

american **SOKOL**

Volume CXIX, Number III

MARCH 1997

XIX American Sokol Slet *Tentative Schedule*

WEDNESDAY, JUNE 25

- Judges' Meeting - Lisle/Naperville Hilton
- Fun Walk/Run - Morton West H.S.
- Opening Ceremonies/Special Number Exhibition - Morton West H.S.

THURSDAY, JUNE 26

- Artistic Gymnastic Competition (Jrs./Srs.) - Naperville Central H.S.
- Rhythmic Gymnastic Competition - Naperville Central H.S.
- Golf Tournament - Country Lakes Golf Club, Naperville

FRIDAY, JUNE 27

- Volleyball Tournament - Great Lakes Center, West Chicago
- Swimming - Morton West H.S.
- Bowling Tournament
- Competitors' Social - Enchanted Castle, Lombard
- Gala Banquet - Lisle/Naperville Hilton

SATURDAY, JUNE 28

- Artistic Gymnastic Competition (Children) - Naperville Central H.S.
- Men's 3-On-3 Basketball - Naperville Central H.S.
- Championship Optional Competition - Naperville Central H.S.
- Team Marching Competition - Naperville Central H.S.
- Team Calisthenics Competition - Naperville Central H.S.
- Awards Presentation and Celebration - Lisle/Naperville Hilton

SUNDAY, JUNE 29

- Slet Rehearsal - Morton West H.S.
- Slet Program, 2:00 PM - Morton West
- Farewell Social - Sokol Tabor Hall

CATCH THE SPIRIT!

CATCH THE SPIRIT!

Check inside for important XIX A.S.O. Slet information regarding:

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American Sokol

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From Your Editor...

This is the time of the Sokol year that I most enjoy, being totally consumed juggling my job, my home, my life, the never-ending list of things that need to be done preparing for our upcoming exhibition and just recently adding duties as my unit's women's director. Oh, I manage to squeeze in researching, typing and editing this publication, too. It's challenging, exhilarating. I'm ready for the Slet! I need a nap.

NA ZDARI!

Sls. Patricia Satek
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CALENDAR of EVENTS

APRIL

19 United Sokols of the East
Junior/Senior Competition at
Sokol New York
19 Sokol South Omaha \$5K
Giveaway
19 Central District Special
Number Competition
20 Sokol Greater Cleveland
Apollo's Fire Concert
20 Long Island Sokol Annual
Dinner Dance
26 Northeastern District
Competitions
26 Sokol St. Louis Czech
Festival
27 Sokol Stickney Pork Dinner
(Reservations Only)

MAY

4 Sokol South Omaha Mini-Slet
4 Sokol Greater Cleveland
American & Czech Vintage
Fashion Show/Brunch

MAY

7 Sokol Greater Cleveland
Card Party
10 Sokol St. Louis Exhibition
10 United Sokols of the East
Children's Competition at
Sokol New York
16 Sokol Greater Cleveland
Fish Fry
18 American Sokol Little Ferry
Pork Dinner
19 Sokol Milwaukee Exhibition
and Awards Night

JUNE

1 D.A. Sokol Exhibition
7 Central District Children's
Competition
13-15 Western District Slet at
Sokol Crete
14 Central District Jr./Sr.
Competition
25-29 "Catch the Spirit" XIX
American Sokol Slet

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

THOUGHT STARTERS

from Bro. Jerry Milan,
ASO Educational Director

"The fox
condemns the trap,
not himself."

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.

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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
Ed. Dir. - Cynthia Duff
 5445 Alameda #19C
 Corpus Christi, TX 78412
 512-992-2392
Director - Cynthia Duff
 5445 Alameda #19C
 Corpus Christi, TX 78412
 512-992-2392

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 76179
 817-237-7512
Ed. Dir. - Sharon Connely
 c/o 6500 Boat Club Road
 Ft. Worth, TX 76135
 817-237-5181
Wos. Dir. - Shay Hennessey
 6324 Johns Way
 Ft. Worth, TX 76135
Men's Dir. - Wade Garrett
 6568 Wells Burnett Road
 Ft. Worth, TX 76136

