

# american SOKOL

Volume CXXI, Number VIII

OCTOBER 1999

## YUKON CZECH HALL CELEBRATES 100TH ANNIVERSARY

On July 17, 1999, Sokol Karel Havlicek, Yukon, and WFLA Lodge Jan Zizka #67 celebrated the 100th anniversary of Yukon Czech Hall, the center of Czech-American culture in Oklahoma. The hall is recognized as both a state and national historic site. This special celebration was well attended by the members and friends of these organizations. Many wore the traditional Czech dress as they celebrated this milestone of the Czechs in the community.

Master of ceremonies, Sis. Elaine Benda, introduced city officials, well wishers and the presidents of the two organizations -- Sis. Alma Stejskal, president of Sokol Karel Havlicek, and Bro. Victor Benda, president of WFLA Lodge #67. Sis. Benda then introduced Bro. Larry Laznovsky, president of the Southern District, American Sokol. He expressed the District's appreciation for the many accomplishments of the two organizations and wished them continued success. He presented a certificate from the Southern District recognizing the work of the WFLA and Sokol (see photo below). The delegation representing the Southern District included Bro. Bob Podhrasky, district vice-president and his wife, Sis. Diane Podhrasky; Sis. Vlasta Laznovsky, district honorary secretary and currently historian; and Sis. Sylvia Laznovsky, district honorary director of women and currently educational director. A program of Czech dances and songs was presented. An old-fashioned battle dance between the Masopust Polka Band and the Simpson Orchestra completed the evening.

In 1899 the members of Sokol Karel Havlicek and Western Fraternal Life Association Jan Zizka No. 67 joined together in order to build a hall for the use of the Czechs in the area. Yukon Czech Hall was built in 1901 on land donated by local Czech immigrants. Since then, both organizations have used the hall, sharing equally income and expenses.

Sokol Karel Havlicek, Yukon, was organized in 1892, and named after Karel Havlicek, a journalist and patriot during some of the darkest days of oppression of his Czech country. It was accepted into the American Sokol Organization in 1925. The first gymnastic classes in Yukon were in 1903.

WFLA Lodge Jan Zizka #67 was organized on July 24, 1899. Thus it is also celebrating its own 100th year anniversary. It was named after the famous Czech General Jan Zizka.

*-From information submitted  
by Sis. Sylvia J. Laznovsky,  
Educational Director, Southern District*



## American Sokol

ISSN: 0003-1259

9 Issues Published per Year (Jan., Feb., Mar., Apr./May,  
Jun., Jul./Aug., Sep., Oct., Nov./Dec.) by the

### AMERICAN SOKOL ORGANIZATION

6424 West Cermak Road  
Berwyn, Illinois 60402-2386  
Hours: M-T-Th-F 9:00-3:30

Telephone: 708.795.6671

FAX: 708.795.0539

E-Mail: Editor@American-Sokol.org

Subscription: \$8.00 per Year

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

#### BOARD OF GOVERNORS

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

#### EXECUTIVE BOARD A.S.O.

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

A.S.O. Executive Board meets every 4th  
Tuesday (except July/August), 7:30 P.M.

A.S.O. Board of Instructors meets every 2nd  
Wednesday (except July/August), 7:30 P.M.

## From Your Editor...

I've gotten a "sneak peek" at the 2000 Sokol Calendar with illustrations by Milan Med and it is really beautiful! Bro. Jerry Milan has done a great job putting this together for the ASO. I'm going to be sure to buy several for myself and friends.

#### NA ZDAR!

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

## CALENDAR of EVENTS

#### NOVEMBER

6 Sokol South Omaha  
Spaghetti Dinner  
6-7 Central District Annual  
Meeting  
18-20 Milwaukee Holiday Folk Fair  
20-21 Sokol New York Skills Clinic  
25 THANKSGIVING  
26 Sokol St. Louis Beer Barrel  
Volleyball Tournament

#### DECEMBER

11 Sokol Stickney Spaghetti  
Dinner  
12 Sokol St. Louis Children's  
Gym Meet  
13 Sokol Milwaukee Holiday  
Luncheon  
17 Sokol Berwyn-Slavsky  
Children's Christmas Party

**ASO CONVENTION**  
**APRIL 27-30, 2000**  
**OMAHA, NEBRASKA**

**XIII ALL-SOKOL SLET**  
**JUNE 26-JULY 2, 2000**  
**PRAGUE, CZECH REPUBLIC**

### THOUGHT STARTERS

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

*"The things we know best are the  
things we haven't been taught."*

~ MARQUIS DE VAUVENARGUES

## 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.*

# Gymnastic Association of Texas (GAT) Recognizes Sokol Leaders in the Southern District

**Bro. Chuck Kalat** and **Sis. Janet Kalat**, members of Sokol Karel Havlicek Borovsky, Ennis, and dual members at Sokol Berwyn-Slavsky and Sokol Tabor, respectively, and **Bro. Rome Milan**, Sokol Ft. Worth, were recognized by the Gymnastic Association of Texas at its recent gathering in Austin, Texas, Labor Day weekend. Sis. and Bro. Kalat received a "Distinguished Service Award" and Bro. Milan received the organization's "Service to Youth" award. (See photo, L to R: Bro. Chuck Kalat, Sis. Janet Kalat, Bro. Rome Milan.)

Sis. Janet, currently serving as the American Sokol National Women's Director, has taught girls' recreational gymnastics for over 30 years at Sokol Tabor, Sokol Zizka and Sokol Karel Havlicek Borovsky. She served as Women's Director at Sokol Tabor for two years and at Sokol Zizka, Dallas, for two years. She has been a member of the American Sokol National Board of Instructors for 10 years.

Bro. Chuck, currently serving as Assistant to the American Sokol National Men's Director, has taught recreational gymnastics (boys and girls) for over 25 years at Sokol Slavsky, Sokol Tabor, Sokol Zizka and Sokol Karel Havlicek Borovsky. He served as Men's Director at Sokol Slavsky for two years and at Sokol Zizka,

Dallas, for two years. He also served as a member of the American Sokol National Board of Instructors for 20 years. He publishes the "Sokol Gymnast" in the American Sokol Magazine, as well as the Director's Newsletter.

