

american **SOKOL**

Volume CXXIV, Number III

MARCH 2002

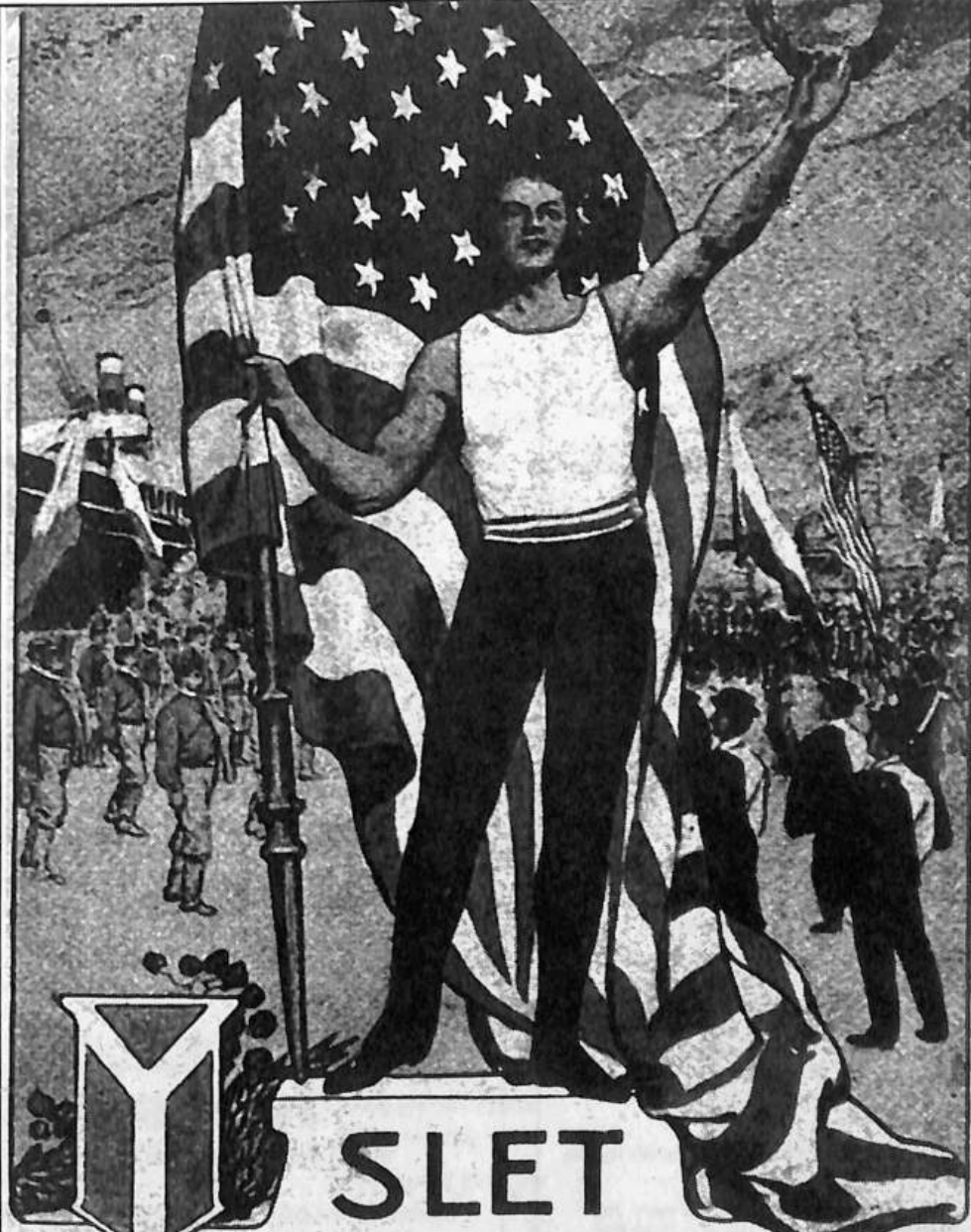
NATIONAL LIBRARY WEEK

**April 14-20,
2002**

The American Sokol library will be open by appointment.

Please call Sis.
Annette Schabowski,
at 708-788-3695.

What a great field trip for your Sokol classes or even a Unit get together!



SLET

**SOKOLSTVA V AMERICĚ
A ZÁVODY N.J. SOKOLSKÉ
V CHICAGU**

V DNECH 26, 27, 28, 29 SRPNA 1909

Dle návrhu Augusta Satry Zhotovili Anonni Patryerel

Postcard from the 1909 American Sokol Slet in Chicago.

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

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.

Library, Archives & Museum Curator:
Annette Schabowski

From Your Editor...

The March issue is my least favorite of the year, because although it relays vital historical reference, it is ultimately pretty boring. The bulk of these pages contains the American Sokol Roster of Officers. Jump ahead and read page 10 first, where you'll find two great items of interest. By the way, check out a Unit Exhibition this month or next — there are plenty to choose from!

NA ZDAR!

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

CALENDAR of EVENTS

MARCH

9 Sokol Tabor Exhibition
10 Sokol New York Exhibition
15 Sokol Naperville Exhibition
16 Sokol Stickney Exhibition
22 Sokol Chicagoland Exhibition
23 Sokol Berwyn-Slavsky Exhibition
TBD DA Sokol Biennial Convention

APRIL

6 Sokol Milwaukee Vecirek
13 United Sokols of the East
Children's Competition
19 Sokol New York Beseda Ball
21 Sokol Little Ferry Exhibition
21 Central District Special Number
Competition

APRIL

26-27 Sokol Brookfield Rummage Sale
27 Sokol Ceska Sin Swiss Meet

MAY

6 Sokol Milwaukee Gym Class
Gymnastic Competition
11 United Sokols of the East
Junior/Senior Competition
11 Central District Children's
Competition
18-19 Central District Junior/Senior
Competition, Sokol Day & Picnic
19 Sokol Little Ferry Pork Dinner
20 Sokol Milwaukee Exhibition and
Awards Night
24-26 Sokol Ceska Sin Hiking Weekend

THOUGHT STARTERS

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

*"In most instances, all an argument proves
is that two people are present."*

~ TONY PETTITO

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.

2002 AMERICAN SOKOL ROSTER OF OFFICERS

Listed alphabetically by District and then Unit.

