

# american **SOKOL**

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JULY/AUGUST 1994

## *ASO Merit Award Recipients 1994/95*



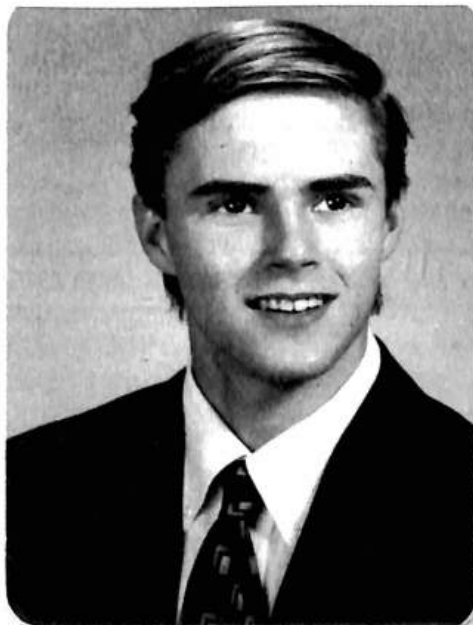
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**TOM STAHULAK**  
Sokol Chicagoland  
Central District



**GINA LO GIUDICE**  
Sokolice Tabor  
Central District

# American Sokol

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by the

## AMERICAN SOKOL ORGANIZATION

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Mickey Dalton	June Pros
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### EXECUTIVE BOARD A.S.O.

Meeting: 4th Tuesday (except July/August)  
at the A.S.O. Office, 7:30 p.m.

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### EDITOR - PATRICIA SATEK

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

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10th of the month prior to published month.

*Most of the things  
worth doing in the  
world had been  
declared impossible  
before they were done.*

❖ *Louis D. Brandeis*

## From Your Editor...

A sure sign of the end of Summer for me is always the call to my gym to come down and scrub mats and clean out the equipment room in preparation for the new season of Sokol classes. Inevitably there is too little help for what has to be done, the night is hot, steamy, most everyone is disagreeable, and yet it manages to get done. The article on page 4 by Bro. Bourisaw echoes a similar experience. Many of you can relate to both and even have your own special remembrances. I'm preparing to face another year of juggling available time and all I want and have to get done. I guess I'm even looking forward to spending most of my evenings with the 20 or so teenagers in my Junior Class. Isn't that what Sokol is all about? Doing what you love, with people you love and complaining about it all the time.

### NA ZDAR!

Sis. Patricia Satek  
1922 S. 57th Avenue  
Cicero, IL 60650-2143

## CALENDAR of EVENTS

### SEPTEMBER

16	Sokol KHB Czech Day at State Fair - Gym Exhibition
11	Sokol Berwyn-Slavsky Junior Car Wash
28-29	Sokol Brookfield Basement Sale
11	Sokol Detroit Vinobrani
29	Sokol Women of Little Ferry Hobo Dance
11	Sokol Minnesota Czech Day
29	Sokol Minnesota Harvest Dance
18	Sokol South Omaha Czech Festival

### OCTOBER

7	Sokol Women of Little Ferry Roller Skating Night
8	Sokol Karel Havlicek Borovsky (KHB) - Johnny Mensik Orchestra

### NOVEMBER

13	Sokol Minnesota Pancake Breakfast
19	Sokol KHB Arts & Crafts Show
19	Sokol Berwyn-Slavsky Junior Dance

**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.*



## FOR THE RECORD

Minutes of the June 21, 1994 meeting of the A.S.O. Executive Board

The meeting was called to order by President Charles R. Borvansky at 7:31 PM and the pledge to the flag was recited. Members present were Bros. Borvansky, Satek, Babka, Lebloch and Michalek and Sis. Pros, Kourim, Pajeau, Jurew and Satek in the office and Bro. & Sis. Dalton on the phone. Bro. and Sis. Kalat and Sis. Sedlacek were excused.

Bro. Babka moved to accept the April 1994 and May 1994 minutes as read, seconded and approved.

The secretary has received the Central District May and June minutes, the Northeastern District May minutes, the Pacific District April minutes and the June issue of the Director's Newsletter. They will be filed in the office. A letter from Sokol Baltimore with a question for the By-Laws Committee. Bro. Satek moved to inform the By-Laws Committee that the Executive Board feels a district needs two directors, seconded and passed with one opposed.

Bro. Lebloch moved to send a copy of letter that should go to the Senator and House of Representatives regarding legislation affecting the Czech and Slovak Republics, seconded and passed. *(Dear Senator/Congressman: In view of the recent political developments in Russia and in Eastern and Central Europe, the Russian pressure for a special relationship with NATO and the victory of the ex-communist parties in parliamentary elections in Poland and Hungary, I request that you urge President Clinton and his Administration to press for the earliest possible admission of the Czech Republic to the North Atlantic Treaty Organization. This admission is in the vital interest of the United States because it would contribute greatly to the stability and security of the entire region. Sincerely yours,)*

Sis. Pros was instructed to try a

subscription to *Prognosis* magazine. Sis. Pros was instructed to ask for just a catalog from an import company. We will not purchase any items at this time.

The BOI report was read by Bro. Michalek. Bro. Lebloch moved to approve the five new and six possible renewals for the Merit Award, as recommended by the committee, seconded and passed. The 1994-95 awards will go to Thomas Stahulak of Sokol Chicagoland, Gina LoGiudice of Sokol Tabor, Stephanie Patton of Sokol Ft. Worth, Julie Anne Meyer of Sokol Gr. Cleveland and Christopher A. Berka of Sokol South Omaha. Bro. Babka moved to give the National Men's Director and the BOI the authority to find some small gifts for the other volleyball teams that will be playing in Prague, seconded and passed.

Bro. Babka moved to ask the Board of Governors to make a decision about paying out Special Assessment requests to districts that have units that have not paid their quarterly dues, seconded and passed.

Auditing committee filed a report and found the books in order. Membership no report. Publicity no report. Treasurer no report. Second vice-president no report.

Bro. Lebloch reported that he had given a speech at the Bohemian Cemetery on Memorial Day. He will write an advertisement for the CSA 140th Convention banquet booklet. He has been taking care of correspondence. He has learned that President Havel will attend the Slet in Prague. There are about 80 people on the ASO Tour. Bro. Babka moved to give Ed Cihak a Slet T-Shirt, seconded and passed.

Sis. Satek reported that the May issue is in the office and ready to be mailed. The June issue is at the printer and hopefully the July/August issue will be on time.

Sis. Pros reported that the Seldon Fox report is completed and has been mailed to the Executive Board and Board of governors. The Executive

Board felt that the present board needs to do some good public relations in the publication about the current board. We need to let the membership know that the deficit spending has been going on for twenty years and not just in the last five years. Sis. Kourim offered to write an article.

