

american **SOKOL**

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*1962 Central District Course
at Crystal Lake
~Archival Photo~*

American Sokol

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AMERICAN SOKOL ORGANIZATION

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John Satek	

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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.

From Your Editor...

The older I get, the faster the years seem to fly by; each one marked by certain road markers. The "Roster of Officers" is one of these markers - one that unfortunately makes me think I'm traveling a pretty sad road. Nonetheless, it does signal that yet another year has gone by and that I have spent tedious hours typing names, addresses and phone numbers. It is an important historical record and a vigorous "Tsk, tsk!" to those units who did not send in their information on time.

NA ZDARI!

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

CALENDAR of EVENTS

APRIL

1 Sokol Brookfield Exhibition
8 Western District Children's
Competition at Sokol South
Omaha

21 Sokol South Omaha \$10K
Giveaway

22 Central District Special
Number Exhibition (Note
Change in Date)

29 Northeastern District
Competition

MAY

15 Sokol Milwaukee Exhibition &
Awards Night

6 Central District Girls'
Competition

13 Central District Boys'/Men's
Competition

20 Central District Sokol Day

JUNE

4 Northeastern District
Exhibition

9-10 Western District Jr.-Sr.
Competition at Sokol Cedar
Rapids

10-11 Eastern District Slet at Sokol
Woodlands, NY

17-20 ASO NATIONAL
CONVENTION, Lisle, IL
Hilton Hotel

19 ASO Convention Banquet
22-25 Sokol Canada Slet, Toronto

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.

*A thousand words
will not leave so
deep an impression
as one deed.*

❖ *Henrik Ibsen*

1995 AMERICAN SOKOL ROSTER OF OFFICERS

Listed alphabetically by District and then Unit.

CENTRAL DISTRICT

cb Sokol Brookfield
3909 S. Prairie
Brookfield, IL 60513
Mtg. - 3rd Wednesday
President - John Satek
212 Memory Lane
Westmont, IL 60559
708-852-6674
Secy. - Joan Curran
1802 S. 56th Court
Cicero, IL 60650
708-863-4101
Fin. Secy. - Linda Modes
3629 S. 57th Avenue
Cicero, IL 60650
708-652-0968
Ed. Dir. - Nancy Borvansky
4542 Hawthorne Ave.
Lyons, IL 60534
708-442-7493
Wos. Dir. - Lynda Filipello
4401 Fender
Lisle, IL 60532
708-355-2572
Men's Dir. - Joseph Placek
2533 S. 7th Avenue
N. Riverside, IL 60546
708-442-1385

SOKOL BERWYN

6445 W. 27th Place
Berwyn, IL 60402
708-484-9403
Mtg. - 2nd Thursday
President - Fred Kala
6512 W. 27th Street
Berwyn, IL 60402
708-484-3729
Secy. - Diana Rhoades
2516 S. Wesley Ave.
Berwyn, IL 60402
708-749-1991
Fin. Secy. - Anne Dusek
256 W. Butterfield Rd.
Elmhurst, IL 60126
708-832-8152
Ed. Dir. - Irene Hedderman
412 LaGrange Road
LaGrange, IL 60525
708-579-5492
Director - Ellie Babka
339 Lawton
Riverside, IL 60546
708-442-8810

Asst. Dir. - Tom Pajer
2823 S. Maple
Berwyn, IL 60402
708-788-3747

SOKOL BROOKFIELD

3909 S. Prairie Ave.
Brookfield, IL 60513
708-485-9663
Mtg. - 1st Wednesday
President - Roy Zitny
574 Revere Ave.
Westmont, IL 60559
708-850-7746
Secy. - Doris Barda
3436 Arden Ave.
Brookfield, IL 60513
708-485-6591
Fin. Secy. - Sue Kozelka
4524 Madison Ave.
Brookfield, IL 60513
708-485-5265
Ed. Dir. - Irene Marek
109 Brewster Lane
LaGrange Park, IL 60525
708-482-6762
Dir. of Activities - Dave Harlan
6516 Howard Ave.
Indianhead Park, IL 60525
708-246-6339

SOKOL CECHE

Mtg. - 4 times per year
at Klas Restaurant
President - Anton Hanuska
1614 S. 61st Court
Cicero, IL 60650
708-652-8898
Secy./Fin. Secy. - Roselyn Bergman
2141 Ridge Ave.
Evanston, IL 60201
708-328-4467
Treas. - Emil Meskan
822 Huntley Rd.
Algonquin, IL 60102
708-658-7857

SOKOL CESKA SIN

4314 Clark Ave.
Cleveland, OH 44109
216-281-7077
President - Dale Kotlan
1330 F Street
Lorain, OH 44052
216-288-4535

Corres. Secy. - Doris Kotlan
1451 Wagar Ave.
Lakewood, OH 44107
216-228-0027

Fin. Secy. - Ron Chernak
6769 Neff Road
Medina, OH 44256
216-483-3292

Ed. Dir. - Ken Howard
5510 Forest Ave.
Parma, OH 44129
216-884-6782

Wos. Dir. - Doris Kotlan
1451 Wagar Ave.
Lakewood, OH 44107
216-228-0027

Men's Dir. - Don Kotlan
1451 Wagar Ave.
Lakewood, OH 44107
216-228-0027

SOKOL CHICAGO

No Information Received

SOKOL CHICAGOLAND

Mtg. - 1st Wednesday
President - Eileen Stahulak
11S281 Saratoga
Lemont, IL 60439
708-739-2664
Secy. - Beverly Domzalski
2712 Forest Glen Parkway
Woodridge, IL 60517
708-985-6943