CENTRAL DISTRICT

3909 Prairie Ave.
Brookfield, IL 60513

President

Marie Vachata
8030 W. 46th St.
Lyons, IL 60534
773/779-1272

Secretary

Beverly Domzalski
2712 Forest Glen Pkwy.
Woodridge, IL 60517
630/985-6943

Financial Secretary

Meribeth Tooke
740 N. Brainard
Lagrange, IL 60526
708/354-9126

Educational Director

Lynda Filipello
4401 Fender
Lisle, IL 60532
630/717-1631

Women's Director

Lynda Bazata
4009 N. Lincoln St.
Westmont, IL 60559
630/969-4855

Men's Director

John Bazata
4009 N. Lincoln St.
Westmont, IL 60559
630/969-4855

SOKOL BERWYN-SLAVSKY

6445 W. 27th Place
Berwyn, IL 60402
708/484-9403
[WWW.AMERICAN-SOKOL.ORG/
BERWYN-SLAVSKY](http://WWW.AMERICAN-SOKOL.ORG/BERWYN-SLAVSKY)

President

Bernie Babka
339 Lawton
Riverside, IL 60546
708/442-8810

Secretary

Diana Rhoades
4509 Saratoga
Downers Grove, IL 60515

Financial Secretary

Anne Dusek
256 W. Butterfield Rd.
Elmhurst, IL 60126
630/832-8152

Educational Director

Jeanne Vondrasek
321 S. Kensington
Lagrange, IL 60525
708/579-1976

Women's Director

Debbie Simik
P.O. Box 1738
North Riverside, IL 60546
312/592-1355

Men's Director

Dave Satek
46 Northgate Rd.
Riverside, IL 60546
708/447-8382

SOKOL BROOKFIELD

3909 S. Prairie Ave.
Brookfield, IL 60513
708/485-9663

President

John W. Tooke
740 N. Brainard
Lagrange Pk., IL 60526
708/354-9126

Secretary

Doris E. Barda
3436 Arden Ave.
Brookfield, IL 60513
708/485-6591

Financial Secretary

Meribeth Kovar Tooke
740 N. Brainard
Lagrange Pk., IL 60526
708/354-9126

Educational Director

Geri Umlauf
5707 Longview Dr.
Countryside, IL 60525
708/482-4080

Women's Director

Lynda Bazata
4009 N. Lincoln
Westmont, IL 60559
630/969-4855

Men's Director

John Bazata
4009 N. Lincoln
Westmont, IL 60559
630/969-4856

SOKOL CESKA SIN

4314 Clark Ave.
Cleveland, OH 44109
216/281-7077

President

Rick Smetana
6754 Wolff Road
Medina, OH 44256-9429
330/722-5474
HAND_STAND@JUNO.COM

Secretary

Doris Kotlan
1451 Wagar Ave.
Lakewood, OH 44107
216/228-0027

Treasurer

Ron Chernek
10800 Cadence
Newbury, OH 44065
440/564-1055

Educational Director

Ken Howard
5510 Forest Ave, Parma, OH
44129
440/884-6782

Women's Director

Doris Kotlan
1451 Wagar Ave.
Lakewood, OH 44107
216/228-0027

Men's Director

Don Kotlan
1451 Wagar Ave.
Lakewood, OH 44107
216/228-0027

SOKOL CHICAGOLAND

P.O. Box 9614
Downers Grove, IL 60515
630/852-3467

President

Mary Ellen Newsom
321 Sulgrave Ct.
Bolingbrook, IL 60440
630/910-7170
JUSFRENS@ATTBI.COM

Secretary

Beverly Domzalski
2712 Forest Glen Pkwy.
Woodridge, IL 60517
630/985-6943

Financial Secretary

Pauline Sauer
2140 S. Kenilworth #307
Berwyn, IL 60402

Educational Director

Carolee Michalek
7516 Country Lane
Darien, IL 60561
630/969-9466

Women's Director

Sally Bukovsky
135 N. Linden
Westmont, IL 60559
630/963-3680

Men's Director

Michael Michalek
907 Stoos Lane
Naperville, IL 60540
630/527-8042

SOKOL/SOKOLICE MILWAUKEE

Norway House
7567 W. Oklahoma Ave.
Milwaukee, WI 53219
414/321-2637

President

Jerome H Zelenka Sr
10012 W. Vera Ave.
Milwaukee, WI 53224
414/353-8121

Secretary

Rosemary Zelenka
10012 W. Vera Ave.
Milwaukee, WI 53224
414/353-8121

Financial Secretary

Patricia Hron
4720 96th St.
Franksville, WI 53126
262/878-1438

Educational Director

Mary Anne Gross
500 W. Bender Rd. #60
Glendale, WI 53217
414/964-2007

Women's Director

Denise Stevens
4015 W. Edgerton Ave.
Greenfield, WI 53221
414/281-1879

Men's Director

James Hron Jr.
4720 96th St.
Franksville, WI 53126
262/878-1438

SOKOL NAPERVILLE

4401 Fender Rd.
Lisle, IL 60532-3625
630/717-1631

President

Lynda Filipello
4401 Fender Rd.
Lisle, IL 60532-3625
630/717-1631
PINETREE50@AOL.COM

Treasurer

Lynda Filipello
4401 Fender Rd.
Lisle, IL 60532-3625
630/717-1631
PINETREE50@AOL.COM

Educational Director

Lynda Filipello
4401 Fender Rd.
Lisle, IL 60532-3625
630/717-1631
PINETREE50@AOL.COM

Women's Director

Barb Kucera
208 W. 5th Avenue
Naperville, IL 60563-3005
630/983-8563
BKUCE@AOL.COM

Men's Director

Bob Kucera
208 W. 5th Avenue
Naperville, IL 60563-3005
630/983-8563
BOBKUCERA@AMERICAN-SOKOL.ORG

SOKOL ST. LOUIS

4690 Lansdowne
St. Louis, MO 63116
314/752-8168

President

Nancy Rericha
9901 Arthur Ln
St. Louis, MO 63128
314/843-4538

Secretary

Bernadette Sieli
4732 Varrelmann
St. Louis, MO 63116-2420
314/352-7066

Financial Secretary

Marcella Milcic
5018 Potomac
St. Louis, MO 63139
314/352-8536

Educational Director

Louis Matustik
9611 Cinnabar
St. Louis, MO 63126
314/849-5052

BOI Coordinator

Dana Scott
1073 Old Gravois Rd
Fenton, MO 63026-4561
314/343-9210

SOKOL STICKNEY

4131 S. Home Avenue
Stickney, IL 60402
708/788-9828

President

Richard T. Vachata
4220 S. Home Ave.
Stickney, IL 60402
708/795-7414
VACHIE5@AOL.COM

Secretary

Carol Neuberg
4216 S. Home Ave.
Stickney, IL 60402
708/788-6067

Financial Secretary

Audrey Austrevich
4209 S. Wenonah Ave.
Stickney, IL 60402
708/795-6099
VINCE.AUDREY@GATEWAY.NET

