

american **SOKOL**

Volume CXVI, Number VII

JULY/AUGUST 1995

ASO Merit Award Recipients 1995/96



MARY MEYER
Sokol Greater Cleveland
Northeastern District



RYAN T. MULLICAN
Sokol KHB Ennis
Southern District



KARALYN SELK
Sokolice South Omaha
Western District



KANDI ONDROVIC
Sokol Berwyn-Slavsky
Central District



NADIA NAKONECZNYJ
Sokol Ceska Sin
Central District

American Sokol

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EDITOR - PATRICIA SATEK

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From Your Editor...

Change is inevitable. The recent convention has brought before us a number of changes in all aspects of our organization. It will take a while for you to become aware of all that has occurred, but the convention minutes will be presented herein and though perhaps a bit dry and dull and at times useless to you because of the way they are presented, they will offer you the opportunity to investigate the changes and educate you as to questions you might want to ask. First and foremost, our officers are almost entirely new. They are listed at left. The publication will be undergoing some revision and because the minutes do not hold a thorough description of what is to occur, I have included my committee report from the convention (Page 9). Look to Page 11 for implementation of one of the committee's recommendations. I hope each and every one of you is interested in what happened at the convention and will take the time to read the minutes and ask questions. Oh, I can't forget to congratulate our Merit Award recipients for this year. Much success to you all! As always, keep in touch, I look forward to hearing from you.

NA ZDARI!

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

CALENDAR of EVENTS

AUGUST

- 13 Sokol Minnesota Booya
Picnic, Sokol Camp
20 Czech Festival, Bechyn, MN
27 Chicagoland Sokol Bldg.
Assoc. Picnic, Natl. Grove #1

SEPTEMBER

- 17 Sokol South Omaha Czech
Festival
23 Westfest, West, TX

OCTOBER

- 11-15 Czechoslovak Genealogical/
Cultural Conference, William
Tell Inn, Countryside, IL

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*Responsibility
is the price
of greatness.*

❖ *Winston Churchill*

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.*

American Sokol Organization XVI Convention

General Session – Saturday, June 17, 1995

First session of the Convention was convened at 12:05 PM by American Sokol Organization President Bro. Charles Borvansky. The National Anthems were sung, colors were posted and the Pledge of Allegiance to the Flag of the United States of America was recited. A moment of silence was observed in memory of Sokol members who had passed away during the past five years. Color guard was retired.

Bro. John Satek, President of the Central District, host district of the Convention was introduced. He stated that he is appreciative of the delegates' time and asked for their cooperation during the sessions. The decisions are in the hands of the delegates to follow the directives of their Units and Districts. Committees to which individuals have been assigned will implement the goals of this Convention.

Pep talk was given by Bro. Borvansky. It is up to the delegates to see that the goals are carried out. During the past five years new innovations have been tried. Some have worked while others have not. Transactions made today will lead us into the 21st Century.

Credentials Committee - Bro. R. Martanovic: Delegates have been authorized and checked. One more delegate has to check in. Thanks were given to the Credential Committee members for their efforts.

Rules and Order Committee - Bro. B. Babka: Representatives made a review of the Rules and Orders of the last Convention and adopted these additions:

- 1) Convention delegates must attend all sessions of the Convention in order to receive traveling expense and per diem from the Convention Fund.
- 2) Committees must attend all sessions of the Convention.
- 3) No smoking on the Convention floor while Convention is in session.
- 4) Guests and alternates must sit in designated area.
- 5) Only delegates and invited guests of the American Sokol Organization Executive Board may speak to the Convention.
- 6) Only delegates and alternates are allowed on the Convention floor.
- 7) Delegates must approach microphone to be recognized by the Chair; must state name, identification number, Unit and District, in that order.
- 8) Each delegate may speak twice on any question, the first time for not more than five (5) minutes, the second time for not more than two (2) minutes. If he/she wants more time, or wishes to speak more than twice, he/she must receive permission of the Convention. The one who proposes a question may not speak more than three (3) times and shall have the right to close the debates; his/her third speech shall not be more than five (5) minutes, without the permission of the Convention.
- 9) Location of the Executive Board of the American Sokol Organization will be voted on at the session on Sunday, June 18, 1995.
- 10) Officers of American Sokol Organization Executive Board shall be elected on the morning of the final day, Tuesday, June 20, 1995.
- 11) The Rules and Order Committee will count hand votes if ordered by the Chair.
- 12) A Minutes Review Committee will be established with a representative of each District. Copies of the minutes will be distributed to the delegates when they are available. If a delegate has a

Continued on Page 4.

correction, he/she will contact his/her District's Minutes Review Committee member who will present that correction at the next committee meeting for considerations. The amended minutes will again be passed out to the delegates.

- 13) Robert's Rules of Order will take precedence if not covered in the American Sokol Organization By-Laws.
- 14) Roll call votes shall be done by polling the District Presidents who shall have polled the Units in their Districts. Roll call vote will take precedence.

Question was raised as to what day the Headquarters of the American Sokol Organization Executive Board will be voted on.

Bro. R. Zitny - According to the last Convention this was done on Sunday, which was the first day of that Convention, therefore it should be decided at today's session. Bro. B. Babka so moved. Bro. L. Laznovsky seconded. Passed.

Bro. F. Kala - Prior to vote being taken, a total poll of delegates and votes should be taken.

Central District - 171 votes and 24 delegates
Northeastern District - 92 votes and 14 delegates
Southern District - 115 votes and 17 delegates
Eastern District - 79 votes and 16 delegates, 1 delegate missing
Western District - 114 votes and 17 delegates
Pacific District - 29 votes and 8 delegates

American Sokol Organization Executive Board - 12 votes
American Sokol Organization Board of Instructors - 2 votes

Sis. J. Pros stated there are a total of 113 delegates with one missing and a total of 614 votes.

Bro. B. Babka - There is a correction to the Rules and Order Committee report. #9 should state the Headquarters of the American Sokol Organization Executive Board should be decided at the first session of the Convention.

Bro. F. Kala moved that By-Laws be adopted by show of hands of at least 3/4 or roll call vote of 2/3. Roll call vote should be taken only if called by any authorized delegate; seconded by Bro. M. Dalton; passed.

Bro. B. Babka moved to accept report of Rules and Order Committee. Seconded by Bro. J. Satek, carried.

Next on the Agenda was the election of the Convention Officers. Nominations for Chairman being:

Bro. J. Satek placed Bro. V. Slavik's name in nomination for Chairman. Bro. R. Martanovic seconded. Bro. V. Slavik accepted.

Bro. R. Podhrasky placed Bro. L. Laznovsky's name in name in nomination for Chairman. Bro. R. Milan seconded. Bro. L. Laznovsky accepted.

Bro. M. Dalton placed Bro. R. Vanyo's name in name in nomination for Chairman. Bro. J. Riha seconded. Bro. R. Vanyo accepted.

