

# american **SOKOL**

Volume CXIV, Number 10

NOVEMBER 1993

*Napoleon feared black cats; Socrates the evil eye. Julius Caesar dreaded dreams. Henry VIII claimed witchcraft trapped him into a marriage with Anne Boleyn. Peter the Great suffered a pathological terror of crossing bridges. Samuel Johnson entered and exited a building with his right foot foremost.*

*Bad-luck superstitions still keep many people from walking under a ladder, opening an umbrella indoors, or boarding an airplane on Friday the thirteenth. On the other hand, these same people, hoping for good luck, might cross their fingers or knock on wood.*

*Superstitious beliefs, given their irrational nature, should have receded with the arrival*

# **SUPERSTITION**

*of education and the advent of science. Yet even today, when objective evidence is valued highly, few people, if pressed, would not admit to secretly cherishing one, or two, or many superstitions. Across America, tens of thousands of lottery tickets are penciled in every day based on nothing more or less than people's "lucky" numbers.*

*Perhaps this is how it should be, for superstitions are an ancient part of our human heritage.*

Continued on Pages 4-5.

# American Sokol

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### EDITOR - PATRICIA SATEK

1922 S. 57th Avenue, Cicero, IL 60650-2143  
708-863-7978

Copy for publication must be received by the  
10th of the month prior to published month.

# CALENDAR of EVENTS

## DECEMBER

- 31 Sokol Greater Cleveland New Year's Eve Dinner & Dance
- 31 Sokol Minnesota New Year's Eve Party
- 31 Sokol South Omaha New Year's Eve Dinner & Dance

## JANUARY

- 22-24 Central District Skill Progressions Clinic
- 22 Sokol Slavsky/Berwyn Mostaccioli Dinner

**SPECIAL ANNIVERSARY DATES**  
April 1994 Sokol Women of Little Ferry 85th Anniversary

## REMEMBER...

**EVENTS CAN'T BE LISTED IF WE DON'T KNOW ABOUT THEM!**  
**WHEN YOU'RE PLANNING AN EVENT, INFORM THE A.S.O. AS A FIRST PRIORITY!**

**A.S.O. FAX: 708-795-0539**

## 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.*



*"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."*

## From Your Editor...

This month, I was honored to have been chosen by the presidents of the units in the Central District to receive their annual Presidential Recognition Award. It made me reflect on what I had done that was so special, since I find myself only doing the things that I enjoy and that I feel have merit in and of

themselves. Perhaps the secret of success lies in the pursuit thereof and not in the attaining.

**NA ZDARI!**  
Sis. Patricia Satek  
1922 S. 57th Avenue  
Cicero, IL 60650-2143

*We know what  
we are, but  
know not  
what we may be.*  
❖ William  
Shakespeare



# FOR THE RECORD

Minutes of the September 28, 1993 meeting of the A.S.O. Executive Board

The meeting was called to order by 1st Vice-President Sis. Jackie Kourim at 7:31 p.m. and the pledge to the flag was recited. Members present were Sis. Kourim, Satek, Pajeau and Filipello and Bros. Satek, Lebloch, Babka, Michalek and Milan in the office. Sis. Kalat and Dalton and Bros. Kalat, Dalton and Podhrasky were on the phone. Sis. Sedlacek and Wojcik and Bro. Borvansky were excused.

Bro. Lebloch moved to send Bro. Borvansky and a guest to the Czech National Council dinner affair, seconded and passed.

The BOI report was given by Sis. Kalat and Bro. Michalek. Sis. Satek moved to pay the final reports for special assessment request for the Eastern District for \$90 for a First Aid Course, \$60 for USGF Renewal and \$104.85 for a copy of the USGF Video on Levels, seconded and passed. Bro. Satek moved to pay Bro. Michalek \$320 for attending Sokol USA National Gymnastic Meeting in New York, seconded and passed with two opposed and one abstained. Bro. Lebloch moved to charge \$20 for the hard cover edition of the Sokol Manual and \$15 for the soft cover edition, seconded and passed. Bro. Kalat moved that the ASO approve a \$1 per copy sold royalty fee to Bro. Banjak as editor as the books are sold, up to the first 2,000 books, seconded and passed with two opposed.

The directors gave a summary of their activities since the Slet. They prepared and distributed a very

detailed report on the technical aspects of the 1993 Slet. A full report on the 1993 National Instructors School has been submitted. There are still some issues to be completed before a final financial report is ready.

A brief discussion about the upcoming District Directors' Conference to be held in the Chicago area October 22-24, 1993. Each District will cover their own expenses and the assistants to the National Directors will also cover their own expenses. Executive Board members are invited to attend.

The BOI has decided to focus on the "Loyal Guard" calisthenics for the 1994 Slet in Prague.

Bro. Michalek presented a letter asking about using the computer that was purchased for the Editor after the 1990 Convention. The computer has remained with Sis. Filipello after she became Executive Director and Sis. Satek became editor. Sis. Satek has her own computer and does not need the Sokol machine. Bro. Michalek feels he could use the computer to prepare the Gymnast portion of the American Sokol magazine in a faster and better form.

Member ship had no report. Treasurer had no report. Financial Secretary left a written report for the past month. Bro. Borvansky was excused.

Bro. Lebloch reported for the Educational Committee. The committee set up the exhibit during the Slet at the CSA. Sis. Sterba and Bro. Vitek set up a display at the same time at the State of Illinois

Building in downtown Chicago. There were 29 entries for the Art Contest. Bro. Lebloch has been reviewing all Czech correspondence, preparing Czech items for publication and attending Czech related activities. Bro. Lebloch moved to purchase 100 postcards for \$25 that state "Every Czech A Sokol" (in Czech), seconded and passed with one opposed.

Bro. Milan reported on publicity. He has been attending the USGF meetings. Sokol Fort Worth will celebrate their 80th Anniversary on November 5-7, 1993.

