

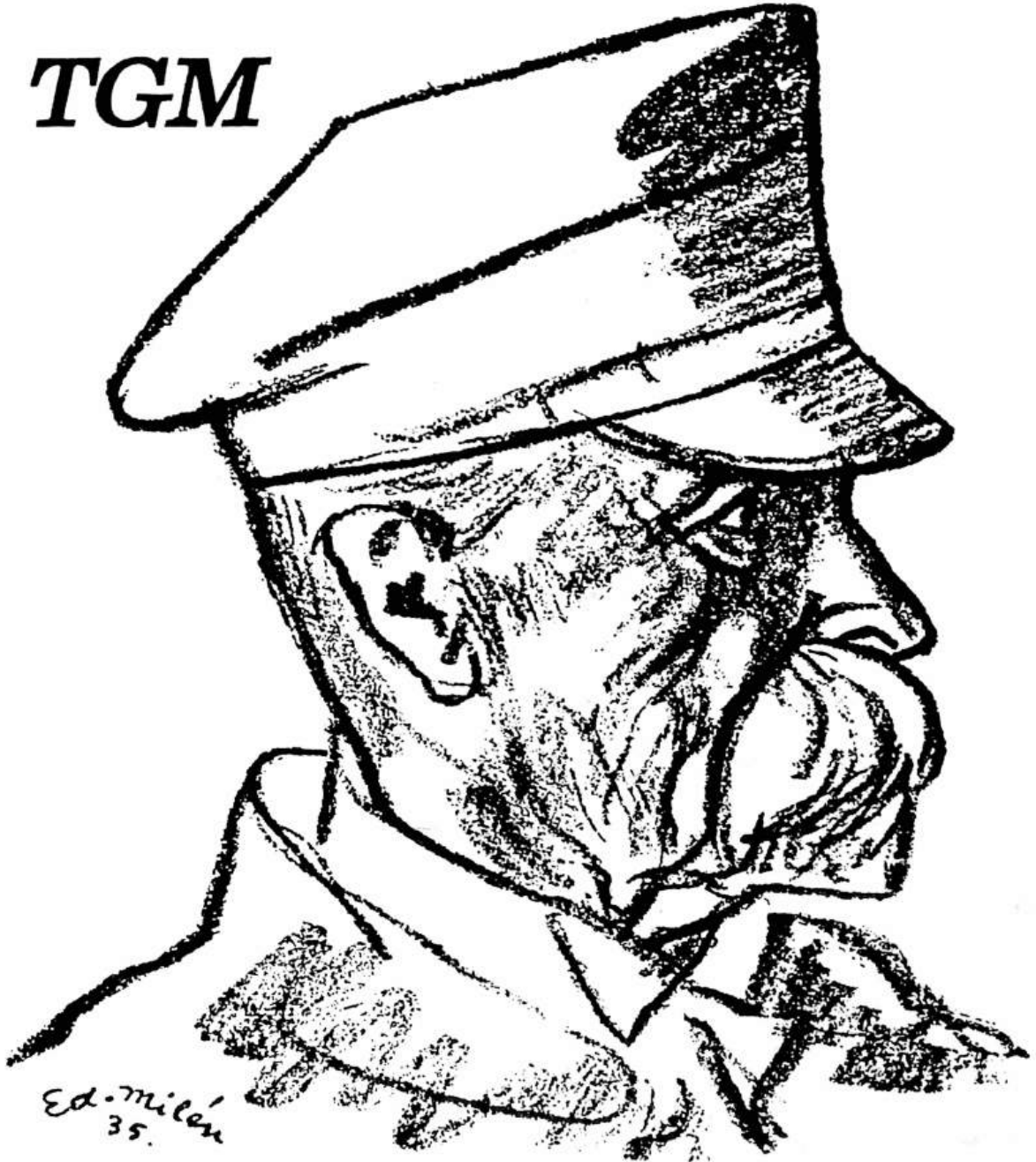
MARCH 1989 — VOL. CX - No. 3

# AMERICAN SOKOL



Publication of the American Sokol  
Educational & Physical Culture Organization

## TGM



# AMERICAN SOKOL

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4401 Fender Rd., Lisle, IL 60532  
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Jackie Kourim, Secretary

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6424 West Cermak Road  
Berwyn, IL 60402

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# AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CX

March — 1989 — Březen

Číslo - No. 3

## Status of Sokol Houston

Brothers and Sisters,

This is an article on the Sokol Houston situation to bring the members of the American Sokol Organization up to date. As most of you are aware, the past few years have been turmoil for the Houston Unit as well as the Southern District. Many of you have supported the effort to straighten this situation out, both financially and in spirit. Your support has been very heart warming, it was felt that we owed you an explanation of where we are at today.

To refresh your memory, we'll try to go back and give a brief explanation of how this situation evolved. Basically in the late 70's and early 80's the membership of the Unit became complacent and allowed a few individuals to totally run the Unit. When the complacent members tried to get back involved in the operation of the Unit, they were denied. As the situation grew worse, they attempted to follow the By-Laws provisions for such situations but found no cooperation from the individuals. At this point the membership appealed to the District for help. The District with the support of the National "E" Board followed by By-Laws to try to help remedy the situation. The individuals involved chose to only follow the By-Laws when they suited their needs, otherwise they totally disregarded them. During this process there appeared to be no recourse. So legal avenues were attempted. Several judges, trial dates, bonds, lawyers, appeals, thousands of dollars and five years later the situation has basically been resolved. The individuals have a restraining order against them to stay off of Sokol Houston's property. Even though resolved, the scars run deep, several of the members have left the Unit in disgust, while many of the members have pulled together to put the Unit back together.

Today the Unit is doing well. With a current membership of 168, members are working very hard to raise the funds needed to cover the expenses the situation incurred. If you didn't get an opportunity to contribute before, donations are still being accepted and appreciated. Please mail them to: Southern District, American Sokol Organization, c/o Sis. Bernice Hamilton, Rt. 1, Box 146A, Italy, TX 76651.

A special thanks goes to the Unit membership and District Leaders that saw to it that justice prevailed. The District Officers and Representatives have donated time and money to keep the District going through this crisis. The District's Units as well

as the National Organization have loaned money to the cause.