Sis. Janet and Bro. Chuck form a very dependable team and are known for doing an outstanding job with any project they undertake.

Bro. Rome Milan has been a Sokol gymnast since a very early age. He coached at Sokol Ft. Worth for many years and has served as Southern District Men's Director since 1986. Bro. Rome was a gymnastics competitor and team captain 1974-77 at Trinity High School; University of Texas,

Austin, Gymnastics competitor and team captain, 1977-81; high school coach at Weatherford for 8 years, with the state champion team 1982-89. He has been an FIG international judge since 1985 and national NGJA judge since 1979. He served on the USAG staff from 1980-1982. He was a floor manager for international meets in 1979, 80, 81, 82, 87 and 91. He attended the Olympic Games in 1984, 88, and 96. Bro. Rome has coached at Boswell High School since 1990 to present with the 6th national rank team since 1993.

Congratulations to Bro. and Sis. Kalat and Bro. Milan for awards well deserved!

*Submitted by Sylvia J. Laznovsky,  
Southern District Educational Director*



# SURVEY OF CZECH AND SLOVAK HISTORIC SITES AND MONUMENTS IN AMERICA

The Czechoslovak Society of Arts and Sciences (SVU), in cooperation with other major Czech-American organizations associated with the National Heritage Commission (the American Sokol Organization is a member) has initiated efforts toward preserving Czech cultural heritage in America. The project has been recognized and fully endorsed by the U.S. Commission for the Preservation of America's Heritage Abroad.

This effort was prompted by the concern for the sad state of Czech historical monuments and memorabilia, as well as for the continuous loss of historically important archival materials regarding the life and work of the Czech immigrants and their descendants. Although the focus is on Czech memorabilia, considering the frequent difficulties in separating Czech from Slovak materials, the relevant Slovak and Czechoslovak materials will also be included. The organizers eventually hope to enlarge the project to cover all Slovak material with cooperation of the Slovak-American organizations.

The first phase will focus on information available at and provided by individual societies and organizations. In this connection, most of the Czech-American ethnic societies have been contacted, as were numerous American institutions,

libraries and document centers. The organizers obviously cannot know of all relevant organizations and are therefore asking the Czech-American and Slovak-American public for assistance and advice. We are particularly interested in learning about the less known organizations, their addresses and suitable contact.

Furthermore, we are interested in information concerning archival and documentary material held in private hands which are not generally known. These types of materials are lost continuously and without anybody knowing about it. The immigrant families, for generations, have kept old Czech books, almanacs, anniversary publications, calendars, posters, photos, letters and other family treasures which have reminded them of their old country and which they have held in great reverence. As the old generations die, the subsequent generations lose interest not only in the Czech language, but also in their own family heritage. Since the grandparents' material is written in a strange language and has presumably no monetary value, they simply toss it away. This is, of course, a great irreplaceable loss. Many of these publications are long out of print and cannot be found, even in the Naprstek Museum in Prague, not to mention archival material of which there was only one copy.

Some of the material may contain important letters and other documents relating to the life and activities of an individual who played a vital role in the Czech American community or on behalf of the Czech Republic. We would thus welcome any information concerning material of this sort, with the address and the name of the keeper. We would be willing to provide some small financial aid for preparing this inventory.

Besides information about publications and archival material, we are interested in receiving information about historic sites and monuments; e.g., statues, memorial plaques, buildings, halls, churches, cemeteries, parks, etc., which are related in some way to the history of Czech immigrants in the United States. Memorabilia of this type is scattered through the U.S. and no survey has ever been made of them. Individuals hardly ever even know about historical relics in their own neighborhood. Most of these monuments are in sad shape of disrepair which, without some repairs or restoration will be completely destroyed.

The initial purpose of this effort is to simply gather information. In the subsequent phases of this endeavor, we shall start serious discussions and negotiations with various government agencies on both sides of the Atlantic

*~ Continued on Page 9.*

Lad Voris was born in Stary Rozmital, Czechoslovakia, to active Sokol parents, Emanuel and Marie Voris. Lad participated in Sokol activities from 1930 to 1940, drilling in the 1938 Prague Slet as a Junior Boy with the unit, Karlovy Vary. Lad attended the gymnasium in Strakonice, Czechoslovakia and the Commercial Academy in Prague. He and his wife, Milada, were married in 1943 and their daughter, Hana, was born in July 1947. Lad graduated from the Prague Institute of Technology in 1948 as a commercial engineer.

The Voris family left Czechoslovakia in February 1948 during the Communist takeover and lived in Paris from 1948-1952, where Lad was a director of a

student travel agency. They immigrated to the U.S. in August 1952 and Lad became a U.S. citizen in 1957. While living in New York, he graduated from New York University Graduate School of Business Administration with a Master's degree. In 1958, the Voris family moved to Cleveland, Ohio, where Lad was employed by the Gastic Corp.

Lad joined Sokol Tyrs in 1959 and immediately demonstrated his dedication to Sokol. He served on many committees and held various officer positions before his election as President of Sokol Tyrs (1967-1971). His presidency dealt with critical issues - the sale of Sokol Tyrs Hall and the rental of Sokol Cleveland Czech-Havlicek to continue Sokol Tyrs

activities. Lad's leadership dealt efficiently and effectively in both of these situations. Later, as a member of Sokol Greater Cleveland, Lad served as Treasurer and member of American Sokol, Inc. He was elected Northeastern District President and served from 1980-1989 representing Sokol Greater Cleveland on the American Sokol Organization Board of Governors and attending three American Sokol conventions.

As his health began to decline, he still attended all Sokol meetings and activities carrying along his oxygen; he passed away on May 29, 1999. Lad was a dedicated Sokol and we bid him our final "Sokol Nazdar!" Brother Lad Voris, rest in peace.

**Coming Soon! A Great Holiday Gift!**

**American Sokol Organization Year 2000 Calendar**

featuring **14** full-color gymnastic/Sokol illustrations by renowned Czech artist **MILAN MED**, each on a 4x6" postcard.

**Calendar Size: 12x7.5"**

Postcards are easily removed for mailing, framing, saving!

