

american

SOKOL

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Best wishes
for a joyous
holiday from
**AMERICAN
SOKOL!**

WWW.AMERICAN-SOKOL.ORG

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From Your Editor...

Happy Holidays! Enjoy and treasure your time with family and friends. Keep Sokol in your thoughts, too. Remember to make a generous donation for the beautiful Sokol seals you will receive, and be sure to display them proudly on all your correspondence. This month, we welcome a new editor, Sis. Kandi Ondrovic, for the "Gymnast" section of "American Sokol." Bro. Sash Dumanovic departs that position to pursue other endeavors.

NA ZDARI

Sis. Patricia Satek

46 Northgate Road ~ Riverside, IL 60546-1639

CALENDAR of EVENTS

NOVEMBER

- 2 Sokol New York Karaoke Night
- 9 Lodge 306 Sokol USA Hody
- 9 Sokol New York Dart Tournament
- 9 Sokol Ceska Sin Reverse Raffle
- 10 DA Sokol 110th Anniversary
- 10 Sokol Minnesota Pancake Breakfast/Bake & Craft Sale
- 13 Sokol Berwyn-Slavsky Gingerbread House Party
- 15 Sokol Greater Cleveland Fish Fry
- 15-17 TNT Team at Sokol Omaha
- 22-24 Holiday Folk Fair - Milwaukee
- 24 Central District Women's Volleyball Tournament

DECEMBER

- 6 Sokol New York Children's Mikulas Party
- 7 Sokol Berwyn-Slavsky St. Nick's Dance
- 7 Sokol Greater Cleveland St. Nick's Dance
- 8 Sokol Milwaukee Holiday Luncheon

DECEMBER

- 14 Sokol New York Christmas Party
- 14 Sokol Stickney Spaghetti Dinner
- 14 Central District Boys' Gymnastic Skills Testing
- 14 Central District Rhythmic Competition
- 19 Sokol Berwyn-Slavsky Family Christmas Party
- 20 Sokol Ceska Sin Christmas Party

JANUARY

- 12 Sokol Little Ferry Holiday Party
- 25 Sokol Ceska Sin Winter Exhibition
- 26 Sokol Berwyn-Slavsky Super Bowl Tailgate Party
- 31-2/2 Sokol Ceska Sin Ski Trip

FEBRUARY

- 16 Sokol Stickney Pancake Breakfast

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

THOUGHT STARTERS

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

"Blessed are those who can give without remembering and take without forgetting."

~ ELIZABETH, PRINCESS BIBESCO

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.

Greetings Sisters and Brothers:

This year 2002, is quickly slipping away from us. I would like to take this opportunity to share with you some of the things that are happening across our organization. Earlier this year we had the opportunity to relocate our National Office within the CSA Building in Oakbrook. Thanks to those who helped our office manager, Jean Vondrasek, complete this move. This new office area is working out very well. Please stop by and visit when you are in the area.

In June, Bro. Milos Knorr of Sokol New York represented the American Sokol at the World SVU Conference held in Pilsen, Czech Republic. He delivered a presentation I prepared for him and I understand it was well received. Thank you to Bro. Milos.

Sokol USA Woodlands Camp was the site of a combined camp for youngsters of DA Sokol, Sokol USA and our organization. Many thanks to the staff that helped make this event a success.

Also in July, a very successful 2 week instructors' school was conducted by the American Sokol BOI at Sokol Corpus Christi. I was present for the beginning of the school and the graduation. I was very impressed with the performance and leadership demonstrated by the 49 students. Thank you to the staff of the American Sokol School Board and the members of Sokol Corpus Christi for an exceptional job well done.

I will have to continue my report to you in the next publication, as space is limited this time. By that time, I will be able to share information from our Board of Governors Meeting as well as other events of great importance to our organization. Have a nice holiday season.

NA ZDAR!

Larry Laznovsky, President

PUT ON YOUR CREATIVE THINKING CAPS!

American Sokol is soliciting ideas for a theme for the 2005 American Sokol Slet, to be held in the Chicagoland area. Past Slet themes have included, "Sokol - A Driving Force," "Toward New Horizons," "Catch the Spirit," "Sokol Soars." The theme sets the tone for the Slet and sparks ideas for souvenirs, trophies, posters, etc. We want as many ideas as we can get, so start brainstorming and send your list of suggestions to:

AMERICAN SOKOL SLET THEMES
c/o Sis. Patricia Satek
46 Northgate Road
Riverside, IL 60546-1639

OR...

you can email your ideas to: **PATSATEK@AMERICAN-SOKOL.ORG**

Remember, the only bad idea is NO idea. Jot down *anything* and *everything* that comes into your head and send it in TODAY! Ideas must be received by January 15, 2003.

