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

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Annette Schabowski

From Your Editor...

Isn't that a great photo on the cover!? Thanks to Sis. Henrietta Milan for sending it in. Seems "Talon the Falcon" stopped by Sokol Fort Worth for a visit and was more than happy to pose with Dr. Tyrs for a great photo opportunity. Activity at most Sokol halls has slowed for the summer, but it never completely stops. Have a safe and fun hiatus. Be sure to sign up for classes at your local unit in the fall.

NA ZDAR!

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

CALENDAR of EVENTS

JUNE

- 2 D.A. Sokol Exhibition
- 2 Sokol Ceska Sin Summer Exhibition
- 8-9 Western District Slet hosted by Sokol Crete
- 8-9 Northeastern District Slet at Sandy Bottom Lake, MI
- 21 Sokol Greater Cleveland Fish Fry
- 28-30 Eastern Area Slet at Sokol Woodlands, Barryville, NY
- 30-7/7 ASO/DA/USA Sokol Summer Camp at Sokol Woodlands, Barryville, NY

JULY

- 14 Cesky Den - Taborville, OH
- 15-28 American Sokol Instructors' School at Sokol Corpus Christi
- 19 Sokol Greater Cleveland Fish Fry
- 20 Sokol Ceska Sin Annual golf Outing & Cookout

AUGUST

- 10 Sokol Ceska Sin Bike Hike
- 10 Sokol USA Clambake
- 11 Sokol Ceska Sin Unit Picnic
- 12-19 DA Sokol Camp Program
- 17 Sokol Greater Cleveland Cookout

SEPTEMBER

- 6 Sokol Berwyn-Slavsky Class Registration & Barbecue

OCTOBER

- 5 Sokol Stickney 75th Anniversary
- 18-20 District Directors' Conference at Sokol Greater Cleveland

