

# american **SOKOL**

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## **AMERICAN SOLDIER OF SLOVAK DESCENT HELPED RAISE FLAG ON IWO JIMA**

*Michael Strank (Michal Strenk) was an American Slovak born November 10, 1919 in Jarabina, district (county) Stara Lubovna, Slovakia, the son of farmer Vasil Strank and Marta nee Grofik.*

*Continued on Page 3.*

## American Sokol

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## From Your Editor...

HAVE AN ENJOYABLE SUMMER! I look forward to seeing many Sokol acquaintances from across the country at the Sokol USA Slet in Philadelphia next month. Don't forget to keep me informed about happenings in your gym and in your Sokol family. Again, please make note of my NEW address.

**NA ZDARI!**

**Sis. Patricia Satek**

**46 Northgate Road**

**Riverside, IL 60546-1639**

## CALENDAR of EVENTS

### JULY

- 4 Sokol Detroit 4th of July Picnic, Sandy Bottom Lake  
14 Sokol Ceska Sin Cesky Den  
7-20 Sokol USA Instructors' School, Barryville, NY

- 25-8/8 ASO Instructors' School at Sokol South Omaha  
27 Sokol Ceska Sin Golf Outing

### AUGUST

- TBA Sokol Minnesota Booya Picnic  
4 Sokol Ceska Sin Unit Picnic  
18-25 Sokol Fresno Dinkey Creek Family Camp  
25 Sokol Milwaukee Dinner Theater

### SEPTEMBER

- 3 Sokol Milwaukee Fall Fling  
8 Sokol Detroit Vinobrani (Grape Festival)

### SEPTEMBER

- 8 Czechoslovak Day, Highland Park, St. Paul, MN  
19 Sokol Minnesota Gymnastics Open House

### OCTOBER

- 19 Sokol Brookfield 65th Anniversary Dinner  
19 Sokol Minnesota Harvest Dance  
27 Sokol Minnesota Pork Dinner

### NOVEMBER

- 2 Sokol New York 100th Anniversary  
10 Sokol Minnesota Pancake Breakfast & Bake Sale

### 100th Anniversary

**SOKOL USA SLET**

**July 3-7, 1996**

**Philadelphia, PA**

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

### THOUGHT STARTERS

from Bro. Jerry Milan,  
ASO Educational Director

"Our opinion of others is not so variable as our opinion of ourselves."

### 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.

# IWO JIMA FLAG RAISING *(Continued from front cover.)*

In 1922, at the time of the economic depression, the Strank family emigrated to America and lived in Conemaugh near Franklin in the coal mining region of central Pennsylvania. During the Second World War, Michael Strank was drafted into the Armed Forces and attained the rank of Marine infantry sergeant (USMC 275 228, Company E, 2nd Battalion, 28th Marines, 5th Marine Division). In 1945, he took part in the battles against the Japanese in the Pacific. After conquering the peak of Mt. Suribachi on the island of Iwo Jima, Michael Strank was in the group of six men who on the 23rd of February, 1945, at about noon, erected a large American flag (8'x4'8"), which replaced a flag of smaller dimension (54"x28") already there. Strank was the oldest and highest ranking of the six men, five marines and a sailor, to take part in the flag raising. This dramatic scene was photographed by war correspondent Joseph Rosenthal and his dynamic shot became the most famous American photograph of World War II. "The picture that will live forever!" Strank is third from the left in the photo. Only his hands are visible.

Immediately in 1945 this photo was awarded the Pulitzer Prize and used as a pattern for a United States 3-cent postage stamp. In 1970 it was also used for a 1/2-cent stamp of Grenada. According to the photo, F.W. deWeldon created a 100-ton bronze sculpture War Memorial to all Marines, 24 meters high, which

stands at Arlington National Cemetery in Washington, D.C. A replica was constructed on the site where the flag had been raised on Iwo Jima.



*Sgt. Michael Strank*

Michael Strank, however, never saw the famous photo. He was killed in action on March 1, 1945, in another conflict on Iwo Jima. Here he was buried along with 6,820 other American soldiers. Four years later, his remains were exhumed and transported to the United States. On January 13, 1949, Strank was reinterred in grave number 7179, Section 12 of Arlington National Cemetery. A plaque inscribed to the memory of Michael Strank was unveiled on the grounds of the Franklin County Pennsylvania Municipal Building on the 17th of May, 1986.

The author is greatly obliged to Mr.

Charles Vizzini of Edinburg, Pennsylvania, who graciously supplied the majority of the resources used to write this article, including the photograph of Michael Strank.

*Docent RN Dr. Ludvik Mucha, CSc.  
Assistant Professor, Department of  
Cartography  
Charles University, Prague*

*Translated by: Hana Holubova*

## **ADDENDUM**

Also on Iwo Jima Island at the time of the flag raising was United States Marine Corporal George Filko. George grew up in the Mt. Pleasant area on the east side of Cleveland and attended classes at Sokol Tyrs on East 131 Street. Corporal Filko was killed in action on February 24, 1945. His remains were interred on May 8, 1948 in Westpark Cemetery, Ridge Road, Cleveland, Ohio.

George Filko was on the 1941 Sokol Tyrs Junior Boys' team that placed first at the VI American Sokol Slet in Chicago. Other members of the team were Frank Stupka, George Vohnout, Ernie Kopecky and Frank Hatten. Their instructor was Edwin Jirousek.

