

american SOKOL



Volume CXXIV, Number VIII

OCTOBER 2002

October 2002

Sisters, Brothers and Friends,

We have all been saddened by the news of the terrible floods in Eastern Europe. Historic landmarks in the Czech Republic are under water, with damage yet to be estimated. Over 50,000 people have been forced to leave their homes in Prague and another 200,000 have been evacuated in other cities. The headquarters of the Czech Organization of Sokol (Tyrsuv Dum) in Prague and Czech Units in the area have sustained considerable damage.

We have started a FLOOD RELIEF DRIVE to assist our fellow Sokols. If you would like to contribute, please make your checks payable to Sokol Flood Relief Drive and mail to:

*American Sokol
122 West 22nd Street
Oak Brook IL 60532-1557*

Thank you and NAZDAR!

Bro. Larry Laznovsky, President

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Annette Schabowski

From Your Editor...

Sometimes I get some wonderful things in my mailbox from Sokol members. I received five \$100 promisory notes for the old Sokol Slavsky building, dated December 1924, from Sis. Josephine Drnec. They had been purchased by her father, Bro. John Karlovsky. Sis. Mildred Urban, recently dropped off a July/August 1975 issue of American Sokol, which she had received from Bro. Jan Hertl, who organized Sokol Miami. It is an honor to be in receipt of these items. Thank you!

NA ZDAR!

Sis. Patricia Satek

46 Northgate Road ~ Riverside, IL 60546-1639

CALENDAR of EVENTS

OCTOBER

- 5 Sokol Stickney 75th Anniversary
- 5 Czech Day Festival - New York
- 6 Sokol Omaha 125th Anniversary
- 12 Sokol Minnesota Harvest Dance
- 13 Sokol Town of Lake Camp Reunion, Willow Springs, 11 a.m.
- 13 Sokol Milwaukee Recognition Luncheon
- 18-20 District Directors' Conference at Sokol Greater Cleveland
- 23 Sokol Ceska Sin Pork/Chicken Dinner
- 25-26 Sokol Brookfield Rummage Sale
- 26 Sokol Cedar Rapids Pork & Dumpling Supper
- 27 Sokol Los Angeles Czech-Slovak-Moravian Heritage Celebration
- 27 Sokol Minnesota Pork Dinner

NOVEMBER

- 2 Sokol New York Karaoke Night
- 9 Lodge 306 Sokol USA Hody
- 9 Sokol New York Dart Tournament
- 10 DA Sokol 110th Anniversary
- 10 Sokol Minnesota Pancake Breakfast/Bake & Craft Sale
- 15-17 TNT Team at Sokol Omaha
- 22-24 Holiday Folk Fair - Milwaukee

DECEMBER

- 7 Sokol Berwyn-Slavsky St. Nick's Dance
- 8 Sokol Milwaukee Holiday Luncheon
- 14 Sokol Stickney Spaghetti Dinner
- 20 Sokol Ceska Sin Christmas Party

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

THOUGHT STARTERS

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

"He that falls in love with himself
will have no rivals."

~ BENJAMIN FRANKLIN

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.

EASTERN AREA SLET

For the first time in many years, there was no National or International Slet planned for June. With that in mind, the Eastern Area Slet Committee decided to hold its annual Gymnastic Festival at Sokol Woodlands on the last weekend in June and expand the activities to three days (June 28-30, 2002). Gymnasts from American Sokol, DA Sokol and Sokol USA participated.

Junior and Senior competitions were held on Friday afternoon, followed in the evening by the Sokol Fitness Challenge, which included shuttle run, standing long jump, jump-reach, pull-ups and flexibility stretch. The participants cheered each other on during each performance and their enthusiasm could be heard all over the camp.

The children's competition was held on Saturday. Immediately after the meet, rehearsals began for the evening's Slet program. Slet participants were welcomed by Mistress of Ceremonies, Sis. Bea Walko, President of Sokol USA. The program started with Children's calisthenics composed by Bro. Albert Walko and first performed at the Czechoslovak Day Slet at the 1964 New York World's Fair. Next came a special number performed by the combined juniors and seniors representing the three Sokol organizations (ASO-DA-USA), under the direction of Bro. Peter

Lattanzio. This was followed by a special calisthenics performed by the women of Sokol New York, under the leadership of Sis. Irene Mergl. The Sokolky performed their combination of marching and calisthenics with precision and received a well-deserved ovation from the crowd.