**Only \$10.00 Each**

**Special incentive packages to Units ordering lots of 50.**

**Call the ASO Office, 708-795-6671.**

Available in November.

## FUTURE SOKOL LEADERS FUND

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

### In Memory of Vera Barcal

From Blanche Blazek . . . . . \$50.00	From Henry & Barbara Placek . . . . . \$50.00
From Pat & Al D'Andrea . . . . . \$50.00	From Tom & Ada Hayes . . . . . \$50.00
From JoAnn Trbovic . . . . . \$50.00	From Marie Knez . . . . . \$30.00
From John & Judy Keefe . . . . . \$25.00	From Ken, Marcia & Liz Diubek . . . . . \$20.00
From Stanley Krpal & Marilyn Michalek . \$20.00	From Elsie Gilbert & Family . . . . . \$20.00
From Ann Drake & Family . . . . . \$20.00	From Tony & Charlotte Hrubes . . . . . \$20.00
From Sokol Chicagoland . . . . . \$25.00	
In Memory of Robert Drake from Sokol Chicagoland . . . . . \$25.00	
In Memory of Jerry Kaspar from Sokol Berwyn-Slavsky . . . . . \$25.00	
In Memory of Otto Faltynek from Sokol Town of Lake . . . . . \$25.00	
In Memory of Aunt Jenny Kopecky from Bill & Bess Kostecki, Joe & Ethel Rus, Chas & Gloria Schultz and JoAnne Schultz . . . . . \$60.00	

## GENERAL FUND

In Memory of Martha Novy from Sokol Brookfield . . . . .	\$50.00
--	---------

## MUSEUM, LIBRARY & ARCHIVES FUND

### In Memory of Vera Barcal

From Don & Karen Kramer . . . . . \$25.00	From Angeline & Linda Bultas . . . . . \$25.00
---	--

# CZECH HARVEST CELEBRATIONS



The beginning of September starts the picking of hops (sber chmele) in the agricultural regions. Years ago, the time needed for picking chmelovy was dependent on how many hands were available and it would take about one month to complete. Now, with new technology, the whole gathering of hops is completed in one week. Around the middle of October starts the harvest of potatoes. Only fields of potatoes and sugar beets are still green, the others are bare of wheat or corn. It is pretty brisk and cold outside; this time of year is called Babi leto (summer of grandmothers), in America - Indian Summer. In times past, the old women would

sit in front of the threshold where there was protection from wind and where one could catch the last warm rays of sunshine.

Most agricultural activities are accompanied by a celebration or some particular holiday. The end of hops harvest calls for the celebrations Docesna (from "cesat chmel" - picking up hops). In the centers of the hop-growing region, town such as Zatec, Rakovnik, Litomerice, Plzen and even in small villages dwarfed by the hop vines surrounding them, people celebrate Docesna with entertainments such as dancing, comic shows and small plays dedicated to the harvest and to the god of beer "Gambrinus." Of course, people celebrate by eating many kolaches and sweet

desserts and feast on bacon and port dumplings, sauerkraut and, of course, lots of Czech Pivo (beer). There is a saying that goes "Hops is Beer and Beer is Hops and Hope, too." Docesna is comparable to the famous German Oktoberfest.

The end of potato harvest is especially associated with young people and children. The older children would build small fires and into the warm ashes they would place some of the potatoes gleaned by the younger children. When the potatoes were ready, they would sprinkle a little salt on the still warm potatoes and all would enjoy the taste of those warm potatoes, fresh from the ashes.

*-Reprinted from Sokol Slovo*



AMERICAN SOKOL ORGANIZATION

# GYMNAST

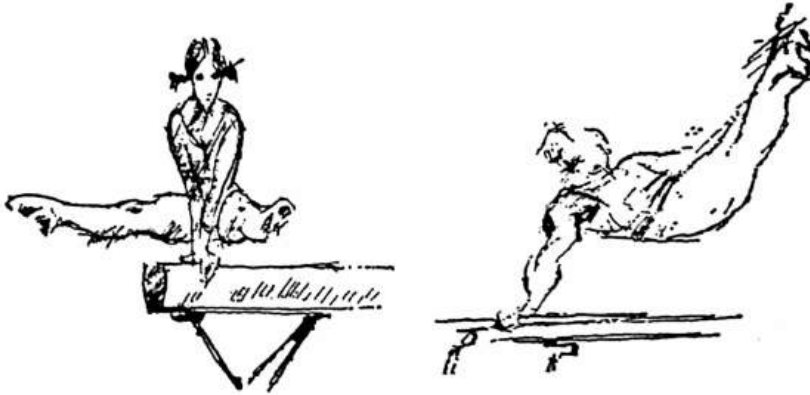


Editor: Chuck Kalat -- 2401 Bluebonnet Dr., Richardson, Texas 75082

American Sokol Organization

# DECEMBER

# IS



# National Skills Month

**See your Instructor or Unit Director for Details**

## INTERNATIONAL CAMP FOR WORLD SOKOL FEDERATION BOYS AND GIRLS

The World Sokol Federation (WSF) Board of Instructors passed a resolution at its 1999 meeting in Cleveland in July, 1999 to sponsor an International Camping Program. Under this program, this year the COS will organize an international camp in the Czech Republic with the participation of 4 individuals (two junior boys and two junior girls) from each member's organization. One instructor may accompany the 4 participants (their duties will be to ease contact with the other participants and to participate in, but not organize, the program). **The World Sokol Federation will cover the expense for the camp and financial assistance with travel expenses will be provided by the American Sokol.**

Sis. Jarina Zitna, Womens Director of the Czech Sokol Organization (COS) has provided the following information regarding COS plans for the camp in a letter to the ASO BOI:

"We assure you, it will not be wilderness camping. Tourism and outdoor activities are integral parts of general physical fitness. The program will be very similar to other programs organized by COS Units and Districts and should serve as an attractive and likable form for youth activities for other WSF organizations."

"The camp will last two weeks (14 days) beginning July 5, 2000. We assume that participants will spend 7-8 days in a tent camp and the rest of the time will be spent by travelling. The participants will be taken to some of the most famous sites of the Czech Republic (natural regions, historical monuments, towns, nature preserves, etc) - accommodation will be in our Sokol Halls, travel by bus."

