

AMERICAN SOKOL



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Educational & Physical Culture Organization



Marie Provazníková — 100 Years — October 24th

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AMERICAN SOKOL

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August, 1990

Donors	Amt.
In Memory of Joseph Vacha — from Sokol Town of Lake	\$ 25.00
In Memory of Joseph Vacha — from Ann Barazyk	\$ 10.00
In Memory of Bessie Valenta, Honorary Member — from Sokol Brookfield	\$ 50.00
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AMERICAN SOKOL ORGANIZATION
6424 West Cermak Road
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Sokol _____

Name _____

Old address _____

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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

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MARIE PROVAZNÍK, GRADUATE
Charles University, Prague, June 26, 1915



Marie Provazníková "85"

Za Tvoji lásku, kterou všude zříme,
za práci pro Sokol a národ, kam patříme,
za světlý příklad, který všem jsi dala,
za mnohé zesláblé, které's napřimovala,
za krásné, dlouhé, mnohých sletů šiky,
my Bohu vzdáváme dnes díky,
když skromně dožíváš pětáosmdesátku:
prosíme, odměnou měj naši lásku!

— JAN FELLMANN

HAPPY BIRTHDAY

*Marie
Provazníková*

*100 Years —
October 24th*

During her lifetime, Marie Provazník has on numerous occasions, received many awards and has been recognized for her tireless work and many achievements.

MARIE PROVAZNÍKOVÁ, NÁČELNICE ČOS, a book published in commemoration of her fiftieth birthday by the Women's Technical Committee of the Czechoslovak Sokol Organization, Prague, 1940.

PRVÁ, several memories dedicated to the director of women of the Czechoslovak Sokol Organization, Marie Provazník. A book published in commemoration of her seventieth birthday by her Sokol friends, 1960.

PRVÁ, 1890-1970. A Commemorative issue of ČESKOSLOVENSKÝ SOKOL V ZAHRANIČÍ, published in honor of Marie Provazník's eightieth birthday, 1970, 20 (8-9).

Cleveland Sokol Units Gymnastic Exhibition at Cleveland State University, Cleveland, Ohio, dedicated to the honor of Marie Provazník, February 9, 1975.

Marie Provazníková, 1890-1980. A commemorative issue of ČESKOSLOVENSKÝ SOKOL V ZAHRANIČÍ, published in honor of Marie Provazník's ninetieth birthday, 1980, 30 (8).

A Future to Mold

Mentor — a person looked upon for wise advice and guidance.

Several months ago I was pondering a subject matter that interested me for this publication — mentors. What and who they are intrigued me because I felt we had lost this great source of wise advice and counsel written about in stories of old. These persons were respectfully referred to as “counselor”, “master”, “teacher”, and more than that, they symbolized what is great in the human spirit. Many of these persons were elevated to almost super-human abilities with each generation revering them even more. Why has this phenomenon almost disappeared from our world, even the word is not commonly used.

As I thought about this subject on and off during these past weeks, to my surprise (and gratitude) as I was switching channels one late evening and settling on PBS, Bill Moyers was interviewing a modern day poet, Robert Bly. The title of the program was *A Gathering of Men*. What a wonderful conversation these two men were having, but more important to me the topic covered specifically — mentors — their relationship in the past and the lack of them today. (There must be a universal mind since the topic addressed my foremost curiosity!)

Robert Bly discussed his theory that men have a warrior within them, not one that bullies, but one that protects; and that the mentors of the past, fathers and the wise men of the tribe helped these young men pass over into adulthood through a variety of rituals. The relationship between the father and son is based on the early bonding occurring in childhood. The mentor is sought after for his knowledge of things past, present, and future. The mutual respect and admiration between father/son and mentor/son is essential. The young person needs to be respected and admired so that he can grow in self confidence and enter responsible adulthood prepared to serve as mentor for the new generation.

According to Bly, King Arthur was the last great mentor to inspire a sense of protectorant of the unarmed community upon young men. The person designated “king” has great influence over his young warriors. Unfortunately, this influence has a dark side, hence, Bly relates this mentor king to the rise of the drug lords and their success on the youth of today. He suggest that these drug lords are the new “kings” who serve as mentors to the gangs of young men who have had no bonding with a father and are angry because no one is there to initiate them into the passages of adulthood.

Some of Bly's ideas may seem melodramatic to the skeptic, but I understood the need of the poet to lift us into the level of thought that could stimulate our own sense of understanding this relationship between the older, experienced generation and the new inexperienced youth. Someone must serve as mentor and because the older needs to be admired and the younger needs to admire, these roles will be

filled regardless of ethics, compassion, spirituality, and sense of responsibility.

Bly suggest that mothers of young boys who do not have a father who is bonded to them seek an older, wise and trustworthy man and ask this man to “hold the boy in his heart”. He should set aside at least one day a month to spend time alone with the youth and encourage him to open up and express his feelings. Many of us can relate to having an “older” friend who listens with their heart to our frustrations and our dreams. This person always seems to make us feel better afterwards, a sense of relief and faith in the future comes out of these conversations.

I believe that within each of us is this desire to fulfill our role as mentor to someone. Teachers often speak of a sense of satisfaction when a former student achieves success, but each of us is a teacher to someone at sometime. We can serve as mentor to many or to one. We need to look at our own habits; do they reflect what we want to pass on to those we influence. We may be serving as mentors without even being aware of our admirer so let's not betray this trust.

Sokol instructors and officers have a rich tradition to not only preserve but a tradition to enrich with todays accomplishments. These accomplishments are what our future leaders will build on to inspire their admirers. Each time we enter our gym, we are being “admired” by our younger members. How we portray our role there and in our daily life will decide what the future will be. The answer is within us.