NOVEMBER

- 10 DA Sokol 110th Anniversary

XXIV SOKOL USA SOKOLFEST
July 2-6, 2003 • Valparaiso, Indiana

THOUGHT STARTERS

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

*"Before borrowing money from a friend,
decide which you need more."*

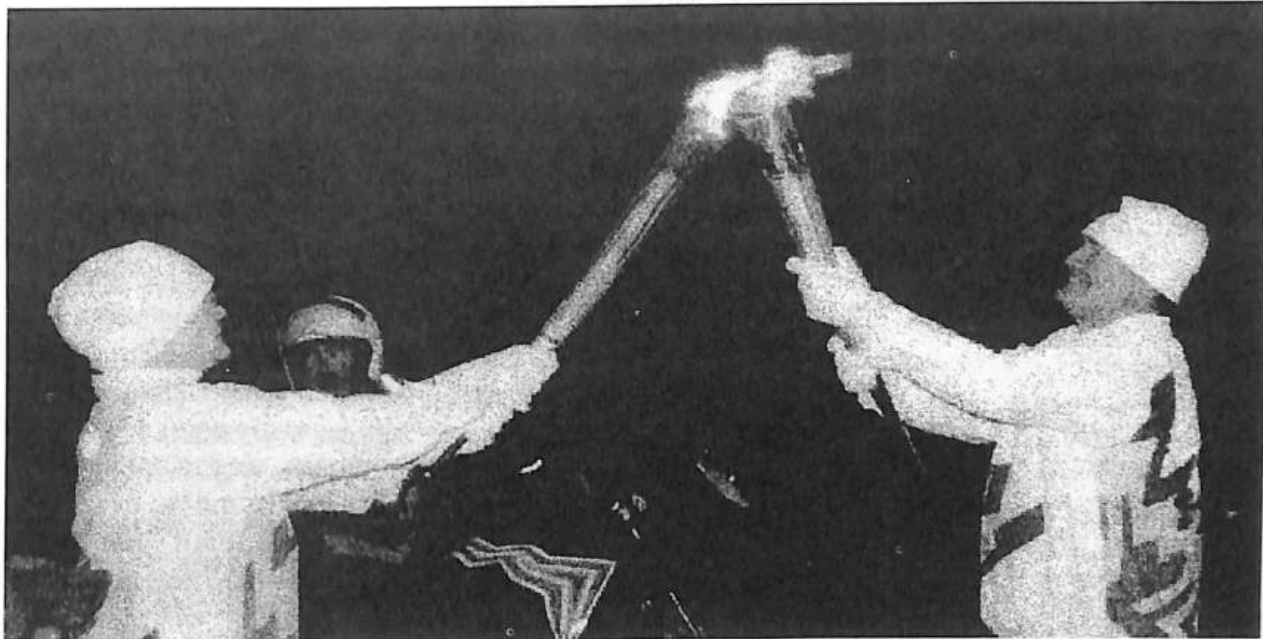
~ ADDISON H. HALLOCK

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.

BRO. GEORGE SMITH, SOKOL WEST, HONORED AS 2002 OLYMPIC TORCHBEARER

Passionate. Courageous. Inspiring.



Dr. George Smith, a family physician from West, Texas, was chosen by Chevrolet as one of the select inspirational Americans to carry the flame. "I feel very honored and humbled," said Dr. Smith, "It's just awesome to think about all the people who have carried it," Dr. Smith said. "At the one time, I will be the only person carrying the Olympic Torch. Words just really can't describe how it makes me feel to be chosen"

The 2003 Olympic Torch Relay torchbearers were nominated by family members, friends or co-workers by writing a 50-100 word essay asking applicants to describe how their candidates meet one or more of the following criteria:

- Inspires others to greater achievement
- Has been a source of inspiration for his/her community
- Embodies the inspirational spirit of the Olympic movement
- Motivates others by encountering and overcoming adversity

Of the 210,000 inspirational nominations submitted, 7,200 torchbearers were selected to carry the olympic flame on its 65-day, 13,5000 mile journey from Atlanta, Georgia to Salt Lake City and represent the United States as the most passionate, most courageous and most inspirational.

"The Olympic Torch Relay is a once-in-a-lifetime experience and a great opportunity for people to share in the magic of the Olympic games. It's also a great reminder that you don't have to be a hero or celebrity to be an inspiration to others. Even the simplest act of kindness or strength can give inspiration," said Mitt Romney, president and CEO of the Salt Lake City Olympic committee.

"The people who were selected have made a difference (in their communities) ...by embodying the Olympic spirit in their everyday lives," a spokesperson for the relay said.

Continued on page 10.

SOKOL ZIZKA, DALLAS

On the 2nd of December 2001, Sokol Zizka, Dallas, Texas, celebrated

its 90th Anniversary. A traditional Czech celebration was held including a pork roast and dumpling dinner, a performance of the Dallas Czech Concert Orchestra and a dance to the music of the Melodion Band of the Czech Republic.

During a short program, Bro. Ray Faraizl Jr., President of Sokol Zizka, welcomed the many attending. Joining the unit's membership on this occasion were representatives of Southern District units, as well as members of the Southern District and American Sokol Executive Boards. Also in attendance were members of the local Czech community who represented the various sister organizations in the Dallas, Ft. Worth and Ennis area.

Many in the audience were current and former gymnasts of Sokol Zizka and Southern District units who had in years past often participated in activities at Sokol Zizka. Bro. Faraizl presented Sokol membership pins to Ben Maca for 50 years of service, Jarmila and Paul Geczi for 20 years of service and Tricia Hambrick for 5 years of service. He introduced Bro. Larry Laznovsky, American Sokol President, who recognized the many accomplishments of Sokol Zizka and its role in the history of Sokol. Bro. Bob Podhrasky, Sokol

Zizka Vice-President and Southern District President provided a short history of Sokol Zizka.

Svaty Mikulas (Saint Nicholas/Santa Claus) made his traditional visit to Sokol presenting bags of fruit and candy to the children and deserving adults.

