

# american **SOKOL**

Volume CXXII, Number VI

JULY/AUGUST 2000

## CONGRATULATIONS TO THE 2000-2001 AMERICAN SOKOL MERIT AWARD RECIPIENTS!



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Sokol South Omaha



**Gretchen Venci**  
Sokol Grtr. Cleveland



**Jon Kovar-Tooke**  
Sokol Brookfield



**Karen Kucera**  
Sokol Naperville



**Sonja Nakonecznyj**  
Sokol Ceska Sin



**Sophia Theophilopoulos**  
Sokol South Omaha



**Stephanie Langer**  
Sokol KHB



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Sokol Grtr. Cleveland

*MERIT AWARD COMMITTEE: Sis. Eva Balas - Chairman, Sis. Jan Kalat, Bro., Dave Harlan,  
Sis. Marie Ptacek, Bro. Richard Ptacek, Bro. Tom Pajer*

## American Sokol

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### 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

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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 had a marvelous time in Prague for the XIII All-Sokol Slet and then on my whirlwind two-week tour of the Czech Republic and Slovakia. The Slet parade was an awe-inspiring, emotional experience I will not soon forget. If we could only inspire a similar devotion to Sokol in this country! Let's give it a try; classes start all to soon at your local unit - get a friend to join with you!

#### NA ZDAR!

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

## CALENDAR of EVENTS

#### SEPTEMBER

- 7 Sokol Berwyn-Slavsky Class  
Registration 7-8 PM
- 10 Sokol Detroit Grape Festival  
at Sokol Camp
- 10 Sokol So. Omaha Czech Fest
- 10 Sokol Minnesota Czech &  
Slovak Day
- 11 Sokol NY Class Registration  
10AM-2:30PM and 5-7 PM
- 15 Sokol Grtr. Cleveland Fish Fry
- 17 American Sokol Little Ferry  
Coin Toss
- 24 Northeastern District Annual  
Meeting at Sokol Detroit
- 24 Sokol Greater Cleveland  
Sauerbraten Dinner & Music

#### OCTOBER

- 7 Czech Independence Day  
Celebration - Street Fair,  
Czech Mission, NYC
- 7 American Sokol Little Ferry &  
CSA Lodge #211 Oktoberfest
- 21 Melodin Band at Sokol  
Berwyn-Slavsky
- 27 Sokol New York Children's  
Halloween Party
- 28 Sokol St. Louis Homecoming
- 29 Sokol Minnesota Pork Dinner

**XX AMERICAN SOKOL SLET  
JUNE 27-JULY 1, 2001  
DETROIT, MICHIGAN**

### THOUGHT STARTERS

from Sis. Joan Sedlacek, A.S.O. Educational Director

*"Nothing great was ever  
achieved without enthusiasm."*

~ RALPH WALDO EMERSON

## Our Sokol Credo (Translated by Sis. Libbie Krivanek for Bro. Vaclav Zenisek)

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.

# 125 Years of Cultural Activity

## A Salute to Sokol Detroit

One hundred twenty-five years have passed since 12 enthusiastic new Americans, immigrants from the Czech lands, met on November 6, 1875, to form a new gymnastic unit, Sokol Detroit. These 12 men were raised in the exciting era dominated by the Sokol movement developed by Dr. Miroslav Tyrs and Jindrich Fuegner. They wanted to institute these important values of physical and mental fitness for their families for future generations.

The membership of this first Sokol unit grew and with this growth came Detroit's first Sokol Hall. Two years later, in 1881, Sokol Detroit merged with the fraternal and benevolent Club Budivoj and became Sokol Budivoj. For the next eight years, Sokol would continue to grow. On September 22, 1889, a second unit, Sokol Podlipny, was founded on Detroit's west side and in 1893, they built their own hall. On December 18, 1909, Sokol Palacky became the third Sokol unit founded in Detroit. All three Sokol units were active with gymnastics and cultural activities.

By the turn of the century, Sokol Podlipny was finding its home too small for its growing membership. So, in 1904, a groundbreaking ceremony was held and by the end of that year, the new building was known as the Czech National Hall. In 1917, the three Sokol units, Budivoj, Podlipny and

Palacky, merged into one unit, Sokol Detroit, and the Czech National Hall was its home.

Led by the enthusiastic leaders from the former three units, Sokol Detroit sponsored and supported many public, patriotic and charitable activities during World War I and World War II. Many other ethnic organizations called the Czech National Hall their home.

In 1934, over 22 acres of land on Sandy Bottom Lake near South Lyon was purchased and developed into Sokol Camp. Twenty-three members have since built summer cottages there, other Sokol members go out to spend the day enjoying the quiet tranquility of the woods and lake. Many people come out to enjoy our gymnastic programs, dances and other cultural events.

It was decided in 1962 that instead of maintaining the Czech National Hall in the surrounding deteriorating neighborhood conditions, a new Sokol home must be found. In 1964, over an acre of land was purchased on Warren Avenue in Dearborn Heights. Our present home, the Sokol Cultural Center, was finished three years later. It has served as the site of the American Sokol Organizations XII National Convention. We also celebrated the 100th Anniversary of Sokol Detroit here in 1975. All year round, Sokol Detroit conducts gymnastic classes and programs,

Czech language classes and other cultural activities.

The history of Sokol Detroit would not be complete without mentioning our Sokol sisters. On October 16, 1892, a circle of women and girls was formed as the Women's Division of Sokol Podlipny. Their purpose was to aid in the spiritual and bodily development of young people. On July 26, 1920, the women elected to become a separate unit of the American Sokol Organization and were initiated on September 20, 1920 as Sokolky Detroit. The name was changed in 1933 to Lodge Sokolice Detroit, but in 1965, when unit meetings began to be conducted in English, the name was changed once more to the Sokol Detroit Ladies Auxiliary. After celebrating their 70th anniversary in 1990, the sisters elected to merge with the brothers of Sokol Detroit. This merger became effective in January of 1991.