**SOKOL KAREL
HAVLICEK BOROVSKY**

2622 E. Hwy. 34
 Ennis, TX 75119
 972-875-5987
Mtg. - 3rd Thursday
President - Larry Laznovsky
 4811 F.M. 1183
 Ennis, TX 75119
 972-878-5987
Secy. - Mayfair Mullan
 3461 F.M. 660
 Ferris, TX 75125
 972-842-2837
Fin. Secy. - William Snodgrass
 500 Highland Dr.
 Ennis, TX 75119
 972-875-3579
Ed. Dir. - Sylvia Laznovsky
 4722 F.M. 1183
 Ennis, TX 75119
 972-878-3091
Gym Dir. - Charles E. Kalat
 2401 Bluebonnet Drive
 Richardson, TX 75081
 972-644-0738

WESTERN DISTRICT

President - Mickey Dalton
 5240 S. 23 Street
 Omaha, NE 68107
 402-731-2899
Secy. - Jan Dostal
 80 22nd Ave. SW
 Cedar Rapids, IA 52404
 319-362-5324

Treas. - Jolene Dalton
 5240 S. 23 Street
 Omaha, NE 68107
 402-731-2899
Ed. Dir. - Robert Vanyo
 446 Bay Street
 St. Paul, MN 55102
 612-222-6448
Wos. Dir. - Sandra Benak
 5919 S. 15th Street
 Omaha, NE 68107
 402-731-2665
Men's Dir. - Bud Benak
 5919 S. 15th Street
 Omaha, NE 68107
 402-731-2665

SOKOL CEDAR RAPIDS

417 3rd Street S.E.
 Cedar Rapids, IA 52401
Mtg. - 1st Monday
President - Ed Kuba
 1228 2nd Street SE
 Cedar Rapids, IA 52401
 319-364-3301
Secy. - Marie Webster
 110 Wilson Ave. SW
 Cedar Rapids, IA 52404
 319-366-2822
Fin. Secy. - Marj Nejd
 2583 Ivanhoe Rd. SW
 Cedar Rapids, IA 52404
 319-366-1929
Ed. Dir. - Olga Drahozal
 28 25th Ave. SW
 Cedar Rapids, IA 52404
 319-364-0540
Director - Allison Gerber
 2112 N. Towne Lane NE #7
 Cedar Rapids, IA 52401
 319-395-7195

SOKOL MINNESOTA

383 Michigan St.
 St. Paul, MN 55102
 612-290-0542
Mtg. - 4th Friday
President - Robert Vanyo
 446 Bay Street
 St. Paul, MN 55102
 612-222-6448
Corr. Secy. - Helen Peterson
 2400 W. 65-1/2 Street
 Minneapolis, MN 55423
 612-869-3502
Fin. Secy. - Sue Marabella
 1422 Juliet Avenue
 St. Paul, MN 55105
 612-699-6244

Continued on Page 7.

Ed. Dir. - Shirley Verner
12685 N. 170th Street
Marine On St. Croix, MN 55047
612-433-2008

Wos. Dir. - Roberta Chandler
1012 Woodbridge Street
St. Paul, MN 55117
612-489-6090