Fin. Secy. - JoAnne Schultz
204 Olmsted Road
Riverside, IL 60546

Ed. Dir. - Carolee Michalek
10S020 Lorraine Drive
Hinsdale, IL 60521
708-920-9292

Wos. Dir. - Sally Bukovsky
135 N. Linden
Westmont, IL 60559
708-963-3680

Men's Dir. - Frank Michalek
10S020 Lorraine
Hinsdale, IL 60521
708-920-9292

SOKOL FUEGNER

No Information Received

SOKOL HAVLICEK-TYRS

No Information Received

SOKOL MILWAUKEE

Mtg. - 1st Tuesday
President - Jerome Zelenka
10012 W. Vera Ave.
Milwaukee, WI 53224
414-353-8121

Secy. - Rosemary Zelenka
10012 W. Vera Ave.
Milwaukee, WI 53224
414-353-8121

Fin. Secy. - Donna Roeber
10839 W. Derby Ave.
Wauwatosa, WI 53225
414-464-0139

Men's Dir. - Jerome Zelenka
10012 W. Vera Ave.
Milwaukee, WI 53224
414-353-8121

Wos. Dir. - Christine Hron
1142 S. 76th Street
Milwaukee, WI 53215
414-476-6278

SOKOL NAPERVILLE

President - Debbie Smith
1097 Bothwell Lane
Bolingbrook, IL 60440
708-759-6232

Secy. - Marsha Filipello
528 Laurel
Romeoville, IL 60441
815-886-5952

Fin. Secy. - Lynda Filipello
4401 Fender
Lisle, IL 60532
708-355-2572

Wos. Dir. - Lynda Filipello
4401 Fender
Lisle, IL 60532
708-355-2572

Men's Dir. - Tina Filipello
629 Iola Avenue
Romeoville, IL 60441
815-886-1235

SOKOL RACINE

Mtg. - 3rd Thursday
President - Helen Lexa
2016 Marquette St.
Racine, WI 53402
414-633-3806

Secy. - Alice Larson
1834 Polaris Avenue
Racine, WI 53404
414-633-6927

Fin. Secy. - Betty Smerchek
5301 6-Mile Road
Racine, WI 53402
414-639-1367

SOKOL ST. LOUIS

4690 Lannsdowne
St. Louis, MO 63116
314-752-8168

Mtg. - 4th Thursday
President - MaryAnn Sulz
5438 Winona
St. Louis, MO 63109
314-832-3744

Secy. - Bernadette Sieli
4732 Varrelmann Ave.
St. Louis, MO 63116
314-352-7066

Fin. Secy. - Marcella Milcic
4422 S. 37th Street
St. Louis, MO 63116
314-352-8536

Ed. Dir. - Lou Matustik
9611 Cinnabar
St. Louis, MO 63126
314-849-5052

Wos. Dir. - Marla Breidenbach
4937 Trailside Court
St. Louis, MO 63128
314-894-1792

Men's Dir. - Greg Strnad
3 Oak Ridge Drive
Washington, MO 63090
314-239-2995

SOKOL SLAVSKY

6445 W. 27th Place
Berwyn, IL 60402
708-484-9403

Mtg. - 1st Wednesday
President - Bernie Babka
339 Lawton
Riverside, IL 60546
708-442-8810

Secy. - Helen Sevcu
2411 Elmwood Ave.
Berwyn, IL 60402
708-484-2539

Fin. Secy. - Dorothy Becker
1808 Wisconsin Ave.
Berwyn, IL 60402
708-795-8376

Ed. Dir. - Robert Baumruk
6710 Riverside Drive
Berwyn, IL 60402
708-788-2552

Director - Ellie Babka
339 Lawton
Riverside, IL 60546
708-442-8810

Asst. Dir. - Tom Pajer
2823 S. Maple
Berwyn, IL 60402
708-788-3747

SOKOL STICKNEY

4131 S. Home Avenue
Stickney, IL 60402
Mtg. - 1st Wednesday

President - Charles Borvansky
4542 Hawthorne
Lyons, IL 60534
708-442-1661

Secy. - Nancy Borvansky
4542 Hawthorne
Lyons, IL 60534
708-442-1661

Fin. Secy. - Audrey Austrevich
2703 S. Cuyler
Berwyn, IL 60402
708-795-6099

Ed. Dir. - Nancy Borvansky
4542 Hawthorne
Lyons, IL 60534
708-442-1661

Wos. Dir. - Barbara Barnes
25W125 Essex
Naperville, IL 60540
708-335-7020

Men's Dir. - Jay Vondra
7012 W. 41st Street
Stickney, IL 60402
708-788-2346

SOKOL TABOR

No Information Received

SOKOLICE TABOR

1602 S. Clarence Ave.
Berwyn, IL 60402
708-788-7977

Mtg. - 1st Friday
President - Jane Jurew
710 S. Humphrey
Oak Park, IL 60304
708-383-5640