In addition to being a fine gymnast, George Filko was a Golden Gloves boxer, excelled in track and field and possessed an avid interest in physical fitness.

*~ Submitted by Bro. Peter Dusek,  
Cleveland, OH*



## "BEING CORRECT"

### THE NATIONAL ANTHEM

In an attempt to honor a national heritage and symbol of the fighting spirit, I stand to offend a time-honored custom or habit, but noting that this very custom also offends, I have decided to comment anyway.

It is not correct to applaud the national anthem of any nation. The practice of applause after an anthem began at sporting events... probably because some of the audience were glad it was over and the games could begin.

An anthem is the expression of the nation's beliefs, the feelings of the citizens at the time of authorship. It serves as a reminder of the "birth" of that nation's territory and constitution, where there is one. Whatever the words say, the citizens hold it dear to them. The melody summons emotions that bring to mind the strongest of memories. To many, it may mean freedom from tyranny, it may mean returning alive from war and remembering those who did not, it may mean the memory of happier times, but to most it may mean an identity. I belong!

Today, for many, it just means another event to shout about. These people feel they have a right to applaud. Perhaps they are happy to be alive and their applause is their expression of, Yes! let's celebrate what we are about to witness – my child is in this performance.

O say, can you see, by the dawn's early light,  
 What so proudly we hail'd at the twilight's last gleaming,  
 Whose broad stripes and bright stars, through the perilous fight,  
 O'er the ramparts we watch'd, were so gallantly streaming?  
 And the rockets red glare, the bombs bursting in air,  
 Gave proof through the night that our flag was still there.  
 O say, does that star-spangled banner yet wave  
 O'er the land of the free and the home of the brave?

### THE PLEDGE TO THE FLAG

104 years ago, October 12, 1892, the pledge to the flag was first used in the public schools in celebration of Columbus Day. The pledge received official recognition by Congress in an Act approved June 22, 1942. The phrase, "under God," was added to the pledge by a Congressional Act of June 14, 1954.\*

At that time, President Eisenhower said that "in this way we are reaffirming the transcendence of religious faith in American's heritage and future, in this way we shall constantly strengthen those spiritual weapons which forever will be our country's most powerful resource in peace and war."\*

And so, this insertion in 1954 (with no comma) "under God" is why we continue to pause after "one nation." As our grandparents and parents learned the insertion, they and those who teach, continued to pause. It really says something about acquired habits.

Tonight, we will say the pledge with no pause, because we are *one nation under God*.

I pledge allegiance to the flag of the United States of  
 America and to the republic for which it stands, one nation  
 under God, indivisible, with liberty and justice for all.

\* Source - OUR FLAG Armed Forces Information and Education, Department of Defense NVVMC 5901 (Rev-63)

# MY MOST MEMORABLE EXPERIENCE IN SOKOL

Central District Essay Contest Entry by Sis. June Pros, Sokolice Tabor

My introduction to Sokol began in 1957 when my son Miles was 3 years old. I asked my husband what that big building on the corner of 16th Street and Clarence Avenue in Berwyn, IL was. He, being the Czech in the family, told me it was a Sokol hall and said Sokol had gym classes. Well, that's all I needed. I took Miles to Sokol Tabor's Tots class.

The instructor was Blanche Kos and she did a great job with the children. I assisted as a mother's helper and when Blanche got sick and asked if I would take the class while she was laid up, I agreed; this was in late 1958. Blanche was teaching, so I joined Sokolice Tabor and continued teaching the Tots Class, which later led to teaching 1st Class and Junior Girls until 1970.

My Tots were my pride and joy. The look on their faces when they found out the many things they

could do was something very special. As I had no training, there were many times when I asked many people for help in writing special numbers for our exhibitions. Three of the people who helped me the most were Ed Linhart, Mae Linhart and Jane Jurew. Without their help, I would have been lost when it came time for exhibitions. This was when I had 80 children in a class, but with the help of the mothers, everything worked out. The tots special numbers were composed by Sis. Jane Jurew and were real crowd pleasers. The calisthenics were easy to teach, as I had the help of Sis. & Bro. Linhart in understanding terms. As time went on, I learned to understand the different formations and means of terms and didn't have to be asking so many questions.

Moving on to 1st Class Girls and assisting in 1st Class boys and then to Junior Girls was a major

achievement. During this time, I had become the Women's Director of Sokol Tabor, Secretary of Tabor's board of Directors, Women's Director of the Central District and Slet Secretary for many of our National Slets, plus Editor of Tabor Talk.

My final year as instructor of the Junior Girls, 1970, Bro. Jim Berousek and I decided to put on the Flying Trapeze as a special number. This number had been done by our Senior class years ago. Many felt it could not be done by Juniors, but we fooled them. We had 6 girls and 6 boys as flyers, with the balance of my girls doing a hoop number written by Sis. Jurew, a total of 36 girls and 6 boys.

I remember Sis. Mildred Prchal holding her hand over her eyes when our Juniors flew, we had no nets. But the audience was thrilled and so were we. During these years, our exhibition was held

two days, Saturday evening and Sunday afternoon, as the classes were so large we could not seat everyone on one day. This was a great event upon my retirement as an instructor.