Nazdar, *Lynda Filipello*

Building Funds

Sokol Karel Havlíček Borovský continues its drive for funds to help construction of their gym to replace the one that was totally destroyed by fire this past summer. Donations should be mailed to:

SOKOL BUILDING FUND, P.O. Box 205, Ennis, Texas 75119.

Sokol Chicagoland, an amalgamation of four units — Havlíček-Tyrš, Chicago, West Suburban, and Slavsky continues in its efforts to break ground for the new SOKOL CENTER on their land in the southwest suburbs. Donations can be mailed to:

SOKOL CHICAGOLAND, P.O. Box 470, Berwyn, IL 60402.

HAVE YOU KEPT
YOUR DUES CURRENT?

COPY FOR PUBLICATION
MUST BE RECEIVED BY THE 10TH
OF THE PREVIOUS MONTH



AMERICAN SOKOL ORGANIZATION

GYMNAST

OCTOBER 1990



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

American Sokol Organization Merit Award for 1990

Upon the recommendation of the Merit Award Committee which had met and thoroughly examined all applications of applicants, the following Merit Awards have been approved by the Executive Board to be paid from the Sokol Future Leaders Fund. Those applicants not awarded should re-apply next year.



VOJMIR BENAK, JR.
Sokol South Omaha
Western District
University of Nebraska
of Omaha



SHEILA BAUER
Sokol Stickney
Central District
Illinois Wesleyan
University



LISA LAZNOVSKY
Sokol Karel Havlíček
Borovský
Southern District
Texas A&M University



JOAQUIN ARIMBORGO
Sokol New York
Eastern District
State University of
New York at Cortland

RENEWALS

ANGELA LYNN FILIPELLO
Sokol Naperville
Central District
Illinois Benedictine College

PATRICIA KALAT
Sokol Karel Havlíček Borovsky
Southern District
University of Texas

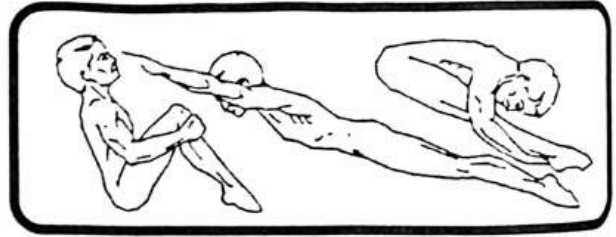
JACK DROBNY, JR.
Sokol Greater Cleveland
Northeastern District
Ohio State University

JENNIFER FRYE
Sokol Cedar Rapids
Western District
University of Iowa

MERIT AWARD COMMITTEE

Janet Kalat, Frank Michalek, Anne Halik, Paul Lebloch, Charles Borvansky, Eva N. Balas, (Chairperson)

GYMNASTICS SKILL PROGRESSIONS



The teaching and learning of skills slowly and in a progressive manner is, without question, a fundamental cornerstone to success and safety in gymnastics. It requires appropriate selection of skills to be learned, as well as considerable time and adequate repetition at each phase of the learning sequence. **Gymnastics performers should be able to clearly demonstrate "task mastery" over a broad spectrum of core skills before advancing to more complex movements.** Proper execution techniques of the appropriate lead-up skills should always serve as an essential criterion for determining whether or not a gymnast should advance on to the next, more complex level.

Sometimes inexperienced and/or over-zealous coaches depend too heavily on overspotting techniques, rather than upon appropriate use of skill progressions, in an attempt to maximize a performer's learning rate. This approach is precarious at best, for it actually robs the gymnast of core movement experiences so essential to proper learning of the more complex skills. **A competent gymnastics instructor will always insist upon mastering the required lead-up skills first before moving on to the more difficult skills and sequences.**

While appropriate use of skill progressions is an excellent safety measure and can enhance the learning environment considerably, no procedure can be completely foolproof. Since each performer is characterized by different learning potentials, good judgement and prudent decisions must be exercised at all times by coaches and gymnasts alike.

1. DEVELOPING BODY AWARENESS

By Kayce L. Gilmore

The term body awareness refers, to the ability of a performer to perceive his/her body parts in relation to one another as well as in relation to the apparatus and/or ground (1). Body awareness involves the body as a whole. Learning to manage the body leads to greater control and successful skill learning. To insure good body awareness is to acquire, expand, and integrate elements of general motor control through a wide experience in movement. **Body awareness activities can greatly enhance one's potential for successful skill learning provided the activities are presented and reinforced as an on-going process, in a progressive, step-level manner throughout a gymnast's career.** It

has often been said that the development of body awareness is the foundation for the progressional ladder of gymnastics, for once a foundation of basic skills and concepts are mastered a performer may then proceed in a progressive manner to more complex skills. **Even the most complex skills or sequences in gymnastics stem from the continuous refinement of fundamental skills.**

Since gymnastics is such a popular choice among young children interested in sports activities, body awareness and movement concepts should be introduced during a child's first exposure to gymnastics. Gymnastics programs around the country have grown considerably with the addition of movement exploration/education activities offered within club programs, school physical education classes, and pre-school centers. It is within the movement education program that young children experience concepts that allow them to participate successfully at their own levels and to progress at their own rates. Continued emphasis is placed on safety, quality movement, and skill development. One of the primary goals of movement education is to assist children in:

1. understanding the principles of movement;
2. developing awareness of what their bodies can do;
3. developing awareness of where their bodies are during movement.

