

What do these members of  
**Sokol Berwyn-Slavsky's Senior Co-Ed Class**  
and the Chicago Bears have in common?



See page 6 to find out!

**American Sokol XVIII Convention  
is only one year away!**

See page 3.

## American Sokol

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## From Your Editor...

I have a special fondness for the April/May issue. When I took over as Editor in 1992 I came in with a bang by revamping the magazine's look for the April issue. Now, 12 years have gone by and in only one year more the Convention will elect a new slate of officers. How exciting!

NA ZDAR!

*Sis. Patricia Satek*

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Editor@American-Sokol.org

## CALENDAR of EVENTS

#### APRIL

- 16 Sokol Greater Cleveland Fish Fry
- 16-17 Sokol Minnesota Garage Sale
- 16-18 Western District Competition and Exhibition
- 17 Central District Special Number Competition, 6 p.m.
- 18 Sokol Ceska Sin Swiss Meet
- 18 Sokol Little Ferry Exhibition
- 23-24 Sokol Brookfield Rummage Sale
- 24 Sokol Cedar Rapids Pork & Dumpling Dinner
- 24 United Sokols of the East Small Boys/Girls Competition
- 28 Sokol Ceska Sin Pork & Chicken Dinner
- 30 Sokol Tabor Rummage Sale

#### MAY

- 1 Sokol Tabor Rummage Sale
- 8 United Sokols of the East Junior/Senior Competition
- 15 Central District Gymnastic Competition
- 16 Sokol Little Ferry Pork Dinner

#### MAY

- 21 Sokol Greater Cleveland Fish Fry
- 22 Central District Gymnastic Competition
- 22 Sokol San Francisco Picnic
- 23 Central District Sokol Day Picnic
- 26 Sokol Ceska Sin Pork & Chicken Dinner

#### JUNE

- 6 Sokol Ceska Sin Summer Exhibition
- 6 DA Sokol Gymnastic Exhibition
- 12-13 Northeastern District Slet at Sokol Camp, South Lyon, MI
- 12-13 Eastern Area Sokol Festival, Barryville, NY

#### XI SOKOL CANADA SLET

June 23-27, 2004 • Toronto, Ontario

#### AMERICAN SOKOL CONVENTION

April 19-24, 2005 • Cleveland, OH

#### XXI AMERICAN SOKOL SLET

June 22-26, 2005 • Chicago, IL

## THOUGHT STARTERS

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

*"The highest reward for man's toil is not what he gets for it, but what he becomes by it"*

~ JOHN RUSKIN

## 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.

# XVIII American Sokol Convention 2005

The Northeastern District is hosting the XVIII General Convention of the American Sokol Organization, April 21 through April 24, 2005. The Convention will be held at the Embassy Suites, Independence, Ohio. Pre-convention committees will meet as needed April 19 and 20, 2005. Delegate accommodations will also be at the Embassy Suites, Independence.

The Convention will determine the aims and activities of the American Sokol and the Executive Board of the American Sokol for the following inter-convention period. In addition the Convention will decide with final authority all matters which concern the American Sokol and will also revise, supplement and amend the Constitution and By-Laws of the American Sokol. Over 100 delegates from Units, Districts and the Executive Board of the American Sokol will be attending.

Unit and District Presidents will begin receiving official information about the convention beginning in the summer of 2004. This will include information about convention procedures, delegate selection,

and also the process and timeline for proposed Constitution and Bylaws changes. Article 5 sections I, II, III, and IV of the Constitution and By-Laws can be consulted in advance to review convention procedures.

The local Convention Planning Committee was selected in January 2003 and has been hard at work preparing for a successful convention. During the spring of 2003 the committee visited seven potential convention sites in downtown Cleveland as well as Independence and selected Embassy Suites, Independence as the site of the convention.

Two social events are being planned at Sokol Greater Cleveland. On Wednesday, April 20, 2005 there will be an "Ice breaker Social" and on Friday, April 22, 2005 a banquet is being planned.

The planning committee is chaired by Bro. Roger Martanovic. Other committee members are Denny Baca, Dolly Baca, Georgia Jencik, Sandy Hayden, Daniel Jirousek, Rob Samec, Gloria Srsen, J.J. Vencl, Howie Wise and Jane Wise.