Men's Dir. - Robert Vanyo
446 Bay Street
St. Paul, MN 55102
612-222-6448

SOKOL OMAHA

2234 S. 13th Street
Omaha, NE 68108
402-346-9802
Mtg. - 1st Monday

President - Gary Masek
5114 S. 13th Street
Omaha, NE 68107
402-731-2923

Secy. - Michelle Winger
1803 Van Camp Ave.
Omaha, NE 68108
402-734-3369

Fin. Secy. - John Heaston
1618 Harney
Omaha, NE 68102
402-341-7323

Wos. Dir. - Michelle Winger
1011 Denver Street
Bellevue, NE 68005
402-734-3369

Men's Dir. - Colleen Barrett
1529 S. 25th
Omaha, NE 68105
402-345-5338

SOKOL SOUTH OMAHA

2021 U Street
Omaha, NE 68107
402-731-1065
Mtg. - 1st Monday

President - James Riha
4301 Woolworth Ave.
Omaha, NE 68105
402-556-4590

Secy. - Karel Forman
Box 7 125 W. Main
Murray, NE 68409
402-235-2126

Fin. Secy. - Mickey Dalton
5240 S. 23 Street
Omaha, NE 68107
402-731-2899

Ed. Dir. - Vojmir Benak
5919 S. 15th Street
Omaha, NE 68107
402-731-2665

Men's Dir. - Vojmir Benak
5919 S. 15th Street
Omaha, NE 68107
402-731-2665

SOKOLICE SOUTH OMAHA

2021 U Street
Omaha, NE 68107
402-731-1065
Mtg. - 1st Tuesday

President - Audrey Leahy
5830 S. 20th Street
Omaha, NE 68107
402-734-6076

Secy. - Nell Shimek
5238 S. 22nd Street
Omaha, NE 68107
402-731-7606

Fin. Secy. - Doris Ettl
5213 S. 22nd Street
Omaha, NE 68107
402-731-3710

Ed. Dir. - Phyllis Kool
716 Beacon Drive
Plattsmouth, NE 68048
402-298-8795

Wos. Dir. - Sandra Benak
5919 S. 15th Street
Omaha, NE 68107
402-731-2665

SOKOL WILBER

317 S. Wilson
Wilber, NE 68465
402-821-9905

Mtg. - 1st Monday
President - Ivone Birkett
415 N. Harris
Wilber, NE 68465
402-821-3219

Secy. - Alice Maryska
RR#2, Box 96
Wilber, NE 68465
402-821-2098

Fin. Secy. - Millie Aksamit
318 E. 3rd, Box 966
Wilber, NE 68465
402-821-2719

Ed. Dir. - Evelyn Schleis
610 W. 6th
Wilber, NE 68465
402-821-2094



american **SOKOL** *Flag Waver!*

The American Sokol Organization gratefully acknowledges receipt of the following donation in direct support of the American Sokol Publication. **NA ZDAR!**



*Roy Votava
Carol Votava
5923 Ross Drive
Woodridge, IL 60517*

See Page 15 for information on how you, too, can become an AMERICAN SOKOL FLAG WAVER!

FOUNDATION FUND

\$50 In Memory of George Basta from Devona & George Kalas

Thank you for your generous support of the Foundation Endowment which will allow the American Sokol to offer more in terms of education, culture, physical programs, special programs and the like. Remember: Tax deductible donations to the Foundation Fund 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.



The American Sokol Organization

requests the pleasure of your company at a banquet in celebration of our

XIX American Sokol Slet

on

Friday, June 27, 1997

to be held at the

Lisle/Naperville Hilton Inn Regency Ballroom

3003 Corporate West Drive ~ Lisle, Illinois 60532

Reception (Cash Bar) 6:30 PM

Program 8:30 PM

Dinner 7:30 PM

Dancing Following

Banquet tickets are \$45.00 per person.

Tables of 10 (ten) persons each are available.

Table assignments/tickets can be picked up at the entrance.

We look forward to your joining with us in celebration of this special occasion.

Nazdar! Slet Banquet Committee

Name _____

Address _____

City/State/Zip _____

Sokol Unit/Organization _____

No. of Tickets _____ @ \$45.00 each

Total \$ _____ (Check Enclosed)

Make checks payable to: American Sokol Organization.

Deadline: June 13, 1997

Mail to: American Sokol ~ 6424 W. Cermak Rd. ~ Berwyn, IL 60402



AMERICAN SOKOL ORGANIZATION

GYMNAST

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



"Catch The Spirit"

Man the Gymnasiums -- The Slet is Coming

(Calisthenics, Artistic Gymnastics, Rhythmic Gymnastics, Team Calisthenics, Team Marching, Group Rhythmics, Folk Dancing)

Man the Courts -- The Slet is Coming

(Volleyball & Basketball)

Man the Pools -- The Slet is Coming

(Freestyle, Backstroke, Breaststroke, Butterfly, Relays)

Man the Links -- The Slet is Coming

(Golf)

Man the Alleys -- The Slet is Coming

(Bowling)

There Really is Something for Everyone

AND

The Slet is Now Only 3 Months Away

IMPORTANT NOTICES:

- ◆ Because of small enrollments of Junior Boys in individual units, Junior Boys from different units, lodges, and/or districts may be combined to form Junior Boys volleyball teams for the Slet.
- ◆ Adults competing in any Slet events with a Calisthenics requirement, may satisfy that requirement by performing EITHER the Men and Womens Calisthenics OR the Senior Group II coed calisthenics in the Sunday Slet program.