Bro. R. Milan moved that nominations be closed, with Bro. J. Satek seconding. Motion passed.

Bro. J. Satek proposed that election be such that the top nominee become Chairman, with the second highest to be Vice-Chairman. Bro. J. Vencel seconded motion. Vote was taken with 32 opposed, therefor motion was defeated.

Bro. M. Dalton called for a 5-minute recess for caucus. Not granted at this time.

Continued on Page 5.

Bro. M. Dalton moved that receive of highest number of votes be declared Chairman, with the two remaining nominees being Vice-Chairmen. Bro. G. Masek seconded motion, which passed with 3 opposed.

Five minute recess taken for caucus.

Vote on second motion was taken with results as follows:

Central District - 171 votes for Bro. V. Slavik

Eastern District - 79 votes for Bro. V. Slavik

Western District - 114 votes for Bro. L. Laznovsky

Northeastern District - 92 votes for Bro. V. Slavik

Southern District - 115 votes for Bro. L. Laznovsky

Pacific District - 29 votes for Bro. L. Laznovsky

ASO & BOI - 6 votes for Bro. V. Slavik, 7 for Bro. L. Laznovsky, 1 for Bro. R. Vanyo

Bro. V. Slavik was declared Chairman.

Bro. V. Slavik stepped to the podium to assume the Chair. He thanked delegates for voting for him and asked that the procedure be kept to simple terms so the Convention can end on time.

Chairman V. Slavik opened the floor for nomination for a Parliamentarian who is familiar with Sokol procedures and By-Laws, along with a good knowledge of Robert's Rules of Order.

Bro. R. Zitny placed in nomination Bro. J. Riha. Bro. J. Riha respectfully declined.

Bro. M. Dalton placed in nomination Bro. G. Masek, who accepted the nomination.

Bro. J. Vencel moved to close nomination and that the secretary cast one unanimous ballot for Bro. G. Masek.

Bro. L. Laznovsky seconded motion. Carried with two opposed.

Chairman V. Slavik stated that Vice-Chairmen and Parliamentarian will be seated on the podium at future sessions.

Bro. J. Satek stated that the Central District would be ecstatic to have the Headquarters of the American Sokol Organization in the Central District. Bro. L. Laznovsky moved to leave the office in the Central District. Bro. J. Riha seconded the motion. Carried, with four in opposition.

Chairman V. Slavik stated that inasmuch as Bro. J. Satek is in charge of arrangements, he will announce the Committee Chairmen and meeting room assignments. Bro. J. Satek stated that he had some room assignments, however needed additional time to arrange for other room assignments.

Chairman V. Slavik stated that there are several representatives of our Brother and Sister Organizations present whom he introduced.

President of Sokol USA, Sis. Bea Walko who addressed the Convention stating that she is happy to be here and extended greeting from her organization. She looks forward to continued cooperative effort between our organizations. It is a joy to be here among friends. Having worked as the National Directress, she knows that the closeness will continue. Sokol USA is celebrating its 100th Anniversary during the weekend of July 4, 1996 in Philadelphia and extended an invitation to participate. Best wishes for successful deliberations.

Continued on Page 6.



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National Director Bro. R. Liptak from D.A. Sokol thanked the American Sokol Organization for inviting him to the Board of Instructors meetings and conference. Brings greetings from his members for a successful Convention.

Sis. P. Satek read the following greetings:

- D.A. Sokol sent greeting for 130th Anniversary and XVth Convention
- COS extends greetings. In the past years COS and ASO proved that Sokol spirit is genuine.
- World Sokol Federation, Bro. C. Sirovy extended congratulations on 130th Anniversary. Sokol activities are appreciated and thanked us for our cooperation for attending the XII All Sokol Slet in Prague.
- Illinois Governor Jim Edgar. Greetings and best wishes for a successful Convention. Sokol should take pride in accomplishments achieved.
- Slovak Catholic Sokols. Extended thanks for invitation to attend the banquet, however, due to conflict cannot attend.

Chairman V. Slavik would like to be advised of any notable persons being present so they can be recognized.

Bro. M. Kovac was introduced as Financial Secretary of Sokol USA.

Bro. R. Milan - Would like to acknowledge two delegates that will be attending the Gymnaestrada, which is an event of great popularity in Europe. Over 25,000 participants are expected this year.

Bro. R. Podhrasky stated that the By-Laws Committee is ready to report. this committee met in Dallas to prepare the document which was available for all delegates. They met again yesterday, making minor changes. Delegates were asked to review newly revised By-Laws.

At this point, Bro. J. Satek returned with committee room assignments and announced them.

Resolution Committee was asked to send a get well message to Bro. Stanley Barcal, who is ill and not present.

Sis. M. Pokorny and her committee will prepare greetings from this body.

Session will reconvene, Sunday, June 18, 1995 at 9:00 AM. After various announcement, meeting was adjourned at 2:00 PM.

American Sokol Organization XVI Convention

General Session - Sunday, June 18, 1995

The second session of the XVI Convention of the American Sokol Organization reconvened on Sunday, June 18, 1995. The session was called to order by Chairman V. Slavik at 9:03 AM. The Pledge of Allegiance was led by Bro. T. McLaughlin followed by a delegate roll call by District Presidents:

Central District - 24 delegates

Northeastern District - 14 delegates

Southern District - 17 delegates

Eastern District - 17 delegates

Western District - 17 delegates

Pacific District - 8 delegates

American Sokol Organization Executive Board - 12 dwe datacompelegates

American Sokol Organization Board of Instructors - 2 delegates

Continued on Page 7.



AMERICAN SOKOL ORGANIZATION

GYMNAST

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



WHY GET FIT?

No one would argue the value of fitness to overall health. But "being fit" means different things to different people. To the professional athlete, physical conditioning is the vital link to staying in the game. To most people, it's more a matter of meeting the demands of everyday life without getting overly tired -- and handling the occasional fastball thrown your way.

The health benefits of physical fitness are both physical and mental, lowering your risk for many diseases, while helping to increase longevity and improve your self esteem and ability to manage stress. You'll be more productive and safe at work, and better equipped to hit home runs when they're needed.

WHAT IS FITNESS?

There are several components to overall physical fitness. The primary building blocks are cardiorespiratory endurance, muscular strength and endurance, and flexibility. Other factors include your muscle-to-fat ratio (body composition), agility, sense of balance, and reaction time (especially important for sports).

The most beneficial program for overall fitness is one that addresses each of the primary fitness components:

- ◆ **aerobics for cardiorespiratory function**
- ◆ **strength training and conditioning for muscular strength and endurance**
- ◆ **stretching for improved flexibility**

If that sounds like too much to handle, don't despair. You don't have to do it all every day, and every bit of it you do, helps. Just start slowly, and build gradually. Commitment is a must, but if you think fitness requires lots of time and grueling workout sessions, you're mistaken.