Secy. - Mildred Homolka
2513 S. 60th Court
Cicero, IL 60650
708-656-5028

Fin. Secy. - Valentine Husak
2633 Home Avenue
Berwyn, IL 60402
708-788-2111

Wos. Dir. - Helen Onni
2444 S. First Avenue
N. Riverside, IL 60546
708-442-5258

SOKOL TOWN OF LAKE

3721 W. 111th Street
Chicago, IL 60655
312-779-0650

Mtg. - 2nd Wednesday
President - Marjorie Vyskocil
4220 S. Vernon Ave.
Brookfield, IL 60513
708-485-0722

Secy. - Mildred Mentzer
11358 S. Hamlin Ave.
Chicago, IL 60655
312-779-1272

Fin. Secy. - Vlasta Stribrny
12639 Timberlane Dr.
Palos Park, IL 60464
708-448-5349

Ed. Dir. - Robert Smunt
2635 Sunnyside Ave.
Westchester, IL 60153
708-562-8141

EASTERN DISTRICT

c/o Sokol New York
420 East 71st Street
New York, NY 10021
212-861-8206

President - Vladislav Slavik
58-03 Lawrence Street
Flushing, NY 11355
718-762-4798

Secy. - Carole Stora-Keil
152-36 12th Avenue
Whitestone, NY 11357

Treas. - Jean Stefkovic
31 High Lane
Mahopac, NY 10541
718-597-1404

Ed. Dir. - Irene Mergl
1278 First Avenue
New York, NY 10021
212-734-5105

Wos. Dir. - Dorothy Gurreri
46-05 21st Avenue
Long Island City, NY 11105
718-932-7013

Men's Dir. - Steve Frolo
2675 Farsund Court
Yorktown Hts., NY 10598
914-245-5961

SOKOL BALTIMORE

No Information Received

SOKOL BELCAMP

Mtg. - 2nd Sunday
President - Edward Kotras
2905 Creswell Road
Bel Air, MD 21015
410-836-2626

Secy. - Edward Kotras
2905 Creswell Road
Bel Air, MD 21015
410-836-2626

Fin. Secy. - Jerry Valcik
711 Long Bar Harbor Road
Abingdon, MD 21009
410-676-4330

SOKOL CURTIS BAY

Mtg. - 3rd Thursday
President - William Zaruba
634 Timothy Drive
Linthicum, MD 21090
410-859-0723

Secy. - Helen Henne
206 10th Ave.
Baltimore, MD 21225
410-789-7463

Fin. Secy. - Edward Henne
206 10th Ave.
Baltimore, MD 21225
410-789-7463

SOKOL FUEGNER

29-19 24th Ave.
Long Island City, NY 11102
Mtg. - 4th Tuesday

President - James Segota
240 E. 76th St. Apt. 10S
New York, NY 10021

Secy. - Joy Misek
38-38 29th St. Apt. 3L
Long Island City, NY 11101

Fin. Secy. - Jane Cerny
26 Middleton Rd.
Garden City, NY 11530
516-354-2863

SOKOL LITTLE FERRY

No Information Received

SOKOL WOMEN OF LITTLE FERRY

Mtg. - 3rd Tuesday
President - Nancy Choldnicki
6 Pine Cone Lane
Sparta, NJ 07871
201-729-5379

Secy. - Ellen Nyemcsik
214 Clinton Place
Hackensack, NJ 07601
201-343-7424

Fin. Secy. - Nancy Choldnicki
6 Pine Cone Lane
Sparta, NJ 07871
201-729-5379

Ed. Dir. - Blanche Bidnik
479 Grove Street
Clifton, NJ 07013
201-365-1111

Wos. Dir. - Audrey Benda
43 Brandt Street
Little Ferry, NJ 07643
201-440-4263

SOKOL MIAMI

13325 Arch Creek Rd.
N. Miami, FL 33181
Mtg. - Every Monday
President - Emilie Ruzicka
1225 NE 124th St. #20C
N. Miami, FL 33261
305-895-2424

Secy. - Blanche Zraly
532 Briarwood Circle
Hollywood, FL 33024
305-987-7236

Fin. Secy. - Lillian Sturdik
2036 Sharon Street
Boca Raton, FL 33486
407-368-7547

Ed. Dir. - Emilie Ruzicka
1225 NE 124th St. #20C
N. Miami, FL 33261
305-895-2424

SOKOL NEW YORK

420 E. 71 Street
New York, NY 10021
212-861-8206

Mtg. - Last Thursday
President - Norma Zabka
203 E. 72 Street
New York, NY 10021
212-249-6647

Secy. - Antonie Mahoney
434 E. 72 Street
New York, NY 10021
212-249-0826

Fin. Secy. - Beatrice Cihak
1540 York Avenue
New York, NY 10028
212-535-4567

Ed. Dir. - Irene Mergl
1278 First Avenue
New York, NY 10021
212-734-5105

Wos. Dir. - Pauline Reenock
1274 First Avenue
New York, NY 10021
212-628-8478

Men's Dir. - Steve Frolo
2675 Farsund Court
Yorktown Heights, NY 10598
914-245-5961

SOKOL PHILADELPHIA

President - Frank Hausgut
11933 Alberta Drive #5707
Philadelphia, PA 19154

Secy. - Rose Jaros
1515 N. Line Street
Lansdale, PA 19446

Fin. Secy. - Rose Jaros
1515 N. Line Street
Lansdale, PA 19446

SOKOL SCHENECTADY

c/o 1005 6th Street
Schenectady, NY 12303
518-355-6190

Mtg. - 4th Wednesday
President - Emilie Valenta
110 Wade Lupe Tower
Queens Drive
Schenectady, NY 12304
518-393-8615