Movement education is defined as learning to move and moving to learn. In learning to move, the child acquires movement competence, learns what his body can do, and learns about himself and his environment. **In teaching body awareness to young children, each child must acquire safety skills and habits and develop awareness regarding safety for himself and others.** Young children need to be reminded and must understand that, because of the nature of gymnastics activities, rules are needed and safe practices must be followed. This "understanding" of safety awareness can be presented to young children through the introduction of body awareness concepts.

The development of body awareness specific to gymnastics includes, but is not limited to:

1. Fundamental body positions/shapes — i.e., tuck, straight, handstand, hollow, arch, pike and tuck. (See Figure 8.1). These body shapes are remarkably well described in *The Biomechanics of Women's Gymnastics* (2), and in other chapters of this manual. While body shapes are best

introduced initially on the floor, it should be mentioned that it is important to practice these positions relative to the apparatus so that the gymnast develops a clearer understanding of the full potential of a skill.

2. Basic non-locomotor movements — i.e., flexing, extending, twisting and turning (in place), movements toward and away from the center of the body, raising and lowering the parts of the body as a whole.
3. Basic locomotor movements — i.e., walking, running, hopping, skipping, jumping, sliding, leaping, and galloping.
4. Free-flight body movements — i.e., body movements performed while the body is airborne, twisting, turning (both upright and inverted), and rotating, etc.

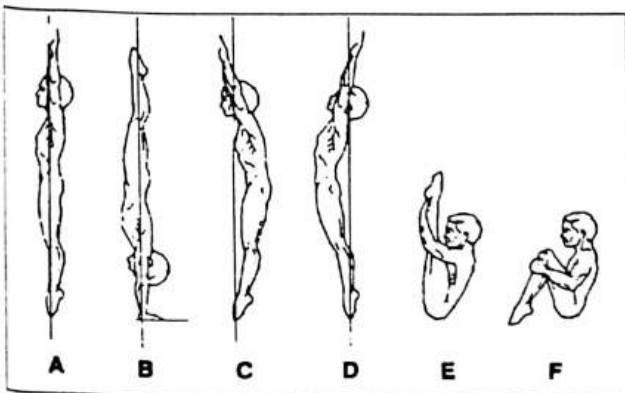


Figure 8.1 - Common Gymnastics Body Shapes: A. Straight; B. Handstand; C. Hollow; D. Arch; E. Pike; F. Tuck.

It should be mentioned that gymnastic equipment companies now manufacture a variety of pieces of equipment specifically designed to develop body awareness and new skills in a safe, progressive manner. **The use of "progressive skill builder" equipment is a fairly recent and safe method of developing new skills at the beginning stages of gymnastics.** With the availability of donuts, spotting blocks, inclines, tumble drums, octagons and trapezoids, to name a few, coaches and teachers can use them independently or combine them with gymnastic apparatus to facilitate the teaching of tumbling skills and progressive pre-school movement activities. From pre-school through competitive levels, these new training aids have a demonstrated safety record and help the gymnast develop the necessary confidence to attempt new skills.

Movement ideas should be developed first in very simple and concrete ways to introduce concepts. They are then expanded to increase in difficulty. Once a child has developed a clear understanding of movement and body awareness concepts, a logical progression focuses

on the transfer of application of these to that of beginning gymnastic skills and sequences. It is during this stage that a gymnast may be introduced to the larger pieces of apparatus for the first time.

Apparatus training includes experiences from previously learned activities. Gymnasts should spend a sufficient amount of time refining fundamental skills on each piece of apparatus before new skills are introduced. The amount of time spent will depend on the experience of the gymnast as well as the skill level attained by that gymnast. The coach/teacher should consistently evaluate each gymnast's individual level of "readiness" before moving on to more difficult skills on each apparatus. Prior to progressing to the more advanced skills, the coach/teacher should assess the performer's level of awareness, with particular emphasis on evaluating mastery of basic core gymnastic skills. To learn to move more effectively and reach a higher standard of skill performance, a gymnast must first master the basic gymnastic skills and skill progressions (lead-up skills). Always remember:

**THE PROPER USE OF SKILL PROGRESSIONS
THROUGHOUT EVERY LEVEL OF GYMNASTICS
IS A VITALLY IMPORTANT ASPECT IN THE
DEVELOPMENT OF BODY AWARENESS.**

Another essential factor in the development of body awareness is that of visualization. The development of visualization, or the visual cueing or "sighting" of a skill, is an important component in the safe and successful execution of gymnastic skills and sequences. Lack of appropriate visual techniques may often times result in an unsafe or undesirable outcome of a skill. Performers should be encouraged to concentrate more on using their eyes during the execution of gymnastic skills. **When teaching skills or sequences, coaches and teachers should emphasize the importance of maintaining eye contact with the apparatus or ground in the intended direction of motion.** In addition, focal points...i.e. where to look...before, during, and when landing a skill should be stressed. In fact, visual techniques should be taught as a part of every gymnastics skill and sequence, beginning with the initial stages of learning and continuing throughout the learning of more complex skills.

Gymnastics professionals from around the world often state that a single most important factor in the development of body awareness can be found in the proper use of skill progressions (lead-up skills). "Start simple, master it, and then build upon it."

The following questions are presented as guidelines to assist coaches and teachers in assessing body awareness of performers:

1. Does the gymnast demonstrate a reasonable level of awareness specific to basic body shapes and positions (kinesthetic sense)?