Sis. Kourim attended the Memorial Day services and noticed that many members marched without their hats. Attended the Western District Slet and had a wonderful time. Bro. Borvansky attended the Memorial Day services and complimented Bro. Lebloch on his speech. He also took care of general business.

The 1994 Slet in Prague is rapidly approaching. A letter will be sent with Bro. Lebloch stating that Bro. Slavik, Sis. Ruzicka and maybe Bro. Michalek will be the ASO representatives at the Czech Sokols Abroad symposium.

Bro. Borvansky will take a set of plates and a stained glass picture with a plaque that will state "Two Organizations - One Brotherhood" for the COS.

Every district has responded with an affirmative answer to moving the 1995 convention to the Chicago area.

Sis. Jurew moved to purchase a new air conditioner for the office using some money from the BOI and some from the uniform division, seconded and passed.

There was a short discussion about increasing membership and offering more variety of classes at the units. It was suggested that at the September meeting a committee be formed to come up with ideas to increase membership.

Bro. Babka moved that the Executive Board officers have permission to carry on business during the summer months, seconded and passed.

Adjourned at 9:05 PM.

Sis. Nancy Pajeau, Secretary

# MEMORIAL DAY, 1994

During my forty years, generations have come and gone, replaced by the reflection of their sacrifice in the eyes of their children and grandchildren. Man has landed on the moon. The Berlin Wall was built and torn down. Past jobs and girlfriends seem but a distant memory. Where once were aunts and uncles and grandparents, now are nieces and nephews.

The building needs paint. The benches are hard. The time there passes all too quickly by, but a constant in my life has been a few acres of land we call Sokol Camp.

Our Dramatic Club purchased a tent for the pool to provide shade. It

was picked up and delivered to Camp and unloaded. Piece after piece. Poles fifteen feet long. A canopy carried by three men. All the parts in a pile, but no instructions. After several attempts, the top was in place without the supporting poles. Somehow I found myself alone under this enormous and heavy tent. On my back, I pushed with all my might, but it would not move.

Their hands reached under and slowly, inch by inch, the tent was lifted higher and higher. I knew them, each one, looking down at me. They didn't have to be there, but they stood holding the tent high above me.

We're told that lessons are to be learned in our youth, but life comes without instruction and its teacher is found without introduction. The burden that would not move with all my might was lifted from me with a small effort of many.

The tent protected us from the sun, but the laughter and friendship shared protected us for just a while from the trials and struggles of life.

The music was too loud. We were dirty. The beer was warm. But that day, in a place we call Sokol Camp, I realized the best we have to offer is a gift given to us by others.

*Robert J. Bourisaw ~ Sokol St. Louis*

## 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 Charles J. Kalat (Father of Charles Kalat)	
From Jackie & George Kourim .....	\$20.00
From Frances and Charlie Malina .....	\$10.00
From June & Miles Pros .....	\$10.00
From Rick & Millie Wostratzky .....	\$20.00
In memory of Stella Tichy, Louis Rosulek, John Tousek, John Lizner, Bessie Symoniak - Sokol Cechie Members	
From Sokol Cechie .....	\$50.00
In memory of Otto "Skip" Jurew	
From John Scheffel Family .....	\$10.00
In memory of Lawrence Nikl, Sokol Racine	
From Steve & Dolly Mostenan .....	\$25.00
In memory of Joseph A Hii, Jr., Sokol Town of Lake	
From Sokol Townites Social Club, Town of Lake .....	\$25.00
From Sokol Town of Lake .....	\$25.00

## LIBRARY & ARCHIVES FUND

In memory of John Kos from Blanche Kos, Sokolice Tabor ..... \$5.00

**SOKOL CLASSES START SOON!**  
**Sign up today! Volunteer to help out!**



AMERICAN SOKOL ORGANIZATION

# GYMNAST

Editor: Chuck Kalat -- 2401 Bluebonnet Dr., Richardson, Texas 75082



## GET PRE-SCHOOLERS' DADS INTO THE GYM

In the traditional American family, dad works during the daytime hours and is seldom able to observe the instructional classes his child attends during these times. Dad may hear many great things about his child's class, but usually does not experience a class environment or see his child perform. This is especially true with dads of preschool children. With a Dad's night special program, besides having him see his preschool gymnast perform, he may also participate to a limited degree.

The word is out weeks ahead of time. Dad and gymnast will have opportunity to do a "typical class" at your gym at a special time on a Friday night. Mom will bring the video camera and the grandparents will be there to watch (and laugh). After a grand warm-up on the floor exercise mat with him emulating each warm-up skill the child performs, dad and gymnast proceed to each event station and observe their gymnasts in action. Naturally, reference is made to safety concerns, equipment placement, and proper progressions by each instructor to each dad who come to his station.

At the conclusion, after an appropriate warm down, the pre-school director demonstrates to the whole group some simplified tips on how parents can help their gymnast work at home on balance skills, basic rolls, etc., and explains what skills parents should never spot at home. To show what the future might hold for each pre-schooler and to knock dad's socks off, several team gymnasts then perform exhibition tumbling routines or cross pad drills. Finally, each dad receives a special award for his support of his child's efforts in the program.

The program director and staff members should remain after the program for discussions and picture taking. If appropriate, next sessions registration materials might be available or handed out. All in all, a great night for your program.

## GOALS

To bring the joy of watching their child perform and learn to each father in your preschool program and have them experience your program through the eyes of a student.

## FORMAT

A special one hour class conducted by all preschool and recreational staff during the evening hour when dads can attend, usually once per session, semester, or school year. Beginning with a grand warm-up on the floor exercise mat where the dads sit in a circle with their child in front, the program introduces the instructors, events, and skills your program teaches. Position your instructors on each event, and have the gymnasts lead their dads around to each station. Not only are the dads able to watch their children perform skills on each station, but they may try themselves with instructor supervision (of course, no backward rolls or anything more difficult than a cartwheel, and absolutely do not allow dads on the trampoline). Finish up with an instructional session for all dads in how they can help their child at home.

## STAFFING

All preschool and recreational staff.

## REWARDS

Make dads feel special, and your program will be special to him.

## PUBLIC RELATIONS

Dads talk to their friends, too. Another benefit, dad may be more supportive and willing to write the next class fee check when he has seen and been involved with his child's gymnastics program.

*From "Three Ways to Make Your Gymnastics Program Important to the Whole Family." by Beau Byron, Business Session, 1992 USGF Congress.*

# DUTIES OF COACHES

## **1. Supervise the activity closely.**

This includes general or specific supervision, depending on the situation and sport. The more dangerous the activity the closer the supervision must be. The coach should clearly establish his/her control over the situation, the participants, and the team at the outset.

## **2. Properly plan the activity.**

Develop clear, written rules for training and general conduct, including lesson plans.

