

# AMERICAN SOKOL

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THROUGH GYM

Publication of the American Sokol  
Educational & Physical Culture Organization



## Brother Robert Barcal, A.S.O. Treasurer — A farewell —

We gathered to pay our last respects to our Brother Robert Barcal. Bob, as he was called, was born June 18, 1914, to Anne and Louis Barcal on a farm near Zurich, Kansas. Bob was the middle of five children. Brothers Emil and Stanley, sisters Mildred and Helen, all of whom are present today. The Barcal family moved to Chicago in 1927. Bob attended Farragut Jr. High and graduated from Harrison High School.

As a member of the Czechoslovak Beseda club at Harrison High he had the honor of touring Czechoslovakia as a senior Czech club member.

On May 15, 1937 Robert Barcal and Vera Placek were married. Vera came from a proud family in the Czechoslovak community and a sokolka as well. This happy union brought a daughter Elaine Barcal Zitko and a son Robert Jr., grandchildren Susan Zitko Anderson, Jerry Zitko and Robert Barcal and son-in-law Jerry Zitko. Bob and Vera celebrated their 50th anniversary in 1987. This truly was a solid happy family.

Bob's first employment was with the R. R. Donnelly Co., and during the war years with Clearing Machine Co. Then he joined

the Joslyn Mfg. Co., as a tool and die maker. He retired in 1978 at the age of 63.

Bob was active in the Cicero grade school band parents association and past president of the Morton High school band parents organization. Also was a chaperone at the Morton music camp. He was always willing to help where youth would benefit from his efforts.

Bob's Sokol life began in 1927 at Sokol Chicago, where he attended children's class and competed as a junior boy in gymnastics, volleyball and basketball. Bob joined the adult membership of Sokol in 1932 and competed on Sokol Chicago's championship gymnastic team in Chicago and Cleveland, Ohio.

Due to a back injury Bob had to give up his gymnastic activities, otherwise he would have been competing for top honors along with his brother, Stanley. Bob served on the board of directors at Sokol Chicago and many committees as well. He was elected financial secretary in 1935, a position he held to the present time, a total of 55 years. Bob was elected treasurer of the American Sokol Organization 7 years ago, and was looking forward to the ASO Convention in April at Fort Worth, Texas, where he planned to complete his term of office. I had the honor of sharing the treasurer's job with him for the XVI American Sokol Slet held in 1985 at Berwyn, Illinois. Found Bob to be very helpful and he managed to keep his "cool" under pressure.

Bob was very proud of his family and enjoyed and supported them in everything they tried to accomplish on behalf of the American Sokol Organization. We are all grateful that we had the opportunity to be associated with him and walk the same path through life. Nazdar! Bob, may you rest in peace.

*Eulogy delivered by Bro. George C. Basta, President of the American Sokol Organization.*

# AMERICAN SOKOL

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

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EXECUTIVE BOARD ASO  
Jackie Kourim, Secretary

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

President - GEORGE C. BASTA  
I. Vice-President - CHARLES BORVANSKY  
II. Vice-President - GARY MASEK  
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VLASTA ZITNY  
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EMILIE RUZICKA  
By-Laws Chairman - JERRY MILAN



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## Future Sokol Leaders Fund

January 1990

Donors	Amt.
In memory of Br. William Polacek — Otto & Martha Hracek and Georgiana Soumar	\$25.00
In memory of Br. Clarence Wostratzky — John & Vlasta Stribrny	15.00
In memory of Louis C. Hayek — Otto, Jerry and Emily Polacek	30.00
	<u>\$70.00</u>

— Donations are tax exempt —

## Change of Address for American Sokol

AMERICAN SOKOL ORGANIZATION  
6424 West Cermak Road  
Berwyn, IL 60402

Sokol \_\_\_\_\_

Name \_\_\_\_\_

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

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

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

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

## *Our Sokol Credo:*

To build a healthy and beautiful human body —  
To cultivate a harmonious and total person —  
To develop firm character, a well rounded disposition and  
A love of truth and justice —  
To produce strong, lovely and honorable people,  
That is the goal of a "Sokol" education.

What is a "Sokol"?  
Sokol is falcon in Czech language,  
it is our symbol of swiftness,  
courage and strength.



*"Zdravé a krásné lidské tělo — souladné vypěstění celého člověka,  
povahy ucelené, neoblomné, pravdymilovné a spravedlivé —  
lidé silní, krásní a dobří — to je cíl sokolské výchovy."*

# AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CXI

March — 1990 — Březen

Číslo - No. 3

*Congressional Record—House*

## The 125th Anniversary of the American Sokol Organization

The SPEAKER pro tempore. Under a previous order of the House, the gentleman from Illinois (*Mr. Annunzio*) is recognized for 5 minutes.

Mr. ANNUNZIO. Mr. Speaker, I rise to call to the attention of my colleagues in the House of Representatives that February 14 will mark the 125th anniversary of the founding of the first American Sokol unit by Czech immigrants, Karel Prochazka, Jaroslav Vostrovsky, and E. B. Erben, meeting in St. Louis, MO, in 1865.

During the ensuing 50 years, many Sokols were formed throughout the United States, and all of these units were incorporated into the American Sokol Organization on January 1, 1917.

Sokol is the Czechoslovak word for falcon, and it is an appropriate symbol, since the falcon is a bird that has a great love for freedom, as well as strength, courage, and agility. The Sokol philosophy strives for physical fitness for their members, believing that to maintain a free nation, its people must be physically and morally strong.

The Sokol ideal was originally created in Czechoslovakia in 1862 by Dr. Miroslav Tyrš, a professor of history and aesthetics at Charles University in Prague, and Jindřich Fuegner, a businessman with a special love for the arts and music. These two individuals perfected a system of physical fitness through a series of calisthenics and other activities, based on the notion that each individual is important and could progress to an ultimate peak of physical fitness. Their well-known motto was "A sound mind in a healthy body."

Sokol festivals, called Slets are held every 4 years, and last for 4 days featuring competitions in gymnastics, volleyball, basketball, and rhythmic. In addition to physical fitness, Americans of Czech and Slovak descent, who are Sokol members, emphasize spiritual, moral, and cultural enlightenment. Educational lectures and films are given at the organization's workshops and competitions, teaching the values of hard work, determination, and physical stamina are essential to personal achievement in everyday life. The American Sokol Organization also maintains camps for youngsters, libraries, and statistics on gymnasts, and provides scholarships to members on the basis of their attainment and achievement.

Sokol members range from preschool age to retirement age, enabling the older members to pass on the benefit of their wisdom and experience to the young people in a personal way. In combining Czechoslovak culture, the American heritage, and Sokol ideals, this organization has contributed greatly to the welfare of the United States. Many Sokol members have served their country with distinction, in World War I, World War II, the Korean war and the Vietnam conflict.

Mr. Speaker, I am proud to join with Sokol members in the 11th Congressional District of Illinois, which I am honored to represent, and members of American Sokol Organization in the city of Chicago and all over the United States, as they celebrate their 125 year of excellence, achievement, and contributions to the greatness of the United States.

### BY-LAWS COMMITTEE

Pre-Convention meeting April 25, Wednesday,  
1 p.m. at Hotel Worthington.

## Official American Sokol Tours

### TO PARIS FOR THE SOKOL SLET & TO PRAHA FOR THE SOKOL FESTIVAL

The American Sokol Executive Board with Uniglobe Cihak Travel, Inc. has updated the complete itinerary for the upcoming 1990 Sokols Abroad Slet in Paris. Three packages are available.

**THE RED TOUR** — July 4 through July 16, land costs \$1,987.00/Air Fare U.S. to Paris and return Praha-Chicago \$1,012.00, Minn./St. Paul \$1,050, Omaha \$1,050.00, Detroit \$1,030.00.

**THE WHITE TOUR** — Includes all of the Red Tour minus hotels in Praha and other events taking place in Praha — land costs \$1,487.00/Air Fare U.S. to Paris and return from Praha-Chicago \$1,012.00, Minn./St. Paul \$1,050.00, Omaha \$1,068.00, Detroit \$1,030.00.

**THE BLUE TOUR** — July 2nd to July 9th — Paris activities only — Land costs \$979.00/Air fare from US to Paris and return Chicago \$930.00, Detroit \$986.00, Minn./St. Paul \$1,006.00, Omaha \$1,024.00.

Complete four page brochure with registration form has been mailed to all districts, units, and individuals.