## Washington, DC Conference "Preservation of Czech and Slovak Archives in America"

I represented the American Sokol at the conference dealing with the preservation of Czech and Slovak archives in American Nov 22-23, 2003. The conference was organized by SVU, the Czech and Slovak Embassies and the US Commission for the preservation of American Heritage Abroad.

Sokol New York was represented by Bros. Edward Chlander and George Dano, Sis Ann Huber, Sokol Baltimore also attended. Many who represented other organizations are also Sokol members.

The Sokol movement is a very important part of the Czech American experience. It is important that Sokol units preserve their records and history.

The American Sokol library and archives are a valuable resource.

There was concern expressed over the valuable Czech archives at the University of Chicago. These are maintained by Bro. Hruban (Sokol Brookfield). These archives contain the papers of Bro. Karel Prchal and Sis Marie Provaznikova.

I think it was important that the American Sokol was represented at this conference.

NAZDAR! Bro. Paul Lebloch

On file at the ASO Office:

Conference Agenda

List of Participants

SVU Detailed Report and Resolution

## Regarding the Photo of Sokol Slavsky on the March Cover...

**From Sis. Ellie Babka, Sokol Berwyn-Slavsky:** I know I told you I got the photo from Joan, but Bernie reminded me that I received it from Bro. Ed Linhart, Sokol Tabor. Mega apologies all around. Please print a correction.

**From Sis. Anna Bass, Sokol Berwyn-Slavsky:** There were 45 states according to the flag... therefore, the picture in the ASO newsletter had to be somewhere between Utah 1896 and Oklahoma 1907. Do you know where this building was?

**From Sis. Anna Bass (again):** The woman in the foreground has a long skirt and the man with her has a bow tie. Others are wearing rimmed hats. Our plate mat of US presidents shows Andrew Johnson 1865-1869 - William McKinley 1897-1901 in bow ties of this general style. Teddy Roosevelt 1901-1909 is in the modern tie very similar to what is commonly worn today. Also, I have some older magazines from 1897-1906 and notice a much fuller skirt prior to 1900 and a skirt more like the woman in the Sokol picture afterward." My guess is this was taken around 1902-1907 area. Now I have spent too much time pondering this wonderful picture....



**From Bro. Kevin Gallagher, Sokol New York:** In reply to your request for the date of the March newsletter's cover photo, I can't give an exact date but judging from the number of stars on the American flag I can estimate the photo was taken between 1896 and 1907. Hopefully by narrowing it down a bit someone else will be able to pinpoint the exact year.

**From Bro. Michael Rokos, Sokol Baltimore:** The picture of Sokol Slavsky was taken probably between 1908 and 1912. The clue is the 46 star flag that flies on the building. It was the flag after Oklahoma joined the Union in 1908 and before Arizona and New Mexico joined in 1912. The picture is no earlier than 1908, could be after 1912, but not likely. The 48 star flag lasted from 1912 until 1959 when Alaska joined and we had the 49 star flag until the following year when we got the 50 star flag.

**From Sis. MaryAnn Sulz, Sokol St. Louis:** I was fascinated by the photograph of Sokol Slavsky on the front cover of American Sokol. I believe it holds several clues as to the year it was taken:

1. Only the Czech crest is shown, not the Moravian nor Slovak crests and the Czech flag as we know it today is not on display. (This could possibly mean that the photo was taken prior to 1918)

2. Does the name "Rychta" denote the name of the store owner? If so, what year did he rent?

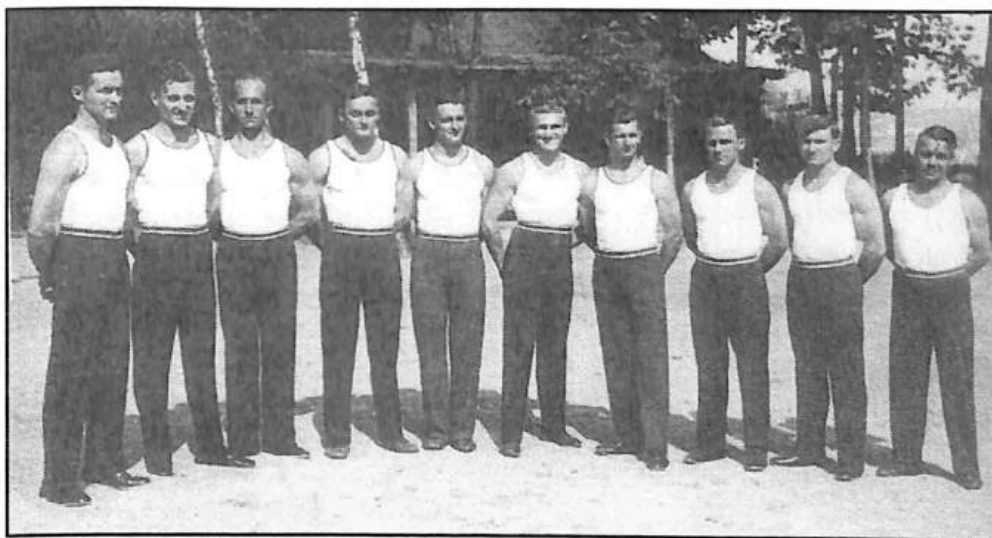
3. The American flag has 45 stars. (If my source is correct, the flag had 45 stars between 1898 and 1908)