2. Is the gymnast aware of the human body's structural limitations in relation to gymnastics - particularly the dangers of excessive weight on the head or neck; lateral flexion of the knees; hyperextension of the elbows; and undue strain on the wrists, ankles, shoulders and spine?
3. Is the gymnast aware of safe and proper landing techniques in terms of dismounts, as well as unintentional landings and falls.
4. Does the gymnast realize the importance of, and demonstrate consistently proper techniques in "sighting" and/or "visual cueing"?
5. Can the gymnast determine left from right, particularly when in an inverted position?
6. Does the gymnast understand the importance of "feeling" and "sighting" the skill in question?
7. Has the gymnast reached a reasonable standard of performance and had sufficient time to refine basic movement before moving on to more advanced skills? (1)

Coaches and teachers at all levels of gymnastics must insist upon a safe and progressive learning environment at the onset of a gymnast's experience and continuously reinforce it until it becomes part of the gymnast's natural response to the gymnastics environment. Always keep in mind that the most difficult skills in gymnastics stem from the continuous refinement of fundamental skills. The development of good body awareness and the use of proper lead-up progressions will help to reduce the potential hazards associated with gymnastics.

**CONSISTENT USE OF PROGRESSIONS
AT EVERY LEVEL OF GYMNASTICS IS
IMPORTANT TO ENSURE SAFETY!**

While this section deals with "physical" awareness, there are also other types of awareness which play a significant role in safe gymnastic performances and experiences. Coaches and teachers should become familiar with the importance of developing the social, psychological and cognitive levels of "awareness" as well.

USGF Safety Manual, 2nd Edition

1990 USGF Coaches Congress Report

This is the second time I have attended Congress and once again have come back with much new information. The Congress was also attended by at least 30 other Sokol members representing 5 different districts.

Many Sokol members attended the pre-congress session on "General Gymnastics", a new branch of activity being started by the USGF. The committee conducting the session included two Sokol members: Bro. Jerry Milan and Sis. MaryJean Stoeppelman.

They introduced the topic of general gymnastics which has its roots in organizations such as Sokol and then presented and taught the USGF general gymnastics compulsory routine composed by Sis. Stoeppelman for presentation at the World Championships and Gymnaestrada. As a long time participant in general gymnastics activity, the American Sokol should consider participation in the presentation of this number at the two events.

Other congress sessions were presented on topics pertinent to administration of gymnastic activities as well as specific subject matter aimed toward upgrading individual coaching skill and knowledge.

I also attended the following congress sessions:

- Beginning Vault
- Rhythmic Pre-School Part I
- Rhythmic Pre-School Part II
- Women's Beam China and USSR
- Proposed USGF Coaches' Educational Development Program
- Training Tips for Improving Pivots and Leaping Skills for female gymnasts
- Do's and Don't's of Warm-ups and Fitness Moves for Children
- USGF Staff Questions and Answers
- Incorporating Acrosport in Your Club Programs
- Acrosport Exhibition
- Beginning Tumbling
- Quality Customer Service
- Advanced Tumbling

Each session was presented by one or more qualified, extremely enthusiastic instructor. In addition to the excellent seminars, there were a number of gymnastic equipment suppliers with exhibits. I was able to collect a pile of catalogs and other information.

A highlight of the Congress was the Saturday banquet honoring outstanding coaches and gymnasts from the past and the past year. The Sokol members attending the banquet gathered at the end for a group picture.

The Congress ended on Sunday with perhaps the best session of all. The American Sokol National Directors conducted a discussion session open to all Sokol members attending the congress. The session appeared on the official congress session schedule, giving the American Sokol some much needed publicity. Twenty-eight members took advantage of the opportunity to participate in the discussion. Among the topics addressed were the merit award, uniforms, 1993 National Slet calisthenics, gymnastic skills programs, newly initiated rhythmic program, and several other programs under consideration by the National BOI. Those attending indicated that the session was valuable and such sessions should be held whenever a group of Sokols are attending an event together. It was recommended that a similar session be held in conjunction with the 125th anniversary celebration in Chicago, November 10th.

Sis. Jane Kalat
National Women's Director

Southern District Slet

June 8-10, 1990

The 1990 Southern District Sokol Slet was hosted by Sokol Karel Havlíček Borovský, Ennis. The Slet came to a successful conclusion on Sunday, June 10th, with the volleyball championships and a Pool Party at Tyrš Pool on the Sokol grounds.

The Slet weekend began on Friday evening with optional apparatus competitions at the St. Johns High School Gym. The meet was judged by USGF judges. Saturday morning compulsory apparatus competitions for children, juniors, and seniors were held at the Sokol Warehouse Gym for the men's department and St. Johns' High School Gym for the Women's department. USGF Level routines were used in their entirety and the meet, with the exception of prostrná and marching, was fully judged by USGF Certified judges.

The afternoon slet program rehearsal was followed by field event competitions for all age groups.

The Slet exhibition program began at 5:30 p.m. on the Sokol Drill Field. Musical accompaniment was provided by the Dallas Czech Concert Orchestra. The exhibition opened with a grand assembly of gymnasts from the units of Corpus Christi, Dallas, Ennis, Fort Worth, Houston, and West. The units were judged on their marching ability and appearance as a group. Sokol Zizka, Dallas, was presented the annual marching ribbon award. The groups were judged by our American Sokol representatives, Sis. Jan Kalat, Director of Women, and Bro. Chuck Kalat, 2nd Assistant Director of Men.

Bro. Larry Laznovsky, President of Sokol Karel Havlíček Borovský and of the Southern District, welcomed all to the Slet. He introduced U.S. Congressman Joe Barton of Ennis, who presented the local unit with a flag that had flown over the nation's capitol. The Congressman complimented the local unit on its perseverance due to the tragic loss of their facility. Bro. Laznovsky announced that the flag would be flown at the grand opening of Ennis new Sokol building.

The Slet was dedicated to two long-time dedicated members — Bro. Frank A. Laznovsky and Bro. Charlie A. Jurcik. They were honored with plaques. Bro. Jurcik was unable to be present. Bro. Laznovsky was present to accept his plaque and a Citation from the American Sokol Organization for 55 years of membership.