# ASO FINANCIAL REPORT

JANUARY, 1990

## RECEIPTS:

Dues	\$ 8,496.00
T. G. Masaryk Dues	90.00
Convention Fund	8,284.00
Special Assessments	4,141.00
Dividends & Interest	196.69
Subscriptions to "American Sokol"	8.00
Resale of Jewelry	200.00
Seals	667.00
U.P.S.	5.28
Educational Booklets	4.00
"Highlights of Czech History"	2.25
Miscellaneous	200.20
	<u>\$22,294.42</u>
A.S.O. Uniform Division - Rent, Salaries, etc.	704.63
Total Receipts	<u>\$22,999.05</u>

## DISBURSEMENTS:

### ADMINISTRATIVE

Salaries - Office Employees	\$ 895.25
Salaries - Membership	15.75
F.I.C.A. & F.W.T. for December, 1989	172.32
I.W.T. - 4th Qtr., 1989	84.45
Rent, Janitor Services, Phone & Electric	1,074.47
Postage	44.25
Office supplies	20.20
Computer supplies	49.92
Office Drapes	700.00
Miscellaneous	576.20
	<u>\$ 3,632.81</u>

### BOARD OF INSTRUCTORS

Salaries	\$ 446.94
F.I.C.A. & F.W.T. for December, 1989	88.98
I.W.T. - 4th Qtr., 1989	54.15
Editor "Sokol Gymnast"	30.00
Add'l. copies "Sokol Gymnast"	56.50
Postage	43.87
	<u>\$ 720.44</u>

### EDUCATIONAL DEPARTMENT

Salary	\$ 25.11
F.I.C.A. - for December, 1989	1.80
E.W.T. - 4th Qtr., 1989	2.25
	<u>\$ 29.16</u>

### SOKOL PUBLICATION

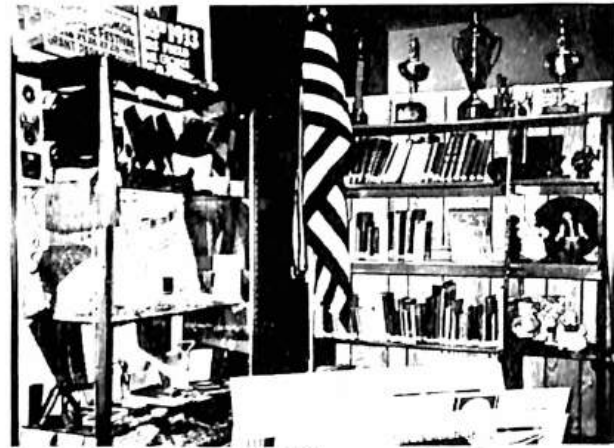
Printing "American Sokol" - January, 1990	\$ 975.04
Editor "American Sokol" - January, 1990	125.00
Postage & Delivery of "American Sokol" to P.O.	5.30
Computer labels for "American Sokol"	380.16
	<u>\$ 1,485.50</u>

### MISCELLANEOUS

A.S.O. Uniform Division - Salaries, FICA, Dec. 1989, FWT, Dec. 1989, IWT - 4th Qtr., 1989 & phone	\$ 459.94
Special Appropriations - Western District	627.88
Special Appropriations - Central District	657.96
Postage - F.S.L.F.	1.75
Postage - XV Convention	35.70
	<u>\$ 1,783.23</u>

### Total Disbursements

Total Disbursements	\$ 7,651.14
Balance brought forward:	
Affiliated Bank/Western National - Checking Acct.	\$19,447.22
Receipts - January, 1990	22,999.05
	<u>\$42,446.27</u>
Disbursements - January, 1990	7,651.14
	<u>\$34,795.13</u>



## National Library Week

One of the many features included in the ASO observance during the week of April 22-28 will be the showcase of memorabilia of past Slets along with the hundreds of rare, out of print books featuring the history of Czechoslovakia and its many great statesmen, philosophers, and, of course, SOKOL HISTORY!

CALL 708-795-6671 for group reservations.

## Eastern District American Sokol Organization

To: The XV General Convention  
American Sokol Organization  
Ft. Worth-Dallas, Texas  
April 25-May 1, 1990

WHEREAS, in these glorious days the people of Czechoslovakia have once again liberated themselves from the yoke of oppression, and WHEREAS, here, in its birthplace, the Sokol movement has on this day resurrected itself and

WHEREAS, the Tyrš's philosophy of national rejuvenation in Czechoslovakia will bring about an upsurge of Sokol activities all over the world, and for the American Sokol Organization in particular, therefore

BE IT RESOLVED, that the American Sokol Organization sends an official delegation to Prague this summer to:

- 1) renew the brotherly relationship between the Sokol organizations, and
- 2) pay its respects to the Sokol founders by laying a wreath on the graves of Miroslav Tyrš and Jindřich Fügner, and Tomáš G. Masaryk, and
- 3) officially meet with the leadership of ČOS (Czechoslovak Sokol Union) to discuss mutual cooperation and establish ways of gymnastic, educational and other, including instructors' exchange.

Given, in the seat of the Eastern District of the American Sokol Organization, New York City, this 7th day of January, 1990. *Vladislav Slavik, President*  
*Beatrice Cihak, Secretary*

## Executive Board Minutes

Regular meeting of the American Sokol Organization Executive Board, Tuesday, January 23, 1990, was called to order by our President Bro. George C. Basta at 7:30 p.m. Pledge to the flag was given.

**Members present:** Sis. Mildred Pinc, Vlasta Zitny, Marie Ptacek, Sylvia Pistorius, Jackie Kourim, Lynda Filipello, Fred Kala, Roy Zitny, Paul Lebloch, Chuck Borvansky, Jerry Rabas, Bob Barcal, Gary Masek, John Satek, Richard Ptacek, George Basta.

**Members excused:** Sis. Emilie Ruzicka, Bro. Jerry Milan, Ed Jelinek.

**District Minutes** received and reviewed; Northeastern District, November 27th, 1989; Western District, January 7, 1990; ASO minutes, all approved after some discrepancies were cleared up.

**CORRESPONDENCE:** From Selden, Fox and Associates, Ltd., copy of our contract to be signed for auditing services, approved. Inquiry letter from Bro. Joseph Kocab, Cleveland, Ohio, Bro. Rabas, will check this out and Sis. Kourim will write the letter. Governor Rudy Perpick, State of Minnesota, invitation to a celebration for the people of Central and Eastern Europe, we will send congratulatory letter and also tell the governor we already have had our own celebration. Letter from Bro. Jiri Liska, secretary of Pacific District, concerning the land in Seattle, from Bro. James Riha, on the same subject. Letter to be written to state that the title should be clear and any back bill such as taxes will be paid. This matter later handled by phone. Letter from the U.S. Post Office refusing our 501 (c) (3) tax rating. Received a letter from IRS re-affirming our tax rating which the post office would not accept. We should get our non-profit indicia. Bro. Basta also explained that we are having an IRS audit at this time also, this has nothing to do with our asking for the non-profit mailing status. We have since learned that we will not get a credit on our seal mailing, we were told it was sent out first class and our permit is only for third class. Sokol Omaha, Sis. Vi Calaway, secretary, with a copy of a small change needed in their by-laws, they are seeking approval for a minor change, this was given. Invitation for the Czechoslovak National Council of America debutante ball, January 27th at the Ritz-Carlton. National Alliance of Czech Catholics, their Christmas seals, approval for a \$10 donation. Uniform department inventory is here for perusal. Copies of three letters that Bro. Rabas sent to the Voice of America. Art work for the ads never received in the office. Showed the ad that was designed last minute. Twenty dollars registration fee gets our organization into a gran book. Bro. Lebloch will investigate this matter. Receiving many, many requests for tour information. Discussion on who has a key for our office. Several other items of interest for everyone's perusal.

**COMBINED MEN'S AND WOMEN'S DIRECTORS — Bro. Richard Ptacek and Sis. Sylvia Pistorius:** Letter from Pacific District announcing that

a gymnastic improvement clinic will be held January 3rd and 4th in Fresno. Sokol USA publication in December ran an article regarding the proposed instructors course to be held in Barryville, N.Y., July 22nd thru August 4th. This course would be held the week before the ASO course in Omaha. Letters were sent to Sokol USA Directors advising the possibility of combining our courses as recommended at the last district directors conference. No answer of as this time. Directors of the ASO will contact Sis. Yatchysen regarding this matter. Bro. Banak will also be advised of this situation. A by-laws meeting of ASO BOI was held on December 13th. Several recommendations were made, some from other districts noted. These suggestions were mailed to all district directors for their approval and suggested changes. As of now have received no comments from our directors. Our conference will convene on Thursday, April 26th at 8:00 a.m. Recommend you arrive in Dallas/Ft. Worth on Wednesday. Hotel reservations will be available starting Wednesday evening. Articles for the gymnast section of the publication announcing the ASO instructors' course have been withheld pending conversation with Sokol USA directors. Sis. Pistorius relayed the conversation she had with Sis. Dagmar Fiala regarding the reunification of the Czech Sokols. No additional information has been received from the Paris Slet committee. Problems have been encountered with the children's and junior girl's calisthenics. Sis. Pistorius spoke to Sis. Wendy Janous of Canada who advised her that there will be no written corrections and recommended that we follow the video. The video has been received and is available for anyone to use or get a copy of. Sis. Anne Halik made the necessary changes in the written text as noted in the video and these are also available upon request. To our knowledge only the Central District is using the children's calisthenics. Final report from: Central District, \$657.96 USGF Congress of Coaches expense for Sis. Helen Onni to attend Rhythmic Gymnastics, approved. Bro. Benak, questioned the payment of his expenditures at the convention with only partial attendance. Lengthy discussion on the subject.