## **3. Provide proper instruction.**

Recognize and understand the necessary progressions and the time it takes to go through them. It is imperative to use appropriate progressions in the teaching of new skills, especially potentially dangerous skills.

## **4. Provide a safe physical environment.**

Facilities must be safe for both the users and the others involved in the activity.

## **5. Provide adequate and proper equipment.**

Existing codes and standards for equipment should be met, and all equipment should be maintained. Equipment should be inspected and repaired periodically. Keep a record of the date of these inspections.

## **6. Warn of inherent risks.**

The coach must be familiar with the ordinary risks of the sport and facility. Risks that are integral to the activity should be explained to athletes in words that they can clearly understand and appreciate.

## **7. Provide appropriate emergency assistance.**

Athletes must be evaluated for injury and incapacity. Coaches should have a knowledge of basic emergency first aid and injury management procedures, such as STOP and RICED, and keep up-to-date on them. Establish and work from a written emergency plan and ensure that appropriate medical assistance is available.

## **8. Keep informed.**

Coaches have a duty to regularly update their coaching knowledge concerning proper techniques and progressions and keep themselves informed of new developments.

## **9. Know your students.**

Coaches must have a complete understanding of the training and background of each student including his/her limitations. In matching young athletes, considerations should be given to age, height, maturity, skill level, and experience. Coaches must recognize the effect peer pressure and coach acceptance pressure upon team tryouts and individual performances.

## **10. Keep adequate records.**

Adequate records are useful aids and should be kept on all athletes -- these include relevant geneal and medical information, progress reports and injury reports.

# WESTERN DISTRICT SLET

June 10-12, 1994  
Hosted by Sokol Omaha

The entire Western District would like to thank the Sokol Omaha Board of Instructors and Slet Committee for conducting such a well organized competition and Slet.

Units represented in competition were Sokol Cedar Rapids, Sokol Crete, Sokolice Crete, Sokol Omaha, Sokol South Omaha and Sokolice South Omaha. These units represented 72 competitors in both artistic and rhythmic gymnastics.

Competition began on Friday with the Level 2 & 4 Junior girls and Women. Because of the expertise of our Sokol judges here in the Western District the competition moved along smoothly. Next came the Rhythmic competition. All went well even though the beautiful chandelier which hangs in the middle of the dance floor of Sokol Omaha proved to be a good target for the ball, hoop and ribbon events. All the Junior boys and Men competed next using USGF. judges from here in Omaha. Our district junior boys showed great improvement in their competitive routines. Saturday morning brought the level 5 & 6 Junior Girls and Womens competition. The meet proved to be a high level competition being judged by USGF judges from Omaha. Competition concluded Saturday at 2 PM with the Championship optional routines. Congratulations to those competitors for achieving the highest level of Sokol gymnastics.

Beautifully designed medals and trophies were presented at the awards dance Saturday evening. A fun evening of dancing and reminiscing old Slet memories continued.

The Sunday Slet program involved a great variety of activities from traditional calisthenics to unit special numbers using a wide variety of music. The program concluded with all gymnasts forming a card section that created the Czech flag and the Czech National Anthem was sung.

Thanks again to Sokol Omaha for hosting our district Slet this year.

	<u>Novice - Men</u>	
1. Bud Benak	So. Omaha	23.85
	<u>Novice - Junior Boys</u>	
1. Richard Hoschar	So. Omaha	18.05
	<u>Class VI - Men</u>	
1. Bruce Cerny	T.J. Sokol	29.85
2. Tim Kubicek	T.J. Sokol	28.45
	<u>Class VI - Junior Boys</u>	
1. Bill Kool	So. Omaha	29.30
2. Kyle Donohoe	T.J. Sokol	29.25
3. Jesse Moody	T.J. Sokol	22.00
4. Daniel Hazuka	Omaha	15.75
	<u>Class V - Men</u>	
1. Tom McLaughlin	So. Omaha	38.35
2. Buddy Benak	So. Omaha	37.10
	<u>Class V - Junior Boys</u>	
1. Eric Englund	So. Omaha	32.05
2. Richard Laux	So. Omaha	29.95
3. Michael Hurley	So. Omaha	22.45
	<u>Level II - Women</u>	
1. Michelle Winger	Omaha	43.80
2. Kathy Kucera	Crete	38.35
	<u>Level II - Junior Girls</u>	
1. Anna Pease	Cedar Rapids	46.45
2. Kristen Patterson	Omaha	44.95
3. Jennifer Moon	Omaha	44.35
4. Tasha Brown	Crete	43.75
5. Sarah Edgerton	Omaha	43.45

## Level II - Junior Girls - continued

6. Angie Barnes	Omaha	43.40
7. Angela Perkumas	Omaha	41.80
8. Ashley Davitt	Omaha	41.55
9. Julia Sobczyk	Omaha	41.15
10. Jessica Kirkland	Omaha	40.55
11. Crystal Vernon	Crete	39.85
12. Tegan Kucera	Crete	37.95

## Level IV - Women

1. Jessica Radl	Cedar Rapids	43.20
2. Connie Barber	So. Omaha	40.65
3. Linda Pochop	So. Omaha	40.45

## Level IV - Junior Girls

1. Bonnie Solheim	Cedar Rapids	45.00
2. Leah Woodward	Cedar Rapids	44.25
3. Danielle Ryan	So. Omaha	43.45
4. Veronica Vazquez	So. Omaha	43.00
5. Jamie Wilson	So. Omaha	42.35
6. Sarah Wieneke	Cedar Rapids	42.20
7. Shannon Philbin	So. Omaha	40.75
8. Melissa Keating	So. Omaha	40.70
9. Lisa Kohl	Crete	40.20
10. Tina Barta	Crete	40.05
11. Nicole Jones	Cedar Rapids	39.85
12. Shana Williams	Crete	39.15
13. Emily Fink	Crete	38.85
14. Ashley Swiezinsky	T.J. Sokol	37.45

## Level V - Women

1. Jackie Swoboda	So. Omaha	45.35
2. Julie Vlasek	Cedar Rapids	43.15
3. April Johnson	So. Omaha	42.85
4. Colleen Kenney	So. Omaha	40.35

## Level V - Junior Girls

1. Terim Richards	So. Omaha	44.70
2. Kristin Monzingo	So. Omaha	41.65
3. Cayce Witzel	Crete	40.20
4. Suzie Handzlik	So. Omaha	40.00
5. Kristin Solheim	Cedar Rapids	39.95
6. Kim Schriener	Cedar Rapids	39.70
7. Lindy Rickley	So. Omaha	39.55

## Level VI - Women

1. Becky Proskocil	So. Omaha	41.80
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## Level VI - Junior Girls

1. Sophia Teophilopoulos	So. Omaha	43.10
2. Kara Selk	So. Omaha	42.85
3. Kim Klusaw	So. Omaha	42.40
4. Melissa Zanski	So. Omaha	41.05
5. Chaz Gallington	T.J. Sokol	35.35