4. The advertisement of the Sokol Slet. (Can't tell if it notes the 1st Slet or 2nd). In 1906 the Sokols held a Slet in Chicago to commemorate the 50th anniversary of the founding of Sokol. Is this why the building is so elaborately decorated. If so, could the photo have been taken in 1906?

**From Sis. MaryAnn Sulz (again):** In my recent note to you regarding the above, my no. 4 reason for the photo being possibly dated 1906, was in error. This was not the 50th anniversary of the founding of Sokol, but it was the 50th anniversary of K. Havlicek Borovsky. What I read was that Sokol St. Louis did send gymnasts up to Chicago for a Slet that year.

**From Tony Cifka:** Was pleasantly surprised to see the photo of old Sokol Slavsky on the front page of the Sokol magazine in March. The photo shows the 1926 grand opening of the original Slavsky building on 22nd Street and Lombard in Cicero, built at a cost of \$1 million. A block long and two stories high, it was the largest Sokol building in the U.S. and Canada and housed a 1200-seat auditorium, gymnasium and pool. Both my parents were members of Sokol Slavsky and in my childhood Sokol Slavsky was the largest Sokol in Chicagoland with 1500 members. May the young generation carry on the wonderful tradition of Slavsky for many years to come. Sokolu Nazdar! Tony Cifka, Chicago Daily "Svornost" 1936-1947

## American Sokol Team ~ COS X All-Sokol Slet ~ Prague, Czechoslovakia 1938



Pictured L to R:  
Stanley Barcal (Chicago), Henry Jansen (St. Paul), Frank Houzvicka (Ft. Worth/Dallas), Frank Capek (New York - Little Ferry), Frank Melicher (Omaha), Walter Hosek (Dallas), Miles Kocourek (Omaha), Bill Kriznecky (Chicago), Louis Teichman (Detroit) and Josef Kos (Czechoslovakia/Chicago/Houston) - Coach of the Team.

The group traveled aboard the HMS Aquatania (New York to Cherbourg, France). Five days at sea and working out daily, they arrived June 1, 1938, participated in the Slet, toured Czechoslovakia being hosted and also performing in many cities and villages. They left just before the takeover of Czechoslovakia by the Nazis and returned in September. While at the Slet the group stayed in Smichov, Holickova ulice, cislo 13, Ustav Hluchonemych, Praha.

*Information given to Bro. Jerry Milan by Bro. Walter Hosek.*

## THE VOICE *...Reader Quips, Comments & Queries*

Dear Sis. Pat:

I just wanted to thank you for the thrill of seeing the 1938 American team for the Sokol Slet on the cover of American Sokol. My dad, Henry Jansen, is standing next to Stanley Barcal in each of the photos. Dad died October 11, 2002 at age 92. He was a lifelong Sokol. Brought to the Sokol St. Paul gym at the age of seven by his stepfather, he loved gymnastics at first sight! He met my mother, Laura Uebel, a member of the turners, at a gym meet. They were married in 1937. Dad made the American team and told mom he was going to Prague – and she said so was she! So, dad and mom's "honeymoon" was the 1938 Sokol Slet. They sailed aboard the Aquatania – he rooming with the men's team – mom with the other ladies. Their experiences and memories of this trip were told and retold to my sister and myself. Our family has been very active in Sokol Minnesota. Dad taught for many years, was men's director for decades, danced with folk dancers and taught the "keep fit" class with Georgiana Dolejsi (Smolik) (who was a member of the women's team in 1938) until he was almost 90! One of my greatest thrills was to be in the Verna Garda prostna in Prague in 2000 and to wear dad's Sokol cap in the parade. I treasure all the wonderful memories Sokol has given me and try to make new memories for the children of Sokol Minnesota. I remember Stan Barcal and my dad and all of the leaders of American Sokol who have left us this great legacy to follow.