THANK YOU AND NA ZDAR!

MISTLETOE

Hanging mistletoe over a doorway during the Christmas holidays is a tradition that most Americans and a lot of people around the world have grown up with. But have you ever stopped to think about the story behind it? Where did it come from? Why do we kiss just because we're standing underneath some shrubbery?

Mistletoe (*Phoradendron flavescens* or *Viscum album*) is a parasitic plant that grows on trees, particularly hardwood trees like oak and apple. As mistletoe grows on a tree, it sends out its roots right into the tree's bark and takes nutrients from the tree. Sometimes, mistletoe can harm a tree and cause deformities in a tree's branches, but usually it doesn't kill its host. If the host dies, the mistletoe dies.

Mistletoe is easy to spot in winter because its leaves stay green all year long. In the United States, it grows in tropical and subtropical regions (from New Jersey to Florida).

Mistletoe has pointy, green, leathery leaves, with waxy berries that are either red or white. The plant's flowers can be a wide variety of colors, from bright red to yellow to green. Ingesting mistletoe can cause severe stomach cramps and diarrhea, and in some cases can be fatal. If you have mistletoe in your house this holiday season, be sure that

it is in a place where children and pets won't be able to get to it.

Mistletoe got its name in the second century, from the Anglo-Saxons. "Mistel" is the word for "dung," and "tan" is the word for "twig" — misteltan is the Old English version of mistletoe, and this name tells us that mistletoe is named after bird droppings on a branch. One of the beliefs in the early centuries was that mistletoe grew from birds. People used to believe that, rather than just passing through birds in the form of seeds, the mistletoe plant was an inherent result of birds landing in the branches of trees.

There are a lot of myths surrounding mistletoe. Vikings dating back to the eighth century believed that mistletoe had the power to raise humans from the dead, relating to the resurrection of Balder, the god of the summer sun.

Balder had a dream that he was going to die. His mother, Frigga, the goddess of love and beauty, was frantic about his dream and said that if he died, everything on Earth would die. To ensure her son's safety, Frigga went to all of the elements — air, fire, water and earth, as well as to all of the animals and plants — and asked them not to kill Balder. In the same way a child would be heckled these days if his mother asked kids not to pick on her child, Balder was teased and had

things thrown at him. It was thought that, because of his mother's power, he was immune to harm.

Balder's only enemy, Loki, found a loophole in Frigga's request for her son's safety — mistletoe. Mistletoe grows on the tree it attaches itself to, and therefore has no roots of its own and could not be affected by Frigga's request. Loki made a poisoned dart with mistletoe, and tricked the blind brother of Balder, Hoder, into shooting the arrow that killed Balder.

For three days, all the elements tried their hardest to bring Balder back to life, but failed. Finally, the tears that Frigga cried for her dead son changed the red mistletoe berries to white, raising Balder from the dead. Frigga then reversed mistletoe's bad reputation, and kissed everyone who walked underneath it out of gratitude for getting her son back.

The Druids considered the mistletoe to be a sacred plant and believed it had miraculous properties which could cure illnesses, serve as an antidote against poisons, ensure fertility and protect against the ill effects of witchcraft. Moreover, whenever enemies met under the mistletoe in the forest, they had to lay down their arms and observe a truce until the next day. From this has seemingly come the ancient

Continued on Page 10.

AMERICAN SOKOL PHOTOS...



Bro. Paul Lebloch, Sokol Berwyn-Slavsky, and President of the World Sokol Federation, recently addressed the membership of CSA Fraternal Life at their annual Get Together in Illinois. Bro. Lebloch spoke on the history of the Sokol movement. Joining him, in full vintage Sokol regalia, is Bro. Michael Dropka, Sokol Berwyn-Slavsky.



Sis. Candy Short, Sokolice Tabor, offers up the microphone to Bro. Michael Dropka, Sokol Berwyn-Slavsky, who, ala instructors' course rules, had to "sing for his mail" at the recent BOI Conference at Sokol Greater Cleveland. The fun was instigated by Bro. Rome Milan, Sokol Fort Worth.



Sokol Fort Worth's Softball Team

American Sokol YOUTH PROGRAM Activities and Information



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

"SOKOOL" NEWSLETTER TO HIT THE PRESSES SOON!