Educational Director

Jane Sterba
6624 Windsor Ave.
Berwyn, IL 60402
708/788-1967

Women's Director

Patricia A. Vondra
1517 Richards Ave.
Downers Grove, IL 60516
630/541-3010
VONMAN1@AOL.COM

Men's Director

Jay Vondra
4138 S. Home Ave.
Stickney, IL 60402
630/327-8851
GUMATV@HOTMAIL.COM

SOKOL TABOR

1602 S. Clarence
Berwyn, IL 60402
708/788-7977

President

Joe Moravec
1346 Kenilworth
Berwyn, IL 60402
708/484-0727

Secretary

George Kulhanek
171 Cider St.
Bolingbrook, IL 60490
630/759-3597

Financial Secretary

Mike Kulhanek
1819 Scoville
Berwyn, IL 60402
708/484-3623

Educational Director

Ted Polashek
2114 Elmwood
Berwyn, IL 60402
708/788-7478

Men's Director

George Kulhanek
171 Cider St.
Bolingbrook, IL 60490
630/759-3597

SOKOLICE TABOR

1602 S. Clarence
Berwyn, IL 60402
708/788-7977

President

Joan Curran
10920 Lancaster
Westchester, IL 60154
708/836-0624

Secretary

Mildred Homolka
2513 S. 60th Ct.
Cicero, IL 60804
708/656-5028

Financial Secretary

Val Husak
2633 S. Home Ave
Berwyn, IL 60402
708/788-2111

Educational Director

Susan Hickey
635 N. Taylor Ave.
Oak Park, IL 60302
708/386-4031

Women's Director

Candace Short
3510 Rosemead
Brookfield, IL 60513
708/387-1585

SOKOL TOWN OF LAKE

Chicago, IL

President

Curt Mentzer
11358 S. Hamlin
Chicago, IL 60655
773/779-1272

Secretary

Mildred Mentzer
11358 S. Hamlin
Chicago, IL 60655
773/779-1272

Financial Secretary

Vlasta Stribny
12639 Timberlane Dr.
Palos Pk., IL 60454
708/448-5349

Educational Director
Ted Polashek
4635 Sunnyside Ave.
Westchester, IL 60153
708/562-8141

EASTERN DISTRICT

President

Bohus T. Bo Bata
610 Eliot Road
Pasadena, MD 21122
410/437-1656 Home)
443/286-9928 Cell)
BOHUSBATA@CS.OCM

Secretary

V. Ruth Bata
610 Eliot Road
Pasadena, MD 21122
410/437-1656
BOHUSBATA@CS.OCM

Treasurer

Frank H. Huber
514 Sellrus Court
Fallston, MD 21047
410/877-0534
FRANKH1228@AOL.COM

Educational Director

Audrey Benda
279 Creekview Drive
Boones Mill, VA 24065
540/334-4261
RJTX2@REV.NET (CALL FIRST)

Women's Director

Dorothy Gurreri
46-05 21st Ave.
Astoria, NY 11105
718/932-7013
DGURRERI@PACKER.EDU

Men's Director

Joseph Balogh
402 East 69th Street
New York, NY 10021
212/734-4158
JOSEPHBALOGH@MSN.COM

SOKOL BALTIMORE

P. O. Box 4126
Baltimore, MD 21205-0126
410/276-9798
WWW.GEOCITIES.COM/SOKOL_BALTO

President

Ann C. Huber
514 Sellrus Court
Fallston, MD 21047-2421
410/877-0534
ANN12141@AOL.COM

Secretary

Betty Joy Kilian
3068 Mayfield Avenue
Baltimore, MD 21213
410/483-2868

Financial Secretary

Frank H. Huber
514 Sellrus Court
Fallston, MD 21047-2421
410/877-0534
FRANKH1228@AOL.COM

Educational Director

Dolores V. Gentes
6201 Loch Raven Blvd., #208
Baltimore MD 21239-2050
410/435-1317

Women's Co-Director

Carrie A. Baker
6 East Overlea Avenue
Baltimore, MD 21206
410/665-0005
SPOT2314@AOL.COM

Men's Co-Director

Annette M. Conlon
617 Douglas Street
Baltimore, MD 21225
410/789-5919
ANNETTE.M.CONLON@CENSUS.GOV

SOKOL BELCAMP

2905 Creswell Rd.
Bel Air, MD 21015-6516

President

Edward C. Kotras
2905 Creswell Rd.
Bel Air, MD 21015-6516
410/836-2626

Secretary

Edward C. Kotras
2905 Creswell Rd.
Bel Air, MD 21015-6516
410/836-2626

Financial Secretary

Jerry F. Valcik
711 Long Bar Harbor Rd.
Abington, Md 21009-1428
410/676-4330

SOKOL CURTIS BAY

206 10th Avenue
Baltimore, MD 21225

President

William Zaruba
634 Timothy Dr.
Linthicum, MD 21090
410/859-0723

Secretary

Helen Henne
206 10th Avenue.
Baltimore, MD 21225
410/789-7463

Financial Secretary

Edward Henne
206 10th Avenue
Baltimore, MD 21225
410/789-7463

**AMERICAN SOKOL
LITTLE FERRY**

14 Garden Street
Little Ferry, NJ 07643

President

Nancy Chlodnicki
198 Franklin, St.,
Little Ferry, NJ 07643

Secretary

Francis Garlicki
67 Maplewood Ave.
Bogota, NJ 07603

Treasurer

Nancy Chlodnicki
198 Franklin, St.
Little Ferry, NJ 07643

Women's Director

Nancy Chlodnicki
198 Franklin, St.
Little Ferry, NJ 07643

SOKOL MIAMI

Czech American Club

President

Mildred Urban
1350 NE 191st St. #307
N. Miami Beach, FL 33179
305/945-2821

Secretary

Blanche Zraly
532 Briarwood
Hollywood, FL 33024
945/987-7236

Financial Secretary

Mildred Vorel
13331 NW 1st Ave.
Miami, FL 33168
305/895-5738

SOKOL NEW YORK

420 East 71st St.
New York, NY 10021
212/861-8206

President

Norma Zabka
203 East 72nd St.
New York, NY 10021
212/249-6647

Secretary

Antonie Mahoney
C/O Sokol New York
212/879-6275

Financial Secretary

Joyce Gregory
240 East 93 St.
New York, NY 10128
212/534-2399

Educational Director

Arthur Dececchi
322 East 55th St.
New York, NY 10022

Women's Director

Donna Sbriglia
336 East 67th St.
New York, NY 10021
212/772-2706

Men's Director

Joe Balogh
402 E 69th St.
New York, NY 10021
212/734-4158

SOKOL PHILADELPHIA

President

Ronald Jaros
1515 N. Line St.
Lansdale, PA 19446

Secretary

Rose Jaros
1515 N. Line St.
Lansdale, PA 19446

Financial Secretary

Richard Swanker
101 Shady Lane
Lansdale, PA 19446

SOKOL WASHINGTON DC

WWW.SOKOLWASHINGTON.ORG

President

Vaclav Slovak
8808 Old Dominion Dr.
McLean, VA 22102
703/759-5632

Secretary

Pavlina Minar
20 Sherman St.
New London CT 06320

Financial Secretary

Tibor Bartalos

Men's Director

Pavel Klein
9 Watchwater Way
Rockville, MD 20850
301/424-1658

NORTHEASTERN DISTRICT

4939 Broadway Ave.
Cleveland, OH 44122
216/883-0675

President

Mary Cushing
18526 Southhampton
Livonia, MI 48152
248/474-0689
MARYPSOKOL@AOL.COM

