

american **SOKOL**

Volume CXVIII, Number VIII

NOVEMBER/DECEMBER 1996

Dear Brothers and Sisters,

The XIX American Sokol Slet will be held on June 25-29, 1997. The Slet activities will be held at Naperville Central High School in Naperville, Illinois and Morton West High School in Berwyn, Illinois. Headquarters will be at the Lisle/Naperville Hilton in Lisle, Illinois. The Slet committee has been formulating plans for several months to make this a memorable highlight of Sokol history.

The Slet will be a gathering of Sokols from throughout the world. Our Brothers and Sisters in Europe and worldwide are making plans to attend in large numbers. Certainly, you will want to be a part of this momentous occasion.

Start making travel and vacation plans now, then set time aside and attend classes so that all of our Brothers and Sisters can become participants in this historical event. As Sokols, it is our duty to make this the largest Slet of all times. Together, we can do it!

We look forward to your participation and attendance.

Sletu Zdar!

Fred Kala, President
American Sokol Organization

**The American
Sokol Organization
mourns the passing of
BRO. GEORGE C. BASTA.**

See Pages 3, 4, 5.



American Sokol

ISSN: 0003-1259

9 Issues Published per Year by the
AMERICAN SOKOL ORGANIZATION
6424 West Cermak Road
Berwyn, IL 60402-2386
Telephone: 708-795-6671

Subscription: \$8.00 per Year
2nd Class Postage Paid at Berwyn, IL 60402

POSTMASTER: Send address changes to
American Sokol, 6424 W. Cermak Road,
Berwyn, IL 60402-2386

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EDITOR - PATRICIA SATEK
46 Northgate Rd. - Riverside, IL 60546-1639
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From Your Editor...

As the end of 1996 rapidly approaches and you prepare your New Year Resolutions, I hope that Sokol appears high on the list for your attendance at (or better yet) participation in its many events. Each and every Sokol unit across the nation and abroad depends on its members for so many things. Remember your unit OFTEN in as many ways as you can. Happy New Year!

NA ZDARI!

Sls. Patricia Satek
46 Northgate Road
Riverside, IL 60546-1639

CALENDAR of EVENTS

DECEMBER

- 19 Sokol Detroit Children's
Christmas Party
20 Sokol Berwyn-Slavsky
Children's Christmas Party

JANUARY

- 11 International Festival - North
Central College - Merner
Field House - Naperville, IL

FEBRUARY

- 2 Sokol Detroit Winter
Gymnastical



XIX AMERICAN SOKOL SLET
Catch the Spirit!
June 25-29, 1997
Chicago, Illinois Area

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

THOUGHT STARTERS

from Bro. Jerry Milan,
ASO Educational Director

"Each generation has to
find out for itself that the
stove is hot."

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.*

THANK YOU! SIS. JOAN SEDLACEK

The American Sokol Organization will host the Sokols of the world at our XIX Slet. The flag that was flown at the XII All Sokol Slet at the Prague Strahov Stadium will be raised at Hoffman Stadium, Morton West High School, Berwyn, Illinois during the festive Slet program. This flag represents freedom and the rebirth of Sokol in the former captive nations of Central and Eastern Europe. Sister Joan Sedlacek of Sokol Minnesota purchased this flag after the XII All Sokol Slet and donated it to the American Sokol Organization.

May future generations from both sides of the Atlantic Ocean march and perform under this beautiful symbol of our Sokol brotherhood. Thank you, Sis. Sedlacek! Co srdce spojí – moře nerozdvojí. What the heart unites, the ocean cannot divide!

~Sletu Zdar! Paul Lebloch

BRO. BASTA,

on behalf of the entire American Sokol Organization, we owe you a debt of gratitude for your untiring devotion to Sokol. We also, at this time, want to thank Sis. Ann, your devoted wife and your entire family for sharing you with us, your extended family. As we bid our final farewell, we will always keep in our minds your fortitude, leadership and inspiration that you shared so generously with us.

Brother George, na schledanou a posledni na zdar!