Get ready! The November issue of the "Sokol" Newsletter is right around the corner. The newsletter will contain games, activities and information that is important to the youth of our program. This year, we will also be sending the newsletter to Unit Directors, Educational Directors, and District Directors. Please help spread the word about the youth programs to all of the kids in your program. At this time, we do not have a database of instructors (see below), so... please make copies of the newsletter and give them to your instructors.

YOUTH MEMBER RENEWAL

PLEASE REMEMBER: Youth Member Renewals are due by December 31, 2002. It is better to get them in earlier than this date so that they will receive the November Newsletter in a timely fashion. Please send in your lists and fees as soon as possible!!

DATABASE OF INSTRUCTORS

In order to help spread the word about youth programs and really ANY Sokol programs, we are looking into an easy way to get information about who the instructors are for each gym. We know that our instructors are the most important link to our kids and we want to be able to share all of our activities and programs with them. A website is currently being developed where Unit Directors can go online to enter their teaching staff and update it when necessary. This will be a vital link to the success of our programs. Please keep an eye out for more information!!

AMERICAN SOKOL CHRISTMAS TREE

One of the many programs that we will have in the November newsletter will be Christmas Ornament creation. We are asking that all of our Sokol Kids makes an ornament for our American Sokol Christmas Tree in the office. We will post a picture of this tree on the website for all to see. It will be a great way to show your holiday and Sokol spirit all together.

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 SO-KOOL kids that you know to read their newsletters and participate in the contests and other programs. We give out some really cool prizes.

NA ZDAR!

The American Sokol Youth Committee



American Sokol Gymnast

Kandi Ondrovic, 822 S. Madison Ave., LaGrange, Il. 60525
kandiondrovic@american-sokol.org



HAPPY HOLIDAYS

from the

AMERICAN SOKOL BOARD OF INSTRUCTORS

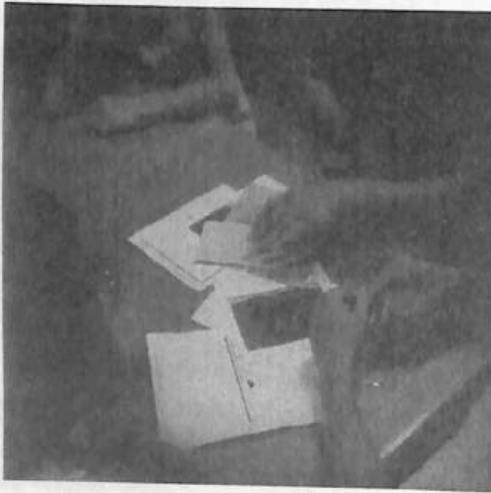
Chuck Kalat-Men s Director, Barbara Barnes-Women s Director,
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Sandy Benak, Vojmir Benak, Mary Cushing, Beverly Domzalski,
Sash Dumanovic, Maryann Fiordelis, Allison Gerber, Dorothy Gurreri,
Jan Kalat, Elizabeth Kocek, William Kool, Barb Kucera,
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Thomas Pajer, Irena Polashek, Cheri Riddle, Joan Sedlacek,
Ed Schnabl, EllenJeanne Schnabl, Richard Vachata, Patti Vondra,
Jean Vondrasek, Joseeph Vrzalik, Howard Wise and Jane Wise



2002 NATIONAL SOKOL CAMP “A WEEK OF SOKOL FUN!”

This past summer, 29 campers took trips from all over the country to join other Sokol kids in Barryville, New York for a week long camp filled with fun, adventure, excitement, friends, good food, good weather, and true Sokol spirit!

All of the campers arrived on Sunday, June 30th at the camp and were given a tour of the camp. After the tour they were shown to their cabins and instructed to meet for orientation. Campers were split into teams and were asked to create a Sokol Unit for the week. The Camp Sokols were Sokol Burrito Beach, Sokol Ultimate Novice, Sokol Nacho Cheese, Sokol Pivo Warriors, Sokol Crabs, and Sokol Burger King. Why the names I have NO idea? But regardless, the teams were spirited and worked together all week long. The week was filled with physical as well as mental activities.



Some were educational like creating imaginary constellations and legends about their Sokol Team. Here, to the left, Sokol Burrito Beach creates their Legend.

Some were nature related. In this team competition (pictured at the right) campers were asked to create a protective casing for an egg made completely out of nature! All they were given was one piece of tape. Stress tests were then performed on the casings to determine how well each team did. While there was



one egg that survived last year, we regret to inform you that NONE of the eggs survived the tests this year.