Secretary

Renata Greene
7325 Cold Spring Ln.
W. Bloomfield, MI 48322
248/851-3681
GREENER@PEOPLEPC.COM

Treasurer

Patricia Woodward
315 Fair St.
Berea, OH 44017
440/243-1345
P_WOODWARD@CHUH.STAFF.ORG

Educational Director

Dorothy Cummings
3620 Louis Rd.
Broadview Hts., OH 44147
440/526-7730

Women's Director

Maryann Fiordelis
31680 Norfolk
Livonia, MI 48152
248/478-8151
MFIORDELIS@YAHOO.COM

Men's Director

Howard Wise
5664 Dunedeen Circle
Brooklyn Heights, OH 44131
216/642-1429
HJWISESGC@AOL.COM

SOKOL DETROIT

313/278-2558
23600 W. Warren
Dearborn Hts., MI, 48127

President

Renata Greene
7325 Cold Spring Ln.
W. Bloomfield, MI 48322
248/851-3681
GREENER@PEOPLEPC.COM

Secretary

Evelyn Fergie
6488 Waters Edge Way
Clarkston, MI 48346
248/922-1385
CZECHKEF@AOL.COM

Financial Secretary

Carolyn Sabados
43911 Orleans Ct.
Canton, MI 48187
734-453-1692
CMSDOMA@AOL.COM

Educational Director

Joan Spiroff
3201 Ledgewood Ct.
East Millford, MI 48382
248/685-1772
NICKNJOAN@JUNO.COM

Women's Director

Maryann Fiordelis
31680 Norfolk
Livonia, MI 48512
248/478-8151
MFIORDELIS@YAHOO.COM

Men's Director

Martin Eisenstein
48929 N. Territorial Rd.
Plymouth, MI 48170
734/453-8355
EISE3MCE@AOL.COM

SOKOL GREATER CLEVELAND

4939 Broadway Ave.
Cleveland, OH 44127
216/883-0675
WWW.SOKOLGREATERCLEVELAND.ORG
SGC@EVISIONMALL.COM

President

Rob Samec
8454 Melody Lane
Northfield, OH 44056
330/468-3759
SAMECR@PIOS.COM

Secretary

Sally McGowan
13551 Prospect Rd.
Strongsville, OH 44149
440/238-7263

Financial Secretary

Geri Sliva
5920 Byrns Rd.
North Olmsted, OH 44070
440/734-6134

Educational Director

Dorothy Cummings
3620 Louis Drive
Broadview Hts., OH 44147
440/526-7730

Women's Director

Aggie Friend
757 Lincoln Blvd.
Bedford, OH 44146
440/232-0376

Men's Director

Howie Wise
5664 Dunedeen Circle
Brooklyn Hts., OH 44131
216/642-1429
HJWISESGC@AOL.COM

PACIFIC DISTRICT

2733 E. Garland Ave.
Fresno, CA 93726-6733
559/222-2555

President

Barbara Lundeen
2733 E. Garland, Ave.
Fresno, CA 93726-6733
559/222-2555
BBLUNDEEN@AOL.COM

Treasurer

Paul A. Burda
213 Westvale Ct.
San Ramon, CA 94583
925/866-5352
PAB7@PGE.COM

Educational Director

George Spanek
1425 Broadway #11
Burlingame, CA 94010
650/342-9379
GSPANEKINT@EARTHLINK.NET

Women's Director

Cheri Riddle
113 Second St.
Clovis, CA 93611
559/299-5807
CHERIRSOKOL@CS.COM

Men's Director

Richard Miller
12199 Fernwood Dr.
Madera, CA 93638
559/233-4831
RLMILLER@SIERRATEL.COM

SOKOL FRESNO

2587 Barstow Ave.
Clovis, CA 93611
559/299-4638

President

Thomas Prudek
41306 Adobe Way
Madera, CA 93638
559/438-7726
ADOBEWAY@AOL.COM

Treasurer

Roger Kruta
6424 N. Cagedes
Fresno, CA 93711
559/435-9312

Women's Director

Lynn Miller
12199 Fernwood Dr.
Madera, CA 93638
559/233-4831
RLMILLER@SIERRATEL.COM

Men's Director

Richard Miller
12199 Fernwood Dr.
Madera, CA 93638
559/233-4831
RLMILLER@SIERRATEL.COM

SOKOL LOS ANGELES

500 N. Western Ave.
Los Angeles, CA 90004
WWW.HOMETOWN.AOL.COM/ASLA4U2
/MYHOMEPAGE/CLUB.HTML

President

Tim Kis
20929 Franwood Drive
Saugus, CA 91350
661/296-3406

Secretary

Ella Nachtigal
7050 Jordan Ave., #18
Canoga Park, CA 91303
818/346-0474

Financial Secretary

Lillian Roter
22542 Chaparro Dr.
Saugus, CA 91350
661/297-8110
GEMLIL@AOL.COM



AMERICAN SOKOL GYMNAST



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

SashDumanovic@American-Sokol.org

Take a Close Look at That Sports Nutrition Bar

Protein bars, meal replacement bars, energy bars and diet bars have become very popular over the past couple of years with consumers, especially athletes.

When we are in a rush, or short on time, we usually choose to go the snack route instead of putting together a healthy and nutritional meal. Given our busy schedules, it's difficult to avoid. After all, the alternative to not munching on a snack is staying hungry, and that's never pleasant.

As a matter of fact, sports bars are more nutritious than regular candy bars. But you have to ask yourself, "What's really in there?"

As always, take a minute or two to read the label. Look at the serving size. In some cases you'd be surprised to find that each bar contains two or more servings that can amount to well over 400-500 calories.