Bro. Larry Laznovsky acknowledged the presence of many former Ennis gymnasts who were attending the Slet. The Slet activities were a reunion celebration for former gymnasts of the local unit. He also acknowledged the tremendous work of the Slet Committee headed by Brothers Chuck Kalat and Mark Kelley. The Committee had to work extra hard to coordinate all of the Slet activities held at various locations.

Slet Exhibition numbers included calisthenics by the tots, children, juniors, and seniors; apparatus routines and unit special numbers. The Ennis children's number, written by Sis. Jessica O'Bannon, assisted by Sis. Lisa and Lori Laznovsky, placed first. The Ennis adult number, by Sis. Kim Oates, won in its division. The Ennis relay team won in that annual event.

On Saturday evening, the Slet Awards Dance was held at the SPJST Hall in Ennis. Music was furnished by the Stepping Stones. Sunday volleyball championships, with Sokol Fort Worth as victorious, were held at St. John's High School Gymnasium.

This year's Southern District Slet marked not only a new decade, but the year of many significant events, including the 125th Anniversary of Sokol in the United States and the rebirth of Sokol in Czechoslovakia.

Nazdar!

Sylvia J. Laznovsky

District Director of Women

COMPETITION RESULTS:

Class I Girls Low Division

(44 competitors)

1. Angela Grizzle, West
2. Sherri Kofnovec, West
3. Jennifer Kalina, West
4. Tammy Soukup, West
5. Jamie Moravec, West
6. Brandi Mason, Ft. Worth
7. Sarah Hortonb, West

Teams:

1. West I
2. Ft. Worth I
3. West II

Class II Girls Low Division

(23 competitors)

1. Denise Kofnovec, West
2. Melissa Ludwig, Ennis
3. Tammi Dobecka, West

Teams:

1. West I
2. Ft. Worth I
3. Dallas
4. Corpus Christi

Class I Girls High Div.

1. Rachel Smisek, Dallas
2. Penny Skalnik, Dallas
3. Kelly Stumph, Ft. Worth

Class II Girls High Div.

1. Tina Avery, Ennis
2. Tina Syrus, Ft. Worth
3. Laura Stark, Corpus Christi

Girls Open High Div.

1. Kandy Cox, West
2. Penny Cox, West
3. Kristen King, Ft. Worth

Little Girls Championships

1. Bethany Larson, Ennis
2. Sara King, Ft. Worth

Western District Slet

Cedar Rapids, Iowa

June 15-16, 1990

Junior Girls Low B

1. Dawn Pate, Dallas
2. Tina Chandler, Dallas
3. Amy Laurence, Ennis

Junior Girls Intermediate

1. Heather Larson, Ennis
2. Tracy Meek, Corpus Christi
3. Heather Hettick, Ft. Worth

Junior Girls Championships

1. Stephanie Patton, Ft. Worth
2. Dawn Delp, Ft. Worth
3. Kelly King, Ft. Worth

Women Low B

1. Edwina Matus, West

Women Intermediate

1. Renee Faraizl, Dallas
2. Kim Oates, Ennis
3. Gerilyn Sijansky, Corpus Christi

Women High

1. Charisse Vodehnal, Houston

Women Championship

1. Kathy Keyes, Houston

Class I Boys Low Div.

1. Joel Black, Dallas
2. Brandon Mason, Ft. Worth
3. Byron Santi, Dallas

Teams:

1. Dallas
2. Ennis

Class II Boys Low Div.

1. Sammy Black, Dallas
2. Mark Jackson, Ft. Worth

Class I Boys High Div.

1. Brian Cofer, Dallas
2. Scott Chaldek, Houston

Jr. Boys Low B Div.

1. Ryan Mullican, Ennis
2. Justin Kaluza, West
3. John Laurence, Ennis

Jr. Boys Low A Div.

1. Shawn Kaluza, West
2. Philip Podharsky, Dallas
3. Jacob Tranham, Ft. Worth

Jr. Boys Intermediate

1. Josh Milan, Ft. Worth

Men Low B Div.

1. Charles Kalat, Ennis
2. Cliff Mullican, Ennis
3. Tal Milan, Ft. Worth

Men Championships

1. Jessie Tranham, Ft. Worth

Junior Girls — Low B — Ind.

- | | |
|--------------------------|-------|
| 1. Linda Barta, Crete | 43.30 |
| 2. Kara Selk, So. Omaha | 43.20 |
| 3. Becki Jans, So. Omaha | 42.15 |
| 4. Wendy Vernon, Crete | 41.95 |
| 5. Tedra Jurena, Crete | 41.85 |

Team Results

- | | |
|-----------------------|--------|
| 1. Sokol Crete | 127.20 |
| 2. Sokol South Omaha | 126.85 |
| 3. Sokol Cedar Rapids | 118.45 |

Junior Girls — Low A — Ind.

