

american **SOKOL**

Volume CXX, Number V

JUNE 1998

CAN YOU IMAGINE...? 25 YEARS Perfect Attendance in Sokol Classes



SIS. DEBBIE (UNIEJEWSKI) MILAS,
Sokol Berwyn-Slavsky, Central District **DID IT!**

Read about it on page 3.

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
Periodical Postage Paid at Berwyn, IL 60402

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

BOARD OF GOVERNORS

Fred Kala Vladislav Slavik
Paul Lebloch Roger Martanovic
Jiri Liska Larry Laznovsky
John Satek Mildred C. Pinc
Mickey Dalton Mildred Mentzer
Charles Borvansky (*Representing Central District*)

EXECUTIVE BOARD A.S.O.

Meeting: 4th Tuesday (except July/August)
at the A.S.O. Office, 7:30 P.M..

President Fred Kala
I Vice-President Paul Lebloch
II Vice-President Roger Martanovic
Secretary Mildred Mentzer
Treasurer Mildred C. Pinc
Financial Secretary John Satek
Director of Men Dave Harlan
Director of Women Jan Kalat
Educational Director Jerry Milan
Public Relations Lori Laznovsky
Membership Joan Curran
Editor Patricia Satek
Foundation Director George D. Kulhanek
Board Member Bernie Babka
Board Member Mickey Dalton
Board Member Chuck Kalat
Alternate Jolene Dalton
By-Laws Bob Podhrasky

EDITOR - PATRICIA SATEK
46 Northgate Rd. - Riverside, IL 60546-1639
708-447-8382

THOUGHT STARTERS

from Bro. Jerry Milan,
ASO Educational Director

"A man
wrapped up in himself
makes a mighty
small package."

From Your Editor...

Ah, June, the Sokol season winds to a close with gymnastic competitions and District Slets. Instructors nationwide are more than ready for a nice long break, but are secretly already anticipating what lies in store for them in the fall. Support your local District Slet. Make sure your Unit is encouraging gymnasts to attend the National Instructors' Course and the Southern District Kids' Kamp and the Pacific District Family Camp. Have a great summer!

NA ZDARI!

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

CALENDAR of EVENTS

JUNE

16-20 Sokol Minnesota Children's
Cultural Day Camp

JULY

2-5 Sokol Na Slovensku Festival,
Kosice, Slovakia
4 Sokol Detroit Chicken BBQ &
Picnic at Sokol Camp, Sandy
Bottom Creek, Michigan
10 Sokol Cedar Rapids Czech
School Program and Social
11 Czech Boys' Choir Concert
at Mt. Mercy College, IA
12 Cesky Den, Taborville, OH
15 Sokol Milwaukee "On The
Boardwalk" Luncheon

JULY

16-21 Kids Sokol Summer Kamp at
Sokol KHB, Ennis, TX
18-19 Czech & Slovak American
Festival, Yack Arena,
Wyandotte, Michigan
19-26 Sokol Family Camp at Dinky
Creek, CA
21-8/4 American Sokol Instructors'
School at Sokol Karel
Havlicek Borovsky

AUGUST

9 Sokol Minnesota Camp
Picnic & Booya
30 Sokol Milwaukee Old World
Wisconsin Tour

A.S.O. Board of Instructors meets every 2nd Wednesday, 7:30 P.M.
A.S.O. Executive Board meets every 4th Tuesday, 7:30 P.M.

E-Mail: Editor@American-Sokol.org

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

OUR SOKOL CREDO

To build a healthy and beautiful human body,
To cultivate a harmonious and total person,
To develop firm character, a well-rounded disposition and
A love of truth and justice;
To produce strong, lovely and honorable people,
That is the goal of a Sokol education.

Sis. Debbie (Uniejewski) Milas Achieves 25 Years Perfect Attendance In Sokol Classes!

Sokol Berwyn-Slavsky recently presented a "25-Year Perfect Attendance Award" to Sis. Debbie (Uniejewski) Milas who started Tots in 1973 and continued through 1st Class Girls, 2nd Class Girls, Junior Girls and Senior Women and has never missed one of those approximately 1500 class sessions! Plus, she's competed and participated in all Sokol activities for those 25 years. Amazing! Stupendous! Mind-Boggling!

Debbie was a member and Girls' Director of the Sokol Slavsky Junior Board and assisted in classes. She is currently a member of the Sokol Berwyn-Slavsky Board of Instructors, Co-Publicity Chairman at Sokol Berwyn-Slavsky and is a member of the American Sokol

Organization Board of Instructors. Besides Sokol, Debbie was very involved in many school activities. In grade school she participated in Orchestra, Girls Scouts, Student Council and Cheerleading. In high school she continued in Orchestra, was Vice-President of the Music Club, participated in Varsity Track, Pom-Pom Squad, Class Cabinet and was Treasurer of the National Honor Society. At the University of Illinois Chicago, she achieved status in the Golden Key National Honor Society and participated in the Big Sister-Little Sister Program. Debbie was a runner-up to Houby Queen in Berwyn and later served Houby Queen Coordinator for Sokol Berwyn-Slavsky. She has coached grade school cheerleading and is

currently employed as a 1st Grade Teacher at Heritage Lake School in Carol Stream, IL.

Sis. Milas was presented her award at Sokol Berwyn-Slavsky's Gymnastic Exhibition on March 28 wher Berwyn Mayor Thomas Shaughnessy proclaimed the day "Debbie Milas Day in Berwyn," and Illinois State Treasurer Judy Baar Topinka sent congratulations.

Pictured in the cover photo are (L to R) Bro. Bernie Babka, President of Sokol Berwyn-Slavsky, Sis. Debbie (Uniejewski) Milas and Sis. Anne Svec, Awards Chairman, Sokol Berwyn-Slavsky.

*Submitted by Sis. Blanche Wostratzky,
Publicity Co-Chair, Sokol Berwyn-Slavsky*

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 George Cermak from Sokol Berwyn-Slavsky	\$5.00
In Memory of Rosemary Palkovic from Joe & Ethel Rus	\$10.00
In Memory of Adeline Rak from Sandi & Ron McKee	\$10.00
In Memory of Oldrich Klatil from Sokol Belcamp	\$25.00
In Memory of Ed Bejcek from Sokol Town of Lake	\$25.00
In Memory of James Pliml and Elmer Jezek from Vaclav Zenisek	\$25.00
In Memory of Albert Cecka	
From Eleanor Cecka	\$100.00
From Sokol Town of Lake	\$25.00
From Sokol Townites Social Club, Sokol Town of Lake	\$25.00
From Anton Smunt	\$25.00
From Charles & Irene Ruzicka	\$25.00

MUSEUM, LIBRARY & ARCHIVES FUND

From Charles & Irene Ruzicka, Sokol Town of Lake	\$25.00
In Memory of Bozena Vanek, Sokol Town of Lake from Jerry & Henrietta Milan	\$25.00

Please forgive the handwritten letter. I am 70 years old and count myself fortunate, no, blessed, to have had my father enroll me in Sokol Minnesota when I was 6 years of age. The point of my letter is to congratulate you for what I see as a major change for the better in the type of articles you have started to carry in recent months. We have a 6-year-old grand-daughter who is showing great promise in her second or third year in gymnastics. I cut out and send to her parents article from the American Sokol and they have helped. I will end this letter with a warm and heartfelt thanks and NAZDAR!