**NA ZDAR!**

Sis. Louise Jansen Wessinger, Sokol Minnesota

# SOLDIER FIELD MEMORIES

Did you get excited when the Chicago Bears started a new season at the *new Soldier Field*? In Sokol Berwyn-Slavsky's Senior Co-Ed Class there are many people who have fond memories of the days when Sokol Slets were held at Soldier Field on Chicago's lakefront.

In 1933, a large contingent of Sokols merged to participate in a Sokol Slet. A group of these participants congregated at Sokol Berwyn-Slavsky in the late fall of 2003 and reminisced their experiences in that huge stadium. Some the Sokols, now in their 80's, remembered them announcing on the loud speaker, "We have a little girl that is lost. Please come forward and claim her." Another one remembered how frightening it was to find the washrooms. They unanimously concurred that it was an experience they will never forget.

The last Sokol Slet held at Soldier Field was in 1953. Bro. Karel Prchal was President of the American Sokol Organization, the Men's Director was Bro. O.J. Kudrnovsky and the Women's Director was Sis. Emilie Welcl. Our Sokol champions included names like Stan Barcal, Paul Fina and Richard Ptacek. Marching proudly in front of the Central District participants were Central District Directors, Sis. EllenJeanne Schnabl and Bro. Richard Ptacek.

*Submitted by Sis. Blanche Wostratzky*



**PARTICIPANTS IN 1933:** *Back Row* – Pauline Sauer, Rose Vytlacil, Richard Ptacek, Irv Proksa, Mary Predaina.  
*Front Row* – Mary Bubenicek, Virginia Nicklas, Blanche Wostratzky, Emilie Polacek, Slavia Sula, Agnes Drozd.



**PARTICIPANTS IN 1953:**  
*Back Row* – Ellie Babka, Mary Predaina, Blanche Wostratzky, Richard Ptacek, George Lacina, Frank Ludicky, Nancy Lacina, Arlene VonSchwedler.  
*Middle Row* – Millie Sujka, Pauline Sauer, Virginia Nicklas, Rose Vytlacil, Helen Sevcu, Slavia Sula, Lil Malan, Mildred Mentzer, Marie Jensen.  
*Front Row* – Mary Bubenicek, Val Kulhanek, Agnes Proksa, Agnes Drozd, Vlasta Stribrny, Fran Sanda, Emilie Polacek, Marie Ptacek.

# AMERICAN SOKOL GYMNAST

Kandi Pajer 117 Oakland Grove, Elmhurst, Il. 60126 – [kandipajer@american-sokol.org](mailto:kandipajer@american-sokol.org)

## Not sure what to celebrate in April or May?

Besides Easter and National Poetry Month, here are some other ideas:

National Car Care Month	National Pecan Month
National Kite Month	National Prepare to Buy a Home Month
School Library Media Month	National Soft Pretzel Month
Soy Food Month	Straw Hat Month

Find a way to incorporate some of these celebrations into your month. Have you and your family read a book of poetry, wash the car in the driveway instead of getting it washed, go on the internet and find a recipe on how to make soft pretzels, or take a trip to the park and fly a kite on a Saturday afternoon. These are just some ideas to help celebrate SPRING and get the family doing things together! KP ;)

## May

The first week in May is National Hospital Week and National Animal week. Another family fun idea is to make cards for children in the hospital, or volunteer at the local animal shelter to walk the dogs or spend time with some lonely animals. These are also great ideas to teach kids about sharing, compassion, and volunteering.

# Stress

This time of year always brings about stress for me. The school year is coming to a close, spring cleaning is lurking in the back of my head, my students and gymnasts are bouncing off the walls with the anticipation of summer as well as me! Here are some relaxation techniques for relief of anxiety and stress. KP;)

How does stress affect the body?

Your emotional and physical reactions to stress are partly determined by the sensitivity of your sympathetic nervous system. This system produces the fight or flight response to stress and excitement, speeding up your pulse rate, respiration, and muscle tension.