- | | |
|-------------------------------|-------|
| 1. Rachelle Fisler, So. Omaha | 44.30 |
| 2. Kathy Wilson, Crete | 42.75 |
| 3. Kellie Bleick, Crete | 42.75 |
| 4. Jennifer Bartak, So. Omaha | 41.90 |
| 5. Linda Pochop, So. Omaha | 41.80 |

Team Results

- | | |
|-----------------------|--------|
| 1. South Omaha | 128.00 |
| 2. Sokol Crete | 126.80 |
| 3. Sokol Cedar Rapids | 120.55 |

Junior Girls — Intermediate

- | | |
|-------------------------------|-------|
| 1. Becky Proskocil, So. Omaha | 39.65 |
| 2. Jennifer Benak, So. Omaha | 39.50 |
| 3. Amy Stevens, So. Omaha | 39.20 |
| 4. Becky Riesel, Cedar Rapids | 36.00 |

Team Results

- | | |
|----------------------|--------|
| 1. Sokol South Omaha | 118.35 |
|----------------------|--------|

Junior Girls — High Division

- | | |
|--------------------------------|-------|
| 1. Melissa Kohler, South Omaha | 39.20 |
| 2. Nicole Shestak, South Omaha | 38.40 |

Team Results

- | | |
|----------------|-------|
| 1. South Omaha | 77.60 |
|----------------|-------|

Junior Girls — Championship

- | | |
|--------------------------------|-------|
| 1. Brandy Addison, South Omaha | 41.95 |
| 2. Amy Monzingo, South Omaha | 41.60 |

Team Results

- | | |
|----------------|-------|
| 1. South Omaha | 83.55 |
|----------------|-------|

Women — Low A

- | | |
|---------------------------------|-------|
| 1. Allison Gerber, Cedar Rapids | 43.90 |
| 2. Tanya Brown, Crete | 41.65 |

Womens — High Div.

- | | |
|----------------------------------|-------|
| 1. Jackie Swoboda, So. Omaha | 44.55 |
| 2. Colleen Kenney, So. Omaha | 40.55 |
| 3. Julie Vlasek, Cedar Rapids | 40.05 |
| 4. April Johnson, So. Omaha | 40.00 |
| 5. Christa Carlson, Cedar Rapids | 39.55 |

Team Results

- | | |
|-----------------|-------|
| 1. South Omaha | 85.10 |
| 2. Cedar Rapids | 79.60 |

Women's Master

- | | |
|-------------------------|-------|
| 1. Teresa Vernon, Crete | 39.55 |
|-------------------------|-------|

Have you asked your unit if they
need any help in the Gym Classes?

Junior Girls — Rhythmics**Ribbon**

1. Melissa Kohler, So. Omaha	9.20
2. Nichole Shestak, So. Omaha	8.70
3. Amy Monzingo, So. Omaha	8.20
4. Rachelle Fisler, So. Omaha	7.60
5. Beckie Jan, So. Omaha	6.20

Ball

1. Melissa Kohler, So. Omaha	8.70
2. AMy Monzingo, So. Omaha	8.50
3. Nicole Shestak, So. Omaha	8.30
4. Rachelle Fisler, So. Omaha	7.90
5. Beckie Jans, So. Omaha	6.90

Over-All

1. Melissa Kohler, So. Omaha	17.90
2. Nicole Shestak, So. Omaha	17.00
3. Amy Monzingo, So. Omaha	16.70
4. Rachelle Fisler, So. Omaha	15.50
5. Beckie Jans, So. Omaha	13.10

Junior Boys — Class V

1. Rich Sindelar, Cedar Rapids	48.20
2. Matthew Kucirek, So. Omaha	46.30

Junior Boys — Class IV — Ind.

1. Max Muller, So. Omaha	49.00
2. Chris Berka, So. Omaha	46.40
3. Michael Howard, So. Omaha	45.80

Team Results

1. South Omaha	141.20
----------------	--------

Junior Boys — Class III — Ind.

1. Frank Felner, So. Omaha	46.00
2. Todd Zymbal, So. Omaha	42.50
3. Paul Lesac, So. Omaha	38.50
4. Glenn Woodward, So. Omaha	35.20

Team Results

1. South Omaha	127.00
----------------	--------

Junior Boys — Championship

1. Tom McLaughlin, So. Omaha	49.20
------------------------------	-------

Men — Class V

1. Bud Benak, So. Omaha	53.00
2. Bruce Cerny, Crete	52.40
3. Hank Cerny, Crete	52.10
4. Tim Kubicek, Crete	49.70

Team Results

1. Sokol Crete	154.20
----------------	--------

Men — Class IV — Ind.

1. Matt Dostal, Cedar Rapids	44.70
------------------------------	-------

Men — Class III — Ind.

1. Marc Johnson, So. Omaha	43.90
----------------------------	-------

Men — Class II — Ind.

1. Jack Walsh, So. Omaha	43.30
--------------------------	-------

Men — Championship

1. Buddy Benak, So. Omaha	48.10
---------------------------	-------

Men's — Masters I

1. Don Pulkrab, Cedar Rapids	52.50
2. Dan Jurena, Crete	48.20

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.

Making Your Gym Safe

MARGI HELSCHEN

Owner/Director of American
Gymnastics Of Boca in Boca Raton, Florida

How safe is your gym? Accidents happen, but when you have a pre-school gymnastics program and little ones are crawling, creeping and toddling

all over, you must be extremely safety cautious. The U.S. Surgeon General reported last year that "8,000 kids ages 14 and under were killed and another 50,000 were permanently disabled as a result of injuries in accidents. Between 80 and 90% of those injuries were preventable." Keep in mind that children are inquisitive and into everything! A gymnastic school is filled with fascinating stimuli! It is up to you to make your gym safe for these active bodies!

Start by going over every inch of your gym. Take an in-depth tour noting in a notebook what needs to be repaired, altered or changed.

Let's start by talking about the bathroom. For a door that has a privacy lock (the kind with a hole in the knob of the outside), keep a tool handy that will open this door if it is locked by a toddler on the inside. You can make the tool from a coat hanger. Another prevention of this potential problem can be a towel thrown over the top of the door, to keep the door from closing all the way. Never leave any cleaning fluids within reach of a child!