Bro. Wally Schovonec, Boise, ID

Just a short note to let you know how much I enjoyed the Sokol magazine of April/May 1998. I thought it was the best one you have ever done. All the ideas and articles were great. I like the Good Ideas section and hope to get many more ideas from future articles of things we can attempt in Ennis, Texas. Please relay to Dick Petrzalek how much I enjoyed his "Reflections." Hope he continues these articles.

I know your job is not easy and on behalf of myself and everybody in Ennis, we would like to say a big "thanks" for a job well done.

As I am not a born Czech, I liked the magazine this time because we had more "Sokol" articles and less "Czech."

A full-blood American who loves Sokol,
Bro. Jerry Wester, 1st VP,
Sokol KHB, Ennis, Texas

Thanks for helping the Sokol Greater Cleveland Czech Dancers celebrate their 25th Anniversary by putting their picture on the front cover of the ASO Magazine and publishing their dance article. Your efforts in keeping all Sokol members across the U.S. informed of Sokol activities is sincerely appreciated.

Sis. Dolly Baca and the
Sokol Greater Cleveland Czech Folk Dancers



Sokol Fort Worth Participates in "Race for the Cure"

The pictured members of Sokol Fort Worth proudly participated in the 6th Annual "Race for the Cure," Saturday, April 18 in downtown Fort Worth, TX. Sokol entered a team of 17 women, ranging in age from 30 to 73, in the women-on 5K race which benefits the Susan G. Komen Breast Cancer Foundation. Race for the Cure is an annual event held in cities across the United States. This year's race in Fort Worth included more than 11,000 walkers and runners and raised more than \$415,000 for breast cancer screening, education treatment and research. All that prostrna practice helped us get in shape for the 3.2 mile race!

Submitted by Sis. Lesli Milan



CZECHOSLOVAKIAN POSTCARDS AVAILABLE

*Extensive Collection
Slet, Views, Military, etc.
Send Want List*

JERRY KOTEK ♦ DELTIOLOGIST
424 CORBIN ROAD
YORK, PENNSYLVANIA 17403
717-843-3479



99-YEAR-OLD OLYMPIAN KEEPS UP THE PACE

By Kristie Ackert, *New York Daily News*

EDITOR'S NOTE: Leon Stukelj is/was a Sokol in Slovenia.

Leon Stukelj's first visit to New York City was not going to interrupt his schedule. The 99-year-old Olympic gold medalist, who maintains his agile, 100-pound frame, woke his traveling companion for exercise.

"And at 7:15, we were doing the gymnastics and walking," Slovenian Secretary of tourism Tomaz Zajc said. "Nothing, not the seven-hour time difference nor his age, affects him."

The oldest living Olympic gold medalist, the former gymnast was welcomed to New York at the New York Athletic Club, home of 110 Olympic medalists and the Jesse Owens trophy. Brought to the United States by Slovenian businessman Emil Gaspari to visit the Dynamic Gymnastics School in Mohegan Lake, Stukelj was honored by U.S. Olympic Committee president William Hybl and was received by U.N. Secretary General Kofi Annan.

"When Mr. Leon was at the Olympics in Berlin, he met Jesse Owens and shook his hand," said Zajc, who served as Stukelj's translator. "He still has a photograph with Jesse Owens' signature at home. He is very happy to be here in the home of the Jesse Owens trophy."

That meeting of athletic greats came in 1936, when the then 37-year-old Stukelj won a silver medal on the rings - his sixth Olympic medal. Stukelj won three gold medals: the first two in the all-around and the high bar at the 1924 Olympic Games in Paris and the third on the rings at the 1928 Games in Amsterdam. He invented the inverted iron cross move seen in most gymnastic competitions today.

"Today the level of the events is higher and you can't compare the difficulty of what they do today,"

Stukelj said. "But there was a beauty in the exercises before. They were done for the beauty of the gymnastics."

Honored as one of the most influential Olympians at the closing ceremonies of the 1996 Atlanta Olympics, Stukelj delighted the crowd and President Clinton as he danced spryly up a long flight of stairs.

Stukelj looks forward to celebrating his 100th birthday November 12 at his home in Maribor, Slovenia and attending the 2000 Olympics in Sydney, Australia.

Stukelj also was invited to return to New York, should the city win its bid for the 2012 Olympics, by the city's athletic commissioner.

*Thanks to Bro. Pete Dusek
for passing this on from*

*Yaro Mucha, Anchorage, Alaska,
formerly of Sokol Tyrs, Cleveland, Ohio*

The Jefferson Awards

Exceptional People Take on Community Challenges

Bro. Jerry Elzner, Sokol Corpus Christi, was recently honored as a recipient of a Jefferson Award, in recognition of outstanding contributions for the betterment of the citizens of South Texas. Bro. Jerry received another honor in April when he was made an "Admiral in the Texas Navy" by Governor George Bush. Congrats!

The following editorial appeared in the Corpus Christi Caller Times, Saturday, April 25, 1998:

Every day brings new challenges. For some of us, that might mean scrambling to put together a report the boss wanted yesterday, buy you only produced today, finding 30 minutes for a gym workout after work or perhaps helping your child with his soccer fund-raiser.

Volunteers, however, seem to approach each new day with a different mindset, one that moves them beyond the immediate circle of family, friends and co-workers.

These individuals bring to the community unique skills and

talents, foremost among them a clear vision of the big-picture challenges. In them we see strength of purpose, power of conviction and sense of urgency. The Coastal Bend is the better for it. Imagine what kind of place this could be if more took the challenge.

Jerry Elzner is an active member of the Corpus Christi chapter of the Slavonic benevolent Order of the State of Texas. He has organized food and clothing drives for the needy and worked for Habitat for Humanity.