When these responses happen in the body it leaves you feeling on edge, jumpy, a decrease in self worth, decrease in confidence, a decreased ability to handle your usual range of activities and possibly complete exhaustion. Here are some techniques you can perform to help cope with and hopefully eliminate your stresses.

## Quick Relaxation

1. Loosen your clothing and get comfortable.
2. Tighten the muscles in your toes. Hold for a count of 10. Relax and enjoy the sensation of release from tension.
3. Flex the muscles in your feet. Hold for a count of 10. Relax.
4. Move slowly up through your body – legs, abdomen, back, neck, face – contracting and relaxing muscles as you go.
5. Breathe deeply and slowly. (Your breath should expand your abdomen, not your chest)

## Long – Term Relaxation

1. Get in a comfortable position. Minimally tighten your right fist so that you feel only the smallest amount of tension. Hold it at this level. Be sure you continue to breathe. Now let go and relax. Observe the difference in feelings between the right and left arm and fist.
2. Now minimally tighten your left fist. Hold at this level so that you just feel the tightening. Let go and relax. Let the relaxation spread through the arms and the rest of the body.
3. Now tighten ever so slightly the following parts of your body.
4. While breathing, minimally tighten the triceps.
5. Raise your shoulders to your ears minimally. Then stomach, buttocks, feet, calves, and thighs. Let yourself reach an even deeper level of relaxation, a calmness and serenity.
6. Now tense every muscle in your body so that you just feel the minimum tension and be sure to keep breathing. Let your whole body relax. Feel a wave of calmness as you stop tensing.
7. Now, with your eyes closed, take a deep breath and hold it. Note all the minimum tensions. Exhale and feel the relaxation and calmness developing. Note the feeling of heaviness.

I got these relaxation techniques off of the wso.Williams.edu website. There are also a number of web sites you can find information. The following focusing technique was acquired from the [www.healthy.net](http://www.healthy.net) website.

### **Focusing**

Select a small personal object that you like a great deal. It might be a jeweled pin or a picture from your recreation room. Focus all your attention on this object as you inhale and exhale slowly and deeply for one to two minutes. While you are doing this exercise, try not to let any other thoughts or feelings enter your mind. IF they do, ust return your attention to the object. At the end of this exercise you will probably feel more peaceful and calm. Any tension or nervousness that you were feeling upon starting the exercise should be diminished.

Another way to decrease stress is to take personal time for yourself once a day. Plan 10 to 20 minutes a day where you can just sit and relax and think about only pleasant thoughts. When I was student teaching I would arrive at the school 15 minutes early and sit in my car, listen to my radio and hear the local church bells ring. It helped me prepare for the day and allowed me to relax and think about things that I wanted to think about. You can also read a book before you go to bed, or take a bath and soak for 10 minutes.

## **Stay Alert to the Possibility of Violence in Schools**

Experts report that schools are relatively safe places. More violent acts involving children and teenagers occur outside of schools than in them. However, as all of us know, violence does occur on campuses.

Dr. Ken Druck is founder of the Families Helping Families program and has worked with families at Columbine and Santana high schools, as well as at other sites of tragedy, including New York City after 9/11. In his book, *How to Talk to Your Kids About School Violence*, Dr. Druck offers the following statistics to keep adults vigilant in their efforts to deter campus violence.

- Every day, 160,000 kids miss school due to fear of attack, peer intimidation or bullying.
- Of the 41 youths involved in school shootings since 1974, 66% said they had been bullied at school and that revenge was one of their motives.
- 24% of high school students say they took a weapon to school at least once in the past year.
- 43% of students do not feel safe using the school restrooms.
- Children are most frequently injured by firearms when they are unsupervised and out of school, usually late afternoon, peaking between 4 and 5 p.m., over the weekend and during summer and holiday breaks.
- Of expelled elementary school students, 9% are removed for bringing firearms to school.
- Research shows that as much as half of all bullying can be prevented.
- Studies show that parent training can lead to clear improvements in children's antisocial behavior, aggression and family management practices. [Helping Hand Volume 14, Issue 4](#)

## It's a Tough World Out There; Understanding How Teens Cope

Life is challenging for teens – even on the best of days. They're trying to learn the body of knowledge humans need to survive (reading for understanding, writing to be understood, mathematics and the rules of citizenship) as well as how to be human in a world of others (no easy task, as we know). It's enough to make a kid, well, sleep late.