Fred Kala

1997 ASO SLET TROPHY FUND

Contributions to the TROPHY FUND are being solicited and will be graciously accepted. Any size contribution is acceptable. No contribution is too small, because our goal is to help, encourage and reward others to do their best. In addition to our gymnastic events, we will be introducing some inaugural sports at the 1997 Slet to expand the scope of our activities. Please make checks payable to: AMERICAN SOKOL ORGANIZATION and forward

to: ASO Trophy Fund
c/o Bro. Bob Kucera
208 W. 5th Avenue
Naperville, IL 60563

We will attempt to list all contributors in future publications. As always, thank you for your supportive efforts toward a successful 1997 American Sokol Slet. NA ZDAR!

CATCH THE SPIRIT!

❖ IN MEMORIAM ❖

Eulogy by Bro. Roy Zitny:

April 24, 1918-October 27, 1996. Two most revealing dates in our lives. They tell us when we arrived on this earth and when we leave it. It has been said that we are in a race between life and death. What we do with our lives in that race is what is left behind, in remembrance. So what is it that filled this man in the great race of life?

George was born on Chicago's west side to Frank and Irene Basta, immigrants from Czechoslovakia. George was the second son. They were proud parents and doted on their two sons. But mother became ill and died when George was but 3 years old. Father married again, and it was his new mother, Mae, who raised George and his brother Frank. Soon, two more brothers filled the family table, when Charles and Joseph arrived. The family completed, life went on.

Both parents were members of Sokol Havlicek-Tyrs. His father was very active in the Unit, District and National Executive Board. The father was the Treasurer of three of our American Sokol Slets. George, later in life, would follow in his father's footsteps and would also be a Treasurer of three Slets.

It was in this atmosphere that George was exposed to Sokol. The boys all had to attend Sokol classes, but it was George who was interested far more than his brothers.

George's education began at Corkery Grammar School, continued at Harrison High School and completed at Northwestern University, where he received an Associate Degree in Business Accounting. While his formal education was going on, he attended gym classes at Sokol Havlicek-Tyrs on 26th & Lawndale in Chicago. It was there that George received his education in Sokol and its ideals – and it was there that he became a proficient gymnast. So proficient, that at the Mezi Slet in Cleveland in 1935 he took first place in the Junior Boys Championship Division. He was the new American Sokol Junior Champion.

In 1936, at the age of 18, George became a member of Sokol. This gave him certain rights. The right to pay dues. The right to work on committees. The right to vote his conscience for the good of Sokol and the right to take on responsibilities. As you will hear, he had taken these rights seriously.

This same year, 1936, George was part of a national team of the American Sokol that traveled to New York to compete in gymnastics at our Brother Slovak Slet. He was the youngest of the six men. The others were several years older. Story has that the team went out on the town the night before the gymnastic meet. The "old" men weren't fazed by the night out, but for young George, it was disastrous! He placed last on the team, but the team still placed first. After the Slet, the Slovak organization held an instructors' course and George was a student.

In 1938, the American Sokol National Board of Instructors was putting together a team to compete and perform in calisthenics at the X All Sokol Slet in Prague. George was one of six that was chosen to go. Unfortunately, at the Sokol Havlicek-Tyrs exhibition, George broke his leg and was not able to attend. Undaunted, George carried on and in 1939-40 he became an instructor for gym classes at Sokol Havlicek-Tyrs. He taught all classes, except the women. It was here I first encountered George or "Teach" as we called him. "Teach" was a strict disciplinarian.

I was in his 2nd class from 5:00-6:00 PM each Tuesday and Friday. "Teach" had one hard and fast rule – Sokol class started on time! At exactly 5 o'clock he would close the door to the gym and you were not allowed to enter and participate in the gym class. In those days, it was big trouble if your father found out you were late for class.

With the advent of World War II, gym activity continued and George entered the military. He served in the Army Air Corps and was stationed at Kingman Airfield in Arizona. He was there when the base opened and when it closed. George was attached to the administrative section in, what else, statistical office.

But before he went into the service, George met a young lady at Sokol. A pretty young thing by the name of Ann Jenny. Their first date was, where else, to Sokol Chicago's exhibition. A true Sokol!