Sokol was established in Dallas, Texas, on January 1, 1912. The organizational meeting was held in the home of Bro. V. Rezek. At this memorable meeting, seventeen immigrants from what is now the Czech Republic participated. They were: Brothers F. Burda, S. Hulovec, J. Hubik, B. Janke, J. Kutil, F. Koza, V. Kasal, J. Machala, S. Marinik, V. Novak, J. Ondrusek, A. Pavelka, F. Rubis, V. Rezek, J. Randuch, J. Vancura, and J. Zazvorka. During this meeting, the first group of officers was elected as follows: President, F. Rubis; Vice-President, J. Hubik; Secretary, V. Rezek; Financial Secretary, F. Burda; Treasurer, J. Ondrusek; Dramatic Director, F. Rubis and Building Maintenance Supervisor, S. Marinik.

A common practice in Sokol was to name a unit after a notable person or location. The Dallas founders choose Jan Zizka, the innovative seventeenth century military leader, who lead his countrymen against religious oppression as their namesake.

Not long after the charter meeting of the new Sokol Zizka, a physical

training school was established. Classes were held in the back yards of its members. Being short of funds, much of the gymnastic equipment was improvised by the members, many of whom brought craftsmanship skills from their mother country.

Membership quickly grew as the Sokol played an important role in the lives of the growing community of Czech immigrants who were moving into Dallas. The members recognized that Sokol had much more to offer the community than just being a social center. They accepted the responsibility of making their Sokol a vehicle to contribute to the physical, moral and mental health and fitness of the community. Educational, literary, cultural and social activities were soon added to the original physical training activities of the unit.

At the beginning, membership of the Sokol organization was open only to men. In 1913 Sokol Libuse was organized as the ladies auxillary. As the unit began to grow, there was a need to find a permanent home to conduct its activities.

A building committee was appointed in 1914 to raise funds. Income came from various activities such as stage plays, dances, gymnastic exhibitions and bazaars as well as monetary contributions from members, friends and local business organizations. The members had

CELEBRATES 90TH ANNIVERSARY

their own form of "barn raising" and began to build the new "Sokolovna" with their own hands.

With the completion of the building in April of 1915, the community turned the dreams of the founders into reality. The building was located on Carl Street in an area which had become the center of the local Czech community (located near the State Fair of Texas) and exists today as a community church.

Realizing that social activities such as dances were their best source of income — an orchestra was organized composed of Sokol members which played at all Sokol functions without charge. This is just one example of how this unit's early members gave of their time to see that Sokol was properly established in this community.

The need for a Czech library was urgent as no Czech literature or material was available in the public libraries (many of the members had limited English skills). A library was established and named after Jan Hus, in memory of the fifteenth century religious reformer. The original 270 books which were loaned or donated by the membership quickly grew to several hundred and people came from near and far came to use them. In appreciation, many donated additional books to this fine collection of Czech literature and novels.

The Sokol Zizka founders were all immigrants of Czech descent who had strong ties with their homeland. They left their homes in Europe to escape poverty, to seek a better way of life, and to enjoy the freedom and opportunity available in the United States.

In 1915, the Czech National Council of America was formed within the membership of Sokol as a means to assist their homeland. Czech soldiers were fighting along side the allies for the independence of the Czech lands from the Austrian empire. In 1916 with the imminent entry of the United States in the war effort, young Sokol men began drilling and training in earnest for the coming war. When the United States entered the war in 1917, fourteen men joined the Armed Forces and the balance of the membership, young and old, contributed as they could to the war effort.

The Czech National Council continued to raise funds for the Legionnaires. After the end of World War I, Sokol activities began to return to normal and gymnastic classes resumed in full force.

In the true spirit of cooperation and service to its community, the Sokol graciously shared its home with several other Czech organizations such as the SPJST and SVPS fraternal insurance lodges. The Circle of Czech Women, which was formed in

1935 as a social and civic organization, continues as an active organization today.