When pressures become too much to handle or control, young people must find a way to cope. They feel their basic ability to control their lives threatened, so they react. But "fight of flight" is not the only response teen (and adults) use to deal with life's challenges.

Jann Gumbiner, PhD, is a psychologist and clinical professor. In her book, *Adolescent Assessment* (John Wiley & Sons, 2003), she explains various styles for coping with stress that can help us understand not only our teens' responses to difficulties, but, perhaps our own.

**Regression:** A young person returns to some behavior that was part of another developmental phase in their lives. For example, a middle school student might start wetting the bed again. Or a teenager who has been seeking more independence may suddenly want to spend more time with his/her parents.

**Denial:** Denial is pretending something doesn't exist. A teenager may deny s/he is mortal, thinking car crashes won't happen or, if they do, the teen won't die in one. Teens also may deny that using alcohol or other drugs will cause them problems or that they can get sexually transmitted diseases if they have sex.

**Displacement:** This means a teen blames someone else for his/her troubles instead of him/herself or the actual source of the problem. Anger is often displaced onto others, for example. Or poor grades may be blamed on a "lousy teacher. It's a case of the old "the devil made me do it."

**Withdrawal and avoidance:** Gumbiner uses this example of coping with anxiety by withdrawing or avoiding something: "It is easier for some adolescent boys to bury themselves in books and debate team activities than to face girls."

**Rationalization:** This coping method allows teens to justify or explain away their problems. It used to be that the dog ate a student's homework. Teachers report that the computer eats it these days.

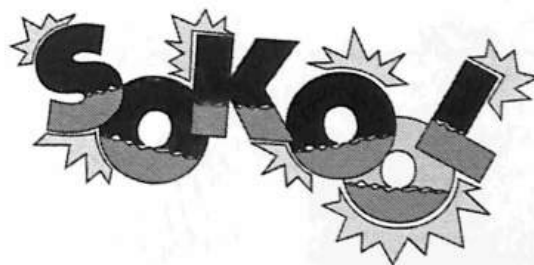
**Asceticism:** This one's a bit more complex but can best be explained by looking at the behavior of a student who stays up for a couple days (or sleeps very little) studying for a big test. They're denying their bodily needs to reach some goal.

**Sublimation:** When someone sublimates a feeling, they channel it into another activity. For example, a teen who is angry with a teacher might play a game of basketball or run a couple miles to relieve the stress of the anger. Or, a young person who is grieving may express his/her feelings through music, writing poetry or crying freely.

These coping strategies, or defenses against threat, are not necessarily unhealthy responses. For example, everyone justifies some behavior at some time. It may be what's needed to help the person move along to more productive and satisfying behaviors. They are problematic when they interfere with normal life schedules or cause painful social interactions.

If you know a young person who consistently uses these strategies in ways that cause him/her or others emotional discomfort, contact your school's student assistance counselor, psychologist, social worker, nurse or guidance counselor for helpful resources. [Helping Hand Volume 14, Issue 4](#)

# American Sokol YOUTH PROGRAM Activities and Information



## KEEPING OUR KIDS

Did you know that 50% of our kids do not return back to our Sokol program every year?! This is an amazing statistic and the American Sokol is doing all it can to try to Keep Our Kids in the program. In order to solve some of these major problems that Sokol has with keeping our youth in our Sokol classes, a committee was formed called the "Keeping Our Kids" committee. This committee is committed to finding solutions to these problems and acting on them.

The committee has already run two major national programs: "Bring a Friend to Sokol Week" and "Monitoring Outside Activities". "Bring a Friend to Sokol Week" allowed kids that are currently in our program to bring their friends into classes and get them familiar with Sokol. Many kids joined due to this program. "Monitoring Outside Activities" is a program designed to help all Unit Directors structure ways to keep in touch with kids that may leave our program due to involvement with other non-Sokol activities like high school sports, community programs, etc. This program will help remind kids that we really care for them and want them in our program.

If you have any questions regarding either of these programs or the other work that the committee is doing, please contact me at [tompajer@american-sokol.org](mailto:tompajer@american-sokol.org).

