

american



# SOKOL

Volume CXXIII, Number IX

NOVEMBER/DECEMBER 2001

Hoi Hoi Hoi!



## American Sokol

(ISSN: 0003-1259)

is published bi-monthly, except monthly in January, February, March, June, September and October by

### AMERICAN SOKOL

122 West 22nd Street  
Oak Brook, Illinois 60523-1557

Periodical postage paid at Oak Brook, IL  
and additional mailing offices.

Subscription: \$8.00 per Year

Postmaster: Send address changes to:  
American Sokol, 122 W. 22nd Street,  
Oak Brook, IL 60523-1557

Telephone: 630.368.0771

FAX: 630.368.0758

E-Mail: Editor@American-Sokol.org

#### BOARD OF GOVERNORS

Larry Laznovsky	Bohus Bata
Mickey Dalton	Barbara Lundeen
Mary Cushing	Mary Steinman-Hargiss
Marie Vachata	Rhonda Liska
Bob Podhrasky	One B.O.I Representative

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

Larry Laznovsky	President
Gary Masek	I Vice-President
Roger Martanovic	II Vice-President
Rhonda Liska	Secretary
Valentine Husak	Treasurer
Mary Steinman-Hargiss	Financial Secretary
Barbara Barnes	Director of Women
Chuck Kalat	Director of Men
Joan Sedlacek	Educational Director
Sash Dumanovic	Public Relations
Sylvia Laznovsky	Membership
Patricia Satek	Editor
Joyce Tesarek	Foundation
Rick Smetana	Board Member
Janet Kalat	Board Member
Jerry Milan	Board Member
Bob Kucera	Alternate
Bohus Bata	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...

The end of another year - a year marked by many challenges and life altering events. The holidays bring a time of happiness and togetherness. May they be filled with peace and understanding as well. None of knows what the future holds. We can only stand by and be silent witness. Happy holidays to you and yours.

NA ZDARI

Sis. Patricia Satek

46 Northgate Road  
Riverside, IL 60546-1639

## CALENDAR of EVENTS

#### DECEMBER

- 1 Sokol Berwyn-Slavsky St. Nick Dance with "Czech Express"
- 1 Central District TNT Tumbling Team Performance in "Frosty & Friends" Parade, Westmont, IL
- 1 Sokol Minnesota Adult Christmas Party
- 2 Sokol Zizka, Dallas 90th Anniversary Celebration
- 6 Sokol Minnesota Children's Christmas Party
- 8 Central District Boys' Skills Testing
- 8 Sokol South Omaha Children's Christmas Party
- 15 Central District Rhythmic Competition
- 16 Sokol South Omaha Adult Christmas Party
- 21 Sokol Ceska Sin Christmas Party

#### DECEMBER

- 21 Sokol Berwyn-Slavsky Children's Christmas Party
- 31 Sokol Minnesota New Year's Eve Party

#### JANUARY

- 4-6 Central District Progressions Clinic at Sokol Tabor
- 26 Sokol Ceska Sin Winter Exhibition and Dance

#### FEBRUARY

- 1-3 Sokol Ceska Sin Ski Trip

#### MARCH

- 2 Sokol Brookfield Exhibition
- 9 Sokol Tabor Exhibition
- 15 Sokol Naperville Exhibition
- 16 Sokol Stickney Exhibition
- 23 Sokol Berwyn-Slavsky Exhibition

## THOUGHT STARTERS

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

*"There are no great men, only great challenges that ordinary men are forced by circumstances to meet."*

~ ADMIRAL WILLIAM F. HALSEY

## 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.

The 2001 American Sokol slet Committee  
(at their wrap-up meeting) says,



...for making this a successful Slet. Even though participation was down by 20%, a nice profit of over \$28,000 was realized. We couldn't have done it without YOU! Whether it was by working on a committee, volunteering during Slet week, being a participant or observer, you all made it a truly fine Slet. If you missed it, you missed a good time, good friends and true Sokol camaraderie.

NA ZDAR!!



## MEMORIAM 🐼 Bro. Vladislav Slavik

Bro. Vladislav Slavik was born July 15, 1924, in Rakovnik, in what is now the Czech Republic. He began gymming in the local Sokol lodge at the age of 4. As a junior gymnast, he participated in the gymnastic competition and calisthenics at the 1938 Xth All-Sokol slet at Strahov Stadium in Prague.