Sokol was also instrumental in forming the Dallas Czech Culture Society which continues to serve as an umbrella organization to the several Czech organizations in the Dallas area.

With the advent of the second World War, the unit's gymnastic activities were again curtailed as most of the young men went off to war. Sokol activities were reduced to women's and children's classes and other activities, such as plays, bazaars, etc. Again the war effort was supported from the Sokol as the Circle of Czech Women sewed bandages on sewing machines provided by the Red Cross. At the close of hostilities, Sokol once again became a center of activity for gymnastic classes.

As the City of Dallas grew, so did the unit. By the mid fifties the soldiers of WWII now had families and a desire for their Sokol to progress. After almost a half-century of continuous operation at the same location, a momentous, well-timed decision was made. The membership decided that it was time for the unit to relocate to a more spacious location, to better serve the members and community.

In 1954 a site committee was appointed to look for a new home. The committee's objective was to present to its membership a

Continued on page 6.

Sokol Zizka 90th Anniversary *(continued)*

centrally located tract of land. After viewing many sites, over a period of months, several were presented to the membership for approval. A wooded five acre tract on Greenville Avenue in the northern suburbs was chosen as it had adequate space for a building, parking, picnic area and a gymnastic exhibition field.

The purchase was made in 1957, and the grounds improvement committee was appointed. Half a hundred members came to work to clear trees, making way for an entrance and road. Much of the landscaping and dirt moving was done by hand and with the help of a tractor borrowed from a young Dallas Cowboys football organization.

A building committee was appointed for construction of the center. Ideas from the members were considered, formulated and expedited. Ground breaking was held on February 15, 1959. A few days later construction began and required six months to complete and included 11,000 of floor space at a cost of approximately one hundred thousand dollars. An additional twenty thousand dollars expenditure for air conditioning was approved in the membership meeting by a margin of one vote.

The modern design and comfortable amenities resulted in a popular activity center for dances and parties. It is believed to be the first air conditioned Czech hall in the country. The 100 feet long and 110 feet wide

building included a gymnasium and ballroom 80' x 80' with a 22 foot high ceiling. The building also housed a modern stage, nursery, apparatus and utility room, ladies lounge, men's locker and shower room, as well as a spacious 75' x 30' kitchen, banquet and refreshment room.

The building architect was member Walter Hosek. His effective use of brick, steel and metal, combined with glass, created a structure of strength, prestige, dignity and pride which continues to provide a functional and contemporary appearance nearly fifty years after its construction. So successful was the building and the volunteer efforts to help build and maintain it that the building was paid for in a short six years.

In addition to providing a new inspiration for the growth of the unit, the building was a catalyst for growth of the Sokol organization. Units in Detroit, St. Louis, South Omaha, Houston, Corpus Christi, Fort Worth, and Ennis soon built their new modern homes.

To facilitate growth, other issues had to be resolved, and it was a delegation from Sokol Zizka that presented to the American Sokol Convention a proposal to allow persons who were not of Czech descent to join the organization.

For many years Sokol Dallas was the Center of Gymnastic activity in the Southwest. It hosted the Southwestern AAU gymnastic meets and sponsored a nationally

ranked gymnastic team for many years. Sokol Zizka continues to offer its facilities to the community.

In addition to its athletic and cultural activities, it shares its home with the Circle of Czech Women, Czech Culture Society, Dallas-Brno Sister City Organization, and the Texas Cultural Partnership. The Sokol plays hosts to several community organization for meetings, dancing, and fundraising activities.

Congratulations to Sokol Zizka for its contributions to the Dallas community and to the Sokol organization. Throughout its history it has provided physical development through gymnastics and athletic activities, educational development through schools, libraries, literary and musical endeavors, and social responsibility by serving member families and the local community whenever it could.