**MEMBERSHIP CHAIRMAN — Bro. Fred Kala:** All units are paid up for the third quarter of 1989. Everyone is getting ready for the convention! Also reported on Sokol Omaha's simple change on their by-laws, approved. Bro. Kala presented his suggestions for the national by-laws committee to be approved by the Executive Board, which they were.

**EDUCATIONAL CHAIRMAN — Bro. Paul Lebloch:** The educational committee met in December to judge the Slet essay contest entries. Results were sent to all contestants and given to the editor of our publication for the February issue. Trophies are in the process of being engraved. Request Bro. Ulysees Gordills thank you letter to Sokol New York be printed in the American Sokol, approved. Read the list of donations and acknowledgements were sent. The reactivation of Sokol in Czechoslo-

vakia was discussed at length. Bro. Rabas was asked to review the tape made by Bro. J. Milan on this occasion and make a report at the Executive Board meeting. The tri-fold brochures are ready for printing. Bro. Borvansky reported on the costs, time and etc., needed to complete this job, approval given. We will prepare two printed posters for our windows, one will honor the 125th anniversary of the Sokol in America, the other will celebrate the return of Sokol in Czechoslovakia. Requested permission to hold open house in our library during National Library week in April, approved.

**PUBLICITY — CZECH — Bro. Jerry Rabas:** Translated speech that Bro. Basta made at our Czech day at the Daley Center for publication, wrote an article on the 125th anniversary of Sokol in America for the Denní Hlasatel, wrote the proclamation for Radio Free Europe and the Voice of America. Gave an extensive report on the video tape from the Prague meeting. After a very long discussion a motion was made by Bro. Rabas and seconded by Bro. Lebloch that we start a fund for the restoration of Tyršův dům and that the fund resources will be presented by the Executive Board of the ASO to the Czech Sokol in July at the end of our tour to Paris. All games will be listed along with the gift. A mailing will go out immediately. Sis. Filipello to be given this information for the publication.

**PUBLICITY — ENGLISH — Sis. Lynda Filipello:** Read the letter brought in by Sis. Filipello from Bro. Jaroslav Kaspar-Paty. A moving letter from Czechoslovakia Coordination of the Civic Center Forum. These letters should be printed both in English and Czech wherever possible. Bro. Basta read a translated report from Bro. Jan Waldauf. This should also be printed in the newspaper. We should get as much publicity as possible.

**FINANCIAL SECRETARY — Sis. Mildred C. Pinc:** The financial reports for November and December, 1989, were prepared and distributed to the Executive Board. Our fire insurance was changed to have a \$500 deductible with a refund of \$32. The 4th quarter, 1989 wage reports have been completed and all FICA, FWT and IWT taxes have been paid for 1989. W-2 forms are being worked on. The IRS agent was in our office three times to reconcile the 990 report for 1987. No report has been received to date. Our internal auditors are getting prepared for the audit of the 4th quarter for all books. When this is complete, there will be an audit by Selden, Fox, confirmed a March date. All savings accounts and certificates have been updated or renewed. Filled all request for pins and membership and dues cards. Transferred \$3,533.17 from Future Sokol Leaders' Fund account to our checking account. This was for the ASO portion of the Special Assessment Fund (\$3,365.66) and general fund (\$167.51). Donations to the Future Sokol Leaders' Fund and the Library/Archives Fund were read, also interest received on these accounts. Bro. Basta also reported on some of the items that were

covered by the IRS man. Approval was given to have Selden, Fox do our 990 form.

**EDITOR — Sis. Lynda Filipello:** Needs the most current convention information. Received information from Lillian Chorvat from CSA about the collage printed in the February publication.

**SECRETARY — Sis. Jackie M. Kourim:** Gave presentation for the by-laws committee (national) approved. Thanked Bro. Kala for the Christmas corsages, \$56 realized for our coffee fund. Our anniversary seals report, 801 donations, total \$6,808.50 equals an average of \$8.50 per person donation. Bid for cleaning and/or replacing of the office blinds, approval given to buy new ones and have the national office professionally cleaned in this our 125 anniversary year. Attended the meeting with Bro. Kalat, the convention schedule gone over, etc.

**II. VICE-PRESIDENT — Bro. Gary Masek:** Attended Sokol Omaha's New Year's Eve party with five continuous hours of dancing music.

**I. VICE-PRESIDENT — Bro. Chuck Borvansky:** Attended the meeting with Southern District representative Bro. Kalat about the convention. Also attended the meeting with the Czech National Council with Bro. Basta and S. Barcal.

Bro. Satek questioned Sis. Pistorius about the phone call to Bro. Benak. It is agreed that the course will be combined after a discussion with Bro. Banjak that the dates recommended by Bro. Benak. Material will going out shortly on this subject.

**PRESIDENT — Bro. George C. Basta:** Reported on the meeting with the Southern District representative Bro. Kalat about the convention; the Czech National Council meeting with Bro. Basta, S. Barcal and C. Borvansky in attendance for the ASO. Meeting was conducted in English. Gave extensive report on this meeting. Also mentioned that we never received an invitation to the meeting in Czechoslovakia. The ASO officers voted (because it was between meetings) not to attend (5 no's and 2 yes) at this time. There were no official representatives of the ASO in Prague, contrary to the news reports we have been receiving. Attended Sokol Berwyn's membership dinner, also we all attended our annual Christmas party, we all had a good time.

**UNFINISHED BUSINESS:** Bro. Zitny gave a report on the progress of the planned celebration for the 125th anniversary this year. To be held November 10th, the band has been hired and the function will be held at Ashton Place. Proclamation will be forthcoming from the Governor's office. Menu to be chosen, we will have a cash bar. Dignitary list to be made up as yet.

**NEW BUSINESS:** Nothing at the present time.

**1990 CONVENTION:** Five letters read concerning problems that are arising. Lengthy discussions on all problems, no solutions arrived at. A discount contract received from Bro. J. Milan which can be used for convention travelers, this from American Airlines. Information given to Sis. Filipello for the publication.

# DIRECTORY OF THE AMERICAN SOKOL ORGANIZATION

## 1990

### 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, P.O. Box 37511, 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.

**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., 1st Wed., Sokol Brookfield, 3909 Prairie Ave., Brookfield, IL 60513. **Pres.**, Charles R. Borvansky, 4542 Hawthorne, Lyons, IL 60534. **Sec.**, Nancy Mae Borvansky, 4542 Hawthorne, Lyons, IL 60534. **Fin. Sec.**, Kennan Seda, 3406 Harvey Ave., Berwyn, IL 60402. **Dir. of Women**, Lynda Filipello, 4401 Fender Rd., Lisle, IL 60532. **Dir. of Men**, Edward Schnabl, 2503 Harvey Ave., Berwyn, IL 60402. **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. **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.**, Georgia Jencik, 16684 Libby Road, Maple Hts., OH 44137.

### PACIFIC DISTRICT, LOS ANGELES, CALIFORNIA

Meetings held quarterly at different units. **Pres.**, Joseph Zelenka, 10350 Montgomery Ave., Granada Hills, CA 91344. **Sec.**, Jiri Liska, 1857 Burning Tree Dr., Thousand Oaks, CA 91362. **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 every odd month. **Pres.**, Larry Laznovsky, Route 7, Box 48, Ennis, TX 75119. **Sec.**, Rhonda K. Liska, P.O. Box 103, Ennis, TX 75120. **Fin. Sec.**, Bernice Hamilton, Rt. 1, Box 146-A, Italy, TX 76651. **Dir. of Men**, Rome Milan, 8894 Random Rd., Fort Worth, TX 76179. **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, P.O. Box 37511, Omaha, NE 68137. **Sec.**, Jackie Berka, 3329 N. 59th St., Omaha, NE 68104. **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

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W. 27th Pl., Berwyn, IL 60402. **Pres.**, Sharon Somolik, 4004 S. Grove Ave., Stickney, IL 60402. **Sec.**, Marie Knez, 6513 W. 27th

Pl., Berwyn, IL 60402. **Fin. Sec.**, Anne Dusek, 256 W. Butterfield Rd., Elmhurst, IL 60126. **Dir. of Men**, Jerry Somolik, 4004 S.