## Championship - Junior Girls

1. Anne Felner	So. Omaha	41.25
2. Betsy Sokol	So. Omaha	40.45

## Championship - Junior Boys

1. Max Muller	So. Omaha	34.90
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## Level V Rhythmics - Women

1. Linda Pochop	So. Omaha	16.80
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## Level V Rhythmics - Junior Girls

1. Suzie Handzlik	So. Omaha	16.40
2. Kristin Solheim	Cedar Rapids	15.90
3. Tina Barta	Crete	15.40
4. Lisa Kohl	Crete	15.10

## Level VI Rhythmics - Junior Girls

1. Betsy Sokol	So. Omaha	16.20
1. Kara Selk	So. Omaha	16.20
2. Melissa Zanski	So. Omaha	16.00
3. Bonnie Solheim	Cedar Rapids	15.80

# CENTRAL DISTRICT

## SPRING MEETS

Competitions were conducted for 1st Class Girls/Boys, 2nd Class Girls/Boys, Junior Girls/Boys, and Women/Men over two different weekends in May. Awards were distributed at a Sunday all-day Awards Picnic. The Slet program, performed on a Saturday night, consisted of calisthenics, special numbers, relay race, tumbling and apparatus. The Loyal Guard Calisthenics, Mens Calisthenics, and Karneval Calisthenics for the Prague Slet were all performed.

<u>Novice - Jr. Girls 12-14</u>		
1. Andrea Schillo	Ceska Sin	39.50
2. Lynn Ulintz	Ceska Sin	37.95
3. Anita Claxton	Ceska Sin	37.20
4. Heather Moltenero	Stickney	36.45
5. Jeannine Dorgan	Brookfield	36.05
6. Jennifer Davis	Brookfield	35.35
7. Alexandra Wiley	Stickney	33.95
<u>Level 2 - Jr. Girls 12-14</u>		
1. Sonja Nakonecznyj	Ceska Sin	43.55
2. Shannon Griffing	Stickney I	40.80
3. Jackie McKenna	Stickney I	40.60
4. Renne Broche	Brookfield II	40.55
5. Rebecca Fitzgerald	Brookfield II	40.40
6. Erica Heiden	Naperville I	40.30
7. Donna Marshinski	Naperville I	39.05
8. Millie Magajne	Brookfield I	39.00
8. Kristin Hilleary	Naperville I	39.00
9. Sarah Osicka	Ceska Sin I	38.95
10. Samantha Houdek	Stickney I	38.35
11. Erin Polonscik	Ber/Slav I	38.25
12. Kelie Fiala	Ber/Slav I	38.15
13. Kelly Luce	Brookfield I	38.00
14. Heather Ferrara	Naperville I	37.30
15. Alexandra Miziker	Ceska Sin I	37.05
16. Halina Joblonska	USA 306	36.15
17. Becky Foster	Brookfield II	36.05
18. Robin Kotlan	Ceska Sin I	35.65
19. Kelly Marek	Tabor	35.40
20. Madeline Norley	Tabor	35.10
21. Katie Pilson	Brookfield I	34.70
22. Christine Maretta	Ber/Slav I	33.30
<u>Level 4 - Jr. Girls 12-14</u>		
1. Karyn Domzalski	Chicagoland I	40.30
2. Lyneite Kleisner	Ber/Slav	38.90
3. Maren Lipe	Naperville I	38.00
4. Niki Mysliwicz	Brookfield	37.75
5. Beth Kocek	Chicagoland I	37.60
6. Karen Kucera	Naperville I	36.80
7. Angela Logiudice	Tabor	36.75
8. Laura Kapso	Brookfield	34.30
9. Marie Bailey	Naperville I	32.65
10. Yolie Wasilevich	Chicagoland I	32.25
<u>Level 5 - Jr. Girls 12-14</u>		
1. Natalie Pavone	USA 306	40.20
2. Sara Sims	Naperville II	36.70
3. Katie Polanin	Naperville II	35.45
4. Alexandra Kajari	USA 306	35.35
5. Rachel Rothstein	Naperville I	34.85
6. Julie Hoffman	Naperville I	32.40
7. Julie Smith	Naperville I	31.40

<u>Level 6 - Jr. Girls 12-14</u>		
1. Bethany Siegfried	Chicagoland I	41.45
2. Katy McMahon	Naperville I	41.40
3. Lara Brewer	Naperville I	39.40
4. Sara Cleveland	Naperville I	38.35
5. Lauren Lassandrello	Naperville I	36.90
6. Tracy Rose	Naperville	35.40
No Award		
Samantha Siegfried	Chicagoland I	43.60
Kate Stahulak	Chicagoland I	41.00
<u>Optional - Jr. Girls 12-14</u>		
1. Samantha Siegfried	Chicagoland	33.80
2. Kate Stahulak	Chicagoland	29.40
3. Tracy Rose	Naperville	25.90
<u>Novice - Jr. Girls 15-18</u>		
1. Lesley Onni	Tabor	38.20
2. Jennifer Kadlec	Chicagoland	31.35
<u>Level 2 - Jr. Girls 15-18</u>		
1. Debbie Nardi	Ber/Slav	39.60
2. Genny Perrewew	Tabor	38.70
3. Jacquie Ravnice	Ber/Slav	38.05
4. Kary Scroggins	Brookfield	37.15
5. Jackie Feczkanin	Ceska Sin	33.15
<u>Level 4 - Jr. Girls 15-18</u>		
1. Anny Moravec	Chicagoland	41.75
2. Teri Elias	Stickney	40.35
3. Lisa Broche	Brookfield	39.20
4. Nita Praditpan	USA 306	38.85
5. Amy Simon	Ber/Slav	38.70
6. Michelle Colucci	Tabor	38.20
7. Candace Perrewew	Tabor	36.80
<u>Level 5 - Jr. Girls 15-18</u>		
1. Keri Fiala	Ber/Slav	43.25
2. Jessica Bures	Ber/Slav	42.40
3. Sarah Bujak	Chicagoland	40.10
4. Kelly Banford	Brookfield	39.95
5. Amy Swain	Chicagoland	39.70
6. Christina Kuckie	Ber/Slav	38.75
7. Lesley Umlauf	Brookfield	38.20
8. Janel Wambach	USA 306	35.60
9. Megan O'Malley	USA 306	33.90
10. Nicole Marchluk	Ber/Slav	33.40
11. Mylissa Genaro	USA 306	31.85
12. Liz Tyrell	USA 306	30.65
<u>Level 6 - Jr. Girls 15-18</u>		
1. Kandi Ondrovic	Ber/Slav	45.15
2. Rachel Chura	Ceska Sin	41.85
3. Willow Kotlan	Ceska Sin	41.80
4. Erika Nakonecznyj	Ceska Sin	40.90
5. Tracy Rozela	Chicagoland	37.25
6. Jennifer Toguri	USA 306	34.85
<u>Level 2 - Women I</u>		
1. Emily Napolitano	Tabor	45.00
2. Christina Curran	Tabor	44.60
3. Irene Polashek	Tabor	39.20
<u>Level 2 - Women II</u>		
1. Janet McGaha	Ceska Sin	42.75
2. Debbie Uniejewski	Ber/Slav	41.25
<u>Level 4 - Women II</u>		
1. Laura Blanchong	Chicagoland	43.25
2. Suzy Wirack	Ber/Slav	41.00