After the communist takeover of the government in February, 1948, he left Czechoslovakia in May and, crossing Regensburg in what was then West Germany, made his way to a refugee camp in Bavaria. In August of the same year, he left with a group of Czechoslovak refugees to a camp in Bagnoli near the suburbs of Naples, Italy. Because he understood English, he obtained employment with the office of the American Immigration Commission.

When a Sokol unit was established in Bagnoli, the first Sokol unit established in exile, he became a member. With the founding of Sokol District Dr. Eduard Benes in Exile, he was elected president of the district's Italian branch.

Bro. Slavik arrived in the United States in November 1950 and immediately after disembarking was taken by Bro. Karel Bednar to T.J. Sokol Hall, where that evening he participated in the men's gymnastics program. He became a member of T.J. Sokol in 1951. Initially, he lived in the Perth Amboy, NJ apartment of his sponsor Bro. Bednar, long-time physical director of the Slovak Gymnastic Union Sokol USA and worked in the printing shop learning typesetting.

With Bro. Bednar's assistance, he became a joint travelling instructor for the Slovak Sokol and conducted several gymnastic schools. He maintained this position for four years. In 1955, he moved from Manhattan to Astoria and a year later married the gymnastic directress of Sokol Fuegner, Sis. Anna Pokorny. He was employed as a typesetter for the New Yorske Listy until its demise in 1962. He then found employment with *The New York Times*, where he became a chairman of the local New York typographical union and served in

this position for eight years. He retired from *The New York Times* in 1990.

He served as president of T.J. Sokol in New York, edited the unit's newsletter and served as Eastern District Director. He wrote a number of calisthenic compositions for children's and juniors.

Bro. Slavik was a member of the executive committee for the Czechoslovak Sokol in Exile. He continued to be fully involved in Sokol activities after his retirement from *The New York Times*. He also wrote and translated for the Czechoslovak and American Sokol papers.

He helped to organize Sokol Slets and participated in calisthenics presentations. At the time of his death, he was President of the World Sokol Federation.

While in Prague in 2000, he was presented the Jan Masaryk Gratias Agit award by Jan Kavan, a vice-chairman of the Czech government and minister for external affairs, honoring him for his work in the Sokol movement, which helped to spread the good name of the Czech Republic in the international community.

He maintained a regular routine of running, even taking part in the New York City Marathon. All those who had any contact with him knew him as an energetic, outgoing and immediately likable individual. As is typical of Sokol activists, he gave far more to the community than he expected in return, never measuring the value of his Sokol efforts by monetary standards.

He loved his close-knit family – his wife, two daughters, his sons-in-law and three grandsons.

Bro. Slavik will be sorely missed by all who knew him. His family must surely know that he was a person of character, an outstanding Sokol and one who added something of value to each of the many lives he touched.

*(Excerpted from the eulogy given by Bro. Charles Bednar.)*

## Do you know? ... ... the origin and meaning of "Šibřinky"?

In the early part of 1865, after an extended discussion and various proposals, it was decided by Sokol Prague to hold a Sokol costume ball. Fuegner proclaimed: "It has to be a real Sokol costume ball." Then he turned to Tyrš: "You should find some appropriate name for it."

Tyrš searched Jungmann dictionary; he discarded first few ideas. Then he discovered the verb "šibřiti." In the past it originated from imitation of sparrows' song, and later it stood for practical joking and clowning. From there it was just a short step for designating the Sokol costume ball "šibřinky."

Fuegner himself took charge, with enthusiastic help of Gabriel Žižka, who had organized various balls in the past. Fuegner sent out invitations, which caused excitement by their unusual form: icon lúp o cenok YKNIŘBIŠ 5681 aronú 52 end alokos ohékszarp enčivčolět v ěnidoh 7 o ketáčaz (in English: thgindim ta gnidne YKNIŘBIŠ 5681 yraurbef 52 lokos eugarp fo llah eht ni kcolc'o 7 ta gnitrats). Some were angry and others were laughing that they did not immediately recognized that they must read the invitation from right to left. Some even suggested that it was in Turkish or Hungarian.