Sis. Satek, the editor, reported that the June and July/August issues are out and the September issue is at the printer. She had a major problem with her computer at home. Bro. Lebloch moved to pay the bill of \$460.31 to repair Sis. Satek's computer since she uses it to prepare the publication, seconded and passed.

The Auditing Committee was in the office and completed the audit. The committee recommended that checks not be presigned.

Bro. Masek reported that they are trying to obtain a \$1500 donation from the Imperial Casualty Company for the Foundation Fund.

Sis. Kourim reported that she attended the Sokol Milwaukee 125th Anniversary dinner and the book signing downtown of the biography of Antonin Dvorak. Uniforms are selling very well.

Sis. Filipello reported on her projects. The Slet videotapes are completed and in the office and available for purchase. There are

*Continued on page 11.*

Though we now have scientific explanations for many once-mysterious phenomena, daily life still holds enough unpredictability that we turn, especially in times of misfortune, to superstitions to account for the unaccountable, to impose our own wishes on world vicissitudes. So, thumbs up, fingers crossed, with luck, here are the ancient origins of some of our most cherished irrational beliefs. Cross my heart.

### UMBRELLA INDOORS: 18TH CENTURY ENGLAND

Bad luck superstitions surrounding the umbrella began with the Egyptians, who imparted their intricately designed umbrellas of

harbinger of bad luck. (This belief was reversed by the Babylonians, who deemed it an honor to have even a foot fall into the umbra of the king's sunshade.)

Folklorists claim that the superstitious belief that opening an umbrella indoors augurs misfortune has a more recent and utilitarian origin. In eighteenth-century London, when metal-spoked waterproof umbrellas began to become a common rainy-day sight, their stiff, clumsy spring mechanism made them veritable hazards to open indoors. A rigidly spoked umbrella, opening suddenly in a small room, could seriously injure an adult or a child, or shatter a frangible object. Even a minor

commonplace, superstitious beliefs infiltrate our everyday conversations and actions.

### WALKING UNDER A LADDER: 3000 B.C., EGYPT

Here is one superstition whose origin appears to be grounded in obvious and practical advice: walking under a ladder, after all, should be avoided since a workman's plummeting tool could become a lethal weapon.

The true origin of the superstition, though, has nothing to do with practicality. A ladder leaning against a wall forms a triangle, long regarded by many societies as the most common expression of a sacred trinity of gods. The pyramid

# S U P E R S

papyrus and peacock feathers with religious significance. These early umbrellas were never intended to protect against rain (which was rare and a blessing in arid Egypt), by served as sunshades in the blistering heat of day.

The Egyptians believed that the canopy of the sky was formed by the body of the celestial goddess Nut. With only her toes and fingertips touching the earth, her torso spanned the planet like a vast umbrella. Manmade umbrellas were regarded as small-scale earthly embodiments of Nut and suitable only to be held above the heads of nobility. The shade cast by an umbrella outdoors was sacred and for a commoner to even accidentally step into it was considered sacrilegious, a

accident could provoke unpleasant words for a serious quarrel, themselves stokes of bad luck in a family or among friends. Thus, superstition arose as a deterrent to opening an umbrella indoors.

Today, with the ubiquitousness of radio, television and newspaper weather forecasts, the umbrella superstition has again been altered. No longer is it really considered a bad luck omen to open an umbrella indoors (though it still presents a danger). Rather, on a morning when rain is in the forecast, one superstitious way to assure dry skies throughout the day is to set off for work toting an umbrella. On the other hand, to chance leaving the umbrella at home guarantees getting caught in a downpour. Subtle, unobtrusive and even

toms of the pharaohs, for example, were based on triangular planes. In fact, for a commoner to pass through a triangulated arch was tantamount to defiance of a sanctified space.

To the Egyptians, the ladder itself was a symbol of good luck. It was a ladder that rescued the sun god Osiris from imprisonment by the spirit of Darkness. The ladder was also a favorite pictorial sign to illustrate the ascent of gods. And ladders were placed in the tombs of Egyptian kings to help them climb heavenward.

Centuries later, followers of Jesus Christ usurped the ladder superstition, interpreting it in light of Christ's death: Because a ladder had rested against the crucifix, it

became a symbol of wickedness, betrayal and death. Walking under a ladder courted misfortune. In England and France in the 1600's, criminals on their way to the gallows were compelled to walk under a ladder, while the executioner, called the Groom of the Ladder, walked around it.

Ancient cultures invariably had antidotes to their most feared superstitions. For a person who inadvertently walked under a ladder, or who was forced to do so for convenience of passage, the prescribed Roman antidote was the sign of the *fico*. This nullifying gesture was made by closing the fist and allowing the thumb to protrude between the index and

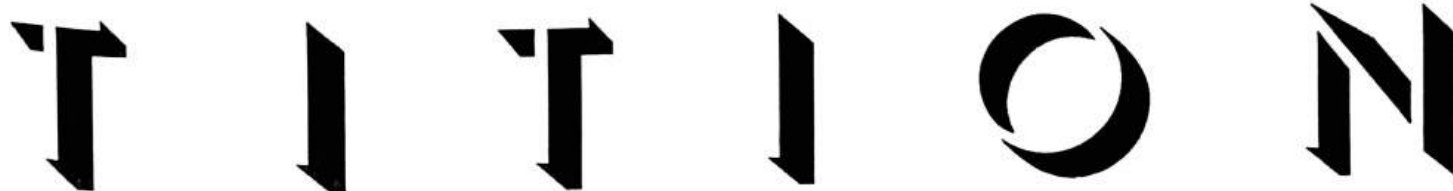
Ancient man had accurately observed (though incorrectly interpreted) that a newborn, struggling to survive, yawns shortly after birth (a reflexive response to draw additional oxygen into the lungs). With infant mortality extraordinarily high, early physicians, at a loss to account for frequent deaths, blamed the yawn. The helpless baby simply could not cover its mouth with a protective hand. Roman physicians actually recommended that a mother be particularly vigilant during the early months of life and cover any of her newborn's yawns.