Grove Ave., Stickney, IL 60402. Dir. of Women, EllenJeanne Schnabl, 2503 Harvey 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. Educ. Dir., Anne L. Glasser, 587 E. Parkway Rd., Riverside, IL 60546.

**Sokol Ceska Sin** — Mtgs., second Monday of every month, Ceska Sin, 4314 Clark Ave., Cleveland, OH 44109. Pres. Rich Smetana, 6754 Wolff Rd., Medina, OH 44256. Corr. Sec., Doris Kotlan, 1451 Wagar Ave., Lakewood, OH 44107. Rec. Sec., Carol Siekaniec, 3801 Buechner Ave., Cleveland, OH 44109. Treas., Ralph Klinger, 29199 Emery Rd., Orange Village, OH 44022. Dir. of Men, Don Kotlan, 1451 Wagar Ave., Lakewood, OH 44107. Dir. of Women, Doris Kotlan, 1451 Wagar Ave., Lakewood, OH 44107. Educ. Dir., Ken Howard, 9705 Rosewood Ave., Cleveland, OH 44022.

**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. 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 Rozek, 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., 1st Thurs. at International Institute, 2810 W. Highland Blvd., Milwaukee, WI 53208. Pres., Earl Haertlein, 7333 W. Medford Ave., Milwaukee, WI 53218. Sec., Thomas Boehm, 10466 W. Woodward Ave., Wauwatosa, WI 53222. 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, Barbara Puffer, 1240 S. 26th St., Milwaukee, WI 53204.

**Sokol Naperville, Illinois** — Mtgs., Quarterly as announced. — Pres., Will Bujak, 743 - 74th, Downers Grove, IL 60516. Rec. Sec., Lynda Filipello, 4401 Fender, Lisle, IL 60532. Fin. Sec., Tina Filipello, 4401 Fender, Lisle, IL 60532. Dir. of Men, Frank Acquaviva, 2425 Brockton, Naperville, IL 60565. Dir. of Women, Karen Mulacek, 600 Hitchcock, Lisle, IL 60532.

**Sokol and Sokolice Racine, Wisconsin** — Mtgs., Third Friday every month. 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, First United Methodist Church, 3409 S. Grove, Berwyn, IL 60402. Pres., John Satek, 212 Memory Lane, Williamsport Village, Westmont, IL 60559. Sec., Patricia Satek, 1922 S. 57th Ct., 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. Corr. Sec., Jean Stanley, 6420 Bishops Pl., St. Louis, MO 63109. Fin. Sec., Larry Ryll, 3709 S. Spring Ave., St. Louis, MO 63116. Dir. of Men, Paul Lat, 9246 Lawndale Dr., St. Louis, MO 63126. Dir. of Women, Marla Breidenbach, 4587 Tarlton, St. Louis, MO 63128. Educ. Dir., Frank Rericha, 9901 Arthur Ln., St. Louis, MO 63128.

AMERICAN SOKOL ORGANIZATION

# GYMNAST

MARCH 1990

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

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## AMERICAN SOKOL INSTRUCTOR SCHOOL

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**SOKOL SOUTH OMAHA**  
**AUGUST 10 TO AUGUST 19, 1990**

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## PRESERVATION OF THE MIDDLE AGED MAN

By THOMAS K. CURETON, Ph.D.

*Professor of Physical Education and Director of the Physical Education Research Laboratory, University of Illinois, Urbana*

### What is the Reason for Early Loss of Physical Fitness?

The typical middle aged man in business is subject to rapid deterioration because of sedentary living habits which lead to poor circulation, nervous tension and overweight. The indoor office worker is especially subject to loss of physical fitness mainly associated with lack of exercise. The trend downward can be seen reflected in various types of physical fitness tests, including signs like the following:

A low total proportional strength per pound of body weight.

Low basal metabolic rate.

Weak brachial pulse waves (the pulse in the upper arm).

An enlarged heart with weak output.

Low Schneider Index with "Parasympathetic" Indications.

Loss of "give" in the systolic and diastolic blood pressure taken one minute after a five minute exercise on a treadmill or by stepping up and down at 40 steps per minute on a 17-inch stool. A man with very fit heart and blood vessels will show no rise in the diastolic blood pressure and may even show a drop, combined with systolic blood pressure in the 170 to 180 mm.Hg range; whereas, a man in very poor condition will show a sharp rise in diastolic blood pressure and unusually high systolic blood pressure above 180 mm.Hg. This tightness in the blood vessels after a 4 to 5 minute effort in jogging or stepping is certainly "handwriting on the wall," which forecasts trouble.

Fat folds greater than one-inch on the waist or abdomen.

Poor endurance in "Sitting Tucks," "Leg Raisings on the Back," "Breath Holding after a 2-Min. Jog in Place.

Symptomatic Electrocardiographic signs: (1) Very low R and T waves in the chest leads (CR IV and CR V), (2) Depressed ST-segment in all leads, (3) Elongated P-QR interval greater than 0.22 secs.

Vital capacity below normal for surface area.

Abdomen greater in girth than the expanded chest girth.

From long observation of men with these symptoms, as measured and followed in the work of the Physical Fitness Research Laboratory at the University of Illinois, there are impending difficulties, which should be expected and prepared for or prevented. It has been shown over the past ten years in experimental work conducted at this center that all of these bad signs of fitness respond to a graduated program of exercise, designed to strengthen the cir-

ulation, normalize the blood pressures, exercise the large masses of capillaries in the lungs, heart and muscles, and restore muscle tone. Rather simple programs can be used for this purpose, such as walking two miles per day with strong lengthy stride, swimming 200 to 400 yards per day, cycling 5-10 miles per day, 30 minutes of conditioning exercises of the rhythmic endurance type.

### Can Early Death Be Predicted?

Yes, early death can be predicted within fairly close limits, not for every person, but for 7 out of 10 who show a very poor fitness picture after 25 years of age. The basis of this is first of all tight blood vessels during and after moderate exertion continued for as long as five minutes. During this period normal blood vessels will "warm-up" and millions of small caillaries will dialate or open up in response to the exertion, and diastolic blood pressure will lower after the exertion in one to ten minutes. The second basis is from blood pressure tables which show per cent of life lost (by prediction), such as the Kellogg Tables. A third basis is from weight analyses and somatotyping, which show trends toward obesity and early deterioration.

Example I: A business man came to the laboratory and after going through the tests was classified as "In Danger." He was advised to give more time to recreation, exercise and to reduce his efforts to make money. This man had a large automobile company which was not doing well; he had recently expanded his shop and show-room and had large notes in the bank. Six months after the tests he was asked if he had done anything about giving more time to cultivating his physical fitness. His answer was "No time for that now!" A few months after this headlines carried the news of this man, 42 years of age, dropping dead.

Example II: An athletic coach was found who was the only one out of 65 instructors in a war-time program of physical training who failed in several endurance tests. He was told that this was "handwriting on the wall" and that he had poor cardiovascular condition. He was a coach who had been a fine athlete himself but who had given up training for ten years or more, smoked heavily, and was especially fond of fish fries. He would not do endurance exercise, nor reduce his weight. Five years after taking the tests he suddenly dropped dead at 41 years of age.

Example III: A young physician came to the laboratory to take the physical fitness tests — 34 years of age. He was not ill and several ordinary medical examinations failed to reveal high blood pressure or anything wrong. However, in the treadmill jog he showed very poor endurance. He had also previously shown poor breath holding time after stepping up and down on a stool for one minute. His Brachial pulse wave was weak. His work did not permit taking any exercise as he worked in a hospital all day diagnosing patients. Eight years later he was near death with a very severe heart attack.

### Significance of Physical Fitness Work

No social experiment has ever been run which followed unto death a large group of people, one half of whom worked intelligently for fitness by regularly practicing endurance exercises, working normal hours, without drinking alcohol or smoking, compared to the other half following the typical pattern of urban business life, over-eating, smoking and drinking heavily, and living under the pressure of "appointments." These latter practices impede the circulation, cause "vaso-constriction" (tense blood vessels) and gradual loss of muscle tone. It is fair to say that the latter group would "predict" shorter length of life in terms of poorer fitness tests. They would undoubtedly die sooner by average of the group.