While nutrients such as iron are good for you, too much of it can overburden the heart therefore placing some people, especially men at greater risk for cardiovascular illnesses. Some bars mix in herbs and even caffeine that can make your snack much more potent than you ever expected.

It's important to note that many bars contain a good amount of simple sugars like fructose and dextrose which have been found to alter blood sugar levels. And, as always watch that saturated fat content. All of that hard work you may be putting into your new workout may be hindered by the

level of saturated fat.

While most nutritionists will agree that nothing truly replaces a well balanced meal, some will encourage keeping water, dried fruit, trail mix, or other healthier snacks in your car or at work for those situations where you find your stomach begging for something.

Even if you give yourself an extra 20 seconds to read the label, how accurate is the label? Federal law mandates that manufacturers must display a label on their food product identifying nutritional content.

Recent testing by government and private agencies have yielded some less than favorable results. In a recent rigorous test by a private firm of 30 different bars, a surprising 60 percent did not pass the tests, usually providing inaccurate information about its ingredients and content.

The more common findings included hidden carbohydrates, higher than labeled sugar content, and discrepancies in fat, protein and saturated fat contents. The firm published and made easily available the findings of its study, and was almost immediately threatened with lawsuits by those manufacturers failed the test.

The U.S. Food and Drug Administration took court action against a manufacturer recently who incorrectly labeled their product. The company labeled the bar as having the nutrients Vitamin C and Riboflavin, but did not contain either.



Oak Brook, IL-

The new American Sokol brochure is complete and will be ready for unit and district distribution in April.

Thank you for all of the helpful comments and support that was received during the past several months.

Putting 140 years of Sokol into a brochure was a very difficult task to accomplish.

The brochure includes sections on what Sokol is about, who is in Sokol, the website, the American Sokol mission statement, the Library and Archives, the Foundation, our fitness activities, Education, an "I would like more information on" section, and many new and colorful photos capturing what Sokol is about.

Units are encouraged to distribute as many brochures as possible to their classes, members, and especially to their own community. Please spread the word about Sokol by making the brochures available to people who may not know about Sokol along with your unit's registration materials.

If a unit exhausts its supply of American Sokol brochures, please call the American Sokol office at (630) 368-0771 or email at aso@american-sokol.org and additional copies to be mailed to you.

Units who do not have a brochure may choose to print their unit's information on a label, affix the label to the back cover of the brochure, and are allowed to use the brochure as their own.

Barryville, NY- American Sokol, DA Sokol, and Sokol USA have teamed up to offer a national youth camp this year at the Sokol Woodlands Camp in Barryville, New York beginning Sunday, June 30 and ending Sunday, July 7.

The camp will be filled with sports, games, arts, outdoor activities, and lots of Sokol fun! Registration packets have been sent directly to all 12-17 year old American Sokol Youth Members.

The registration packets included a \$75 voucher that is good toward the final payment. The total cost for the week is \$300 per camper. A \$75 deposit and a completed application will hold your spot. The registration deadline is April 15, 2002.

Look for additional information on the American Sokol website or email questions to lorilaz4@yahoo.com.

Cleveland, OH- Sokol Greater Cleveland will be hosting the 2002 World Sokol Federation's Advanced Instructors Course from Sunday, July 7 through Sunday, July 14.

The course is designed to teach and enhance calisthenic composition skills for prospective authors or anyone interested in learning more about and developing their own skills.

The Clinic will feature clinicians from the Czech Republic and all instruction will be in English. The course fee is \$150 per participant. Registration forms will be available in April.

Content includes Theory, Structure of the Composition, and plenty of hands on training with peers and instructors.

Corpus Christi, Texas- Sokol Corpus Christi and the Southern District will be hosting the 2002 American Sokol National Instructors School beginning Monday, July 15 and ending Monday, July 29.

The registration fee is \$235 and the registration deadline is June 1. Registration materials and information were sent to all unit directors in February.

The school will cover Beginner, Intermediate, Advanced, and Advanced II content. Units and Directors are encouraged to begin planning now and register their coaching candidates as soon as possible.

Cleveland, OH- The 2002 USA Gymnastics National Coaches Congress and U.S. Gymnastics Championships will be held in Cleveland from August 7-10.

The Congress will feature exhibitors, new products and equipment, certifications, lectures and training, competitions and exhibitions, and a dance party. For more info: www.USA-Gymnastics.org.

Your Town, USA- Mark your calendars....National Gymnastics Day in 2002 will be held on Saturday, August 24.

Be creative and encourage all of your youth members, instructors and adults to become involved and participate. This is the best day of the year to promote the sport of gymnastics to our membership, the media, and the public.

Have an open house, a demonstration or exhibition in a public place, or have a sleepover party with open gym. Come up with games and activities that everyone can participate in.

It's important to make sure the public

knows what's going on that day, but even more importantly, make sure everyone has a great time at your unit. They will tell people they had a good time.

Aside from promoting the sport of gymnastics, National Gymnastics Day is intended to kick off your fall registration, so send materials out and make registering as easy as possible.

Cleveland, OH- The National Board of Instructors have accepted Sokol Greater Cleveland's offer to host the 2002 Director Development Conference.

The tentative dates for the conference are October 18-20 and dates are currently subject to availability. Information and details will be distributed as soon as possible.

Input and suggestions for topics and curriculum have been received from BOI members and District Directors. Directors, instructors, and individuals are invited to send their ideas to our National Director of Men, Chuck Kalat, at ckalat@aol.com, call the office at (630) 368-0771, or fax to (630) 368-0758.

Oak Brook, IL- Uniforms will have a new look next fall as our 2002-2003 class season begins.

Sis. Jean Vondrasek lead the charge to overhaul the uniform design and has been dedicated in every area along with the uniform committee who both have been hard at work over the past year addressing concerns and creating designs. The National Board of Instructors will decide on adopting new class uniforms at its March meeting. CL Activewear has been chosen to make uniforms according to American Sokol's specifications.

Continued From Page 1:

There were faults in the labeling itself and the name and place of the distributor were not displayed. A decree was issued to collect and destroy all of the diet bars.

Some helpful advice to help satisfy your taste buds, while keeping you nourished is as follows.

Dieticians suggest looking for bars with more complex carbohydrates and less simple sugars.

Be careful of ingredients you may not want or understand the effects of. Caffeine and some herbs we may be familiar with, but take the time to find out what guaranal, ephedra, or other special ingredients.

If you have concerns and need more information, try contacting the customer service department of the manufacturer (the number should be on the bar), check with your doctor or dietician, or make contact with government agencies like the Food and Drug Administration at www.fda.gov or www.nutrition.gov.

The Food Guide Pyramid

A Guide to Daily Food Choices

KEY
[Symbol] Fat (usually occurring and added)
[Symbol] Sugars (added)
These symbols show fat and added sugars in foods.