If there is a lesson to be learned, it must be that the membership of a Unit must stay actively involved in the workings of the Unit. Sokol belongs to all of us equally, no matter what position or office is held. Please take this information to heart and help make your Unit a stronger and more viable part of the American Sokol Organization.

NAZDAR!

*Larry Laznovsky, President, Southern Dist.*

## Calendar of Events

- MAR. 4 — Brookfield Exhibition at R/B
- MAR. 11 — Tabor Exhibition
- MAR. 12 — Naperville & West Suburban  
COMBINED Exhibition at  
Naperville Central High School
- MAR. 18 — Stickney Exhibition Morton East
- MAR. 19 — Slavsky Exhibition Morton East
- APR. 1 — Western District Children's Competition
- APR. 7 — Slavsky's Bunco & Card Party at  
Mid America
- APR. 15 — Berwyn Exhibition, Pavek Center
- APR. 15 — Minnesota — Spring Fling
- APR. 16 — Baltimore CSA Spring Dance
- APR. 22 — Central District Special Number  
Competition at R/B
- APR. 29 — Central District Boys Track & Field  
Competitions at Sokol Tabor
- APR. 29 — Sokol Baltimore Šibřinky —  
Dozvuky Dance
- APR. 29 — Sokol Women of Little Ferry  
80th Anniversary
- APR. 30 — Little Ferry Exhibition
- APR. 30 — Greater Cleveland's Exhibition  
at Cleveland State University
- APR. 29-30 — South Omaha's Mini-Slet

- APR. 30 — Greater Cleveland's Exhibition at  
Cleveland State University's Woodling Gymnasium
- MAY 20 — Sokol Women of Little Ferry  
Giant Flea Market
- 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
- JUNE 4 — Northeast District Slet,  
Sandy Bottom Lake, Mi.
- JUNE 10 — Central District Jr./Sr. Gymnastic  
Competition
- JUNE 10 — Central District SLET
- JUNE 11 — Gr. Cleveland Český Den — DTJ Farm
- JUNE 11 — Central District Annual Awards Picnic
- JUNE 11 — Southern District Slet
- JUNE 20-24, 1989 — AMERICAN SOKOL  
NATIONAL SLET, OMAHA, NEBRASKA

**EDUCATIONAL DEPARTMENT**

Salary	\$ 55.72
F.I.C.A. - December, 1988	4.50
I.W.T. - 4th Qtr., 1988	4.86
	<u>\$ 65.08</u>

**SOKOL PUBLICATION**

Editor "American Sokol" - Jan., 1989	\$ 125.00
Printing "American Sokol" - Jan., 1989	982.04
Postage	1.20
Delivery of publication to PO (Nov. & Dec.)	10.00
	<u>\$ 1,118.24</u>

**MISCELLANEOUS**

A.S.O. Uniform Division - Salaries, F.I.C.A. Dec., 1988, F.W.T., Dec., 1988, I.W.T. 4th Qtr. 1988 & phone	\$ 558.58
Special Appropriations	4,821.49
XVII A.S.O. Slet	3,139.55
	<u>\$ 8,519.62</u>

Total Disbursements	\$13,705.79
Balance brought forward:	
Affiliated Bank/Western National - Checking Acct.	\$ 3,511.89
Receipts - January, 1989	15,252.16
	<u>\$18,764.05</u>
Disbursements - January, 1989	13,705.79
	<u>\$ 5,058.26</u>
Bank charge for stamp	4.00
	<u>\$ 5,054.26</u>

**ASO FINANCIAL REPORT**

JANUARY, 1989

**RECEIPTS:**

Dues	\$ 5,790.00
Convention Fund	5,170.00
Special Assessments	2,615.00
T. G. Masaryk Dues	20.00
Dividends & Interest	164.46
Advertising in "American Sokol"	200.00
U.P.S.	2.00
Donations	15.00
Refund of Merit Award	200.00
Miscellaneous	287.40
	<u>\$14,463.86</u>

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

788.30

Total Receipts

\$15,252.16

**DISBURSEMENTS:****ADMINISTRATIVE**

Salaries - Office Employees	\$ 810.90
Salaries - Membership	139.50
F.I.C.A. & F.W.T. for December, 1988	209.92
I.W.T. - 4th Qtr., 1988	65.59
Rent, Janitor Services & supplies, phone, electric	1,013.87
Office Supplies - Xerox/Dup. Paper	189.50
Postage	32.49
Advertising	35.00
Flags	74.64
Travel Expense	294.05
Subscription (Hlasatel)	85.00
Misc. - Christmas Cards	19.37
	<u>\$ 2,969.83</u>

**BOARD OF INSTRUCTORS**

Salaries	\$ 547.94
F.I.C.A. & F.W.T. for December, 1988	135.72
I.W.T. - 4th Qtr., 1988	39.57
Editor "Sokol Gymnast"	30.00
Add'l. copies "Sokol Gymnast", Jan., 1989	58.00
Postage & phone	23.27
Video Tapes	32.20
Impolene Tubine	91.32
USGF pro membership (F. Michalek)	75.00
	<u>\$ 1,033.02</u>

**FUTURE SOKOL LEADERS FUND**

JANUARY 1989

In memory of Mrs. Frances Klaric — Bill and Violet Vrba	\$10.00
In memory of Vlasta Olson — Sokol and Sokolice Racine	20.00

— Donations are tax exempt —

**XVII NATIONAL SLET REMINDERS****UNIT DIRECTORS:**

Complete the survey sheets &  
return to A.S.O. Office.  
Order all uniforms (see Jan. publ.)

- ✓ Send in your hotel reservations
- ✓ Order XVII Souvenir Plates
- ✓ Send in 'Ads' for Program Book

HOLIDAY INN OMAHA  
IS  
FULLY BOOKED  
RESERVE ELSEWHERE

# DIRECTORY OF THE AMERICAN SOKOL ORGANIZATION 1989

## 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.,** EllenJeanne Schnabl, 2503 S. Harvey, Berwyn, IL 60402. **Fin. Sec.,** June Pros, 1606 East Ave., Berwyn, IL 60402. **Dir. of Women,** Patricia Satek, 1922 S. 57th Ave., Cicero, IL 60650. **Dir. of Men,** David Harlan, 6516 Howard, Indian Head Pk., IL 60525. **Ed. Dir.,** Vaclav Zenisek, 2422 S. Lathrop, N. Riverside, IL 60546.