Sokol Detroit has been strengthened through the years by the energy that has been exerted by hundreds of its dedicated members. We anticipate that the future years will be filled with continued growth and success, and look forward to the American Sokol Slet to be held in the Detroit Metropolitan area in June 2001.

*~ Compiled by Sis. Anne Eisner &  
Edited by Sis. Sarah Greene,  
Sokol Detroit*



american  
**SOKOL** *Flag Waver!*

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

*Lucille (Kalat) Goetz - \$10.00*

See Page 7 for information on how you, too, can become an AMERICAN SOKOL FLAG WAVER!

## Czech Embassy Announces Fall Cultural Calendar

EMBASSY OF THE CZECH REPUBLIC  
3900 Spring of Freedom Street, NW  
Washington, DC 20008

Phone: 202.274.9100  
E-Mail: [washington@embassy.mzv.cz](mailto:washington@embassy.mzv.cz)  
Homepage: <http://www.czech.cz/washington>

Here is an overview of the Fall season of cultural events organized by the Czech Embassy in Washington, DC :

**Wednesday, September 20**

**7:30p.m. at the Czech Embassy, \$10**

Concert celebrating the common Czech and German heritage performed by Czech mezzosoprano Katerina Kachlikova with Frantisek Kuda on piano.

**Thursday, October 5 through October 17**

First U.S. exhibit of the Czech arts group Torzo. An exhibition emphasizing the internal spirit which resonates through the artist, transforming what would otherwise be ordinary objects into a reflection of the human soul.

**Saturday, October 14**

Performance by the band Psi Vojaci. Call for time and Washington DC location; 202.274.9105. The band also performs on Friday, October 13 at New York City's Knitting Factory; for info call 212.219.3006.

**October 20-March 3**

An exhibit of the creative work of Jan Svankmajer and Eva Svankmajerova, both active members of the Czech and Slovak surrealists.

**October 20-22**

The complete retrospective of Jan Svankmajer's feature films at the American Film Institute at the John F. Kennedy Center for the Performing Arts. Call the AFI box office at 202.785.4600.

**Tuesday, October 24**

**7:30p.m. at the Czech Embassy, \$10**

Violin virtuoso Petr Macecek, former concert master in the Slovak Chamber Orchestra and the Suk Chamber Orchestra, performs. Call 202.274.9100, x3413 for reservations.

**Tuesday, November 14**

**7:30p.m. at the Czech Embassy, \$10**

Pianist Carl Banner (formerly of the Cezanne Trio) continues his popular exploration of Czech chamber music with his new ensemble, Washington Musica Viva. Call 202.274.9100, x3413 for reservations.

**Sunday, November 19**

**5:00p.m. in the Auditorium of the Natl. Gallery's East Building**

The restored version of Gustav Machaty's 1929 classic film "Erotikon" is accompanied by Jan Klusak's newly composed score, which will be performed live by a quintet conducted by Stepan Konicek. Admission free of charge. The auditorium is located at 4th Street & Constitution Avenue, NW.

**Tuesday, November 28**

On the heels of outstanding shows in Washington and Prague, the photographs in Chad Evans Wyatt's "101 Artists in the Czech Republic" are finally available in print. Presentation and book signing at 7:00 p.m. at Politics and Prose Bookstore, 5015 Connecticut Avenue, NW.

**Friday, December 8**

**7:30p.m. at the Czech Embassy, Benefit for Future Cultural Events, \$30**

Dinner with Arts and Absinth featuring musician and performer Petr Vasa. In his latest program, titled "Circus, Chaos, Minaret" he uses every inch of his body for original recitation in an artificial language. Call 202.274.9100, x3413 for reservations.

**Tuesday, December 12**

**7:30p.m at the Czech Embassy, \$10**

A performance in Czech only, Czech actress Eliska Balzerova stars in a Czech version of the Terence McNally Play "Master Class." Call 202.274.9100, x3413 for reservations.

**Sunday, December 1**

**7:00p.m.**

The Czech priest, writer and musician Svatopluk Karasek will preach the Christmas sermon in Czech at the Emmanuel Lutheran Church, 7730 Bradley Blvd., Bethesda, MD



AMERICAN SOKOL ORGANIZATION

**GYMNAST**

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



**ANNOUNCING**



**XX AMERICAN SOKOL SLET**

**JUNE 27 - JULY 1, 2001  
DETROIT METROPOLITAN AREA**

Slet Program (Calisthenics, Folk Dance, and More)  
Artistic & Rhythmic Gymnastics Competition  
Team Marching and Team Calisthenics Competition  
Volleyball, 3-on-3 Basketball, Swimming, Bowling, and Golf  
Family Fun Run/Walk Special Number Exhibition  
Competitor Social, Banquet, Awards Dance, & After Slet Get Together  
**NEW** - Junior Girls and Womens 3-on-3 Basketball  
**NEW** - Junior Girls/Boys, Men/Women 4-Event Sokol Fitness Challenge

**PLAN TO COME AND "Gather" WITH US  
THERE'S SOMETHING FOR EVERYONE**

## Southern District Slet

June 2 - 5, 2000

### Level 2 Junior Girls 12-14

1. Brittany Pina	Houston	39.80
2. Brittany Angelo	West	38.80

### Level 3 Junior Girls 12-14

1. Robin Green	West	42.80
2. Sara Rattan	Houston	42.30
3. Sarah Middlebrook	West	40.60
4. Karla Valenzuela	Houston	40.50

### Level 4 Junior Girls 12-14

Sokol West Team 1 - 128.35

Sokol West Team 2 - 122.65

Sokol Ft. Worth Team - 98.25

1. Tiffany Nors	West	43.80
2. Christi Sparkman	West	42.55
3. Brooke Craig	West	42.00
4. Whitnet Pustejovsky	West	41.60
5. Jesse Karlik	West	41.10
6. Lauren Snokhous	West	39.95
7. Michelle Barak	Ennis	39.15
8. April Waddell	West	34.50
9. Magdalena Alva	Houston	34.10
9. Appa Hargiss	Ft. Worth	34.10
10. Jessica Monreal	Ennis	33.15
11. Tiffany Robinson	Ft. Worth	31.85
12. Amanda McHorse	Ft. Worth	30.10
13. Katie Taylor	Ft. Worth	26.20