1997 MERIT AWARD REMINDER

The American Sokol Organization Merit Award Committee is currently accepting applications and requests for applications for the 1997-98 Merit Awards. A limited number of one time Merit Awards in the amount of \$500 each are available for qualified students who are planning a course of study or program in an accredited 2-year or 4-year college or who are already participating in such a course of study. The form for requesting an application appeared in the January, 1997 *Sokol Gymnast* or is available by contacting the BOI Secretary at the National Office.

Application deadline is June 1, 1997

LIFE SPORTS

Helping your child adopt healthy habits today can have positive effects in the future.

Health is not just the absence of disease but a composite of many factors.

A generation of research has shown beyond a shadow of a doubt that a healthy lifestyle improves the quality and length of life. Health educators believe that showing children how to live healthfully and actively now is the best chance they have to develop healthy choices in the future.

Healthy behaviors have great consequences. Health educators have found that healthy behaviors can positively affect moods and energy, as well as adding fruitful, productive years to life.

American families are living busier lives than ever before. However, Americans enjoy their free time, and a lot of them spend their free time pursuing healthy recreational activities as a family.

Families who emphasize and participate in healthy fitness activities will raise children who often become participators and supporters of a fit lifestyle themselves. Fitness experts have found that people who enjoy a healthy lifestyle are most likely to walk, while the fastest growing fitness activity for children is inline skating. Participating in recreation reflects a commitment to family life and personal fitness.

One of the best ways to enjoy healthy recreation activities as a family includes taking advantage of the parks, bike and walking trails, and other amenities offered by Parks and Recreation departments.

If a healthy, active life has not been part of your family in the past, health educators recommend slowly incorporating healthy fitness habits into your life.

Look for ways to make activity part of your lifestyle like walking or cycling, discover diverse classes and leagues your city and other organizations have to offer. Read magazines that explore health and fitness issues.

One child's fun may be another child's pain. Fitness experts recommend not letting children give up on sports just because they have not been successful at one aspect. Try a smorgasbord of activities to discover the enjoyable ones.

Children who participate in sports and play actively with family and friends will reap benefits of exercise and develop interests that can stay with them well into their senior years.

Just like brushing teeth or buckling a seat belt, an active lifestyle can be a natural part of the day. Fitness is temporary. Fitness levels achieved during childhood will not last a lifetime if children do not have the skill or the motivation to continue on into adulthood.

January, 1997 *Health & Fitness*, Margaret Mitchell

Study Shows Kids Aren't as Active as They Seem

Participation in all types of physical activity decline strikingly as age or grade in school increases, according to a study by the Centers for Disease Control and Prevention.

The study revealed that only 19 percent of all high school students in America are physically active for 20 minutes or more five days a week, in physical education classes.

Daily enrollment in physical education classes dropped from 42 to 25 percent among high school students between 1991 and 1995. Other facts:

- ◆ Nearly half of American youths age 12-21 years are not vigorously active on a regular basis.
- ◆ About 14 percent of young people report NO recent physical activity.
- ◆ Inactivity is more common among females (14 percent) than males (7 percent).

Physical Activity and Family -- What an Idea!

Sounds Like An Opportunity for Sokol

SPORTS INJURIES

HOW TO STAY IN THE GAME

Nothing is more frustrating than finally getting involved in an activity you enjoy, only to hurt yourself and be forced into a prolonged rehabilitation period. Although some injuries may be unavoidable, proper conditioning and attention to the details of warm-ups, cool-downs, and stretching will help keep you off the disabled list.

AN OUNCE OF PREVENTION

Preventing injuries requires both common sense and careful preparation. By following a few basic principles, you can help ensure that your activity won't put you out of commission.

- ◆ **Warm Up:** This is the number one tenet of injury prevention, consisting of three to five minutes of low-level activity followed by a few minutes of stretching.
- ◆ **Stay Flexible:** Stretching during the warm-up and cool-down phases will help prevent muscle pulls and strains, as well as the general aches and pains that can occur after exercising.
- ◆ **Build Gradually:** Start out slowly and build up gradually in intensity and duration of activity. "Weekend athletes" are famous for trying to do too much, too soon. Don't fall into this trap.
- ◆ **Be Prepared:** Use the right equipment for your sport, whether it's a good pair of running shoes, or knee pads for roller-blading. Be sure it's in good condition and is appropriate for your skill level (e.g., skis for beginners vs experts).
- ◆ **Rehydrate:** Water is the best sports drink and you should drink plenty of it before, during, and after exercise -- especially in warm weather. Keep drinking it throughout the day.
- ◆ **Avoid Extremes:** Try not to exercise outdoors in extreme hot or cold weather, but, if you do, be sure to dress properly. Use caution against heat exhaustion or, at the other extreme, frostbite.
- ◆ **Cool Down:** Gradually decrease the intensity of your activity to restore a normal heart rate. Post-exercise stretching should not be overlooked.