I did not retire from Sokol, as I was elected the National Secretary in 1970 at the ASO Convention held in Cleveland, Ohio. Bro. Stanley Barcal was the President and it was an honor to work with him and the other members of the Executive Board. I have continued working with pride with the Sokols throughout the country and Canada.

My love for Sokol continues. It is an organization where you can contribute not only time, but you reap the harvest of good friends and memorable moments over and over; it is an honor to be part of this wonderful organization and if I can do it, so can you!

# THE FALCON WILL SOAR AGAIN

*PREFACE: The following is an article I wrote for the Slavonic Monthly, published in June 1945. Since the 50th Anniversary of the end of World War II has just passed, I thought it might be of interest to remember how great Sokol was prior to that awful war. The 1938 Slet was an unforgettable and great experience – mixed with joy and tears. Perhaps this article might inspire our Sokol you to continue to work to making Sokol the great organization it was. Se Sokolskym Na Zdar, Sis. Tess Mastik, Sokol Little Ferry, NJ*

The bright sun fell upon a vast field of blue and gold. Music filled the air and with each note, the colorful scene upon which we were gazing changed its pattern, forming a variety of delicate designs. Before us was a mass of blue – suddenly flashes of gold burst forth. Quickly, the colors reversed themselves and streaks of blue could be seen against a gold mass. It seemed as though each note of the melody was a breath of wind swaying a field of flowers.

In reality, what we saw were thousands of young girls in bright blue with yellow wreaths encircling

their heads, performing a brilliant calisthenic drill. Gracefully and in unison they moved in time to the music.

We were sitting in the mile-square Masaryk stadium in Prague, Czechoslovakia and the delightful scene unfolding before us was only one of many we were to witness with the next few days. It was July, 1938, and this was the Xth All-Slav Sokol Slet or Festival.

The Sokol organization was founded in Prague in 1862 by Dr. Miroslav Tyrš, its basic ideal being "a sound mind in a sound body" with physical training the principal method of reaching this goal. "Sokol" is the Slav word for "falcon," which was adopted from the Yugoslavs, who called their national heroes Sokols. Ever since the organization was established, festivals have been held in Prague every six years.

For four afternoons, we visited the massive stadium at the edge of the city to watch in excitement the programs so pain-stakingly

prepared for this gigantic festival. Nearly a half million people were present each day, including thousands of foreign visitors and the crowds, gay and friendly, streamed in endlessly from all parts of the city. One would hardly guess that this little Republic was at the moment in a grave crisis; every effort had been put forth to make this a happy and carefree occasion. The tri-colored flag of Czechoslovakia waved proudly above the stadium and a hundred other friendly flags decorating the sides waved in return, as if to say, "We're with you."

At a signal announcing the arrival of President Benes, his flag was raised directly above the platform where he sat. Huge loudspeakers at each corner resounded with the National Anthem and the program for the day began. Group after group of Sokol youth marched upon the field, each to contribute its share to the amazing spectacle. The first days were set aside for children and juniors. they came from all parts of

Czechoslovakia and thought they had been trained separately, they united to exhibit their drills in perfect harmony. Seventeen thousand youths, tan and strong, now came through the entrance gates carrying steel wands. they marched in vibrant accord, wave upon wave, and the steel wands blazed in the sun with each movement. Then colorful groups of young girls dressed in crisp white blouses and striking red skirts swept down in lines of ten. A girl at the head of each line carried a May pole with fluttering streamers. With nimble toes and flying skirts, the girls skipped a merry folk dance. Mere words can scarcely describe the amazing achievements of the Sokol youth that day. Here was discipline – voluntary discipline; here was joy and here was health.

On July 4th and 5th, we saw the adult Sokols perform, thirty thousand men and then thirty thousand women. The men wore white sleeve-

*Continued on Page 7.*



# AMERICAN SOKOL ORGANIZATION

# GYMNAST



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

## So You Think You're Fit

Fitness is an umbrella term that includes four health-related components: aerobic capacity, muscle strength, flexibility, and body fat. To be fit overall means optimal fitness in each category. Ask your doctor to measure your body fat, but you can test the other elements yourself.

### The Fitness Self-Test

- ◆ **Aerobic Fitness** – Run 1.5 miles (six laps on a 440 yard track) at the fastest comfortable pace; record your time. Walk for five minutes to cool down.
- ◆ **Muscular Fitness** – Push-ups measure your upper-body strength. Record the number of push-ups you can do in one minute.
  - ◆ Men: Place hands and toes on floor, extend legs. Point hands forward, aligned with shoulders.
  - ◆ Women: Place knees on floor with hands slightly in front of shoulders.
- ◆ **Flexibility** – The sit-and-reach exercise tests back and hip flexibility. You'll need a yardstick and a box. Sit on the floor with your legs extended and feet flush on the box, which should be lower than the tips of your toes. Place the yardstick on top of the box with the zero end facing your torso and the 15-inch mark flush with the edge of the box. Reaching with the fingertips of both hands, slowly stretch forward (don't bounce). Record your best reach (out of three tries) to the nearest quarter inch.

