

# american **SOKOL**

Volume CXXVI, Number IX

NOVEMBER/DECEMBER 2004



*Wishing you  
and your loved  
ones a joyous  
holiday season!*

*American Sokol  
Executive Board*

*This beautiful  
illustration is  
reproduced from a  
holiday card sent by  
Sokol/Sokolice  
Milwaukee in 1999.*

## American Sokol

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

A.S.O. Board of Instructors meets every 2nd  
Wednesday (except July/August), 7:30 P.M.

Library, Archives & Museum Curator:  
Annette Schabowski

## From Your Editor...

Happy holidays! American Sokol has a big year in 2005. Our convention in April will bring a new slate of officers, including a new editor. The Slet in June promises to be an event to remember! Both will serve as a foundation for the continued success of our organization.

**NA ZDAR!**

*Sis. Patricia Satek*

46 Northgate Road ~ Riverside, IL 60546-1639

Editor@American-Sokol.org

## CALENDAR of EVENTS

#### NOVEMBER

12-13 Sokol Tabor Rummage Sale  
13 ASO Presidents' Conference and  
Board of Governors' Meeting  
13 Sokol Detroit Holiday Extravaganza  
14 Sokol Minnesota Pancake  
Breakfast, Bake & Craft Sale  
14 Sokol Chicagoland Open House  
19 Sokol Greater Cleveland Fish Fry  
19 Sokol Greater Cleveland 100  
Man March  
19-21 Sokol Milwaukee Holiday  
Folk Fair  
21 Central District Women/Junior  
Girls Volleyball Tournament  
25 Central Dist. TNT Team in Chicago  
Thanksgiving Day Parade  
26 Central Dist. TNT Team in Frosty  
& Friends Parade - Westmont, IL  
27 Sokol St. Louis Volleyball Tourny

#### DECEMBER

3 Sokol Minnesota Children's  
Christmas Party  
4 Sokol Spirit St. Nick's Dance  
4 Sokol San Francisco St. Nick's  
Dance  
4 Sokol Greater Cleveland St.  
Nick's Dance  
5 Sokol St. Louis St. Nick Party  
5 Sokol Minnesota Member  
Christmas Party  
11 Central District Boys' Skills Day  
11 Sokol Stickney Spaghetti Dinner  
12 Central District Rhythmic  
Competition  
17 Sokol Stickney All Family  
Christmas Party  
30 Sokol San Francisco End of Year  
Dinner/Dance

#### AMERICAN SOKOL CONVENTION

April 19-24, 2005 • Cleveland, OH

#### XXI AMERICAN SOKOL SLET

June 21-25, 2005 • Chicago, IL

## THOUGHT STARTERS

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

*"The only time you mustn't fail  
is the last time you try."*

~ CHARLES KETTERING

## 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.

# The 1938 Slet in Prague: Memoirs of Stanley Barcal

(Submitted by his daughter, Sis. Julie Barcal)

June 24th, 1938

We are in early today so I thought I'd better try to write a few lines because tomorrow we will be out a little later and we are usually tired enough to sleep standing up.

Today we were on a sightseeing trip through Praha and learned a little more about history, but the best part was that at the end they took us to one of their largest breweries and gave us hot dogs and beer. Boy, that was O.K. Tuesday we went to an old castle near here and saw how the kings used to live up until the world war. They had everything. Today we saw the office of the president—a very nice place.

The weather here has changed a lot and now it is plenty warm, which we all needed to get rid of our colds.

We have been doing so much walking that I believe my feet would hurt even in house slippers.

Yesterday, Bill Kriz, Jr. came in so we all went to the station to meet him. Boy, was Bill ever happy.

Praha is sure starting to fill up with strangers. Tomorrow about 20,000 junior boys and girls are to come in and Sunday is their Slet, which we are going out to see.

We had a half a day off today for that trip so tomorrow we will drill all day. The skin on my hands was always pretty tough, but now it is real shoe leather.

The war condition here has been so quiet lately that everyone seems to think that all is well again—which we all hope.

Today, three airplanes crashed very near here and two pilots were killed. They were those big bombers practicing for their coming maneuvers.

Last Sunday we were at the Slet of the kids and they had three planes flying all the time. They say it was a guard, just in case.

