, Gary Masek  
P.O. Box 37511, Omaha, NE 68137

Holiday Inn Central, Omaha, NE 68124  
Slet Headquarters

Rates: \_\_\_\_\_ 1 double bed \$52.00  
 \_\_\_\_\_ 2 double beds \$62.00  
 \_\_\_\_\_ 1 king bed \$62.00  
 \_\_\_\_\_ Poolside \$72.00

Arrival \_\_\_\_\_

Departure \_\_\_\_\_

Check-in 2 PM

Check-out 12 Noon

Name \_\_\_\_\_

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

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

Telephone \_\_\_\_\_

CREDIT CARD NUMBER OR 1 NIGHT'S  
ADVANCE DEPOSIT REQUIRED

\_\_\_\_ Diner's Club \_\_\_\_ Master Card \_\_\_\_ American  
Express \_\_\_\_ Discover \_\_\_\_ Holiday Inn \_\_\_\_ Visa.  
Number \_\_\_\_\_

RESERVATIONS MUST BE RECEIVED BY  
MAY 18, 1989.

There are 1200 free parking spaces available. If you are driving, the Holiday Inn is located at the 72nd Street exit off Interstate 80; however, the main lobby of the hotel is located one block east of 72nd Street on Grover Street.

If you are flying, please use the courtesy phone at the airport, or call 393-3950 for airport limo service, during limited hours.

PLEASE USE ONE FORM PER UNIT, ATTACH A ROOMING LIST OF ALL UNIT MEMBERS ATTENDING AND WHICH PERSONS WILL BE ROOMING TOGETHER.

IMPORTANT—ALL RESERVATIONS MUST GO TO THE WESTERN DISTRICT—ADDRESS ABOVE

RAMADA INN \_\_\_\_\_

HOWARD JOHNSON \_\_\_\_\_

Please take a few minutes to fill out the form and mail it back. Don't let the Czechoslovakian and Sokol heritage die.

The City of Omaha and its 500,000 people will be opening its doors for you. Omaha is a very exciting city. We have everything from dog and horse racing to one of the top 10 zoos in the U.S. We are considered the Beef State with more restaurants per capita than any other city in the world. Omaha is also the headquarters for The Strategic Air Command and tours are available of the underground.

Hotel reservation forms have been sent to all Unit secretaries. ALL hotel reservations for the three hotels, the Holiday Inn, Ramada Inn, and Howard Johnson must go to the Slet Housing Chairman's address on the form. The rooming list will go out after the first of the year.

I will be giving you additional information in further issues. If you have any questions, please drop me a line and I will be happy to answer them.

Send all correspondence to: Gary J. Masek, P.O. Box 37511, Omaha, NE 68137.

See you in June.

Nazdar, Gary J. Masek, Slet Co-Chairman

RESERVATIONS FOR RAMADA INN AND HOWARD JOHNSON CAN BE MADE USING THIS FORM. JUST MARK THE FRONT IF YOU WANT ANOTHER HOTEL OTHER THAN HOLIDAY INN.

RAMADA INN

Rates: \_\_\_\_\_ 1 double bed \$63.00  
 \_\_\_\_\_ 2 double beds \$63.00  
 \_\_\_\_\_ 1 king bed \$63.00

HOWARD JOHNSON

Rates: \_\_\_\_\_ 1 double bed \$50.00

### Rooming list

Room No. \_\_\_\_\_ (leave blank)

One form per room

Unit \_\_\_\_\_

Contact \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Phone \_\_\_\_\_

Mail to: Western District, P.O. Box 37511, Omaha, NE 68137

ROOMING LIST MUST BE RECEIVED BY MAY 18, 1989 OR YOUR ROOM RESERVATIONS WILL BE CANCELLED!