Modern business or industry has not provided for physical fitness work but with a long look toward the future, it might prove to be very wise to plan more fully in this direction. Some organizations can arrange facilities and programs with a good physical educator in charge, associated with a company physician. The modern physical educator with graduate training in physical fitness, such as is now being offered in some American universities, can add greatly to the effectiveness of a physician's work. In fact, the physical fitness tests, directed exercise according to need, and follow-up talks and tests to discover improvements, may provide the missing link of motivation, which all too frequently is lacking until the break or collapse comes. Mayor Daley of Chicago, was given a medical examination and was told that he was all right, but died as the elevator reached the ground floor. If the Honorable Mayor had taken fitness tests of the type mentioned, he certainly would have shown low scores in some of the tests mentioned at the beginning of this article. The difficulty is that doctors do not usually have time to give oxygen intake tests, tests of the blood vessel efficiency after exercise, nor simple exercise endurance tests. A physical educator is needed to lead the exercises until they are learned and to test the UNSICK, as part of a preventive medical and fitness program.

### Diet and Fitness

Of course, good food is important, but food is not any good without circulation to carry oxygen to the tissues to combust the food. This is all too frequently overlooked. The result may be that some parts of the body get too much food and other parts are literally starved in the face of fatness due to poor circulation. It is important to know if the circulatory response are good in different parts of the body. Endurance exercises for different parts of the body probably make the best method now to determine this. No part of the body with good endurance is poorly supplied by blood or oxygen. In feeding wheat germ oil as a dietary supplement it was found that control groups which did not take endurance exercise did not improve their fitness, but groups taking regular conditioning exercises and swimming improved very much. This latter

training group was divided and one-half was given the equivalent of a tablespoon full of wheat germ oil per day under supervision, while the other group was given similar capsules of neutral oil. The group which took the exercises and the wheat germ oil improved the most by 51.46% compared to 19.4% on the treadmill run test, developed stronger pulse waves in the arm by 21.3% compared to 4.94% and developed some advantages in speed and muscle tone. In this experiment it seemed very plain that the exercises had made for better utilization of the wheat germ oil in working tissues and in the heart where it was needed.

### The Great Value of Exercises

It is natural for doctors to minimize the importance of exercises with sick patients. From the position of having worked with many men in low states of fitness; measuring them, training them and reassuring them to observe the changes, I wish to emphasize the great importance of exercise. Our control groups doing without exercise usually deteriorate measurably over the winter of indoor living. The exercised group, fed with wheat germ oil and irradiated with artificial sunlight improve the most, but exercise groups without dietary supplements or sunlight have fewer colds and improve in circulatory and muscular efficiency. They are not as tensed and show better balance of the autonomic nervous system measurements. Wheat germ oil (fresh) and sunlight may help a little, as the experiments have shown, but exercise is the principal means of keeping the body fit.

It is sensible not to worry about being somewhat fat if the endurance is good in an all-around way and the cardiovascular tests are good. It may be best to be normally fat for the ordinary life, running in and out of over-heated buildings and apartments. It is best to eat well and exercise. Such a program will raise the fitness measures right across the profiles, whereas, a restricted dietary program which causes loss of weight of more than 10 pounds per three to four month period usually leads to weak strength and poor endurance. It is important to eat fried foods very sparingly and to eat more vegetables, fresh fruits, and lean meats of fish, preferably broiled or baked. This applies to potatoes and other vegetables as well. Poor vascular condition is associated with long habits of eating too much animal over-cooked grease, coupled with lack of exercise. It is probably true that a hard working man can use up his fats better, and probably this does prevent the formulation of cholesterol in the blood and vessels comparatively to the sedentary man eating lots of over-cooked grease without enough exercise to burn it up.

*(To be continued next month)*

### APRIL 22nd—28th NATIONAL LIBRARY WEEK

Plan your classes' participation at the ASO library.  
Contact Annette or June for reservations.

## Understanding muscle soreness

*Ken Mannie, Strength Coach  
University of Toledo; Toledo, Ohio*

Many of your athletes are likely to have spent their summer vacations lounging by the pool, at the beach or on the couch. Now, they may be complaining of the acute muscle soreness that results from the initial stages of both strength training and running activities. This is a normal occurrence, especially when the muscles involved have been unused, infrequently used, or are not accustomed to the amount or type of stress being placed on them.

Most early-season muscle pain is temporary and can be relieved with proper warmup and cool down activities. However, there are several theories as to why it occurs in the first place.

The accumulation of carbon dioxide and lactic acid is most commonly blamed due to their sensitizing of local pain receptors. It is interesting to note, though, that most of the lactic acid is removed from the tissues within one to three hours following an activity. Physiologists have searched for other ways to explain activity-related soreness:

### Spasm theory

One theory is that muscle soreness induced by exercise is the result of reduced muscle blood flow, which results in pain. This explanation has been given the name *spasm theory*. Though research supports this theory, certain physiologists have trouble fully accepting it because this type of soreness primarily occurs during the initial stages of exercise and usually subsides after a couple of weeks, even though the intensity of work increases.

### Connective tissue theory

Another theory involves microscopic tissue trauma, thought to be brought on by explosive or ballistic movement. This theory is referred to as the *connective tissue theory*. The medical community is concerned about the possible chronic effects of the scar tissue this type of trauma produces.

### Eccentric exercise

Yet another finding shows that eccentric (negative) muscle contractions result in a higher degree of muscle soreness than concentric (positive) contractions. Examples of types of work that emphasize eccentric contractions include plyometrics, downhill running and negative accentuated weight lifting. (Plyometrics are various jumping and hopping drills performed both on flat surfaces and from elevated surfaces.)

Whatever the cause of muscle soreness, increased blood flow is important in "flushing" or removing some of the cellular debris that accumulates in the muscle tissue. That's why proper warmup, cool down and stretching are essential in any exercise program, especially for athletes who are experiencing muscle soreness during early season workouts.

## Self-Treating Sports Injuries

The single greatest mistake made in self-treating a sports injury is to use heat on the affected area, says Marc Chanov, a physical therapist in Rye Brook, N.Y., and author of *Healing Sports Injuries* (Ballantine Books). In nearly every instance, you should apply ice to soft tissue injuries rather than heat. *Reason:* A damaged tendon or muscle is usually inflamed and inflammation is heat. When you apply additional heat to the injured area, you direct more blood flow to that area, increasing the swelling and pain.

Even though a hot shower or heating pad may ease pain, it's only temporary—and when pain returns, it often feels more intense. Ice, meanwhile, works in the opposite way: It cools the injured area and reduces the inflammation and swelling, which promotes healing. Chanov advises using ice as soon as possible to treat any soft-tissue injury that you're likely to incur from running or other sports, such as shin splints, tendinitis or muscle strains.

The size of the injury determines the best way to use ice. If you have an injury in a small localized area, try this proven method: Fill a paper cup with water and freeze it. Then peel some paper from the cup to expose the ice and massage the affected area for 10 to 20 minutes with a steady, constant motion. When treating larger areas, such as a sore back or a strained hamstring, pack a plastic bag with ice and apply it to the injury. You can also buy a chemical ice pack that can be used over again. Be careful not to ice too long or you could get frostbite.

Heat has its place in rehabilitating injuries, but Chanov advises against it until at least four days have passed. If you still feel a throbbing ache, stick to ice. But after the initial inflammation has settled, heat can have a therapeutic effect on an injury. It increases blood flow and brings oxygen and nutrients to the damaged area.

For example, the warm water in whirlpool eases tight muscles, and the dry heat from a sauna has a soothing effect. Just be certain that the temperature of any heat you use (dry or wet) doesn't exceed 102 degrees F. Saunas can be particularly hazardous after a workout. Your body temperature increases during a workout and remains elevated for some time afterward. *His advice:* Take a cold shower *before* taking a sauna, and spend only 2 or 3 minutes at a time in a sauna before taking another shower. Too much sauna time, like too much time spent running under the sun, can result in dehydration and heat exhaustion.

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**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., Nancy Borvansky, 4542 Hawthorne, Lyons, IL 60534. Dir. of Men, Steve Fischer, 4320 S. Elm, Brookfield, IL 60513. Dir. of Women, Barbara Vondra, 6601 W. 31st St., Berwyn, IL 60402. Educ. Dir., Jane Sterba, 6624 Windsor Ave., Berwyn, IL 60402.

**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, Jenny Smith, 1837 S. Harvey 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 Stribrny, 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., Evelyne 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.