Fats, Oils, & Sweets
USE SPARINGLY

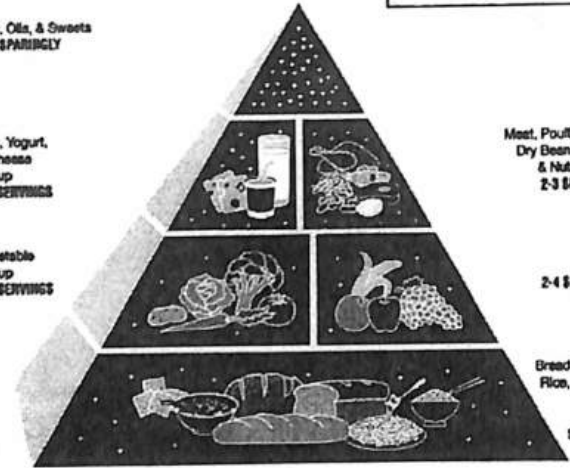
Milk, Yogurt,
& Cheese
Group
2-3 SERVINGS

Vegetable
Group
3-5 SERVINGS

Meat, Poultry, Fish,
Dry Beans, Eggs,
& Nuts Group
2-3 SERVINGS

Fruit
Group
2-4 SERVINGS

Bread, Cereal,
Rice, & Pasta
Group
6-11
SERVINGS



What is the Food Guide Pyramid?

The Pyramid is an outline of what to eat each day. It's not a rigid prescription, but a general guide that lets you choose a healthful diet that's right for you.

The Pyramid calls for eating a variety of foods to get the nutrients you need and at the same time the right amount of calories to maintain or improve your weight.

The Pyramid also focuses on fat because most Americans diets are too high in fat, especially saturated fat.

Type These Web Addresses in Your Web Browser:

For Information on Sokol Kids and Youth Stuff

<http://www.american-sokol.org/sokolkids/Sokolkids.htm>

2002 WSF National Youth Camp Information

<http://www.american-sokol.org/2002camp/index.htm>

Current Calendar of Events

<http://www.american-sokol.org/americansokolpress/asmagazine/calendar.html>

American Sokol Executive Board Information

<http://www.american-sokol.org/americansokolpress/asmagazine/officers.html>

Educational Director
Louise Nekuda
2653 Hartland Circle
Westlake Village, CA 91361
805/497-9207

Women's Director
Libby Pelc
1330 N. Lima Street
Burbank, CA 91505
818/842-9904

Men's Director
Otto Notzl
1470 E. Wilson, #214
Glendale, CA 91206
818/552-2190
OTICEK@AOL.COM

SOKOL SAN FRANCISCO

P.O. Box 4006
Menlo Park, CA 94026-4006

President
Frank Dlask
451 Santa Margarita Ave.
Menlo Pk, CA 94025
650/327-8656

Secretary
Shirley Gangelhoff
1319 Speers Ave.
San Mateo, CA 94403
650/349-2981
WSGANGELHOFF@ATTBI.COM

Financial Secretary
Paul Burda
213 Westvale Ct.
San Ramon, CA 94563
925/630-4542
PAB7@PGE.COM

Educational Director
Peter Linhart
Sonora, CA
209/588-9259

SOUTHERN DISTRICT

P.O. Box 205
Ennis, TX 75120

President
Robert Podhrasky
9110 Summer Glen
Dallas, TX 75241
214/348-2431
POD@WORLDNET.ATT.NET

Secretary
Rhonda K. Liska
2001 S. Robertson Ave.
Tyler, TX 75701-4128
903/597-4554
RKLISKA@AOL.COM

Financial Secretary
Mary Steinman
145 Priddy Lane
Ft. Worth, TX 76114-3910
817/731-2580
APPAMARY@PRODIGY.NET

Educational Director
Sylvia Laznovsky
4722 F.M. 1183
Ennis, TX 75119
972/878-3091
105444.710@COMPUSERVE.COM

Women's Director
Lori Laznovsky
901 Lakeside Circle #6104
Lewisville, TX 75057
972/316-8330
LORILAZ4@YAHOO.COM

Men's Director
Rome Milan
8894 Random Road
Ft. Worth, TX 76179
817/236-3620
ROMEPARIS@AOL.COM

SOKOL CORPUS CHRISTI

5502 Kostoryz Rd.
Corpus Christi, TX 78415

President
Wilbur Hermis
7610 Montreau
Corpus Christi, TX 78414
361/992-1173

Secretary
Nancy Wilks
10734 Atlanta
Corpus Christi, TX 78410
361/241-8541

Financial Secretary
Helen Kasperek
4002 Herndon
Corpus Christi, TX 78411
361/853-5867

Educational Director
Jerry Elzner
1326 Aswan
Corpus Christi, TX 78412
361/991-1746

Director
Cynthia Duff
774 Sheridan
Corpus Christi, TX 78412
361/985-6219

SOKOL FT. WORTH

6500 Boatclub Rd.
Ft. Worth, TX 76135
414/321-2637

President
Jerry B Milan
6208 Lakeside
Ft. Worth, TX 76135
817/237-4237

Financial Secretary
Jeanne Mason
6020 Longhorn
Ft. Worth, TX 76179
817/237-7514

Educational Director
Jody Steinman
1700 NW 20th St.
Ft. Worth TX 76106
817/237-5181

Women's Director
Melissa Dunlap
C/O 6500 Boatclub Rd.
Ft. Worth, TX 76135
817/237-5181

Men's Director
Wade Garrett
C/O 6500 Boatclub Rd.
Ft. Worth, TX 76135
817/237-5181

SOKOL HOUSTON

1314 W. Patton
Houston, TX 77009
713/861-2828

President
Charlie Petrzelka
2506 Beall
Houston, TX 77008
713/864-2855

Financial Secretary
Ronald Silhan
318 Saddle Horn
Houston, TX 77060
281/931-1841

Educational Director
Louise Keyes
6231 Lindyann Lane
Houston, TX 77008
713/862-6594

Women's Director
Christine Silhan
1209 E. 23rd St.
Houston, TX 77009
713/863-7638

Men's Director
Tony Thayer
616 Ridge Street
Houston, TX 77009
713/880-1924

**SOKOL KAREL
HAVLICEK BOROVSKY**

P.O. Box 205
Ennis, TX 75120

President
Larry Laznovsky
4811 Fm 1183
Ennis, TX 75119
972/878-3091
LLAZ_US@YAHOO.COM

Secretary
Mayfair Mullican
3461 Fm 660
Ferris, TX 75125
972/842-2837

Financial Secretary
Sylvia Laznovsky
4722 Fm 1183
Ennis, TX 75119
972/878-3091
105444.710@COMPUSERVE.COM