"We think that nature is "the most beautiful gym" and the program involves:

- ◆ Athletic disciplines
- ◆ General physical fitness (gymnastics, exercises) in the open air in the camp and surrounding area
- ◆ Games in the open air - during the day, evenings and night
- ◆ Swimming - training and competitions
- ◆ Tourism - immediate surrounding of the camp, cultural events included
- ◆ Training in how to camp and instructions in how to survive in nature
- ◆ Training in topography - working with maps, orientation in nature, etc.
- ◆ Training in how to make knots; how to setup tents and camp sites
- ◆ Training in how to make an outdoor fireplace, make use of it and extinguish it
- ◆ Training in the estimation of distances
- ◆ Orientation in the outdoors - during the day and during the night
- ◆ Knowledge of plants, animals, minerals, geology
- ◆ Training in making knots
- ◆ Basic health care and first aid

We recommend that the leaders of the individual groups be young instructors. They will ensure communication with their gymnasts, participate in the program as helper/instructors in the seminars on camping, which belongs to basic activities in Sokol general physical fitness."

"The participants will at all the times be under instructors' supervision and there will be no problem with language communication. Being out in nature in the Czech Republic is safe, there are no parts of the camp to be afraid of."

"We (COS) sincerely hope that the first camp of WSF youth will be successful for both participants and instructors and will generate a team spirit among the youngsters, which will help to continue communication between our Sokol organizations in the future.

### **All Junior Girls, Junior Boys, and Instructors are invited and encouraged to consider this 'once in a lifetime' opportunity.**

Anyone interested in being considered for this program should contact the American Sokol National Board of Instructors Secretary at the National Office for an application.

( Fran Malina, c/o American Sokol, 6424 W. Cermak Rd., Berwyn, IL 60402)

(Phone: 708-795-6671; Fax: 708-795-0539; E-mail: asosokol@mcs.com)

**Deadline for requesting an application is January 1st - Application deadline is February 1, 2000**

## Debunking Weight Training Myths

Okay, a hundred years is long enough for a myth to exist. Make that four myths. There are still people out there, many of them in the sports world, who 1) don't know the difference between strength training and body building, 2) hold on to the idea that lifting weights causes athletes to become muscle-bound, 3) think that women who lift weights will look like men, or 4) believe that children should not participate in weight training.

Enough is enough. Here is why these myths should not be carried with us into Y2K.

### **Myth #1: Strength training and body building are synonymous.**

Strength training is not the same thing as body building. Never was. Never should have been. But lots of people think that the goal of strength training is to look like those people in muscle magazines.

Bodybuilding began as a curious pastime that became a competitive event. It is now a sport in which the winners are determined by muscle size, definition, and symmetry. Any relationship to flexibility, strength, endurance, aerobic capacity, or common sense is coincidental.

Weight training, or resistance training, is the use of barbells, dumbbells, machines, and other equipment for the purpose of improving fitness levels and appearance. Nothing wrong with that. Strength training is the use of this equipment for the purpose of improving athletic performance and in physical medicine and rehabilitation.

Resistance training is a broad, generic term that encompasses all of the above. Just about any kind of exercise that involves moving or attempting to move against an external force is resistance training. It is, according to exercise scientists, a good thing.

### **Myth #2: Lifting weights will make a person muscle-bound.**

This myth is easy to debunk on paper, but still a hard sell to some coaches and athletes. Look at the men on college or national-level gymnastic teams. They probably have as much or more muscle definition than athletes in any other sport, yet they have to be more flexible than all of them. Believe it or not, weight lifters rank very high in flexibility compared to athletes in other sports.

The lack of flexibility is not an outcome of developing large muscles. Large muscle size seems to imply inflexibility, but there is no known correlation. Reduced flexibility can be due to a lack of muscle activity or to chronic use of poor lifting

and stretching methods. Using the term 'muscle-bound' is inappropriate for those who practice sound weight training techniques and proper stretching exercises.

### **Myth #3: Women who lift weights will look like men.**

Women have not participated in resistance training or strength training to the same extent as men for several reasons. They have been the victims of gender stereotyping, they have not had the same training opportunities as men, and too many of them have been told and still believe that lifting weights will cause them to have the big muscles normally associated with men.

Not true. Strength training helps reduce body fat and increase lean weight. It results in significant increases in strength, no change or maybe even a decrease in lower body dimensions, and a very small increase in upper extremity size. The formula that would make a woman develop the physical traits normally associated with men would have to include a genetic predisposition for muscle hypertrophy (increase in size) combined with a high-intensity, high volume training program.

### **Myth #4: Children should not participate in strength training.**

News Flash: Children are participating in resistance training every time they go outside (or inside) to play a game, even if the game is not a sport. If they are running, throwing, pulling, lifting, or doing any kind of exercise against resistance, they have already begun their program.

Is that kind of play enough to become sufficiently strong, to be flexible, or to develop muscle or cardiopulmonary fitness? Not necessarily. That's why so many of them could benefit from a resistance training program. Simply playing may not provide the structure that is required for increases in the components of fitness.

Experts say that if a child is old enough to participate in organized sports, he or she is old enough to be engaged in a resistance training program. Will early resistance training cause injuries to bodies that are still growing? Not if the young athlete follows directions, uses the correct technique, and has the discipline to adhere to a program. A child's program does not have to parallel an adult regime. There should be a progressive approach to strength training throughout a person's lifetime.