The gymnastic competition medal winners performed next. The final number on the program was a performance of the combined Junior/Senior calisthenics – also to be performed at the 2003 Sokol USA Slet in Valparaiso, IN. Originally, this calisthenics was performed at the 2000 All-Sokol Slet in Prague. A thunderous round of applause greeted the close of an excellent performance.

Each year, a beautiful silver trophy bowl is awarded to the organization that has the most participation, not only in the competitions, but also helpers at the festival and clean-up weekends. Sokol New York has proudly had that trophy in their possession for several years. This year, the trophy was renamed the Walter Slavik Memorial Bowl. Sis. Walko, before presenting the award, gave a moving tribute to the late Bro. Slavik, whose vision and foresight made the Eastern Area Slets a reality. The winner of this year's participation award was DA Sokol.

Day three of the Slet weekend consisted of breakfast, socializing and fun activities. Family games (egg toss, 3-legged races, etc.) were on the schedule. For those Sokol members who work so hard to make this annual event a success, extending the festival to three days was great. There was plenty of time to visit with family and friends, as well as to enjoy the many Slet activities.

Compiled from information found in DA Sokol's "Besida Sokolska" Newsletter by Bro. Robert Liptak and Sokol New York's Newsletter by Sis. Donna Sbriglia



**What's happening at
your Sokol unit?
Submit an article
TODAY!**

EDITOR@AMERICAN-SOKOL.ORG

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 George Vytlacil

From Rose Vytlacil & Family \$100.00	From Judith Plecki \$100.00
From Edward & Juanita Vytlacil \$50.00	From Irene Ruzicka \$25.00
From Irwin & Agnes Proksa \$25.00	From Curt & Mildred Mentzer \$25.00
From Vlasta Stribny \$25.00	From Angel Cecka & Family \$20.00
From Joseph & Mary Holoubek \$20.00	From Roy & Marie Jensen \$20.00

In Memory of Marcella G. Stransky

From Kenneth & Donna Stransky, Cheryl Stransky Munson, Robert & Colleen Stransky, Milan & Jennifer Vrabec, Charles Munson Jr., Karen Stransky, James & Joan Curran, Sean & Candy Short \$150.00	
From Irene Ruzicka \$25.00	

In Memory of Rose Rabas

From Joan Zizek & Jerry J. Rabas \$100.00	From Thomas & Arlene Zizek \$25.00
From Mary Hrach \$25.00	From Jana Smolik \$10.00
From Sokol Chicagoland \$25.00	

In Memory of George Basta from the Zizek and Rabas Families \$25.00	
In Memory of Lillian Pasek from Irene Ruzicka \$25.00	
In Memory of John Stribny and George Vytlacil from Sy & Sandra Chaba \$200.00	
In Memory of the first anniversary of the death of Walter Slavik from Julie Pokorny-Conklin & George Conklin, Jr. \$100.00	

Memorial Services at the Bohemian National Cemetery in Baltimore

For quite a few years, Sokol Baltimore has participated in the Memorial Day services held at the Bohemian National Cemetery in Baltimore. Sokol Baltimore has become the official flag carrier for this meaningful event. The Czechs in the community that included sokol established the Bohemian National Cemetery in 1884. The cemetery property was used by Sokol as a camp, where many picnics, dances and exhibitions were held. This site holds many wonderful memories for our senior Sokols.

Sokol, along with the Bohemian National Cemetery Board and the Czech and Slovak Heritage Association jointly present the program. The Czech

and Slovak Heritage Association Singers provide wonderful Czech and Slovak songs. The speakers have been members from the three organizations, as well as officials from the Czech and Slovak Embassies.

At this ceremony, Sergeant William R. Jecelin, a U.S. Army recipient of the Medal of Honor was recognized. Sergeant Jecelin distinguished himself by capturing an established heavily armed strategic ridge in Korea. After two progressive attacks which engaged the enemy in hand to hand combat and almost securing the ridge, a well-camouflaged enemy soldier threw a grenade. To protect the

Continued on Page 5.