In the evening of 25 February 1865 the entire Sokol hall neighborhood was full of spectators. In front of the Sokol hall were guards with torches. As the carriages carrying the masked guests pulled up to the entrance, they were greeted by an imposing bear.

The inside was fully decorated and the entire main hall became a mass of whirling masked dancers. Fuegner was strolling through in a velvet costume of a mafioso. Tyrš transformed himself into a Spanish hidalgo.

The event was a great success, and the tradition of šibřinky is being continued to this day. It was also enthusiastically continued by the American Sokol Units, many of which still hold this dance annually, even though the origin and meaning of the name is not known to most of its members.

*(Information on the above was extracted by brother Bo Bata from the biography "Miroslav Tyrš prohry a vítězství" by Zora Dvořáková)*



# Sokol Town of Lake Camp Reunion

The sun broke through on a cloudy morning this past October 14, just as the campers of "yesterday" began to gather for their annual Sokol Camp reunion in the Palos Forest Preserve District. It turned out to be a gorgeous, though brisk, day.

It was wonderful to see Henrietta ("Hank" Banfi) Milan from Texas, as usual one of the first to arrive, with her sister, Annette (Banfi) Schabowski, who greeted others as they arrived. We settled in to enjoy the camaraderie, which has been maintained these many years. Pictures, memorabilia, memories and many anecdotes from the past were shared. This was, of course, supplemented by a table containing sumptuous goodies galore – fried chicken, prasky, rye bread and many delicious homemade desserts.

A cacophony of "counselors' whistles" announced the arrival of "Director" Lad Vanek, who then led us in a couple of renditions of campers' favorite tunes. Then, off for a tour of the familiar grounds, now only "ghostly images" of the past: Lake Tuma and the beach, kitchen, recreation hall, the rathskellar, refreshment stand, cabins, etc. It was a nostalgic trip to hunt down some sign of these past structures and favorite areas.

To round out the day, we gathered, as usual, for a group photo at the memorial rock and plaque, now flanked by a pair of our country's flag and the new Sokol Childrens' Camp sign made by Frank Havlicek.

Our day was cut a little short by approaching dark clouds. We hustled to clean up the picnic area and load up the cars. We did beat the rain and concluded another reunion of enjoyment and great friendships.

Former campers and friends, come join us next year – October 13, 2002!

P.S. If anyone has some Sokol Camp memories they would like to share, send them to: ASO Library & Archives, 122 W. 22nd Street, Oak Brook IL 50523





# AMERICAN SOKOL GYMNAST

Sash Dumanovic, 2419 S. Scoville Avenue, Berwyn, IL 60402

SashDumanovic@American-Sokol.org



*Happy Holidays  
From the  
American Sokol  
Board of Instructors*

*Barbara Barnes  
Chuck Kalat  
Juanita LoGiudice  
Bob Kucera  
Nancy Pajeau  
Richard Vachata  
Janet Kalat  
Paul LeBloch  
Eva Balous  
George Kulhanek  
Elle Babka  
Bud Benak  
Beth Kocek*

*Howie Wise  
Patti Vondra  
Joe Balough  
Lynda Bazata  
Maryann Fiordelis  
Rome Milan  
Dorothy Gurreri  
William Kool  
Lori Laznovsky  
Cherri Riddle  
Tom Prudek  
Allison Gerber  
Jerry Milan*

*Frank Michalek  
Barb Kucera  
Tom Pajer  
Irena Polashek  
Sash Dumanovic  
Sandra Benak  
Joe Vrzalik  
Jane Wise  
Ed Schnabl  
Mary Cushing  
John Bazata  
Pat Satek  
Ellen Jean Schnabl*

# Olympian Visits Sokol Chicagoland

**Olympic Medalist Dominique Moceanu answers questions from parents and gymnasts during her visit to Sokol Chicagoland.**

Over 40 gymnasts from the Sokol and the community came to listen to Moceanu speak and to workout under the direction of Moceanu, who is currently coaching in the Houston Texas area. The evening wrapped up with a photo and autograph session that everyone enjoyed very much.



Moceanu conveyed her personal experiences during her Olympic years and said "It's kind of weird being retired at 20" and went on to say that it's hard to believe how quickly time has passed.