### Level 5 Junior Girls 12-14

1. Ashlet Bigham	Ennis	42.10
2. Brynne Southwell	Ennis	38.70
3. Amy Roach	Ft. Worth	35.95
4. Kelsey Lyon	Ft. Worth	33.85

### Level 5 Junior Girls 15-18

1. Whitney Mildren	Dallas	41.35
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### Level 6 Junior Girls 12-14

1. Julie Moravec	West	41.10
2. Jessica DeLaPaz	Ennis	35.10
3. Kala Curry	Ennis	34.60

### Level 6 Junior Girls 15-18

Ennis Sokol - 110.00

1. Jasmine Isom	Ennis	40.30
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### Level 8 Junior Girls 12-14

1. Sarah Killingsworth	Ft. Worth	38.50
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### Level 4 Women 18-24

1. Kandy Cox	West	45.10
1. Jennifer Kalina	West	45.10

### Class VI Junior Boys 12-14

1. Jordan Feucht	Ft. Worth	50.40
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### Class VI Junior Boys 15-18

Ennis Sokol - 162.80

1. Jonathan Boyd	Ennis	58.10
2. John McBride	Ennis	57.80
3. Alex Nichols	Ennis	46.90

## Central District Slet

May 20, 2000

### Novice Junior Girls 12-14

1. Ashley Walters	Tabor	49.30
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### Level 2 Junior Girls 12-14

Sokol Berwyn-Slavsky - 160.00

Sokol Ceska Sin - 154.40

1. Kristin Kulhanek	Tabor	51.20
2. Ashley Soneson	Ceska Sin	50.35
3. Nichole Davies	Ber-Slav	50.20
4. Amanda Wolff	Ber-Slav	49.45
5. Becky Rospotynski	Ceska Sin	48.70
6. Angela Coglianese	Ber-Slav	47.85
7. Becky Maskill	Ber-Slav	47.70
8. Elissa Schupp	Ceska Sin	47.15

### Level 2 Junior Girls 15-18

1. Chrissy Maskill	Ber-Slav	50.80
2. Anna Lat	Naperville	46.95

### Level 4 Junior Girls 12-14

1. Sokol Brookfield		156.95
2. Sokol Berwyn-Slavsky		155.85
1. Ashley Croft	Ber-Slav	50.45
2. Berni Mangialardi	Tabor	50.25
3. Amber Arnold	Brookfield	49.94
4. Brandi Arnold	Brookfield	49.75
5. Elizabeth Chrobak	Ber-Slav	49.70
6. Jennifer Polk	Brookfield	48.55
7. Nicole Martinez	Ber-Slav	46.25

### Level 4 Junior Girls 15-18

1. Tori Kathrein	Tabor	53.35
2. Stacey Domzalski	Chicagoland	50.95
3. Lupita Kuri	Tabor	49.15
4. Angeli Del Carlo	Chicagoland	48.34

### Level 5 Junior Girls 12-14

1. Megan Petkus	Tabor	48.00
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### Level 5 Junior Girls 15-18

1. Nicole Coglianese	Ber-Slav	46.95
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### Level 6 Junior Girls 15-18

Sokol Berwyn-Slavsky - 157.05

1. Rose Prod	Ber-Slav	50.20
1. Allison Lickteig	Ber-Slav	50.20
3. Cassie Croft	Ber-Slav	47.00

### Novice Women 18-24

1. Tracy Konior	Chicagoland	53.95
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### Level 2 Women 18-24

1. Robin Kotlan	Ceska Sin	45.40
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### Level 2 Women 25-34

1. Irene Polashek	Tabor	48.15
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### Level 2 Women Master I

1. Andrea Scheirer	Chicagoland	54.00
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Level 4 Women 18-24

Sokol Chicagoland - 164.85

- |                      |             |       |
|----------------------|-------------|-------|
| 1. Anny Moravec      | Chicagoland | 53.35 |
| 2. Beth Kocek        | Chicagoland | 53.10 |
| 3. Melissa Bukovsky  | Chicagoland | 49.05 |
| 4. Sonja Nakonecznyj | Ceska Sin   | 48.70 |

Level 4 Women 25-34

- |                     |             |       |
|---------------------|-------------|-------|
| 1. Laura Kwak       | Chicagoland | 55.35 |
| 2. Christina Curran | Tabor       | 54.80 |

Novice Women Master II

- |                       |             |       |
|-----------------------|-------------|-------|
| 1. Florence Del Carlo | Chicagoland | 53.65 |
| 2. Mary Newsom        | Chicagoland | 50.50 |

Level 6 Women 18-24

- |                   |          |       |
|-------------------|----------|-------|
| 1. Kandi Ondrovic | Ber-Slav | 56.50 |
|-------------------|----------|-------|

Novice Junior Boys

- |                    |            |       |
|--------------------|------------|-------|
| 1. Peter Tomeczko  | Ber-Slav   | 67.70 |
| 2. Eric Leja       | Ber-Slav   | 67.50 |
| 3. Jon Kovar-Tooke | Brookfield | 65.00 |
| 4. Eric Anderson   | Brookfield | 63.80 |

Modified Class VII Junior Boys

Sokol Berwyn-Slavsky - 203.10

- |                      |          |       |
|----------------------|----------|-------|
| 1. Michael Dropka    | Ber-Slav | 68.80 |
| 2. Howard Maskill    | Ber-Slav | 67.45 |
| 3. Michael Maskowski | Ber-Slav | 66.85 |