INJURY IDENTIFICATION

Being physically active shouldn't be painful, but occasionally injuries do occur. The most common ones are often what sports physicians call "overuse" injuries -- usually a result of trying to do too much, too soon.

General muscle aches and pains are normal when you start a new activity or increase the intensity or duration of exercise, although proper stretching during the cool-down phase can help prevent much of the "day-after" muscle soreness. Pain in joints or ligaments, on the other hand, is typically cause for concern.

The most common types of injuries are:

- ◆ **Muscle pulls and strains:** Tears in tendon and muscle fiber, due most frequently to improper stretching.
- ◆ **Sprains:** Tears in the ligaments that connect bones. These tears typically occur when joints are suddenly turned in an awkward manner with some force.
- ◆ **Tendonitis:** Inflammation of the tendons that can impair joint movement, usually caused by overuse or improper technique.
- ◆ **Stress Fractures:** Cracks in the bone's surface, indicating trauma just short of a break.
- ◆ **Broken Bones:** Fractures to the skeletal structure, usually obvious due to severe pain, and always requiring medical attention.

SELF-TREATMENT GUIDELINES

Fortunately, many of the most common injuries can be treated at home, after you've assessed the severity of the injury and have determined that medical advice is not required. For strains and sprains, the most commonly recommended guidelines are easily remembered by the acronym **R-I-C-E**, for Rest, Ice, Compression, and Elevation.

- ◆ **Rest** the injured area immediately to cut down on blood circulation to that part of the body.
- ◆ Apply **ice** immediately, which shrinks blood vessels and reduces swelling.
- ◆ **Compress** the injured area with an elastic bandage or cloth to also help reduce swelling.
- ◆ **Elevate** the damaged part to a level higher than the heart.

The Nolan Ryan Fitness Guide, The President's Council on Physical Fitness and Sports.

1997
AMERICAN SOKOL
ORGANIZATION
INSTRUCTORS' SCHOOL
JULY 22nd TO AUGUST 4th

**BEGINNER, INTERMEDIATE, ADVANCED
LEVELS**

**HOSTED BY: THE WESTERN DISTRICT
AND SOKOL SOUTH OMAHA**

STUDENTS SHOULD PLAN TO ARRIVE ON JULY 21st BEFORE 6:30 PM.
GRADUATION CEREMONIES WILL BE THE MORNING OF AUGUST 4th.
RETURN FLIGHT ARRANGEMENTS SHOULD BE NO
EARLIER THAN 1:00 PM ON AUGUST 4th

DO NOT DELAY
CONTACT YOUR DISTRICT OR UNIT DIRECTOR
FOR APPLICATION FORMS -- **DEADLINE JUNE 15th**

FOR ADDITIONAL OR IMMEDIATE INFORMATION CONTACT:
INSTRUCTOR SCHOOL SECRETARY SANDRA BENAK - (402) 731-2665
OR E-MAIL bbenak@earthlink.net

EXTRA CURRICULUM OFFERINGS INCLUDE:
USAG SAFETY CERTIFICATION
PDP LEVEL 1 COACHES' CERTIFICATION
BEGINNER TO ADVANCED RHYTHMIC INSTRUCTION



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

Dear Brothers and Sisters:

The American Sokol Executive Board has asked that a Risk Management Committee be formed. It is imperative that we acknowledge the rich resources within the Sokol Units. It is this rich pool of skill, knowledge and talent that we need to call upon for assistance in establishing a diversified Risk Committee. Being a member of this committee means that this person will be willing to communicate with us for matters of consultation on policies, procedures and ideas within their field of expertise.

We are asking for your support in the following categories:

- Insurance Specialist
- Lawyer
- Sports Medicine Specialist
- Exercise Physiologist
- Insurance Advisor
- Paralegal
- Certified Trainer

We communicate this need to you, our members and ask that you forward your name, address, phone and/or fax and/or E-mail to:

**Risk Management
11S 281 Saratoga
Lemont, IL 60439
Fax 630-963-8892
E-Mail: Stawho2@aol.com**

It is important for Sokol members to realize that the concerns at the Unit level are also the concerns at the national level. Only through a unified effort will we be able to keep our Sokol gyms safe. Your cooperation with our request will allow us to be successful in achieving the goals Sokol has established for its future.