*Georgia Tech Sports Medicine & Performance Newsletter, March, 1999*

## USA GYMNASTICS 1999 NATIONAL CONGRESS AUGUST 26-28 -- Sacramento California

This year's USA Gymnastics National Coaches Congress once again attracted over 2000 gymnastics coaches, gym owners/administrators, gymnasts, and other gymnastics professionals. Due, I guess, to the location of the Congress on the West Coast and the proximity of travel to the Prague 2000 Slet, this number only included about 5 Sokol members. Other Sokol members attending (that I know of) were: National BOI Members: Chuck Kalat (KHB), Lori Laznovsky (KHB), Mary Panackia (Detroit), and Rome Milan (Ft.Worth)

Roughly 100 - 1 hour & 15 minute individual sessions were presented over the course of the Congress with usually about 11 sessions occurring simultaneously at any given time. The sessions were divided into topical categories: Sport Science, Business, General Gymnastics, Preschool / Developmental, Womens Program, Mens Program, Rhythmic Program, Tumbling & Trampoline, and Judging. There was always at least one session of interest to attend and unfortunately, frequently more than one session of interest at the same time. Although many of the sessions dealt with material / problems more advanced than those normally encountered in our Sokol gyms, there are still many other sessions which directly relate to our activities or alternate activities we could consider. In addition, even the more advanced areas allow for personal growth and a better understanding and appreciation of the sport of gymnastics as it changes year to year. The business related sessions provide insights into how we can and should run our Sokol "businesses" in a more professional manner. USAG has also just added Tumbling & Trampoline as a fourth discipline under its jurisdiction.

By way of example of the variety of lectures available, I was able to attend the following sessions: "Womens Junior Olympic Program Update", "An Approach to Early Childhood Activity", "World Gymnaestrada Report", "Tumbling for Preschool Teachers", "TeamGymn Update", "Spotting for 2-6 Year Olds", "Cognitive, Affective, & Physical Development", "Team Up: Parent Child Classes", and "Preschool Themes". Some distributed material will appear in the *Directors Newsletter* and *Gymnast*. Each year, there seems to be increasing activity and support in the area of General Gymnastics (GG) (alias - Sokol group activities). This year was no exception. In addition to the GG sessions, 3 GG teams participated in General Gymnastics presentations and TeamGymn Competitions throughout the 3 days. Most of this activity was coordinated by Lori Laznovsky (Sokol KHB & Southern District Womens Director) a member of the USAG GG Committee.

In addition to the technical sessions, the various United States Association of Gymnastics Equipment Suppliers provided a huge equipment exhibit area with everything from grips, shoes, leotards, awards, & insurance, to the latest in gymnastic equipment and much more. Again there is a large emphasis on new preschool equipment, supplies, and material. It easily takes several hours just to browse around, and we all came home with a stack of catalogs and a long 'wish list'.

The Congress was again held in conjunction with the United States Gymnastics Championships giving us the opportunity to view 4 sessions of the best gymnastics the United States has to offer in Senior Men and Senior Womens divisions. The Junior Men and Junior Womens sessions were held during the day and thus conflicted with Congress sessions. All championship sessions included Sports Acrobatics presentations, and one session included a Trampoline presentation. We were also able to see the World Team Tumbling & Trampoline competition.

Coming in contact with all these gymnastic professionals at Congress is always interesting. It is amazing the level of enthusiasm, dedication, creativity, and love of their work that these gymnastic professionals exude and share. I wish more of us who work in this area as an avocation could have that same level of enthusiasm. Many of the Congress attendees are young adults sent by their clubs for training and coaching skill improvement. These young people are energetic, talented, and enthusiastic about teaching gymnastics. We need to find a way to attract these types of individuals to our gyms.

Over the past few Congresses I had been encouraged that each time a few more Sokols had come, seen what went on, and had learned new things. I was somewhat disappointed that so few Sokols took advantage of this tremendous training opportunity this year. I would encourage more Sokol people take advantage of this opportunity. Next year's Congress is in Boston, Massachusetts, August 17-19th. I hope many more Sokols will take advantage of this excellent training opportunity in the future.

Jan Kalat - Director of Women

# A FADING LEGACY FOR CZECH AMERICANS

## Membership drop threatens gym that was a cultural hub.

Reprinted from "The Record," Little Ferry, NJ, February 23, 1999, by Staff Writer Charles Yoo

On Garden Street in Little Ferry (NJ), there is an aging gymnasium. Its orange brick facade is unremarkable. But if the walls could talk, they'd speak in Czech. They'd tell how the founder of Czechoslovakia took to the gym's stage to denounce Adolf Hitler and bemoan the loss of his nation to the Nazis.

And of the holidays celebrated at the gym by hundreds of people sharing home-cooked kolsvky, bavoka and other Czech specialties.

And on the gym's pommel horse and uneven bars the children of Czech immigrants learned gymnastics, a leading national sport.

The gym is the home of the American Sokol of Little Ferry. Founded in 1896, it was once the center of the Bohemian culture that flourished in the borough. The Sokol is a local chapter of a 130-year-old national organization founded by Czech immigrants who wanted to preserve their heritage through social events and sports.

But the future of Little Ferry's Sokol is shaky. Current members - most of whom are senior citizens - say there are no young people in the group to whom to pass on the legacy. Since the mid-1960's, the membership has plunged from 300 to 100 as many Czech immigrants died or moved. The average age of the current

members is 60.

"It really worries me," said Nancy Chlodnicki, a 62-year-old accountant who is president of the group. "The main objective is to make young people feel the way we do" about Sokol, she said. With a smile, Chlodnicki added, "We're like a family."

For years, Americans of Czech ancestry have held parties, weddings and meetings at the Little Ferry Sokol hall, which was constructed in 1897 and was rebuilt after a fire in 1912. Gymnastics classes used to attract nearly all Czech children in the area. The sport is still taught at the non-profit club, but there are far fewer students.

"A long time ago, people used to wait in line to get into classes," said Anne Roch, 83, a New York native and Sokol member who took gymnastics at another Sokol gym at 74th Street and York Avenue, a Czech neighborhood in the 1920's.

Senior citizens still gather for a weekly calisthenics class. Social gatherings continue to be held, but there are no more weddings at the club. "It's a good organization," said Florence Kubicek, 80, another member. "It's a shame that people here don't know what it is anymore."

Frank Zabransky, a Sokol member and president of the Little Ferry Historical Society,

says it's only natural that the community's Czech population has dwindled. "That's part of the story of the town," he said. "They moved away. Actually to better themselves and for better homes." The Little Ferry Sokol's slide in membership reflects a trend in the national organization.