Things got serious between the two and when George came home on leave for his grandmother's funeral, he proposed to Ann. She traveled to Kingman, Arizona and they were married at the Mojave County Courthouse on August 16, 1943. They were married for 53 years. Their first two years, they lived off base in Kingman. George always said that because they

✧ GEORGE C. BASTA ✧

had no other responsibilities, he had the longest honeymoon.

After the war, Ann and George settled on the west side of Chicago on 32nd and Harding. It was there that their son Jim and daughter Sue were born. Later, in 1956, they moved to the present home on Maple Avenue in Brookfield, where their daughter Barbara was born.

Their children all participated in Sokol at Sokol Brookfield. Meanwhile, George was still attending gym at Havlicek-Tyrs and competing in High Division, even though he had injured his shoulders working out. He competed once in the Championship Division.

Bro. Barcal always said had it not been for George's injured shoulder, George and not he would have been Senior Champion. His last competitive meet was in the 1967 Mezi Slet in Dallas, Texas. The team won first place.

George was now getting deeply involved in the national sphere of Sokol. He was on the National Board of Instructors for three Directors – Bro. Kudrnovsky, Bro. Halik and Bro. Linhart. At the American Sokol Convention of 1965, George was elected 2nd Vice-President of the American Sokol Organization. He was elected Treasurer in 1970 and again in 1975. He brought accounting practices to his new position and put into order the accounting of the organization's financial structure.

At the 1980 Convention, the delegates recognized the contributions he had made to the office of Treasurer and was accorded the honor of Honorary Treasurer. The same Convention elected him 1st Vice-President. Then, in 1985, the Convention accorded him the highest honor and elected him as the 8th President of the American Sokol Organization. After his term in office, he made himself available to the Auditing Committee, but had to resign in 1993 because of failing eyesight.

But these activities were not enough. He was chairman of the 1969 Slet Committee and was Treasurer of the Slet Committees in 1973, 1977 and 1985. Do we stop here? Hardly. While engaged at the national level, George became President of Sokol Havlicek-Tyrs in the early 70's. It was on his watch that several historic events took place. They were: The sale of the summer camp in 1970. 60th Anniversary of Havlicek-Tyrs (the

last one in their hall) in 1971. The 1973 sale of Sokol Havlicek-Tyrs. In 1977 pledged the largest amount of money for purchase of land for Sokol Chicagoland. Merging of Sokol and Sokolice Havlicek-Tyrs in 1979.

George was also active in other areas. He was, for many years, a member of the Chicago Bow Hunters and was on their Auditing Committee. He was a member of the 26th Street Real Estate Association (in Chicago) and was President. He was a member of the Czech Savings and Loan League and was President. He was a member of CSA and Bohemian Odd Fellows Lodge.

Ann and George purchased a house trailer and later a motor home, of which he was proud of the fact that they had traveled through or stopped at all 50 states except Rhode Island, North Carolina, South Carolina and (of course) Hawaii. Their trip to Alaska was a memorable and momentous trip for Ann and George. If Ann and George missed Hawaii by motor home, they made up for it by joining Sokol Brookfield tours (twice!) to Hawaii, the latest in January of 1995.

With friends, they shared a houseboat on Lake Shelbyville and spent many a day cruising and taking trips through the Illinois river locks to the Mississippi River.

In 1948, George traveled to Prague and witnessed the last Slet before the communist takeover of Czechoslovakia. George was very proud when, in 1994, he and Ann took their 3 granddaughters, Chris, Kim and Carrie, to the XII All Sokol Slet in Prague. It was, to George, one of the highlights of his life.

What else can be said of this man. Did he have a full life? Absolutely! Did he enjoy himself? Most assuredly! Will he be missed? Without doubt.

Husband, father, grandfather, friend, Brother Sokol. Those he leaves behind can be comforted with the knowledge that his was a full life. If George were here, he would say thank you for your love, for your comfort, for your warmth and friendships and for your brotherly and sisterly affections.

George Basta is survived by his wife of 53 years, Ann; his daughter Sue and son-in-law Ken Kozelka; granddaughters Chris, Kim and Carrie; his daughter Barb and son-in-law Carter; granddaughter Elise and grandson Anthony (A.J.); his daughter-in-law Karen and his grandson Nick.