Ages	Men					Women				
	20-29	30-39	40-49	50-59	60+	20-29	30-39	40-49	50-59	60+
<b>Aerobic Fitness (minutes)</b>										
S	8:13	8:44	9:30	10:40	11:20	10:47	11:49	12:51	14:06	14:20
E	10:16	10:47	11:44	12:51	13:53	12:51	13:43	14:31	15:57	16:20
G	11:41	12:20	13:14	14:24	15:29	14:24	15:08	15:57	16:58	17:46
F	12:51	13:36	14:29	15:26	16:43	15:26	15:57	16:58	17:55	18:44
P	14:13	14:52	15:41	16:43	18:00	16:33	17:14	18:00	18:49	19:21
<b>Muscular Fitness (number of push-ups)</b>										
S	62	52	40	39	28	45	39	33	28	20
E	47	39	30	25	23	36	31	24	21	15
G	37	30	24	19	18	30	24	18	17	12
F	29	24	18	13	10	23	19	13	12	5
P	22	17	11	9	6	17	11	6	6	2
<b>Flexibility (Inches)</b>										
S	23	22	21.3	20.5	20	24.5	24	22.8	22	22
E	20.5	19.5	18.5	17.5	17.3	22.5	21.5	20.5	20.3	19
G	18.5	17.5	16.3	15.5	14.5	20.5	20	19	18.5	17
F	16.5	15.5	14.3	13.3	12.5	19.3	18.3	17.3	16.8	15.5
P	14.4	13	12	10.5	10	17	16.5	15	14.8	13

S = Superior - Congratulations; E = Excellent - In High Gear; G = Good - Gearing Up?  
F = Fair - Just Coasting; P = Poor - Get Moving!

**Results:** Your results should at least meet the figure for your given gender/age category. Your Goal: at least a "good" in each test. After working out for a few months, test yourself again.

These fitness standards were developed over the past two decades by The Cooper Institute for Aerobics Research in Dallas, Texas. The tests are designed for everyone, but if you don't exercise regularly, or if you suffer from illness or injuries, check with your doctor first.

## **ATHLETIC SHOES: CUSHION AND SUPPORT**

Among the factors that should be considered when selecting athletic shoes are the cushioning properties and the support provided for the feet on impact with the ground or floor.

Impact loads vary according to the activity. Walkers and low impact aerobic exercisers experience relatively low loading patterns, while runners engage in large numbers of moderate impacts (more than 25,000 in the case of marathoners). Basketball players may sustain forces five times more than their body weights when hitting the floor after a jump.

Foam and non-foam materials constitute part of the cushioning system. Lightweight foam materials either break down or become compacted and lose their cushioning effect very quickly, even with normal use. Closed-cell foams, higher density foams, and non-foam systems are more durable, but they are also harder and not as comfortable. You may have to choose between durability and comfort.

At least as important as cushioning is the stability provided by an athletic shoe. Frank J. Santopietro, D.P.M., podiatry consultant to the New England Patriots, prefers a "boxy" looking shoe. "Some shoe companies put the least amount of support in the midsole, where it is needed the most. The line from the inside of the forefoot to the inside of the heel should be straight. A straight-line, pyramid shape from back to front provides more support where the foot flattens out in the middle."

For additional support, Santopietro also recommends a relatively high heel and a deep, firm counter --the part of the shoe that wraps around the heel.

## **ELEMENTS OF CYCLING**

Here are some ways to get the most aerobic and lower-body workouts on a bicycle

### **Body Position**

(on a road bike with drop handlebars)

- ◆ Bend forward at the waist, keep your back parallel to the top tube of the bike. Streamlining is key.
- ◆ Keep your head low, your neck in line with your spine, your elbows flexed and tucked toward the knees.

### **Braking**

- ◆ Gradually apply both brakes, putting more pressure on the front wheel, and shift your weight slightly backward.

### **Shifting Gears**

- ◆ Efficient shifting calls for anticipation. Downshift as soon as you lose forward momentum: when going downhill, try to shift into a higher gear before you start spinning your wheels.

### **Pedaling**

- ◆ Keep legs in constant motion using equal effort. Tuck knees close to bike.
- ◆ Think of your pedals as hands on a clock. When one foot is at 12 o'clock, you press the top muscle of your thigh and calves to complete the downstroke. You work the hamstrings and shins to complete the upstroke from 6 o'clock.

### **Cornering**

- ◆ Tight turns call for shifts in body weight. Position the bike to follow a wide arch that allows for coasting through the turn.
- ◆ When approaching the turn, stop pedaling, lower the body, shift hips slightly and lean in the direction of the turn, keeping weight on the outside pedal.

### **Pacing**

- ◆ Maintain a cadence of 80 to 90 pedal revolutions per minute. If pedaling slower than that, downshift to speed up your cadence.

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## **SOKOLS TO MARCH IN 4th OF JULY PARADE**

The city of Philadelphia has selected Sokols attending our 100th Anniversary Slet as one of the participating groups in their 1996 "Welcome America" Parade, a televised event which is part of their celebration of the 4th of July.

Past Philadelphia 4th of July Parades have performed for 400,000 spectators lining the streets. The parade route will be 1.6 miles, with line-up time tentatively scheduled for 5:30pm on Thursday.

We are asking that gymnasts from all lodges, units, districts and guest organizations make a special point to practice marching in preparation for this important event.

NOTE: Marchers will wear gymnastic uniforms

## **USING REINFORCEMENT FOR BETTER RESULTS**

If you have athletes who lack motivation or haven't reached the level of performance you feel they should have attained, help is at hand. Coaches have an important tool at their disposal that can go a long way in solving both of these problems: reinforcement.