Submitted by Sis. Milly Elzner

Reflections

REFLECTIONS

Had I known what lay in store for me, I might not have entered the building so eagerly on that fateful autumn evening in 1947. I had been told it was a place where one could learn something about gymnastics – perfect skills on rings and parallel bars. Had I known that endless hours would be spent practicing a strange arm waving discipline (they called it “prostna” – calisthenics), which seemed more related to dance and theatre than physical education; that they actively and aggressively recruited people from the gym to participate in a strange ethnic folk dance called “Beseda” which I felt was as lively and joyless as root canal; had I known I would be trapped into moving apparatus, helping at camp, selling paddles at the bazaar, pouring coffee at suppers and other endless, but gymnastically unrelated tasks, I might have said, “forget it.” But the ultimate irony – had I known I would meet some brown-eyed slečna who would shove that ring around my nose and lead me to the altar – that was the thing which would have caused a free-spirited 19-year-old, fresh out of the Navy, to quietly close those doors marked Telocvicna Jednota Sokol and run like hell for the tall timbers

But I didn't. I stayed and now I find myself sitting here in my dotage, trying to write something for our unit publication – and I find I have as few skills for this as I had for the Beseda 50 years ago. I hope to touch on Czech and Sokol history,

but I'm no historian - only after two visits to the Czech lands have I been bitten by the historical bug. I hope to comment on and critique my first love - the gym; despite the fact that I'm no professor of physical education - only a practitioner with a paradoxical background, who practically lived in the gym years ago, but who today rarely goes near the place, except in my memories. That's why I label this “Reflections.” What do I hope to attain? Maybe share a few things and stimulate some thoughts, but because of the nature of our Czech brothers, may only succeed in annoying them.

Because of my Czech ancestry, my acceptance into the organization was relatively painless. The people who practiced gymnastics immediately recognized my zeal and I had instant rapport. Some members whose focus was elsewhere would regard me with a measure of reserve and to a few I was to remain an outsider, an interloper who was never to be fully accepted in this Sokol “family.” I was to find that this was indeed a “family.” Fierce loyalties existed, as well as heated animosities bordering on outright hatred (despite the fact that the parties called each other “Brother!”) But I shrugged off those inconsistencies and steeped myself in the fine points of gymnastics. Joe Pazour, who taught the men's class, proved an excellent teacher for a beginner. I learned gymnastics

encompassed more than the strength moves I had acquired on the beaches of Santa Monica. I came to the group with the ability to hand balance, do front and back levers and a passable iron cross, but had never tried a kip or a back uprise. So, by virtue of my early exposure, I “came in the backdoor,” that is, I had acquired some of the advanced moves before acquiring the fundamentals - I was to work my fanny off to correct this.

Along the way, my education continued. The oldsters constantly bombarded me with what Sokol was and was not. How important were the things I hated - like dancing the Beseda, doing prostna and selling paddles at the bazaar. While my knowledge of the Czech was meager, I was nevertheless able to sense the urgency and the passion in what these mentors were trying to tell me. Much of this was to remain dormant for many years, because initially my focus was competition; gymnastic skills and muscular development were everything!

Ultimately, my reading was to highlight some fascinating things - listen to what S. Harrison Thomson, author of “Czechoslovakia in European History” writes: “The Sokol movement may be credited with making the most vital contribution of the focusing of Czech national life. This movement, with physical education as its core, was to become the ultimate vehicle in igniting Czech pride.”

For some time now, I've realized that this was too simplistic a statement - mainly an overview - a glib statement of historians. One

Continued on Page 7.



AMERICAN SOKOL ORGANIZATION

GYMNAST

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



More Interesting Ideas for Varied Activities in Sokol

Miscellaneous Activities Sponsored by the Sokol Greater Cleveland Board of Instructors

♦ Junior Boys vs Junior Girls Competition

- ♦ Novice routines were used by all
- ♦ Boys competed on: balance beam, uneven bars, side horse, rings, girls floor ex
- ♦ Girls competed on: balance beam, uneven bars, side horse, rings, boys floor ex
- ♦ After apparatus competition - 5 coed teams were created. These teams then competed in relay races, puzzle solving, trivia contests, and blind man's volleyball.
- ♦ Competition was done on a Saturday night with refreshments following.
- ♦ For the apparatus portion an average score was determined for the boys and for the girls. (This was to take into account the varied skill levels that all competed novice level routines.)
- ♦ The evening's activities were video taped and viewed during the refreshments.

♦ American (Sokol) Gladiators

- ♦ Create a maze on gym floor using flip fold mats opened and standing on edge, (10-12)
- ♦ 2 teams - easily identified - (vent, pinnies, shirt color)
- ♦ Use small nerf or soft type balls
- ♦ Object is to hit other team with ball as all players run through the maze
- ♦ When hit you sit down in place - when your own team mate tags you, you are freed
- ♦ Suggestions: each player can only carry one ball at a time when hit you lose the ball you are holding, you must toss it away have more balls than players available.
- ♦ When all players of one team are sitting at the same time - game ends

♦ Sleepovers

- ♦ Enjoyed by our Jr. Boys and Jr. Girls - the hardest part is finding chaperones to stay overnight with them!
- ♦ Activities need to be planned - some active, some inactive - scavenger hunts, board games, volleyball, movies, name that tune from TV shows, Twister, etc.
- ♦ Small fee is charged \$5.00 to cover cost of snack food and breakfast food
- ♦ Each person attending brings a 2 liter of pop,- more than enough

♦ Tots Roller Skating

- ♦ Have tots bring their roller skates to class one week and for an hour they will entertain themselves.
- ♦ Most newer skates these days have plastic wheels and do not harm the floors.
- ♦ Taped organ music really gives them the effect of a roller rink.

♦ Swim Party

- ♦ Rent a local high school pool for 2 hours
- ♦ The activity is open to all Sokol members and their families.
- ♦ A small fee is charged to cover the cost of the rental of the pool.
- ♦ Good mixer for all classes.

♦ Welcome Back to Sokol Dinner

- ♦ Done by Women's Class
- ♦ Usually the week before the regular class begins.
- ♦ Someone needs to organize the event.
- ♦ Pick a restaurant, contact all class members, collect money, etc.
- ♦ After being away from each other for the summer, the group always enjoys catching up on the summer's activities of everyone.
- ♦ Often Slet stories are retold for those who did not attend and award winners from the class are recognized.