Here are some of the specific health benefits of regular physical activity:

Heart Health: Can cut the risk of heart disease almost in half, and also may help prevent major risk factors, such as obesity and high blood pressure.

Cholesterol Control: Can improve blood cholesterol profiles by raising HDL levels (good cholesterol) and lowering triglycerides, another fat carried by the blood.

Muscling Out Fat: Improves the body's muscle-to-fat ratio by building or preserving muscle mass, which, in turn increases calorie-burning efficiency to reduce body fat.

Bone Support: Seems to slow the bone loss associated with advancing age -- a major cause of fractures in later life.

Insulin Enhancement: Enables the body to use insulin more efficiently, helping to control adult-onset diabetes.

Cancer Check: By combating obesity, appears to lower the risk of certain cancers, particularly cancers of the breast, colon, and uterus.

Aerobic Improvement: Slows the decline in aerobic capacity (the maximum volume of oxygen the body can consume) that is associated with aging, helping to improve cardiorespiratory health.

Weight Control: When combined with proper nutrition, can help control weight and prevent obesity, a major risk factor for many diseases.

Attitude Adjustment: Reduces anxiety and depression, improves self-esteem, and helps you better manage stress.

You never reach a point where it's too late to start getting active. No matter what you've done previously, you can improve the chance for longevity and quality of life by getting into the habit of regular physical activity.

The minimum goal for everyone should be to accumulate 30 minutes of moderate-intensity physical activity over the course of the day, for most days of the week.

THE AGING ATHLETE

Question: What do Nolan Ryan, Martina Navratilova, Edwin Moses, Joe Montana, and Kareem Abdul Jabbar have in common, other than the fact they will all be inducted into somebody's Hall of Fame?

Answer: They all continued to excel at the highest levels in their respective sports well into their thirties and forties.

Everyone thinks that these athletes had some special physiological secrets that allowed them to extend their careers well into their thirties or forties. Genetics must have been a factor in allowing Ryan to throw a 90+ mph fast ball as he approached AARP membership eligibility. But, like Ryan did, most older athletes simply continue to work hard at staying fit, fast, or powerful.

"The key to athletic performance as we age is to be consistent in our exercise programs," says Steven J. Fleck, a sports physiologist for the U. S. Olympic Committee in Colorado Springs. "If we de-train, it becomes very difficult to fight our way back into shape. Continuing an exercise program, even if it is a moderate one, is a lot easier than having to start all over."

Fleck adds that you should be realistic in your expectations and in planning your speed and power training program. "Don't think that you are going to be able to do 200 repetitions of a plyometric exercise. You don't have to give in to the aging process, but you do have to respect it."

Physiological Changes

Although there is not as much research on aging and performance as you might think, there are things on which experts agree. First, strength and power diminish with age, but there are huge differences from individual to individual. Fleck says that we may lose both physiological qualities at a rate of 1% a year after the ages of 30-35. How much of that is true aging as opposed to a lack of training is not known. We do know that continued strength and power training can enable people to perform at high levels very successfully at relatively advanced ages.

William J. Kramer, Ph.D., Director of Research at the Center for Sports Medicine at Penn State, explains some of the physiological changes that occur with aging. "Structural changes occur in the nervous system. There are alterations where the nervous and muscular systems interface

that result in a reduction of the ability of the body to 'recruit' muscle fibers. Not only is the ability to recruit muscular force reduced, the ability to activate muscles also appears to be compromised."

"The rate at which we develop force can also be affected by aging," continues Kramer. "As we age, it can take longer to produce a given amount of force. That can result in a loss of speed of movement."

Finally, Kramer and others theorize that a loss of Type 11 (fast twitch) muscle fibers occurs with age, but how and when that loss begins to happen remains unknown.

All of the factors just described cause athletes to lose running speed--probably the most visible sign of athletic aging. In order to maintain the ability to move fast as long as possible, flexibility, power, and improved sport technique have to be addressed. You are on your own to develop technique and strategy that will allow you to compensate for the loss of speed. But following are exercises and strategies designed to enhance flexibility and power.

Static Flexibility Exercises

Static stretching remains the same regardless of age. Do not assume that any kind of exercise will produce the flexibility and range of motion for a particular activity. There are specific stretching exercises for the joints and muscles involved in each activity. In addition to identifying and using those stretches, "doing the sport", as Fleck calls it, will help you to maintain a specific range of motion.

For running and for other sports that involve speed, daily stretching exercises for the ankle, calf, hamstring, quadriceps, hips, and lower back are appropriate. Hold the limit of the range of motion for 4-6 seconds and repeat each stretch 2-3 times. Three stretching exercises are illustrated below -- for the calf, hamstring, and quadriceps.



Dynamic Movement

To improve running speed, daily dynamic movement exercise routines are effective in counteracting the aging process. Leg swings, wall running, rapid arm movement, standing starts, strides, sprint practice, and patterned running (the type of movements used in a sport) are all examples of dynamic exercises. Leg swings (3 sets of 10), wall running (3 sets of 30 seconds), and rapid arm movement (relaxed arms; don't cross the midline of your body) are shown below.

Dynamic Movement Exercises



Leg Swings

Rapid Arm
Movement

Wall Running

Strength and Power

Although the emphasis here is on running speed and the legs, any athlete or exerciser should participate in a balanced resistance training program. Following are muscle groups and exercises for the upper body:

<u>Muscle Group</u>	<u>Exercises</u>
Abdominal Muscles	Sit-ups
Lower Back	Back Hyperextensions Deadlifts
	Back machine
Chest	Incline Bench Presses Bench Presses
Upper Back	Seated Rows Lat Pull Downs
Shoulders	Upright Rows Dumbbell presses
Arms	Bicep Curls Tricep Extensions

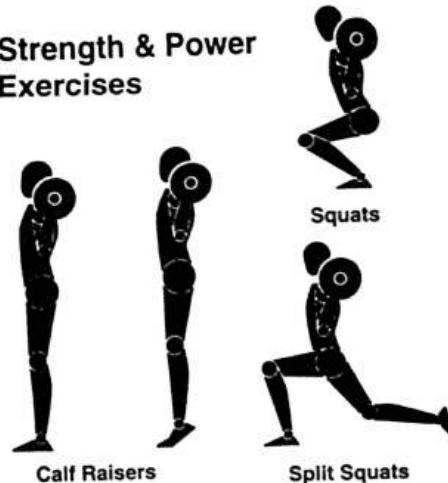
Squats, split squats, calf raisers, double knee extensions, single leg curls, and hang cleans/pulls are all good lower body lifts from which to choose. Perform leg curls daily and the other

exercises two times per week. Here are repetition guidelines for this group of exercises:

- ♦ Complete 3-5 sets.
- ♦ Rest 2-3 minutes between sets and exercises.