Educational Director
Sylvia Laznovsky
4722 Fm 1183
Ennis, TX 75119
972/878-3091
105444.710@COMPUSERVE.COM

Women's Director
Jessica Burns
907 N. McKinney
Ennis, TX 75119
972/878-6821

**SOKOL KAREL
HAVLICEK YUKON**

P.O. Box 850456
Yukon, OK 73085-0456
405/324-8073
WWW.CZECHHALL.COM
EBENDA@AOL.COM

President
Nick Pivrnec
5512 Clover Lawn Dr.
Midwest City, OK 73135
405/733-7681
PIVRNECNK@AOL.COM

Secretary

Toni Hankins
105 Trenton Terr.
Yukon, OK 73099
405/350-0254
THANKINS@PETRA-IND.COM

Financial Secretary

Tim Kouba
412 Yukon Ave.
Yukon, OK 73099
405/354-3470
TIMK354@MMMCABLE.COM

Educational Director

Laverne Benda
6804 Libby Ln.
Okla City, 73132
405/721-4396

Director

Mary Polasek
306 N. Johnson Way
Mustang, OK 73064
405/376-2269

SOKOL WEST

708 Tm West Pkwy.
West, TX 76691
254/826-3053

President

Edward Middlebrook
535 Chawshaw Ln.
West, TX 76691
254/826-4053

Secretary

Mary Karlik
708 Tm West Pkwy.
West, TX 76691
254/826-3053

Financial Secretary

Lil Matus
301 Playdium
West, TX 76691
254/826-5990

Educational Director

Raymond Matus
301 Playdium
West, TX 76691
254/826-5990

Director

Cathy Moravec
656 Moravec Ln.
West, TX 76691
254/829-1314

SOKOL ZIZKA

7448 Greenville Ave.
Dallas, TX 75231
214/368-5608

President

Robert Podhrasky
9110 Summer Glen
Dallas, TX 75243
214/348-2431
POD@WORLDNET.ATT.NET

Secretary

Melanie Podhrasky
3276 E. Ledbetter Drive
Dallas, TX 75216
214/374-1537

Financial Secretary

Bertha Podhrasky
3276 E. Ledbetter Drive
Dallas, TX 75216
214/374-1537
BERTHA1@AIRMAIL.NET

Educational Director

Julius Podhrasky
3276 E. Ledbetter Drive
Dallas, TX 75216
214/374-1537

Women's Director

Tricia Hambrick
1335 Walker Creek Rd.
Ennis, TX 75119
972/878-8911
TRICIA1@AIRMAIL.NET

Men's Director

Joe Ehrenberger
10411 Mapleridge Dr.
Dallas, TX 75238
214/341-0605

WESTERN DISTRICT

Fax: 402/731-2899
or 402/342-6712

President

Mickey Dalton
5240 S. 23rd St.
Omaha, NE 68107-2851
402/731-2899

Secretary

Barb Seefus
1815 Ontario
Omaha, NE 68108
402/734-3812

Treasurer

Phyllis Kool
716 Beacon Dr.
Plattsmouth, NE 68048
402/298-8795

Educational Director

Bob Vanyo
446 Bay Street
St. Paul, MN 55102-3529
612/222-6448

Women's Director

Allison Gerber
818 Bolton Street
Springville, IA 52336
319/854-6488

Men's Director

William Kool
716 Beacon Dr.
Plattsmouth, NE 68048
402/298-8795

SOKOL CEDAR RAPIDS

417 3rd Street, SE
Cedar Rapids, IA 52402
319/362-1632

President

Frank R. Edmunds
2919 Schultz Dr., NW
Cedar Rapids, IA 52405
319/396-6851
FBEDM@AOL.COM

Secretary

Allene Pease
2027 Grande Ave., SE
Cedar Rapids, IA 52403
319/363-0335

Financial Secretary

Marj Nejd
2583 Ivanhoe Rd. SW
Cedar Rapids, IA 52401
319/366-1929

Women's Director

Debra Allison
1237 33rd St. NE
Cedar Rapids, IA 52402
319/362-7913

Men's Director

Eric Stumpf
335 Brentwood Dr. NE
Cedar Rapids, IA 52402
319/447-9887

SOKOL CRETE

12th & Norman
Crete, NE 68333
402/826-9922

President

Bruce Cerny
RR 1, Box 189G
Crete, NE 68333

Secretary

Lester G. Bruns
1705 Ivy
Crete, NE 68333
402/826-3740

Financial Secretary

Lester G. Bruns
1705 Ivy
Crete, NE 68333
402/826-3740

SOKOLICE CRETE

12th & Norman
Crete, NE 68333
402/826-9922

President

Theresa Vernon
1407 Idaho Road
Crete, NE 68333
402/826-4002

Secretary

Katie Kosmos
Rt. 2
Crete, NE 68333

Treasurer

Kathy Kucera
Box 13
Sprague, NE 68438
402/794-4905

Women's Director

Theresa Vernon
1407 Idaho Road
Crete, NE 68333
402/826-4002

SOKOL MINNESOTA

383 Michigan St.
St. Paul, MN 55102
WWW.SOKOLMN.ORG/
SOKOLMN@AOL.COM

President

Joyce Tesarek
4708 13th Ave. S
Minneapolis, MN 55417
612/822-6147
JOYCEDVM@AOL.COM

Secretary

Marlene Hinshaw
140 Propect Blvd.
St.Paul, MN 55107
651/222-4073

Financial Secretary

Mary Kodada
1512 Trapp Ct.
Fridley, MN 55432
763/586-7879
MARY.KODADA@UNISYS.COM

Educational Director

Louise Wessinger
3704 Denmark Ave.
Eagan, MN 55123
651/452-6240
LOUISEWESSINGER@MSN.COM

Women's Director

Mary Cahill
2191 Douglynn Ln.
St.Paul, MN 55119
651/738-9470
MARY.CAHILL@HEALTH.STATE.MN.US