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

**Sokol Baltimore, Maryland** — Mtgs., 2nd Sunday, American Sokol Center, 2931 E. Madison St., Baltimore, MD 21205. Pres., Frank Huber, 514 Sellrus Ct., Fallston, MD 21047. 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 Homesdale Ave., Baltimore, MD 21206. Dir. of Women, Phyllis Prochazka, 4012 Moravia Rd., Baltimore, MD 21206. Educ. Dir., Anna Losovsky, 6800 Brentwood Ave., Baltimore, MD 21222.

**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., Usually 2nd Wednesday each month 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 Fugner, 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 Belsa, 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 Tuesday, 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 Rohlfis, 470 Teaneck Rd., Ridgefield Park, NJ 07660. Corr. Sec., Ellen Nyemcsik, 214 Clinton Pl., Hackensack, NJ 07601. Fin. Sec., Nancy Choldnicki, 6 Pine Cone Lane, Sparta, NJ 07601. Dir. of Women, Audrey Benda, 34 Brandt, Little Ferry, NJ 07643. Educ. Dir., Blanche Bidnik, 479 Grove St., Clifton, NJ 07013.

**Sokol Miami, Florida** — Mtgs., every Monday 12 noon, at North Miami Community Center, all correspondence/mail to: P.O. Box 61 - 1923, 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 33012.

**Sokol New York, NY** — Mtgs., last Thursday of each month, 420 East 71st St., New York, NY 10021. Pres., Norma Zabka, 203 E. 72nd St., New York, NY 10021. Rec. Sec., Bozena Glatt, 300 E. 71st St., 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, Pauline Reenock, 1274 First Ave., NY, NY 10021. Educ. Dir., Irene Mergl, 1278 First Ave., New York, NY 10021.

**Sokol Philadelphia, Pennsylvania** — Mtgs., 3rd Wednesday - in home of our president. Pres., Josephine Tunkl, 5836 Akron St., Philadelphia, PA 19149. Sec., Geo. B. Novak, 2003 E. Elkhart St., Philadelphia, PA 19134. Fin. Sec., Julie Kabrhel, 8211 Albion St., Philadelphia, PA 19136. 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, Gabriela Dohnal, 6991 Prout Rd., Friendship, MD 20758. 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. Fin. Sec., Ken Seidl, 21701 Morley, Dearborn, MI 48124. 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. Co-Dir. of Women, MaryAnn Fiordelis, 18605 Hillcrest, Livonia, MI 48152, and Mary Panackia, 18526 Southampton, Livonia, MI 48152.

**Sokol Greater Cleveland, Ohio** — Mtgs., 3rd Tuesday, Bohemian National Hall, 4939 Broadway, Cleveland, OH 44127. Pres., Jerry J. Vencl, 6913 Cheryl Ann Dr., Independence, OH 44131. Corr. Sec., Sally McGowan, 13551 Prospect, Strongsville, OH 44136. Fin. Sec., Ronald Vinci, 19053 Hunters Pointe Dr., Strongsville, OH 44136. Dir. of Men, Robert Samec, Jr., 16613 Raymond St., Maple Hts., OH 44137. Dir. of Women, Aggie Friend, 757 Lincoln Blvd., Bedford, OH 44146. Educ. Dir., Helen Samec, 1756 Justo Ln., Seven Hills, OH 44131.

**(\*)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., Frank V. Maslowski, 1549 W. Ellery, Fresno, CA 93711. Sec., Deborah Budge, 3525 N. Armstrong, Fresno, CA 93727. Treas., John Pokorny, Jr., 5333 E. Teague Ave., Clovis, CA 93612. Dir. of Women, Cheri Riddle, 113 Second St., Clovis, CA 93612. Educ. Dir., Wally Halberg, 4767 E. Shepherd, Clovis, CA 93612.

**Sokol Los Angeles, California** — Mtgs., 2nd Monday, Sokol Hall, 500 N. Western Ave., Los Angeles, CA 90004. Pres. Jerry Spinka, 4640 Gould Ave., LaCanada, CA 91011. Sec., Helen Jakl, 5132 Ellenwood Dr., Los Angeles, CA 90041. Fin. Sec., Louise Nekuda, 2653 Hartland Circle, Westlake Village, CA 91361. Dir. of Men, Martin Prochazka, 8652 Lomay Ave., Garden Grove, CA 92644. Dir. of Women, Iva Prochazka, 8009 Brimfield Ave., Van Nuys, CA 91402. Educ. Dir., Jiri Liska, 1857 Burning Tree, Thousand Oaks, CA 91360.

**Sokol San Francisco, California** — Mtgs., 2nd Monday, Sokol 847-849 N. San Mateo Dr., San Mateo, CA 94401. Pres., Blanche Duffey, 249 W. Poplar Ave., San Mateo, CA 94402. Fin. Sec., Elizabeth Bele, 11 Fairview Pl., Millbrae, CA 94030.

#### SOUTHERN DISTRICT, DALLAS, TEXAS

**Sokol Corpus Christi, Texas** — Mtgs., 2nd Wednesday, Sokol Hall, 5502 Kostoryz Rd., Corpus Christi, TX 78415. Mailing: P.O. Box 7847, Corpus Christi, TX 78467. Pres., Frank L. Sacky, 4105 Dublin Dr., Corpus Christi, TX 78413. Sec., Helen Pavelka, Rt. 4, Box 118, Robstown, TX 78380. Fin. Sec., Anita Regmund, 1046 Vaky, Corpus Christi, TX 78404. Dir. of Women, Sandra Howard, 5833 Rio Vista Dr., Corpus Christi, TX 78412. Educ. Dir., Kevin Sacky, 4105 Dublin Dr., Corpus Christi, TX 78413.

**Sokol Fort Worth, Texas** — Mtgs., 1st Tuesday, 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, c/o 6500 Boat Club Rd., Ft. Worth, TX 76135. Dir. of Women, Mila Milan, 8894 Random Rd., Ft. Worth, TX 76179. Educ. Dir., Mila Milan, 8894 Random Rd., Ft. Worth, TX 76179.

**Sokol Houston, Texas** — Mtgs., 2nd Friday, Sokol Houston, 1314 W. Patton, Houston, TX 77009. Pres., Charlie Petrzelka, 2506 Beall, Houston, TX 77008. Sec., Louise Keyes, 6231 Lindy Ann, Houston, TX 77048. Fin. Sec., John Chladek, 8226 Swiss, Houston, TX 77075. Dir. of Men, David Bray, 5423 Cactus Forest, Houston, TX 77088. Dir. of Women, Bernadette Mikulencak, 6636 Westwick Dr., Houston, TX 77072. Educ. Dir., Karel Matejka, 8701 Meadow Croft Dr., Houston, TX 77063.

**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 Mulligan, 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, 2300 Yorkstown, #101E, Ennis, TX 75119. Educ. Dir., Sylvia Laznovsky, Rt. 7, Box 47, Ennis, TX 75119.

**Sokol Karel Havlicek, Yukon, Oklahoma** — Mtgs., 1st Sunday, Yukon Czech Hall, Rt. 3, Box 150, Yukon, OK 73099. Pres., Antone Stejskal, Rt. 3, Box 74, Yukon, OK 73099. Sec., Mary Polasek, 306 N. Johnson Way, Mustang, OK 73064. 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, 306 N. Johnson Way, Mustang, OK 73064. Educ. Dir., LaVerne Benda, 6804 N. Libby Ave., Oklahoma City, OK 73132.

**Sokol West, West, Texas** — Mtgs., 2nd Tuesday, P.O. Box 124, 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, Danny Bouska, Rt. 8, Box 904, Waco, TX 76705. Dir. of Women, Edwina Matus, 311 N. Robert's Dr., West, TX 76691. Educ. Dir., Raymond Matus, Rt. 2, Box 172, West, TX 76691.

**Sokol Zizka, Dallas, Texas** — Mtgs., 4th Wednesday, Sokol Zizka, 7448 Greenville Ave., Dallas, TX 75248. Pres., Comer Caldwell, 405 Shadywood, Richardson, TX 75080. Sec., Colleen Jennett, 10432 Baroness, Dallas, TX 75229. Fin. Sec., Ray Faraizl, Jr., 4628 Saturn Road, #1215, Garland, TX 75041. Dir. of Women, Teresa McClure, 1423 Lebanon, Dallas, TX 75208.