ETHNIC LEADERS MEETING

At the request of Chicago's CBS WBBM-TV Channel 2, the Illinois Governor's Office of Ethnic Affairs arranged a meeting with ethnic leaders and the station's executives, top news managers, news anchors and reporters. Their discussion included important community issues, events and how CBS2 can better cover them. The leaders also got a better understanding of Channel 2's commitment to the ethnic communities.



Pictured left to right:

Seated: Mrs. Varga - Hungarian, Charlotte Kim - Korean, Fran Preston - CBS2 Vice President and Station Manager; Antonio Mora - CBS 2 Anchor, Linda MacLennan - CBS2 News Anchor, Joe Ahern - CBS2 President and General Manager, Barbara Bond - United Kingdom and **SIS. MARIE VACHATA (Central District ASO President) - CZECH.**

Standing: Mirela Mehmeti - Albanian, Sam Sadiku - Albanian, Jin Lee - Korean, Riza Mila - Albanian, Sylvius Moor - African American, Zbigniew Banas - Polish, Ham Rusef - Bulgarian, Paul Varga - Hungarian, Jenny Ori - Belgian, Chris Tamaraz - Greek, Simin Hemmati-Rasmussen - Iranian, Alex Rozbram - Russian, Hassan Rashedi - Iranian, Alexander Tolmatsky - Russian and Joseph Tamaraz - Assyrian.

Memorial Services at the Bohemian National Cemetery in Baltimore *(continued)*

members of his platoon, Sergeant Jecelin used his body to absorb the full force of the grenade. His sacrifice saved many of his men, who then secured the ridge.

Submitted by Sis. Anci Huber.
Information on Sergeant Jecelin obtained from HomeofHeroes.com.
Thanks to Michael Rokos, President of the Czech & Slovak Heritage Assoc. and President of the Bohemian National Cemetery and Eva Slezak



American Sokol YOUTH PROGRAM Activities and Information



Welcome to the first edition of "What's up with the YP?!" The American Sokol Youth Program was formed two years ago with the purpose of encouraging young Sokols to have fun, meet new people, learn more about Sokol, and stay involved in Sokol as a young person and as an adult.

Check out these youth activities and share them with the young Sokols that you know!

2003 SOKOL USA SLET IN VALPARAISO

All youth members should start preparing now to attend the Sokol USA Slet in Valparaiso, IN. We are currently working on activities that we will have before and during Slet week. We will also be bringing the Sokol yearbook.. The yearbook began last year. Pages were sent out to each unit with the instructions to design a scrapbook page that will show everyone what your Sokol has done throughout the year. This year we will be sending pages out again in hopes that we can keep with program going for years to come.

SOKOL PASSPORTS

All youth members have a Sokol Passport with which they can commemorate their Sokol experiences. If there is a Unit, District, or National Sokol event, youth members may have an opportunity to get their passports stamped that they were there!

YOUTH MEMBER RENEWAL

All Unit directors should have received the renewal packet in the mail for their youth members. Renewals in the youth program are due by December 31, 2002.

If you want more information about Youth Activities or have ideas for programs we can do this year or in the future, you can contact your district youth ambassador or call or e-mail Tom Pajer at 630-833-6916 or tompajer@american-sokol.org.

Please encourage the **SOKOOL** kids that you know to read their newsletters and participate in the contests and other programs. We give out some really cool prizes.

NA ZDARI!
The American Sokol Youth Committee



AMERICAN SOKOL GYMNAST



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

SashDumanovic@American-Sokol.org

American Sokol News

Cleveland, OH - The 2002 American Sokol Directors' Conference will be held at Sokol Greater Cleveland in Cleveland, Ohio.

Topics will include Youth Camp, Instructors' School, 2005 American Sokol Slet, the Traveling Instructor, National Gymnastic Skills Month, Director Development, Youth Membership, new uniforms, the Valparaiso Slet in 2003 and anything else for the good of Sokol.