Try to move the weight as fast as possible to develop power. Illustrations of squats, split squats, and calf raisers are seen here.

Strength & Power Exercises



Calf Raisers

Split Squats

Accept and Resist

We are forced to recognize aging as a natural process and, at the same time, to do things that will diminish the effects of getting older on athletic performance. As with the "half-empty glass vs. half-full" perspective, it's up to you to cope with athletic aging as a problem or a challenge.

Penn State Sports Medicine Newsletter, July, 1995

Strength Training in Space

NASA and the Ariel Dynamics are developing a machine that will allow astronauts to have the equivalent of a weight room in space. Being out of shape is not a problem while in orbit because the body adapts easily to the weightless environment. However, when the astronauts return to Earth's gravity, they are weak under the weight of their suits and their bodies.

The prototype machine allows the astronauts to perform exercises similar to those found in a weight room. However, hydraulic pressure is used to provide the resistance. The exercise-in-space machine should also slow the loss of bone density in space. Without gravity, bones can lose calcium and become weak.

The space weight machine is expected to fly in space in 1996.

1995 SOUTHERN DISTRICT SLET

The 1995 Southern District Slet was hosted by the Sokol Gymnastic Association of West, June 2, 3, and 4th.

Optional Competitions were held on Friday evening, June 2, at the Sokol Gym. Awards were presented following the conclusion of the competition.

Compulsory competitions, Levels 2 through 6 for girls, and Classes 6 and 7 for boys were held at the Sokol Gym and Sokol's Lone Star Hall a few feet away. Group marching competitions followed with Sokol Ft. Worth the winner in the 35 and over group and Sokol Karel Havlicek Borovsky, Ennis, winning in the under 35 group. Volleyball Championships were held at the West High School Gym with Sokol Ft. Worth placing first and Sokol Karel Havlicek Borovsky, second.

A large group of participants and members attended the Awards Dance Saturday evening at Lone Star Hall. Dancing was to the music of the Moravian Kats. Junior and Senior awards were presented.

Slet rehearsals and program were held at the West High School Field. Following rehearsals, field events competitions were held with Sokol Ft. Worth in charge. A new feature this year was a Tot's performance of pre-designated skills for special achievement ribbons. This event, under the direction of Sis. Dolly Mikulencak of Sokol Houston, was held at the Sokol Gym on Sunday morning.

Musical accompaniment for the Slet Program was provided by the Dallas Czech Concert Orchestra under the direction of Bro. Sid Pokladnik. After the grand assembly of gymnasts, the anthems were sung. Bro. Daniel J. Moravec, President of Sokol West, welcomed the group and dedicated the 1995 Slet to Sokol West's past and present Directors of Men and Women. Directors of Men were Howard Freud, Robert Lednický, Henry Edgington, Daniel Moravec, and Directors of Women were Connie Williams, Gladys Quilter, Evelyn Cepak, Edwina Matus, and Daniel J. Moravec.

The Slet Program began with the tots' calisthenics. Following the children's calisthenics, their compulsory competition awards were presented. Unit teams vied in a relay race with Sokol Ft. Worth the winner. Winning group marching numbers were presented by Sokols Ft. Worth and Ennis. Tumbling exhibitions were given by both the children and juniors/seniors. The men and women of Sokol Ft. Worth presented the Men's

calisthenics from the 1994 Slet in Prague. The program concluded with the juniors and seniors performing the Verna Garda (Loyal Guard) from the 1994 Slet in Prague.

Level 2 - Junior Girls 12-14

- | | |
|-----------------------|-------|
| 1. Tiffany Meek Ennis | 37.15 |
|-----------------------|-------|

Level 4 - Junior Girls 12-14

- | | | |
|---------------|--------|-------|
| 1. Kelly Sims | Dallas | 35.60 |
|---------------|--------|-------|

Level 5 - Junior Girls 12-14

- | | | |
|------------------|-----------|-------|
| 1. Kim Vosberg | Ft. Worth | 42.65 |
| 2. Ashley Nekuza | Ennis | 41.60 |

Level 5 - Junior Girls 15-18

- | | | |
|-----------------|---------|-------|
| 1. Diane Hermis | Houston | 33.90 |
|-----------------|---------|-------|

Level 6 - Junior Girls 12-14

- | | | |
|---------------------|----------------|-------|
| 1. Stephanie Langer | Ennis | 38.40 |
| 2. Sarah Horton | West | 37.00 |
| 3. Casey McCluney | Ennis | 35.70 |
| 4. Judy Sheridan | Corpus Christi | 33.10 |

Class VII - Junior Boys 12-14

- | | | |
|--------------------|-------|-------|
| I. Ennis | 51.50 | |
| 1. Robert Anderson | Ennis | 14.40 |
| 2. Jacob Meek | Ennis | 14.20 |

Class VII - Junior Boys 15-18

- | | | |
|------------------|-------|-------|
| 1. Kyle Anderson | Ennis | 22.90 |
|------------------|-------|-------|

Class VII - Men

- | | | |
|------------------|-------|-------|
| 1. Ryan Mullican | Ennis | 30.60 |
|------------------|-------|-------|

NORTHEASTERN DISTRICT COMPETITIONS

April, 1995

HOSTED BY SOKOL DETROIT

Level 2 - Junior Girls

- | | |
|-------------------|--------------|
| 1. Amanda Pappas | G. Cleveland |
| 2. Heather Crosby | G. Cleveland |
| 3. Tara Crosby | G. Cleveland |
| 4. Nicole Gray | Detroit |
| 5. Jennifer Barty | G. Cleveland |
| 6. Mary Lanzola | G. Cleveland |
| 7. Adrian Grayson | Detroit |
| 8. Ellen Bartunek | G. Cleveland |

Level 4 - Junior Girls

- | | |
|-------------------|--------------|
| 1. Dana Bohach | G. Cleveland |
| 2. Tina Necasek | G. Cleveland |
| 3. Maya Simek | G. Cleveland |
| 4. Angela Wise | G. Cleveland |
| 5. Sandra Vondrak | Detroit |
| 6. Sarah Hickens | Detroit |
| 7. April Hull | G. Cleveland |
| 8. Melissa Barty | G. Cleveland |
| 9. Dina DiOrio | G. Cleveland |

Level 4 - Junior Girls - continued

- 10. Michele Juba G. Cleveland
- 11. Angela Bartik G. Cleveland

Level 5 - Junior Girls

- 1. Jennifer Chrusciel G. Cleveland
- 2. Kathy Kavan G. Cleveland
- 2. Melanie Krol G. Cleveland
- 4. Danielle Coleman G. Cleveland
- 5. Emily Prokop G. Cleveland
- 6. Katie Igrac G. Cleveland
- 7. Julie Prokop G. Cleveland
- 8. Kristi Toolis G. Cleveland
- 9. Maria Pinizzotto G. Cleveland