How about all your electrical outlets? All electrical outlets within reach need to be covered properly! These plug covers can be purchased locally at any drug store or even grocery stores. Check for any dangling cords from appliances, telephones, etc. Most of these can be wrapped up neatly with wind-up cord shorteners. Tape electrical cords to baseboards using clear packing tape (2" wide), or simply block access to cords with furniture. Eliminate extension cords wherever possible. If you have to use an extension cord, unplug it when not in use.

Make sure that each day you pick up any tiny items that could fit into a baby's mouth. Ideally, you should first vacuum your floors and then get down on your knees and survey from a baby's point of view. If your waiting room area has tables and chairs, be sure that all are stable. Children will climb, invent many uses from them and maybe stack them up, too. Make sure there are no climbable objects under any windows. Closets should be locked, or have the door handle up high above a child's reach (in case a closet is accidentally left open).

Of course no amount of safety proofing in your gym will take place of careful personal supervision, but taking the time to make your gym a safer place will help everyone to enjoy themselves!



Letters to the Editor

Thanks for the (District News) Milwaukee plug. We're a small, (aging!!) struggling group, albeit with high hopes! Love the job you do on the "American Sokol". I can appreciate it! Am a transplanted Detroit, so I recognize the names from there. My Dad's family were all heavy-medalled Sokols and I'm first generation.

Please send me two August issues as I still have cousins in Czechoslovakia, one reads English, and I want them to realize the effort being sustained here. The 12th Slet in Prague is exciting!

Nazdar! *Grace (Jirasek) Flis*
Ed. Sokol Milwaukee

(To our readers: Our issues are as good as you make them. Thank you for all your newsletters and comments. Sokol Milwaukee's newsletter is good reading. To subscribe: Grace Flis, S21 W35838 Parry Rd., Oconomowoc, Wis. 53066.)

* * *

(This following letter is worthy of considering on a unit, district and national level and since it was intended as a "Letter to the Editor" it is included as such.)

**WE'RE HERE — YOU'RE THERE —
DOES ANYONE REALLY CARE?**

At American Sokol's Convention held in Dallas, Texas this spring, several committee reports indicated a need for ASO's Central Office to be more communicative with and more aware of the happenings in our Sokol units throughout the country.

I wanted to express my feelings in this regard, so this letter is written to the editor of the ASO publication hoping to have it published and that other units will respond expressing their thoughts.

For several years Sokol San Francisco has had no Board of Instructors. The same applies to the position of náčelník (director). From time to time we have had a náčelnice (women's director) which has been more or less in name only. We have no gym classes for children — a situation that has existed for a couple of years. Prior to that we had a whopping class of four with an occasional five. We actually lack the proper facilities to even begin to offer classes comparable to the gymnastics offered in private sectors.

DOES ANYONE REALLY CARE?

There always seems to be someone who picks up the ball and carries it, but we aren't Joe Montana's and our enthusiasm is waning. Has ASO ever scrutinized our roster? How many elected offices can be found there? Committees?

DOES ANYONE REALLY CARE?

Hasn't it been noticed that we have not had a recording secretary for ages? Haven't you missed hearing from us?

DOES ANYONE REALLY CARE?

Our Sokol units surely must be more important

to Sokol ASO than the remitting of our quarterly dues.

We really do wonder —

DOES ANYONE REALLY CARE?

Mary Frances Meier, Sokol San Francisco

* * *

Well, members and readers, your comments are most welcome and will be published if you so indicate.

Executive Board Minutes

SEPTEMBER 25, 1990

Called to order by President Charles Borvansky. Pledge to flag given.

Members present: Sis. Kourim, Pros, Pajeau, Wojeik, Somolik, Satek, Filipello, Vondra and Bro. Satek, Lebloch, Michalek; Sis. Kalat and Dalton and Bro. Milan, Podhrasky and Masek by teleconferencing. Members excused: Br. Babka and Sis. Sedlacek.

Central District minutes received.

CORRESPONDENCE: Thank you from Sokol Detroit and a student from the ASO course. Letter from Czechoslovakia requesting a pen pal referred to a local Czech school.

BOARD OF INSTRUCTORS DIRECTORS REPORTS: Both gave detailed reports on their attendance at the United States Gymnastics Federation's Congress of Coaches in September. (See Gymnast Section). Bills submitted. Br. Michalek also submitted a bill for the pre-approved binders for the USGF Gymnasts issues for the ASO Library. He would like us to consider producing a short video introducing people to SOKOL and sponsor a booth at the next Congress of Coaches. The Czechoslovak National Women's Volleyball team will be at Northwestern University Oct. 11.

MEMBERSHIP: Written report by Sis. Sedlacek suggest more articles in local newspapers.

EDUCATION: Br. Lebloch submitted names of committee members — Sis. Jane Sterba, Nancy Borvansky, Joan Curran, Blanche Kos, Annette Schabowski, Eva Balas, EllenJeanne Schnabl, the BOI representative, and Bro. Stanley Barcal, Fred Kala, Jaroslav Rabas, and Vaclav Zenisek. Projects include the 125th anniversary banquet program book and special issue of the publication on the Paris Slet and Prague program of this past summer. (We would like to have more pictures and comments from the participants and spectators.) Bills submitted for approval. Br. Satek moved to approve new committee members, passed. Sis. Dalton moved to approve bills, passed.

FINANCIAL SECRETARY: Correction to August report, Southern District assessment for \$1,957.79 did not appear. Sokol Česká Siň, West, Zizka, and Fort Worth will not be reimbursed for expenses until assessments are current. Sokol St.

Louis asked to be reimbursed for additional convention night which resulted in much lower plane fare. Br. Milan motioned for approval, passed.