#### WESTERN DISTRICT, OMAHA NEBRASKA

**Sokol Cedar Rapids, Iowa** — Mtgs., 1st Monday, Sokol Gymnastic Ass'n., 417 - 3rd St., SE, Cedar Rapids, IA 52401. Pres., Larry Chmelicek, 331 Wiley Blvd., N.W., Cedar Rapids, IA 52405. 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 Men, Matthew Dostal, 80 - 22nd Ave., S.W., Cedar Rapids, IA 52404. Dir. of Women, Allison Gerber, 1913 Western Dr., S.W., Cedar Rapids, IA 52404. Educ. Dir., Marjorie Nejd, 2583 Ivanhoe Rd., Rt. 2, 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, 630 Hawthorne, Crete, NE 68333, 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 Audit-

orium, 2234 S. 13th St., Omaha, NE 68108. Pres., Barbara Seefus, 1815 Ontario St., Omaha, NE 68108. Sec., Vi Calloway, 513 Bellevue Blvd., N., Bellevue, NE 68005. Fin. Sec., Ray. D. Duranski, 2312 S. 14th St., Omaha, NE 68108. Dir. of Women, Barbara Seefus, 1815 Ontario St., Omaha, NE 68108. Educ. Dir., Joe Prohaska, 3031 S. 38th Ave., Omaha, NE 68105.

**Sokol South Omaha, Nebraska** — Mtgs., 1st Monday, Sokol South Omaha Hall, 2021 "U" St., Omaha, NE 68107. Pres., James Riha, 4301 Woolworth Ave., Omaha, NE 68105. Rec. Sec., Joe Ruzicka, 5013 Castelar, Omaha, NE 68106. Corr. Sec., Scott Altic, 313 Windsor Dr., Papillion, NE 68046. 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., Vojmir Benak, 5919 S. 15th 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 Ettlin, 5213 S. 22nd St., Omaha, NE 68107. Dir. of Women, Sandra Benak, 5919 S. 15th St., Omaha, NE 68107. Educ. Dir., Debbie Glogowski, 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., Mildred Grealish, 2111 Prosperity Rd., Maplewood, MN 55109. Corr. Sec., Catherine Haselbauer, 5337 Bloomington Ave., Minneapolis, MN 55417. Fin. Sec., Laura Jansen, 1279 S. Cleveland Ave., St. Paul, MN 55116. Dir. of Women, Mary Cahill, 2191 Margaret St., St. Paul, MN 55119. Educ. Dir., Joan Sedlacek, 630 S. Lexington Pkwy., St. Paul, MN 55116.

### 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.

**PARIS TOUR — 1990:** Five letters read, and information passed around. Some souvenirs, postcards, Czech flag pins and seals passed around. Any information can be persued by those interested.

**CZECHOSLOVAK FREEDOM:** all sorts of publicity and four letters in Czech, some received from Bro. J. Milan, all for your perusal.

We are still waiting for the new tour plans to be revised and printed. We are promised new brochures by the 15th of February. Bro. Borvansky will chair the committee meeting for the tour on Thursday, Bro. Cihak will be present at this meeting. Bro. Basta will be out of town. Tour committee will make the final decision, with Executive Board approval. Meeting will take place in the office at 7:30 p.m.

Meeting adjourned at 10:15 p.m., refreshments served.

Before meeting was adjourned, Sis. Zitny and Filipello gave a presentation on some changes in the women's uniform that they would like to present to the convention. *Jackie M. Kourim, Secretary*

American Sokol Organization  
6424 West Cermak Road  
Berwyn, IL 60402

To the XV American Sokol Organization General Convention:

It is with a personal sense of pride that on the occasion of the XV Convention of the American Sokol Organization in Fort Worth, Texas, I greet the Officers and Delegates of the Convention and on behalf of the Officers and members of CSA Fraternal Life, wish you have a most successful Convention.

Sokol and CSA have worked together for well over a century and both organizations have profited by cooperating with each other to strengthen our heritage and goals.

With the rapid changes taking place in Czechoslovakia our two organizations can offer a sense of continuity to the people of Czechoslovakia who have been for fifty years denied their freedom and history.

To a successful XV American Sokol Convention,  
*Nazdar, George C. Vytlačil*  
*President, CSA Fraternal Life*

### První lednovou neděli ustavující schůze

## SOKOL POČTVRTÉ

### Sokol — the fourth time around

On December 16, 1989 in Prague's main library a meeting was attended by interested parties for the purpose of reestablishing the Sokol movement in Czechoslovakia.

President, Dr. B. Uher welcomed writers, A. Machovec and Fr. Kozik, plus a representative from the American Sokol.

A decision was made to call a constituent assembly for January 7, 1990 at 1:00 p.m. In a newly published Sokol bulletin, "Zpravodaj", a program was formulated. It consists of the following directives:

1. Sokol will continue the tradition of humanity, democracy and unselfish service to its nation.
2. It will be strictly independent of any political parties and will reject any totalitarian forces.
3. It will continue in the spirit of Sokol brotherhood and the ideology of harmony in mind and body.
4. It will do its utmost to rekindle Sokol activities in all its forms.
5. It will emphasize and teach Sokol history and work closely with Sokol units in other countries.

Furthermore, it will organize Sokol Slets, unassociated with the pompous and pretentious "Spartakiada" which was not based on voluntary participation.

The year 1990 will witness a fourth rebirth of the Sokol movement, being preceded by the years 1862, 1945, and 1968. It must be admitted that Sokol, although suppressed for 40 years, is more alive than had been anticipated.

*(Translated from a Czechoslovak newspaper by J. Sulz.)*

## Membership correction

The ASO regrets the erroneous tabulation for the Northeastern District for the first quarter as reported in the August *Gymnast*. The information was originally printed in the XVII Slet program book.

## Library & Archives Fund

January 1990

Donors	Amt.
Joan Sedlacek	\$5.00

— Donations are tax exempt —

## Sokol the future is yours

To explain the note which appeared in the January issue of American Sokol (Article III in a three part series).

I originally submitted my article in the fall or winter of 1988 but because of a need for space for "Slet" material, I recalled it in February of 1989. I added Bro. Steve Banjaks' report which had appeared in the Sokol Times, January issue. — Now there were Article I and Article II. At the Slet in Omaha, after reading Bro. Jim Rihás' article in the "Slet Program Book", I added it as Article III to give a divergent view and re-submitted (it) as a series of three articles.

Bro. Rihás' Article III appeared as an independent item in the July-August, 1989 issue (page 772), Mine appeared in the September 1989 issue (page 778) also as a separate item. Bro. Banjaks' Article II appeared in the January, 1990 issue (page 796) with the above mentioned note and with the closing paragraph of the series.

I hope that you understand what I was saying, even though they seemed out of context — if you did not read them, please do. I just want you and all other concerned Sokol members to feel that we do need to sit down together and to discuss and plan an interesting and exciting Sokol Program.

The Future is in *your* hands!

Na Zdar!

*Edwin J. Halik*

Dear Ladies and Gentlemen,

I read with interest your cover story, "Collage of Czechoslovak History."

One correction is in order, where towards the very bottom, it is written "The peoples are shown in their colorful and varied folk costumes of Bohemia, Moravia and Slovakia viewing Allied Forces of France, Italy and America as they pass in review."

Wrong.

The Czechoslovak people are welcoming the return of the Czechoslovak Legions. These are the soldiers of Czechoslovakia that fought in Russia, Italy and France. They had their own separate

units, their own regiments, and even though they may have been subordinated to the Allied command, it was still the Czechoslovakian Legion. These men fought bravely in France, as well as in Italy; they fought heroically in Russia, first against the Germans, and later helping the Allies during the "intervention" by holding the entire 6,000 mile length of the Trans-Siberian railroad.

That completes the collage. Many of those legionnaires were also Sokols.

Thank you.