## EASTERN DISTRICT, LITTLE FERRY, NEW JERSEY

Mtgs., according to the needs of the district, at Sokol Hall, 420 E. 71st St., N.Y., NY 10021. **Pres.,** Vladislav Slavik, 58-03 Lawrence St., Flushing, NY 11355. **Sec.,** Beatrice Cihak, 1540 York Ave., NY, NY 10028. **Fin. Sec.,** Jaroslav Hanus, 25-21 31st Ave., Apt. C21, Astoria, NY 11106. **Dir. of Men,** Steve Frolo, 520 East 81st St., NY, NY 10028. **Dir. of Women,** Audrey Benda, 34 Brandt St., Little Ferry, NJ 07643. **Ed. Dir.** Irene Mergl, 1278 First Ave., NY, NY 10021.

## NORTHEASTERN DISTRICT, CLEVELAND, OHIO

Quarterly, Bohemian National Hall, 4939 Broadway Ave., Cleveland, OH 44127. **Pres.** Ladislav Voris, 4250 Bexley Rd., South Euclid, OH 44121. **Sec.,** Rose Psenicka, 3696 Rocky River Dr., Cleveland, OH 44111. **Treas.,** Edward Wutsch, 6701 Karen Dr., Seven Hills, OH 44131. **Dir. of Men,** Richard Rejna, 17020 Libby Rd., Maple Hts., OH 44137. **Dir. of Women,** Maryann Fiordelis, 18605 Hillcrest, Livonia, MI 48152. **Educ. Dir.,** George Kotlan, 14030 Pine Forest, #312, N. Royalton, OH 44133.

## 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, 8652 Lomay Ave., Garden Grove, CA 92644. **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.,** Larry Laznovsky, Route 7, Box 48, Ennis, TX 75119. **Sec.,** Brad Durham, 828 Reed Ave., Saginaw, TX 76179. **Fin. Sec.,** Bernice Hamilton, Rt. 1, Box 146-A, Italy, TX 76651. **Dir. of Men,** Rome Milan, 2801 Skyline Dr. #B, Fort Worth, TX 76114. **Dir. of Women,** Sylvia Laznovsky, Rt. 7, Box 47, Ennis, TX 75119. **Educ. Dir.,** Jerry Sijansky, 414 Pleiades Pl., Corpus Christi, TX 78418.

## 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.,** Jackie Berka, 3329 N. 59th St., Omaha, NE 68104. **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,** Sandy Benak, 5919 W. 15th 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. **Sec.,** Marie Knez, 6513 W. 27th Pl., Berwyn,

IL 60402. **Fin. Sec.,** Anne Dusek, 256 W. Butterfield Rd., Elmhurst, IL 60126. **Dir. of Men,** Fred Krimmel, 809 Greenwood Ct.,

Roselle, IL 60172. Dir. of Women, Mary Prikazsky, 2124 S. Scoville Ave., Berwyn, IL 60402. Educ. Dir., Simon Stolarik, 6516 W. 16th St., Berwyn, IL 60402.

**Sokol Brookfield, Illinois** — Mtgs. 1st Wednesday, 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, 4524 Madison Ave., Brookfield, IL 60513.

**Sokol Cechie, Chicago, Illinois** — Mtgs., 1st Sunday of March, June, September, December, at Old Prague Restaurant, 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., Carol Siekaniec, 3801 Buechner Ave., Cleveland, OH 44109. Treas., Scott Soneson, 1351 Clarence Ave., #3, Lakewood, OH 44107. Dir. of Men, Don Kotlan, 1451 Wagar Ave., Lakewood, OH 44107. Dir. of Women, Doris Kotlan, 1451 Wagar Ave., Lakewood, OH 44107. Educ. Dir., Scott Soneson, 1351 Clarence Ave., #3, Lakewood, OH 44107.

**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., Kenneth W. Luebbe, Jr., 1231 - 121st St., Whiting, IN 46394. Fin. Sec., John A. Menzyk, Jr., 11113 Green Bay Ave., Chicago, IL 60617

**Sokol Fuegner Women's Auxiliary, Chicago, Illinois** — Mtgs., 4th Thursday, Sokol Club, 10756 Green Bay Ave., Chicago, IL 60617. Pres., Jeanie Roszek, 10946 Ave. "B", Chicago, IL 60617. Corr. Sec., Evelyn Klein, 10757 Mackinaw Ave., Chicago, IL 60617. Rec. Sec., Anne Cupp, 10718 S. Green Bay Ave., Chicago, IL 60617. Treas., Nedra Menzyk, 11239 Ewing 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., Pres., Earl Haertlein, 7333 W. Medford Ave., Milwaukee, WI 53218. Sec., Jerome Vojta, 5602 W. Lake Dr., West Bend, WI 53095. Fin. Sec., Charles Renaud, 8631 N. Servite Dr., Unit #113, Milwaukee, WI 53223.

**Sokolice Milwaukee, Wisconsin** — Mtgs., 1st Thursday at 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, 7979 W. Glenbrook Rd., #2011, Milwaukee, WI 53223. Dir. of

Women, Christine Hron, 1543 W. Dennis 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, Lynda Filipello, 4401 Fender, Lisle, IL 60532.

**Sokol and Sokolice Racine, Wisconsin** — Mtgs., Fridays, 1 p.m., date and place vary. Pres., Helen Lexa, 2016 Marquette St., Racine, WI 53403. Sec., Alice Larson, 1834 Polaris Ave., Racine, WI 53404. Treas., Betty Smerchek, 5301 Six Mile Rd., Racine, WI 53402. Ed. Dir., Helen David, 1305 Carlisle Ave., Racine, WI 53404.