The unit has been a place for family and community, for friendship and brotherhood. Their success is a result of and a tribute to those members who unselfishly gave their time and talents to the organization and to the community.

The foregoing history of Sokol Zizka, Dallas was summarized from historical documents prepared by the unit's members throughout the past years and updated in coordination with the unit's current president, Bro. Robert (Bob) Podhrasky.

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

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 Jerry Sommer from Sokol Town of Lake	\$25.00
In Memory of Jerry Sommer from Curt & Mildred Mentzer	\$10.00
In Memory of Edwin Jirousek from Elsie & Alice Khol	\$25.00
<i>The following is a corrected listing:</i>	
In Memory of Edward B. Linhart (Arizona) from Pete Jr. & Jean Dusek	\$50.00

GENERAL FUND

The American Sokol Organization gratefully acknowledges receipt of a \$1,000 donation from

WESTERN FRATERNAL LIFE ASSOCIATION

In Memory of James J. Mejda from Sokol Stickney	\$50.00
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MUSEUM, LIBRARY & ARCHIVES FUND

In Memory of Edwin Jirousek from Jerry & Henrietta Milan	\$25.00
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The participants gather at the Milan Gallery for a group photo.

Sokol Ft. Worth
Participates
in "Race for
the Cure"



Four generations of Steinmans!

Dear Sis. Pat:

The Nov./Dec. 2001 issue of AMERICAN SOKOL carried an interesting article about the origin of "Sibrinky." It was most timely, since I was going to be in Prague in February when Sokol Prazsky holds this annual event. In fact, I planned my stay so that I could attend. It would be the third time I was able to participate.

Each year has a theme and invitations are still done in the original format – words spelled backwards – although not the entire text. This year's theme was "Remeslo Je zlate dno" – "A trade is the golden bottom." With a few exceptions, attendees no longer wear costumes. However, the adult classes and some juniors prepare a program based on the theme and dress accordingly. This year the men's class came as painters, complete with overalls, paint buckets, brushes and ladders. The women's class were bakers (what else!) with samples of their handiwork, which were distributed to guests.

The customary "tombola" (Czech-style raffle) had over 200 prizes of all kinds, from "salam" and wine, to calendars. The two bands, one 10-piece, the other 5-piece, played the gamut of dance music – big band to jazz to brass band polkas and waltzes and a special instructional session of "country" dancing. An auction of a Sokol Prazsky model made of "pernik" was also held. Both halls (Fugner and Tyrs) were filled to capacity.

The decorations consisted of specially made signs depicting trades and business with clever and humorous plays on names, e.g., Tailor - Josef Thread, Dairy - Frank Cream, Smoked Meats - Vaclav Butcher, Florist - Marie Rose.

Midnight marked the hour of the traditional Sokol march. Every Sokol in the hall joined all the other brothers and sisters in marching and singing the Sokol marches. This was probably the moment when the true Sokol spirit was at its highest. there was more than one tear evident, including mine.

This in one small facet of the many bonding opportunities conceived by Tyrs and Fugner. You cannot go away from an evening like this without being renewed.

NAZDAR! Sis. Dorothy Cummings, Educational Director
Sokol Greater Cleveland and Northeastern District

Dear Sis. Satek:

Enclosing my annual renewal for AMERICAN SOKOL, which I have been enjoying for 65 years. In October 1935 returned to Chicago after 14 years in Czechoslovakia as correspondent of the largest Prague daily newspaper "Narodni Politika." Covered major Sokol events for this newspaper 1936-37, including the big Sokol National Slet at Soldier Field. As a reporter for "Daily Svornost" continued to do so for seven years. I welcome all the assistance the American Sokol can render the resurrected Czech Sokol movement. On august 10th of this year, I hope to celebrate my 92nd birthday.

NAZDAR! Once a Sokol, always a Sokol!
Yours truly, Tony Cifka

Continued on Page 9.



AMERICAN SOKOL GYMNAST

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

SashDumanovic@American-Sokol.org



Walk Anywhere...