Today it is also considered good manners when yawning to turn one's head. But courtesy had

from there is transmitted to the yawn center. Why such a particular pathway should exist is as mysterious to us today as was the yawn itself to ancient man.

### FLIP OF A COIN: 1ST CENTURY B.C., ROME

In ancient times, people believed that major life decisions should be made by the gods. And they devised ingenious forms of divination to coax gods to answer important questions with an unequivocal "yes" or "no." Although coins – ideally suited for yes/no responses – were first minted by the Lydians in the tenth century B.C., they were not initially used for decision making.



middle fingers. The fist was then thrust forward at the ladder. Any person interested in applying the antidote today should be aware that the *fico* was also a Roman phallic gesture, believed to be the precursor of the extended middle finger, whose accompanying incantation is not all that different in sound from *fico*.

### COVERING A YAWN: ANTIQUITY, MIDDLE EAST

Today, covering the mouth when yawning is considered an essential of good manners. But the original custom stemmed not from politeness but from fear – a fear that in one giant exhalation the soul, and life itself, might depart the body. A hand to the lips held back the life force.

nothing to do with the origin of the custom, nor with the apology that follows a yawn. Ancient man had also accurately observed that a yawn is contagious to witnesses. Thus, if a yawn was dangerous to the yawner, this danger could be "caught" by others, like the plague. The apology was for exposing friends to mortal danger.

Modern science has explained the yawn as the body's sudden need for a large infusion of oxygen, especially on awakening, when one is physically exhausted, and in the early stages of strenuous exercise. But there still is no physiological accounting for the contagiousness of yawning. We know only that the sight of a person yawning goes to the visual center of the brain and

It was Julius Caesar, nine hundred years later, who instituted the heads/tails coin-flipping practice. Caesar's own head appeared on one side of every Roman coin and consequently it was a head – specifically that of Caesar – that in a coin flip determined the winner of a dispute or indicated an affirmative response from the gods.

Such was the reverence for Caesar that serious litigation, involving property, marriage or criminal guilt, often was settled by the flip of a coin. Caesar's head landing upright meant that the emperor, in absentia, agreed with a particular decision and opposed the alternative.

~ Taken from *Panati's Extraordinary Origins of Everyday Things* by Charles Panati

# Report from the Executive Director

Sis. Lynda Filipello

Dear Members,

Your Unit's classes should be in full activity now. The sights and sounds of young children, adolescents, teenagers, young adults, adults with families to support and seniors with grandchildren to foster into the Sokol classes, fill you gyms each day and evening. Busy, busy, busy! So much to do, so little time for the few to fulfill all the needs of the many.

Now is time for your unit to expand into the field of PR - Public Relations. Public Relations can be divided into many areas, i.e., publicity, promotion, advertising, hospitality and service (as defined by ASO Public Relations Chairman Bro. Jerry Milan in the ASO booklet "Public Relations").

I have observed that many people view the Public Relations committee's sole purpose as the writing and submitting of articles about an upcoming event to the local newspaper. In reality, Public Relations is the means by which we show our accomplishments, our activities, our pride, our desire to achieve acceptance among the population.

Public Relations is internal and external (to our members and to our non-members). According to the PR booklet, methods of internal are: meetings, classes, Slet and Exhibitions, bulletin boards, class announcements, posters and recognitions. Methods of external are: newspapers (including local, neighborhood, fraternal, business), radio and television, speakers, videos and film, exhibits and displays, (windows, businesses, hotels, halls), parades, schools and competitions.

The objectives of Public Relations is to give information and news about Sokol and its activities, to build friendships for the organization, to make the public aware of Sokol, to build support, participation and understanding within Sokol, to create community cooperation and pride in Sokol.

The results can cause people to support your organization through monetary and other donations. New instructors will come forth when they see what a great following you have acquired. People want to be associated with health-promotions groups. If people know you and respect you, they are more eager to advertise your qualities. They will promote you. They become your best public relations through their own personal experience with you.

Each Sokol Unit is unique. Many offer a wide variety of programs and list these in their brochures along with qualifications of their instructors. This is excellent Public Relations, because it advertises the pride of the organization. Brochures can be designed by a committee or a professional firm. It is a sound first step in the PR field.

Ideally, PR works with in the membership itself. A friendly, caring atmosphere is created by all. New members want to be a part of something positive, sustaining. In a high-tech society, we need high-concern and in our highly mobile job community, families and individuals desire a highly stable environment to congregate together.

For more information, contact your local newspaper or contact me at the ASO Office.

NA ZDARI



AMERICAN SOKOL ORGANIZATION

# GYMNAST

NOVEMBER 1993



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

## **DOES YOUR GYM NEED GOOD COMPETENT QUALIFIED INSTRUCTORS?**

If the answer is yes then plan now to attend or send potential future instructors to one of several courses scheduled for 1994. We are now surveying who would like to attend tentative courses scheduled. The Southern District is hosting a course in Fort Worth June 5 to 12, 1994. The Western District is hosting an all levels course July 24 to August 7, 1994 in Omaha. In addition Sokol USA will conduct their annual kurz August 1 to 13, 1994 for beginners in Barryville, New York at Sokol Woodlands.



BY BART CONNER  
1984 Olympic Gold Medalist

## SHARPEN UP YOUR FALSE SCISSORS

ONE of the best inventions to teach pommel horse is, of course, the mushroom. It is a terrific tool to help kids understand the mechanics of the circular swing on the horse.

Many of us older gymnasts still have indelible "hack marks" on our legs to remind us of how unlucky we were to not have a mushroom when we first learned circles. Although many young kids are picking up circles very quickly, some are neglecting their single-leg work. So let's work on a few drills to improve your single-leg swing so it is on par with your rapidly improving circles.