<u>Women Masters I</u>		
1. Flo DelCarlo	Chicagoland	44.75
2. Ellen Lacina	Chicagoland	42.50
3. Cathy Kocek	Chicagoland	42.05
4. Randi Siegfried	Chicagoland	39.40
5. Mary Moravec	Chicagoland	38.85

<u>Novice - Jr. Boys</u>		
1. Jon Vichaikul	Chicagoland I	56.70
2. Michael Frigo	Chicagoland I	56.05
3. Mark Broda	Chicagoland I	56.00
4. Slav Dumanovic	Tabor II	54.05
5. Steve Kaczmarek	USA 306	53.80
6. Nick Tomeczko	Ber/Slav	53.60
7. Nick Staller	Tabor I	51.85
8. James Adamson	Tabor I	50.60
9. Tony Lio	Tabor II	49.85
10. Joel Adamson	Tabor I	48.95
11. Ron Poe	Naperville	48.80

<u>Class 7 - Jr. Boys</u>		
1. Joe Kucera	Naperville	56.30
2. Isaiah Thompson	USA 306 I	54.80
3. Ken Nagel	Ber/Slav	54.75
4. John Janega	USA 306 I	54.60
5. Steven Walde	USA 306 I	51.95
6. David Madurzak	Ber/Slav	51.10

<u>Class 6 - Jr. Boys</u>		
1. Ted Polashek	Tabor	60.30
2. Jeff Marchluk	Ber/Slav	58.15
3. Thomas Stahulak	Chicagoland	56.85
4. Greg Becker	Ber/Slav	53.05

<u>Class 7 - Men</u>		
1. Mickey Gerhardt	Tabor I	63.15
2. Brian Hathcoat	Tabor I	62.60
3. Pete Colagrossi	Tabor I	58.30

<u>Class 6 - Men</u>		
1. Jay Vondra	Stickney	61.75
2. Rich Vachata	Stickney	60.55

## NORTHEASTERN DISTRICT SLET

Competitions were conducted for girls, boys, junior girls, and junior boys. Sokol Detroit had a total of 24 competitors and Sokol Greater Cleveland had 85 competitors. A trophy was presented to the Sokol Unit which compiled the highest average score. Sokol Greater Cleveland edged out Sokol Detroit by .065 with an average of 6.7125. During the Slet program, the American Sokol Special number for the Prague Slet -- "An American Folk Dance" was performed with three squares.

<u>Level 2 - Jr. Girls</u>	
1. Jennifer Ohms	Detroit
2. Angela Wise	Gr. Cleveland
3. Sara Hickens	Detroit
4. Michelle Schayda	Detroit

<u>Level 4 - Jr. Girls</u>	
1. Katie Huter	Gr. Cleveland
2. Tina Necasek	Gr. Cleveland
3. Rebecca Jandrokovic	Gr. Cleveland

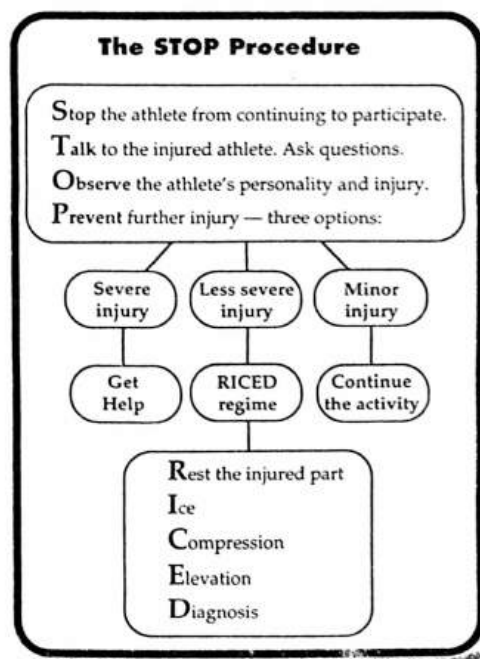
<u>Level 5 - Jr. Girls</u>	
1. Jennifer Chrusciel	Gr. Cleveland
2. Emily Prokop	Gr. Cleveland
3. Maria Pinizzotto	Gr. Cleveland

<u>Rhythmics - Jr. Girls</u>	
1. Katie Igrec	Gr. Cleveland

<u>Novice - Jr. Boys</u>	
1. Ben Vild	Gr. Cleveland
2. John Igrec	Gr. Cleveland
3. Tommy Necasek	Gr. Cleveland

## Initial Injury Management (USA Gymnastics Safety Handbook-1994 Edition)

Most acute injuries can be handled in very much the same way initially. The primary goal is to minimize secondary tissue damage and pain due to swelling and motion of the injured part. This is accomplished by the STOP procedure and the RICED regime:



### REST

All acute orthopedic injuries should be immobilized (rested). Fractures and dislocations can be "splinted where they lie" until experienced medical personnel are available to reduce the deformity. This can be accomplished by a variety of splints, slings, and boards.

### ICE

Ice is the usual first-response treatment for an acute injury (never heat!) to prevent excessive swelling, and should be applied for no longer than 20 minutes.

### COMPRESSION

Compression helps to minimize swelling, and is generally provided by elastic bandages. The compression should always be evenly and circumferentially applied because the swelling will rapidly accumulate in those areas with less compression.

### ELEVATION

Elevation of the injured part above the level of the heart will also impede the development of swelling.

### DIAGNOSIS

Following the institution of these measures, prompt transfer of the athlete to a medical facility for definitive diagnosis and treatment is carried out by a qualified professional.

# SOUTHERN DISTRICT SLET

June 3,4,5 1994

The Southern District Slet was hosted by Sokol Zizka, Dallas, June 3-5, 1994, at their facilities.

Activities began on Friday evening with optional competitions. Competitors vied for medals in individual events and all-around.

Compulsory competitions in Levels 2 through 7 and Masters I were held for girls, Jr. girls, and Women in age groups 6-9, 10-12, 12-14,15-18, and 18 and above. Boys, Jr. boys, and Men's competitions were in Class 7 and 6 routines, in the same age groups.