**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, John Satek, 212 Memory Lane #1, Williamsport Village, Westmont, IL 60559. Dir. of Women, Barbara Kucera, 2518 S. 56th Ct., 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., Charles D. Jerabek, 5732 Goener, St. Louis, MO 63116. Rec. Sec., Bernadette Sieli, 4732 Varrelman, St. Louis, MO 63116. Asst. 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 1989

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

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## Sokol gymnast trains under Bela and Martha Karolyi



*We saw the falcon flying high  
We thought beyond our reach  
The strength and courage  
That it shows  
Sokol tries to teach*

*We'll give our all  
To be our best  
With pride and honor true  
Our Sokol credo in your heart  
The futures there for you*

MELODEE ANNE HANSEL

1988 has been a red letter year for Sokol Houston and 11 year old Melodee Anne Hansel. 8 months ago Melodee, a Sokol member since birth, tried out for one of 6 spots on the Silver I. team training under Bela and Martha Karolyi, trainers of Olympic champions Nadia Comaneche, Mary Lou Retton, and Phoebe Mills. Melodee tried out with girls from all over the U.S. and Puerto Rico, and after all was said and done she made the team.

Melodee says "My Sokol training really paid off! The try-outs were hard, physically and mentally, requiring me to use everything that I have learned in Sokol training. The self confidence, discipline, and gymnastic training. I know that if it wasn't for my Sokol background, I would have never made it."

Not only did Melodee make the team, but has competed in 6 U.S.G.F. meets Class IV as well as District V, South State, State, and the Texas State Team Championship.

Melodee finished the year first place, District V, Class IV. Overall... ninth place State overall and her team won second place in the Texas Team Championship, with Melodee finishing second place overall with a respectable 36.80 overall score.

"Melodee has set high goals for herself" and with her ambition, ability, training, and Sokol heritage she has set her sights on National Slet in Omaha, Nebraska this year. For the future she hopes to compete in Paris in 1990 and to make the U.S. Olympic team in 1992.

Melodee's mother, Barbara Svec Hansel has been an active Sokol gymnast all of her life and is now a coach at Sokol Houston. Sokol has been the backbone of Melodee's gymnastics career and this is definitely a dream come true for Melodee, but all is not roses for her. Melodee works out 6 days a week, takes ballet, and maintains a straight A average in school.

This should show us all that with Sokol, the future is "really" yours!

NAZDAR!

## Summary of District Directors Conference

Hosted by Eastern District, Baltimore, Maryland  
November 4 - 5 & 6, 1988

### COMBINED MENS AND WOMENS REPORT

**November 4th:** The Friday afternoon and evening sessions were devoted entirely to our ASO Slet. The schedule with minor changes was approved. The judges meeting will start at 2:00 p.m. instead of 12:00 noon. Bro. John Satek and Ed Schnabl volunteered to take charge of the Special Number Competition. Since this is a B.O.I. program it was decided that the board have the final word on how many speakers and length of time would be allowed. Many units have not received information on housing, **recommended that this information be mailed to the unit directors not the unit secretaries.** Since several units will be flying into Omaha, it was recommended that school buses be available for transporting gymnasts to the various Slet sites. Bro. Benak will check into the availability and prices. The use of USGF judges for class IV Low A Jr.—Int. Women routines was approved. Sokol judges will be used for calisthenics and Low B, Novice and Masters Divisions. Championship Rhythmic competition will be held along with the artistic Gymnastic meet on Friday. The Slet program was discussed at great length. A motion was made that no entertainment be allowed during the Slet program in the lower hall where the Czech Festival is to be held. The Festival was well received by all Districts, they are looking forward to participating if necessary. A survey sheet will be sent in January, to be returned by March 1st. Unit directors will be held responsible for their respective units to make sure these survey sheets are returned in time. Copies of a map showing the various Slet sites were made and distributed to all districts. An acrosport demonstration consisting of hand balancing and acrobatics was performed showing how this type of gymnastics could be beneficial to our program. The USSAF (United States Sport Acrobatic Federation) promotes this skill which will become part of the 1992 Olympics. It was **recommended that the ASO become members of this Federation, enrollment fee is \$25.00 per year** which will include a newsletter, competition information and other valuable statistics.

**November 5th:** Our morning session started with a presentation by Mr. Charles Mosca of Creative Dimensions. This is a promoter who can sell such items as caps, pens, travel bags, tee shirts etc. with the Sokol Logo and for the more individualized group such as the District or unit the names of each could also be imprinted on whatever they wish to purchase. There would be no initial monies necessary to start this operation, all items would come from the company itself and could be ordered directly. The board was very impressed and **recommended that Mr. Mosca come to the ASO**

**office to meet with various members and set up a program to our liking.** All District reports were read by the membership prior to the meeting, several questions were asked of the Districts and valuable information was exchanged. Reports of the Educational Committee, Attendance Report, and uniform Division were also discussed. The proposed new uniform for the women was declined. The Merit award Committee report was discussed and recommendation made that two individuals whose renewal applications were not received in time due to misinformation given to them would be honored and given to them upon completion of the proper documentation. **It was also recommended that an increase of the Merit Award from \$200.00 to \$500.00 be requested at the next convention.** Reports from the Gymnastic Skills Chairmen revealed that Bro. Jim Hartung does not have the time to work on the video as previously approved by the board, therefore these skills will be performed by various units in the Districts and hopefully completed by the next District Directors Conference. A report from Bro. Frank Michalek regarding the Gymnast Magazine was again discussed and **recommendation were made to transfer educational material out of the gymnast pages giving more space now necessary for Slet information.**

It was again **recommended that more pages be used especially until the end of Slet for pertinent material involving our Slet.** A report on the ASO Instruction course was given. **It was recommended that we hold these courses at least every other year.** Several Districts are hosting Self Improvements Clinics and Progression Clinics. The afternoon session started with a demonstration by Randy Prendergast on how to teach/spot basic tumbling and advanced moves using various shaped mats. It was very beneficial to our program and very well received by all those present. Our guest organizations were introduced; from Sokol USA, Bro. Steven Banjak, Sis. Chris Yatchyson, from DA Sokol Bro. Bob Liptak and a director from a local DA unit, Sokols Abroad: Sis. Dagmar Fiala and Bro. Fiala. The Polish Falcons sent a letter of regret that they were unable to attend. We openly discussed our working together in conducting Instructors Courses and various clinics. Sokol USA requested that we allow their gymnasts ages 11 and 12 to complete at our National Slet as juniors. After a lengthy discussion a vote was taken which resulted in a denial for this National Slet, however further discussion will take place at our next conference with the possibility of restructuring our age groups for the benefit of all. The problem of insurance was brought forward and again a discussion resulted in the **recommendation that an umbrella type insurance should be available to cover all such events as Slets, competitions and Instructors Courses.** We discussed the advantages of meeting together on a technical level and the advantages of forming a Federation as discussed in the last two meetings of the Forum. **It was recommended that we present to the convention our feelings that this Federation could benefit**