Respectfully yours, *Frank J. Hrbek*  
New York Unit — ASO

## Delegates to the XV American Sokol Organization Convention

### Officers of the American Sokol Organization

President, Bro. George C. Basta  
I. Vice-President, Bro. Charles Borvansky  
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Secretary, Sis. Jackie M. Kourim  
Financial Secretary, Sis. Mildred C. Pinc  
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Membership Director, Bro. Fred G. Kala  
Editor, Sis. Lynda Filipello  
English Publicity, Sis. Lynda Filipello - duplicate  
Czech Publicity, Bro. Jerry Rabas  
By-Laws Chairman, Bro. Jerry Milan

### Additional members of the Executive Board

Executive Board Member, Bro. Roy Zitny  
Executive Board Member, Bro. John Satek  
Executive Board Member, Sis. Vlasta Zitny  
Executive Board Alternate, Sis. Marie Ptacek  
Executive Board Alternate, Sis. Emilie Ruzicka  
Executive Board Alternate, Bro. Ed Jelinek

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Sis. Lynda Filipello, District Women's Director  
Bro. Edward Schnabl, District Men's Director  
Sis. Frances Malina, BOI Secretary  
Sis. Pat Satek, ASO-BOI 1st Assistant - Women  
Sis. Judy Harlan, ASO-BOI 2nd Assistant - Women  
Bro. Dave Harlan, ASO-BOI 1st Assistant - Men  
Bro. Frank Michalek, ASO-BOI 2nd Assistant - Men  
Sis. Sharon Somolik, Sokol Berwyn  
Sis. EllenJeanne Schnabl, Sokol Berwyn  
Bro. Roy Zitny, Sokol Brookfield

Sokol Cechie  
Sokol, Ceska Sin

Bro. Stanley Barcal, Sokol Chicago

Sokol Fuegner

Will be sending no delegates,

Women of Sokol Fuegner  
Sis. Anna Basta, Sokol Havlicek-Tyrs

Sis. Frances Malina, Sokol Havlicek-Tyrs  
 Bro. Earl Haertlein, Sokol Milwaukee  
 Sis. Alice Haertlein, Sokolice Milwaukee,  
     Sokol and Sokolice Racine  
 Bro. John Satek, Sokol Slavsky  
 Bro. Bernie Babka, Sokol Slavsky  
 Bro. Ed Halik, Sokol Slavsky  
     Sokol and Sokolice St. Louis  
     Sokol and Sokolice St. Louis  
     Sokol and Sokolice St. Louis  
     Sokol and Sokolice St. Louis  
 Sis. Marie Vachata, Sokol Stickney  
 Bro. Bob Hoskin, Sokol Stickney  
 Br. Ed Linhart, Sokol Tabor  
 Sis. June Pros, Sokolice Tabor  
 Sis. Blanche Kos, Sokolice Tabor  
 Bro. George Vytlačil, Sokol Town of Lake  
 Sis. Agnes Sotka, Sokol Town of Lake  
 Sis. Eileen Stahulak, Sokol West Suburban  
 Bro. Will Bujak, Sokol Naperville  
 Sis. Nancy Borvansky, Secretary, Educational Dept.

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     District By-Laws Chairman  
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 Sis. Audrey Benda, District Women's Director  
     District Men's Director  
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     Sokol Balcamp  
     Sokol Curtis Bay  
 Sis. Blanche Zraly, Sokol Fuegner  
 Bro. Richard Novotny, Sokol Little Ferry  
     Sokolice Little Ferry  
 Sis. Emilie Ruzicka, Sokol Miami  
 Bro. Charles Zraly, Sokol Miami  
     Sokol New York  
     Sokol New York  
 Bro. Frank Hausgut, Sokol Philadelphia  
 Will be sending no delegate, Sokol Schenectady  
     Sokol Washington, D.C.  
     Sokol Washington, D.C.

#### Delegates from the Northeastern District:

Bro. Ladislav Voris, President  
     District By-Laws Chairman  
 Sis. Georgia Jencik, District Educational Director  
 Sis. Maryann Fiordelis, District Women's Director  
 Bro. J. J. Vencl, 1st Assist., District Men's Director  
 Br. Frank R. Turchan, Sokol Detroit  
 Bro. Martin Eisenstein, Sokol Detroit  
 Sis. Jarmila Kalivoda, Sokol Detroit Ladies Auxiliary  
 Sis. Carolyn Sabados, Sokol Detroit Ladies Auxiliary  
 Sis. Anne Eisner, Sokol Detroit Ladies Auxiliary  
 Betty Hosticka\*, Sokol Greater Cleveland  
 Helen Samec\*, Sokol Greater Cleveland  
 Dolly Baca\*, Sokol Greater Cleveland  
 Robert Jirousek\*, Sokol Greater Cleveland  
 George Vild\*, Sokol Greater Cleveland  
 Val Kralik\*, Sokol Greater Cleveland  
 John Dusek\*, Sokol Greater Cleveland  
 Will be sending no delegate, Sokol Rip

#### Delegates from the Pacific District:

Bro. Joseph W. Zelenka, President  
 Bro. Jerry Spinka, District By-Laws Chairman  
 Sis. Louise Nekuda, District Educational Director  
 Sis. Cheri Riddle, District Women's Director  
 Bro. Frank V. Maslowski, President of Fresno Sokol,  
     Fresno, representing the District Director  
 Bro. Frank V. Maslowski, Sokol Fresno - duplicate  
 Sis. Iva Prochazka, Sokol Los Angeles  
 Bro. Jiri Liska, Sokol Los Angeles  
 Sis. Blanche Duffey, Sokol San Francisco  
 Sis. Mary Frances Meier, Sokol San Francisco

#### Delegates from the Southern

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 Bro. Jerry Milan, District, ASO By-Laws Chairman  
     District Educational Director  
 Sis. Sylvia Laznovsky, District Women's Director  
 Bro. Rome Milan, District Men's Director  
 Sis. Carrie Veselka, Sokol Corpus Christi  
 Bro. Frank Veselka, Sokol Corpus Christi  
 Bro. Jerry Milan, Sokol Fort Worth - duplicate  
 Bro. Charlie Petrzelka, Sokol Houston  
 Bro. Karel Mateja, Sokol Houston  
 Lil Laznovsky\*, Sokol Karel Havlicek-Borovsky  
 Stuart Hamilton\*, Sokol Karel Havlicek-Borovsky  
 Bernice Hamilton\*, Sokol Karel Havlicek-Borovsky  
 Jerry Wester\*, Sokol Karel Havlicek-Borovsky  
 Charles Kalat\*, Sokol Karel Havlicek-Borovsky  
 Sis. Mary Polasek, Sokol Karel Havlicek-Borovsky  
 Sis. Evelyn Cepak, Sokol West

Sokol Zizka  
 Sokol Zizka

\* Subject to change.

#### Delegates from the Western District

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 Bro. James E. Riha, District By-Laws Chairman  
 Bro. Bob Vanyo, District Educational Director  
 Bro. Bud Benak, District Men's Director  
 Sis. Sandra Benak, District Women's Director  
 Sis. Betty Petrzalek, Sokol Cedar Rapids  
 Sis. Mana Zlatohlavek, Sokol Cedar Rapids  
 Bro. Richard Kittrell, Sokol Cedar Rapids  
 Dr. (Bro.) John H. Cerny, Sokol Crete  
 Sis. Donna J. Cerny, Sokolice Libuse (Crete)  
     Sokol Omaha  
     Sokol Omaha  
 Bro. Fred Altic, Sokol South Omaha  
 Bro. Mickey Dalton, Sokol South Omaha  
 Bro. Ed J. Pavoucek, Sokol South Omaha  
 Bro. Richard C. Awender, Sokol South Omaha  
 Sis. Jolene Dalton, Sokolice South Omaha  
 Sis. Bea Pavoucek, Sokolice South Omaha  
     Sokol Wilber  
 Bro. Norman Sladek, Sokol Minnesota  
 Sis. Joan Sedlacek, Sokol Minnesota  
     Sokol Caldwell  
 Will be sending no delegate, Sokol Karel Jonas

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The February cover "A Collage of Czechoslovak History" was researched and written by Curator Lillian Chorvat of the CSA Czechoslovak Heritage Museum. The picture was provided by a member from New York.

Thank you both for your contribution.

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## Calendar of Events

- APRIL 7 — Sokol Greater Cleveland  
Easter "Bohanek" Sale
- MAY 5 — Sokol Baltimore Dozvuky
- MAY 12 — Central District Girls Gym.  
Competition, Naperville Central High School
- MAY 19 — Central District Boys Gym.  
Competitions, Naperville Central High School
- MAY 20 — Sokol Los Angeles Verejni
- JUNE 8-10 — Southern District Slet
- JUNE 9 — Central Dist. Junior & Senior Men &  
Women, and Levels 2, 4, 5 & 6 Girls Competitions
- JUNE 9 — Central District Slet

## ANNIVERSARY & NATIONAL EVENTS

- APRIL 26 — B.O.I. MEETING BEGINS 8 A.M.  
Hotel Worthington, Ft. Worth, Texas
- APRIL 28, 1990 — AMERICAN SOKOL  
NATIONAL CONVENTION
- MAY 5 — Sokol Slavsky 100th Anniversary,  
William Tell Restaurant, Countryside, Ill.
- JUNE 2 — 125th ANNIVERSARY SOKOL  
ST. LOUIS FIRST SOKOL UNIT IN THE  
UNITED STATES
- JULY 5-8 — Czechoslovak Sokol Abroad VII Slet.  
Paris, France
- NOV. 10 — A.S.O. BANQUET 125th SOKOL  
ANNIVERSARY — Ashton Place,  
75th & Clarendon Hills Rd., Darien, Ill.
- FALL 1991 — Sokol Tabor's 125th Anniversary  
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