♦ Field Trips - Senior classes

- ♦ Men - as a group visit a comedy club, "specialty" night clubs, bowling
- ♦ Women - visited a former Sokol hall now being used by the Boys and Girls Club; class was interested in what was done with the hall as they remembered it

♦ Have Your Educational Director Visit Classes Regularly

- ♦ Children and Jr. classes mainly
- ♦ Teach anthems, Sokol history, historical aspects of your Sokol building,
- ♦ Review quiz questions before up coming competitions

Avoiding Heat Stroke in Children

It's summer and the air is filled with the joyous sounds of children at play. From morning until night, children are chasing balls, capturing flags and playing tag. But this picture can turn grim if children play so hard and so long that they experience a condition called heat stroke.

Overheating occurs when people overexert themselves in very hot weather. Heat stroke takes place when the body's internal temperature rises high enough to damage itself. Although this is rare, heat stroke can cause imbalances in the body's electrolytes (or natural salts), shut down the kidneys and cause shock or even death. Among those at greatest risk for heat stroke are the elderly, who are sensitive to heat and poor air quality, and children, who may not pay attention to signs that they are becoming overheated. Signs of extreme overheating include thirst, fatigue, flushed skin and feelings of dizziness.

At special risk are infants, toddlers and children with chronic illness such as heart and lung problems or diabetes.

Infants and toddlers are especially sensitive to the sun because the surface area of their heads is large relative to the rest of their bodies. Because of this greater surface area, their heads -- if exposed to the sun -- can absorb harmful amounts of heat. Therefore, infants and toddlers should always wear hats when they go outside in hot, sunny weather. Very young children also are at risk for heat stroke because they may not be able to verbalize their need for water. Remember to provide them with plenty of liquids.

The good news is that heat stroke is almost entirely preventable. To protect your children this summer, follow these simple common-sense precautions:

- ◆ Never leave children locked inside an unattended car, even for a few minutes. Although this can be dangerous any time, it can quickly turn deadly when the weather is hot. almost every summer, there are news reports of children dying of heat or suffocation after being locked inside a car and forgotten. Temperatures inside a parked car can reach as high as 150 degrees F in the summer.

- ◆ Make sure children get plenty of fluids. Send them to camp with a water bottle. Or, if they're playing in the back yard, call frequent breaks for drinks. Serve children sports drinks to replace electrolytes that may be lost due to excessive sweating, or serve food with some added salt, which can also replace electrolytes lost through sweat.
- ◆ Give children opportunities to cool off in water. Set up sprinklers visit swimming pools or lakes, set up wading pools, or just use the shower. Immersing oneself in cold--but not icy--water is a good way to cool the body down.
- ◆ Have children play in shady areas, and make sure they take time out to rest.
- ◆ In times of extreme heat, allow children to cool off in air conditioning. If your home is not air-conditioned, use fans to circulate the air or visit movie theaters, restaurants or stores that are air-conditioned.
- ◆ Have children dress in light-colored clothes, which absorb less heat than dark colors. Avoid clothes made of synthetic fibers. Sweating is the body's natural way of cooling down. Clothing made of natural fibers allows the body to cool properly.
- ◆ If a child shows signs of over-heating, quickly take steps to cool him down. Any person who loses consciousness due to heat stroke should be taken immediately to the emergency room.

Dr. Ellen Putter, assistant clinical instructor of pediatrics at New York University School of Medicine.

**Congratulations
to Sokol Na Slovensku
on the occasion of their
Gymnastic Festival (Slet)
in Kosice, Slovakia**

**GOOD LUCK
AMERICAN PARTICIPANTS**

Physical Activity Guidelines for Children

Elementary school children are encouraged to be physically active at least 60 minutes, and up to several hours per day. That is among the recommendations of the first physical activity guidelines specifically designed to meet the developmental needs of children, released in conjunction with National Physical Fitness & sports Month, at The National Press Club in Washington, D.C. Lead authors of the new Physical Activity for Children: A Statement of Guidelines, which were developed by NASPE's Council on Physical Education for Children (COPEC), were Charles B. Corbin and Robert P. Pangrazi of the Department of Exercise Science and Physical Education, Arizona State University, Tempe.

The purpose of this document is to provide physical education teachers, classroom teachers, youth physical activity leaders, administrators, parents, physicians, and all others dedicated to promoting physically active lifestyles for children with guidelines about appropriate physical activity for preadolescent children.

SUMMARY GUIDELINES

Among the recommendations are the following:

- ♦ An accumulation of more than 60 minutes, and up to several hours per day of age and developmentally appropriate activities is encouraged for elementary school children.
- ♦ Some of the child's activity each day should be in periods lasting 10 to 15 minutes or more and include moderate to vigorous activity. This activity will typically be intermittent in nature involving alternating moderate to vigorous activity with brief periods of rest and recovery.
- ♦ Extended periods of inactivity are not appropriate for normal, healthy children.
- ♦ A variety of physical activities of various levels of intensity is recommended for elementary school children.

According to NASPE Executive Director Judy Young, Ph. D., "Because children are not small adults, these activity recommendations are based on the characteristics of children. For instance, children develop skills through involvement in physical activity. Only through devoting time to these skills will they become a regular part of a healthy lifestyle. Inactive children and youth are much more likely to be sedentary as adults than children and youth who are active."

RATIONALE

Extensive evidence, including information from the Surgeon General's Report on Physical Activity and Health, has documented the health benefits of regular physical activity. The report also indicates that Americans become increasingly less active with each year of age. Inactivity among children has now been linked to sedentary living among adults. For this reason, efforts to promote active lifestyles among children have been targeted by the Centers for Disease Control and Prevention (CDC) as well as other groups interested in the health and well-being of all Americans. To be effective in promoting lifetime activity habits early in life, developmentally appropriate guidelines for activity of elementary school children are outlined. A more detailed rationale for the recommendations is included in the comprehensive report.

GUIDELINES FOR PROMOTING PHYSICAL ACTIVITY IN SCHOOLS AND PHYSICAL EDUCATION:

- ♦ Provide Time for Activity in the School Setting
- ♦ Individualize Activities
- ♦ Expose Youngsters to a Variety of Physical Activities
- ♦ Focus Instructional Feedback on Process, not Product
- ♦ Continue to Teach Physical Skills
- ♦ Be an Active Role Model
- ♦ Care about the Attitudes of Students
- ♦ Teach Positive Approaches to Lifetime Activity
- ♦ Promote Activity Outside the School Environment
- ♦ Consider Activities that can be done throughout life
- ♦ Copies of the full document are available by calling 1-800-321-0789. The cost is \$10 for NASPE/AAHPERD members, and \$13 for non-members. Stock number is 304-1-175.

NASPE News - Spring, 1998

NATIONAL OFFICE UPGRADES

The American Sokol recently made two capital investments to upgrade equipment at the national office. The BOI and the Executive Board in a joint effort, recently purchased and installed a new 233 mhz computer with large disc storage capacity and high speed internet access. The BOI also purchased dual video tape duplicating equipment to replace its aging equipment.