Reinforcement is an effective way to motivate athletes and bring about changes in behavior, says Damon Burton, a professor of sport psychology at the University of Idaho. Because the topic is so broad, we will concentrate on rewards, timing, and punishment. Burton offers some guidelines for applying each of these principles.

### **REWARDS**

Rewards are the incentives coaches use to teach skills to athletes and boost their motivation. A variety of behaviors deserve rewards, Burton says. Be careful not to fall into the trap of rewarding successful outcomes only, he says. Other behaviors worthy of recognition include effort, performance improvement, sportsmanship, and teamwork.

Rewards take many forms. Extrinsic rewards (from outside sources) may include ribbons, T-shirts, and trophies. Burton advises using extrinsic rewards when teaching skills or increasing motivation, but also trying to wean athletes from them. Continuing to use extrinsic rewards reduces the likelihood that athletes will maintain the target behavior. Eliminating them frees up coaches' time and allows athletes to motivate themselves.

Intrinsic rewards include competence, control, self-satisfaction, and enjoyment. They fuel behavior over a long period of time, and the more intrinsically motivated athletes are, the more likely they are to stick with an activity.

Burton believes praise is the best reward. No rules govern what rewards and behaviors go together, however.

### **TIMING**

Burton advises coaches to reinforce younger athletes frequently. Since older kids can delay gratification, they don't need reinforcement as often. Also use frequent reinforcement when an athlete is learning a new skill. At later stages of the learning process, when the goal is retention of skill, reinforcement should become more intermittent.

## **PUNISHMENT**

Punishment is a way for coaches to eliminate unwanted behavior by athletes. Some examples of unwanted behaviors include using bad language, doing something physically unsafe, or breaking team rules, Burton says.

Be aware that punishment can damage the coach/athlete relationship. Punish impersonally -- Say, "You have broken rules and your behavior is unacceptable." Don't generalize to them as a person."

Some coaches use physical activities like doing push-ups or running laps to punish athletes' misbehaviors, a practice Burton deprecates. The danger, he explains, is that physical activity will take on a negative connotation in athletes' minds. Equating punishment with physical activity may result in individuals missing the opportunity to stay physically fit, he adds.

Burton believes withholding something athletes want, such as playing time, is the best way to punish them. But be sure the punishment fits the crime: "If a five-minute time-out works, don't suspend them for three games!" Young coaches tend to decide on punishments too quickly. "Don't make a snap decision," he cautions. "Defer what the punishment will be until you've had time to think."

### **HELPFUL HINTS**

Some key points must be understood for the principles of reinforcement to work:

- ◆ Reinforcement is a slow, gradual process. Whether teaching skills or building motivation, don't expect reinforcement to yield immediate results.
- ◆ Before setting out to teach the skills of the sport, be able to assess the athletes' current level of performance.
- ◆ When teaching a skill, it is important to break it down into a series of small steps. This requires that you be technically knowledgeable about the skill.
- ◆ Reinforce athletes when they achieve "a slightly more correct version of how they will perform the skill." As they gain proficiency, the criteria for reinforcement should become a bit more stringent.
- ◆ Rewards must be reinforcing to the individual.

Many coaches intuitively are good behavior managers. With a little education, they can do better.

Amy Carnes, reprinted from the "Coaches' Chalk Talk",  
from the American Sports Education Program, Winter, 1995.  
USAG Safety Update, Vol. 11, #1, 1996

## **USA GYMNASTICS MEMBERSHIP PROGRAMS**

USA Gymnastics is introducing new membership programs targeted to recreational gymnasts, parents, former gymnasts or officials, and anybody else who loves gymnastics.

### **GENERAL MEMBERS**

Until now, only competitive athletes, coaches, judges, and other gymnastics professionals have had the opportunity to become a member of USA Gymnastics. USA Gymnastics wants to open membership up to everyone who loves to watch or participate in gymnastics. With the Olympic Games just around the corner, this is the best time to introduce the General Membership program.

For a \$20 annual membership fee, USA Gymnastics General Members will receive the following benefits:

- ◆ Official USA Gymnastics Member Kit (workout towel, key-chain, luggage tag, and a USA Gymnastics Member decal).
- ◆ USA Gymnastics Member card -- entitling the member to discounts on USA Gymnastics apparel.
- ◆ Full-year's subscription (six issues) of USA Gymnastics magazine -- including a special USA Gymnastics Member Newsletter in the magazine several times a year, with information and features targeted specifically to parents of gymnasts

### **TEAM MEMBER**

Athlete members are now being called "Team Members" to signify their participation in the USA Gymnastics competitive structure. Registered athletes will receive a renewal form. Member clubs will be sent a supply of blank forms for new Team Members and renewing athletes who did not receive a form.

Current competitive athletes who have decided not to compete during the upcoming season may want to stay involved with USA Gymnastics as a General Member. This option ensures that the athlete's subscription to USA Gymnastics continues without interruption, and helps keep them involved in the sport.