Just to be sure we are talking about the same trick, a false scissor is the skill where you swing with both legs behind the horse, then you lift one leg over to the front and bring it right back over the other end of the horse. It's like a single-leg circle, except the movement is pendular and not circular.

### Step #1

Practice small swings side-to-side (like a pendulum) in a straddle position four different ways:

- 1) both legs behind the horse;
- 2) both legs in front of the horse;
- 3) left leg in front, right leg in back;
- 4) right leg in front, left leg in back.

Drill yourself on these pendulum swings until you can actually let go of each hand at the end

of every swing. Swing from the shoulders with a straight body and perfect form.

### Step #2

The key to a really high and clean false scissor is to figure out which muscles you need to use to give you the necessary lift. The most important muscles that will lift your leg are your quadriceps (thigh muscles).

Now, just sit on the horse for a second with your right leg in front and left leg in back. Flex your left thigh muscle and notice how tight that leg becomes. Now, while still sitting on the horse, just lift your left leg up to the side as high as you can. If you are doing it right you should be able to lift it at least 45 degrees and maybe higher.

### Step #3

In this step you will get in a support and swing back and forth. As you do so, notice that when you flex your thigh you will be able to lift your leg higher than before. You don't need to exaggerate the flex on your thigh muscles until your swing has started on its way up. As you swing up, have your coach reach in and see if you are flexing and lifting as much as you can.

### Step #4

Once you have mastered the swing, the rest of the trick is easy. You have isolated which muscles to use for maximum height with your back leg. Now, when you prepare to bring the front leg to the back of the horse to complete the false scissor, remember that most of your energy should be spent lifting the back leg. The front leg should be straight and lifted just barely enough to clear the horse. Be sure to push with the hand that is on the pommel, so your body can remain extended.

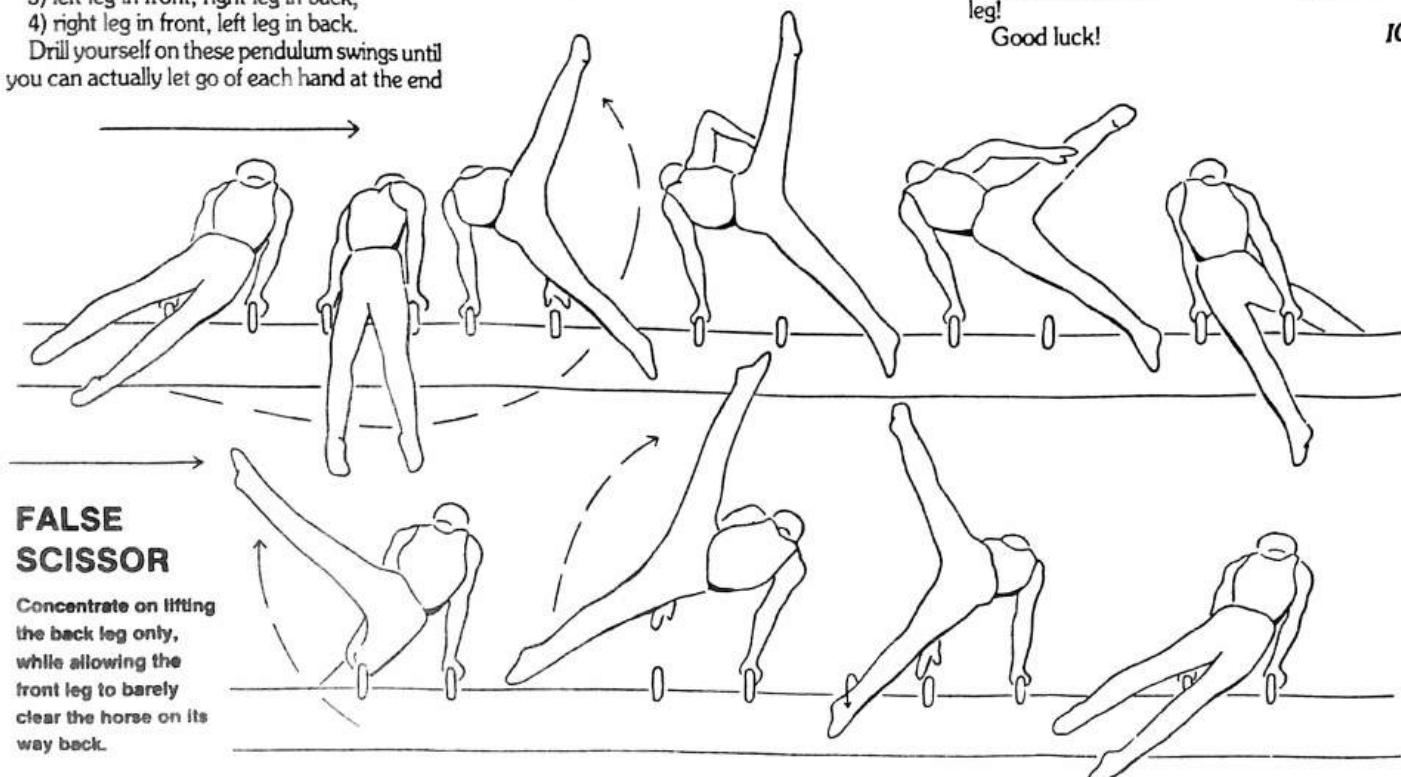
A common problem at this point is that many kids lift their front leg up as high as their back leg. Think about it. If you lift both legs to the same height, they will crack together when you try to bring the front leg back. Not good!

The reason you don't lift your front leg very high is to help with the overall look of the false scissor. You want to show a wide straddle split. Ideally, your false scissor should look like the picture of Vitaly Scherbo on the cover of October issue of *IG*. In other words, your back leg should be lifted to where your thigh is almost touching your ear as your front leg barely clears the horse.

Remember, concentrate on lifting your back leg!

Good luck!

*IG*



### FALSE SCISSOR

Concentrate on lifting the back leg only, while allowing the front leg to barely clear the horse on its way back.