## YOUTH AMBASSADOR REMINDER

Don't forget...each district has a Youth Ambassador who is responsible for facilitating youth programs within their district. These Youth Ambassadors are in your neighborhood and have a lot of information and can help with all of the youth programs that we have. Here is a list of our youth ambassadors and their e-mail addresses.

**Central District - Christina Curran - [christinacurran@american-sokol.org](mailto:christinacurran@american-sokol.org)**

**Eastern District - Artie Dehecchi - [artiedehecchi@american-sokol.org](mailto:artiedehecchi@american-sokol.org)**

**Northeastern District - Jane Wise - [janewise@american-sokol.org](mailto:janewise@american-sokol.org)**

**Western District - Bud Benak - [budbenak@american-sokol.org](mailto:budbenak@american-sokol.org)**

**Southern District - Stephanie Buya - [stephaniebuya@american-sokol.org](mailto:stephaniebuya@american-sokol.org)**

**Pacific District - Lynn Miller - [lynnmiller@american-sokol.org](mailto:lynnmiller@american-sokol.org)**

In addition, you can always contact [tompajer@american-sokol.org](mailto:tompajer@american-sokol.org) for any youth information. 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](mailto: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**

# STANLEY BARCAL

*Sokol Chicago & Berwyn-Slavsky*



*Sokol*



*Competitor*



*Teacher*



Josef Kos  
*ČOS-Czechoslovakia*  
*Chicago - Houston*



Jeri & Bill Krizenecky  
*Sokol Chicago*



Frank Capek  
*Sokol New York &*  
*Sokol Little Ferry*

# XI SOKOL CANADA SLET

**BANQUET**

Friday, June 25, 2004

Sheraton Parkway Toronto North in the Grand Richmond Room

Reception 6:00 P.M., Dinner 7:00 P.M.

Tickets \$65.00 CAD per person (cash bar)

**Deadline:** June 5, 2004

**EVENT TICKETS**

	<u>In Advance</u>	<u>At the Site</u>
Opening Ceremony	\$10.00	\$15.00
Victory Dance	\$15.00	\$20.00
Competitor Social	\$15.00	\$20.00
Slet	\$10.00	\$15.00

NOTE: Do not order tickets for any gymnast for whom you are paying an entry fee. Entry fee includes Opening Ceremony, Victory Dance, Competitor Social and Slet.

When ordering tickets, send Name, Address, City/State/Zip and Sokol Unit/Organization, plus number of tickets, with payment in full (CAD) payable to **XI SOKOL CANADA SLET** to:

**SOKOL CANADA**  
26 Penwick Crescent  
Richmond Hill, ON L4C 5B4

## 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 Stanley Barcal from Pete Jr. & Jean Dusek	\$50.00
In Memory of Frank Capek from Pete Jr. & Jean Dusek	\$50.00
In Memory of Jerry Hardy (Sokol New York) from Pete Jr. & Jean Dusek	\$50.00
In Memory of Josef Kos from Pete Jr. & Jean Dusek	\$50.00
In Memory of Stanley Mergl (Sokol New York) from Pete Jr. & Jean Dusek	\$50.00
In Memory of Vladislav Slavik (Sokol New York) from Pete Jr. & Jean Dusek	\$50.00
In Memory of Evelyn Riha, Sokol Los Angeles, from Larry & Lil Laznovsky	\$25.00
In Memory of Agnes Sotka from Sokol Town of Lake	\$25.00
In Memory of Hattie Leker, Sokol KHB, from Larry & Lil Laznovsky	\$25.00
In Memory of Charles Chmelir from Vlasta Lindenlauf	\$25.00
In Memory of Stanley Mergl, Sokol New York, from Larry & Lil Laznovsky	\$25.00
In Memory of Anton Smunt, Agnes Sotka and Josephine Ciethaml from Eleanor Cecka	\$50.00
In Memory of June Pros	
From Mike & Peggy McGuire	\$50.00
From Charles & Fran Malina	\$25.00
From Michele Philipsborn	\$20.00
From Marge Brinker, Bernice Brinker, William Strejc, Al Rus, Ann Gould, Jarmila Marsiglio, Mr. & Mrs. Curran, Mr. & Mrs. Zitny, Mr. & Mrs. Slott, Mr. & Mrs. Keippel, Mr. & Mrs. Mecca, Elaine Hauber, Vlasta Chloupek, The Dropka Family, Mr. & Mrs. McKee, The Cole Family	\$25.00
From Larry & Lil Laznovsky	\$25.00
From George & Jackie Kourim	\$25.00
<b>Total: \$425.00</b>	