Websites to Visit

This Summer take the opportunity to visit these interesting web sites with information about education, fitness, and health:

- American Academy of Pediatrics
<http://www.aap.org>
- American Alliance for Health, Physical Education, Recreation, and Dance
<http://www.aahperd.org>
- American College of Sports Medicine
<http://www.acsm.org/sportsmed>
- American Council on Exercise
<http://www.acsfitness.org>
- American Running and Fitness Association
<http://www.arfa.org>
- American School Health Association
<http://www.ashaweb.org>
- Bicycle Federation
<http://www.bikefed.org>
- Bicycle Federation - Pedestrian Issues
<http://www.prowalk.org>
- Cooper Institute for Aerobics Research
<http://www.cooperinst.org>
- Fitness Link
<http://www.fitnesslink.com>
- Fitness World
<http://www.fitnessworld.com>
- International Health, Racquet & Sportsclub Association
<http://www.ihrsa.org/index.html>
- KidsHealth
<http://www.KidsHealth.org>
- National Association of Governor's Councils on Physical Fitness and Sports
<http://www.fitnesslink.com/GovCouncil>
- National Coalition for Promoting Physical Activity
<http://www.a1.com/ncppa>
- National Fitness Leaders Association
<http://wellness.uwsp.edu/nfla/>
- National PTA - Building a Healthy Child
<http://www.pta.org>
- The Physician and Sports Medicine
<http://www.physsportsmed.com>
- Physician-based Assessment and Counseling for Exercise (P.A.C.E.)
<http://shs.sdsu.edu/pace>
- Shape Up American
<http://www.shapeup.org>
- Health Promotion on the Internet
<http://www.monash.edu.au/health/health.html>

NASPE News - Spring, 1998

Gymnast - June, 1998

FIRST AID -- Sprained Fingers

If you play a sport that requires reaching, defending, striking, catching, throwing, or shooting, you will probably sprain a finger. It will happen when you bend a finger beyond its normal range of motion or when you take a direct blow to the end of the finger; even if you are not using your hands to execute a skill. Other athletes sprain fingers when they try to break the impact of a fall.

The injury is so much a part of sports, many athletes are expected to play through the discomfort. But considering that the ligaments that hold the bones of the finger together have been stretched or severed, only those with a high tolerance for pain who are willing to risk a more serious injury can perform well while hurt.

Sprains are classified according to severity. First degree sprains involve less than 25% of the ligaments being stretched. In second degree sprains, 25-75 % of the fibers are damaged. A severe (third degree) sprain means that there has been a complete rupture of one or more ligaments. In these cases, the torn ligament may take part of the bone away from the joint. That's not all. Severe sprains may also damage blood vessels, tendons, and muscles in the area.

SYMPTOMS

The symptoms develop quickly and dramatically. They include pain, swelling, loss of mobility, and in some cases, a popping or tearing feeling. Until you get medical help, the rest, ice (20-30 minutes at a time), compression, and elevation protocol (RICE) applies to finger sprains just as it does to sprains in other areas of the body. A physician will usually immobilize the finger for a week or two and may "buddy tape" the injured finger to one next to it until full strength and range of motion have been restored.

SCARY POSSIBILITIES

If you don't take the proper first aid measures or seek medical attention, some scary complications are possible: extended healing time, proneness to further finger injuries, inflammation where ligament attaches to the bone, and long-term loss of function. If the symptoms of what you consider a mild sprain last longer than two weeks, see a doctor.

The recovery time for moderate and severe sprained fingers may be as long as six weeks. If other tissues have been damaged or if surgery is required, you may need three months before resuming strenuous use.

Penn State Sports Medicine Newsletter - 5/98

Reflections (continued)

needs to understand the factors which were necessary for such a vehicle to become necessary to "ignite Czech pride."

Visualize, if you will, a people who were living in a feudal society, who were subjected to the landowner's whims and abuses, whose children had little opportunities of an advanced education (Czechoslovakia's beloved first president Tomas Masaryk's father was a coachman on the Imperial Estates around Hodonin who was unable to read or write. It was necessary for him to ask permission of the landowner for his son to go to secondary school and that was in 1862, around the time of our Civil War.) Families were denied even basic sustenance. (Jaroslav Hasek, author of "The Good Soldier Schweik," credits Archduke Ferdinand, owner of the Konopiste Estates, with "chasing old women away when they gathered firewood and mushrooms on his preserves." My own ancestor was also reported to have been skillful at snaring small game and "requisitioning" firewood from the landowner's estate.) Visualize a people whose culture following the Thirty Years War was plunged into an abyss for 200 years - a time when the Czech nation almost ceased to exist. For 200 years, neither nobleman nor burgher spoke Czech. "They wanted to show us we had no right to exist, that we were only Germans who spoke a slavonic tongue. The Czech language retreated from the towns to the countrysides and became the exclusive property of the peasants and the illiterate. A

humble culture completely hidden from the eyes of Europe. A culture of songs, fairy tales, ancient rites and sayings and this was the only narrow bridge which spanned the 200 year gulf." (Patricia Hampl's "A Romantic Education," quoting Milan Kundera's work.) Can any of us ever begin to fathom an existence of this nature? Can any of us comprehend going to our employer to ask permission for our children to go to school? Can any of us picture our kids' inability to vocationally improve their station in life? Viewed in this context, it becomes clear why the Czechs are so frugal, how they tend to capitulate, how they tend to be extremely conservative, humble and frequently lacking in self-esteem.

So, suddenly, a "vehicle" such as Sokol is introduced - which encourages a bonding of its members who share a common ancestry, values and ideals, enabling them to present a bold front to their neighbors, built around a core of physical education which emphasizes vigor and nationalism - small wonder this spread like prairie fire - small wonder it became a vehicle of almost evangelical magnitude.

By way of summary, Sokol came into being because of man's inhumanity to man, because of oppression and because of a fervent desire to obtain human dignity and restore faith in one's ancestry.

NA ZDARI!

*From Noviny Sokol Cedar Rapids
by Dick Petrzalek*

Update On Book: For the Love of Prague

(Refer to book review published in the April/May 1998 American Sokol.) I have received notice from Peter Lemkin that this book will not be available through any bookstore in America and must be ordered through him. (Once again, the book is NOT available for purchase through the American Sokol!) The price for the book through Mr. Lemkin is \$20 US (includes postage). Pay by cash, American Express Traveller's Check, bank or personal check or International Postal Money Order made out to:

Peter Lemkin
For the Love of Prague
P.O. Box 136
Kaprova 12
110 01 Praha 01
Czech Republic

Mr. Lemkin (plemkin@terminal.cz) has kindly sent a copy of the book to the American Sokol Organization Library & Archives where it is available to our members.