Can you find an inexpensive, low impact exercise with great cardiovascular benefits, accessible to everyone that is better than walking?

If you do, please share it with everyone because we would love to hear about it.

Walking is an activity that people of all ages and abilities can utilize. It doesn't require great athletic ability or exceptional talent.

Walking does provide many benefits, both physically and mentally. Statistically, walking has been found to improve general wellness, longevity, and can reduce the risk of heart attacks or diabetes.

Remember, it's never too late to get started with exercise or fitness. Here are some things to keep in mind when you start.

Walk Regularly. Some physical activity is recommended each day. That doesn't mean you have to walk each day, but three to four times per week can result in significant benefits.

Keep a Good Pace. Find a pace you're comfortable with. A 12 minute a mile pace is considered an aerobic pace; in other words, pretty quick. Try a 15 or 20 minute a mile pace to get started and see how it works for you. Don't worry yourself with covering the most distance in the least amount of time. Keep it fun.

Be Comfortable. It's important to be comfortable. It will make walking more enjoyable. Find nice fitting shoes, wear loose fitting clothing, and dress appropriately for the season.

Find Some Friends. It's a great chance to spend some time with friends or family. It's also a great opportunity to involve the parents of our gymnasts. While their kids are having their class, parents could get together for an hour and walk around the neighborhood or a local park.

If It Hurts, Slow Down or Stop. It's bound to happen occasionally. Walking should be a pleasant experience, and not painful. Listen to your body. If you have an injury or recurring ache or pain, check with your doctor for advice before continuing. Aches and pains may be an indication of a more serious condition.

Take Advantage of the Day. If you're at work and need to speak to a co-worker, walk over to their desk, don't call them on the phone. If you take the bus home from work, get off one stop early, and walk the rest of the way home.

Find some creative ways to make the most of your day.

Government figures show 55% of Americans are overweight. A recent survey showed that 53% of Americans wanted to lose at least 20 pounds.

Do your best to encourage your members, participants, and families to walk.

AMERICAN SOKOL CHALLENGE!!!

Help Sokol "Fight Fat with the President"*

- Walk 125 miles by Sept 18, 2002
- Log your miles (honor system) on attached sheet
- Send it in along with an essay (200 words or less)-
*"How I benefited from completing the Presidential Award for Fitness Walking"****
to your unit representative or the National office
and you will

- Receive a certificate of achievement

(*from The President's Council on Physical Fitness)

(**For "ultimate challengers" - Prevention magazine contest - Weekend trip for 2 to Washington, DC)

GOAL:

- ULTIMATE CHALLENGE*** - Walk 125 miles by Sept 18th, recording no more than 2.5 continuous miles a day, at a minimum 15 minute-per-mile-pace
- BEGINNER/NOVICE CHALLENGE*** - Walk and log in as many miles as you can at your own pace

WHO is Eligible?

- Sokol members, their families and friends (in other words - EVERYONE!!)

OTHER INFORMATION:

- In addition to walking, we ask if you would obtain donations/pledges for your efforts that would go towards helping your unit maintain its gym programs! (*This is not a requirement for participation - just a suggestion to provide funds to help support our gyms.*)
- Use extreme care and caution when walking
- Drink plenty of water
- Wear appropriate clothing and footwear
- Parents - please assist your children with this event
- ALL participants will receive a certificate of achievement so make sure you turn in your paperwork to your unit representative by Sept 18
- Examples (1 mile is about 8-10 city blocks):
 - 1 mile (about 15 minutes) in the morning, afternoon and evening, 4 days a week for 11 weeks would log in 132 miles
 - 2 miles in the evening (about 30 minutes), 5 days a week for 12.5 weeks would log in 125 miles

If you have any questions, please contact your unit representative:

Or American Sokol, 122 W 22nd St, Oak Brook, IL 60523-1557, 630/368-0771

Email - aso@american-sokol.org

***As with any other exercise program, please consult with your physician.

Recognizing Heat Illnesses

With summer rapidly approaching, it's important to take heed to the fact that the likelihood of a heat related injury is significantly greater.