Rhythmics competitions were held Saturday afternoon. The Ennis Women's team placed first in the Marching competition.

Volleyball championships followed with Ft. Worth Team 1 placing first and Ennis team 2 placing second.

Awards for Junior and Senior divisions were presented at the awards dance on Saturday evening. Children awards were presented on the Slet Program.

Field events with ribbon awards were held following rehearsals Sunday morning. The Slet exhibition began at 2 PM with the Grand Assembly. Gymnasts entered by units. First to enter was Sokol Taylor, the newest unit in the American Sokol. Sokol west received the marching ribbon award.

Musical accompaniment for the Slet was provided by the Dallas Czech Concert Orchestra under the direction of Bro. Sid Pokladnik. Bro. Bob Podhrasky, President of Sokol Zizka, welcomed the large crowd assembled to witness the Slet on Sokol Zizka's parade field. Sis. Janet Kalat, American Sokol Director of Women, representing the American Sokol, and Bro. Larry Laznovsky, District President also spoke.

The Slet exhibition included calisthenics by the tots, children, juniors, and seniors. There was a special performance of the Loyal Guard Calisthenics performed by the gymnasts attending the Slet in Prague, July 2-6th. The program included tumbling by the children and a relay race won by Sokol Houston. Special number competitions were held during the Slet program. The award for the children's number went to Sokol Karel Havlicek Borovsky, Ennis. Sokol Karel Havlicek Borovsky also placed first in the adult division with Sokol Zizka placing second, and Sokol Corpus Christi third. The program concluded with the playing of God Bless America.

We were especially proud of the large group of gymnasts and parents from Sokol Taylor attending and participating in the Slet. They were led to the Slet by President Mike Delisle and other officers of the unit. Their coach Bro. Shay Hennessey of Sokol Ft. Worth and a student at the University of Texas, Austin, was recognized for his work in preparing the group for competition and Slet participation.

Thanks to the support provided by Sokol Zizka officers, Board of Instructors, and members. They were terrific hosts.

## Level 2 - Jr. Girls 12-14

1. Lisa Grimm	Taylor	42.30
2. Lezlee Wester	Ennis	42.20
3. Brenda Hyzak	Taylor	40.80
4. Stephane Kruger	Taylor	40.70
5. Amber Smith	West	40.50
6. Carmen Razo	Taylor	39.90
7. Mandy Grimm	Taylor	39.80
8. Maureen Sheridan	CorpusChristi	38.90
8. Melissa Northway	Houston	38.90

## Level 4 - Women

1. Lori Laznovsky	Ennis	37.65
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## Level 4 - Jr. Girls 15-18

1. Claudia Gonzales	Houston	38.95
2. Natalie Smith	Ft. Worth	33.00

## Level 4 - Jr. Girls 12-14

1. Shireka Shelvin	Houston	39.25
2. Kelly Sims	Dallas	37.65
3. Lee Ann Riley	Ennis	37.00

## Level 5 - Women

1. Jessica O'Bannon	Ennis	40.50
2. Isabel Araiza	CorpusChristi	37.95
3. Cathy Portwood	West	35.95

## Level 5 - Jr. Girls 15-18

1. Tina Avery	Ennis	38.00
2. Laura Stark	CorpusChristi	37.80

## Level 5 - Jr. Girls 12-14

1. Melissa Moore	Ft. Worth	41.75
2. Judy Sheridan	CorpusChristi	38.65
3. Diane Hermis	Houston	35.00
4. Kimberly Anderson	Houston	34.55

## Level 6 - Women

1. Stephanie Patton	Ft. Worth	40.05
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## Level 6 - Jr. Girls 15-18

1. Melissa Chamberlain	Ft. Worth	37.85
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## Level 6 - Jr. Girls 12-14

1. Jamie Moravec	West	44.05
2. Tiffany McGee	Houston	39.05

## Masters I - Women

1. Karen Katz	Dallas	43.95
2. Pat Pate	Dallas	42.00

## Level 7 - Jr. Girls 15-18

1. Bethaney Larson	Ennis	35.95
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## Masters I -- Men

1. Richard Parra	Dallas	30.10
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## Class VII - Jr. Boys 12-14

1. Sean Grantham	West	24.00
2. Andrew Araiza	CorpusChristi	18.90

## Class VI - Jr. Boys 12-14

1. Seneca Smith	Ft. Worth	26.80
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*From the Minutes from the Meeting of Delegates ( 10/30/93) Concerning the Establishment of the World Sokol Federation (translated by Bro. Stephen J. Banjak and appearing in the June 9, 1994 "SOKOL TIMES"):*

The secretary of the COS, Brother Janota explained that the most important problem is to interest the youth, to show young faces, to emphasize that we are here for all, including handicapped children. If we really want to interest youth, we'll have to try to understand them; they will dictate what they want and are interested in;.....

We don't want to quit after the Slet; our programs must go on. We intend to promote camping in nature, folklore, exhibitions, to bring music back into our life, singing, theater, puppeteering;.....

In addition, he emphasized that it's not possible to restore Sokol as it was. The task of Sokol was always to propagate all the new trends which came into existence and to develop and modify them. The Sokol should not be afraid of any kind of sport such as acrobatics, competitive rock and roll (very popular in Europe), aerobics, judo, carate, etc. Today our youth participate in these activities and we have to support them.

## STRETCHING

Training for competition or general wellness/fitness needs to be more than a jog in the park or a trip to the weight room. The first priority to productive training incorporates identification of goals. Attaining your goal(s) requires the understanding of basic training principles. These articles will focus on principles of injury prevention and performance enhancement. In this first article, we will elaborate on the concept of stretching.

Why stretch? What is the purpose of taking an "extra" 5-30 minutes to go through this boring monotonous ritual anyway? The common answer is, "to help prevent injuries like a muscle pull." However, research justifying the effectiveness of stretching a muscle to reduce its risk of sustaining a strain are not unequivocally agreed upon. In fact, some researchers document a correlation between muscle strains and increased flexibility.

Probably more important than the unidimensional "stretching" as a precursor to physical exertion is to incorporate a "warm-up" program. Research justifying proper warm-up prior to exercise as an injury prevention tool is more definitive than stretching alone. A study of soccer players showed that a test group performing a 20-minute warm-up period, including 10 minutes of stretching exercises, had only 75% of the injuries of the control group.

Warm-up activities prepare the musculoskeletal system for the vigors of exercise. This preparation includes "symmetrical" flexibility, strength throughout the entire range of motion and a temperature rise within the involved muscle(s) (increased circulation).

Symmetrical flexibility means that the musculoskeletal system is balanced - the right side of the body should be as flexible as the left. Stretching to develop symmetrical flexibility serves several purposes. First, it increases the muscle/tendon length transiently and connective tissue length permanently. Secondly, imbalances in muscle flexibility may be associated with certain injuries. Stretching may also influence economy of movement, enhance athletic performance and improve joint range of motion and athletic function during the rehabilitative phase of injury treatment. Finally, stretching is recommended as a method to alleviate muscle soreness following strenuous or prolonged activity.