Oak Brook, IL - Please welcome the 2002-2003 National BOI Staff:

Director of Men	Chuck Kalat
1st Assistant	Bob Kucera
2nd Assistant	Rich Vachata
Director of Women	Barbara Vondra
1st Assistant	Nancy Pajeau
2nd Assistant	Jan Kalat
Recording Secretary	Bev Domzalski
Office Secretary	Juanita LoGiudice
Gymnast Editor	Kandi Ondrovic
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Edward Schnabl	Joe Vrzalik
Sash Dumanovic	Bud Benak
Frank Michalek	Tom Pajer

Womens Board of Instructors Staff:

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Irena Polashek	Jane Wise
Sandy Benak	Elle Babka
Barbara Kucera	Eva Balas
March Cushing	Beth Kocek
Ellen Jeanne Schnabl	

Oak Brook, IL - New uniforms will be available in the near future after significant details were resolved and approved.

Uniform distribution will operate from the national office and the communication of uniform ordering information is being targeted for the end of September.

Oak Brook, IL - A survey of non-returning youth members has been compiled and will be available for analysis and discussion at the Directors' Conference in Cleveland.

There is genuine concern at the rate of youth member turnover and how to develop a strategy to improve youth member retention in American Sokol.

Southern States Most Unhealthy

Doctors Rank Top Ten Unhealthiest States

By: Jennifer Warner
Reviewed By: Michael Smith, M.D.
WebMD Medical News

Oct. 10, 2002 -- Southerners may be famous for their hospitality, but they could become infamous for their poor health, according to a new list of America's least healthy states. Seven of the top ten unhealthiest states are south of the Mason-Dixon line, and researchers say an unhealthy lifestyle and high-fat diet are putting the health of the millions who call the South home at risk.

Mississippi topped the list of unhealthy states that was released this week by the Physicians Committee for Responsible Medicine (PCRM), followed by West Virginia and Tennessee. The group compiled the list after analyzing the most recent data from the CDC on the rates of three major health-related killers -- heart disease, diabetes, and obesity.

According to PCRM, the least healthy states in the US are:

1. Mississippi
2. West Virginia
3. Tennessee
4. Michigan
5. Louisiana
6. Texas
7. Kentucky
8. Illinois
9. Missouri
10. Arkansas

The PCRM is launching a monthlong healthy eating campaign designed to help the residents of these states lower their risk of disease. The organization has also offered the government of each state a nutrition makeover.

"Americans are in the midst of a health crisis, and, as a physician, it's my job to make a diagnosis and prescribe treatment options. In this case, it's a meat-based diet that is putting these folks at risk for diabetes, obesity, and heart disease," says Neal Barnard, MD, president of PCRM, in a news release. "Our studies show that a low-fat, vegetarian diet is the most effective method of treatment and prevention for those diseases. Unfortunately, that prescription has not gotten to those who need it most -- the people in these 10 states."

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Youth Sports Are Risky

Injuries Abound in Kids' Football, Baseball Leagues

By: Jennifer Warner
Reviewed By: Michael Smith, M.D.
WebMD Medical News

Sept. 11, 2002 -- Playing in a community football or baseball league is a rite of passage for many children, but a new study shows that young athletes face serious injury risks. And researchers say youth sports leagues should be better prepared to deal with these dangers.

According to researchers, 20-30 million kids aged 5-17 participate in community-sponsored athletic programs each year in the U.S. And the number of sports-related injuries reported among this age group has grown, as more and more children take up the activities.

In the study, published in the September issue of *Pediatrics*, researchers looked at the total number of injuries reported during two seasons of play among close to 1,700 children aged 7-13 who participated in community organized baseball, softball, soccer, and football leagues.

Researchers found injury rates in the leagues ranged from 1.0 to 2.1 injuries per 100 games and practices. Across all sports, bruises were the most common injury, although sprains, fractures, and concussions were also frequent. Contact with equipment was reported most frequently as the cause of injury, except in football where contact with another player was the most common cause. Although the injury rates for baseball and football were not significantly different, the researchers say football poses the biggest risk because 14% of the reported injuries were considered serious compared with 3% in baseball. In addition, the researchers say football-related injuries may have been underreported in this study due to recording problems cited by coaches.

The researchers also found that injury rates were consistently higher in practices than in games for all sports except softball, which had more, although not significantly more, game-related injuries.