Excessive sweating causes the body to lose large amounts of fluids, salts and other necessary nutrients for proper metabolism of the body.

Without necessary fluids and nutrients, the body will begin to cramp up. Shortly thereafter, heat exhaustion will begin to set in. Heat stroke occurs when the body is no longer able to cool itself. People who are not treating quickly may die of this illness.

When the humidity level outdoors is

high, sweat will not evaporate quickly. This prevents the body from releasing heat. In other words, when the internal temperature and outdoor temperature are the same, the heat stays in the system.

In addition to weather and fluid and nutrient loss, there are other conditions that can hinder proper cooling of the body through sweating. Examples include age, obesity, fever, dehydration, sunburn, heart disease, poor circulation and drug and alcohol abuse.

As instructors, monitor the appearance and behavior of your athletes constantly. Especially during the hot days. Encourage athletes to drink plenty of fluids to replace lost electrolytes. Give them, as well as yourself, plenty of water breaks. Be prepared to recognize and treat any symptomatic athletes or individuals.

Heat Illnesses	Heat Exhaustion	Heatstroke
How It Starts	Fatigue, faintness and dizziness are usually the first signs of heat exhaustion. Insufficient water and salt intake are primary causes.	Heat exhaustion, if untreated, can develop into heatstroke as heat builds up in the body. People who aren't treated quickly can die.
Skin	Usually cold and clammy, with profuse sweating.	Hot, dry and red. Perspiration usually stops completely.
Pulse	Normal or raised.	Rapid and strong.
Body Temperature	Usually low or normal.	Usually 102 degrees or higher. At 107 degrees, it is usually fatal.
Other Symptoms	A person may be thirsty, giddy, weak, and uncoordinated.	A person may faint or stagger and become confused or delirious.
Treatment	Have the person lie down in a cool, shady place and give them cool liquids (water or juice). Consult a doctor for advice.	Emergency help is needed immediately. Wrap the person in a wet sheet and use a fan to help cool the skin until medical help arrives.

Source: American Medical Association Encyclopedia of Medicine, Complete Guide to Sports Injuries

United Sokols of the East Bowling Tournament January 2002

For the past several years we have had a large number of juniors participating in this event, but due to a conflict with a basketball league, most of our juniors were unable to attend. But, we did have our largest adult turnout this year, with 12 adults and 2 juniors bowling. Our men's team, dressed in Hawaiian shirts, included Bros. Joseph Balogh, Tommy Gallagher, Artie DeChecchi, George Dano, Nelson Santiago and junior boy Adam Ondira. Women bowling included Sis. Tony Mahoney, Danielle Cione, Wendy Rejna, Carey Santiago, Dorothy Gurreri, Rosemary Henigman, Karen Ondira and Donna Sbriglia. Substituting during the evening was junior girl Erin Mahoney. Determined not to be late and to make sure we got enough lanes, the group boarded a van and left Sokol New York at 4:30 p.m. for the trip to Boonton. Arriving early gave us plenty of time to find the right ball, get shoes and relax with snacks and drinks before the tournament began.

Bro. Joe Balogh was the star of the night for Sokol New York, scoring a "turkey" (three strikes in a row) in the 10th frame of the last game. Bro. George Dano also "turkeyed" during one of his games. Congratulations to Sis. Dorothy Gurreri who was our top scoring female. While none of us scored a perfect game and we came home without any trophies, everyone had a lot of fun. Each year we vow to practice at least once before this event, but somehow we never do. Anyone know of a good bowling instructor?

After the tournament, we all went back to Sokol Boonton for the awards presentation. Our thanks to the ladies of Sokol Boonton who had a delicious hot meal waiting for us and to Bro. Eric Skovronek who organizes this event each year.