Karyn Domzalski of Sokol Chicagoland set up the event with Moceanu after they met and roomed together at Lake Owen Gymnastics Camp this past summer in Cable, Wisconsin.

Moceanu gave her insight on coaching athletes and reaffirmed how dedicated athletes need to be if they want to reach their goals. Her advice to athletes is when they come into the gym is to "Turn it on", meaning athletes have to be ready and willing to work. If you come into the gym feeling tired and weak, your practice will be over before it starts.

Her advice to coaches is to know their athletes and gymnasts well. Coach your athletes well, but learn from them also. Focus on the basics of the routine to maximize practice time and instill good habits. Work at a healthy pace and address issues such as fear, skill level, and goals regularly with your gymnasts.

A parent in the audience asked about the role parents should play during class and inside the unit or club. Moceanu addressed the question from several angles and suggested several things. First, parent's involvement should be somewhat limited inside the gym as not to interfere in any way with instruction or to cause a safety concern. Give coaches and instructors the room they need to work.

Second, young athletes already cope with many pressures so try not to be too pushy. Gymnastics is a long process of continuous learning, so allow your children to learn, develop and grow under close supervision of the coach or instructor, and socially with other athletes on the floor.

Colleen Stransky, of Sokolice Tabor, completely agrees with Moceanu in saying that parents should stay out of the way inside the gym. Her 12 year old daughter, Anna, has been doing gymnastics for her entire life practically. When asked if Anna enjoyed gymnastics, Stransky said, "Very much so", and pointed out gymnastics and attending Sokol classes have been very good for the physical and mental development of her daughter.

Beverly Domzalski, of Sokol Chicagoland, was the event organizer. I asked Domzalski how hard it was to plan for this night. "It was difficult to predict how many kids would come", she said. The night brought in gymnasts from Sokol and Lyons Township High School.

I had the opportunity to interview Moceanu and asked about her past experiences and future plans.



Q: While listening to you speak last Friday, I remember you saying you have no regrets. Are there any things that you wish you would have known ahead of time?

A: No not really, I am pleased with the way things worked out for me. I have grown b/c of all of my past and it has made me the strong person I am today!

Q: What was the hardest or most difficult aspect for you being an elite level Olympic athlete?

A: The dedication, time, and effort you have to put into training. That was really tough being in the gym 7-8 hours a day. It all paid off though.

Q: Looking back on your athletic career now, what or whom, do you remember being your biggest inspiration to succeed? Are there any things or people that may inspire you these days?

A: My mother always was there for me. She would do anything for me. Now as time goes on I realized how much of an impact she has made and I admire her.

Q: Some of the most amazing athletes wouldn't make great coaches, and some

What qualities should a great coach have?

A: I look for guidance in a coach and for him/her to be a good influence and role model. Also the capability of being able to get the best out of each athlete.

Q: What about a great athlete?

A: A great athlete should be willing to sacrifice a lot of time, dedication and hard work. You can have all the talent in the world, but without all those three things you won't go anywhere.

Q: I know from personal experience and from speaking to friends and colleagues that competitive athletes rarely just finish their careers cold turkey. What do you enjoy doing now that you've retired?

A: I enjoy going to Yoga class once in a while. I also work out at a health club.

Q: There is so much you've accomplished, and yet you have most of your life ahead of you. What's next?

A: Right now my goals are to go to college, and major in International Business. Maybe someday years down the road start my own gymnastics facility. For now I just love coaching the kids for fun, we will see what the future has in store for me.

# Take care of that ACL

Injuries to the **ACL - anterior cruciate ligament**- of the knee are among the most common of all sports-related knee injuries. Each year in the United States, approximately 250,000 people suffer a torn, or ruptured, ACL.

An ACL becomes torn when it is stretched beyond its normal range of elasticity. Usually, the injury is related to some type of sports or fitness activity, although a torn ACL does not usually result from contact between players. Once the ligament tears, it doesn't heal; it always remains "loose."



Statistically, the incidence of ACL injuries in women is two to eight times greater than in men. While the exact cause is not clear, it may be due to differences in anatomy, hormones, strength or conditioning.