Novice - Junior Boys

- 1. Steven Wise G. Cleveland
- 2. Stephen Lanzola G..Cleveland
- 3. Jonathon Ciesla G. Cleveland
- 4. Blair Panackia Detroit
- 5. Charlie Beckerman G. Cleveland
- 6. Dale Madzia G. Cleveland
- 7. Joey Meyer G. Cleveland

Class VII - Junior Boys

- 1. Paul Hirsh G. Cleveland
- 2. John Igrac G. Cleveland
- 3. Tommy Necasek G. Cleveland

EASTERN DISTRICT COMPETITIONS

March 25, 1995

HOSTED BY SOKOL BALTIMORE

Intermediate - Junior Girls

- 1. Julia McCullins Baltimore 34.00
- 2. Jamie McCauley Baltimore 31.25

Level 2 - Junior Girls

- 1. Theresa Vitulli New York 32.45
- 2. Joan O'Dea New York 31.85
- 3. Rebecca Wax New York 30.65
- 4. Elizabeth Sheridan New York 28.40
- 5. Maria Ricardes New York 27.25
- 6. Vanessa Marion New York 26.70

High - Junior Girls

- 1. Kara Rippie Baltimore 33.40

Level 4 - Junior Girls

- 1. Kristen Ehrenberger Baltimore 32.90
- 2. Rachel Burchette Baltimore 32.30
- 3. Emanuella Grinberg New York 31.50

Level 5 - Junior Girls

- 1. Amy Lukas Baltimore 33.50
- 2. Marmie Aupperley Baltimore 32.80

Level 6 - Junior Girls

- 1. Tara Krebs Baltimore 33.80
- 2. Stacie Smith Baltimore 33.15

Masters I - Women

- 1. Marcelle King Baltimore 33.35
- 2. Anne Huber Baltimore 32.90

High - Junior Boys

- 1. Donnell Bonaparte Baltimore 44.85

Level VII - Junior Boys

- 1. Chris Reenock New York 55.20

WESTERN DISTRICT SLET

June 9-10, 1995

HOSTED BY SOKOL CEDAR RAPIDS

Level 2 - Junior Girls

- 1. Lindsey Selk South Omaha 35.40
- 2. Jennifer Allee Omaha 35.30
- 3. Kristina Allee Omaha 34.95
- 4. Mikayla Ward South Omaha 34.80
- 5. Cara VandeZardschulp C. Rapids 32.50

Level 4 - Junior Girls

- I. South Omaha 103.15
- II. Cedar Rapids 101.90
- III. Omaha 99.95
- IV. Omaha 96.75

- 1. Lindsay Balkovec South Omaha 35.75
- 2. Sarah Wieneke Cedar Rapids 35.20
- 3. Courtney Storm South Omaha 34.15
- 4. Elizabeth Bellion Omaha 34.05
- 5. Molly Dayton Cedar Rapids 33.80
- 6. Kristen Patterson Omaha 33.35
- 7. Jamie Wilson South Omaha 33.25
- 8. Tina Barta Crete 33.10
- 9. Anna Pease Cedar Rapids 32.90
- 10. Katie Hect T.J. Crete 32.70
- 11. Lori Sidzyk Omaha 32.55
- 12. Julie Sobczyk Omaha 32.50
- 13. Angie Barnes Omaha 32.30
- 14. Sarah Edgertpn Omaha 31.95
- 15. Anna Cziria Omaha 31.85
- 16. Samatha Fink Crete 31.70
- 17. Valerie Kohl Crete 31.15

Level 5 - Junior Girls

- I. South Omaha 99.50
- 1. Alison Kool South Omaha 34.75
- 2. Stephanie Jaksich South Omaha 34.05
- 3. Katie Kubovy South Omaha 30.70
- 4. Leah Woodward Cedar Rapids 29.60
- 5. Bonnie Solheim Cedar Rapids 28.45

Level 6 - Junior Girls

- I. South Omaha 95.70
- 1. Betsy Sokol South Omaha 33.35
- 2. Kara Selk South Omaha 32.95
- 3. Melissa Zanski South Omaha 29.40

Novice - Women

- 1. Phyllis Kool South Omaha 36.55

Level 2 - Women

- 1. Wendy Vernon Crete 36.70
- 2. Allison Gerber Cedar Rapids 35.60

Novice - Junior Boys

- 1. Richard Hoscsnar South Omaha 20.30
- 2. Lloyd Clinton South Omaha 20.00

Class VI - Junior Boys

- 1. Bill Kool South Omaha 32.30

Class V - Junior Boys

- 1. Richard Laux South Omaha 33.30
- 2. Kyle Donahue T.J. Crete 27.50

Novice - Men

- 1. Bud Benak South Omaha 22.60

Class VI - Men

- 1. Bruce Cerny T.J. Crete 29.00
- 2. Tim Kubicek T.J. Crete 23.80

Class V - Men

- I. South Omaha 76.30
- 1. Tom McClaughlin South Omaha 39.10
- 2. Buddy Benak South Omaha 37.20

Rhythmic Level 5

- 1. Katie Kubovy South Omaha 16.70
- 2. Alison Kool South Omaha 16.40
- 3. Stephanie Jaksich South Omaha 16.20
- 4. Jamie Wilson South Omaha 15.30
- 5. Courtney Storn South Omaha 14.80
- 6. Lindsey Selk South Omaha 14.60
- 7. Lindsay Balkovec South Omaha 14.50

Rhythmic Level 6

- 1. Kara Selk South Omaha 16.90
- 2. Melissa Zanski South Omaha 16.60
- 3. Betsy Sokol South Omaha 16.30

**CENTRAL DISTRICT COMPETITION
MAY, 1995
Naperville Central HS**

Level 2 - Junior Girls 12-14

- I. St. Louis 111.20
- II. Stickney I 99.25

- 1. Samantha Houdek Stickney 38.45
- 2. Michelle Abma Ber/Slav 37.60
- 3. Tracy Whiteley St. Louis 36.95
- 4. Karen Lowry St. Louis 35.45
- 5. Samantha Lewis Tabor 35.40
- 6. Sarah Riggs St. Louis 35.25
- 7. Desiree Enloe St. Louis 34.55
- 8. Melissa Ambrose Stickney 33.50
- 9. Kimberly Wolf St. Louis 32.90
- 10. Elizabeth Fitzgerald Brookfield 31.80
- 11. Tanya Rangel Stickney 27.30