A person is eligible to become a member of Sokol, which means "falcon," at age 18. There are 5,200 Sokol members nationwide and nearly 9,000 children take Sokol gymnastics classes. But the membership nationwide has dropped from 8,000 two decades ago, in part because immigration from the Czech Republic is now relatively small and Czech descendants have married outside their ethnicity.

"The older ones are dying out, and we don't get the younger people as we used to," said June Pros, a spokeswoman for the headquarters of the American Sokol Organization in Berwyn, Ill. "It's hard work."

A Sokol gymnasium in Guttenberg was shut down two years ago when members couldn't afford to maintain the building and pay taxes. Little Ferry's group, which sees no immediate financial threat, is the only Sokol in New Jersey, Pros said. At one point, North Jersey was home to at least three Sokol gymnasiums.

~ Continued on Page 10.

## NO LUCK IN HOLLYWOOD

*Bro. Chuck, Sis. Janet (ASO National Women's Director) and daughter, Sis. Patti Kalat recently traveled to Los Angeles, California, for the annual USAG Coaches Congress. Here's Patti's account of their trip:*

Hey! Well, unfortunately I'm back from Hollywood and not one handsome actor came along to sweep me off my feet! Oh, well! We had a great time. My first day there I saw Fabio in his restaurant on Sunset Blvd. and Ben Savage (from "Boy Meets World") shopping on Rodeo Drive. We ate lunch at an outside cafe on Venice Beach. The weather was beautiful, but the water was freezing cold. I got a Henna tattoo there, which makes me look very hip, not unlike Madonna herself. We also went to a very nice street market and bought lots of fresh California fruit.

I walked up and down Hollywood Blvd at least 10 times. Man it was hot in the city. I saw the set of "Friends" on the Warner Bros lot, but no stars from the show, because they were on hiatus. Our tour guide, however, thought that maybe the Mercedes in front of the building was Matt LaBlanc's. Apparently, if there are any stars around they are locked into a room when they see a tour coming by. It is quite a bother for them to be seen by normal people. I didn't quite understand that. I went on the studio tours to see famous people. At the beginning of each tour they told us not to expect to see anyone.

Why do they think we come? Just to look at a bunch of buildings? I guess so. We were also told if we did see anyone not to run over and tackle them. (I guess they used to have a problem with this.)

We did have a very nice woman come over to our cart and tell us that Norm McDonald (from the "Norm Show" and Saturday Night Live) was standing on the stairs of his trailer around the corner. Our tour guide reluctantly passed by and Mr. McDonald turned his back to us as we passed. I guess it's "please watch my show, but don't bother me!" I mean, he wouldn't even look at us! We did see the back lot where they used to film the car races from "The Dukes of Hazard," the outside entrance to the emergency room from "ER" and the Seaver house from "Growing Pains." Unfortunately, no movies were being filmed on the lot.

Then we were off to NBC Studios where they film "The Tonight Show" and "Days of our Lives." As our luck would have it, Jay Leno (who is always there all day) was on vacation that week, but we did get to see the set. And as you might guess, everyone from "Days of our Lives" was locked in a hidden room somewhere. We did get to see the wardrobe room!

I spotted a reporter from "Dateline," but I don't know his name. We also went on the set of "Entertainment Tonight." As we were leaving, we saw their movie

critic Leonard Malton. Dad also used the phone on the outdoor set of Salem Place to call a taxi. It's not much, but it's something!

Next we were off to Paramount Studios. Our tour guide, Amber, talked her way onto the "Frasier" set. Apparently this was a big deal because they don't let tours on that set anymore. But Amber would not be stopped by the NO TOURS sign on the door. We tipped Amber generously. Then it was on to the back lot and the prop room. We saw the middle school from the "Brady Bunch." They certainly do love to show you the prop room! Poor Amber was almost arrested trying to get us onto the "Star Trek" set. We tried to cover for her while we waited outside, but the security guard grabbed her anyway.

Next we were off to downtown LA and the home of the Academy Awards. It's just a building - not much to talk about. So, off to Beverly Hills and the movie stars homes. I had taken a previous movie stars homes tour before mom and dad arrived. To my dismay, the homes the first guide told me were certain star's homes the second guide pointed to the same homes and told us different people lived there. But I don't care, I still believe I now know where Tom Cruise lives.

We got to see the Viper Room, where everyone was happy to tell us River Phoenix died; and the

~ Continued on Page 9.

## S.V.U. Survey *(continued)*

concerning the transfer and storage of the materials for safe keeping and scholarly research, or the restoration of specific objects.

To simplify your response, we would be pleased to send you questionnaires that have been prepared for this purpose. Apart from the requested information,

we would also welcome volunteers to help us gather information in particular localities, cities and states.

In particular, we would welcome volunteers who would help us search the internet for possible web sites relating to Czech and Slovak-American historic sites and monuments, festivals,

archives, etc.

Please send relevant information, concrete suggestions and comments to the project coordinator, SVU President, Dr. Miloslav Rechcigl, 1703 Mark Lane, Rockville, MD 20852; Phone/FAX 301-881-7222; e-mail: rechcigl@aol.com

## NO LUCK IN HOLLYWOOD *(continued)*

place where Hugh Grant was arrested for soliciting a prostitute.

On our final day, we went to Universal Studios, which is more like an amusement park. Outside of the park, due to mom's Chicago Cubs jacket, we met Tim, who is from Chicago, but is currently in the "Waterworld" show at the park. Mom and Tim chatted a few minutes about the

Chicago area and where they both grew up. Upon parting, Tim asked us to catch his show. Well, Tim being the closest thing to a celebrity that we had met, how could we refuse. It took some strategic planning with all the other things to do at the park, but we caught the 10:55 show. Tim was one of the mean guys trying to find land. He actually fell off the

top of a building into the water. After the show, as he was going by on his water ski, he spotted us, waved, pointed and gave us the thumbs up. It was the highlight of the trip.

We toured the back lot of Universal and saw the square where they filmed "Back to the Future". And I think they were actually filming movies at this studio, but we didn't see them. We had a little problem later at the airport (for some reason they did not want dad to get on the plane!) but we finally made it safely back to Dallas.