American Sokol Organization

6424 West Cermak Road
Berwyn, Illinois 60402
(708) 795-6671 Fax (708) 795-0539

XIX A.S.O. SLET 6/25-29/97

INDIVIDUAL/GROUP RESERVATION FORM

For Accomodations at SLET HEADQUARTERS, Lisle Hilton Hotel

NAME _____ SOKOL UNIT _____

ADDRESS _____ CITY _____ STATE _____

ZIP _____ PHONE # () _____

ARRIVAL DATE _____ DEPARTURE DATE _____

TYPE OF ROOM ___ SINGLE ___ DBL ___ TRIPLE ___ QUAD (check One)

COST PER NIGHT, INCL. TAX PER ROOM \$ 80.66 X _____ NIGHTS _____ TOTAL

ROOM WITH 1 _____ 2 _____

3 _____ 4 _____

REQUEST: Handicapped _____ Non-Smoking _____ Smoking _____

ALL ROOMS MUST BE GUARANTEED FOR ONE (1) NIGHT \$ 80.66 BY:

CREDIT CARD # _____ CARD TYPE _____

CHECK MADE OUT TO LISLE/NAPERVILLE HILTON AND SEND TO A.S.O. OFFICE

6424 W. Cermak Rd., Berwyn, IL 60402 c/o Slet Reservations.

ROOMS WILL BE HELD UNTIL JUNE 4, 1997 - IF NOT CANCELLED WILL BE CHARGED

FOR ONE (1) NIGHT. ALL RESERVATIONS MUST BE SENT TO THE A.S.O. NOT TO

TO THE HOTEL, WITH ONE (1) NIGHT PAYMENT PER ROOM.....

John M. Satek
XIX A.S.O. Slet

June Pros
XIX A.S.O. SLET

Housing Chairman

AMERICAN SOKOL ORGANIZATION

GYMNAST

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



Merry Christmas
and
Best Wishes
for a
Happy and Successful 1997
from the
American Sokol
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LET'S ALL "CATCH THE SPIRIT" THIS YEAR

Don't Just Cool Down, Cool Off

An emotional "cooling off" period after a strenuous workout or game is a good idea.

All of us have built-in levels of aggression and some athletes have higher levels of aggression than others. Some of the emotions that make us perform better in sports can get us into trouble in society. Emotions aroused in intensive exercise or competition, at least in theory, can spill over into other areas of a person's life. This might explain the growing list of professional athletes who get into trouble because of violent outbreaks.

A competitive situation that involves physical contact or confrontation does not necessarily serve as a catharsis. Those experiences may even make aggressive tendencies more likely to surface. Usually, aerobic activities are a better way of venting aggressive activities than combative or extremely competitive events.

Although some athletes are able to turn aggression on and off, it's a hard thing to do. It doesn't make sense that hitting someone releases aggression. It tends to make a person even more aggressive.

A cooling off period is recommended after intense exercise or competition to allow the athlete or exerciser to regain an emotional balance before interacting with people. We should all be aware that, if we are still in an emotionally charged mood, there is a greater tendency to get involved in a verbal conflict that could escalate into something worse. Avoid any type of confrontation until you cool down emotionally.

Penn State Sports Medicine Newsletter,
November, 1996

Volleyball:

Do Clothes Make the Difference

Compressive garments such as tights and elastic shorts have become popular among athletes in several sports. To most observers, the colorful and tight-fitting outfits seemed to be more of a fashion statement than anything else. But there is a growing body of evidence indicating that compression shorts may help athletes perform better.

A recent study reported in the *Journal of Strength and Conditioning Research* sought to determine whether compression shorts affected vertical jump. Thirty-six college volleyball players

(18 men and 18 women) participated in three sets of ten vertical jump tests wearing randomly selected compression shorts, undersized compression shorts, and loose fitting gym shorts.

While there were no significant differences in the maximal force or power in the volleyball players' highest jumps, compression shorts had a significant effect on repetitive vertical jumps by helping to maintain higher mean jumping power. In other words, highly skilled volleyball players were able to maintain greater power output over a series of vertical jumps. Among the men participating in the study, mean power production was even higher when they wore undersized compressive shorts.