Level 4 - Junior Girls 12-14

- I. Berwyn/Slavsky 114.90

Level 4 - Junior Girls 12-14 - continued

- 1. Reagan Sucik Naperville 42.50
- 2. Erin Garofalo Naperville 41.05
- 3. Melanie Miller Tabor 40.50
- 4. Michelle Caputa St. Louis 39.60
- 5. Leah Bures Ber/Slav 39.25
- 6. Samantha Braasch Ber/Slav 38.65
- 7. Rene Broche Brookfield 37.55
- 8. Jacqueline McKenna Stickney 37.15
- 9. Stacie Eppers Ber/Slav 37.00
- 10. Kristian Fenning Milwaukee 35.40
- 11. Shannon Griffing Stickney 35.10
- 12. Nicole Roehm Milwaukee 27.85

Level 5 - Junior Girls 12-14

- 1. Emily Panozzo Naperville 39.65
- 2. Karen Kucera Naperville 33.85

Level 6 - Junior Girls 12-14

- 1. Katie Polanin Naperville 39.85
- 2. Elizabeth Sarnecki Brookfield 39.55

Level 2 Junior Girls 15-18

- I. Berwyn/Slavsky II 121.40
- II. Berwyn/Slavsky III 101.00

- 1. Carrie MacDonald Ber/Slav II 41.55
- 2. Kellie MacDonald Ber/Slav II 40.10
- 3. Genny Perrewwe Tabor 39.50
- 4. Carolyn Lopez Ber/Slav II 38.35
- 5. Jacquie Ravnic Ber/Slav II 37.90
- 6. Kelie Fiala Ber/Slav III 37.20
- 7. Megan Jones Ber/Slav I 35.20
- 8. Jeannine Dorgan Brookfield 33.55
- 9. Cheryl McGuffey Ber/Slav III 33.45
- 10. Becky Foster Brookfield 32.20
- 11. Christa Sabbath Ber/Slav III 30.35

Level 4 - Junior Girls 15-18

- I. Tabor I 119.40

- 1. Maureen Lowry St. Louis 42.00
- 2. Lisa Broche Brookfield 41.90
- 3. Michelle Colucci Tabor 41.50
- 4. Beth Kocek Chicagoland 41.25
- 5. Laura Kapso Brookfield 41.05
- 6. Candace Perrewwe Tabor 39.00
- 7. Angela LoGiudice Tabor 38.90
- 8. Becky Lindholm Milwaukee 36.70

Level 5 - Junior Girls 15-18

- 1. Kelly Blanford Brookfield 41.00
- 2. Sarah Bujak Chicagoland 40.10
- 3. Karyn Domzalski Chicagoland 37.90
- 4. Lynette Kleisner Ber/Slav 37.30

Level 2 - Women 25-34

- 1. Debbie Uniejewski Ber/Slav 41.20
- 2. Kathe Pajer Ber/Slav 41.10

Masters I - Women

I. Chicagoland 133.20

1. Flo DelCarlo	Chicagoland	45.30
2. Cathy Kocek	Chicagoland	44.10
3. Bev Domzalski	Chicagoland	43.25
4. Randi Siegfried	Chicagoland	40.10

Optional - Junior Girls 15-18

I. Berwyn/Slavsky 229.60

II. Chicagoland 228.35

1. Kandi Ondrovic	Ber/Slav	80.05
2. Samantha Siegfried	Chicagoland	79.30
3. Janet Lutha	Ber/Slav	78.65
4. Kate Stahulak	Chicagoland	76.85
5. Tracy Rozela	Chicagoland	72.20
6. Jessica Bures	Ber/Slav	70.90

Novice - Junior Boys

I. Tabor 167.30

II. Berwyn/Slavsky 157.80

1. Slau Dumanovic	Tabor	60.30
2. Ronald Poe	Naperville	57.45
3. Dave Prusa	Ber/Slav	54.20
4. Nick Statler	Tabor	54.00
5. Marcus Kantor	Ber/Slav	53.75
6. Joey Johnston	Tabor	53.00
7. Tony Palumbo	Ber/Slav	49.85
8. Jon Kovar-Tooke	Brookfield	44.75

Class VII - Junior Boys

1. Dave Pachla	Ber/Slav	62.25
2. Steven Walde	Lodge 306	57.65
3. Ken Nagel	Ber/Slav	56.00
4. Isaiah Thompson	Lodge 306	56.45
5. Paul Koc	Stickney	54.95
6. Matthew Kocek	Chicagoland	54.15
7. Michael Trotsky	Stickney	44.35

Class VI - Junior Boys

I. Berwyn/Slavsky 174.65

1. Jeff Marchluk	Ber/Slav	60.90
2. Matt Gilbert	Ber/Slav	57.95
3. Greg Becker	Ber/Slav	55.60
4. Joe Kucera	Naperville	55.65

Novice - Men

1. Bob Kucera	Naperville	59.85
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Class VII - Men

1. Bryan Pracko	Lodge 306	62.20
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Class VI - Men

1. Thomas Pajer	Ber/Slav	62.95
2. Richard Vachata	Stickney	60.60
3. Ted Polashek	Tabor	57.65

Class V - Men

1. Jay Vondra	Stickney	59.15
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SOFTWARE

5 A Day Adventures, Dole Food Company and the Society for Nutrition Education. CD-ROM for Macintosh or PC.

Who knows if you'll actually be able to get kids interested in nutrition with this program, but it is fun and might even teach parents a few things.

The "5 A Day" refers to the number of servings of fruits and vegetables recommended for a healthy diet, and the lively program is "peopled" by an animated cast of edibles, including Greg and Gary Green Beans, Rita Romaine Lettuce, Bobby Banana and so on.

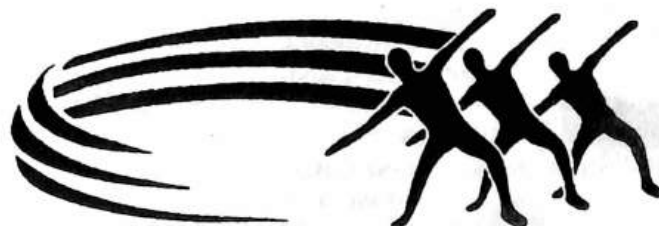
The Land of 5 A Day includes the Adventure Theater, where fruits and vegetables share facts about themselves; H.B.'s Body Shop, which explains body-vitamin connections; Cook's Kitchen, with recipes and cooking safety tips; a jukebox with singing food; and the Salad Factory, where you build a salad while a "salad computer" tracks its nutritional content.

Along the way, you can learn the vitamin content of various fruits and vegetables, how to read nutritional labels, where and how foods are grown and more. There's also a glossary of terms used in the program and the payoff "Challenges" - sets of questions for each section that add up to a "5 A Day" kid certification.

And, by the way, though juices and canned fruits have roles in the show, Dole thoughtfully keeps its logo out of the picture.

Health and Fitness, *The Dallas Morning News*, July 10, 1995; Sophia Dembling.