Modified VI Junior Boys

Sokol Berwyn-Slavsky - 206.75

Sokol Brookfield - 200.70

- |                      |            |       |
|----------------------|------------|-------|
| 1. Andy Lutha        | Ber-Slav   | 70.25 |
| 2. George Szydlo     | Brookfield | 68.70 |
| 3. Nicholas Zaryczny | Ber-Slav   | 68.65 |
| 4. Scott Johnstone   | Brookfield | 67.90 |
| 5. Doug Gilbert      | Ber-Slav   | 67.85 |
| 6. Kevin Wheet       | Stickney   | 65.65 |
| 7. David Aguirre     | Brookfield | 64.10 |

**Western District Slet**

June 9,10,11, 2000

Novice Junior Girls

- |                      |       |        |
|----------------------|-------|--------|
| 1. Sokol Omaha       |       | 105.15 |
| 1. Gracia Wilson     | Omaha | 37.45  |
| 2. Jenna Rickley     | Omaha | 33.95  |
| 3. Megan Rosenberger | Omaha | 33.75  |

Level 2 Junior Girls

Sokol Crete - 103.75

- |                     |       |       |
|---------------------|-------|-------|
| 1. Candace Preston  | Crete | 35.35 |
| 2. Katie Wackel     | Crete | 34.70 |
| 3. Lily Weiler      | Crete | 33.70 |
| 4. Kimberly Harris  | Omaha | 32.70 |
| 5. Janelle McGinnis | Crete | 32.65 |

Level 4 Junior Girls

Sokol Minnesota - 100.35

Sokol Cedar Rapids - 98.15

- |                     |              |       |
|---------------------|--------------|-------|
| 1. Jessica Longwell | Crete        | 35.65 |
| 2. Lindsey Rogness  | Cedar Rapids | 34.20 |
| 3. Teresa Skrivanek | Minnesota    | 34.15 |
| 3. Lisa Rjumpza     | Minnesota    | 34.15 |
| 4. Sarah Finch      | South Omaha  | 33.77 |
| 5. Martha Alarcon   | Crete        | 33.40 |
| 6. Alicia Smith     | Cedar Rapids | 32.50 |
| 7. Shannon O'Leary  | Minnesota    | 32.05 |
| 8. Amy Arthurs      | Cedar Rapids | 31.45 |

Level 5 Junior Girls

Sokol South Omaha - 87.00

Sokol Cedar Rapids - 86.20

- |                    |              |       |
|--------------------|--------------|-------|
| 1. Veronica Kool   | South Omaha  | 32.80 |
| 2. Tiffany Bridges | South Omaha  | 31.30 |
| 3. Megan Zenisek   | Cedar Rapids | 29.10 |
| 4. Tiffany Tanner  | Cedar Rapids | 28.90 |
| 4. Charlotte Barta | Crete        | 28.90 |
| 5. Sarah Jencks    | Cedar Rapids | 28.20 |
| 6. LeAnn Vance     | South Omaha  | 22.90 |

Level 6 Junior Girls

Sokol South Omaha - 66.05

Sokol Omaha - 57.20

- |                     |             |       |
|---------------------|-------------|-------|
| 1. Skye Wakefield   | South Omaha | 35.30 |
| 2. Carly Vincentini | South Omaha | 30.75 |
| 3. Tina Valentine   | Omaha       | 29.80 |
| 4. Lindsey Balkovec | Omaha       | 27.40 |

Championship

Sokol South Omaha - 65.60

- |                           |             |       |
|---------------------------|-------------|-------|
| 1. Alison Kool            | South Omaha | 33.70 |
| 2. Sophia Theophilopoulos | South Omaha | 31.90 |

Level 4 Women

- |                  |             |       |
|------------------|-------------|-------|
| 1. Becky Wilk    | South Omaha | 36.35 |
| 2. Connie Barber | South Omaha | 34.25 |

Class VII Junior Boys

- |                  |             |       |
|------------------|-------------|-------|
| 1. Andrew Dalton | South Omaha | 47.55 |
|------------------|-------------|-------|

Class VI Junior Boys

South South Omaha - 147.55

- |                   |             |       |
|-------------------|-------------|-------|
| 1. Luke Gabriel   | South Omaha | 51.65 |
| 2. Jason Barber   | South Omaha | 51.05 |
| 3. Steve Kowalski | South Omaha | 44.85 |

Class V Junior Boys

- |             |             |       |
|-------------|-------------|-------|
| 1. Bo Benak | South Omaha | 47.00 |
|-------------|-------------|-------|

Novice Men

- |              |             |       |
|--------------|-------------|-------|
| 1. Bud Benak | South Omaha | 56.86 |
|--------------|-------------|-------|

Level VI Men

- |                |             |       |
|----------------|-------------|-------|
| 1. Buddy Benak | South Omaha | 55.85 |
|----------------|-------------|-------|

## Northeastern District Slet

June 10, 2000

### Level 1 Junior Girls

1. Katherine Fortuna	SGC	34.85
2. Rebecca Pappas	SGC	34.60
3. Sara Zale	SGC	32.70
4. Lisa Meyer	SGC	31.35
5. Elysse Teplitzky	SGC	28.35

### Level 2 Junior Girls

1. Keresty Kelly	Farrell	40.85
2. Michelle Leyson	Farrell	39.20

### Level 3 Junior Girls

1. Christine Hirsch	SGC	38.90
2. Karla Pinizzotto	SGC	37.95
3. Leia Mason	SGC	37.85
4. Heidi VencI	SGC	35.90
5. Sarah Liptak	SGC	35.05
6. Melanie McGowan	SGC	26.15

### Level 4 Junior Girls

1. Suzie Bures	SGC	43.70
2. Erica Gaines	Farrell	42.40
3. Elizabeth Mason	SGC	41.05
4. Gretchen VencI	SGC	39.55
5. Laure Scott	Detroit	39.50
6. Tracy Oryl	SGC	39.05
7. Alison Schweda	SGC	38.40
8. Sara Stepnicka	SGC	38.25
9. Kelley Panackia	Detroit	34.30