Developing strength throughout the entire length of the muscle is probably the most

misunderstood preventative measure and yet may be the most important dimension in not only reducing the risk for muscle strains but enhancing the capacity of the muscle to perform.

It has been shown that a high percentage of muscle strains occur when the muscle is in the stretched out position. Improper body mechanics (putting your body in a position of poor mechanical advantage) and weakness are just two factors contributing to the often inevitable results of muscle failure. Proper mechanics are activity specific and will be discussed in future articles. Acquiring strength however, can be incorporated into your warm-up program.

A muscle's capacity to resist injury producing forces is related to its strength in the range at which the force is applied. In other words, if a force is applied to the muscle while in its most elongated position, it needs to have adequate strength in this position to resist the force or it will tear. The same is obvious if the muscle is in its optimal length or shortened. Weight training, whether it be circuit (using machines) or with free weights, usually emphasizes strength development in two ranges: a muscle's optimal length and maximally shortened positions. Rarely do we place the muscle in question in its most elongated position and train it. One reason for this is that most weight machines are only set up to stress a muscle in its optimal and shortened ranges. It takes a special cam (similar to "Nautilus") or adaptable resistance capacity and the available range of motion to fully load the muscle throughout its entire length. A second reason is due to the molecular make-up of muscle and mechanical principles of movement, the muscle is weaker in this range. If too great a stress is placed on the muscle as it is being elongated, it may fail (give way) and a serious injury may occur. Therefore, to meet the requirements of strength development in the end range, we need to devise a way to load the muscle safely.

Probably the safest form of strength training is through isometric contractions (contractions of a muscle in which shortening or lengthening is prevented). Isometrically contracting the muscle against a set resistance allows for strength gains without the hazards of controlling a moveable force. It can be performed almost anywhere, including the field of competition, without requiring expensive

## **'STRETCHING' - continued**

equipment. Once more, you can apply resistance at all ranges of the muscle's length.

Finally, the warm-up should create an increase in circulation. This rise in temperature has been shown to increase tissue extensibility and may prevent injury to the musculotendonous "unit" by increasing its force absorption capacity. Increased circulation also enhances metabolism. This produces greater efficiency in the transferring of energy to appropriate muscles/tissues and removal of by-products. The more efficient your system is the more efficient YOU are!

Your warm-up ritual should be sport specific. For instance, a jogger may want to start by taking a 440 jog to achieve an increase in circulation, especially to the legs. This should be followed by a program of stretching and strengthening of appropriate muscles. Stretching of the hamstrings for instance, via the hurdlers stretch, meets the demands of hamstring flexibility. The addition of an isometric contraction of the hamstrings "in the stretched out position" can achieve strength gains of the hamstrings in a range not traditionally addressed. This contraction can be performed by simply pulling your heel down into the pavement like you are trying to bend your knee. Remember, muscle symmetry needs to be maintained. Hamstring work needs to be counterbalanced with quadriceps flexibility and full range strength. Comprehensive programs need involve all muscles of the body which will be used during said activities. Because isometric contractions can be done in most all environments you can achieve flexibility and full range strength without requiring special equipment.

A general warm-up routine may begin with 1-5 minutes of participation in the sport specific activity at 1/4 to 1/2 speed. This would be followed by a flexibility/strengthening program.

Although extensive, with proper technique, this warm-up program can be completed in 10-15 minutes. A program of stretching alone followed by participation may take 30 minutes or more to feel "warm-up". You also place yourself at greater risk for injury because the muscles used in the activity may not have adequate strength throughout.

*Ross Brakeville, R.P.T., National Technical Notes, July, 1994.*

## **SPORT DRINKS**

### **Is One Really Better Than the Others**

Maintaining hydration is one of the most fundamental performance goals for any athlete, so the most important thing you need to drink is water---before, during, and after exercise.

Regarding comparisons of ingredients in sports drinks, there may not be one sports drink that is truly superior to the others, but there are certain features you should look for. To replenish water and maintain blood sugar levels, a good sports drink should contain 6% to 10% carbohydrate, but not more than this because as carbohydrate concentration increases, fluid delivery to the intestines decreases. These moderate carbohydrate concentrations will help prevent fatigue in long-lasting events.

Electrolytes (sodium and potassium) may be of concern if you compete in an event lasting more than three hours. Make sure that the sodium content of the drink equals the potassium content. An 8-ounce serving of a sports drink typically contains between 55 and 75 mg of sodium. This small amount can improve the flavor of the drink, thereby encouraging you to drink more. Potassium depletion is a greater concern for athletes than sodium loss. Most drinks now provide 50 mg in an 8-ounce serving, twice the amount found in drinks prior to 1990. Above all, whichever drink you choose must taste good to you: It is essential that you like it and want to drink it. Any sports drink is useless unless you drink enough of it.

*Penn State Sports Medicine Newsletter, August, 1994.*

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### **A NEW SOKOL SEASON IS BEGINNING**

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**REGISTER EARLY  
AND  
BRING YOUR FRIENDS  
AND  
FAMILY**

I read with much interest the article in our May publication "Convention Reflections." It stated that "only at our last convention did we embark on an unusual course." "In the '40's through the '80's, our organization was still doing quite well." The membership was content, but uninformed and so long as payments were paid on their requests they paid little attention to where the money was coming from.

Twenty years ago, a convention voted on deficit spending. This was done to use up what was termed "an excessive cushion." This way, the government would not tax our organization. Also during those year, interest was very high, 15% to 18%. It was decided to give 50¢ for each dollar put in the Special Assessment fund. This was a good return on the Units' money. Since that time, interest rates have fallen, our membership has declined, necessitating the cessation of the 50¢ payment. Interest rates were calculated much too high at our last convention. We will not realize one quarter of that income as listed as interest in the budget.

Our budgets are also predicated on getting more membership, when in fact we have steadily been declining in our membership. This creates another loss of income.

A loss of income from the Slet in '89 compounds the financial problem. These losses slowly build up over the years and in the meantime the prices of all services, rent, etc., have gone up.

It was also decided to involve outside districts, from outside the Central District, to be members of the Executive Board. This is a way to get more people involved at the National level, but again, it becomes expensive with teleconferencing and traveling expenses.

A few conventions back, District Directors Conferences were voted to be held yearly instead of once between conventions. We now also have a governing board which meets more often than once between conventions as the President's Conference did. These all become added expenses.

All these new ideas are wonderful, but we must all face facts. As an ethnic organization, it is most difficult to raise funds through foundations, trusts, etc. Schools, museums and the like are able to raise many dollars, but we have tried and are told we don't fall into the proper categories. We are not even eligible for matching funds of Corporations. our organization is classified as one third educational and that is not considered enough to put us into the fund raising camp.