Secy. - Mary Prokop
1005 6th Street
Schenectady, NY 12303
518-355-6190

Fin. Secy. - Caroline Jordan
1302 Second Avenue
Schenectady, NY 12303
518-393-2241

SOKOL WASHINGTON

No Information Received

NORTHEASTERN DISTRICT

Bohemian National Hall
4939 Broadway Ave.
Cleveland OH 44122
216-883-0675

President - Roger Martanovic
42 Santin Circle
Bedford, OH 44146
216-439-3088

Secy. - Sally McGowan
13551 Prospect Road
Strongsville, OH 44136
216-238-7263

Treas. - Donald Zak
3684 Townley Road
Shaker Hts., OH 44122
216-751-8601

Ed. Dir. - Dorothy Cummings
3620 Louis Drive
Broadview Hts., OH 44147
216-526-7730

Wos. Dir. - MaryAnn Fiordelis
31680 Norfolk
Livonia, MI 48152
313-478-8151

Men's Dir. - Howard Wise
5664 Dunedeen Circle
Brooklyn Hts., OH 44131
216-642-1429

SOKOL DETROIT

Sokol Cultural Center
23600 W. Warren
Dearborn Hts., MI 48127
313-278-9493

Mtg. - 1st Thursday
President - Edward Sabados
43911 Orleans Court
Canton, MI 48187
313-453-1692

Secy. - Anna Eisner
2750 Emily Street
Melvindale, MI 48122
313-382-0406

Fin. Secy. - Carolyn Sabados
43911 Orleans Court
Canton, MI 48187
313-453-1692

Ed. Dir. - Louis Teichman
8977 Manor Avenue
Allen Park, MI 48101
313-928-7220

Wos. Dir. - MaryAnn Fiordelis
31680 Norfolk
Livonia, MI 48152
313-478-8151

Men's Dir. - Bruce Singley
150 S. Silvery Lane
Dearborn, MI 48124
313-563-7656

SOKOL GREATER CLEVELAND

Bohemian National Hall
4939 Broadway Ave.
Cleveland OH 44122
216-641-9777

Mtg. - 2nd Monday
President - John Dusek
8616 Brandywine Road
Sagamore Hills, OH 44067
216-467-4674

Secy. - Sally McGowan
13551 Prospect Road
Strongsville, OH 44136
216-238-7263

Fin. Secy. - Gerri Sliva
5920 Burns Road
N. Olmsted, OH 44070
216-734-6134

Ed. Dir. - Mary Jane Kotlan
4397 W. 10th St.
Cleveland, OH 44109
216-398-3930

Wos. Dir. - Agnes Friend
757 Lincoln Blvd.
Bedford, OH 44146
216-232-0376

PACIFIC DISTRICT

Sokol Hall
500 N. Western Avenue
Los Angeles, CA 90004

President - Joseph Zelenka
10350 Montgomery Ave.
Granada Hills, CA 91344
818-891-2848

Secy. - Jiri Liska
540 Racquet Club Lane
Thousand Oaks, CA 91360
805-496-6933

Treas. - Kveta Liska
540 Racquet Club Lane
Thousand Oaks, CA 91360
805-496-6933

Ed. Dir. - Blanche Duffey
249 W. Poplar Ave.
San Mateo, CA 94402
415-344-5015

Wos. Dir. - Cheri Riddle
113 2nd Street
Clovis, CA 93612
209-299-5807

Men's Dir. - Lubos Hintnaus
24701 Charlton Drive
Laguna Hills, CA 92653
714-831-7485

SOKOL FRESNO

Mtg. - 2nd Sunday

President - Victor Nemechek
10683 E. Bullard Avenue
Clovis, CA 96312
209-323-9888

Corres. Secy. - Jeffie Filgas
2587 Barstow
Clovis, CA 93611
209-299-4638

Fin. Secy. - Lillian Hokr
6501 N. San Pedro Ave.
Fresno, CA 93711
209-449-0215

Wos. Dir. - Cheri Riddle
113 2nd Street
Clovis, CA 93612
209-299-5807

SOKOL LOS ANGELES

Sokol Hall
500 N. Western Avenue
Los Angeles, CA 90004
213-462-9849

Mtg. - 3rd Monday
President - Joseph Zelenka
10350 Montgomery Avenue
Granada Hills, CA 91344
818-891-2848

Corres. Secy. - Louise Kis
10740 Rhodesia Avenue
Sunland, CA 91040
818-353-7043

Fin. Secy. - Louise Nekuda
2653 Hartland Circle
Westlake Village, CA 91361
805-497-9207

Ed. Dir. - Jerry Vondracek
2386 Via Mariposa West #2E
Laguna, CA 92653
714-380-1762

Wos. Dir. - Janelle Perez
17661 Santa Teresa Circle
Fountain Valley, CA 92708
714-841-0600

Men's Dir. - Jiri Liska
540 Racquet Club Lane
Thousand Oaks, CA 91360
805-496-6933

SOKOL SAN FRANCISCO

No Information Received

SOUTHERN DISTRICT

P.O. Box 205
Ennis, TX 75120

President - Larry Laznovsky
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Ennis, TX 75119
214-878-5987