There is no single best way to treat a torn ACL. Whether or not surgical treatment is right for you depends on many factors, including your age, how much damage was done to your knee, your lifestyle, your willingness to modify your activities, and your motivation to work through rehab to strengthen the knee after surgery.

In many cases, it's best to think about

your non-surgical treatment options first. Your doctor will advise you if you have any associated injuries that require surgery. If not, consider if the non-surgical option is acceptable to you. This may mean making some changes to your activities, including avoiding sports that require cutting, pivoting and jumping. If the impact of this choice on your lifestyle and activity level is not acceptable to you, then you should discuss surgical options with your doctor.

Keep in mind that there is no advantage to having surgery immediately. You don't have to decide right away. In most cases, people who have surgery do better if they wait for the swelling to go down, do some exercises before surgery to get back strength and full range of motion in their knee, and then have the knee surgically repaired.

Before making any decision, you should consider the pros and cons of both non-surgical rehabilitation and surgical reconstruction in relation to what's most important to you.

In Sokol we participate in many different activities including gymnastics, volleyball, basketball, martial arts, special numbers, among many others that require great stress on our joints.

Any physical activity lends the possibility of injury to the athlete. It's important to note that some sports or activities such as football and gymnastics are more dangerous than others.

Take the necessary precautions to reduce your risk of injury. Consult your doctor or an orthopedic specialist, wear a brace if there is a history of injury, and do adequate conditioning to strengthen the joint.

For additional information, please visit this article in depth online at the Mayo website:

<http://www.mayoclinic.com/takecharge/healthdecisionguides/kneeinjury/index.cfm>

## Sokol Berwyn-Slavsky Junior, Christine Maskill, Crowned 2001 Houby Queen

The 32nd Annual Cicero-Berwyn (IL) Houby Festival was held this past October. For each of these 32 years, Sokol Slavsky, now Sokol Berwyn-Slavsky, has sponsored one of its gymnasts to represent the unit in the Houby Queen Pageant. Representing the unit admirably this year was Christine Maskill of Riverside, Illinois. Singing and dancing to a "Wizard of Oz" classic as the lovable Scarecrow, Chrissy wowed the judges not only with her talent, but her poise, maturity and community involvement. Anticipation ran high among her family and friends in the audience at the pageant as the big announcement was made. And the 2001 Houby Queen is... Christine Maskill! A double honor came with the announcement of the Miss Congeniality award, voted by the contestants themselves. Christine was also voted Miss Congeniality! Her mom, Sis. Terry Maskill started crying and dad, Bro. Dan Maskill was beaming. Congratulations, Chrissy, for representing Sokol so graciously.

Pictured: Newly crowned 2001 Houby Queen, Christine Maskill with Bro. Rudy Ondrovic, Vice-President Sokol Berwyn-Slavsky



### ***More Sokol Berwyn-Slavsky News:***

During the two weeks following the September 11 tragedies, Sokol Berwyn-Slavsky sponsored a fund drive to benefit the American Red Cross. The combined generosity of class members, Unit members and friends raised over \$1100 for this worthy cause. Great job!

Sokol Berwyn-Slavsky member, Sis. Kandi Ondrovic, sponsored by the American Sokol, participated in the Flex Appeal fitness competition in September. Kandi is an excellent gymnast. Her difficult workout routine to music demonstrated not only her flexibility, the health and fitness she maintains as a way of life. She definitely demonstrated Sokol's physical fitness motto extremely well. Kandi teaches Junior Girls at Sokol Berwyn-Slavsky, teaches at a private gym club and is a member of the Central District's TNT tumbling team.



# SOKOL KAREL HAVLICEK BOROVSKY PRESENTS SOKOL SILHOUETTES TWIRLERS

In October 1974, Sis. Shirley Knapp came to Ennis and started the Sokol Silhouettes Twirlers. This program became a tremendous asset to the programs offered by Sokol KHB.



**Sis. Shirley Knapp**

Sis. Shirley, who has been a member for 27 years, continues to offer her expertise in training young ladies who aspire to twirl a baton! Her program started out with twenty girls and grew to approximately 80. She now also teaches third grade at St. John's Catholic School.

She teaches twirling several days a week after school and in the evenings. This year she has approximately 40 students enrolled in group and private classes.