Men's Director

Robert Vanyo
446 Bay St.
St.Paul, MN 55102
651/222-6448

SOKOL OMAHA

2234 S. 13th St.
Omaha, NE 68108-1029
402/346-9802
SOKOLTYRS@AOL.COM

President

Gary Masek
5114 S. 13th St.
Omaha, NE 68107
402/731-2923
FIREFSTER@COX.NET

Secretary

Joseph Kohout
3104 Hascall St. #1A
Omaha, NE 68105
402/345-0845

Financial Secretary

Doreen Raur
3226 S. 44th Ave.
Omaha, NE 68105
402/734-3412

Women's Director

Phyllis Kool
716 Beacon Dr.
Plattsmouth, NE 68048
402/298-8795

Men's Director

William Kool
716 Beacon Dr.
Plattsmouth, NE 68048

SOKOL SOUTH OMAHA

2021 U Street
Omaha, NE 68107
402/731-1065

President

Buddy Benak
1335 Z Street
Omaha, NE 68107
402/734-5549
BBENAK@EARTHLINK.NET

Financial Secretary

Tom Barber
8307 S. 17th St.
Bellevue, NE 68147
402/734-2480

Men's Director

Bud Benak
5919 S. 15th St.
Omaha, NE 68107
402/731-2665
VBENAK@EARTHLINK.NET

SOKOLICE SOUTH OMAHA

2021 U Street
Omaha, NE 68107
402/731-1065

Vice-President

Kay Monzingo
3415 S. 43rd St.
Omaha, NE 68105
402/932-8127

Secretary

Nell Shimek
5238 S. 22nd St.
Omaha, NE 68107
402/731-7606

Financial Secretary

Catherine Bombere
4328 S. 15th St.
Omaha, NE 68107
402/733-7029

Women's Director

Sandra Benak
5919 S. 15th St.
Omaha, NE 68107
402/731-2665
VBENAK@EARTHLINK.NET

Men's Director

Bud Benak
5919 S. 15th St.
Omaha, NE 68107
402/731-2665
VBENAK@EARTHLINK.NET

SOKOL WILBER

317 S. Wilson
Wilber, NE 68465
402/821-9905

President

Ivrene Birkett
415 N. Harris, Box 415
Wilber, NE 68465
402/821-3219

Secretary

Alice Maryska
1735 County Road 2100
Wilber, NE 68465
402/821-2098

Financial Secretary

Henry Kumpost
620 West 5th, Box 931
Wilber, NE 68465
402/821-2497

Educational Director

Evelyn Roesler
6121 S. 25th Street
Lincoln, NE 68512
402/328-8588

CZECH EASTER FOLKLORE

Czech and Slovaks call the Wednesday of Holy Week "Ugly Wednesday." There is a superstition that anyone eating honey on this day will not be stung by serpents. The church bells are muffled, their place being taken by great wooden rattles in the church towers.

In the Czech Republic and Slovakia, Holy Thursday is called "Green Thursday." The hawthorn is supposed to weep on that day; according to tradition, it is the tree from which the crown of thorns was fashioned. Parents send their children

to the brooks to bathe on "Green Thursday;" as it is said to be a cure for laziness. At breakfast, the Czechs and Slovaks eat honey and "Judas Cakes," cakes twisted like rope.

Holy Friday is known as "Great Friday" in the Czech Republic. On that day, anyone can supposedly look upon the sun without being blinded by its glare (this is just a folk tale, please do not try to do this!), moreover, all hidden treasures are revealed to those seeking them before sunrise.

Reprinted from Sokol Minnesota "Slovo" from the book "Czech Reflections"



The Sokol Educator

Sis. Joan Sedláček, American Sokol Educational Director

National D-Day Memorial

Located in the western part of Virginia, the small town of Bedford had 35 young men land on the beach at Normandy. Twenty-one of those young men died in the invasion, the highest per capita loss of any single community in the United States.

As a tribute to their sons and the rest of the brave men who took part in Operation Overlord, the citizens of Bedford have created the National D-Day Memorial. A work in progress, the memorial, as of now, has a stylized landing craft, beach, garden and cliff. The flags of the twelve nations that participated in D-Day - Australia, Belgium, Canada, Czechoslovakia, France, Greece, Netherlands, New Zealand, Norway, Poland, United Kingdom and the United States - fly majestically.

Beneath the Czechoslovak flag, the plaque reads: "The Free Czechoslovakian Army's 1st Armored Brigade did not deploy to Normandy until several weeks after the Allied landing, but the four free Czechoslovakian squadrons that flew with the Royal Air Force all took part in D-Day. The colors flown at the National D-Day Memorial are those of the former Czechoslovakia as well as the present Czech Republic. Their display here acknowledges, implicitly and respectfully, the participation of the Czechoslovakians who came from what is now Slovakia in the Allied effort on D-Day."

Bedford is just off the Blue Ridge Parkway and worth a stop.

SIS. BETTY PRENER CELEBRATES 80 YEARS OF SOKOL MEMBERSHIP



Pictured L to R: Sis. Betty Prener
with Sis. Blanche Wostratzky.

Sis. Betty Prener, Sokol Berwyn-Slavsky, was recently awarded a certificate in recognition of her 80 years of membership in American Sokol. Sis. Prener joined Sokol Havlicek-Tyrs in Chicago as a Junior. Described as a born organizer, experienced technician, parliamentarian and ready speaker in Czech and English, she has served Sokol in numerous capacities throughout her life. She was a member of the American Sokol Executive Board, serving as Secretary under President Bro. Stanley Barcal, and member of the American Sokol Board of Instructors. She served in Central District and unit positions, including President of Sokolice Slavsky, Convention Delegate, Instructor at Sokol Stickney and member/chairman of numerous committees. Betty attended Sokol instructor courses in the United States and in Europe. During her active Sokol years, Sis. Prener participated in

every American Sokol Slet starting in 1925. She also participated in the 1932 Czech Sokol Organization Slet, where she coached the women's team to a second place finish, as well as their Slet in 1948.

Na Zdar, Sis. Prener, we salute your past achievements and revel in your 80 years of membership.

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 ...

american
SOKOL Flag Waver!

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

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

1st Line - NAME ONLY _____
2nd Line - (If Applicable) _____
3rd Line - (If Applicable) _____
4th Line - (If Applicable) _____
5th Line - (If Applicable) _____

PLEASE PRINT LEGIBLY!

CHECK PAYABLE
AND MAIL TO:
American Sokol
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!

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.

6300 Kingery Hwy.

Suite 414

Willowbrook, IL 60514-2271

630-986-8100

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 \$316.⁷⁵ once.

*One time premium of \$316.75 provides \$5,000
of insurance for a newborn girl under age 1 year.

Other rates and amounts are available.

Rates effective as of 12/14/01.

Subject to change without notice.

WEBER TRAVEL AGENCY



Complete Worldwide Professional Travel Service

SPECIALIZING IN TRAVEL TO CZECH REPUBLIC
SINCE 1958

3729 Grand Blvd. • Brookfield, IL 60513

Tel. 708-485-1333 • 800-886-7012



wfla

western fraternal life association
1900 First Avenue NE, Cedar Rapids, IA 52402
(319) 363-2653 • (800) 535-5472 • Fax (319) 363-8806