Why would the fit of a garment have an effect on jumping or any other physical activity? Probably because the compression material enhances the body's awareness of where it is and what it is doing, especially when the person becomes more fatigued. The individual goes through a selection process of how to make a jump. That process is affected, at least in theory, by many factors. If a type of garment increases the person's kinesthetic sense, he or she can more accurately reproduce the movements necessary to execute a jump."

This is not the first study to show a relationship between physical performance and compression garments. A 1987 study showed that compression helps the muscle pumping action of the cardiovascular system to remove lactic acid from muscles being exercised. Power lifters routinely wear tight-fitting wraps around their knees and other joints to improve the production of force. A study conducted in 1990 documented the use of knee wraps to produce an increase in vertical force at the feet.

What does this information mean for other athletes and exercisers? Executing a series of vertical jumps is an important skill in some track and field events, basketball, and volleyball, and is important to a lesser extent in other sports. By improving that one component among their arsenal of physical skills, athletes may be able to figuratively and literally reach new performance heights.

Not every compression garment will enhance performance. The type of compression and the amount of Lycra (12% Lycra spandex, 88% nylon used by the athletes in the Penn State study) can affect the quality of the response."
Penn State Sports Medicine Newsletter, November 1996.

Getting the Best Burn

A recent study ranks exercise machines as calorie burners. Machines where you must bear your own weight, such as treadmills or stair steppers, will burn more calories than exercise bicycles or rowers, where your weight is supported. Bicycles with moving handlebars burn slightly more calories than bicycles with immobile handlebars. However, to get the greater burn, you must use them correctly. The trick to these weight-bearing machines is making sure you're bearing the weight, not the machine. Holding yourself up (supporting your weight) by the side rails decreases the number of calories you burn.

Calories Burned per Hour at a Hard Exercise Level

TREADMILL
700

STAIR STEPPER
627

**CROSS-COUNTRY
SKI MACHINE**
606

ROWER
595

**STATIONARY BICYCLE
WITH MOVING HANDLEBARS**
509

**STATIONARY
BICYCLE**
498

DON'T JUST SIT THERE -- EXERCISE

"Catch The Spirit"

NEW SLET EVENTS

**3-on-3
Basketball**

Swimming

**T
E C
A A
M L**

Team Rhythmics

What Sokol Means to Me

Here are the thoughts of more of our Sokol young people, who applied for the 1996-97 Merit Award, on What Sokol Means to them:

Betsy Sokol - Sokol South Omaha

What is Sokol? People have often asked me that question, but I'm afraid there is no easy answer to it. To fully understand what Sokol is, you must experience it.

To me, Sokol means family. Being a Sokol gymnast for fourteen years has really helped me understand the full meaning of Sokol. It is not just a place where I do gymnastics. It is an organization in which I have learned discipline, social skills, and have learned about my Czech heritage. Those who have never been a member of Sokol will never know the opportunities, and guidance Sokol can give. It has shaped my life and given me the self respect and strength that I've needed, through these important years of my life. Sokol is and always will be there for me in mind and heart.

Tim Krachko - Sokol Greater Cleveland

Sokol is important to me because I feel my ancestors and heritage should be a part of me and my lifestyle.

When I was about three or four years old, I remember going down to the gym on Saturdays and Wednesdays to do what I could to help: sweeping the floors. Most of all I enjoyed eating the bakery and the lunches with the men - something I still like to do. Another memorable moment was being in the fashion show with Karel Vavra, wearing an outfit designed by his brother to celebrate a visit with Tomas Masaryk. I was afraid to go on stage, but felt proud, too, of my Czech heritage.

At various times when I have fixed things at the hall with my grandfather or set up for different events I feel I am needed. I am also learning from him and others when I am shown how things work and how to fix them. After a long day in the kitchen at Cesky Den lifting heavy pots and bussing tables for Dorothy and the ladies, I feel good to have helped them. When I worked at the Holiday Fair grilling hotdogs all day, I felt my effort was important to the organization because it made money for Sokol and helped with a cultural event.