From the Sokol New York Newsletter, March 2002

by Sis. Donna Sbriglia

SOKOL NEW YORK LIBRARY

Generations ago, Sokol New York's library was busy lending out the Count of Monte Cristo by Dumas and other works by Victor Hugo, Jules Verne, Mark Twain, etc. (all translated into Czech). No longer do we lend out these dusty volumes.

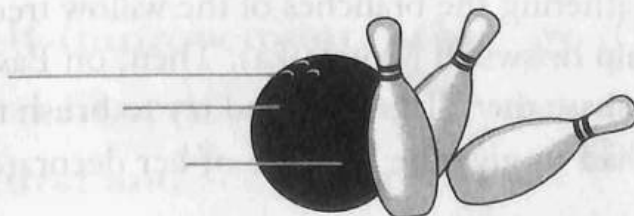
Now we are doing our best as volunteers (thanks to all the volunteers) to organize and preserve the over 2,000 novels, histories, travel journals, and folk tales, close to 1,000 Slet programs (Czechs and Slovaks in the French Foreign Legion), as well as a special program of the Czech Army in England during the dark days of 1941. Pictures of units and camp scenes fill the files, as well as boxes of memorabilia, trophies, medals, and records of notable past members (Jerry Hardy and Marie Provaznikova are examples).

We will soon have a special software program and computer to catalog the material for easier access to those treasures. No lending library is planned, but some researchers would appreciate access. Currently, an author is seeking material on the Czech and Slovak soldiers that served in the famous Czech & Slovak Legion in Siberia at the end of WWI. Several texts are available and indeed several past members were veterans of the campaign. Next time, it will be another subject for us to help research.

The catalog will make it an easier process to find the data in this rich collection, for researchers, as well as for the committee's plan to exhibit more of the collection and Sokol's past.

From Sokol New York's Newsletter, March 2002

*By Bro. Ed Chlanda,
Sokol New York Library Committee Chairman*



2002 OLYMPIC TORCHBEARER *(continued)*

Dr. Smith has been making a difference in his community for the last 26 years. He serves at the Associate Director for Westfest, is the volunteer team physician for the West Independent School District, and sits on the Board of Directors of West Hospital Authority, West Emergency Medical Service, and the Texas Medical Directors' Association. Dr. Smith has worked with Sokol West for 15 years, serving as past president and Slet Chairman. He taught girls bars, served as judge and attending three National Slet competitions in Chicago, Fort Worth and Omaha.

His family practice has been serving West, Texas since 1975 and he also volunteers as the medical director for West Emergency Medical Service and West Rest Haven. On October 25, 2001, he received the prestigious honor of ACOFP Fellow.

On December 11, 2001, Dr. Smith accepted the Olympic torch from his predecessor and carried it approximately two-tenths of a mile through Greater Austin, Texas before handing it over to the next torchbearer.

Submitted by Sis. Mary Karlik

SPRING IN THE CZECH REPUBLIC

From Noviny Sokol Cedar Rapids, March-April 2001

MORENA *(Old Mother Winter)*

When winter was getting long, and it looked like Spring was just around the corner, the boys and girls would gather up a bunch of their mother's old rags and put together a doll called "Morena" or "Old Lady Winter." They would keep an eye on the river and watch for the ice to break up. When the ice was beginning to float away, they would take their "Morena" and put her on top of a big tall pole. Then, with the oldest boy of the village carrying the pole and all the other youngsters following behind, they would march her straight down to the bank to the river and throw her in - "Good-bye Winter, Hello Spring!"

POMLASKA *(Whip)*

When the girls in the village were busy decorating their beautiful eggs, the boys would be gathering the branches of the willow tree, which they would braid together to form a whip or switch (Pomlaska). Then, on Easter Sunday, the boys would take the whips and chase the village girls and try to brush their skirts with the whips. If successful, the girl had to give the boy one of her decorated eggs.

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