*Get a threesome or foursome together
(singles also accepted) and join the*
XIX American Sokol Slet
GOLF OUTING

Thursday, June 26, 1997

Country Lakes Golf Club
1601 Fairway Drive • Naperville, IL

\$37⁵⁰ per Person

Includes greens fee, cart and light refreshment.

To reserve your space, send check payable to AMERICAN SOKOL to:

Curt Mentzer

11358 Hamlin Avenue • Chicago, IL 60655
Direct questions to Curt at 773-779-1272



The following appeared in a Cleveland area newspaper and is about former greater Cleveland member Rob Patrick, who grew up and gymmed at Sokol until he left for college. His mother is still a member of Sokol Greater Cleveland. He was back in Cleveland recently for the NCAA women's volleyball finals, which was coordinated and run by Cleveland State University Women's Athletic Director, Sis. Alice Khol, also of Sokol Greater Cleveland. Rob gymmed at Sokol Greater Cleveland and played volleyball at Sokol Slets for a while after college and helped keep our program going. He left for his calling on the West Coast and played volleyball until eventually landing the job as assistant coach at Stanford for the past three years. He did return to Cleveland, as the article states, to get married and his reception was held at Bohemian National Hall. The article mentions Sokol on Broadway, which is the home of Sokol Greater Cleveland.

By the way, Stanford did win the national championship beating Hawaii. Many of Sokol Greater Cleveland members were in attendance at this tournament.

~Bro. Howie Wise
Men's Director, Northeastern
District & Sokol Greater
Cleveland

VOLLEYBALL GIVES STANFORD COACH TRIP HOME

Reprinted from *The Plain Dealer*,
December 21, 1996 by Liz Robbins

Even when playing quarterback for Miami (Ohio) University, Garfield Heights native Rob Patrick knew that volleyball would always be his passion. Since leaving the Cleveland area in 1983 for work on the West Coast, Patrick has found his success through the game.

Patrick, assistant volleyball coach to Don Shaw at Stanford the last three seasons, has been part of a national championship and could help the team capture another when the Cardinal takes on Hawaii in the final.

Patrick began playing volleyball at Sokol, on Broadway, which offered gymnastics as well as boys' volleyball. At Miami, he played football three seasons, but in the spring always played volleyball and was president of the college club in Oxford.

Three years ago, he applied for coaching jobs, including one at Bowling Green and accepted the assistant position at Stanford. A year later, when playing in a volleyball tournament in Santa Barbara, he met his future wife, Jane, who also plays the sport. The two were married in Cleveland.

"I love Cleveland," said Patrick, 35. "Everybody at work give me grief for coming from here, but I think it's great."



...the most popular outdoor sport in the U.S., a game in which individual competitors drive a small hard ball with variously-shaped clubs toward and into a hole. A game consists of paying into either 9 or 18 consecutive holes spread over an extensive ground known as a golf course or links. The winner of individual stroke (or medal) play is the player who holes his ball in the fewest strokes over the course, in match play the winner is the player who wins the most individual holes. Playing a hole involves driving the ball from a raised peg or *tee* across the fairway toward the distant closely-mown *putting green* around the hole (which may be 100 to 600 yards from the tee). The player seeks to keep the ball on the intervening mown fairway, avoiding the flanking "rough" – water and sand trap hazards. A player's score is based on *par*, the number of strokes an expert golfer would need to hit the ball from the tee into the hole in a given distance and course difficulty. Par varies from three to six strokes per hole. Written records of golf date from the 15th century in Scotland, where the traditional international rule-making body, the Royal and Ancient Club of St. Andrews, was founded (1754).

~From *The New American Desk Encyclopedia*



The Sokol Educator

Bro. Jerry Milan. A.S.O. Educational Director

XIX AMERICAN SOKOL SLET ART CONTEST

THEME: Sokol - Sokol Gymnastics - Sokol History and Culture

Contest is open to American Sokol Organization members, juniors and children and members of guest Sokol organizations participating in the Slet.