our programs. It was recommended that Sis. Norma Zabka remain our USGF representative, and that we remain members of the AAU, without any individual representing us at this time. Bro. Banjak was requested to bring us up to date on the Sokol Manual. The apparatus portion is now completed and work will soon begin on the marching section. This is very time consuming and Bro. Banjak is currently working on the manual alone. He did recommend that another meeting be held to continue work as soon as possible. A complete report on the USGF Congress of Coaches was given by all members who attended. Bro. Kalat who is the Tournament Rules Chairman stated that he would go over several sections to bring to our next conference since it was recommended that no changes be made just before Slet competitions. It was recommended that the next District Directors Conference be held in Detroit of the Northeastern District. It was strongly recommended that our Sokol judges be certified either by USGF standards or our own. Also recommendation made that the following final report forms be approved for payment:

Western District — USGF Congress of Coaches Oct. 12-16th, Bud Jolene, \$593.70. Pending Sig.

Southern District — USGF Congress of Coaches Oct. 13-16th, Sylvia Laznovsky, \$509.85.

#### Tentative forms:

Western District — \$5725.00  
 Western District — 598.00  
 Western District — 400.00  
 Western District — 500.00

#### Final form:

Southern District — USGF Congress of Coaches Oct. 13-16th, Rome Milan, ..... \$540.80.

Also recommended for payment:

Bro. Ed Schnabl 100 copies of Omaha Sokol Slet Site Maps..... \$ 9.00  
 Bro. Jerry Milan Advance payment for Tumbling performance of Randy Prendergast ..... 100.00  
 Randy Prendergast — travel expense to conference ..... 50.00  
 Randy Prendergast — Video of skills ..... 45.00  
 Dave Harlan — video of skills at conference for ASO..... 5.00

**November 6th:** The Sunday morning session was a Calisthenics workshop. Videos of all cal were viewed and several corrections made. Since all authors were present many clarifications were made as well. The groups then were divided and the men and women performed the senior drill separately. Before adjourning, we all agreed that this conference was very beneficial to all especially with the workshops presented and all promised their full support to make our XVII National Slet a success.

NAZDAR!

Sis. Sylvia Pistorius and Bro. Dick Ptacek  
 Directors

## The Plyometric Controversy

by MATT BRZYCKI, C.S.C.S.

Assistant Strength Coach, Rutgers University

The latest buzzword in the area of strength and conditioning is "plyometrics," another "secret" training technique, brought back from the Eastern European countries.

Plyometrics were used originally as a training method by U.S. track and field athletes in the 1970s, and more than a decade later the popularity of plyometrics is literally growing by leaps and bounds as a possible means of increasing explosive strength in such sports as basketball, football, gymnastics, volleyball and weightlifting.

#### What are plyometrics?

Plyometrics apply to any exercise or jumping drill that uses the myotatic, or stretch reflex of a muscle. This reflex is elicited when a muscle is pre-stretched prior to a contraction. Pre-stretching causes a more powerful movement than would be possible otherwise. In-depth jumping, for example, uses as individual's body weight coupled with the

**...popular plyometric exercises include bounding, hopping and various box drills.**

force of gravity to evoke this response. In this exercise, you are required to step off a box from a specified height (usually 2½-3½ feet). The elastic nature of muscles (in this case the gluteals, quadriceps, hamstrings and calves) allows you to store potential energy during the lowering (or eccentric) phase of this movement. Upon contact with the ground, your lower body musculature is pre-stretched forcefully which causes the stretch reflex. Then the stored energy is released as kinetic energy, resulting in a rapid, explosive movement. It is similar to the act of stretching a rubber band (giving it potential energy) before shooting it across a room.

Other popular plyometric exercises include bounding, hopping and various box drills. More recently, upper body plyometrics have been introduced, such as ballistic or "drop" pushups. Medicine balls also are used frequently during upper body plyometrics.

#### Are plyometrics productive?

At first glance, plyometrics training appears to be a rather innovative idea based on scientifically documented principles. Unfortunately, it is not without its share of controversy. It seems as if a great deal of misleading information, half-truths and confusing rhetoric surround plyometrics. For example, "experts" on the subject are eager to point out that plyometrics "bridge the gap between strength and speed." However, no one ever explains exactly what this nebulous description means.

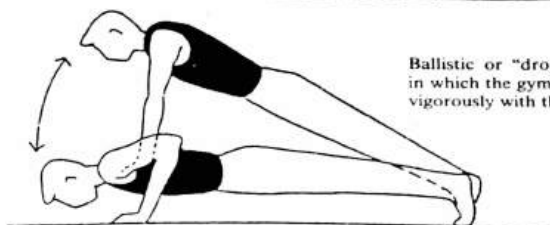
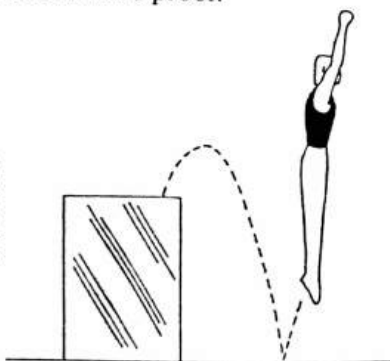
Further, most of the accolades showered upon plyometrics are centered on the erroneous protocol of biased research or personal anecdotes. One well-known advocate of plyometrics even admits that studies are difficult to conduct because of the many

uncontrollable variables. Additionally, personal success stories offer little proof as to the effectiveness of plyometric drills. For example, although the 1987 Super Bowl champion New York Giants use plyometrics, the 1988 Super Bowl champion Washington Redskins do not.

Therefore, the belief that you can train the elastic properties of tendons and muscle tissue to become more efficient at storing energy is completely unfounded. There's no definitive proof.