Sokol also means a lot to me because of all the friends I have, in my gym class and in the

organization. Participation in multi-class special numbers at exhibitions has given me friends of other generations and has helped me push myself to new levels of performance. When I listen to the old people's jokes (good and bad), I laugh. When they tell their stories, I find them interesting and informational. A member once told me, "It doesn't matter how long you've been gone, you will always be accepted and welcomed back."

There is always something to be done because Sokol is a volunteer organization. From building maintenance to gym class instruction, from grilling hotdogs at a dinner to stapling the newsletter, extra hands are always needed. I have helped my mother, sister and grandparents in these ways and others. I have gained satisfaction in knowing I have helped perpetuate the Sokol ideals and have enjoyed the camaraderie of different generations of Sokol brothers and sisters. It is up to my generation and the generations to come to keep up the hall and activities of Sokol.

Max Muller - Sokol South Omaha

The word Sokol means falcon, a courageous and strong bird, but as an organization it means much more. As an organization it means self-discipline, physical fitness, good sportsmanship and lots of lasting friendships.

Self-discipline was taught every gymnastic practice. I didn't notice it while it was happening, but as the routines were learned, I was learning to discipline myself. The self-discipline learned in the gym is going to help me all my life.

Physical fitness is such a big part of Sokol life. Through gymnastics and calisthenics, I have stayed in shape. While competing for Sokol, I was in the gym for many hours almost every night of the week building muscle and strength. Practicing calisthenics is a good aerobic workout also.

I practice good sportsmanship because of the respect I have for my coaches and fellow competitors. If I get beat I congratulate the winner. If I win I try to do so gracefully. I'm in it for the competition and fun, not to humiliate my opponent.

Last but not least, Sokol has been the source of many, many good friends. I have friends in different units across the U.S. and Canada. I really look forward to the competitions to see the friends I have had to leave behind at previous slets.

I'm grateful to Sokol for providing me with the opportunity to learn, compete and excel.

1997 XIX ASO SLET SOUVENIRS ARE NOW AVAILABLE!

We are now offering souvenirs for the upcoming 1997 XIX ASO Slet for sale by mail order through the ASO Office. These items feature the "Catch the Spirit" Slet logo and make excellent gifts for the holidays. Complete the order form below and mail to the ASO Office, 6424 W. Cermak Road, Berwyn, IL 60402. You will be billed for the cost of the items, plus UPS shipping charges. Show your Sokol spirit! ORDER TODAY!

Item	Size	Cost	Quantity
Slet Pins		\$3.00 Each	_____
Slet Patches		\$3.00 Each	_____
Slet T-Shirts	Adult S, M, L, XL	\$10.00 Each	_____
Slet T-Shirts	Adult XXL, XXXL	\$11.00 Each	_____
Slet Sweatshirts	Adult S, M, L, XL	\$15.00 Each	_____
Slet Sweatshirts	Adult XXL, XXXL	\$16.00 Each	_____
Coaches Shirt	Adult M, L, XL	\$15.00 Each	_____
Coaches Shirt	Adult XXL, XXXL	\$16.00 Each	_____

Name: _____ Phone #: _____

Address: _____

Send order to:
AMERICAN SOKOL
 6424 W. Cermak Road
 Berwyn, IL 60402

PLEASE REMEMBER the **FOUNDATION FUND** In Your Holiday Donations and Estate Planning

According to the American Sokol Organization (ASO) Constitution and By-Laws: The Foundation Committee shall stimulate contributions to the organization and accept real or personal property by way of gift, bequest or devise by any person, firm, trust or corporation. The expenditure of funds shall be from the income earned by the Foundation Fund only and no part of the principal of

the fund shall be expended.

To date, the Fund has approximately \$20,000. The fund, once fully funded, should generate thousands of dollars in interest annually so that Sokol can be self-perpetuating, self-funding through the endowment and offer more in terms of education, culture, physical programs, special programs and the like.

Tax deductible donations can be sent to the attention of Sis. Colleen Kenney, ASO Foundation Director, at the ASO Office, 6424 W. Cermak Road, Berwyn, IL 60402 or 606 Sturnbridge Lane, Schaumburg, IL 60173. We are also looking for representatives from each district and unit for input and ideas. If you are interested, contact Sis. Colleen 847-843-1559 for more information.