# American Sokol Organization Quarterly Financial Report

July, August, September 2003

## RECEIPTS

Dues .....	\$28,596.24
BOI .....	.239.00
Administration .....	.5.00
Uniform Department .....	1,253.30
Camp 2003 .....	1,500.00
School 2003 .....	.700.00
Special # T-shirts .....	.415.00
Donations .....	.10.00
<b>Total deposit - SAVINGS .....</b>	<b>\$.23,527.84</b>
<b>Total deposit - CHECKING .....</b>	<b>\$.9,190.70</b>

## DISBURSEMENTS

### ADMINISTRATIVE

FICA/MED/FWT .....	\$.661.95
CSA Rent .....	4,676.37
Barb Barnes, CPA .....	.880.00
Earthlink .....	.88.35
AT&T .....	.286.58
Stamps & Shipping .....	.226.16
IL Dept of Rev #941 .....	.310.73
Salaries .....	2,381.50
CSA Copies .....	.109.89
Supplies .....	.100.67
Seldon Fox (Audit Clerical) .....	.347.40
Ad Book UMS 2003 .....	.50.00
II Annual Report Sec of State .....	.20.00
CGSI Booth .....	.25.00
Reim to UNIF for Credit cards .....	1,508.50
C Kalat, Dir Newsletter .....	.253.50
Special # T-shirts .....	.437.11
<b>Total .....</b>	<b>\$.12,363.71</b>

### YOUTH MEMBERSHIP

Supplies & Postage .....	\$.1,616.72
Gumball Machines .....	.650.96
<b>Total .....</b>	<b>\$.2,267.68</b>

### PUBLICATION

Millennium Graphics .....	\$.3,159.49
Editor, Pat Satek .....	.300.00
<b>Total .....</b>	<b>\$.3,459.49</b>

## BOARD OF INSTRUCTORS

FICA/MED/FWT .....	\$.572.88
Postage/Supplies .....	.28.90
Earthlink .....	.88.35
AT&T .....	.143.31
Salaries .....	3,055.43
USAG Kalat & Barnes .....	.932.86
CSA Copies .....	.109.90
Kandi Ondrovic, Gymnast Editor .....	.60.00
Dir Conference Expenses .....	1,336.88
Kalat - Skills Ribbons .....	.317.20
<b>Total .....</b>	<b>\$.6,645.71</b>
Instructor School 2003 .....	\$.732.29
Youth Camp 2003 .....	\$.9,831.43

## EDUCATION

FICA/MED/FWT .....	\$.96.84
Salary .....	.443.21
<b>Total .....</b>	<b>\$.540.05</b>
Uniform Department	
FICA/MED/FWT .....	\$.586.69
Salary .....	.1651.11
AT&T .....	.143.28
Rent .....	.792.36
<b>Total .....</b>	<b>\$.3,173.44</b>

Balance Brought Forward	\$6,997.39
Transfer from Savings to Checking	\$24,000.00
Receipts direct to Checking	\$9,190.70
Credit Card Receipts	\$1,493.50
SubTotal	\$41,681.59
Disbursements	(\$39,013.80)
Bank Card and Service Fees	(\$204.98)
Balance in checking 9/30/03	\$2,462.81

## RACE AGAINST HATE

Sokol Stickney members (L to R) **Donna Scott, Barbara Vondra, Nichelle Pajeau and Nancy Pajeau** at the Race Against Hate in Evanston, Illinois, June 29, 2003. The race is held in honor of Ricki Byrdsong, former Northwestern Basketball Coach, who was killed while walking with his children in his own neighborhood.



## AMERICAN SOKOL

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## EDUCATIONAL & B.O.I. MATERIALS, MEMBERSHIP PINS & KITS

### EDUCATIONAL MATERIALS

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

### BOARD OF INSTRUCTORS

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

### MEMBERSHIP PINS & NEW MEMBER INFORMATION

Membership Kit  
Plain Pin (No Year)  
Year Pins (in 5-year increments: 5, 10, 15, 20, 25, 30, 35, 40, 45, 50-Year)  
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For information on all items, contact:

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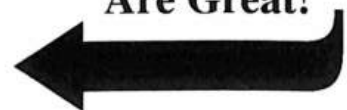
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