EDITOR: The SOKOLS in Paris and Prague issue scheduled for January. Br. Michalek motioned that the convention minutes be included separately in the bound publication issues in the library instead of included as part of the publication since all delegates received copies of these minutes to be reviewed at their unit meetings, passed.

2ND VICE PRESIDENT: Sis. Kourim attended the Sokol Detroit's Ladies Auxiliary 70th anniversary banquet.

1ST VICE PRESIDENT: Br. Masek reported on the status of the Foundation Fund. Form letter for donors being developed. Committee meets the third Tuesday of the month.

PRESIDENT: Bro. Borvansky called Sokol Detroit's Ladies Auxiliary and sent a letter of congratulations on their 70th anniversary. The Board of Governors was advised of the vacancy of the Treasurer's office and the nomination of Sis. Wojcik. Also, the two vacancies for alternate delegates.

Other business: A standard financial reporting form for all units will be discussed at next meeting.

Br. Milan ordered 200 charms and 200 pins that were given at the convention for sale through the ASO. The publication will start listing all ASO souvenirs and uniforms.

Sis. Marie Provaznikova will celebrate her 100th birthday October 24, 1990. Sis. Pros motioned that we highlight a story of her in the publication and send her a framed certificate of recognition, unanimously approved.

Sis. Pajeau moved to accept the nomination of Sis. Patricia Wojcik to the office of Treasurer, passed.

This creates an opening of the second alternate and, as covered by our by-laws, ballots will be mailed to each unit for their vote.

Sis. Filipello asked permission to review advertising rates in the publication, will report next meeting.

Br. Borvansky will work on Christmas seal design and will consider one that will be suitable all year.

Meeting adjourned 10:30 p.m.

Future Leaders Emerge — Confident!!

To our Brothers and Sisters of the American Sokol Organization:

A brief yet true synopsis of the most painful but informative 9 days of our lives. It all began on August 10, 1990. We arrived at Sokol South Omaha, full of enthusiasm and great expectations of what was to come. Little did we know that there would be: late night refrigerator raids, a spanking line commonly known to us as "hobla", all night

Cont. — to back page

Calendar of Events

- OCTOBER 20 — Sokol Detroit Hayride
 OCTOBER 20 — Central District Boys Track & Field Competition
 OCTOBER 27 — Sokol San Francisco Independence Dinner Dance
 OCTOBER 27 — Sokol Baltimore Vinobrani
 OCTOBER 27 — Central District Girls Track & Field Competition
 OCTOBER 28 — Sokol/Sokolice Milwaukee Recognition Dinner
 OCTOBER 28 — Sokol Women of Little Ferry Pork Dinner. Advance ticket only: \$12.50 adults; \$6.25 children. Serving time: 12 noon to 2:00 PM. Take out orders beginning: 11:30 AM. Info: 201-365-1111 — Blanche or 807-9538 — Marie
 NOVEMBER 1 — Sokol/Sokolice Milwaukee Annual Meeting
 NOVEMBER 10 — Central District BOI Annual Mtg. at Sokol Brookfield — Noon
 NOVEMBER 10 — A.S.O. 125th Anniv. Banquet
 NOVEMBER 10 — Sokol Fresno 50th Anniversary, Notre Dame Hall, Clovis, California
 NOVEMBER 11 — Central District Annual Meeting at Sokol Stickney 9 a.m.
 NOVEMBER 16-18 — Annual Holiday Folk Fair Mecca, Milwaukee, Wis.
 DECEMBER 8 — Central District Boys and Mens Gymnastic Competition
 DECEMBER 22 — Central District Rhythmic Gymnastic Competition

FUTURE EVENTS

- OCTOBER 26, 1991 — SOKOL TABOR
 125th Anniversary Banquet,
 DiNolfo's, 47th & Joliet Rd., McCook, Ill.

* * *

(Notice to all unit and district publicity and newsletter editors: all events should be mailed in to the editor at the home address listed on inside cover. Your unit brothers and sisters learn of your activities, and inactivity, through this column. Communications is one of the keys to growth and understanding.)

* * *

Central District Information Hotline 708-515-3809

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as in what direction
we are moving.*

— OLIVER WENDELL HOLMES

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giggling sessions and last but certainly not least "The Pink Stuff".

At first we were all timid and stayed near those whom we knew, but as time progressed we merged into one big happy family.

In order to encourage teamwork and socializing we were divided into 5 groups. Each evening, group competitions were held. The competitions consisted of performing and writing of: special numbers, pyramids, marching formations, singing, and mass calisthenics. In our eyes we were all winners, for we learned to work together for a common goal and enjoyed doing so.

For 9 days we were transformed into sponges, absorbing all the Sokol knowledge that was being thrown at us. We would like to thank our instructors — Bro. Bud Benak, Sis. Jolene Dalton and Bro. Buddy Benak of Sokol South Omaha, Bro. Bob Liptak of DA Sokol, Bro. Frank Michalek, ASO National Men's Director, Bro. Rome Milan and Sis. Theresa Pooler of Sokol Fort Worth, and

Bro. Bryan Pracko of Sokol USA Lodge 306 — for an outstanding job.

We leave this course not only with the knowledge but the confidence in ourselves to carry out our duties as future instructors and leaders of this organization.

Nazdar!

Sokol Česká Sň

Maxine Gerwig

Nadia Nakonecznyj

Bro. Tom Galadía

Sokol Stickney

Sis. Kimberly Karovic

Amanda Koc

Mandy Hutchinson

P.S. We would also like to thank Bro. Charles Borvansky, President of the ASO, for bringing us home safely through the storm without the aid of windshield wipers!

Have you volunteered lately?
Have you asked for help lately?

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