AMERICAN SOKOL LITTLE FERRY CELEBRATES 100 YEARS!

The ASO
**Membership
Drive**
is now in
progress!

(Contest runs from
January 1996 through
March 1997.)

Will **YOUR** unit
come out on
top, with the
most new
members?
What have **YOU**
done to help
out?

American Sokol Little Ferry, New Jersey, celebrated their 100th anniversary on 9/28/96. The gala dinner dance was attended by National President, Bro. Fred Kala and his wife, Carol. We salute American Sokol Little Ferry for upholding the traditions of Sokol and look forward to a strong and fruitful Sokol program in the future.

*And from the American Sokol
Little Ferry Newsletter...*

From all reports, everyone thoroughly enjoyed themselves. It was truly a great event! Thanks to Richard Novotny, chairman and the members of his committee.

Master of Ceremonies, Jerry Schafetz (Nancy Chlodnicki's son) began promptly and kept the program running smoothly so that all formalities were completed at 7:55 PM when the music began. Dance music was provided by the Diamond Chips.

Highlights of the program were remarks and presentations by our National President, Fred Kala and Eastern District President, Walter Slavik. Mayor of Little Ferry, Louis

Tedesco, also addressed the group and Sis. Norma Zabka, President of Sokol New York, presented American Sokol Little Ferry with a monetary "birthday" gift.

The Czech dinner was delicious and portions were large. Dumplings were made by Ann Holman – light and fluffy – just like mom used to make! Caterers served promptly and efficiently.

There were many members in attendance, several who traveled long distances to be with us. The person who traveled farthest was from Phoenix, Arizona. There were members and guests who met friends they haven't seen for 35-40 years. It was wonderful to see so many happy faces.

We are grateful to the Sokols of other organizations and units who were present.

In conclusion, we thank everyone who attended and made the evening so enjoyable and successful. We were delighted so many friends and members of Sokol shared this auspicious occasion with us.

◆ MEMORIAM ◆

Godfrey Hronek

A longtime member of Sokol Belcamp, Godfrey Hronek, passed away on September 8, 1996. Bro. Hronek was born in Pilsen, Czechoslovakia and retired from the Bata Belcamp Shoe Co. after years of dedicated service. He is survived by his wife, Emilie, three sons, George, Paul and Peter, three grandchildren and one great-grandchild. Godfrey was a conscientious US citizen and a loyal member of Sokol Belcamp for 25 years. He was a loving husband, a caring father and grandfather and will be deeply missed by family and friends. The member of Sokol Belcamp extend sincere sympathy to his family.

CORRECTION

In the last paragraph on Page 8 of Bro. Slavik's article in the October issue, some names appeared incorrectly. The sentence is corrected below.

Similarly, Bros. Paul Fina, Henry Smidl, Stanley Barcal, Charles Vavra, Tony Hlinka and Sis. Jarmila Krisenecky and Popsi Popisil won many medals at the AAU Championships.

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 Godfrey Hronek, Sokol Belcamp from Sokol Belcamp	\$25.00
In Memory of Mildred Vosyka, Sokol Town of Lake from Sokol Town of Lake	\$25.00

In Memory of GEORGE C. BASTA, Past ASO President, 1st Vice-President, Treasurer:

Sokol Havlicek-Tyrs Seniors	\$200.00	Helen Keppler	\$100.00
Helen Basta & Sons	\$100.00	Rose & Jerry Rabas	\$50.00
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The American Sokol Organization gratefully acknowledges receipt of the following donation in direct support of the American Sokol Publication. **NA ZDAR!**

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See Page 11 for information on how you, too, can become an AMERICAN SOKOL FLAG WAVER!