Young ladies from many communities come to Ennis to take advantage of this training. Twirling numbers have been a part of Sokol KHB's Annual Gymnastic Exhibitions, Polka Festival Exhibitions, programs at the State Fair of Texas, special

programs held in Ennis at Christmas time, etc. The twirlers are also a highlight of KHB's annual Christmas Party with Santa at Sokol. They are also featured as a part of Sokol's floats and marching unit in the National Polka Festival parade in May.

Many of the twirlers have gone on to be Junior High and Senior High twirlers and college featured twirlers. They have also earned scholarships to area colleges. All of the Ennis High twirlers this year are current or former students of Shirley's. Almost all the Junior High twirlers have been students of hers throughout the years.

Shirley reports that many of her current students are children of former students. She calls them grand-students. The twirlers regularly attend state and regional contests. Some of the students attend other state and national contests.



**Tiffany Meeks**

Tiffany Meeks, daughter of Sis. Deborah Meeks, placed fourth last year in the World Twirl national competition at Walt Disney World in Orlando, Florida. Several girls have won State titles or talent awards in children's pageants and talent contests along with trips and other prizes.



**L to R: Sara Vitovsky, Jennifer Preston, Anne Vitovsky, and sitting is Koti Greer**

Shirley has also taught for the Ennis Parks and Recreation Department in the summer and has directed junior high and high school twirling lines and the drill team. Shirley was a twirler for Robert E. Lee High School in Midland, Texas, and was a featured twirler at Tarleton State University in Stephenville, Texas.

*Submitted by Sylvia J. Laznovsky*

## 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 Vladislav Slavik

From Lucille Bombace . . . . . \$200.00	From Irene & Alexej Wynnyczuk . . . \$100.00
From Chuck & Jan Kalat . . . . . \$100.00	From Lili Mayer-Chromecek . . . . . \$100.00
From Edward & Patricia Babor . . . . . \$100.00	From Michelle Schwartz . . . . . \$60.00
From Western District ASO . . . . . \$50.00	From Jan Renner . . . . . \$50.00
From Jane Cerny . . . . . \$25.00	From Joseph & Marion Penkava . . . . \$25.00
From Judy & Dave Birdsall . . . . . \$25.00	From Kenneth Murray . . . . . \$25.00
From Annette Weiss . . . . . \$25.00	From John & Victoria Vislocky . . . . \$25.00
From Sokol Fresno . . . . . \$25.00	From Sokol Belcamp . . . . . \$25.00
From Blanka Kmoch . . . . . \$25.00	From Blanka Suchanek . . . . . \$25.00
From Gwynne & Michael Lennon . . . . \$25.00	From Blanche Bidnik . . . . . \$25.00
From Patricia Sliwak-Grinberg . . . . . \$25.00	From MaryAnn & William Cermak . . . \$25.00
From Dolly & Dennis Baca . . . . . \$20.00	From Leonard Gianitsos . . . . . \$10.00

### In Memory of Mildred C. Pinc

From Chuck & Jan Kalat . . . . . \$25.00	From Sokol Berwyn-Slavsky . . . . . \$25.00
--	---

### In Memory of Agnes Likas

From Henry & Violet DeWind . . . . . \$50.00	From Sokol Havlicek Tyrs . . . . . \$50.00
From Anna Basta . . . . . \$25.00	From Charles & Rose Capek . . . . . \$25.00
From Helene Keppler . . . . . \$25.00	From Irwin & Agnes Proksa . . . . . \$25.00
From MariAnn & Frank Chambers . . . . \$25.00	From John & Helga Mendoza . . . . . \$20.00
From Roy & Florence Swanson . . . . . \$20.00	From Thomas & Karla Hosek . . . . . \$20.00
From Fred & Adeline Ramquist . . . . . \$15.00	From Laddie & Vera Homolka . . . . . \$15.00
From Libby Pravdik . . . . . \$15.00	From E. Fiala . . . . . \$10.00
From Charles & Frances Malina . . . . . \$10.00	From Evelyn Holman . . . . . \$10.00
From Eva Faltus . . . . . \$10.00	From Vera Kurka . . . . . \$10.00
From Sandra Van Goethem . . . . . \$10.00	From Robert & Elsie Jilek . . . . . \$5.00