BY NADIA COMANECI  
1976 Olympic Gold Medalist

## LEARNING THE FREE-HIP CIRCLE



### FREE-HIP CIRCLE

Maintain a tight body throughout the circle, and be sure to keep your arms straight when you pull the bar away from your hips.

**T**HE free-hip circle on bars is one of the critical skills in the new compulsories. It is an important move because the free-hip action is an essential swing mechanic that is part of other tricks. Moves like the Stalder, stem-rise, and others rely on the same circling movement as the free-hip.

#### Step #1

First, you should be able to perform a clean back hip circle with a tight body and straight arms. The key here is to try to circle the bar with your body in a hollow position. Your hips must be tight. See if you can go around the bar several times in a row. You must become comfortable with these circles so that when you add a little more power and speed you will continue to use the correct mechanics. Be sure to shift your wrists around the bar so you don't collapse onto your stomach at the end of the circle.

#### Step #2

Now add a little power to your hip circles by driving your shoulders and upper back harder around the bar. Notice that when you add a little more effort, more stress is placed on your body position. The key here is to stay tight and avoid the tendency to get loose at the bottom, or try to 'pop' open toward the handstand.

#### Step #3

Let's try to finish the hip circle with more height by opening with a little force. Until now, you have just been circling the bar quickly and forcefully with straight arms. We can get some lift at the end of the circle by pulling the bar away from the hips. Remember to keep your arms straight when you pull the bar away. Many gymnasts bend their arms and push on the bar when opening up for a higher position. *Always keep your arms straight during this move!*

#### Step #4

See if you can swing several free-hip circles in a row. Add a little more force with each one and try to finish higher each time. Each consecutive free-hip should open more forcefully while you pull open the bar more aggressively.

#### Step #5

Now it's time to go for the handstand. Cast higher this time and, after you swing upside-down, open forcefully toward the handstand. If your arms are bending at the end of the circle, go back and repeat some of the earlier drills. Bending your arms totally negates the effect of the proper mechanics.

Good luck.

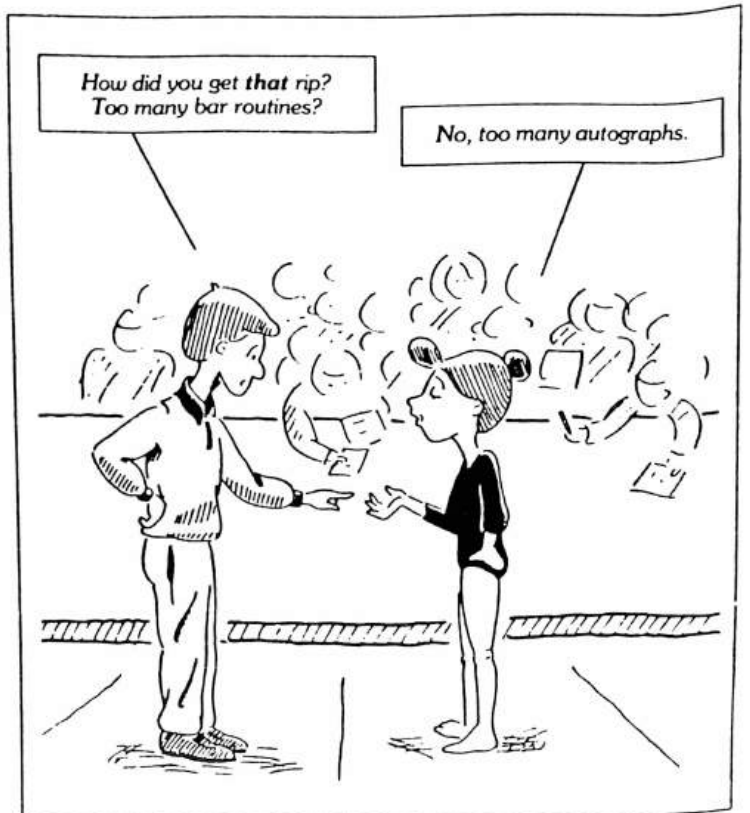
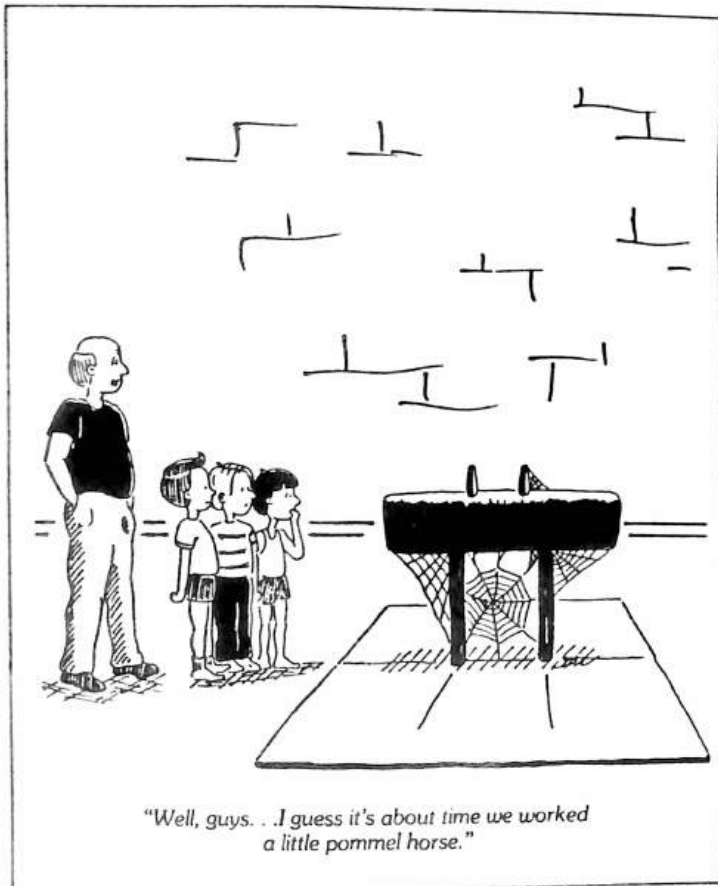
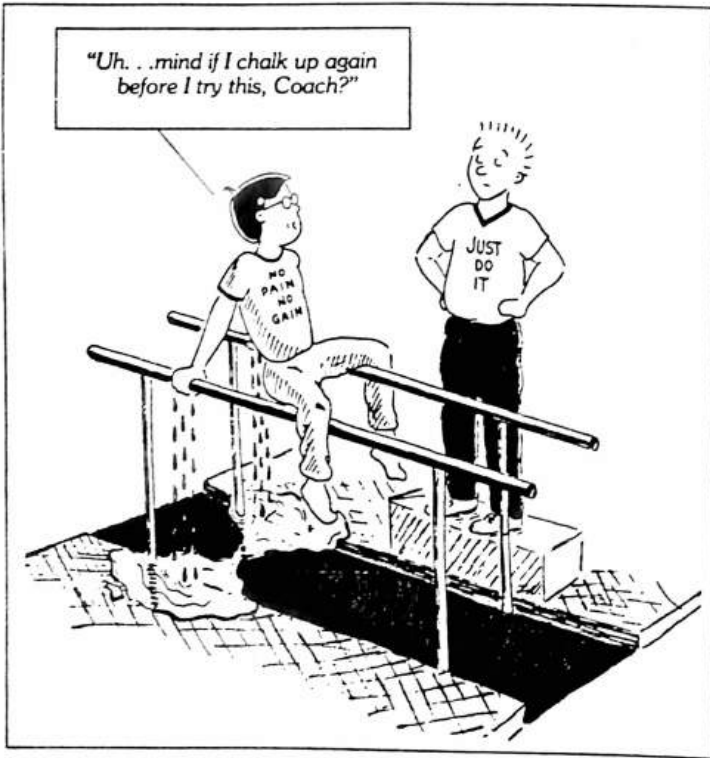
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### ORDER YOUR SOUVENIR SLET YEARBOOK NOW