AMERICAN SOKOL ORGANIZATION

Quarterly Financial Report
July, August, September 1996

Submitted by Sis. John Satek, Financial Secretary

RECEIPTS

Dues	\$23,479.34
Resale Jewelry	1,164.75
Educational Booklets	5.00
BOI Skills/Ribbons/Tapes	125.40
Postage/UPS	3.00
F.S.L.F. Merit Award	7,500.00
Seals	32.00
Subscription ASO Publication	4.00
Sokol Manual	20.00
XIX ASO Slet Repay Phone	30.26
1995 Advertisers	250.00
Uniform Dept. Salaries (June/July)	494.56
Uniform Dept. Vacation	123.16
Uniform Dept. FICA/Medicare (June/July)	110.86
Uniform Dept. FWT Tax (June/July/Aug.)	30.00
Uniform Dept. IWT Tax (June/July)	21.83
Uniform Dept. Phone/Fax	45.91
Uniform Dept. Rent (July/Aug.)	630.00
TOTAL	\$34,070.07

DISBURSEMENTS

ADMINISTRATIVE DEPT.

Salaries (July/Aug./Sep.)	\$2,154.50
Vacation	388.29
FICA/Medicare (June/July/Aug.)	476.12
FWT (June/July/Aug.)	80.00
IWT, 2nd Quarter	80.85
Ameritech/Equalnet/Phone/Fax	334.97
Com Ed	340.50
CPA	510.00
Annual Audit	1,250.00
Petty Cash, Postage	145.66
Office Supplies	239.06
Janitor/Supplies	83.00
Copier Supplies	136.20
Illinois Secy. of State Fee	10.00
Printing Membership Applications	48.50
Loan Uniform Dept.	1,000.00
Cook County Filing Fee	23.50
Refund Ads Not Printed	110.00
100th Anniversary Plaque	104.00
Rent (Aug./Sep./Oct.)	2,871.00
TOTAL	\$10,386.15

PUBLICATION

Salaries (Mailing)	\$263.19
FICA/Medicare	23.86
Printing	2,934.47
Postage/Address Changes	2,280.96
Editor (June, July/Aug., Sep.)	450.00
TOTAL	\$5,952.48

BOARD OF INSTRUCTORS

Salaries (July/Aug./Sep.)	\$1,736.12
Vacation	116.50
FICA/Medicare (June/July/Aug.)	334.22
FWT (June/July/Aug.)	50.00
IWT, 2nd Quarter	62.85
Ameritech/Equalnet/Phone/FAX	455.01
Office Supplies	53.35
Petty Cash/Postage	127.71
Travel - USAG	956.52
Men's routines	54.90
Blank Tapes	20.46
Editor "Gymnast" (June, July/Aug., Sep.)	90.00
TOTAL	\$4,057.64

EDUCATION

Salary	\$93.37
Vacation	47.12
FICA/Medicare	24.02
Video Sokol USA Slet	27.50
TOTAL	\$192.01

UNIFORM DEPARTMENT

Salaries (July/Aug./Sep.)	\$894.81
Vacation	123.16
FICA/Medicare (June/July/Aug.)	171.88
FWT (June/July/Aug.)	40.00
IWT, 2nd Quarter	34.35
Ameritech/Equalnet/Phone/FAX	69.45
Supplies	10.75
Rent (Aug./Sep.)	945.00
TOTAL	\$2,289.40

MISCELLANEOUS

LK Fire Ext. Service	\$38.00
Plate Glass Window Insurance	348.00
Printing ASO By-Laws	645.45
Shipping By-Laws	50.77
Donation Czech American Committee	100.00
Merit Awards (15 @ \$500)	7,500.00
Copier Maint. Agreement	1,447.00
Ads	135.00
TOTAL	\$10,264.22

XIX ASO SLET

Advance	\$2,000.00
Conference Call Slet Mtg.	56.85
T-Shirts USA Slet Teams	72.00
TOTAL	\$2,128.85

Balance Brought Forward/Checking	\$22,274.38
Receipts	+\$34,070.07
	\$56,344.45
Disbursements	-\$35,270.75
Error - Check Book	+ .80
BALANCE CHECKING 9/30/96	\$21,074.50

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Idea Booklet, Car Decal)*

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Sokol and the Sokol Idea \$2.50
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Highlights of Czech History \$2.50
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Gym. Activities with Hand App. \$6.00
Sokol Gymnastic Manual \$15.00

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