Also now a part of our Library & Archives for member use is "Kronika Jednoho Života" by Bro. Josef Machek. If you read Czech and are interested in reading of this man's life, check it out at the ASO Office!



GYMNASTICS - SOKOL STYLE

Teachings Began with Czech Immigrants in 1860's

From the Gazette, Cedar Rapids, IA 2/14/98 by Marlene Anne Florang

For more than a century, hundreds of children and adults have been taught the gymnastic skills and philosophy of the Sokol organization in its gym at Sokol Hall in Cedar Rapids.

"We try to teach students to take care of themselves physically and exercise properly, and we teach them responsibility and discipline," said the Rev. William Harnish, Vice President of the Sokol Cedar Rapids board. "One really has to be dedicated and loyal to become good in gymnastics."

Sokol was established in 1862 in Bohemia by Dr. Miroslav Tyrs and Jindrich Fuegner. The co-founders saw the group as a physical, mental and moral training ground.

The word "Sokol," which translates as "falcon," suggests strength, endurance, agility, movement and grace. Czech immigrants brought the ideals and gymnastic skills of the Sokols with them and established the organization in the United States in 1865.

The Cedar Rapids Chapter, Jednota Tyrs, was founded in 1869. In 1892, an auxiliary organization for women was founded, known as the Renata Tyrsova Society. The men's and women's organizations merged in 1989 and became Sokol Cedar Rapids.

Harnish, who has been with the organization since he was 10 years old and participated in gymnastics, noted that in the late 1940's and early 1950's membership was much higher and more programs were available. "Since then, a lot of other organizations, like the YMCA

and YWCA, offer gymnastics," said Harnish. "I think at one time people thought Sokol was just for people of Czech descent."

At its inception, Sokol did require potential member to have at least one parent of Czech descent; a stipulation that has long since been dissolved.

"It's a real family-oriented group and it's mostly word-of-mouth," said Allison Gerber, who has been a Sokol instructor for 15 years and director of men and women of Sokol for 12 years. "I'd guess about 80 percent of the students are still of Czech descent, or they had their grandma or aunt participate at one time."

An article in the Cedar Rapids Evening Gazette on July 5, 1911, tells of the then-thriving Cedar Rapids Sokol group hosting a district exhibition and competition for 4,000 spectators: "These gymnasts were from various cities and had not drilled together until yesterday morning. Yet their performance was almost perfect, for the movement of every limb and muscle seemed exactly alike. The veteran Sokols, the contestants of 20 years ago, stood nearby giving vent to exclamations of surprise and delight."

"I get goose pimples thinking about it now," said Gerber, referring to a similar instance when she was performing calisthenics during a slet (tournament) in 1990 in Paris, with Sokols from all over the world. "When I went out to perform calisthenics with my coach, she was crying and I was crying," said Gerber. "The camaraderie of us all being Sokols was something we all shared. "Gerber received a medal

for being the world champion in her level in the women's division.

Gerber noted that Sokol is a worldwide organization, with units in places like South America, Canada, Europe and all over the United States. "Since the Velvet Revolution, it (Sokol) has just blossomed," said Gerber. "Some of the units have 4,000 members." There are currently 165 unit members and 50 students at Sokol Cedar Rapids.

Sokol Cedar Rapids students participate in slets within their district, which includes units with active gyms in Omaha NE, South Omaha NE, Crete NE and St. Paul MN. The younger students will participate in a district slet in March in South Omaha. The senior students will showcase their talents at a district slet in St. Paul in June.

Gerber noted that Sokol teaches artistic gymnastics and rhythmic gymnastics. Calisthenics and drills are also part of the program. "We have a very broad spectrum of participants," said Harnish. "It's a well-run organization that is geared so most people can afford it."

There are presently three physically challenged students that Gerber is instructing. They will be competing in the Special Olympics in Iowa City in March. Sokol Cedar Rapids also has an elite tumbling group, the Czechmates, offering exhibitions at care centers and during half-time at basketball games.

"To me, Sokol is more than bringing your kids down for an hour," said Gerber. "Once you get past the classes, you realize it's people with common goals in mind."

American Sokol Organization

Quarterly Financial Report • October/November/December 1997

Submitted by Bro. John Satek, Financial Secretary

RECEIPTS

Dues/Penalties	\$17,649.23
TGM Dues	55.00
Convention Fund 4th Qtr. 1997	711.00
Subscriber ASO Publication	212.00
Resale Jewelry/Membership Pins	1,446.00
Educational Booklets	16.50
BOI Skills/Ribbons/Tapes	303.09
Sokol Manuals	295.00
Directors Conference/Meals	261.30
Flag Waver Donation	45.00
Czech Flood Relief	2,105.00
Donation	105.00
Postage	87.06
XVIII Slet Video	15.00
Seals	4,152.50
XIX Slet Profit	37,208.97
XIX Slet Souvenirs	225.50
Xmas Dinner	375.00
IL941 Tax Refund	14.03
Instructor School	330.71
Labels	12.41
Uniform Dept. Salaries (July-Sep. & Vacation)	1,355.20
Uniform Dept. FICA/Medicare (July-Sep. & Vacation)	238.70
Uniform Dept. FWT Tax (July-Sep. & Vacation)	40.00
Uniform Dept. IWT Tax (July-Sep. & Vacation)	45.63
Uniform Dept. Phone/Fax	74.92
Uniform Dept. Postage	3.00
Uniform Dept. Rent (Aug.-Nov.)	1,320.00
TOTAL	\$68,702.75

DISBURSEMENTS

ADMINISTRATIVE DEPT.