Secy. - Rhonda Liska

P.O. Box 103
Ennis, TX 75120
214-878-6295

Fin. Sec. - Mary Steinman

4737 Fawn Dr.
Ft. Worth, TX 76132
817-292-6694

Ed. Dir. - Bernard Pivonka

715 W. 26th Street
Houston, TX 77008
713-861-7403

Wos. Dir. - Sylvia Laznovsky

Rte. 7, Box 47
Ennis, TX 75119
214-878-3091

Men's Dir. - Rome Milan

8894 Random
Ft. Worth, TX 76179
817-236-3620

SOKOL CORPUS CHRISTI

P.O. Box 7847
Corpus Christi, TX 78467
512-852-9042

Mtg. - 2nd Tuesday

President - Norma Baker

2030 Frederick Drive
Corpus Christi, TX 78417
512-855-6458

Secy. - Helen Pavelka

Rte. 4, Box 118
Robstown, TX 78380
512-387-1384

Fin. Secy. - Anita Regmund

1046 Vaky
Corpus Christi, TX 78404
512-854-8015

Director - Nancy Helm

635 Yorktown Blvd.
Corpus Christi, TX 78418
512-939-8814

SOKOL FT. WORTH

6500 Boat Club Road
Ft. Worth, TX 76135
817-237-5181

Mtg. - 3rd Tuesday

President - Jerry Milan

6208 Lakeside
Ft. Worth, TX 76114
817-237-4237

Secy. - Gay Williams

5012 Glade
Ft. Worth, TX 76114
817-626-5125

Fin. Secy. - Jeanne Mason

6020 Longhorn Lane
Ft. Worth, TX 76179
817-237-7512

Wos. Dir. - Wade Garrett

c/o 6500 Boat Club Road
Ft. Worth, TX 76135

Men's Dir. - Kevin Bates

c/o 6500 Boat Club Road
Ft. Worth, TX 76135

SOKOL HOUSTON

1314 W. Patton
Houston, TX 77009
713-861-2828

Mtg. - 2nd Friday

President - Melvin Sowa

8922 Pebble Mesa
Houston, TX 77088
713-448-0058

Secy. - Patricia Silhan

318 Saddle Horn
Houston, TX 77060
713-931-1841

Fin. Secy. - Ronald Silhan

318 Saddle Horn
Houston, TX 77060
713-931-1841

Ed. Dir. - Louise Keyes

6231 Lindy Ann
Houston, TX 77008
713-862-6594

Wos. Dir. - Lisa Pack

525 Ridge St.
Houston, TX 77009
713-864-5787

Men's Dir. - Betsy Sowa

8922 Pebble Mesa
Houston, TX 77088
713-448-0058

SOKOL KAREL

HAVLICEK, YUKON

205 N. Czech Hall
Yukon, OK 73099
Mtg. - 1st Sunday

President - Alma Stejskal

Rte. 3, Box 73
Yukon, OK 73099
405-324-0855

Secy. - Mary Polasek

306 N. Johnson Way
Mustang, OK 73064
405-376-2269

Fin. Secy. - Bernice Werner

7020 S. Harvey
Oklahoma City, OK 73136
405-636-0153

Ed. Dir. - LaVerne Benda

6804 N. Libby
Oklahoma City, OK 73132
405-721-4396

Wos. Dir. - Mary Polasek

306 N. Johnson Way
Mustang, OK 73064
405-376-2269

Men's Dir. - Anton Stejskal

Rte. 3, Box 74
Yukon, OK 73099
405-324-2996

SOKOL KAREL

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Excerpts - National Director of Women's Annual Report -- 1993-94

XIIth All Sokol Slet Prague - July, 1993

Much effort was spent with preparations for the American Sokol people to attend this historic event. Interest ran very high; even among people who had not been 'active' for years. 250-300 American Sokol members travelled to Prague and participated in the Slet activities.

- ◆ The 'Verna Garda' calisthenics was chosen as the "official" calisthenics in which the ASO would participate. Through the efforts of a handful of individuals, we also had significant participation in the Womens "Kameval" calisthenics and even a small contingent in the Mens Calisthenics. Many individuals helped prepare our participants by translating/teaching calisthenics to the ASO participants.
- ◆ Surveys were made; calisthenics positions assigned and reassigned, and forwarded to the COS. Uniform ordering information was also disseminated.
- ◆ The language difference proved to be a substantial problem with our inability to translate information received. Flow of information from the COS and response to direct questions left much to be desired. Information received from alternate sources, some official and some unofficial, was frequently conflicting; but we attempted to keep our people as informed as possible through "Prague Watch" columns in the *Directors Newsletter* and the *Sokol Gymnast* monthly publications.
- ◆ From all reports, there were few major problems in Prague and everyone enjoyed a very "moving" experience.

National Instructors Course

Another successful ASO National Instructors Course was conducted in Omaha (hosted by Sokol South Omaha) with 30 students attending. Beginner, Intermediate, and Advanced curriculum were presented.

District Directors Conference

Another successful District Directors Conference was held in October, 1993. In order to minimize expense to the ASO, individual districts covered the travel/housing expenses of their district directors; other ASO BOI officers paid their own expenses. The 1993 Slet was discussed and reviewed at length with an eye towards improving the 1997 Slet. The Tournament Rules were also reviewed and updated.