### Examples of Plyometric Exercises

Gymnast jumps off block and rebound jumps upon contact with floor. A variation of the exercise illustrated at right involves repetitive jumps up to the box from the floor.



Ballistic or "drop" pushups in which the gymnast pushes vigorously with the arms.

### Are plyometrics safe?

With plyometrics, the potential for traumatic injury is extremely high due to the repetitive, ballistic nature of the activity. In fact, many prominent sportsmedicine doctors, physical therapists and athletic trainers view plyometrics as "an injury waiting to happen." When performing plyometrics, the musculoskeletal system is exposed to extreme biomechanical loading. The muscles, bones and connective tissue act as natural shock absorbers to dissipate the imposed stress. An injury occurs when these stresses exceed the structural integrity of a joint. Going back to a previous analogy, if you stretch a rubber band with too much force it will snap. The same is true of your muscles.

Potential injuries include heel bruises, shin splints, meniscal damage, patellar tendinitis and vertebral compression, as well as various sprains, strains and stress-related fractures.

Remember when aerobic dancing was introduced? Most fitness enthusiasts eagerly accepted this form of conditioning with little or no reservation. Within the past few years, however, it's become almost commonplace to hear about overuse injuries directly related to the pounding absorbed by the body while jumping up and down. Today, the concerns for these inherent dangers are reflected by the advent of the so-called "low impact" aerobics. If people suffered traumatic injuries from jumping up and down a distance of several inches,

imagine how dangerous it is when jumping up and down several feet!

Experts generally caution that you should be "in shape" or "in condition" before beginning plyometrics, and that they're safe "as long as you don't overdo it." Precautions like these are merely more examples of the vague, confusing rhetoric characterizing plyometrics and represent a feeble attempt to ease one's fears.

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**...a great deal of misleading information... surrounds plyometrics.**

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### Final concerns

The adage "a little bit of knowledge is dangerous" certainly seems appropriate concerning plyometrics. In their haste to gain the "competitive edge", people are easily influenced by the claims of successful coaches and athletes as well as the latest "research" from the Soviet Union. Unfortunately, most people do not look at this information critically to determine whether it is practical, efficient, productive and safe.

Again, it has never been proven that the stretch reflex responds to training. However, even if plyometric training was a productive method of stimulating gains in explosive strength, it exposes athletes to an unreasonably high risk of injury. IG

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of the previous month**

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Units are you ready for  
XVII ASO Slet?

## SLET REMINDERS

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1. Travel arrangements
  2. Lodging arrangements
  3. Uniform orders
  4. Return survey sheets
  5. Judges assignments
  6. Special number entries
  7. Gymnastic competition entries
  8. Volleyball team entries
  9. Rhythmic gymnast entries
  10. Slet festival participation
-

**(\*)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., Joanne Rack, 8100 W. 45th St., Lyons, IL 60534. Fin. Sec., Robert Hoskin, 4101 Home Ave., Stickney, IL 60402. Dir. of Men, Richard Tharp, 4200 Home Ave., Stickney, IL 60402. Dir. of Women, Barbara Vondra, 6601 W. 31st St., Berwyn, IL 60402. 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, George Kulhanek, 4207 Edgewater, Hillside, IL 60162. Educ. Dir., Kennan Seda, 3406 S. Harvey, 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., Marie Pulpan, 6110 W. 25th St., Cicero, IL 60650. 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 Palos Hills Community Activity Center, 8455 W. 103rd, Palos Hills, IL 60464, 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., Vlasta Stribny, 12639 Timberlane Dr., Palos Pk., IL 60464. Educ. Dir., Robert Smunt, 2635 Sunnyside Ave., Westchester, IL 60153.

**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., Evelyn Behounek, 4827 Cornell, Downers Grove, IL 60515. Dir. of Men, Frank Michalek, 10 S. 020 Lorraine Dr., Hinsdale, IL 60521. Dir. of Women, Sally Bukovsky, 135 N. Linden, Westmont, IL 60559. Co-Director, Andrea Ryan, 2636 Forest Dr., Apt. 208, Woodridge, IL 60517.

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

**Sokol Baltimore, Maryland** — Mtgs., 2nd Sunday, American Sokol Center, 2931 E. Madison St., Baltimore, MD 21205. Pres., Josef Kokes, 9902 Pepper Hill Rd., Perry Hall, Md., 21128. Rec. Sec., Dorothy Sanchez, 3648 Kenyon Ave., Baltimore, MD 21213. 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 Homedale Ave., Baltimore, MD 21206. Dir. of Women, Phyllis Prochazka, 4012 Moravia Rd., Baltimore, MD 21206. Educ. Dir., Marie Pokorny, 9812 Gunforge Road, Perry Hall, MD 21128.

**Sokol Belcamp, Maryland** — Mtgs., 2nd 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., Jerry Valcik, 711 Long Bar Harbor Rd., Abingdon, MD 21009.

**Sokol Curtis Bay, Maryland** — Mtgs., 3rd 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, L.I.C., New York** — Mtgs., 4th Tuesday of March, May, June, Sept., Oct., 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., Richard J. Novotny, 12 Greenmeadows Rd., Fairfield, NJ 07006. Sec., James Kirsch, 54 St. John St., Little Ferry, NJ 07643. Fin. Sec., Jerry Komarek, 101 Mehrhof Rd., 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., Anna Roch, 114 Bergen Tpke., Ridgefield Pk., NJ 07660. Rec. Sec., Eva Rohlf, 470 Teaneck Rd., Ridgefield Park, NJ 07660. Corr. Sec., Helen Teel, 34 Grove St., Little Ferry, NJ 07643 and Marie Mickendrow, P.O. Box 473, Little Ferry, NJ 07643. Fin. Sec., Elsie Machotka, 2317 Central Ave., Surf City, NJ 08008. Dir. of Women, Audrey Benda, 34 Brandt, Little Ferry, NJ 07643.

**Sokol Miami, Florida** — Mtgs., every Monday 12 noon, at North Miami Community Center, all correspondence/mail to: 1225 N.E. 124th St., Apt. 20C, No. Miami, FL 33161. Pres., Emilie Ruzicka, 1225 N.E. 124th St., Apt. 20C, North Miami, FL 33161. Sec., Blanche Zraly, 532 Brairwood Circle, Hollywood, FL 33024. Fin. Sec., Jan Hertl, 1629 W. 62nd St., Hialeah, FL 33021.