There isn't much news here just now or maybe we just don't get around much. You know, always at home.

I'm sending a picture of us in the full Sokol rig. There are about 30 fellows and 45 girls. They look pretty fair in the parades that we have to attend.

So, I guess I'd better hang up for today.



Fellows and girls in full Sokol rig.



Bro. Barcal (seated, left) at Hrabankova Restaurant.



Jeri and Bill Kriz



# 2005 Chicago Slet Souvenir Order Form

<u>ITEM</u>	<u>PRICE</u>	<u>QUANTITY</u>	<u>TOTAL</u>
Pencil	\$0.50 .....	_____	_____
Stickie Pad (25 Sheets)	\$0.50 .....	_____	_____
Pen	\$0.75 .....	_____	_____
Magnet	\$0.75 .....	_____	_____
Luggage Tag	\$1.50 .....	_____	_____
Mouse Pad	\$4.00 .....	_____	_____
CD Case	\$6.00 .....	_____	_____
Playing Cards	\$6.00 .....	_____	_____
<b>SIZE</b>			
T-Shirt	\$10.00 .....	Youth - M .....	_____
	\$10.00 .....	Youth - L .....	_____
	\$10.00 .....	Adult - S .....	_____
	\$10.00 .....	Adult - M .....	_____
	\$10.00 .....	Adult - L .....	_____
	\$10.00 .....	Adult - XL .....	_____
	\$11.00 .....	Adult - XXL .....	_____
Women's Shorts	\$10.00 .....	Adult - S .....	_____
	\$10.00 .....	Adult - M .....	_____
	\$10.00 .....	Adult - L .....	_____
Women's Tank Top	\$12.00 .....	Youth - L .....	_____
	\$12.00 .....	Adult - S .....	_____
	\$12.00 .....	Adult - M .....	_____
	\$12.00 .....	Adult - L .....	_____

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 \_\_\_\_\_  
 Phone: \_\_\_\_\_

**Sub-Total** \_\_\_\_\_  
**Shipping & Handling** \_\_\_\_\_  
**TOTAL** \_\_\_\_\_

Make check payable to: **American Sokol 2005 Slet**  
 Send payment and order to: **American Sokol**  
**122 W. 22nd Street, Oak Brook, IL 60523-1557**

If you wish to pick up your order, please coordinate through the American Sokol Office 630-368-0771.

\$0 - \$25.00 .....	\$4.95
\$25.01 - \$40.00 .....	\$6.95
\$40.01 - \$55.00 .....	\$8.95
\$55.01 - \$75.00 .....	\$10.95
\$75.01 - \$100.00 .....	\$13.95
\$100.01 - \$125.00 .....	\$15.95
\$125.01 - \$150.00 .....	\$17.95
\$150.01 - \$250.00 .....	\$18.95
\$250.00 - \$400.00 .....	\$19.95
Over \$400.00 .....	5.50%

## LODGING INFORMATION

For best rates, book your stay now.

Slet Headquarters Hotel: HYATT REGENCY OAK BROOK  
RATE: \$85/night + tax  
Single Guestroom, King or Double/Double  
UP to 4 person occupancy  
CONTACT: Hyatt Regency Oak Brook  
Reservations ~ 630-573-1234  
Hyatt Reservation Center ~ 1-800-233-1234



Room availability is limited. Book your rooms now to guarantee yourself the best spot in town. The Hyatt Regency Oak Brook is conveniently located across from the Oak Brook Mall where you will find great food and high-end shopping! Just walk out the door and cross the street! Hyatt Regency Oak Brook also offers a 4,000 square foot fitness center, indoor pool, whirlpool and two sun decks, barber shop, gift shop, coffee shop, two restaurants and car rental. Minutes from Brookfield Zoo. Business services are also available.

For more information, contact: Bro. Ted Polashek ~ 708-670-2172  
Or: American Sokol National Office ~ 630-368-0771

## Sokol Town of Lake Camp Picnic/Reunion

October 10 was a beautiful day in the Chicagoland area—sunny and crisp with a tinge of Autumn blowing in on a gentle breeze from the southwest. Campers from the past (35 in all) with memories from years much too much earlier in our youthful days to “stamp” with a date, gathered at the form site of our Sokol Camp in the Palos Forest Preserves to pay tribute to those wonderful days and, of course, to our beloved “Teach” Kolena, at the memorial stone.