Experts say children are vulnerable to different types of injuries than adults. For example, seemingly minor injuries affecting

the joints and cartilage may actually cause permanent damage as the child ages by altering bone growth if left untreated.

Other findings of the study include:

- Children aged 8-10 were injured more frequently than older children aged 11-13 or younger children aged 5-7.
- The frequency of injury per team per season (a measure of injury risk) was four to seven times higher in football than in other sports. Researchers say this was expected because football is a collision sport.
- Being hit by a pitched, thrown, or batted ball was the most common cause of injury in baseball. Injuries to the legs and feet were the most commonly reported injuries among soccer players.

In light of these findings, researcher Marirose A. Radelet, MS, of the Neuromuscular Research Laboratory at the University of Pittsburgh, and colleagues, say youth sports leagues should provide and require first-aid training for coaches.

In addition, the leagues should have clear, enforceable rules about when an injured player is allowed to return to play. Finally, they suggest that baseball and softball leagues consider placing face guards on batting helmets.

Thank you to the authors and WebMD for their work. Additional articles of interest may be found at the WebMD website:

www.WebMD.com

Calisthenics For Your Brain

Although several systems of the brain are involved in memory, current wisdom is that long-term memory is stored in the neo-cortex, which is the outer layer of gray matter. The hippocampus acts as a kind of clearinghouse for those memories, but with age, the hippocampus grows sluggish.

Mary Ann Eckstein, a former public school history and English teacher, now teaches a memory course at Triton College in River Grove, Illinois. She travels to give memory enhancement workshops all over the Chicago area.

Here are some simple exercises that may help keep the brain active:

- Break your routines. Take a different route home sometimes.
- If you're left-brained (strong in language and logic), do something creative, or vice versa.
- While grocery shopping, add up the bill in your head and see if you can beat the computer during checkout.
- Do a crossword puzzle.
- Spell words backward.
- Walk as much as you can.
- Use your non-dominant hand when possible.
- Read a book of a different type from what you ordinarily choose.
- Reminisce. But when you remember your first date or first job, enhance it by recalling colors, smells, and other details.

Thank you

Connie Lauermann
Mary Ann Eckstein
The Chicago Tribune, 11/18/2001
Aryeh Routtenberg
Northwestern University

Sokol is about . . .

M F K L E K G G G W D C C E W
S R O I N E S B Q U A I T T I
G J C R D X A F G L S I K P N
F N K P W S T X I D L D V I O
F B I S C I T S A N M Y G S I
V R J M Z Y T N E D J O S P S
W P I V R H L Y R U X E S V I
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S F I T N E S S G E N A G G V
T O T S A I U N K B G E N N Q
A U J P A M C Z F A M L D B X

CALISTHENICS
FAMILY
FITNESS
FRIENDS
GYMNASTICS
JUNIORS
KIDS
LEARNING
PERFORMING
PROGRESS
SENIORS
SHARING
SLETS
TOTS
VISION

Hope You Enjoyed The Puzzle

GONE BUT NOT FORGOTTEN

As a native New Yorker, September 11 had a very profound effect on me. I was seeing a patient at MMC and happened to look up at his TV to see the WTC on fire. Wow, I thought, and then not a minute later I watched the second plane hit. I said to a gentleman, "This is no accident, there is something going on!" I was angry that someone had the nerve to not only attack America, but also my hometown! I ran down to our waiting area and my eyes were glued to the TV there. My first thought were with my family and friends, many of whom work in the financial district, but especially my brother Kevin who is a Police Officer in NYC. He was on the Harbor Unit at the time of the attack. I was able to get through to my mom in Manhattan to find out he had just gotten home from the night shift, but turned right around to head back to work. I watched in horror as the towers collapsed, not knowing where he was at the time. I left work shortly thereafter to be close to a phone so I could keep in touch with home. I was able to donate blood that day on my way home and also put myself on 3 volunteer lists. Unfortunately we never got called, there was no need for medical assistance. I donated my tax refund to the Red Cross. I didn't know what else to do.