**(\*)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 Clermont Ave., Irvington, NJ 07111. Fin. Sec., Anna Votapek, Acacia-Lumberton Manor, Apt. 8H, East Landing St., Lumberton, NJ 08048.

**Sokol New York, NY** — Mtgs., 3rd Thursday of each month, 420 East 71st St., New York, NY 10021. Pres., Norma Zabka, 203 E. 72nd St., New York, NY 10021. Rec. Sec., Pauline Reenock, 1274 First Ave., New York, NY 10021. Corr. Sec., Susan Dorney, 419 E. 64th St. #2-J, NY, NY 10021. Fin. Sec., Mirka Jurnik, 338 E. 65th St., #4, New York, NY 10021. Dir. of Men, Steven Frolo, 520 E. 81st St., NY, NY 10028. Dir. of Women, Mary Phillips, 1508 - 2nd Ave., NY, NY 10021. 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., Anna Wagner, 1106 Fanshawe St., Philadelphia, PA 19111. Educ. Dir., Frank Hausgut, 11933 Alberta 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., Vera Arient, 7324 Lee Hwy., Apt. 102, Falls Church, VA 22046. Dir. of Men, Anthony Bartos, 6067 Hollow Hill Lane, Springfield, VA 22152. Dir. of Women, Monica Rokus, 5619 Potomac, Ave., N.W., Washington, D.C. 20024. Educ. Dir., Jan Kocvara, 10225 S. Steamboat Landing Lane, Burke, VA 22015.

## **NORTHEASTERN DISTRICT, CLEVELAND, OHIO**

**Sokol Detroit, Michigan** — Mtgs., 1st Thursday, Sokol Cultural Center, 23600 W. Warren, Dearborn Hts., MI 48127. Pres., Martin Eisenstein, 48929 N. Territorial Rd., Plymouth, MI 48170. Sec., Frank Turchan, 134 Berkley, Dearborn, MI 48124. Dues Sec., Joe Smalcuga, 7342 Ashton, Detroit, MI 48228. Fin. Sec., Tom Doubek, 22708 Law, Dearborn, MI 48124. Dir. of Men, Martin Eisenstein, 48929 N. Territorial, Plymouth, MI 48170. Educ. Dir., Louis Teichman, 8977 Manor, Allen Park, MI 48101.

**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, MaryAnn Fiordelis, 18605 Hillcrest, Livonia, MI 48152. Educ. Dir., Maureen Janda, 33040 Middleboro, Livonia, MI 48154.

**Sokol Greater Cleveland, Ohio** — Mtgs., 3rd Tuesday, Bohemian National Hall, 4939 Broadway, Cleveland, OH 44127. Pres., Jerry J. Vencel, 6913 Cheryl Ann Dr., Independence, OH 44131. Sec., Olga Nemecek, 5708 Brookside, Rd., Independence, OH 44131. Membership Sec., Ruth Pokorny, 9302 Garfield Blvd., Garfield Hts., OH 44125. Fin. Sec., Ronald Vinci, 19053 Hunters Pointe Dr., Strongsville, OH 44136. Dir. of Men, Robert Samec, 16613 Raymond St., Maple Hts., OH 44137. Dir. of Women, Aggie Friend, 757 Lincoln Blvd., Bedford, OH 44146. Educ. Dir., George Kotlan, 14030 Pine Forest Dr., #312, N. Royalton, OH 44133.

**(\*)Sokol Moravan, Toledo, Ohio** — Mtgs., 4th Monday, at members homes. 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., 3rd Thursday

every 2 months at residence of Charles Bastl, 8234 Elaine Dr., Pittsburgh, PA 15237. Pres., Wallace Schiffer, 2074 Fairlawn, Pittsburgh, PA 15221. Sec., Louis Simek, 220 Elizabeth Ave., E. Pittsburgh, PA 15112. Treas., Robert Glock, 2254 Walters Rd., Allison Park, PA 15101.

## **PACIFIC DISTRICT LOS ANGELES, CALIFORNIA**

**Sokol Fresno, California** — Mtgs., 2nd Sunday Notre Dame Hall, Clovis. Pres., Mary Falls, 8395 N. Peach, Clovis, CA 93612. Corr. Sec., Helen Maslowski-Holecek, 5164 E. Ashlan, Apt. 125, Fresno, CA 93727. Rec. Sec., Sonia Maslowski, 5184 E. Madison, Fresno, CA 93727. Treas., Twyla Young, 2479 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., Otto Holecek, 5164 E. Ashlan, Apt. 125, Fresno, CA 93727.

**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, Jiri Liska, 1857 Burning Tree Ct., Thousand Oaks, CA 91360. 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., David R. Kurka, 414 Roosevelt Way, San Francisco, CA 94114. Sec., Jana Kurka, 209 Third St., #7, Sausalito, CA 94965. Fin. Sec., Elizabeth Bele, 11 Fairview Pl., Millbrae, CA 94030. Dir. of Women., Sylvia Prosser, 631 Chadbourne Ave., Millbrae, CA 94114. Educ. Dir., Josef 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., Anita Regmund, 1046 Vaky, Corpus Christi, TX 78404. Dir. of Men, Mark Frogge, P.O. Box 10326, Corpus Christi, TX 78410. Dir. of Women, Sandra Howard, 5833 Rio Vista Dr., Corpus Christi, TX 78412. 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., Jeanie Mason, 6020 Longhorn Ln., Fort Worth, TX 76179. Dir. of Men, Wade Garrett, 34 Coronado, Weatherford, TX 76086. Dir. of Women, Mila Waldauf, 2801 Skyline Dr., Ft. Worth, TX 76114. Educ. Dir., Beth Clark, c/o 6500 Boat Club Rd., Ft. Worth, TX 76135.