Salaries (Oct., Nov., Dec.)	\$2,857.73
FICA/Medicare (Sep., Oct., Nov.)	515.80
FWT (Sep., Oct., Nov.)	60.00
IWT, 3rd Quarter	105.57
Ameritech/Equalnet/Phone/Fax	437.10
Com Ed	172.45
CPA (Oct., Nov., Dec., Yr. End)	790.00
Petty Cash, Postage	268.22
Office Supplies	499.17
Janitor/Supplies	87.02
Macro Computer Internet	70.00
Insurance Crime Policy	453.00
Bulk Mailing Fee	85.00
Dues World Sokol Federation	200.00
City of Berwyn Parking Permit (3)	225.00
Zip Code Directory	48.90
Denni Hlasatel Ad	50.00
New Radio Cassette (1/2)	64.65
Advance Convention Fund	700.00
Auditor Refreshments	3.26
Mailman Xmas Gift	5.00
Hotel Washington DC	106.69
Sokol Baltimore 125th Anniv.	125.00
Hotel Baltimore	65.21
Sokol Baltimore Reservation (2)	50.00
Baltimore Air Fair (2)	280.00
Vanguard Group Investment	5,000.00
Waddell & Reed Investment	5,000.00
Mid American Bank CD	10,000.00
Rent (Nov., Dec., Jan.)	3,111.00
TOTAL	\$31,435.77

BOARD OF INSTRUCTORS

Salaries (Oct., Nov., Dec.)	\$2,002.89
FICA/Medicare (Sep., Oct., Nov.)	354.38
FWT (Sep., Oct., Nov.)	45.00
IWT, 3rd Quarter	63.04
Ameritech/Equalnet/Phone/Fax	409.89
Office Supplies	72.99
Petty Cash, Postage	108.28
City of Berwyn, Parking Permit	75.00
New Radio/Cassette (1/2)	64.64
USAG Dues (2)	210.00
Ribbons	68.50
Blank Tapes	46.21
Editor "Gymnast" (Sep., Oct., Nov./Dec.)	90.00
TOTAL	\$3,610.82

EDUCATION

Salary (Oct., Nov., Dec.)	\$295.83
FICA/Medicare (Sep., Oct., Nov.)	45.02
FWT (Sep., Oct., Nov.)	15.00
IWT, 3rd Quarter	8.59
Supplies	21.84
TOTAL	\$386.28

PUBLICATION

Salaries (Mailing)	\$405.08
FICA/Medicare	51.06
FWT	10.00
IWT, 3rd Quarter	3.00
Printing (Sep., Oct., Nov./Dec.)	4,516.04
Postage/Address Changes	54.50
Postage Advance	2,000.00
Supplies	273.49
Editor (Sep., Oct., Nov./Dec.)	450.00
TOTAL	\$7,763.17

UNIFORM DEPARTMENT

Salaries (Oct., Nov., Dec.)	\$953.74
FICA/Medicare (Sep., Oct., Nov.)	156.05
FWT (Sep., Oct., Nov.)	30.00
IWT, 3rd Quarter	32.47
Supplies	27.42
Ameritech/Equalnet/Phone/FAX	69.35
Rent (Nov., Dec., Jan.)	1,005.00
TOTAL	\$2,274.03

MISCELLANEOUS

Merit Awards	\$500.00
Directors Conf. Hotel/Refreshments	968.26
Directors Conf. Travel/Meals	4,022.05
Membership Postage	14.72
Misc.	3.32
School Board Travel	583.50
Xmas Dinners	415.25
ASO Seal Printing	1,323.30
ASO Seal Postage	524.59
25% Slet Profit to Central District	9,302.24
TOTAL	\$17,657.23

Balance Brought Forward/Checking (Sep.)	\$22,664.81
Receipts	+\$68,702.75
	\$91,367.56
Disbursements	-\$63,127.31
BALANCE CHECKING 12/31/97	\$28,240.25

American Sokol Organization

Quarterly Financial Report • January/February/March 1998

Submitted by Bro. John Satek, Financial Secretary

RECEIPTS

Dues/Penalties	\$20,474.88
Sokol Ft. Worth Credit Dues 1st Qtr.	1,521.75
TGM Dues	40.00
Convention Fund 4th Qtr. 1997	14,634.00
Subscriber ASO Publication	72.00
Resale Jewelry/Membership Pins	580.75
Educational Booklets	54.50
BOI Skills/Ribbons/Tapes	343.00
Advertisers	350.00
Central District Postage/Labels	202.90
Flag Waver Donation	15.00
Czech Flood Relief	1,025.00
Donation	100.00
Postage	12.50
Seals	1,512.00
Copies/Labels	74.01
XIX Slet Souvenirs	121.00
Replace Check 133399 FICA/Med/FWT	424.68
Uniform Dept. Salaries (Nov., Dec., Jan., Feb.)	1,270.53
Uniform Dept. FICA/Medicare (Nov., Dec., Jan., Feb.)	224.42
Uniform Dept. FWT Tax (Nov., Dec., Jan., Feb.)	40.00
Uniform Dept. IWT Tax (Nov., Dec., Jan., Feb.)	44.25
Uniform Dept. Supplies	35.41
Uniform Dept. Phone/Fax	71.89
Uniform Dept. Rent (Aug.-Nov.)	1,340.00
TOTAL	\$44,584.47

DISBURSEMENTS

ADMINISTRATIVE DEPT.

Salaries (Jan., Feb., Mar.)	\$2,211.80
FICA/Medicare (Dec., Jan., Feb.)	400.88
FWT (Dec., Jan., Feb.)	50.00
Replace Check 133399 Nov. FICA/Med/FWT	180.64
IWT, 4th Quarter	97.97
Ameritech/Equalnet/Phone/Fax	686.90
Com Ed	260.15
CPA (Jan., Feb., Mar.)	540.00
Petty Cash, Postage	270.50
Office Supplies	212.39
Janitor/Supplies	94.95
Macro Computer Internet	70.00
Czech Nat'l. Congress Dues	120.00
Central District Postage	143.55
Rubber Stamp	9.24
Skola Subscription	5.00
Printing Membership Cards/Envelopes	381.50
Kosmos Subscriptions (2)	52.00
Denni Hlasatel Xmas Ad	50.00
Copier Maint. Agreement	510.00
XIX Slet Photos	1,900.00
Donations	20.00
Rent (Nov., Dec., Jan.)	3,111.00
TOTAL	\$11,378.47

BOARD OF INSTRUCTORS

Salaries (Jan., Feb., Mar.)	\$1,673.18
FICA/Medicare (Dec., Jan., Feb.)	298.78
FWT (Dec., Jan., Feb.)	45.00
Replace Check 133399 Nov. FICA/Med/FWT	139.78
IWT, 4th Quarter	68.76
Ameritech/Equalnet/Phone/Fax	349.63
Petty Cash, Postage	47.37
USAG Dues Jerry Milan	200.00
Skill Patches	849.40
AAHPERD Dues (2)	200.00
Editor "Gymnast" (Jan., Feb.)	60.00
TOTAL	\$3,931.90

EDUCATION

Salary (Jan., Feb., Mar.)	\$251.49
FICA/Medicare (Dec., Jan., Feb.)	42.66
FWT (Dec., Jan., Feb.)	15.00
Replace Check 133399 Nov. FICA/Med/FWT	19.94
IWT, 4th Quarter	10.44
Frame Warehouse	55.77
Storage Bins	49.00
TOTAL	\$444.30