As usual, we had good food galore. Fried chicken with trimmings, lots of salad choices and a great variety of sumptuous desserts—compliments of all in attendance. Special thanks are extended to Annette Schabowski and Henrietta Milan for the homemade apple pie with a Sokol emblem carved in the top.

The singing session was led by “Camp Director” Lad Vanek and then we were off to explore the



trails and sites that have long since disappeared. Then, back to our campsite to view photo albums, reminisce about old tomes and get acquainted with new developments. It was indeed a fine day.

If you were one of the campers who couldn't make it out this year, mark your calendar for Sunday, October 9, 2005. **Come join us!**

**NA ZDAR!** Bro. Ray Hemzacek

# EXECUTIVE BOARD NOTES

*Submitted by Sis. Jean Hruby – National Office Manager*

Just 5 months until Convention and 7 months to Slet! It will be here before you know it!

Have you booked your rooms yet? Well, "Hop on Board" and get your tickets. Your local units have all of the information you need to plan your trip. Contact the National Office if you are not near a unit and need information.

The National Office has a new scanner for the computer system. We will now be able to take old documents that were always on paper and copy them into the computer. This would have taken a long time to retype routines and such into a computer. We hope this will help with the publication pictures in the future.

Sokol "Slet" Seals have recently been mailed out to all of our members. You will have them in time for your Christmas Cards. If you need more, please send a request to the National Office along with your additional donation. This is a big year for American Sokol and all the fundraising efforts help make it happen. Thank you so much for your continuous support.

We have received the new donation envelopes and new membership cards. A sample will be sent home with those attending the Unit President's Conference and Board of Governors' meeting November 13th. Also, we have a new supplier for the membership pins. The 25 year and 50 year pins will now be less expensive. We will be coming out with a new price list.

The Youth Committee sent out the "Bring a Friend to Sokol" week program, which many units have implemented already and is always a great success. The Pen Pal program will be sent out in the November Youth Newsletter and they have extended the "Name the Conductor" contest until December 31, 2004. (The "conductor" is part of the Sokol Slet theme.) Encourage the kids in your classes to be creative and name our conductor. There are two new webmasters for our American Sokol website Social Page; they are Sis. Christina

Curran and Sis. Heather Beasley. Did you know that our Youth Committee sends out youth newsletters in two different age groups, 3-11 and 12-18 years? The Youth Committee is continually trying to promote Sokol and keep our kids involved.

The 18-30 Yr. Old Conference was successful. There were many positive ideas and everyone focused on ways to improve the organization. 27 young adults representing 13 units attended! Their motivation will be taken back to their own units and we look forward to the future with them.

January 8-9, 2005 will be the BOI Development Conference. This is a job-related training for Directors, Instructors and other BOI members.

Sokol Chicagoland found a new home in Downers Grove, Illinois. They have purchased the Elite Sports Complex and will soon be operating classes out of this gym. The current gymnastics school will also remain at the facility.

The National Office was saddened in October by the loss of another former employee, Sis. Frances G. Malina. Many of you may have spoken to her or stopped by to talk with her. She gave a lot of her time to the National Board of Instructors and spent many hours in the office with Sis. June Pros.

Sisters Ellie Babka and Anne Svec, Sokol Spirit, have arranged for the Chicago-area newspapers to add the Sokol logo when submitting an obituary. The papers have it already—you just have to ask for it. We know that our members are very proud of this organization and we are proud that they served with us. If you are interested in getting your local papers to add this logo, please contact the National Office.

Let's continue the work that our forefathers started and give thanks this Thanksgiving that we have the opportunity to make a difference through this great organization.