LIST NAMES PLEASE PRINT:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

# MERIT AWARD 1989

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

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

The amount to be awarded is to be \$200.00 per year to one student per district which has under 1,500 members and an additional student per district which has over 1,500 members. A transcript of grades of the first year must be submitted to the American Sokol Merit Award Committee. A "C" average or better must have been maintained during the year. Failure to submit such a transcript will result in a request for repayment of award. This award is renewable for one additional year.

In order to qualify for the second year, applicant must maintain a "C" average or better. Second year allocation is NOT automatic; applicant must file letter of intent to reapply for a second year. Applicant is wholly responsible that the application is filled out in full, otherwise application is null and void. This letter is to be signed by the Unit and District Directors designating approval or disapproval.

Unit and District Directors should also be responsible that application is complete otherwise application, if not properly completed, will not be considered. The letter of intent, the original application and the transcripts of grades will be reviewed.

The final selection is to be made by the Merit Award Committee, approved by the American Sokol Organization Board of Instructors and the American Sokol Organization Executive Board. When a renewal is granted, a transcript of grades after the second year must be submitted to the American Sokol Merit Award Committee as soon as possible. A "C" average or better must have been maintained during the second year. Failure to submit such a transcript will result in a request for repayment of the award.

Merit Awards will be reviewed in September of each year. If the quota for the District is not filled, a review of all Merit Award applications, not previously approved, will be made and any restrictions imposed may be removed for that year. Renewal forms and transcripts to be received at the American Sokol Organization c/o Merit Award Committee by August 1, 1989.

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

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

**COMPLETED APPLICATION MUST BE POSTMARKED NOT LATER THAN JUNE 1, 1989**

MERIT AWARD COMMITTEE:

Sylvia Pistorius, Richard Ptacek, Marie Ptacek, Paul Lebloch, Steve Fischer, Anne Halik (Chairman)

**UNIT DIRECTORS — PLEASE POST ON BULLETIN BOARD**

AMERICAN SOKOL ORGANIZATION  
Merit Award Committee  
6424 West Cermak Road  
Berwyn, Illinois 60402

1989

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

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

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

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

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

## Josef J. Janečka — 75

V chicagském předměstí Riverside se 21. prosince 1988 dožívá pětasedmdesátky zasloužilý krajanský a sokolský pracovník bratr Josef J. Janečka.

Jubilant pochází ze Slavičína u Luhačovic, odkud ve svých 15ti letech emigroval se svojí matkou a sestrou ze otcem do Kanady, do Winnipegu, kde se vyučil klempířství a byl později zaměstnán u Kanadské státní dráhy CNR. Když rok po jejich příchodu do Winnipegu tam byla založena sokolská jednota, byl jeho otec zakládajícím členem a mladý Josef se stal nadšeným sokolským cvičencem.



V roce 1938 se přidal k výpravě amerického sokolstva na X. všesokolský slet v Praze na němž vystoupil, jako jediný sokol z Kanady, s americkými sokoly ve zvláštním vystoupení na Strahově a po sletu se zúčastnil cvičitelské školy ČOS v Tyršově domě. Zůstal pak v Československu až do října 1938, kdy přes Polsko a Anglii se vrátil do Kanady, doprovázen dalším Kanadčanem, proslulým hokejistou Mike Bucknou. V druhé světové válce, kdy se ihned 75% členů Sokola Winnipeg přihlásilo dobrovolně do kanadského vojska, byl bratr Janečka také mezi nimi a za své služby během války v Kanadském královském letectvu získal kanadská vyznamenání. Po válce, v roce 1948, se přestěhoval do Spojených států, do Chicaga, kde si otevřel vlastní živnost; přestoupil ze zahraničního Sokola do Americké obce sokolské a byl postupně zvolen místostarostou župy Střední a vzdělavatelem AOS.