### In Memory of Emma McMurray

From Robert & Virginia Griffin . . . . . \$30.00	From Myrtle Rader . . . . . \$25.00
In Memory of Geraldine Richter from Blanche & LeRoy Bauman . . . . . \$25.00	
In Memory of Valerie Kudmovsky from Sokol Berwyn-Slavsky . . . . . \$25.00	
In Memory of Rose Hron from Blanche & LeRoy Bauman. . . . . \$25.00	

## GENERAL FUND

In Memory of Agnes Likas from Charles & Blanche Finn . . . . .	\$25.00
--	---------

## MEMORIAM Sis. Mildred C. Pinc

Sis. Mil passed away September 24 after succumbing to an illness that began last fall. She was a 65-year member of Sokol Berwyn-Slavsky, having been one of its most dedicated and supportive members ever. She was active in Sokol all her life, serving as an officer at the National, District and Unit levels. Her job as Sokol Berwyn-Slavsky Treasurer, Central District Treasurer and American Sokol Treasurer was done with dedication, precision and integrity. We shall miss her enthusiasm and devotion to Sokol. May you rest in peace, Mil. Thank you, farewell and NA ZDAR!

# In Memory of Bro. Vladislav Slavik ~ Eulogy by Bro. Tommy Gallagher

I have known Walter, or Vlado, as his friends called him, all my life. He was a friend, a coach, a teacher, at times a father, and a personal inspiration to me to run my first New York City Marathon. He was a kind man, a passionate man, a quiet peaceful man.....well maybe except for some of those meetings we had upstairs in our library! But most of all, Walter was a proud man. Proud of his family, his friends, his Sokol, and I think I speak for all of us here, that he in turn made us all proud. He was proud of his homeland of Czechoslovakia...he was proud of his adopted home of America....he was proud whenever he led us through marching tactics or taught us the cal on this very gym floor, always in those beat up leather cvicky....he was proud when he marched onto a Slet field, wherever it may be. It is hard to pick out one single memory of a person's long life, but this one came to me hand's down. It was in 1994 at the All Sokol Slet in Prague. The first Sokol Slet held in a free Czechoslovakia in almost 50 years. I had the honor and privilege to carry the Sokol New York unit flag for the Sokol parade through the streets of Prague. Walter had a seat on the reviewing stand. As the American contingent marched past, with each of us waving our own small American flag, Walter came scrambling down from his seat with a huge smile on his face, his blue eyes beaming, to greet us. I believe it was one of the proudest moments of his life. It certainly was one of mine, and I consider it a sincere privilege to have shared it with him. I will never forget it. To Anci, my Sokol sisters Andula and Julinka, my sincere condolences. We will all miss him, but his memory will last forever. Let us not mourn his death, but celebrate his life. A hearty Sokol NAZDAR! God bless America and God bless Sokol New York.

## United States Post Office Statement of Ownership

Statement of Ownership, Management, and Circulation		1. Filing Date
1. Publication Title <b>AMERICAN SOKOL</b>		9/30/01
2. Publication Number 0 0 0 7 - 1 2 5 9		
3. Issue Frequency Jan., Feb., Mar., Apr./May, Jun./Jul./Aug., Sep., Oct., Nov./Dec.		9
4. Issue Date		9
5. Annual Subscription Price \$8.00		
6. Complete Mailing Address of Known Office of Publication (Not printer) (Street, city, county, state, and ZIP+4)		Contact Person <b>JEAN VONDRASEK</b> Telephone 630-368-0771
7. Complete Mailing Address of Headquarters or General Business Office of Publisher (Not printer)		
122 W 22nd St, OAK BROOK IL 60523-1557		
8. Complete Mailing Address of Publisher, Editor, and Managing Editor (Do not leave blank)		
Publisher (Name and complete mailing address) American Sokol 122 W 22nd St Oak Brook, IL 60523-1557		
Editor (Name and complete mailing address) Patricia Satek 46 Northgate Rd Bloomington, IL 61846-1639		
Executive Board of AMERICAN SOKOL 122 W 22nd St Oak Brook IL 60523-1557		
9. 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.)		
10. Full Name Complete Mailing Address American Sokol 122 W 22nd St, Oak Brook, IL, 60523-1557		
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		
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)		