Books cost \$25.00 and checks must be made out to:  
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XVIII Slet Yearbook.

Send to:

Attention of  
Frank Michalek  
c/o ASO  
6424 West Cermak Rd.  
Berwyn, IL 60402



# IMPROMPTU CALISTHENICS

# ✧ MEMORIAM ✧



Sis. Henrietta and Bro. Jerry Milan, Ft. Worth, Texas, met up with friends from Sokol Detroit, Jim & Gerry Kalivoda, George & Jackie Eisenstein and Al & June Jirik in Naples, Florida in February. *(The Editor apologizes for how late this is!)* After dinner and reminiscing – at midnight or later – they broke out the calisthenics music and rehearsed several times. They've definitely set a new trend for calisthenics attire, but certainly look like they're having a wonderful time.

## New Sokol Postcard Soon Available from the A.S.O. Office

The postcard illustrated below (and mentioned in the 9/28/93 A.S.O. Executive Board Meeting minutes) will be available for purchase soon from the American Sokol Office. Call or write for details.



### Sis. Vlasta Lindquist 1901-1993

I had known Vlasta Brichta Lindquist for a good many years – ever since my junior years at Sokol Slavsky on 18th and May Streets. We both liked the discipline that was expected of the class and enjoyed all the activities that were afforded us. Vlasta came from a Sokol family – from Pribram, in what is now the Czech Republic. The year was 1912 when they came to the United States. Her father, mother and sister Gerry all became active members of Sokol Slavsky.

As the years passed, Sokol Slavsky experienced many changes and with that, the membership grew along with the responsibilities. As a *zavodnice* (competitor) she competed in District and Slet competitions. In the 1929 Slet, she won first place on apparatus and track & field and was awarded a beautiful trophy for her achievements. She served as Sokol Slavsky's *nacelnice* (women's director) for 16 years during the 1930's and 1940's, worked on countless committees and joined in all the activities. Her heart was always in Sokol and as a true Sokolka, she never shirked her responsibilities. She believed in our Sokol motto: "Ni zisk, ni slavu!" (Not for profit, not for glory.)

When Sis. Ann and Bro. Ed Halik started a morning co-ed class for Seniors, Vlasta, at the age of 87, was one of the first to join – back doing what she loved best. Sokol Slavsky was like a second home to her and gave her many wonderful memories. She will be missed by all who knew her.

~ Sis. May Konecny,  
Prescott, AZ

# THE TALON MUG

## A great fund-raising opportunity for your Unit!

These mugs feature our own "Talon the Falcon" informing everyone that "Sokol Gymnastics is Fun!"

This product is market-tested and virtually sells itself. This unique mug can be used over and over again, at home, at work, in the car, at the beach or at your favorite sporting event. Made in America, it can be used as a thermal mug for hot or cold drinks or use it as a can cooler. It even has a handy storage compartment on the bottom for keys, cash, credit cards, driver's license, tea bags, soup packets or cream & sugar packets.

Sales are and have been phenomenal by groups just like ours. Advertise your Sokol program through the sale of these mugs. The red/white/blue Talon mugs are available from the American Sokol Office, either individually (\$6.00 each, plus shipping & handling) or to Units as a fund-raising program. Units should write or call for an information packet: American Sokol, 6424 W. Cermak Road, Berwyn, IL 60402, 708-795-6671.

## American Sokol XVIII Slet 100th Anniversary Series<sup>©</sup>

Order your 3-tape edition (120 minutes each) of the five days of the XVIII Slet activities.

- TAPE 1** Two hours of the SLET program at Hoffman Stadium in Berwyn, IL. Two camera views of the Slet field and close-ups of each group. *(This tape only available individually.)*
- TAPE 2** Contains major portions of the Banquet speakers and Czech Dancers. In addition, the recent recordings of Sokol History and Sokol and the Family, are included.
- TAPE 3** Opening Ceremonies and the Special Number Performances in their entirety, plus scenes from the gymnastic, rhythmic gymnastic and volleyball events.