### **INSTRUCTOR MEMBER**

This is a new category of membership for coaches and instructors who work with pre-competitive students. An Instructor Membership (\$40) is now available and includes the following benefits:

- ◆ A subscription to Technique magazine
- ◆ Discounted rate for the Safety Certification course
- ◆ An Instructor Member card -- entitling the member to a 10% discount on all USA Gymnastics apparel
- ◆ A USA Gymnastics Member decal

### **PROFESSIONAL MEMBER**

All coaches and judges who participate in USA Gymnastics sanctioned competitions must be Professional Members in good standing with USA Gymnastics. The new Professional Membership will cost \$75 for one discipline (plus \$20 for each additional discipline, which includes the following benefits:

- ◆ Complimentary safety re-certification
- ◆ The right to participate in sanctioned meets
- ◆ Liability insurance coverage at sanctioned meets
- ◆ A Rules and Policies book for each discipline selected (Men, Women, and Rhythmics)
- ◆ Complimentary FIG supplements with the original purchase of the FIG Code of Points
- ◆ A subscription to Technique and USA Gymnastics Magazine,
- ◆ A Professional Member card -- entitling the member to 10% discounts on all USAG apparel
- ◆ Voting privileges for program positions, including Membership Director of the USA Gymnastics Board of Directors.

### **MEMBERS CLUBS**

Details on a new Member Club program will be available at this year's Congress (June 27-30 in Boston). The biggest change is that clubs will not have to purchase their club liability insurance through USA Gymnastics in order to become a Member Club. This membership program will focus instead on helping clubs run their business better, increase their enrollment, and strive for excellence in instruction.

There is a USAG membership program for everyone -- whether you are a recreational gymnast, a parent, a judge, a coach, a club owner, a competitive gymnast on the way up or ready to "retire," or just plain love to watch gymnastics on TV.

Membership information is available by calling USAG Membership Services (1-800-345-4719).

## THE FALCON WILL SOAR AGAIN *(Continued from Page 6.)*

less shirts and long blue tight-fitting trousers. Muscular arms were raised and lowered and just as the men were almost through, their voices in tremendous volume joined in a Sokol song. How impressive that was!

Watching the women, one would think that a huge strawberry shortcake had been placed before us. Red kerchiefs covered their heads and from where we were sitting, their white blouses gave the impression of being a mass of whipped cream topped with huge berries. In various formations, their lines split in squares and it seemed as though the cake was being sliced.

So far, the weather had been perfect. On July 5th, however, clouds filled the sky and soon rain began to fall. But the Sokol exhibit went on although large pools of water formed upon the field and almost everyone was soaking wet. This was the day the Americans were scheduled to appear and when they did, the rain came down in torrents. Part of their drill required them to sit down, and sit

down they did, into the water and mud. They were rewarded with thunderous applause. When they marched off the field, thousands of Czechs ran into the rain and joined hands around them, forming a friendly path for them to pass through.

The spontaneous gesture thrilled the onlookers.

Bright and early on July 6th, crowds and crowds of people poured from every part of Prague and stood ten and twelve deep along the streets where the huge Sokol parade climaxed the festival was to proceed. Everyone who had participated in the exhibition was in neat uniform or gay costume. The spectators constantly waved and shouted words of greeting. The spirit of the event could all be condensed in the one Czechoslovak word of greeting – Na Zdar! The voices of men repeated it until the air was filled, until the buildings echoed with the sound, it converged and spread until it seemed to reach high above, above the Vltava which flows in the city's midst, above

the many bridges which span the river; high above the hundred towers of the city, and over the Hradcany Castle, where for a moment it hesitated and then burst, its warmth and cheer covering a city whose fate was soon to be come tragic indeed.

Even during this parade, the shadow of fearful events to come was suddenly thrust upon us. Czech Sokols of Vienna had been permitted by the Nazi authorities to attend on the condition that they carry the swastika. Two months before the Czechs had mobilized and were ready to defend to their utmost the country against this enemy of which the swastika was the symbol. Now, these friends of the Czechs, unfortunately living in a hostile country, were asked to antagonize them by marching through the streets in this fashion. I shall never forget the scene. Through this vast ocean of cheering gaiety and color these people passed; they were tightlipped and grim, they stared ahead like men in a trance and seemed

deaf to the greetings they received. As they passed, tears fell shamelessly down many cheeks, for it was whispered that upon their return these Viennese would be jailed.

Jointly with the festival, the Czechoslovaks were celebrating the 20th anniversary of their independence and July 6th was set aside for Army Day. In the afternoon, we again visited the stadium, this time to observe not only the Czechoslovak Army, but the armies of Yugoslavia and Rumania, members of the Little Entente. For some reason, this day President Benes arrived almost an hour late. Indications of trouble ahead again were evident for, as the army performed, the air was filled with the chorus "Nedame se! We shall resist! We shall resist!" Yes, they knew trouble was ahead, but they never dreamed it would be so terrible.

As part of the Army's program, hundreds of planes flew overhead in

*Continued on Page 8.*

# Riches from the National Museum In Prague

Old Salem and the Museum of Early Southern Decorative Arts, Winston-Salem, NC, with the cooperation of the National Museum of the Czech Republic proudly announce the opening of the exhibition "A Thousand Years of Czech Culture; Riches from the National Museum in Prague" on September 14, 1996. The exhibition will highlight the material culture of the Czech lands, from the era of the Great Moravian Empire in the ninth century to the 1918 formation of Czechoslovakia. The exhibit will serve as the inaugural presentation in Old Salem's 2,500 square foot gallery. Artifacts that have never before left

the National Museum of the Czech Republic will be on display. A selection of religious and secular symbols, decorative arts pieces, fine arts and much more will be included.