Uniform Review Committee

A uniform review committee was formed to review all current gym uniforms and recommend needed changes at the Convention BOI meetings in June, 1995. To date the committee has met a number of times; is working with the Uniform Division; and is now investigating costs and suppliers.

School Board

After some years of inactivity, the National School Board has been reactivated. Since most of our Sokol Instructors Courses now cross organizations, Sokol USA and DA Sokol have been invited to seat one member each on the National School Board. To minimize travel expenses, meetings have been held in Prague during the Slet activities, during the 1994 ASO Instructors School, and at the 1994 USA Gymnastics Coaches Congress in Nashville.

'Sokol Gymnast' Publication

After almost ten years of service, Bro. Michalek stepped down as editor of the 'Sokol Gymnast' portion of the American Sokol publication. Bro. Kalat assumed the editor position as of the January, 1994 issue.

Gymnastic Skills Programs

The Tots, Girls, and Boys Gymnastic Skills programs continue to be used by our units. The basic skills patch was revised and modernized to enhance interest and enthusiasm in the programs.

BOI Budget Track Analysis and Review

In light of the financial difficulties facing the national organization, a 1990-94 BOI budget track was prepared, analyzed and reviewed. This budget track showed the BOI substantially under budget as a whole although some budget items were significantly over budget. Expense saving / income increasing recommendations resulting from this effort were forwarded to the Board of Governors for consideration. A significant effort will be required before the 1995 Convention to properly prepare a BOI budget for the 1995-2000 period.

1997 American Sokol Slet

A call for Slet Calisthenics authors for the 1997 American Sokol Slet has gone out. We are pleased with the response. At the time of this report, there are 3 children's calisthenics, 2 juniors calisthenics, and 2 senior calisthenics projects in the works. The deadline for initial submission of video tape calisthenics presentations is June 1, 1995.

Nazdar! - Janet Kalat - ASO Womens Director

WANDS ARE SUITABLE FOR WOMEN

The following is an article from the March, 1994 issue of Sokolsky Cvicitel published by the COS. It was translated into English by Bro. Jiri Liska:

We have known about wands for a long time, and there is no doubt about their practical use. As an implement, the wand offers unlimited possibilities to all age groups. It is priceless, especially for posture exercises that are so important for the younger generation. It is also a popular implement for various forms of games for tots and school children. Adults use the wand not only in posture exercises but often also in stretching and strength exercises. Frequently, the wands become impressive implements at Sokol Slets, Spartakiads, and in special numbers.

This lesson which is in fact a list of movements, is addressed to middle aged or older women. We offer the wand exercise as a means to utilize wands in a different way than usually used by women instructors for posture and strength exercises. We emphasize movements in a standing position, enriched by steps, leaps, and turns. We continue to work movements of wrists and of the whole arm and finally require some additional skill in holding, turning, circling, throwing and catching the wand. All this can be done in accompaniment of free rhythmic music in 4/4 time (or the waltz beat is also appropriate). It is obvious that when performing, we should also see esthetically pleasing movement, smoothness and fluency, not only with the wand itself but also with entire body expression.

Gymnasts should certainly be able to master all these variations and "wand tricks" and so enrich both regular class time and also future special numbers.

Examples of Exercises (Refer to Diagrams)

1. Work on wrist's mobility and smooth movement of arms, led by elbows. In the 2nd and 4th beat, push the instep of the foot, resting on half point, forward as much as possible.
2. The small side circle with the wand in front of the body should be led by lifting the elbows to a fixed ending, i.e. to uparm. When you rise in the 3rd count of the 2nd beat, execute it with a frontbow of the chest (by rounding and shifting the pelvis under) and move the arm up again by lifting the elbows, like breathing in, back to the initial position.
3. In half squat rearleg, push your trunk back against your lifted wrists. Begin the small side circle in front of the body again, shift the pelvis under, rounding the trunk and easing up the arms and elbows.
4. In the 2nd beat, try to move to extremes in sidebows.
5. The stride stand is firm, and when turning, neither lift nor displace legs. The impulse to lift up the wand is the same on both hands in order to keep the wand in horizontal position.
6. Stretch as much as you can with the "arm, trunk, and leg in a straight line" position.
7. Two dips in half squat rearleg should move the pelvis straight down and the pelvis should be pushed forward over the front standing leg in order to make the swing easier and higher.
8. The front bow with turn of trunk must be straight, even arched; push the wand held by hand as near to floor as possible.
9. Turn the wand frontway in front of the body by changing grip, holding the wand in the middle. When you become more skilled, you can turn it two times during one count.
10. Like with the Indian Clubs, you can practice side circles to left or right side by holding the wand on one end with both hands. Of course, change grip in your fingers carefully. When the trunk is circling, the wand should hang downward, so hold it lightly -- do not squeeze it tightly.
11. Turn the wand fast four times (holding it at ends), the right and then the left and up, and follow up smoothly circling the trunk at ease.
12. The front leg swing over should be very fast. Before the wand begins to fall, you have to catch it by one hand. Swinging legs over a vertical wand is easy and enjoyable.

Eva Bémová, Draha Horáková

Nolan Ryan On Fitness

For many people, being more active may simply mean taking advantage of existing opportunities for physical activity. For Nolan Ryan it means following a simple formula -- accumulate a minimum of 30 minutes of moderate-intensity physical activity over the course of most days of the week.