Of Course, there were plenty of physical activities such as obstacle courses, soccer, ultimate Frisbee, tumbling, etc. The campers learned to work together during this pyramid and stunt session at camp. This picture, to the left, also shows a glimpse of the gym at the camp.

Wednesday was the perfect day to take a rafting trip. All the campers descended on the river in boats of 6-8 people, pictured below. However, for some reason, the numbers kept changing and at one point in time, I think there were actually more people in the water than there was in the boats. Of course



There were plenty of activities that were just plain fun. This slide above and below was constructed of mats, soap and water. Besides it being fun, we got a chance to clean up the campers as well.



At the beginning and ending of each day, the campers held a flag ceremony in the front of the camp, pictured at left. Each team had the opportunity to perform the raising and lowering of the American, Czech, Slovak and Camp flag. The camp flag was constructed by the campers. Each team created a portion of that flag and the parts were combined and sewed together to form the official camp flag.

On Saturday, all Sokols headed to New York City to check out what they had to offer. There was plenty to see and much to do.

In the end it all came down to good times with good friends and a lot of Sokol spirit. We all can't wait until next year. Thanks to all who went out of their way to make this a successful venture. To see more pictures of the fun, check out the camp website at www.american-sokol.org/2002camp.



IS IT GROWING PAINS OR COULD IT BE OSGOOD-SCHLATTER DISEASE?

Figure 1: Mary Albury-Noyes

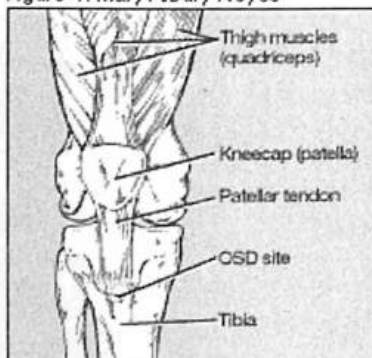


Figure 1. The knee joint. Osgood-Schlatter disease (OSD) occurs in the area where the patellar tendon, which works with the quadriceps muscles to straighten the knee, attaches to the tibia. This area is part of the growth plate of the tibia, where the bone is growing.

What is Osgood-Schlatter?

It is a disease that is characterized by pain, in children, at the attachment site of the patellar tendon on the tibia. Pain is on the tibia below the knee cap.

Cause: Repeated motion to the knee during adolescence. It is also possible that the musculature of the leg is growing at a faster rate than the bony structures and /or the musculature is being strengthened at different rates due to the nature of the sport.

What happens is a bony callus forms on the tibia and the tibial tuberosity enlarges.

Signs: The athlete complains of severe pain when kneeling, jumping, and running (sport activities). There is also tender to touch where the patellar tendon meets the tibia.

How to tell the difference: The only way to tell the difference between growing pains and Osgood-Schlatter is to see your doctor. If your athlete is complaining of pain, try using the rehab techniques listed below, they may help with the pain and help eliminate further injury. Whenever pain is experienced over a period of time, you should always consult a doctor and inform the coach.

Rehab:

1. The athlete should ice the area before and after practice for 15 — 20 minutes. Remember R I C E — rest, ice, compression and elevation whenever pain occurs.
2. Strengthening of certain leg musculature can help balance weakness and help with the pain-
 - a. Hamstring Exercises (the muscles on the back of the thigh)
 - Have the athlete lay on their stomach with their legs straight. Provide slight resistance just above their heel and have them bend their legs to get their heels to their bottom. Allow them to bend their knees, while providing some resistance.
 - Then have them try to keep their legs bent (heels at their bottom) while you try to pull their legs back to a straight position. Have them give you slight resistance, allowing you to bring their legs to a straight position.
 - +Two sets of 10 repetitions daily is recommended. Increase repetitions by 5, tri-weekly.
 - b. Strengthening of the Vastus Medialis muscle (one of the Quadriceps muscles that is often the weakest. The quadriceps muscles are located on the front of the thigh.)
 - Have the athlete stand with their back against the wall, feet about a foot away from the wall, knees bent at a 90 degree angle. They will then pulse their knees together 30 times, concentrating on tightening the inner quad.
 - +Two sets of 30 repetitions daily is recommended. Increase sets by 1, tri-weekly.

Find more information on Osgood-Schlatter Disease at: www.physsportsmed.com

Sokol Town of Lake Camp Reunion 2002



A windy, crisp, but sunny day beckoned us campers back to our "stomping grounds" of years past. Cold, but warmed by friendships nurtured over the years, we had a great time. It was particularly pleasing to have some of our friends from other area Sokol units join us.