All the proceeds to benefit American Sokol programs. **ORDER NOW!**

Mail to the attention of: **Lynda Fillpello, Executive Director**  
**American Sokol Organization**  
**6424 W. Cermak Road**  
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			= Total Enclosed \$ _____

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## FUTURE SOKOL LEADERS FUND

*Purpose: To train and educate young people to assure able administrators, the best of idealistic instructors and educational directors for Sokol Units and Districts.*

In Memory of my Wife, Jarmilla, Sokol Havlicek - Tyrs, from Vaclav Zenisek .....	\$100.00
In Memory of Deceased Members of Sokol Schenectady from Sokol Schenectady .....	\$50.00
In Memory of Recently Deceased Members from Sokol Townites Social Club .....	\$25.00
In Memory of Helen Pearl, Sokol Town of Lake from Sokol Town of Lake .....	\$25.00

# Sokol Town of Lake Camp Reunion

*Saturday, September 25, 1993 ~ Willow Springs, Illinois*

The rain was never ending. It looked like it would put a damper on our camp reunion. A lot of people didn't want to chance it. Those of us who did had a wonder, Sokol spirited time. The Palos Forest Preserves District had a lot to do with that; they offered us a shelter not far from our site and posted a sign. We reminisced about old times and went through the photo albums some of our campers brought along. Of course, there was apple pie to top off the picnic.

Before we "broke camp," a few of us (umbrellas in hand) walked around the camp grounds and to the memorial plaque honoring "Teach" Koleno. There, John Nekolny gave a eulogy for one of our dearest friends, Duke Jedlicka, whose untimely death was a shock to us all. We truly missed him and will have him in our minds and hearts each time we visit Sokol Camp. It was Duke and John that did the work of making the memorial plaque a reality, a token of our love for the area and the person that it was dedicated to. God rest them both.

In closing, I do wish to acknowledge the Palos Forest Preserves District for their cooperation in making our day a success.

*~ Marilyn Vacha Deal*



# American Sokol Organization

QUARTERLY FINANCIAL REPORT - JULY, AUGUST, SEPTEMBER 1993

Submitted by Sis. June Pros, Financial Secretary

## RECEIPTS

Dues	\$14,740.00
Convention Fund 4th Qtr. 1992	73.50
Dividends/Interest	79.40
Subscribers/Advertisers	4.00
Resale Jewelry	1,014.00
Souvenirs	12.00
Educational Booklets	55.50
BOI Skills/Video	45.00
Postage/UPS	5.79
Donation to General Fund, COS Receipts	883.31
Donation to General Fund, Foukal Estate	500.00
Donation to General Fund, C. Borvansky Travel	408.00
COS Cal Video	10.00
Slet Year Book	225.00
BOI Directors Pin	6.00
Repay Merit Award	825.00
XVIII Slet Video	119.85
Uniform Dept. Salaries (June/July)	962.47
Uniform Dept. Vacation	171.59
Uniform Dept. FICA/Medicare	198.94
Uniform Dept. FWT	28.00
Uniform Dept. IWT Tax	38.78
Uniform Dept. Phone/Fax	61.58
Uniform Dept. Rent (July/August)	550.00
Seals	9.00
XVIII Slet Repayment	1,543.12
XVIII Slet Advance Repayment	2,500.00
From FSLF for Merit Awards	7,500.00
Talon Mugs	175.00
<b>TOTAL</b>	<b>\$33,608.73</b>

## DISBURSEMENTS

### ADMINISTRATIVE DEPT.

Salaries, July/August/September	\$1,507.94
Vacation	321.41
FICA/Medicare, June/July/August	440.70
FWT	94.00
IWT, 2nd Quarter	91.20
Petty Cash, Postage	131.03
Office Supplies	227.72
Janitor Service/Supplies	135.03
CPA Fee	455.00
Seldon Fox 1992 Audit	1,175.00
Illinois Bell/Long Distance/FAX	235.87
Commonwealth Edison/Electric	325.70
Insurance Glass	348.00
Printing New Member Application	267.84
Copier Maint. Agreement	1,361.00
Reservations Slovak 100th Anniv.	100.00
Flag Cleaning	20.00
UPS 11/3/92-7/13/93	43.13
Rent, July/August/September	2,541.00
<b>TOTAL</b>	<b>\$9,836.08</b>

### BOARD OF INSTRUCTORS

Salaries, July/August/September	\$1,755.31
Vacation	154.53
FICA/Medicare, June/July/August	271.26
FWT, June/July/August	85.68
IWT, 2nd Quarter	75.75
Petty Cash/Postage	100.79
Illinois Bell/Long Distance/FAX	734.12
Supplies	22.60
UPS 11/3/92-7/13/93	32.50
Flowers	32.94
Video/Audio Tapes	2.90
Binders	47.90
Tots Skill Ribbons	186.30
Travel Sokol USA Meeting	320.00
Editor "Gymnast"	90.00
Printing "Sokol Gymnast"	592.48
<b>TOTAL</b>	<b>\$4,505.06</b>

## EDUCATION

Salaries	\$109.22
Vacation	14.78
FICA/Medicare	5.08
IWT, 2nd Quarter	2.55
Printing Tri-Folds	985.00
Postage	19.52
UPS 11/3/92-7/13/93	4.08
Purchase Dvorak Book	22.95
Supplies/Film Wrap	163.34
<b>TOTAL</b>	<b>\$1326.52</b>

## PUBLICATION

Salaries (Mailing)	\$309.74
Supplies	433.66
Editor, June, July/August, September	450.00
Printing June, July/August	3,580.90
Postage, June, July/August	2,140.85
<b>TOTAL</b>	<b>\$6,915.15</b>