In a move to improve the health and well-being of millions of Americans, the President's Council on Physical Fitness and the Advil Forum on Health Education have teamed up with Nolan Ryan, the 47 year-old baseball legend who holds the longest career player record in professional baseball, to help motivate Americans who are over the age of 40 to participate in regular physical activity.

"The Nolan Ryan Fitness Guide" has met with a fanfare of media attention. The manual of exercise routines was designed by Ryan and was written in collaboration with the noted exercise physiologist, James M. Ripple, M.D.

In the guide, Ryan points out the obvious -- Fitness and good health are within the reach of virtually anyone who will make a personal commitment to become and stay physically active.

"Being active not only helps you feel good physically, but it gives you time to ... prepare for the pressures of your day," said Ryan. In his manual, he offers these helpful tips to overcome the barriers to regular exercise.

◆ Barrier - No Time

Solutions: Work it into your day; Walk during lunch; Write physical activity into your calendar.

◆ Barrier - Can't Get Motivated

Solutions: Read books or magazines for inspiration; Enlist the help of a friend; Set specific, short term goals; Reward yourself.

◆ Barrier - Boredom

Solutions: Vary your activity; Choose activities you enjoy.

For a free copy of "The Nolan Ryan Fitness Guide," write to the Advil Forum on Health Education at 1500 Broadway, New York, NY, 10036.

Sport Law PROPER SUPERVISION

Coaches have a legal duty to insure the safety of the athletes they coach. The critical factor in that protection is proper supervision of athletes and their activities.

There are two types of supervision: general and specific. In general supervision, the coach should be in the general area of the activity where they can oversee the activity and react immediately to emergencies. Specific supervision requires the coach to be close enough to the activity to recognize changes in an athlete's condition or the situation that may result in harm.

During practice a coach's type of supervision may change a number of times. The determining factor in the requirement for supervision is the nature of the activity and the athletes who are participating. What that means is that the younger and less experienced the athletes, the more specific supervision is required. Specific supervision is also required when athletes are first learning new skills and the risk of injury is greatest. After skills are learned and the athletes are able to transfer these skills to a competitive situation, general supervision may be sufficient.

Proper supervision requires that coaches be alert to all that is going on in the athletic environment, which implies that coaches not participate in activities. Coaches must be able to observe improper technique, fatigue, and injuries in all participants at all times.

Supervision is one of the most vulnerable and often litigated areas for coaches. Being aware of your legal duty to supervise will provide a safer environment for athletes and allow for proper injury care when needed.

The Coaches Review - June, 1994

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HISTORY, HALLS AND HEROES

By Sis. Joan Sedlacek ~ Continued from the February '95 issue of "American Sokol."

Edwardsville and East St. Louis were two other old Sokol units. Built by the CSPS Lodge Rolnik #7, the National Hall in Edwardsville had a Sokol unit, lodges and of course, a language school. It has been placed on the Edwardsville register of local landmarks and is slated to be nominated for the National Register. It is considered to be the most impressive National Hall of any of the ethnic groups in southwestern Illinois, possibly of all ethnic buildings in Illinois, south of Chicago. The communities around East St. Louis have interesting names: Bloody Island, American Bottoms, Weed City, Sunken Garden, Whiskey Chute, Bad Lands, Ping Pong, Fireworks Station, French Village, Signal Hill, Goose Hill and Little Bohemia. You can guess where the hall was built.

At the other end of the Central District is Manitowoc. The Czechs and Slovaks who settled on the

west shore of Lake Michigan, 150 miles north of Chicago, were farmers, craftsmen and tradesmen. The men left as immigrants to fight in the Civil War and returned as Americans. By 1870, CSPS Lodge #132 was formed - land was purchased and in 1889 the Ceska Slovanska Lipa Opera House was built. For a consideration of \$5,000, Sokol became a co-owner of the building. The first floor was the gymnasium where the young men practiced their gymnastic prowess. A ZCJB Lodge became the third co-owner and together the three organizations held wonderful dances for Christmas and Sibirsky. Decorations were made, lights hung and everyone from the youngest to the oldest dressed in their finest clothes to add to the color and the festivities. Money earned from food sales was sent to the "Old Country" to support the independence struggles during World War I. Dancing and language

classes, poultry exhibits and automobile shows, graduation exercises and band concerts all found their way through the doors of the Opera House. When the need to enlarge came, 200,000 bricks were used in the stage addition.

It was a wonderful place, with road shows moving in and out; the scenery hanging from the ceiling and the orchestra pit and theater boxes. The huge chandelier was lowered by ropes and each prism removed, washed, polished and replaced with care. The seats were dusted with turkey feather dusters. The pride of the people kept the Opera House clean, loved and useful. The young men of Sokol put on numerous gymnastic performances wearing white sleeveless jerseys and white trousers with black belts. The young women were dressed in white

Continued on Page 8.

HISTORY, HALLS AND HEROES (continued)

middies with black ties, full black bloomers, black stockings and soft shoes. The women worked on the horse, rings and with wands. In the 20's, movies were becoming more popular and prohibition ended the congenial basement bar. People drove to Chicago and Green Bay to dance to the big name bands and local entertainments were fewer. The cleaning and love and pride of the people couldn't keep the Opera House alive. Vandals shredded the scenery, destroyed the chandelier and tore the fixtures from the walls until only a ruined shell awaited a final blow.