Things don't always work out they way we hope they will on our vacations, but we always have a good time going to new places. Anyway, I get to add California to the states I've been to; it brings me up to 30! Well, I hope you feel like you also visited Hollywood, California. I'm sure I have left some stuff out.

# AMERICAN SOKOL ORGANIZATION XVII GENERAL CONVENTION

APRIL 27-30, 2000

Pre-Convention committees will meet April 25-26, 2000. Housing at Harveys Casino Hotel > 1 Harveys Blvd. > Council Bluffs, IA. Meetings and sessions at Sokol Omaha > 13th & Martha Streets > Omaha, NE.

Details will be sent to all ASO Districts and Units.



**Statement of Ownership, Management, and Circulation**  
(Required by 39 USC 3685)

1. Publication Title <b>American Sokol</b>		2. Publication Number 0 0 0 3 - 1 2 5 9		3. Filing Date 9/30/99	
4. Issue Frequency Monthly, except Aug., Jan., May		5. Number of Issues Published Annually Nine (9)		6. Annual Subscription Price \$8.00	
7. Complete Mailing Address of Known Office of Publication (Not printer) (Street, city, county, state, and ZIP+4) 6424 W. Cermak Rd. Berwyn, Il. 60402-2386 Cook Co.,					
8. Complete Mailing Address of Headquarters or General Business Office of Publisher (Not printer) 6424 W. Cermak Rd. Berwyn, Il. 60402-2386					
9. Full Names and Complete Mailing Addresses of Publisher, Editor and Managing Editor (Do not leave blank)					
Publisher (Name and complete mailing address) American Sokol Organization 6424 W. Cermak Rd. Berwyn, Il. 60402-2386					
Editor (Name and complete mailing address) Patricia J. Satek 46 Northgate Rd. Riverside, Il. 60546-1639					
Managing Editor (Name and complete mailing address) Executive Board of American Sokol Organization 6424 W. Cermak Rd. Berwyn, Il. 60402-2386					
10. Owner (Do not leave blank. If the publication is owned by a corporation, give the name and address of the corporation immediately followed by the names and addresses of all stockholders owning or holding 1 percent or more of the total amount of stock. If not owned by a corporation, give the names and addresses of the individual owners. If owned by a partnership or other unincorporated firm, give its name and address as well as those of each individual owner. If the publication is published by a nonprofit organization, give its name and address.)					
Full Name		Complete Mailing Address			
American Sokol Organization		6424 W. Cermak Rd. Berwyn, Il. 60402-2386			
Fred G. Fala, Pres.		6512 W. 27th St. Berwyn, Il. 60402			
Paul Lebloch, 1st V.P.		610 Redondo Dr. Unit 107 Downers Grove, Il. 60516			
Roger Martanovic, 2nd V.P.		42 Saabla Circle Bedford, Ohio 44146			
Mildred Mentzer, Sec.		11358 S. Hamlin Ave. Chicago, Il. 60655			
Mildred C. Pinc, Treas.		3629 S. 57th Ave. Chicago, Il. 60644			
John Satek, Fin. Sec.		212 Memory Lane Unit 1, Westmont, Il. 60559-2661			
11. Known Bondholders, Mortgagees, and Other Security Holders Owning or Holding 1 Percent or More of Total Amount of Bonds, Mortgages, or Other Securities. If none, check box <input checked="" type="checkbox"/> None					
Full Name		Complete Mailing Address			
12. Tax Status (For completion by nonprofit organizations authorized to mail at nonprofit rates) (Check one) <input checked="" type="checkbox"/> Has Not Changed During Preceding 12 Months <input type="checkbox"/> Has Changed During Preceding 12 Months (Publisher must submit explanation of change with this statement)					
PS Form 3526, September 1995 (See Instructions on Reverse)					

13. Publication Title <b>American Sokol</b>		14. Issue Date for Circulation Data Below	
15. Extent and Nature of Circulation		Average No. Copies Each Issue During Preceding 12 Months	Actual No. Copies of Single Issue Published Nearest to Filing Date
a. Total Number of Copies (Net press run)		4200	4000
b. Paid and/or Requested Circulation		None	None
(1) Sales Through Dealers and Carriers, Street Vendors, and Counter Sales (Net Mailed)		None	None
(2) Paid or Requested Mail Subscriptions (Include advertiser's proof copies and exchange copies)		4100	4000
c. Total Paid and/or Requested Circulation (Sum of 15b(1) and 15b(2))		4100	4000
d. Free Distribution by Mail (Samples, complimentary, and other free)		None	None
e. Free Distribution Outside the Mail (Carriers or other means)		None	None
f. Total Free Distribution (Sum of 15d and 15e)		None	None
g. Total Distribution (Sum of 15c and 15f)		4100	4000
h. Copies not Distributed		100	100
(1) Office Use, Leftovers, Spoiled		None	None
(2) Returns from News Agents		None	None
i. Total (Sum of 15g, 15h(1), and 15h(2))		4100	4000
Percent Paid and/or Requested Circulation (15c / 15g * 100)			
16. Publication of Statement of Ownership <input checked="" type="checkbox"/> Publication required. Will be printed in the <u>November</u> issue of this publication. <input type="checkbox"/> Publication not required.			
17. Signature and Title of Editor, Publisher, Business Manager, or Owner <i>Patricia J. Satek, Editor</i>		Date 9/30/99	
I certify that all information furnished on this form is true and complete. I understand that anyone who furnishes false or misleading information on this form or who omits material or information requested on the form may be subject to criminal sanctions (including fines and imprisonment) and/or civil sanctions (including multiple damages and civil penalties).			
<b>Instructions to Publishers</b>			
1. Complete and file one copy of this form with your postmaster annually on or before October 1. Keep a copy of the completed form for your records.			
2. In cases where the stockholder or security holder is a trustee, include in items 10 and 11 the name of the person or corporation for whom the trustee is acting. Also include the names and addresses of individuals who are stockholders who own or hold 1 percent or more of the total amount of bonds, mortgages, or other securities of the publishing corporation. In item 11, if none, check the box. Use blank sheets if more space is required.			
3. Be sure to furnish all circulation information called for in item 15. Free circulation must be shown in items 15d, e, and f.			
4. If the publication had second-class authorization as a general or requester publication, this Statement of Ownership, Management, and Circulation must be published. It must be printed in any issue in October or, if the publication is not published during October, the first issue printed after October.			
5. In item 16, indicate the date of the issue in which this Statement of Ownership will be published.			
6. Item 17 must be signed.			
Failure to file or publish a statement of ownership may lead to suspension of second-class authorization.			
PS Form 3526, September 1995 (Reverse)			

## A FADING LEGACY FOR CZECH AMERICANS (continued)

Originated in Prague in 1862 by a doctor named Miroslav Tyrs, the movement was intended to unite all Czechs through promoting physical fitness in an era when the Hapsburg Empire occupied their lands. Sokol's founders believed the nation couldn't survive without a physically, mentally and morally fit population. Three years later, the first Sokol chapter in America was formed in St. Louis.