Category 1	1st Class	Ages 6-9
Category 2	2nd Class	Ages 10-12
Category 3	Juniors	Ages 12-16
Category 4	Seniors	Ages 17 & Up

Original artwork and photographs with the above mentioned Sokol theme may be entered. Size of finished artwork is to be no smaller than 8"x10" and no larger than 30"x40". All fine arts and photographs are to be properly mounted and protected for display purposes. The following materials may be used: oils, watercolors, acrylics, ink, colored pencils, poster paints, crayons or collage of sculpture.

ENTRIES ARE DUE NO LATER THAN JUNE 1, 1997.

Include your name, address, phone number, age and Sokol Unit name. Send entries to this address:

**American Sokol Organization
6424 W. Cermak Road - Berwyn, IL 60402
ATTN: Educational Committee**

No more than one entry per contestant will be accepted. Judges reserve the right to accept or reject any entry. Winners will be announced during the Slet, with awards to be given. Works will be returned, if requested.

The American Sokol Organization reserves the right to photograph or reproduce the entries for whatever use they wish.

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

Can we add your name and contribution to our growing list of supporters? The following generous contributions have been received so far:

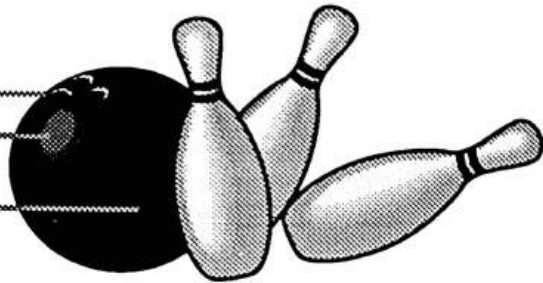
MCI Telecommunications (Corporate)	\$500.00
Sis. Joan Smolik (Central District)	\$10.00
Sis. Blanche Wysocki (Central District)	\$5.00
Sis. Vivian Mizia (Central District)	\$15.00

THANK YOU for your supportive efforts toward a successful 1997 American Sokol Slet and NAZDAR! We will continue to list all contributors in future publications.

CATCH THE SPIRIT!

FUN IN THE ALLEY

Watch for upcoming information about the XIX American Sokol Slet Bowling Tournament, Thursday, June 27. Get your friends together and be ready to sign up!



REMINDER TO ALL UNITS:

UNIT I.D. RIBBONS

Have you ordered your Unit Identification Ribbons for the Slet? Time is growing short! Orders must be placed in groups of 50. Each ribbon costs only \$1.25.

These are new ribbons, which are a little wider than what we have had in the past, but are very attractive material.

Place your order TODAY to:

American Sokol
6424 W. Cermak Road
Berwyn, IL 60402

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	_____
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AMERICAN SOKOL ORGANIZATION

Quarterly Financial Report

October, November, December 1996

Submitted by Bro. John Satek, Financial Secretary

RECEIPTS

Dues	\$21,154.14
Convention FUnd, 4th Qtr. 1996	1,623.00
TG Masaryk Dues	25.00
Subscriber ASO Publication	28.00
Resale Jewelry/Membership Pins	574.50
Educational Booklets	6.50
BOI Skills/Ribbons/Tapes	743.00
Postage/UPS	18.48
Flag Waver Donation	30.00
Seals	20.00
Sokol Manual	15.00
Labels	33.55
1995 Souvenirs	8.00
ASO Instructors' Course	222.15
Xmas Dinner	300.00
Uniform Dept. Repay Loan	2,000.00
Supplies	10.75
Uniform Dept. Salaries (Aug.-Oct.)	1,015.58
Uniform Dept. FICA/Medicare (Aug.-Oct.)	147.74
Uniform Dept. FWT Tax (Aug.-Oct.)	30.00
Uniform Dept. IWT Tax (Aug.-Oct.)	34.95
Uniform Dept. Phone/Fax	72.48
Uniform Dept. Rent (Sept.-Nov. w/Increase)	955.00
TOTAL	\$29,067.82

DISBURSEMENTS

ADMINISTRATIVE DEPT.