Last summer we had the honor and privilege to be in Prague for the Sokol Slet and parade. Many of us have walked the streets of Prague. Maps and guidebooks in hand, necks craning to see everything, we have added our footsteps to the cobblestones that have borne the weight of footsteps for hundreds of years. We have followed the paths of history and marveled at the buildings where time has stood still. We have passed beneath the ever present scaffolding, unavoidable in most pictures, cursing it in the sun and blessing it in the rain. The cobbled streets lead us to the shops and wind forever when we are laden with packages.

When evening comes, we spend it inside. The stores and museums are closed. Eating, visiting, resting or packing consumes the hours until bed; for the tourist. The people of Prague know the ideal time to see their home town is when the sun goes down. When the street lamps are lit and building floodlights

come on, Prague is transformed. Gone is the dirt and the old gray buildings. Gone are the rushing crowds and the lines of people. Gone is the frenzy of people hurrying to reach a destination. When the sky darkens and lamps soften the shapes, time slows. People stroll arm in arm and drift to their favorite night spots. Wander across Charles Bridge. Hradcany, rising from the darkness, dominates the skyline, just as it does in the sun. Floodlights almost make the sun seem pale. Looking through the gate to Mala Strana, the streets curving away, the street lamps beckoning and the sound of steps upon the cobblestones. All calling the strollers to follow the curves and lamps and footfalls into a wonderland of a softly lit, glowing dream.

Karlov Most at night, with Novy Mesto duplicated in the Vltava – The statues dark and brooding specters, artists displaying their work beneath the soft glow of the street lamps. Sheltered by the larger statues are groups of folk singers; with guitars and bases, they remember the songs of their heritage and of the world. They sing in Czech or Slovak, English or German, mimicking the records they've heard. Here the young and old gather for enjoyment, entertainment and quiet inner reflection.

Follow the scaffold tunnels to the Old Town Square to watch the Orloj. Even the after dark crowds are large, watching and waiting until the moment the hour comes. Time in the square comes to a halt while

the apostles pass, bells ring and the cock crows. When the clock is again quiet, life begins and the people pass through the tunnels to other forms of entertainment. Go with a group, a friend or join the lovers for an unforgettable evening. When Libuse saw Prague as a city whose glory would outshine the stars, she surely was seeing Prague at night..

In the early 1900's, brewery owners had absolute control over their product. They owned many retail buildings where there were taverns. Sometimes, in order to get beer, tavern owners had to lease their property to the breweries and then rent them back. Wholesale prices were also kept high and works couldn't pay more than 5¢ for a stein, so the tavern owners were caught in the middle. In 1903, in true American style, seven tavern owners founded their own brewery and named it Pilsen.

When the Sokol units outgrew the Coliseum and public parks were too public, they went to the Pilsen Brewing Company. In return for the use of some land, the Sokols offered to clear the weeds and prepare the area for their own use. With the success of the Sokol functions, the brewery walled off the plot, built pavilions and opened a private picnicground. The company rented the whole place to organizations and sold beer.

Pilsen Park developed into the city's leading site for summertime nationality festivals. Czechs,

Continued on Page 10.

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Nazdar! Convention Banquet Committee

Sis. Ulasta and Bro. Roy Zitny, Co-Chairpersons

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HISTORY, HALLS AND HEROES (continued)

Slovaks, Poles, Italians, Russians, Scandinavians and other ethnic organizations filled Pilsen Park on weekends to sing, dance and drink beer. Rallies were held to promote the establishment of Czechoslovakia after World War I. Pilsen Park is now gone. The land, the buildings, the bands, the lights shining from trees. But mention the name to anyone who was there and it comes alive again, with a smile and a memory. Music is heard, young couples dance and the lights shine again. Love and laughter. Hard-working people putting aside cares and troubles for a magical evening at Pilsen Park.

I don't know the names of my heroes. Many are only remembered in their units by a few "old timers." To the younger or newer members, they are a name on a list or a nameless picture on the wall. They weren't officers or outstanding

teachers. They were never champions or leaders. These special nameless Sisters and Brothers were and are the faithful followers. They are the ones who work in the kitchens so the teachers can be on the floor. They are the ones who work in the bar so the musicians can be on the stage. They are the ones who were never great athletes, but they kept the gym classes full and were the masses in the calisthenics. They weren't the lead actors on the stage, but they were the ones who cleaned the building and set up the chairs that made a gym into a theater. They made the costumes, sold the tickets, changed the scenery and sat in the audience. They are the followers who made the leaders, the competitors who made the champions, the classes who made the teachers. They are the proof of "Ni Zisk, Ni Slavu (Not for Profit or Glory)."

We need leaders and champions. We cannot exist without those who are willing to step forward and take charge. By the same token, we would not have come as far as we have, nor will go as far into the future as we wish without the cooks and bakers, the teacher helpers and drivers, the bartenders and floor scrubbers, those who come early to set up and stay late to take down and put away. The ones always counted on and never failing and all the quiet, dedicated unsung heroes. Their names were and are, SOKOL.

Looking out today, I see many I could call heroes, but to me they are called friends. The torch has been passed to us - to you and to me. It is up to us how brightly the torch will shine. No flame, no matter how brightly it begins, can continue without added fuel. We must get new members, new fuel, if Sokol is to continue to shine.

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