In Little Ferry, Czech immigrants began arriving from New York City in the late 1880's. By 1938, Sokol had grown to more than a million members in Czechoslovakia and thousands more overseas. But after Germany occupied the country, the Nazis

banned the movement in their efforts to abolish Czech nationalism.

While visiting America after he fled from the Nazis, Tomas Masaryk, who was Czechoslovakia's first president and held the post for 17 years, visited Little Ferry and denounced Hitler before a crowd of Sokol members. In 1945, with the end of WWII, Sokol was revived in Czechoslovakia. But just three later it was outlawed again by the new Communist government, which saw it as a threat.

During the Cold War, the organization continued through the chapters abroad. In 1994, after the Soviet Union had

relinquished its grip on Central Europe, Prague, now capital of the Czech Republic, was host to a mass meeting of Sokol members for the first time in 46 years.

Meanwhile, Little Ferry's Sokol has continued to change. With 50 children and teenagers currently registered in its gymnastics classes, the club reflects the town's changing face. Estelle Lare, a 35-year-old Ridgefield Park mother of two who is from the Philippines, says her eldest son, Mikhail, a fifth grader, has been taking classes at Sokol for four years. "They're just nice people. That's why I stayed here this long," Lare said.

**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  
 (Contains Plain Pin, ASO By-Laws, ASO Tri-Fold, Parliamentary Procedures Booklet, "Sokol and the Sokol Ideal" Booklet, Car Decal)
- Plain Pin (No Year) . . . . . 5.00
- 5, 10, 15, 20-Year Pin (Each) . . . . . 8.00
- 25-Year Pin . . . . . 25.00
- 30, 40-Year Pin (Each) . . . . . 8.00
- 35, 45-Year Pin (Each) . . . . . 8.00
- 50-Year Pin (Gold-Filled) . . . . . 32.00
- 55 Years & Over Citation of Merit . . . . . N/C

**EDUCATIONAL MATERIALS**

- "Sokol and the Sokol Ideal" . . . . . 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
- "American Sokol Sings" Songbook . . . . . 4.00
- Gymnastic Activities w/Hand Apparatus . . . . . 6.00
- Sokol Gymnastics Manual . . . . . 15.00

**SOUVENIRS**

- Sokol Gold-Plated Stick Pin . . . . . 7.00
- Sokol Charm . . . . . 3.00
- Sokol Stud . . . . . 2.00
- Other Souvenirs Also Available -  
 Call the ASO Office 708.795.6671

**ETC.**

- Unit ID Ribbons (Minimum 50 - Each) . . . . . 1.25

**BOARD OF INSTRUCTORS**

- Director's Newsletter Subscription  
 (Annual - 10 Issues) . . . . . 5.00
- Unit Directors' Handbook . . . . . 5.00
- District Directors' Handbook . . . . . 5.00
- Girls'/Boys' Skills Program Materials  
 Large Packet (25 Participants) . . . . . 33.00  
 Small Packet (12 Participants) . . . . . 17.00
- Skills Program Videotape . . . . . 10.00
- Tots' Skills Program Materials  
 Large Packet (25 Participants) . . . . . 17.00  
 Small Packet (12 Participants) . . . . . 9.00
- Separate Cards, Patches, Bars and Ribbons Also  
 Available - Call the ASO Office 708.795.6671

**S A L E S A L E S A L E S A L E**

- Slet Plate . . . . . ~~25.00~~ 10.00
- Talon Mug . . . . . ~~25.00~~ 3.00
- Set of 3 XVIII Slet Videos . . . . . ~~30.95~~ 15.00
- XVIII Slet Video Only . . . . . ~~40.95~~ 5.00

\*\*\* ALL PRICES ARE PLUS SHIPPING \*\*\*

Please mail orders to:

**AMERICAN SOKOL ORGANIZATION**  
**6424 West 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) \_\_\_\_\_

CHECK PAYABLE  
 AND MAIL TO:  
 American Sokol Organization  
**FLAG WAVER**  
 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!**

**NAZDARI!**

PLEASE PRINT LEGIBLY!

# BOHEMIAN NATIONAL CEMETERY

*of Chicago*

*Founded in 1877 for persons of all ethnic origins.*

## Memorials for Purchase at Competitive Prices

	FROM
•Cremation Niches	\$ 250.00
•Single Lots	\$ 500.00
•Masaryk Mausoleum Single Crypts	\$1500.00

Please call us for more information. Or come and visit our historic cemetery, which is accessible from the Kennedy Expressway – either the Pulaski Road or Austin Avenue exits.



**773.539.8442**

### Bohemian National Cemetery Association

5255 N. Pulaski Road • Chicago, IL 60630

*Listen to beautiful Czech and Slovak music  
every Sunday morning at 9:00 A.M.  
Radio Station WCEV 1450 AM*

# 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

# Provide \$5,000

of life insurance for yourself,  
your children or your grandchildren.



**Call 1-800-LIFE-CSA today!**

# \*Pay as little as \$390.<sup>00</sup> once.

\*One time premium of \$390 provides \$5,000 of insurance for a newborn under age 1 year. Other rates and amounts are available. Rates effective as of 2/1/99. Subject to change without notice.

# 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 Avenue NE, Cedar Rapids, IA 52402  
(319) 363-2653 • (800) 535-5472 • Fax (319) 363-8806