Salaries (Oct./Nov./Dec.)	\$2,323.69
FICA/Medicare (Sep./Oct./Nov.)	407.00
FWT (Sep./Oct./Nov.)	60.00
IWT, 3rd Quarter	83.59
Ameritech/Equalnet/Phone/Fax	558.95
Com Ed	113.03
CPA (Oct./Nov./Dec.)	510.00
CPA Taxes	225.00
Petty Cash, Postage	153.45
Office Supplies	132.70
Janitor/Supplies	88.36
Janitor (Lost Ck. 13052)	20.75
Parking Permits	225.00
Printing Donation Cards	57.50
Electric Lighting Supplies	240.49
Mailing Permit	85.00
COS Meeting Travel/Slavik	659.10
Zip Code Book	46.90
Tie Strapping/Mailing	87.60
30 Xmas Dinners	291.38
Wall Mount Fire Ext.	33.50
2 Mutual Funds Deposits	4,000.00
Travel/Per Diem BOG Mtg. (4)	1,214.48
Refreshments Auditors	7.79
Subscription Svobodna Skola	5.00
Misc.	3.90
Rent (Nov./Dec./Jan.)	2,991.00
TOTAL	\$14,625.16

BOARD OF INSTRUCTORS

Salaries (Oct./Nov./Dec.)	\$1,871.77
FICA/Medicare (Sep./Oct./Nov.)	321.76
FWT (Sep./Oct./Nov.)	45.00
IWT, 3rd Quarter	68.03
Ameritech/Equalnet/Phone/FAX	188.37
Office Supplies	9.99
Petty Cash/Postage	50.13
USAG Membership Fee Kalat/Harlan	170.00
Parking Permit	75.00
Directors Conference	4,380.03
Video Repair	150.00
Blank Tapes	17.22
Editor "Gymnast"	60.00
TOTAL	\$7,407.30

EDUCATION

Salary	\$105.76
FICA/Medicare	18.08
IWT, 3rd Quarter	4.80
Shrink Wrap	18.00
TOTAL	\$146.64

PUBLICATION

Salaries (Mailing)	\$360.19
FICA/Medicare	79.78
Supplies	2.68
Printing (Sep./Oct.)	2,846.18
Printing Lost Ck. 13044	1,511.38
Postage (Pre-Paie)/Changes	2,287.70
Editor	300.00
TOTAL	\$7,387.91

UNIFORM DEPARTMENT

Salaries (Oct./Nov./Dec.)	\$1,072.26
FICA/Medicare (Sep./Oct./Nov.)	79.78
FWT (Sep./Oct./Nov.)	30.00
IWT, 3rd Quarter	35.48
Ameritech/Equalnet/Phone/FAX	58.51
Rent (Nov./Dec./Jan. w/Increase)	975.00
TOTAL	\$2,251.03

MISCELLANEOUS

Ad Denni Hlasatel	\$50.00
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XIX ASO SLET

Advance	\$5,000.00
BOI	13.14
Conference Call Meeting	32.02
TOTAL	\$5,045.16

Balance Brought Forward/Checking	\$21,074.50
Receipts	+\$29,067.82

\$50,142.32

Disbursements	-\$37,024.30
Void Ck. 13044	1,511.38
Lost Ck. 13052	20.75

BALANCE CHECKING 12/31/96 \$14,650.15

Balance Check Book

\$14,649.95 (Off \$.20)

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Sokol	Name	New Address	City	State	Zip

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

Plain Pin (No Year) \$5.00
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30, 40-Year Pin \$8.00
35, 45-Year Pin \$6.25
50-Year Pin (Gold-Filled) \$32.00
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Educational Materials

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

Souvenirs

Sokol Gold Plated Stick Pin \$7.00
Sokol Charm \$3.00
Slet Plate ('93, '89, '85, '81) \$25.00
Sokol Stud \$2.00

Others Also Available - Call ASO Office.
708-795-6671

Board of Instructors

Directors' Newsletter Subscription (Annual - 10 Issues) \$5.00
Unit Directors' Handbook \$5.00
District Directors' Handbook \$5.00
Girls'/Boys Skills Program Materials
Lg. Packet (25 Participants) \$33.00
Sm. Packet (12 Participants) \$17.00
Skills Program Videotape \$10.00
Tots' Skills Program Materials
Lg. Packet (25 Participants) \$17.00
Sm. Packet (12 Participants) \$9.00
Separate Cards, Patches, Bars and Ribbons also available.

Etc.

Unit ID Ribbons \$1.25 Each
Talon Mugs \$6.00
Set/3 XVIII Slet Videos \$39.95+\$4.00
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