Our many thanks to our committee – Annette, Henrietta, Vlasta, etc., and the Forest Preserve Rangers – who groomed the area, polished the memorial stone and set up the picnic tables on the day before.

Activities for the day included: Reviewing memorabilia and photographs, in particular, identifying faces from the past; Singing a few of our

favorite camp tunes; Wandering the grounds to locate sites now enveloped by years of forest growth; and, of course, Eating the sumptuous goodies spread across the tables. Special mention to Scott Stribny, who supplied a grill with hot, homemade soup. What a beautiful thought for this brisk day!

It was indeed, another memorable reunion.

Remember, if anyone has some Sokol Camp memories they would like to share – photographs, stories, etc. – send them to: American Sokol Library & Archives, 122 West 22nd Street, Oak Brook, IL 60523-1557. Better yet, **JOIN US** and bring them next year, **Sunday, October 12, 2003.**



BROTHERHOOD FLAG

II American Sokol Slet ~ June 16, 1929

Soldier Field, Chicago

The following was translated from the 1929 publication by Sis. Emily Polacek:

A 350-car motorcade preceded the Slet. The cars, decorated with American and Czechoslovak flags, were lined up from Riverside Drive all the way to Cicero. At 1:00 p.m. they proceeded east on 22nd Street to Blue Island Avenue, on to Roosevelt Road, to Michigan Avenue and then to Grant Park and Soldier Field.

John Toman was Parade Marshall - he was a member of Sokol Havlicek and the Chicago City council.

Shortly before 2:00 p.m., the orchestra, directed by V. Husa, performed the overture from Smetana's "Libuse." They then played a rousing Sokol march, to which some of the participants followed the two flag bearers into the stadium. One was carrying the American flag, the other the Sokol flag. Also marching in were Bro. Jarka Jelinek, leader of the American Sokol Organization and Dr. Miroslav Klinger, leader of the exemplary team from Czechoslovakia and the Prague Sokol.

Then, two other flag bearers carrying the American and Czechoslovak flags were followed by Bro. Fr. C. Vlach and Bro. Jarka Kosar of the American Sokol and Dr. Rudolf Krovak and

Otto Kerner and Dr. Ferdinand Veverka. Next was the speech by Dr. Krovak, who presented the Brotherhood Flag to the American Sokol (speech text follows). Attendance at this Slet was estimated at 125,000.



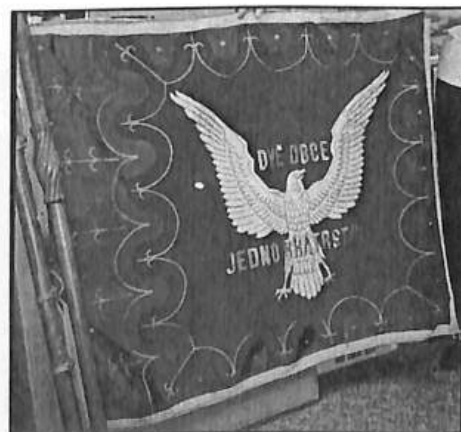
Vladimir Mueller of the COS, and gymnasts in blue uniforms, mostly from Sokol Chicago. Following were three trumpet players from the Lawndale-Crawford American Legion Post and fifty Sokols in red uniforms. Sister Sokols in their new festive uniforms were led in by Marie Stepankova, an official of the American Sokol. Then all the American Sokol Districts marched in with the Slovak gymnasts of the Ludevít Stur.

After the assembly of all the participating Sokols, speeches were given by Anton J. Cermak,

"Brother Vice Regent,

The president of the Czechoslovak Sokol Organization of Prague bestowed upon me the utmost honor. I am to present to you, the representatives of the American Sokol Organization, this flag. Our whole Sokol family, to be sure, even all of the Czechoslovak people, send their heartfelt greetings. They agreed that it would

be an unmistakable sign for this assemblage of men and women, who feel such ardor for our Sokol cause, for the not to be a faithful



Continued on Page 10.

A QUICK HISTORY OF THE CZECH LANGUAGE

Czech is the main language in the Czech Republic, spoken by around ten million people. (Minority languages here include German, Polish and Romani, but Czech is the native tongue of the overwhelming majority). It is a Slavonic language, very closely related to Slovak (Czechs and Slovaks understand one another with little difficulty), and similar to Polish and Russian. Although Czech may sound baffling to many a Western-European or American visiting the Czech Republic, it is an Indo-European language like French, German or English.