We have also received comments that certain states and tax programs allow different things. We are incorporated in the State of Illinois, so we must follow these rules. This might be a point in favor of moving the national office to another location. Better tax breaks and new, fresh people to staff the office.

the present office force has cut back to the core in working hours, but still the same amount of service

is expected to come out of the office. This is witnessed by the messages we get on our answering machine. Rumor has it that our office help is high priced. Our salary is \$5.50 per hour, with no benefits like insurance or pension.

Some members feel the national office is of no value. It is not needed. Where would the drills, exercise material, educational materials, uniforms, merit awards and the like come from? There would be no tax umbrella, our units would become gym clubs (profit-making organizations and liable for large tax bills). Would there ever be a National Slet or even a District Slet? Having been privy to the workings of our organization by working in the National Office for the past fifteen years, plus eight years as editor of the "American Sokol," I feel not all members have all the correct information as close at hand as I have had.

Education will be one of our most helpful tools. We know the facts, we must rely on ourselves to keep growing and fund raising. I wish with all my heart that all the enthusiasm that was shown this past year to our fellow Sokols in Prague can now be turned inward to our American Sokol Organization whose needs have to be met in order to keep us a viable growing organization. If you are elected a delegate to the Convention, read your By-Laws, gather as much input as you can from your Unit members so you can make intelligent decisions at the net convention.

# American Sokol Organization

Quarterly Financial Report ~ April, May, June 1994

Submitted by Sis. June Pros, Financial Secretary

## RECEIPTS

Dues	\$16,366.50
Convention Fund 4th Qtr. 1993	1,028.00
Special Assessment Fund 4th Qtr. 1993	514.00
Dividends/Interest	73.90
Subscribers	4.00
Advertisers	250.00
Resale Jewelry	741.39
Souvenirs	857.20
Educational Booklets	9.00
BOI Skills	138.95
Postage/UPS	62.32
COS Cal Video	107.00
Slet Year Book	25.00
BOI Directors Pin	174.00
Sokol Manual	75.00
Labels/Copies	154.53
Uniform Dept. Salaries (Mar./Apr./May)	1,083.52
Uniform Dept. FICA/Medicare (Feb./Mar./Apr.)	187.26
Uniform Dept. FWT Tax (April)	10.00
Uniform Dept. IWT Tax	36.75
Uniform Dept. Phone/Fax	86.21
Uniform Dept. Rent (Apr./May/June)	855.00
Seals	56.00
Prague Slet T-Shirts	2,686.00
XVIII ASO Slet Video	119.90
<b>TOTAL</b>	<b>\$25,701.43</b>

## DISBURSEMENTS

### ADMINISTRATIVE DEPT.

Salaries, April/May/June	\$1,455.31
FICA/Medicare, March/April/May	272.24
FWT	30.00
IWT, 1st Quarter	54.30
Petty Cash, Postage	118.58
Office Supplies	93.81
Janitor Service/Supplies	100.93
CPA Fee	465.00
Illinois Bell/Long Distance/FAX	264.33
AT&T Fax Maint. Agreement	22.72
Commonwealth Edison/Electric	131.17
Insurance Business Policy	525.00
Membership Pins	2,828.39
UPS Shipping, 7/13/93-4/14/94	141.72
Fire Ext. Maint.	35.00
Cermak Rd. Bus. Assoc. Dues	50.00
Selden Fox 1993 Audit	1,200.00
Rent, April/May/June	2,661.00
<b>TOTAL</b>	<b>\$10,449.50</b>

### EDUCATION

IWT, 1st Quarter	\$1.65
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## BOARD OF INSTRUCTORS

Salaries, April/May/June	\$1,660.45
FICA/Medicare, March/April/May	292.36
FWT, March/April/May	45.00
IWT, 1st Quarter	55.05
Petty Cash/Postage	101.29
Illinois Bell/Long Distance/FAX	446.76
Supplies	69.93
Videotapes	42.18
UPS Shipping 7/13/93-4/14/94	18.07
Editor "Gymnast", April/May	60.00
Printing "Sokol Gymnast", March/April	699.60
<b>TOTAL</b>	<b>\$3,490.69</b>

## PUBLICATION

Salaries (Mailing)	\$403.78
FICA/Medicare	42.48
Editor, April/May	300.00
Printing, March/April	2,234.87
Postage, March/April/May	2,146.52
<b>TOTAL</b>	<b>\$5,127.65</b>

## UNIFORM DEPARTMENT

Salaries, April/May/June	\$1,131.02
FICA/Medicare, March/April/May	188.96
FWT, April/May	20.00
IWT, 1st Quarter	32.85
Illinois Bell/Long Distance/FAX	94.74
Rent, April/May/June	855.00
<b>TOTAL</b>	<b>\$2,322.57</b>

## MISCELLANEOUS

Avenue Bank Convention Fund Acct.	\$1,068.00
Avenue Bank Special Assess. Acct.	542.00
Subscription "Prognosis"	65.00
CSA Full Page Ad	100.00
Prague Slet T-Shirts	2,002.00
Prague Slet Ticket	60.00
<b>TOTAL</b>	<b>\$3,837.00</b>

## SPECIAL ASSESSMENT

Eastern District	\$996.66
Central District	420.48
Western District	50.00
Southern District	1,042.61
<b>TOTAL</b>	<b>\$2,509.75</b>

Balance Brought Forward/Checking	\$31,136.88
Receipts	+25,701.43
	\$56,838.31
Disbursements	- \$27,738.81
	\$29,099.50
BSC	- \$112.39
<b>BALANCE CHECKING 6/30/94</b>	<b>\$28,987.11</b>

## CORRECTION:

Please refer to an article titled "Convention Reflections" by Bro. Vladislav Slavik which appeared in the May 1994 issue of the American Sokol. On page 5, last column, beginning in line 10 through line 13, it should read as follows:

*Each delegate represents either his/her Unit, District or the Executive Committee, but not his/herself.*

Much thanks to Bro. Ed Schnabl, Central District By-Laws Chairman, for calling this to my attention.

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*(Contains Plain Pin, Copy of ASO By-Laws, ASO Tri-Fold, Parliamentary Procedure Booklet, Sokol & the Sokol Idea Booklet, Car Decal)*

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5, 10, 15, 20-Year Pin \$8.00  
25-Year Pin \$25.00  
30, 40-Year Pin \$8.00  
35, 45-Year Pin \$6.25  
50-Year Pin (Gold-Filled) \$32.00  
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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) \$33.00  
Sm. Packet (12 Participants) \$17.00  
Tots' Skills Program Materials  
Lg. Packet (25 Participants) \$17.00  
Sm. Packet (12 Participants) \$9.00

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