A Celebration of the Next Generation



SOKOL USA
100th ANNIVERSARY SLET
PHILADELPHIA, PA JULY 3-7, 1996

The following are the thoughts of some of this year's Merit Award applicants:

WHAT SOKOL MEANS TO ME

Kandi Ondrovic - Sokol Berwyn/Slavsky

Sokol is a wonderful organization. The people I have met and the many varied experiences we have shared cannot be compared. Sokol is a marvelous mix of good times and friends, hard work, pride and dedication. The relations that are acquired here are more like family.

I will never know truer or closer friends than mine through Sokol. We all stick together and help each other through good and bad times. We share in everything. We don't always get along, but when in trouble, the bad feelings are set aside and soon after, all is well again.

I have been a part of the Sokol organization since I was four years old. I have always enjoyed participating in exhibitions, competitions and traveling to Slets. I enjoy visiting other units and sharing stories and triumphs with them. Some of the best times I've had were at Sokol Instructor Courses where I have met many new friends and learned so much about Sokol and life from Sokol instructors across the country.

I would never trade the experiences or discipline that I have had and learned through Sokol. But most of all, I would never give up my second family!

WHAT SOKOL MEANS TO ME

Ryan Mullican - Sokol Karel Havlicek Borovsky

I have never been able to express in words just what Sokol really is, when telling a friend about this great organization. You cannot sum it up in a few words or phrases. ALL the words in the world cannot capture ALL that it means to be a SOKOL.

Sokol means pride, family, lasting friendships, lots of fun, hard work, responsibility, leadership, following, fitness and most of all--experience. The experiences I have had through Sokol have come from a combination of all the above. Each competition, exhibition, Slet and instructors course has given me good memories and taught me lessons which have played a great part in who I am today--I am a SOKOL!

To me, Sokol is one of the greatest organizations in the world. Where else can you be an active part of something, no matter of your age or ability? From the toddler, just beginning to walk, until you die; there is always a place for you in Sokol! NAZDAR!

WHAT SOKOL MEANS TO ME

Mary Ann Meyer - Sokol Greater Cleveland

In my many years of attending Sokol Greater Cleveland, I have found that Sokol means friendship. Through weekly classes of gymnastics, or weekly nights of teaching younger children, I have found that some of my best friendships were made at Sokol. I have also learned that Sokol is a place to learn, as well as succeed. I have taught gymnastics for many years now and find no greater satisfaction than watching a student of mine achieve their goals. Every week at my own class, I see many young people having fun and learning what it means to be a member of Sokol. Being able to accomplish gymnastics moves is one thing, but being a member of Sokol Greater Cleveland makes doing it all worth while. If I would have attended any other gymnastics organization, the sport would surely never be the same.

WHAT SOKOL MEANS TO ME

Nadia Nakonecznyj - Sokol Ceska Sin

Sokol has encompassed so many aspects of my life that trying to state what Sokol means to me seems virtually impossible. For ten years of my life, Sokol has been a second home to me, in the broadest sense. Not only have I spent many hours at our gym and hall, but I have spent many hours across the nation, visiting other Sokol halls and some of my best friends. And in all of these places, I have always felt at home, completely natural, and completely aware that Sokol has made that possible. The friendships I have made through Sokol are the ones that I cherish every single day. Not a moment goes by that I don't wonder about Bryan, Jonathan, Kara or Elizabeth. And the beauty of it all is that the list of names goes on and on. But while Sokol has given me many wonderful friends, it has also given me a sense of pride about myself. The day I first learned to do a back handspring filled me with so much elation that I still remember how I felt that day, although it was almost five years ago. Along with accomplishments came disappointments, so I came to realize my limitations, and also my students' limitations. Sokol means competitions and dances, kurzes and clinics, telephone calls and letters. Because of Sokol's stress on both physical and mental strength, a gymnastics organization can still include all of those activities. Sokol is not only a way of life, it is life. Nazdar!

Minutes of the first session have been distributed to the delegates.

Bro. B. Babka noted the Minute Review Committee has a representative from each district. Any additions, corrections or deletions should be made with the Minute Review member, not in the General Session.

A special welcome to Bro. G. Basta and E. Halik who were recognized for their years of dedicated service to Sokol.

Bro. V. Slavik turned the meeting over to Bro. R. Podhrasky, the By-Laws Chairman, who outlined the procedures in the adoption of By-Laws changes and amendments. The National section will be reviewed, followed by the Districts and Units sections. There was discussion on the resubmission of an original amendment that had failed. After a long discussion, Bro. R. Podhrasky felt that the wisdom of Chairman V. Slavik would control the number of times an issue would be reconsidered.

Report of the By-Laws Committee:

REFER TO YOUR COPY OF ASO BY-LAWS 1995 - DRAFT 4 - JUNE 17, 1995 (10:49 AM) ON THE FOLLOWING:

Recommended name change to American Sokol Educational, Physical and Cultural Organization. The question was raised whether or not our not-for-profit status would be affected. If change is approved, appropriate procedure to change the name will be taken.

A review of all items of Page 1 was completed and discussed. Recommendations passed with three (3) opposed.

A review of items from lines 37 through 61, Page 2 was completed and discussed. Recommendations passed with correction to line 45 amending "has" to "have."

Article 1 – Recommendations passed.

Article 2 – Recommendations passed with corrections to line 76 amending preservations to preservation and line 78 amending "Czech Obec Sokolska" to "Czech Sokol Organization."

NOTE: Any place Czechoslovak appears, should be Czech and Slovak.

Article 3– Recommendations passed with one (1) opposed.

Article 4 – No change.

Article 5 – Preamble - No change.

I. No change.

II. Recommendations passed except for paragraph g) which is to be reconsidered by committee.

III. Recommendation for lines 160 through 197 passed with corrections to line 196 amending to add "with rationale" after "suggestions."

Recommendation for lines 198 through 205 passed with one (1) opposed.

Recommendation for lines 206 through 210 to be reconsidered by the committee and was finally passed.

Recommendation for lines 214 through 221 referred back to committee.

Recommendation for lines 222 through 230 passed.

Continued on Page 8.

Recommendation for lines 231 through 237 passed with seven (7) opposed, amending "at-large" to read "additional."

Recommendation for lines 238 through 254 passed.

Recommendation for lines 255 & 256 referred to committee.

Recommendation for lines 257 through 260 passed.

IV. Recommendations passed.

V. Recommendations passed with eleven (11) opposed.

Bro. R. Podhrasky turned the floor over to Bro. E. Schnabl.

Meeting recessed at 12:00 PM.