If you are familiar with Latin, then Czech grammar won't seem unfamiliar, especially its complex system of different noun cases, which are very intimidating to many learners of Czech.

It is hard to say precisely how old the Czech language is, but it is known that Slavs first settled this part of Europe around the sixth century, and the first written Slav language here was Old Church Slavonic, brought in the 9th century by the two Byzantine missionaries, Cyril and Methodius. But the main literary language for most of the Mediaeval period was Latin.

Czech gradually developed as a distinct language and there are still many texts surviving going back as far as the late 13th century. Czech culture blossomed under the 14th century emperor, Charles IV, but faced turbulent times with the Hussite wars that came soon afterwards. With the onset of rule by the Austrian Habsburg dynasty, Czech went into decline as a written language, with German becoming the language of the elite. Czech remained the language of the countryside. To this

day the German influence can be felt strongly in the Czech language. It was not until the second half of the eighteenth century that deliberate attempts began to reverse the decline of the Czech language. With the national revival movement of the 19th century, Czech rapidly gained ground in most areas of education and public life. Prague's National Theatre built on the banks of the River Vltava is probably the most potent symbol of this revival, which culminated in 1918 with the collapse of the Habsburg Empire and the foundation of the Czechoslovak Republic.



Although Czechoslovakia was a multi-lingual country, with three million German speakers, a similar number of Slovak speakers and around a million Hungarian speakers, Czech was the dominant language of the administration. During the Nazi occupation in the Second World War, German again became the official

language. For example all street signs, official documents and banknotes were first in German, then in Czech. The mainly German-speaking border regions were annexed by Germany. After the war Czech again came to the fore.

Under communist rule - from 1948-1989 - the authorities often used the Czech language as a political tool, putting great stress on its similarities to Russian. Since the fall of communism the pendulum has swung the other way. There has been a dramatic increase in the number of Anglicisms in modern Czech, many connected with the world of business, retail, computers or popular culture.

From Radio Prague - WWW.RADIO.CZ

BROTHERHOOD FLAG *(Continued from Page 8.)*

indication of this place where there is an inseparable bond. Would that the donor was given a sign of the morality and ideals of our American Sokol branch.

The red color of the flag brings to mind the combined blood shed by our Sokols and countrymen. The blood shed in the last days of battle for our freedom and independence. The Slovak blue, then, reminds us that their azure sky holds together what the ocean between us cannot part. The motto on the flag - "Two

Sokol Organizations, One Brotherhood" - will always remain truthful. With our good wishes that you will work to further the ideals that our Sokol flag stands for, we raise this flag to your celebrated Star-Spangled Banner, a symbol of your new homeland, the democratic, North America.

Na Zdar!"

After this speech by Dr. Krovak, the orchestra played the Czechoslovak anthems, "Where

Is My Home?" and "Lightning Above the Tatras." Whereupon Dr. Vlach accepted the flag on behalf of the American Sokol Organization - the flag of our country that was the cradle of our very existence. Dr. Vlach vowed that this flag would be carefully handled and protected. He then gave Dr. Krovak an American flag to show our love and devotion to the Sokol cause and ended his speech with a rousing NA ZDAR!

Next issue!

**Watch for the
unveiling of the
exciting new...**

**AMERICAN
SOKOL
UNIFORMS!**

MISTLETOE *(Continued from Page 4.)*

custom of hanging a ball of mistletoe from the ceiling and exchanging kisses under it as a sign of friendship and goodwill.

Another version, however, says that this custom, which was widespread among the Anglo-Saxons, was connected to the legend of Frigga, goddess of love, beauty and fertility. According to legend, a man had to kiss any young girl who, without realizing it, found herself accidentally under a sprig of mistletoe hanging from the ceiling.

Even if the pagan significance has been long forgotten, the custom of exchanging a kiss under the mistletoe can still be found in many European countries as well as in Canada. Thus if a couple in love

exchanges a kiss under the mistletoe, it is interpreted as a promise to marry, as well as a prediction of happiness and long life. In France, the custom linked to mistletoe was reserved for New Year's Day: "Au gui l'An neuf" (Mistletoe for the New Year). Today, kisses can be exchanged under the mistletoe any time during the holiday season.

The correct mistletoe etiquette is for the man to remove one berry when he kisses a woman. When all the berries are gone, there is no more kissing underneath that plant. It is believed that an unmarried woman not kissed under the mistletoe will remain single for another year.



AMERICAN SOKOL

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