### Level 5 Junior Girls/Women

1. Kathy Kavan	SGC	43.70
2. Emily Prokop	SGC	42.30
3. Laura Borovsky	Detroit	40.55
4. Amber Winkely	SGC	38.70
5. Maria Pinizzotto	SGC	34.95

### Level 4 Women

1. Linda Lash	SGC	45.85
2. Beth Sklodowski	SGC	45.50

### Class VIII Junior Boys

1. Matt Carlozzi	SGC	60.65
2. Curtis Varouh	SGC	59.00
3. Mark Beckerman	SGC	58.15
4. Eddie Miljak	SGC	56.60
5. Danny Fitzpatrick	SGC	54.85
6. Keith Martincic	SGC	53.35
7. Brian Martincic	SGC	53.00

## Eastern Area Slet

June 10-11, 2000

### Novice - Junior Girls

1. Ana Sophia Gomez	ASO	33.20
1. Samatha Gregory	ASO	33.20

### Intermediate - Junior Girls

#### ASO Team 1

#### ASO Team 2

1. Marianne Mullarkey	DAS	33.80
2. Christine Hari	ASOt1	33.50
3. Amanda Romano	ASOt1	33.10
4. Erin Mahoney	ASOt1	33.05
5. Helen Kaplan	USA	32.00
6. Tracey Florio	ASOt2	31.85
7. Diana Braham	ASOt2	31.25
8. Christine Bailey	ASOt2	27.75

### Level 4 - Junior Girls

1. Alex Simko	ASO	35.15
2. Denise Vlasica	USA	34.75
3. Jessica Burdy	DAS	34.65
4. Patricia Mincone	DAS	34.50
5. Arielle Grinberg	ASO	32.10

### Level 5 - Junior Girls

1. Christine Blake	ASO	35.45
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### Level 4 - Women

1. Erin Early	ASO	32.40
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### Level 6 - Women

1. Loretta Maggio	DAS	35.80
2. Brandi Kovac	USA	35.70

### Class VII - Junior Boys

#### USA - Boonton

1. Chris Petonak	USA-B	53.00
2. Chris Novaes	DAS	51.45
3. Anthony Vlasica	USA-B	50.85
4. Gray Gurreri	DAS	50.60
5. Vincent Eaton	USA-B	48.05
6. Brian Taylor	ASO	44.95

### Class VI - Junior Boys

1. Adam Ondira	ASO	50.80
2. Matthew Novaes	DAS	48.85

### Class V - Junior Boys

#### DA Sokol

1. Joe Vorlicek	DAS	54.70
2. Mike Conway	DAS	52.45
3. Phil Mincone	DAS	49.80
4. Lee Freeman	DAS	41.55

### Class VII - Men

1. Matt Reynolds	USA-CJ	53.50
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### Class V - Men

1. Peter Lattanzio	DAS	53.50
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Organizational award presented to American Sokol

## The Experts Talk About Winning

Gretchen Jones, M.A., & Michelle Joshua, M.S.

On February 21, 2000, the Center for Sports Psychology hosted a panel discussion with Kevin Blackstone, Frank Kudlac, Carl Sheffield, Krista Davey, and Cheril Santini, to talk about winning. Although each discussant had his/her own approach to training, they all agreed that winning should not be the main focus. Rather, it is the process involved (e.g. training, building team cohesion) that is most rewarding. They also highlighted the importance of a well-balanced approach to sport preparation, which includes proper nutrition and mental preparation.

In this article, we highlight the main ideas discussed and offer strategies for how these ideas can be implemented in your coaching or athletic program.

**TRUST** - It is imperative for athletes and coaches to trust themselves, each other, and the training philosophy of their team. This trust is the foundation on which cohesion and confidence are built. Frank Kudlac, head coach of the 6-time USA Gymnastic Champion TWU Pioneers, emphasized that trust is one of the most important aspects of the coach-athlete relationship. "The Juniors and Seniors are able to show the younger athletes that they should trust the system because it really does work." On a daily basis, Kudlac shows respect for his athletes, which in turn builds their confidence and trust in him and his program. Trust also can be developed by fostering open and honest communication among coaches and athletes. Further, being consistent with feedback, discipline, and leadership style facilitates trust because athletes know what is expected of them.

In addition, athletes need to learn to trust their own abilities. For Cheril Santini, former All-American diver from SMU, believing in and literally telling herself, "I can do this," was as necessary a component of her winning strategy as knowing that her coach believed she had the physical skills to excel. Positive self-talk is an essential key to success. By asking athletes what they are saying to themselves before, during, and after competition, coaches can challenge athletes' negative or irrational beliefs and help them substitute more positive, confidence-building statements.

**GOAL SETTING** - Both coaches and athletes agreed that setting physical and mental preparation goals were essential. Not only are goals motivating, day-to-day goals help guide athletes and coaches to longer term-goals and offer a way to evaluate progress. Krista Davey 3-time All Big West soccer star from UNT, believes that a team's success depends on having mutually agreed upon goals, "Do anything to improve team cohesion, not just to make sure they are having fun together, but most importantly, to keep them focused on the same goal." When setting team goals, coaches and athletes need to work together to clarify expectations. Further, it is important to follow-up, evaluate progress, and adapt (if necessary) goals throughout the season.

**INDIVIDUALIZED PROGRAMS** - The more a coaching staff understands the unique needs, strengths, and weaknesses of their athletes, the better they can help each one perform optimally. Even in team sports, success is dependent on a group of individual performances. UNT Track Coach, Carl Sheffield, gets to know his athletes on an individual level to better prepare them for their futures, both in and out of sport. A cornerstone of any individualized training programs is respect and valuing each athlete as an individual. When coaches demonstrate positive regard for their players, it is likely that the respect will be returned to the coaching staff. Having mutual admiration can foster a positive sense of camaraderie, cohesion, and work ethic.