9/11/01 was one of the longest days of my life. I finally was able to reach home at 11:00 p.m. and found my brother to be safe. He spent the next months working 24-hour shifts at Ground Zero assisting in the recovery effort. I am so proud of him. As time went on, I attended as many services as I could. I carried a flag and a small sign honoring my brother and NYPD. I cried on the steps of City Hall as the bagpiper played "Amazing Grace." Strangers reached out to put a hand on my shoulder and asked if I was OK. I lit a candle and stood in my backyard that night, and knew someone up there was watching me. I lit candles in Monument Square.

Thankfully everyone in my family and friends were OK, but we all know someone who lost family members and/or friends. Manhattan lost its skyline, but not its spirit. I watched the towers being built and I watched them come down. I was on top of both of them whenever visitors came to Manhattan. It was the best way to see all five boroughs in a couple of hours. I've been back home numerous times since then and even once flew over the smoldering site. I have not been to Ground Zero. I want to remember it the way it was – the way it's supposed to be.

I still can't believe they are gone.

CORRECTION: In the September issue, I incorrectly identified Sis. Audrey Benda as Northeastern District Educational Director. Sis. Benda is the Educational Director of the Eastern District.

October is "Czech Heritage Month" in Corpus Christi, TX



The month of October was declared "Czech Heritage Month" in Texas with House Resolution 308 by then-governor, George W. Bush. On September 24, 2002, Corpus Christi Mayor Samuel L. Neal proclaimed October 2002 as "Czech Heritage Month" in Corpus Christi, Texas, to recognize the contributions made by the Czech settlers and their descendants to South Texas communities and to the State of Texas. Sokol Corpus Christi President, Bro. Wilbert Hermis, is pictured receiving the proclamation from the Mayor. Present at the ceremony with Bro. Hermis were Bro. Leroy Ryza, Bro. Jerry Sijansky and Bro. Jerry Elzner.

Submitted by Bro. Jerry Elzner

American Sokol Little Ferry Has A New Look!



NOW



BEFORE

A fresh paint job, two freshly painted signs and one new sign combine to bring new vitality to the outside of Sokol Little Ferry's hall. The new sign takes the place of a wooden Sokol emblem, which was rotted beyond salvation. With the lighter paint, the building is more appealing to the eye and no longer looks like an "old button factory." We are very pleased with our new look.

Na Zdar!

Sis. Nancy Chlodnicki, Sokol Little Ferry

MEMORIES – THE SOKOL BAZAARS

In the 1950's and 60's, Sokol New York ran a bazaar in the Fall every year. This was a major source of revenue for the unit. All members were active in preparing for and manning of the bazaars and they were a lot of work. There was a raffle, with the grand prize usually a "basket of cheer." Tickets for these were sold both ahead of time and during the two days of the bazaar.

The men manned a station featuring a game of chance. A wooden wheel with numbers around the circumference was spun and stopped at a number. Participants bought a wooden paddle or "lopatka" which held a selection of numbers. Prizes were usually a duck, salami, smoked pork butt or a bottle of whiskey. After the original wheel and paddles "gave up," Sis. Toni Mahoney's father made one for the Czech school and they let us use it.

The younger men ran horse races – these were gaily painted wooden animals made by two of the men. There was a lot of vocal cheering as they progressed along the track.

The older women had an arts and crafts table, a "gently used items" table and a refreshment station featuring franks ("parky"), Czech pastries and coffee.

The women's gym class, of which I was a member, tried several strategies over the years. Christmas balls made of styrofoam balls studded with fancy hat pins, beads, ribbons and small foil stars were created by us over the summer. Homemade jams and preserves packaged in jars were another endeavor. However, our most successful attempt was a game of chance which used short straws filled with a piece of rolled paper to be pushed out with a

toothpick. Most of the pieces were blank, but some had a number from 1 to 12. Prizes for each of the numbers were displayed on a table in numbered spaces. Of course, the odds of winning had to be pre-decided and then the various prizes obtained. Because one of our members worked on publicity for Libby's, our table featured a lot of their products. She cleaned out her inventory each year with us getting all of her discards. The game was very popular with both adults and children and our space was littered with straws and papers by the end of the evening.

These bazaars were a lot of fun even for the workers who had put in many hours of preparation.

Na Zdar!

Sis. Beatrice Cihak,
Sokol New York



FROM THE ARCHIVES...

Do you recognize the boys in this photo?

Sis. Annette Schabowski, American Sokol Library, Archives & Museum Curator, needs your help in identifying them.