Jeho celoživotní zálibou je filatelie. V Chicagu se hned stal členem krajanského spolku First Czechoslovak Philatelic Club of America a od r. 1959 je jeho předsedou. Od té doby usiluje v Americe o vydávání filatelistického materiálu s českou tematikou a svou vytrvalou prací docílil pozoruhodné úspěchy. Jeho zásluhou byl vydán velký počet příležitostných poštovních razítek a na filatelistickém poli v Americe propagována velká řada českých a slovenských osobností, organizací a událostí: Masaryk, Komenský, Havlíček-Borovský, Štefánik, Smetana, Dvořák, Friml, Svatý Václav, Americká obec sokolská a její slety v Chicagu, Berwynu a ve Fort Worth, Čs. sokolstvo v zahraničí a jeho slety v Curychu a ve Vidni, slety Sokolské župy Kanadské v Torontu, sjezdy Svazu čs. sportovců v zahraničí a mnohé další. Za své velké zásluhy na tomto poli se mu dostalo četných uznání; v r. 1972 byl na Českém dnu ve Wilbur ve státě Nebraska pasován na "Blanického rytíře", r. 1975 byl na sjezdu filatelistů Velkého Chicaga vyznamenán zlatou medailí a jmenován "Filatelistou roku", dostal plakety "The Newbury Award" za nejlepší filatelistickou práci roku, r. 1985 byl

vyhlášen Obchodní komorou "Občanem roku", r. 1983 byl jmenován čestným členem Československé podpůrné jednoty ve Winnipegu, r. 1987 na světové výstavě známek v Torontu dostal zvláštní uznání za práci v oboru filatelie a vydávání upomínkových poštovních razítek.

### American Sokol Slet and Czechoslovakian Festival

#### PARTICIPATION FORM

Name \_\_\_\_\_

Sokol Unit \_\_\_\_\_

Your Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Home Telephone \_\_\_\_\_

Business Telephone \_\_\_\_\_

#### Performers

1. Name of group: \_\_\_\_\_

2. How many are in the group?: \_\_\_\_\_

3. Describe what you do: \_\_\_\_\_

4. How many performances are you able to do during the weekend? \_\_\_\_\_

5. What days (Friday, Saturday, and/or Sunday) are you able to perform? \_\_\_\_\_

6. What are your technical requirements (sound, stage, lightning, etc.): \_\_\_\_\_

7. Please enclose any written information you have on your group, such as how long you have been together, where you have performed, newspaper clippings, etc. \_\_\_\_\_

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COMPLETE THIS FORM AND MAIL AS SOON AS POSSIBLE TO:

Walt Bures  
1905 So. 121 St.  
Omaha, NE 68144-2815

QUESTIONS MAY BE REFERRED TO:  
Vic Gutman, Producer  
Czech Festival  
402-345-5401

## ASO FINANCIAL REPORT

RECEIPTS:	DECEMBER, 1988
Dues	\$ 3,506.00
Convention Fund	1,562.00
Special Assessments	771.00
T. G. Masaryk Dues	40.00
Dividends & Interest	164.04
Subscriptions in "American Sokol"	300.00
Advertising "American Sokol"	16.00
Resale of Jewelry	242.25
U.P.S.	6.79
Postage	.45
Labels	276.30
Membership kits	120.00
Miscellaneous	295.50
	\$ 7,300.33
A.S.O. Uniform Division - Rent, Salaries, etc.	804.67
	\$ 8,105.00
Transfer of funds for Merit Awards	400.00
	\$ 8,505.00
Transfer of funds from Savings to Checking Account	8,000.00
Total Receipts	\$16,505.00
<b>DISBURSEMENTS:</b>	
<b>ADMINISTRATIVE</b>	
Salaries - Office Employees	\$ 904.27
Salaries - Membership	9.00
F.I.C.A. & F.W.T. for November, 1988	192.16
Rent, Janitor Service, Phone, Electric	1,056.38
Office Supplies	18.97
Postage	25.17
Advertising	287.50
Insurance (Fire)	648.00
Subscription "Svobodná Škola"	3.00
Computer Exp. (Clamp)	2.30
Christmas Party	313.15
	\$ 3,459.90
<b>BOARD OF INSTRUCTORS</b>	
Salaries	\$ 523.70
F.I.C.A. & F.W.T. for November, 1988	118.94
Editor "Sokol Gymnast" - Dec., 1988	30.00
Add'l. copies "Sokol Gymnast", Nov. & Dec., 1988	116.00
Postage & phone	40.03
Impolene Tubing	91.32
District Directors Conference	1,221.07
USGF Dues	200.00
	\$ 2,341.06
<b>EDUCATIONAL DEPARTMENT</b>	
Salary	\$ 26.88
F.I.C.A. for November, 1988	10.52
Postage	4.75
Honorary Members Dinner Expenses	1,641.00
	\$ 1,683.15
<b>SOKOL PUBLICATION</b>	
Editor "American Sokol" - Dec., 1988	\$ 125.00
Printing "American Sokol" - Nov. & Dec., 1988	1,964.08
Postage "American Sokol" - Nov. & Dec., 1988	1,359.09
Pictures	30.62
Salaries - Computer - Mailing Publication - Nov. & Dec., 1988	281.25
	\$ 3,760.04
<b>MISCELLANEOUS</b>	
A.S.O. Uniform Division - Salaries, F.I.C.A. Nov., 1988, F.W.T., Nov., 1988 & phone	\$ 561.30
XVII Slet Expenses	1,570.52
Merit Awards	400.00
	\$ 2,531.82
Total Disbursements	\$13,775.97