**FUN** - Although fun appears at the end of this list, coaches and athletes should strive to keep in mind that enjoyment is the ultimate goal of and is the foundation for continued athletic participation. Learning to enjoy training and competition helps athletes and coaches focus less on the outcome of a game or match. In addition, it helps them focus on what others are doing. Kevin Blackstone, Sports Columnist for the Dallas Morning News, stated "winning can overshadow all the things you have to do to get there." From his perspective, focusing exclusively on a winning outcome blurs an athlete's focus and overshadows the joy of improving skills through practice and competition. In order to help make training and competition fun, coaches can be enthusiastic, offer encouragement, and foster team building and cohesion.

University of North Texas Center for Sports Psychology  
Newsletter "Performance Excellence", Spring, 2000.

**SOKOL MEANS MUCH TO THE  
2000-2001 MERIT AWARD WINNERS**

**What Sokol Means to Me**

Stephanie Langer

Sokol Karel Havlicek Borovsky

Sokol is more than just a gymnastic center. Over the years Sokol has become my second home. I consider the members of Sokol a part of my family. They have taught me values and morals that will stay with me for the rest of my life. Being involved with teaching gymnastics at Sokol has taught me the value of leadership, responsibility, friendship and much more. Through gymnastic classes, slets, instructor schools, and other sokol activities, I have formed many lifelong friendships and learned how to be a responsible leader. The value of friendship has been the most important. It is hard to make good friends, yet through the years I have been involved in the Sokol program, I have had the chance to meet people from all over the United States.

With Sokol, I have had the chance to travel places I otherwise would not have gone to. I plan to remain a member and continue going to Sokol slets and activities. Since working with children at Sokol, I have been inspired to seek a career in education. The values I have learned in Sokol will help me to reach success in the future.

**What Sokol Means to Me**

Sophia Theohphilopoulos

Sokol South Omaha

Over the past eleven years, Sokol has become very meaningful to me. I began my involvement with Sokol at the age of seven as a young and eager gymnast. The coaches welcomed me to the gym and enthusiastically worked with my abilities as a gymnast. Now at the age of eighteen, still a young and eager gymnast, Sokol is not simply a building to practice gymnastics in, but it is somewhat of a second home. Sokol is a place where I consider my friends, my teammates, and especially my coaches to be family. I have built a number of relationships with very special people who have taken me under their wings and cared for me. It is also a place that has instilled valuable lessons in me, not only in gymnastics, but also in life. The lessons that I have learned at Sokol will carry on forever. This in itself is more valuable to me than I can ever explain. I am proud and honored to be a member of the Sokol Organization.

**What Sokol Means to Me**

Steven Wise

Sokol Greater Cleveland

Sokol is one of the most influential and significant aspects of my life. Like a second family, it has instilled within me such values as ambition, companionship, and leadership. Through Sokol, I have become part of an organization that stretches beyond borders and boundaries. With limitless possibilities, Sokol reaches the minds and hearts of people around the corner and around the world. I have learned that Sokol is more than just the building down the street. Sokol is the embodiment of unity. Like the pieces to a puzzle, every member is unique and important, for when the pieces are fitted together a larger picture and concept can be seen. With its unity and strength, Sokol has become one of the most concrete aspects of my life. While I will graduate from high school and college and eventually retire from a career, I will always be involved with Sokol. This constancy has carried Sokol through a hundred years of history and surely through my lifetime. While I have only witnessed 12 years of this Sokol history, the ideals and principles of the organization are molded deep within my soul. Through Sokol I have found friends that will last a lifetime, and memories that will never fade. Sokol has given me an enthusiasm for involvement, no matter what the task. Simply put, to me Sokol is the most enjoyable and rewarding aspect of my life.

**What Sokol Means to Me**

Karen Kucera

Sokol Naperville

The value I place upon Sokol in my life can not be compared to any other activity. It is important to me not just to go to the gym every night but to go and have fun. I have grown into the person I am today because of my involvement in Sokol. I grew up within the Sokol system progressing with age and ability from class to class. It is impossible to count the friends I have made through Sokol, and show the impact they have made on my life. Remembering back to when I was just a first class girl, moving was a hard concept for me to understand. I was terrified at all the uncontrollable changes I was being forced to make. However, the one thing that remained constant in my life was Sokol. Sure, I had to start over at a new Sokol but hey as many of us may know Sokol is Sokol no matter what name we may call it, and it did not take

long for me to feel like I belonged. It is enjoyable to go to district events seeing old faces and reminiscing about the good times we used to have also catching each other up on the past. However, just attending Sokol classes was not enough for me. In the process of becoming an instructor, I had the opportunity to attend a few national Sokol instructors schools. There I was able to meet many people from different aspects of Sokol. Not only have I written letters to these friends on a weekly basis for up to four years, we have also traveled great distances for no particular reason other than to see each other. I know these friends and the Sokol organization will be a part of my life for years to come. I have made many great memories and would be a fool to miss the opportunity to make more of these memories.

#### **What Sokol Means to Me**

Alison Kool  
South Omaha

Sokol has been a part of my life since I was three years old, and has been a learning experience the entire way. As a gymnastics competitor, Sokol has taught me not only strength and coordination, but also discipline, goal setting, mental focus, self-determination and motivation, and teamwork. As a gymnastics instructor, I have realized through the children I teach that, while a person always strives for perfection, the best you can be and giving all that you have is all that is required. "All you can do is all you can do, but all you can do is enough." Having fun at what you do is the most important thing in life, and Sokol has helped me to realize that. One of the most valued aspects of Sokol for me, however, has been the lifelong friendships I have made with my fellow teammates and competitors from not only my own gym, but from other Sokol units throughout the United States as well. by attending four National Instructor Schools, I have made many close friends from other units, and getting to see them at National Slets every year makes the week seem that much more exciting. The friendships I have made have truly showed me the meaning of what a Sokol "Brother" or "Sister" is all about, and I plan on continuing to be heavily involved in and a part of the "Sokol Family" for the rest of my life.