## UNIFORM DEPARTMENT

Salaries, July/August/September	\$901.82
Vacation	171.59
FICA/Medicare, June/July/August	249.88
FWT	28.00
IWT, 2nd Quarter	53.85
Illinois Bell/Long Distance/FAX	94.04
Rent, July/August/September	825.00
<b>TOTAL</b>	<b>\$2,324.18</b>

## EXECUTIVE DIRECTOR

Salary, July/August/September	\$2,540.55
FICA/Medicare, July/August/September	459.00
FWT, June/July/August	147.00
IWT, 2nd Quarter	82.95
<b>TOTAL</b>	<b>\$3,229.50</b>

## MISCELLANEOUS

Sokol Manuals Shipping	\$711.28
Ad Moravian Societies	50.00
<b>TOTAL</b>	<b>\$761.28</b>

## XVIII SLET

Videotapes/Banquet, Slet	\$270.08
Housing 2 COS Clinic Instructors	360.00
Supplies	66.56
<b>TOTAL</b>	<b>\$696.64</b>

## ASO INSTRUCTORS SCHOOL

Set Up Travel	\$135.00
Insurance	671.00
Photos	209.83
Supplies	16.90
<b>TOTAL</b>	<b>\$1,032.73</b>

## SPECIAL ASSESSMENT

Eastern District	\$254.85
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## SLET YEARBOOK

Photos	\$702.00
Slet Videotapes (packaged)	2,833.11
<b>TOTAL</b>	<b>\$3,535.11</b>

## MERIT AWARDS

6 New @ \$500.00	\$3,000.00
6 Renewals @ \$750.00	4,500.00
<b>TOTAL</b>	<b>\$7,500.00</b>

Balance Brought Forward/Checking	\$11,870.83
Receipts	+ 32,744.83
	<b>\$44,615.66</b>

Disbursements	-\$41,917.10
Less Bank Service Charges	\$8.48

**BALANCE CHECKING 9/30/93** ..... **\$2,690.08**

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**EDUCATIONAL MATERIALS,  
SOUVENIRS, MEMBERSHIP PINS & KITS**

**Membership Pins and New Member Information Kit**

Membership Kit	\$7.50
<i>(Contains Plain Pin, Copy of ASO By-Laws, ASO Tri-Fold, Parliamentary Procedure Booklet, Sokol &amp; the Sokol Idea Booklet, Car Decal)</i>	
Plain Pin (No Year)	\$5.00
5, 10, 15, 20-Year Pin	\$13.00
25-Year Pin	\$25.00
30, 40-Year Pin	\$8.00
35, 45-Year Pin	\$6.25
50-Year Pin (Gold-Filled)	\$32.00
55 Years & Over	
"Citation of Merit"	NO CHARGE

**Educational Materials**

Sokol and the Sokol Idea	\$2.50
Our Task, Aim and Goal	\$2.50
Dr. Josef Scheiner	\$2.50
Highlights of Czech History	\$2.50
A.S.O. 125th Anniversary Book	\$4.00
"Amer. Sokol Sings" Songbook	\$4.00
Gym. Activities with Hand App.	\$6.00
Sokol Gymnastic Manual	\$15.00

**Board of Instructors**

Girls'/Boys Skills Program Materials	
Lg. Packet (25 Participants)	\$28.00
Sm. Packet (12 Participants)	\$14.00
Tots' Skills Program Materials	
Lg. Packet (25 Participants)	\$15.00
Sm. Packet (12 Participants)	\$8.00
<i>Separate Cards, Patches, Bars and Ribbons also available.</i>	

**Souvenirs**

Sokol Gold Plated Stick Pin	\$7.00
Festival Coffee Mug	\$2.00
Sokol Bouquet Postcard	\$.25
Sokol Charm	\$3.00
Sokol Stud	\$2.00

**XVIII ASO Slet Souvenirs**

Sweatshirt (S & M Only)	\$12.00
Lapel Pin	\$3.00
Large Canvas Tote Bag	\$8.00
Canvas Barrel Gym Bag	\$10.00
USA Key Chain	\$1.50
Pen	\$2.00
Luggage/ID Tag	\$3.00
Slet Plate ('93, '89, '85, '81)	\$25.00
Program Book	\$2.00

**Etc.**

Unit ID Ribbons	\$1.25 Each
Czech Video	\$30.00 Incl. Post.
Talon Mugs	\$6.00
Set/3 XVIII Slet Videos	\$39.95+\$4.00
XVIII Slet Video Only	\$19.95+\$4.00

**\*\*\* All prices are plus shipping. \*\*\***

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**September 28 A.S.O. Executive Board Minutes (continued)**

available for purchase. There are mugs that may be purchased by Districts and resold to their Units for a profit. They are grey with red and blue and picture the new Sokol mascot "Talon." She is looking into corporate funding and need projects from department heads. Some departments have responded, but she is still waiting for a response from some directors. She is still talking to inactive units that would like to support the ASO financially. The committee is still working on the "Talon" booklet. Two applications have been submitted

to the Illinois Arts Council for possible scholarships. Still working on the concept of satellite locations in public schools for Sokol units. Finally, she suggested a committee of past Merit Award winners to meet and formulate some programs.

There was a final Slet meeting on September 14, 1993 and it looks like there will be a profit of about \$38,000. Sis. Kourim thanked all the people that worked so hard to make this 1993 Slet a success.

A tour committee will meet. Bros. Borvansky, Lebloch, Kala and

Michalek and Sis. Pajeau will look into possibilities. Many groups have already formed their proposals.

Bro. Lebloch moved to approve By-Laws for Sokols Ennis, Zizka and Cedar Rapids on the recommendation of the By-Laws Committee, seconded and passed.

Bro. Babka moved to approve Sokolice South Omaha's By-Laws on the recommendation of the By-Laws Committee, seconded and passed.

Meeting adjourned at 9:45 p.m.  
Sis. Nancy Pajeau, Secretary



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