PUBLICATION

Salaries (Mailing)	\$174.08
FICA/Medicare	37.02
FWT	10.00
Replace Check 133399 Nov. FICA/Med/FWT	24.30
IWT, 4th Quarter	14.10
Printing (Jan., Feb.)	2,947.46
Postage/Address Changes	45.16
Supplies	10.83
Editor (Jan., Feb.)	300.00
TOTAL	\$3,562.95

UNIFORM DEPARTMENT

Salaries (Jan., Feb., Mar.)	\$886.50
FICA/Medicare (Dec., Jan., Feb.)	158.79
FWT (Dec., Jan., Feb.)	30.00
Replace Check 133399 Nov. FICA/Med/FWT	60.02
IWT, 4th Quarter	33.03
Supplies	27.34
Ameritech//Equalnet/Phone/FAX	65.53
Rent (Feb., Mar., Apr.)	1,005.00
TOTAL	\$2,266.21

MISCELLANEOUS

Convention Fund	\$15,159.00
Membership Pins	9,150.28
TOTAL	\$24,309.28
Balance Brought Forward/Checking (Dec.)	\$28,240.25
Receipts	+\$44,584.47
	\$72,824.72
Disbursements	-\$45,893.11
BALANCE CHECKING 3/31/97	\$26,931.61

AMERICAN SOKOL
Change of Address

This clip-out coupon is positioned so that your mailing label appears on the back. If your mailing address has changed, use a pencil to carefully mark an X through the OLD mailing label. Complete the change of address form below and mail to:

American Sokol
6424 W. Cermak Road
Berwyn, IL 60402-2386

Sokol	Name	New Address	City	State	Zip

**EDUCATIONAL MATERIALS,
SOUVENIRS, MEMBERSHIP PINS & KITS**

**Membership Pins and
New Member Information Kit**

Membership Kit	\$7.50
<i>(Contains Plain Pin, Copy of ASO By-Laws, ASO Tri-Fold, Parliamentary Procedure Booklet, Sokol & the Sokol Idea Booklet, Car Decal)</i>	
Plain Pin (No Year)	\$5.00
5, 10, 15, 20-Year Pin	\$8.00
25-Year Pin	\$25.00
30, 40-Year Pin	\$8.00
35, 45-Year Pin	\$6.25
50-Year Pin (Gold-Filled)	\$32.00
55 Years & Over "Citation of Merit"	NO CHARGE

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
Sokol Stud	\$2.00

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

Etc.
Unit ID Ribbons (50 or More) \$1.25 Each

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
<i>Separate Cards, Patches, Bars and Ribbons also available.</i>	

SALE SALE SALE SALE

Slet Plate	\$25.00 \$10.00
Talon Mugs	\$6.00 \$3.00
Set/3 XVIII Slet Videos	\$39.95 \$15.00
XVIII Slet Video Only	\$49.95 \$5.00

*** All prices are PLUS shipping. ***

Please mail orders to:
American Sokol Organization
6424 W. Cermak Road
Berwyn, Illinois 60402-2386

Dr. Miroslav Tyrs Bronze Bust
\$1,450.00 + Shipping
(Weight = 100-115 lbs.)

YES! *I want to be an ...*

american



SOKOL *Flag Waver!*

Publish my name in one issue to acknowledge my donation in support of the American Sokol magazine.

- Your Donation
- \$5-\$9.99 Donation - Single Line Listing of Donor Name Only
 - \$10-\$14.99 Donation - Single Line Boxed Name Only
 - \$15-\$19.99 Donation - 2-3 Line Boxed Acknowledgement
 - \$20 or More Donation - 4-5 Line Boxed Acknowledgement

1st Line - NAME ONLY _____

2nd Line - (If Applicable) _____

3rd Line - (If Applicable) _____

4th Line - (If Applicable) _____

5th Line - (If Applicable) _____

PLEASE PRINT LEGIBLY!

CHECK PAYABLE
AND MAIL TO:
American Sokol Organization
FLAG WAYER
6424 W. Cermak Road
Berwyn, IL 60402

Listing will appear in next available issue after donation is received and will be shown in ONE ISSUE ONLY.

THANK YOU FOR
SUPPORTING THE
AMERICAN SOKOL!

NAZDAR!

New things are happening
at

BOHEMIAN NATIONAL CEMETERY

- A GARDEN SECTION in new Block 25, featuring, for a limited time only, two grave sites for but \$550.00.
- A CREMAINS GARDEN at Section 26 offering a 24x28" burial plot, a vault, two cremains urns and a marker at a pre-need purchase cost of \$1,055.00.
- A special pre-need offer of mausoleum crypts for two people starting at \$2,800.00, including names inscriptions. Single crypts available starting at \$1,500.00.



Call or Visit

BOHEMIAN NATIONAL CEMETERY
5255 N. Pulaski Road, Chicago, IL 60630
773-539-8442 • 708-788-8442
FAX 773-539-2072

*Listen to Czechoslovak Radio Hour,
Station WCEV Radio, 1450AM,
Sundays 9:00-10:00 A.M.*

UNIGLOBE[®] Cihak Travel, Inc.

7222 W. Cermak Road
Suite 300
N. Riverside, IL 60546-1456
708-447-6400
FAX 708-447-6815
1-800-426-8826

Call for airline, hotel and tour
reservations worldwide.

Exclusive U.S. and Canadian
agent for Prague Suites,
the hotel alternative.

UNIGLOBE[®]

WE WILL CHANGE
THE WAY YOU TRAVEL.

Periodical Postage Paid at Berwyn, IL



P.O. Box 3039
Oak Brook, IL 60533

For further information call CSA

1-800-LIFE-CSA
Ext. 4444

Attention:
Parents and Grandparents

\$10,000*
paid-up insurance

CSA offers a single pay life plan for
your children or grandchildren. Pay
once and never pay again!

Age	Premium*	Age	Premium*
0	\$555	8	725
1	575	9	755
2	595	10	785
3	615	11	815
4	635	12	845
5	655	13	885
6	675	14	915
7	705	15	945

WEBER TRAVEL AGENCY



Complete Worldwide Professional Travel Service

SPECIALIZING IN TRAVEL TO CZECH REPUBLIC
SINCE 1958

6805 West Cermak Road • Berwyn, IL 60402
Tel. 708-749-1333 • FAX 708-749-1350



wfla
western fraternal life association

1900 First Ave. N.E.
Cedar Rapids, IA 52402