Contact the American Sokol Office,
630-368-0771, if you have any information.

Thank you and NA ZDAR!

Christopher Columbus was born in the Italian seaport of Genoa in 1451, to a family of wool weavers. As a child he helped his father at the loom and then as a young lad went to sea. He became an experienced sailor and moved to Lisbon in Portugal to try and gain support for a new journey he was planning. He visited the courts of the kings and queens of Europe asking for help and money. Finally Ferdinand and Isabella, the king and queen of Spain, agreed to support him.

WHAT DID COLUMBUS WANT TO DO? In the 15th and 16th centuries, the Europeans wanted to find sea routes to the East. Columbus wanted to find a new route to the Far East, to India, China, Japan and the Spice Islands. If he could reach these lands, he would be able to bring back rich cargoes of silks and spices. Columbus knew that the world was round and realised that by sailing west, instead of east around the coast of Africa, as other explorers at the time were doing, he would still reach the East and the rich Spice Islands.

WHY DID HE WANT TO SAIL WEST? Columbus thought that by sailing west he would find a quicker and easier route to the East. He thought that the earth was smaller than it is, and like all other Europeans at that time, he did not know about the existence of America

WHAT DID HE FIND? After sailing across the Atlantic Ocean for 10 weeks, land was sighted by a sailor called Rodrigo Bernajo. Columbus himself took the credit for this sighting. He landed on a small island in the Bahamas which Columbus named San Salvador. He claimed the island for the king and queen of Spain. The people living on the islands that Columbus went to were called the Arawaks and the Caribs. Although the Arawaks were peaceful people, the Caribs were more war-like. Columbus called all the people he met in the islands Indians because he was sure that he had reached the Indies. When Columbus reached Cuba, he thought it was the mainland of Japan.

READ MORE at National Maritime Museum: www.nmm.ac.uk/education/fact_files/fact_columbus.html

United States Postal Service
Statement of Ownership, Management, and Circulation

1. Publication Title
AMERICAN SOKOL

2. Publication Number
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3. Filing Date
9-5-02

4. Issue Frequency
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5. Number of Issues Published Annually
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6. Annual Subscription Price
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7. Complete Mailing Address of Known Office of Publication (Street, city, county, state, and ZIP+4)
American Sokol, 122 W 22nd Street, Oak Brook, IL 60523

Contact Person
Jean Vondrasek
Telephone
630/368-0771

8. Complete Mailing Address of Headquarters or General Business Office of Publisher (Not printer)
American Sokol, 122 W 22nd St. Oak Brook, IL 60523-1557

9. Full Names and Complete Mailing Addresses of Publisher, Editor, and Managing Editor (Do not leave blank)

Publisher (Name and complete mailing address)
AMERICAN SOKOL Education and Physical Culture Organization
122 W 22nd Street
Oak Brook, IL 60523-1557

Editor (Name and complete mailing address)
Patricia Satok
46 Northgate Rd
Riverside IL 60546-1639

Managing Editor (Name and complete mailing address)
Executive Board of American Sokol
122 W 22nd St
Oak Brook IL 60523-1557

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PS Form 3526, October 1999 (See Instructions on Reverse)

13. Publication Title
AMERICAN SOKOL

14. Issue Date for Circulation Data Below
August 2002

15. Extent and Nature of Circulation

	Average No. Copies Each Issue During Preceding 12 Months	No. Copies of Single Issue Published Nearest to Filing Date
a. Total Number of Copies (Net press run)	4000	4000
b. Paid and/or Requested Circulation		
(1) Paid/Requested Outside-County Mail Subscriptions Stated on Form 3541 (Include advertiser's proof and exchange copies)	3597	3885
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f. Total Free Distribution (Sum of 15d and 15e)	none	none
g. Total Distribution (Sum of 15c and 15f)	3835	3885
h. Copies not Distributed	164	115
i. Total (Sum of 15g and h)	4000	4000

16. Publication of Statement of Ownership
 Publication required. Will be printed in the **Nov/Dec** issue of this publication. Publication not required.

17. Signature and Title of Editor, Publisher, Business Manager, or Owner
Patricia Satok
 Date: **9-18-02**

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