**(\*)Sokol Houston, Texas —**

Mtgs., 2nd Thursday, Sokol Houston, 1314 W. Patton, Houston, TX 77009. Pres., Charlie Petrzela, 2506 Beall, Houston, TX 77008. Sec., Barbara Hansel, 9610 Airline Dr., Houston, TX 77037. Fin. Sec., John Chladek, 8226 Swiss, Houston, TX 77075. Dir. of Men, David Mikeska, 720 Hill Rd., Houston, TX 77037. Dir. of Women, Barbara Hansel, 9610 Airline Dr., Houston, TX 77037. Educ. Dir., Bill Petrzela, P.O. Box 16, Cypress, TX 77429.

**Sokol Karel Havlicek-Borovsky,  
Ennis, Texas —**

Mtgs., 3rd Thursday, Sokol Hall, P.O. Box 205, Ennis, TX 75120. Pres., Larry Laznovsky, Rt. 7, Box 48, Ennis, TX 75119. Sec., Mayfair Mullican, Rt. 1, Box 95B, Ferris, TX 75125. Fin. Sec., Mike Liska, Rt. 5, Box 60, Ennis, TX 75119. Dir. of Men, Stuart Hamilton, Rt. 5, Box 71-A, Ennis, TX 75119. Dir. of Women, Kim Oates, 603 W. Travis, 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, 609 Hickory, 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., Evelyn Cepak, Rt. 1, Box 24A, Abbott, TX 76621. Sec., Lillian Macik, Rt. 2, Box 288E, West, TX 76691. Fin. Sec., Julie Grizzle, Rt. 2, Box 154T, West, TX 76691. Dir. of Men, Howard Freund, Rt. 5, Box 425, West, TX 76691. Dir. of Women, Edwina Matus, 311 N. Robin's Dr., West, TX 76691. Educ. Dir., Raymond Matus, Rt. 2, Box 172, West, TX 76691.

**(\*)Sokol Zizka, Dallas, Texas —**

Mtgs., 3rd Sunday, Sokol Zizka, 7448 Greenville Ave., Dallas, TX 75231. Pres., David Podhrasky, 3139 Myra, Farmers Branch, TX 75243. Sec., Renee Faraizl, 1125 Montclair Dr., Garland, TX 75040. Fin. Sec., Ray Faraizl, 732 W. Miller Rd., Apt. 107, Garland, TX 75228. Dir. of Women, Teresa McClure, 1423 Lebanon, Dallas, TX 75208. Educ. Dir., George Kent, 5122 Lindenshire, Dallas, TX 75230.

**WESTERN DISTRICT,  
OMAHA NEBRASKA****Sokol Cedar Rapids, Iowa —**

Mtgs., 1st Monday, Sokol Gymnastic Ass'n., 417 - 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, Charles Spicka, 6712 Boulder Dr., N.W., Cedar Rapids, IA 52405. Educ. Dir., Ed Kuba, 1228 - 2nd St., S.E., Cedar Rapids, IA 52401.

**Sokolice Renata Tyrsova, Cedar  
Rapids, Iowa —**

Mtgs., 1st Monday, Sokol Hall, 417 - 3rd St., S.E., Cedar Rapids, IA 52401. Pres., Vilma Nejdil, 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 Western Dr., S.W., Cedar Rapids, IA 52404.

**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 or Dan Knoell, RR 1, Box 189A, Crete, NE 68333.

**Sokolice Libuse, Crete, Nebraska —**

Mtgs., 1st Wednesday, Sokol Hall, 136 W. 12th, Crete, NE 68333. Pres., Lavina Melichar, 1035 Crestline Dr., 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, 1233 Main Ave., #3, Crete, NE 68333 and Helen Kupka, 317 E. 14th, Crete, NE 68333.

**Sokol Omaha, Nebraska —**

Mtgs., 1st Monday, Sokol Auditorium, 2234 S. 13th St., Omaha, NE 68108. Pres., Barbara Seefus, 1815 Ontario St., Omaha, NE 68108. Sec., Phyllis Hatcliff, 6017 Bancroft St., Omaha, NE 68106. Fin. Sec., Ray. D. Duranski, 2312 S. 14th St., Omaha, NE 68108. Dir. of Women, Barbara Seefus, 1815 Ontario St., Omaha, NE 68108.

**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 Swob-

oda, 5124 S. 20th St., Omaha, NE 68107. Corr. Sec., Scott Altic, 7426 Rogers Rd., Omaha, NE 68124. 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., John Walsh, 2021 "U" St., Omaha, NE 68107.

**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., Jennifer Priebe, 1003 - 11th Ave., Plattsmouth, NE 68048. Fin. Sec., Doris Ettl, 5213 S. 22nd St., Omaha, NE 68107. Dir. of Women, Sandra Benak, 5919 S. 15th St., Omaha, NE 68107. Educ. Dir., Debbie Glogouski, 9055 Valley, Omaha, NE 68124.

**Sokol Wilber, Nebraska** — Mtgs., 1st Monday, Wilber Sokol Hall,

317 S. Wilson, Wilber, NE 68465. Pres., Irene Birkett, 415 N. Harris, Wilber, NE 68465. Sec., Alice Maryska, RFD 2, Box 96, Wilber, NE 68465. Fin. Sec., Millie Aksamit, 318 E. 3rd, P.O. Box 966, Wilber, NE 68465.

#### NORTHERN CIRCUIT OF WESTERN DISTRICT

**Sokol Minnesota, St. Paul, Minnesota** — Mtgs., 4th Friday, CSPS Hall, 383 Michigan, St. Paul, MN 55102. Pres., Georgianna Dolejsi, 3280 County Rd. #44, Mound, MN 55364. Rec. Sec., Marcella Bigaouette, 795 Gershwin Ave., N., St. Paul, MN 55119. Corr. Sec., Catherine Haselbauer, 5337 Bloomington Ave., Minneapolis, MN 55417. Fin. Sec., Mildred Rasmussen, 218 Oneida, St. Paul, MN 55102. Dir. of Men, Robert J. Vanyo, 446 Bay St., St. Paul, MN 55102. Dir. of Women, Penny Johnson, 1108 E. Maryland Ave.,

St. Paul, MN 55106. Educ. Dir., Bobbie Jo Chandler, 1012 Woodbridge, St. Paul, MN 55117.

#### 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., Wanda Maruska, RR #1, Nardin, OK 74646.

**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, P.O. Box 223, Wilson, KS 67490.

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

— MAY 19 —

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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.

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