Report of the ASO Public Relations Committee

Bro. Jerry Milan, Chairman

Sis. Carolyn Sabados

Sis. Jane Jurew

Sis. Roberta Chandler

Sis. Lori Laznovsky

Sis. Marianne Hintnaus

Bro. Joseph Balogh

Bro. Robert Hoskin

Bro. Tim Kubick

1. Create a video for promotional purposes designed for orientation of parents.
2. Create a video for promotional purposes designed for orientation of members.
3. Create a video for promotional purposes designed for orientation of corporate and philanthropic purposes.
4. Create a Public Relations educational video. To be distributed to American Sokol units and districts.
5. Look into and subscribe into the best network (on the Internet system) suitable for the Sokol informational needs.
6. Create and make available an address list of all Sokol Organizations and units throughout the world.
7. Recommend update of American Sokol brochure after the National Slet and again after the American Sokol Convention.
8. Include "Exploring the Sokol Idea" into new member packets.
9. Create Pen Pal programs with the Sokols around the world and within the United States.
10. Encourage our units to participate in the Sister Sokol program with Sokols around the world and within the United States.
11. Create advisory councils for public Relations in each unit.
12. Encourage an "adopt a new member" program in each unit.
13. Encourage a new member welcoming committee in each unit.
14. Create and make available an address of Sokol units and organizations which have newsletters and publications, etc.
15. Develop necessary Public Relations forms and informational materials, such as news releases, for our districts' and units' use.
16. Provide funds in the American Sokol Organization budget for the implementation of Public Relations programs.

Many of the items above could generate revenue for the Public Relations Committee.

I feel our problems have and will not be in lacking in ideas and projects, but in the implementation of them.

I wish to thank this committee for their enthusiastic participation in our meetings. They really care!

Report of the ASO Publication Committee

Sis. Patricia Satek, Chairman

Sis. Emilie Ruzicka

Bro. Robert Kucera

Bro. Raymond Faraizl

Sis. Georgia Jencik

Bro. Jerome Zelenka

Bro. Larry Chmelicek

The committee recommends the following:

- There should be no change in the size, layout, format of the current publication.
 - Decrease frequency to nine (9) issues per year: December/January, February, March, April/May, June, July/August, September, October, November. After two years, reevaluate frequency as to possibility of further decrease to six (6) issues per year.
 - Increase number of pages to 20 (4 of which are Sokol Gymnast).
 - Initiate a system to gain more direct donor support:
 - ~ Return sheet for donations.
 - ~ Establish a donor recognition page.
 - Investigate postal regulations in an effort to reduce mailing costs:
 - ~ 3rd Class Bulk Rate
 - ~ Size of publication.
 - ~ Plus 4 zip codes and bar coding of labels.
 - As regards advertising:
 - ~ Solicit additional advertising consistent with the scope and direction of the publication.
 - ~ Increase advertising rates.
 - ~ Solicit more national/regional ads, varying monthly.
 - ~ Increase allowable advertising space to not more than 50%
- NOTE: We must check IRS and postal regulations as they apply to our organization's not for profit status.
- Consider an increase in the subscription rate.
 - Eliminate the publication of ASO Executive Board Meeting Minutes. Substitute with an editorial statement in each issue from the President of the ASO which would summarize the last meeting.
 - Continue to actively solicit articles and other contributions from Units and Districts.
 - Update the published list of educational materials.

IMPORTANT! WE MUST OBTAIN DEFINITIVE LEGAL COUNSEL AS REGARDS 10% ADVERTISING SPACE LIMITATION WE CURRENTLY ADHERE TO, SO WE DO NOT PROCEED THROUGH THE NEXT FIVE YEARS UNDER A POSSIBLE FALSE ASSUMPTION WHICH CAUSES US NOT TO FULLY REALIZE ADVERTISING INCOME POTENTIAL.

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FUTURE SOKOL LEADERS FUND

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

In Memory of Rudolph Schwab, Sokol Slavsky, from Jackie & George Kourim	\$25.00
In Memory of Charles Stanek, Sokol Town of Lake, from Charlie & Irene Ruzicka	\$25.00
In Memory of Charles Stanek, Sokol Town of Lake, from Curt & Mil Mentzer	\$20.00
In Memory of Helen Jezek from the Vytlacil and DeValk Families	\$20.00

GENERAL FUND

In Memory of Helen Jezek from James Mack	\$25.00
--	---------

THE VOICE

Reader Quips, Comments & Queries

Dear Ms. Satek,

Thank you for giving "Morava Krasna" recognition for Paul Lebloch's article reprinted in the June 1995 issue of American Sokkol. I feel that we have much information to share with your readers and would appreciate if you could make our address available for those readers interested in subscribing to the only Moravian newsletter in the USA.

Editor's Insert: Send inquiries to Tom Hrnclirik, Moravian Heritage Society, 31910 Rd. 160, Visalia, CA 93292. Tel. 209-798-1490

Helene Cincebeaux (716-342-9383) also puts out a very interesting newsletter dealing with Slovakia and its culture and history. Those people interested in Slovakia may also contact her as well.

I hope to see a Sokol presence at

the upcoming Czechoslovak Genealogical/Cultural Conference presented by The Czechoslovak Genealogical Society International, October 11-15, 1995, at the William Tell Inn, 6201 Joliet Road, Countryside, Illinois. (For more information, write directly to: The Czechoslovak Genealogical Society International, P.O. Box 16225, St. Paul, MN 55116-0225.

*Paul S. Valasek
Illinois Representative, Morava Krasna*

◆ MEMORIAM ◆

Frank G. Novak

Bro. Frank G. Novak, Sokol Belcamp, died on May 25, 1995 at the Stella Maris Hospice after a long illness. Bro. Novak was born in Cleveland, Ohio but at the age of 8 he and his family moved to Czechoslovakia where he received his education. He graduated from the University of Prague with a degree in Law in 1939. He returned to the United States in 1940. During his many years in Belcamp, he was

a dedicated Sokol and held various offices in Sokol Belcamp. He actively promoted physical fitness and until his recent illness, served as President of Sokol Belcamp. Bro. Novak was also a member of Rotary International, the Personnel Association of Greater Baltimore and was a Vice-President of the Harford National Bank. He was a director of the Salvation Army's advisory board and a member of

the Blood Bank of Maryland, the Historical Society of Harford County and the Safety Council of Maryland. Survivors include his wife of 53 years, the former Mildred Jicha; two sons, George F. and M. Lee Novak; three grand-daughters and two great-grandchildren. The members of Sokol Belcamp extend their sincere sympathy to Sis. Novak and his sons, as well to other relatives.

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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

Souvenirs

Sokol Gold Plated Stick Pin \$7.00
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Sokol Charm \$3.00
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Others Also Available - Call ASO Office.

Board of Instructors

Directors' Newsletter Subscription (Annual - 10 Issues) \$5.00
Unit Directors' Handbook \$5.00
District Directors' Handbook \$5.00
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Sm. Packet (12 Participants) \$17.00
Skills Program Videotape \$10.00
Tots' Skills Program Materials
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Sm. Packet (12 Participants) \$9.00
Separate Cards, Patches, Bars and Ribbons also available.

Etc.

Unit ID Ribbons \$1.25 Each
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