**NEW "YOUTH MEMBERSHIP"  
FOR AGES 6-17  
TAKES EFFECT WITH 2000-2001  
SEASON**

#### **What Sokol Means to Me**

**Gretchen VencI**

Sokol Greater Cleveland

There is not one word that would explain what Sokol means to me. My parents, grandparents, and great-grandparents have all been Sokol members, here in the United States. My family and I stand by and uphold the Sokol beliefs and ideals. An example is my Great-Great Aunt Elizabeth, who stood up for her district and refused to honor the officials at the podium at the 1948 Slet in Communist Czechoslovakia. On another note, I have been enrolled in Sokol classes since I was but a child of three years old; therefore, Sokol is the largest part of my life. When I entered Junior Girls' class at age thirteen, I began helping in Little Girls' class, which I still do today. This year I became the class leader for Tots' class, as well. I teach these children to encourage their involvement in Sokol and grow up having the same precious memories that I have of Sokol. I spend hours working on classes and doing volunteer work for Sokol each week but Sokol is more to me than just the classes. The building in which we have our classes, Bohemian National Hall, is a historic building with a grand ballroom, stage staircase and five floors full of secret places for kids to play. Whenever I was there as a child for a social event my friends and I would run off and play hiding games or just explore the most remote regions of the building, like the second floor of the stage where all the scenery is hung, the costume room at the end of the locker room or the back hallway in the basement. I have memories with these friends of roller skating parties, discovering letters of the alphabet carved into banisters throughout the building, and pretending to be statues when people came in for fish fries. I have attended four instructor's courses and have dozens of friends across the country. As a member of Sokol Greater Cleveland, I was an alternate delegate to the ASO Convention in Omaha this year. My Sokol has just built a gymnasium and I have dedicated numerous hours to painting walls, sweeping floors, power-washing brick walls, running wire and setting up the security system. Sokol provides me with friendship, fond memories, physical fitness, and knowledge of my heritage, and therefore, means everything to me.

**DIRECTOR DEVELOPMENT  
CONFERENCE  
CHICAGO - OCTOBER, 2000**

### What Sokol Means to Me

on Kovar-Tooke  
Sokol Brookfield

Sokol is my home away from home, not only because I am there three or four days out of the week, like so many other die-hard Sokol members are, but since all four of my grandparents died before I was seven, the members of Sokol Brookfield filled that void in my life. Sokol has also been something that I could depend on, and that was always there. That is the kind of feeling that I try to create when I teach class. I always knew that class was on Tuesday and Friday and that if we were good during class and didn't complain about doing cal we would get game time at the end. Sokol has always been a place that was full of fun and laughter and where friends were made that I still have in class and talk to in school. A couple of summers ago I decided to take some instructor courses at the ASO Instructor's School, and I met people there who were from all over the U.S. The school was a lot of fun and I found out that the other people came to the Instructor's School for the same reasons I did, to return to Sokol what valuable, morals and good times that we have had back to the unit. After teaching my first year at Sokol Brookfield it has been one of the most wonderful and fulfilling feelings I have ever experienced in my life. This teaching experience is highlighted all through the year with accomplishments by the kids such as learning how to march in cadence, learning their left from right, learning the cal, learning all of the routines, learning how to be good for game time, and learning how to keep their hands to themselves. All of the items in the sentence before this contained the word "learning". Little do the kids realize, that by the end of the year, that have memorized a several minute calisthenics number and several routines that go on six different apparatus. This enhances their skills and makes them physically fit which were the main goals of the two founding fathers of Sokol, Fuegner and Tyrs. Sokol has meant the most to me through the awesome experiences it has given me all throughout the years I have been there.

**CONGRATULATIONS  
2000 PRAGUE SLET  
PARTICIPANTS  
FOR A JOB WELL DONE  
THE SLET WAS GRRRREAT!!**

### What Sokol Means to Me

Sonja Nakonecznyj  
Sokol Ceska Sin

Without a strong foundation, a country, a building, a person cannot grow. Sokol is my foundation. For 15 years it has taught me gymnastics, discipline, and also how to make lasting friendships.

Gymnastics was a outlet my parents turned to when I was an energetic three year old. While attending classes I learned body awareness and basic skills while jumping on a trampoline, swinging on the bars, or walking on the high beam. From little girls to the women's class, I have learned many skills, gone through heartbreak and joy in competition and have traveled to many cities like Chicago, Toronto, and Philadelphia. But Sokol has taught me much more than just gymnastics.

Discipline, which is defined as improval of behavior by judicious and penal methods, is an intricate part of Sokol. Calisthenics and marching became important to me at my first Kurz camp in Omaha. Slowly, after many nights of midnight cal, I realized the significance and uniqueness of cal and marching. The precision and order of the two define Sokol. Discipline is needed to learn the cal, and to obey marching commands. Discipline defines Sokol, but is not the most important part.

What I have found to be my favorite part of Sokol, and what it most represents to me, are the people. I have met people from all over the country through Sokol camps and competitions. In only two weeks, I have formed lasting relationships with people I will be friends with forever. I look forward to slets to see my friends and be unified in Sokol with them.

Sokol has given me so much in my life. I have grown up in Sokol, and watched those around me grow. I've learned the importance of cal and marching, and I've made lasting friendships. Sokol is the foundation I live on, and I know it will be with me forever.

**ENROLLMENT  
FOR FALL CLASSES  
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FOR THE  
ASO NATIONAL SLET IN DETROIT**

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# American Sokol YOUTH MEMBERSHIP

*Tom Pajer ~ American Sokol Youth Director*

### ***"The Wave of the Future is Coming!"***

We are embarking on a new century with a new idea...**Youth Membership**. At the American Sokol Convention, it was decided that every 6-17 year old in our program shall be a Youth Member of the American Sokol. This idea will accomplish the following:

- The American Sokol will now be able to record many more members.
- The American Sokol will be able to retain information on all of the youth in the Sokol program.
- A youth publication will be distributed to all youth members to keep them in touch with the Sokol program

- A Youth Membership Card will be distributed to each youth member to make them feel more a part of the National Organization.
- The Sokol Kids website, [www.american-sokol.org/sokolkids](http://www.american-sokol.org/sokolkids) is currently up and running and will accept suggestions from youth members for content. Personal E-mail addresses may be available soon.