Old Salem is a restored Moravian Congregation Town and is one of the most authentic historic restorations in the United States. Costumed interpreters recreate late 18th and early 19th century life in the little German-speaking Moravian church town and trading center. Historic activities are scheduled according to the season and, in some cases, the appropriate day of the week.

Old Salem is open from 9 AM to 5 PM Monday through Saturday and Noon to 5 PM Sunday. Exhibit buildings and gift shops are closed on Thanksgiving Day, Christmas Eve Day and Christmas Day. Admission is by ticket to tour the exhibit buildings. A combination ticket to also view exhibit at the Museum may be purchased. Groups may make reservations through the Group Reservations Office, 910-721-7345; 1-900-441-5305. For more information, call 910-721-7300.

~ Excerpted from March 1996  
Sokol Minnesota Slovo

## THE FALCON WILL SOAR AGAIN *(Continued from Page 7.)*

formation. At the close, the three armies stood in mass formation and while the flags of their countries were lowered, their national anthems were played, as shot after shot was fired. And even nature helped to impress upon the solemnity of the moment, for a huge bright double rainbow had appeared in the sky, brighter and brighter it grew and then slowly faded as the last flag was

lowered and the last strains of the anthems died away.

I am sure those of us who were in Prague in 1938 wanted to return in six years for the next Sokol festival. Instead, in 1944, most of Czechoslovakia, impoverished and broken, was still occupied by the enemy. Many of the leaders of this organization had been hanged by the Nazis. A large

number of those who did escape the country had paid the highest price on foreign battlefields and many who remained have been beaten and tortured. However, somewhere in England last year another festival was staged. It was barely a shadow of the last one, but the spirit and will to continue still lives and some day soon, the falcon will soar again!

### 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 Emil Kott from Sokol Berwyn-Slavsky .....	\$5.00
In Memory of Sadie Zdenka Bouzek from Sokol Berwyn-Slavsky .....	\$5.00
In Memory of Helen Jezek from Lorena Bessinger .....	\$25.00
In Memory of Albert David, Sokol Racine, from James J. Fetek .....	\$25.00

### GENERAL FUND

In Memory of Frank J. Basta from Geroge & Ann Basta .....	\$100.00
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# MY MOST MEMORABLE EXPERIENCE IN SOKOL

Central District Essay Contest Entry by Bro. John Satek, Sokol Berwyn-Slavsky

My teaching experiences began out of necessity, that is, my wife was Women's Director at our unit and at the beginning of the year we were short two instructors. I had attended an evening course at Sokol Tabor under Bro. Jarka Jelinek, so I said "Why not? I'll give it a shot;" little knowing what impact these five little words would have on my future. My life, my family, my marriage all changes. We now became Sokol oriented. We lived Sokol, talked Sokol and even at our meals between classes at the gym. I could not imagine that teaching these youngsters would affect me as it did. At this time, I was teaching 2nd Class Girls and Junior Girls, along with advanced classes on Sunday mornings. I now had to

contend with young ladies who had feelings, tempers and a lot of stubbornness. I was not cool at all times; there were good days and there were bad days, but most all, there were my girls. They showed me a different pathway. As I said before, they changed my life. I can remember working hours on calisthenics, torturing the poor creatures on apparatus moves that were two steps beyond their ability. My frustration, their tears, but there were the good times –the exhibitions when, all of a sudden, it all happened as it was supposed to be, the competitions when most took those two steps beyond their ability and performed like elite gymnasts, the trophies, medals and

ribbons. Me with my chest swollen with pride, the screams of joy of the winners and the tears of the non-winners. These are the memories that stay with you and bring tears to your eyes, a lump in your throat and make you stand just that much taller. I can highly recommend this experience to any young instructor that has the intestinal fortitude to stick with the position and them. I am now retired and can only dream of days that used to be and help with anything that is a little less physical and demanding. But I can still remember the good old days and I can offer to share my thoughts and experiences with any young instructor who may need the help. Nazdar!

## STRAHOV DILEMMA

Prague City Hall is stuck for ideas about what to do with Strahov Stadium, the largest sports arena in the world. Considering its size (six soccer fields or 80 tennis courts combined), Strahov Stadium is just too big to be practical. The Prague Council is therefore inviting suggestions from the public on how to put the vast and vacant space to some use. The stadium, which has a capacity of 115,000 spectators, was built in the 1920's for the sole purpose of Sokol meetings, but also with an eye on hosting the Olympic Games, which never happened. Since the 1989 fall of communism, Strahov has been the venue of some huge rock concerts, such as the Rolling Stones and Pink Floyd. The Jehovah's Witnesses have also held a convention there and Pope John Paul II served a rather weakly-attended mass during his 1995 visit.

~ March 1996, "Czech the News"  
(Newsletter of the Embassy of the Czech Republic)

## Chicago-Area Concerts to Feature Czech Musicians

### JANA BOUSKOVA ~ HARP

July 18, Ganz Hall, Roosevelt University  
430 S. Michigan Avenue, Chicago

July 19, Arts Center of Oak Park  
200 N. Oak Park Avenue, Oak Park

July 20, Lutkin Hall, Northwestern University  
700 University Place, Evanston

### BOHOUSLAV MATOUSEK ~ VIOLIN

Aug. 21, Ganz Hall, Roosevelt University  
430 S. Michigan Avenue, Chicago

Aug. 24, Lutkin Hall, Northwestern University  
700 University Place, Evanston

Aug. 25, Arts Center of Oak Park  
200 N. Oak Park Avenue, Oak Park

All recitals begin at 7:30 PM and are part of the Golden Prague Chamber Series.