American Sokol		13. Average No. Copies Each Issue During Preceding 12 Months		14. No. Copies of Single Issue Published Nearest to Filing Date	
15. Extent and Nature of Circulation		4100		4000	
a. Total Number of Copies (Net press run)		3661		3597	
(1) Paid/Requested Outside County Mail Subscriptions (Based on Form 3541. (Include advertiser's proof and exchange copies)		250		238	
(2) Paid In-County Subscriptions (Include advertiser's proof and exchange copies)		NONE		NONE	
(3) Sales Through Dealers and Carriers, Street Vendors, Counter Sales, and Other Non-USPS Paid Distribution		NONE		NONE	
(4) Other Classes Mailed Through the USPS		3911		3835	
b. Paid and/or Requested Circulation (Sum of 15b(1), (2), (3), and (4))		NONE		NONE	
(1) Outside-County as Stated on Form 3541		NONE		NONE	
(2) In-County as Stated on Form 3541		NONE		NONE	
(3) Other Classes Mailed Through the USPS		NONE		NONE	
c. Free Distribution Outside the Mail (Carriers or other means)		NONE		NONE	
Total Free Distribution (Sum of 15c and 15d)		NONE		NONE	
d. Total Distribution (Sum of 15b and 15c)		3911		3835	
e. Copies not Distributed		189		165	
Total (Sum of 15b and 15e)		4100		4000	
16. Payment of Postage and Prepaid Circulation (15c, 15d, and 15e, plus 10%)					
17. Publication of Statement of Ownership (15c, 15d, and 15e, plus 10%)		NOV/DEC		Publication not required.	
18. Signature and Title of Editor, Publisher, Business Manager, or Owner Patricia Satek, Editor		Date		9/29/01	
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 civil penalties).					
Instructions to Publishers					
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. Item 15b, Copies not Distributed, must include (1) newspaper copies originally stated on Form 3541, and returned to the publisher; (2) estimated returns from news agents; and (3) copies for office use, leftovers, spoiled, and all other copies not distributed.					
5. If the publication had Periodicals 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.					
6. In item 16, indicate the date of the issue in which this Statement of Ownership will be published.					
7. Item 17 must be signed.					
Failure to file or publish a statement of ownership may lead to suspension of Periodicals authorization.					
PS Form 3526, September 1999 (Rev. 9/99)					



### 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**  
122 West 22nd Street  
Oak Brook, IL 60523-1557

Sokol	Name	NEW! Address	City	State
				Zip

### EDUCATIONAL MATERIALS, MEMBERSHIP PINS & KITS, ETC.

#### MEMBERSHIP PINS AND NEW MEMBER INFORMATION KIT

Membership Kit  
Plain Pin (*No Year*)  
5, 10, 15, 20, 25, 30, 35, 40, 45, 50-Year Pins  
55 Years & Over Citation of Merit

#### EDUCATIONAL MATERIALS

"Sokol and the Sokol Ideal"  
"Our Task, Aim and Goal"  
"Dr. Josef Scheiner"  
"Highlights of Czech History"  
A.S.O. 125th Anniversary Book  
"American Sokol Sings" Songbook  
Gymnastic Activities w/Hand Apparatus  
Sokol Gymnastics Manual  
Unit ID Ribbons

#### BOARD OF INSTRUCTORS

Director's Newsletter Subscription  
Sokol Instructors' Digest (Vol. I & II)  
Unit Directors' Handbook  
District Directors' Handbook  
Girls'/Boys' Skills Program Materials  
    Large Packet (25 Participants)  
    Small Packet (12 Participants)  
Tots' Skills Program Materials  
    Large Packet (25 Participants)  
    Small Packet (12 Participants)  
Separate Cards, Patches, Bars and  
Ribbons Also Available

For information on all items, contact:

**AMERICAN SOKOL**  
**630-368-0771**

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



*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  
FLAG WAVER  
122 West 22nd Street  
Oak Brook, IL 60523

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!

## The AMERICAN SOKOL

is a multi-faceted organization guiding its members throughout life, from early youth through maturity, to physical and moral health, good citizenship and responsible patriotism, combined with continuous self-improvement. This goal is pursued through general physical fitness activities, gymnastics and sports, as well as varied cultural and social activities.

# 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.

# 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