The youth membership will be a way to enhance and strengthen the base of our program...our youth!

This has turned out to be a great opportunity for all of us as Sokols! Anybody from ages 6-17 can be a youth member. They do not need to participate in your classes or even be associated with a gym!

Who knows...maybe these kids will read all about Sokol as a youth member and will join the program...and so on...and so on...and so on...

If you have any questions, call me, write me, e-mail me or whatever!

Tom Pajer  
117 Oakland Grove  
Elmhurst, IL 60126

Home Phone: 630-833-6916  
Work Phone: 847-981-2397  
Portable Phone: 847-420-5313  
Fax: 330-572-5801

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[youth@american-sokol.org](mailto:youth@american-sokol.org)

**NA ZDAR!**

# American Sokol Organization Quarterly Financial Report

April, May, June 2000

Submitted by Bro. John Satek, Financial Secretary

## RECEIPTS

Dues/Penalties	\$21,134.89
Convention Fund 1999	576.00
Resale Jewelry/Membership Pins	1,126.00
Educational Booklets	39.00
BOI Skills/Ribbons/Tapes/Manuals	122.80
Donation	72.80
Postage/Shipping	35.13
Copies/Labels	16.20
Central District Postage/Labels	353.22
COS Slet Men's Uniforms Postage	520.00
ASO Slet 2001 Souvenirs	20.00
Prague Slet T-Shirts	2,182.00
ASO Slet Video	5.00
Flag Waver	10.00
Souvenirs	77.00
XVII Convention Pin	3.00
Foundation Fund Expenses	2,138.22
Transfer from Convention Fund	48,081.02
Uniform Dept. Salaries (Mar., Apr., May)	800.95
Uniform Dept. FICA/Medicare (Mar., Apr., May)	142.28
Uniform Dept. FWT Tax (Mar., Apr., May)	30.00
Uniform Dept. IWT Tax (Mar., Apr., May)	27.90
Hat Studs	76.00
Uniform Dept. Phone/Fax	77.94
Uniform Dept. Rent (Apr., May, June)	1,065.00
<b>TOTAL</b>	<b>\$78,732.35</b>

## DISBURSEMENTS

### BOARD OF INSTRUCTORS

Salaries (Apr., May, June)	\$1,809.89
FICA/Medicare (Mar., Apr., May)	330.96
FWT (Mar., Apr., May)	45.00
IWT, 1st Quarter	64.61
Ameritech/AT&T/Fax	361.35
Office Supplies	184.78
Petty Cash/Postage	71.74
USAG Member Fee/J.Milan	200.00
USAG Member Fee/C.Kalat	100.00
USAG Congress/C.Kalat	200.00
USAG Materials/R.Milan	75.00
Editor "Gymnast" (Mar., Apr./May)	60.00
<b>TOTAL</b>	<b>\$3,503.33</b>

### PUBLICATION

Salaries (Mailing)	\$258.05
FICA/Medicare	49.59
FWT	10.00
IWT, 1st Quarter	8.78
Printing (Feb., Mar., Apr./May)	4,947.02
Address Changes	32.97
Editor (Mar., Apr./May)	300.00
<b>TOTAL</b>	<b>\$5,611.83</b>

## EDUCATION

Salary (Apr., May, June)	\$233.17
FICA/Medicare (Mar., Apr., May)	44.19
FWT (Mar., Apr., May)	15.00
IWT, 1st Quarter	6.27
<b>TOTAL</b>	<b>\$298.63</b>

## ADMINISTRATIVE DEPT.

Salaries (Apr., May, June)	\$2,703.60
FICA/Medicare (Mar., Apr., May)	515.49
FWT (Mar., Apr., May)	60.00
IWT, 1st Quarter	81.30
Ameritech/AT&T/Fax	509.16
Com Ed	177.89
CPA (Apr., May, June)	570.00
Selden Fox - Audit 1999	1,155.00
Petty Cash, Postage	342.76
Office Supplies	60.29
Janitor/Supplies	71.88
WinStar Internet OnLine Packrat	46.66
New Internet Program	287.60
Network Solutions	35.00
Advertising Flag Co.	224.00
Insure One Business	500.00
B&F Awards Member Pins (450)	6,546.25
Hats Pins Studs	367.96
Tidd Printing - Envelopes	81.25
Rent (May, June, July)	3,351.00
<b>TOTAL</b>	<b>\$17,687.09</b>

## UNIFORM DEPARTMENT

Salaries (Apr., May, June)	\$530.22
FICA/Medicare (Mar., Apr., May)	142.29
FWT (Mar., Apr., May)	30.00
IWT, 1st Quarter	33.89
Ameritech/AT&T/Fax	70.14
Office Supplies	6.99
Rent (May, June, July)	1,065.00
<b>TOTAL</b>	<b>\$1,878.53</b>

## MISCELLANEOUS

XVII Convention Postage	\$108.35
XVII Convention Advance	12,000.00
XVII Convention Office Supplies	20.11
XVII Convention Delegate Expenses	45,866.26
ASO 2001 Slet Advance	2,000.00
COS Slet Men's Uniforms	520.00
COS Slet T-Shirt Deposit	500.00
COS Slet T-Shirt Balance	1,647.10
Central District Labels	168.84
Subscription - Morava Krasna	12.00
Intl. Camp Students/Leader	1,500.00
<b>TOTAL</b>	<b>\$64,342.66</b>

Balance Brought Forward/Checking	\$26,568.12
Receipts	+ \$78,732.35
	\$105,300.47
Disbursements	- \$93,322.07
<b>BALANCE CHECKING 6/30/99</b>	<b>\$11,978.40</b>

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 "Highlights of Czech History"  
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 Gymnastic Activities w/Hand Apparatus  
 Sokol Gymnastics Manual  
 Unit ID Ribbons

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