# American Sokol Organization

Quarterly Financial Report – January, February, March 1996

Submitted by Bro. John Satek, Financial Secretary

## RECEIPTS

Dues .....	\$21,968.83
1995 Convention Fund .....	14,565.00
TGM Dues .....	185.00
Dividends/Interest .....	140.35
Resale Jewelry .....	1,890.00
Educational Booklets .....	54.00
BOI Skills/Ribbons/Tapes .....	221.00
Postage/UPS .....	54.37
Donation to General Fund .....	103.00
Labels/Copies .....	83.50
Seals .....	5,193.00
Subscription ASO Publication .....	172.00
Flag Waver Donation/Publication .....	60.00
Sale Spirit Phone System .....	175.00
ASO XVIII Slet Video .....	19.95
Overpayment (refunded) .....	30.00
Uniform Dept. Salaries (Dec., Jan., Feb.) .....	956.43
Uniform Dept. FICA/Medicare (Dec., Jan., Feb.) .....	168.84
Uniform Dept. FWT Tax (Dec., Jan., Feb.) .....	30.00
Uniform Dept. IWT Tax (Dec., Jan., Feb.) .....	33.15
Uniform Dept. Phone/Fax .....	91.16
Parking Permit .....	75.00
Uniform Dept. Rent (Jan., Feb., Mar.) .....	945.00
<b>TOTAL .....</b>	<b>\$47,214.58</b>

## DISBURSEMENTS

### ADMINISTRATIVE DEPT.

Salaries (Jan., Feb., Mar.) .....	\$2,268.90
FICA/Medicare (Dec., Jan., Feb.) .....	393.38
FWT (Dec., Jan., Feb.) .....	60.00
IWT, 4th Quarter .....	76.95
Ameritech/Equalnet/Phone/Fax .....	451.45
Com Ed .....	148.22
CPA .....	510.00
Petty Cash, Postage .....	317.95
Office Supplies .....	377.64
Janitor/Supplies .....	102.55
Mailman Xmas Gift .....	5.00
Subscription .....	5.00
Czech Natl. Congress Delegate Fee .....	5.00
UPS 1/19/95-1/11/96 .....	67.08
Printing Quarterly Reports .....	120.00
Copier Maint. Agreement .....	510.00
Flag Cleaning/Repair .....	10.00
Plain Membership Pins .....	1,764.95
Rent (Feb., Mar., Apr.) .....	2,871.00
<b>TOTAL .....</b>	<b>\$10,065.07</b>

## BOARD OF INSTRUCTORS

Salaries (Jan., Feb., Mar.) .....	\$1,612.62
FICA/Medicare (Dec., Jan., Feb.) .....	284.58
FWT (Dec., Jan., Feb.) .....	45.00
IWT, 4th Quarter .....	61.05
Ameritech/Equalnet/Phone/FAX .....	647.03
Petty Cash/Postage .....	185.06
Office Supplies .....	382.12
Subscription .....	27.50
UPS 1/19/95-1/11/96 .....	54.05
Sr. Program Material .....	32.09
USAG Fee .....	200.00
Videotapes .....	28.67
Video Repair Balance .....	110.99
Editor "Gymnast" (Dec./Jan., Feb., Mar.) .....	90.00
<b>TOTAL .....</b>	<b>\$3,760.76</b>

## EDUCATION

FICA/Medicare .....	\$18.54
IWT 4th Quarter .....	3.75
Subscription .....	27.50
<b>TOTAL .....</b>	<b>\$49.79</b>

## PUBLICATION

Salaries (Mailing) .....	\$484.89
FICA/Medicare .....	59.14
Printing (Dec./Jan., Feb., Mar.) .....	4,270.07
Postage (Dec./Jan., Feb., Mar.) + Add Changes .....	1,635.51
Supplies .....	231.96
Editor (Dec./Jan., Feb., Mar.) .....	450.00
<b>TOTAL .....</b>	<b>\$7,131.57</b>

## UNIFORM DEPARTMENT

Salaries (Jan., Feb., Mar.) .....	\$977.99
FICA/Medicare (Dec., Jan., Feb.) .....	168.84
FWT (Dec., Jan., Feb.) .....	30.00
IWT, 1st Quarter .....	31.35
Ameritech/Equalnet/Phone/FAX .....	101.58
Rent (Feb., Mar., Apr.) .....	945.00
<b>TOTAL .....</b>	<b>\$2254.76</b>

## MISCELLANEOUS

Hotel Czech Museum Dedication .....	\$77.28
Czech Natl. Council Dues .....	120.00
Donations .....	105.00
Refund Overpayment .....	30.00
Seal Printing/Letters/Envelopes .....	1,690.00
Postage for Central District Mailing .....	70.61
<b>TOTAL .....</b>	<b>\$2,092.89</b>
<b>Balance Brought Forward/Checking .....</b>	<b>\$12,153.11</b>
<b>Receipts .....</b>	<b>+\$47,214.58</b>
	<b>\$59,367.69</b>
<b>Disbursements .....</b>	<b>– \$25,354.84</b>
<b>BALANCE CHECKING 3/31/96 .....</b>	<b>\$34,012.85</b>

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