Balance brought forward:	
Affiliated Bank/Western National - Checking Acct.	\$ 782.86
Receipts - December, 1988	16,505.00
	\$17,287.86
Disbursements - December, 1988	13,775.97
	\$ 3,511.89

### FUTURE SOKOL LEADERS FUND

DECEMBER 1988

In memory of the deceased members of Sokol Schenectady and placing their hope in the young —	
Sokol Schenectady	\$ 50.00
Emilie M. Ruzicka	100.00
	\$150.00

— Donations are tax exempt —

### LIBRARY & ARCHIVES FUND

DECEMBER 1988

Emilie M. Ruzicka	\$100.00
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### DONATION TO GENERAL FUND

Antoinette Pelich	\$ 5.00
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— Donations are tax exempt —

COPY FOR PUBLICATION  
must be received by the 10th  
of the previous month

## XVII SEALS



To commemorate our National Slet in Omaha, Ne.

Name \_\_\_\_\_

Address \_\_\_\_\_

Donation \$ \_\_\_\_\_

Make checks payable to:

XVII American Sokol Slet

Mail to:

A.S.O., 6424 West Cermak Rd., Berwyn, IL 60402

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Suburban: 788-8442

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SUNDAY AT 9:00 A.M. ON WCEV



The XVII American Sokol Slet Souvenir plates have arrived. Letters have been sent to those people who have reserved numbers. Plates can be ordered through the ASO office at 6424 West Cermak Road, Berwyn, IL 60402. The price per plate is \$22.00 plus shipping and handling. We will only hold reserve numbers until **May 1, 1989**, after that they will be offered to the general public for sale.

## WEBER TRAVEL AGENCY

\* *Spolehlivá cestovní služba do všech částí světa*

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

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



**wfla**

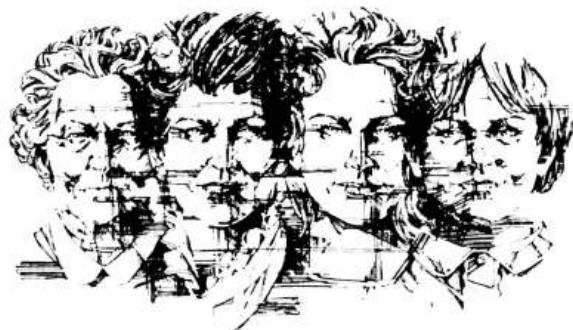
**We're the Largest  
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\$70,666,959

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**wfla** western fraternal life association  
1900 First Ave NE, Cedar Rapids IA 52402