**NA ZDAR!**

# AMERICAN SOKOL GYMNAST

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

## Season's Greetings

from the

### American Sokol Board of Instructors

**Chuck Kalat, Barb Vondra,**

Bob Kucera, Nancy Pajeau, Tom Pajer, Jan Kalat,  
Paul Lebloch, Jerry Milan, Rich Vachata, Eva Balas,  
Juanita LoGiudice, Beverly Domzalski, Bud Benak,  
Ellie Babka, Edward Schnabl, Barb Kucera, Jane Wise,  
Frank Michalek, Irena Polashek, Sash Dumanovic,  
Joe Vrzalik, Sandy Benak, Buddy Benak, Rome Milan,  
Ellen Jeanne Schnabl, John Bazata, Mary Cushing,  
Joe Balogh, Kandi Pajer, Howie Wise, Patti Vondra,  
Richard Miller, Elizabeth Kocek, Christina Curran,  
Lynda Bazata, Dorothy Gurreri, Maryann Fiordelis,  
Lynn Miller, Lori Laznovsky, Allison Gerber

*Have a Happy and Safe Holiday Season!*

# Why Should I Be Physically Active?

*An article from the American Heart Association*

**Regular, moderate physical activity can lower your risk of.....**

- Heart disease and heart attack
- High blood pressure
- High total cholesterol and low HDL (good) cholesterol
- Overweight or obesity
- Diabetes
- Stroke

What else can physical activity do for me?

**Physical activity also offers these benefits:**

- Strengthens your heart, lungs, bones and muscles.
- Gives you more energy and strength.
- Helps control your weight and blood pressure.
- Helps you handle stress.
- Helps you sleep better.
- Helps you look good.
- Helps you feel upbeat.

**What kind of activities should I do?**

You don't have to be an athlete to lower your risk of heart disease and stroke!

If done on most or all days, you can benefit from moderate activities like these:

- Pleasure walking
- Gardening and yard work
- Moderate to heavy housework
- Pleasure dancing and home exercise

**More vigorous exercise can help improve the fitness of your heart and lungs.** Start slowly, and build up as your heart gets stronger. First, discuss exercise with your doctor or nurse. Then try one or more of these:

- Brisk walking, hiking or jogging
- Stair climbing
- Bicycling, swimming or rowing
- Aerobic dance or cross-country skiing

# Make a Successful Resolution For The New Year

By: Vicki R. Pierson, ACE Certified Personal Trainer

It's time to put your resolution for a more healthy lifestyle into action. While many resolutions fall by the wayside within months, this resolution doesn't have to! Let's take a look at your resolution to see if you've set yourself up for success in reaching your goals.

## *Make a realistic plan.*

Have you put together an action plan that will fit into your lifestyle? Be sure the changes you make are easy and convenient so you don't have to restructure your whole schedule to accommodate them.

## *Make a specific action plan.*

A specific plan is much easier to follow than an undefined one. Instead of telling yourself, "I want to lose 10 pounds," jot down a plan on how you will shed those unwanted pounds. A specific action plan will guide you toward your goal. If you decide to exercise more, define it further such as "I will attend the Step class at the gym on Mondays, Wednesdays and Fridays at 6:00 pm."

## *Evaluate "why" you want to change.*

Permanent change comes strictly from within you! A change in behavior just to please others will not create a permanent lifestyle change, you must be true to yourself. The decision to lead a healthy lifestyle needs to be your own, personal decision in order for it to be a positive experience. A positive change that comes from within contributes to motivation, adherence, and belief in reaching a goal. If you have made the decision to be healthier because someone else wants you to, chances are good that you've set yourself up for failure.

## *Take inventory.*

In a journal, jot down your goals and priorities (remember to be realistic!) A journal provides a "reality check" on paper because you can refer back to it. If you find your goals and/or priorities need adjustment, do it! When you attain specific goals, celebrate yourself for a job well done. Replace your attained goals with new ones. You will soon begin to witness your successes not only physically and psychologically, but you'll have them on paper and read whenever you need a lift. Your journal can be a great source of inspiration!

## *Plan for set-backs.*

Sometimes obstacles are just a part of life. There are a variety of things that may pop up to interrupt your progress, sickness, shortage of time, lack of motivation, etc. Roll with the punches and plan for these unexpected set-backs. Don't get discouraged. What's important is how you deal with the situation. Just because you miss a couple of workouts or go out for pizza with the family doesn't mean you've failed. All you need to do is the very best you can and get back on track as soon as possible. Don't beat yourself up! Instead, examine the situation carefully, make changes in needed and keep consistently striving for your goal!

The most important thing to remember is- have fun! A commitment to a healthy lifestyle shouldn't be boring or make you feel deprived. Take the time to look for successes, even small ones. Then, give yourself a big pat on the back for making progress. Remember, this is a life-long endeavor and changes don't happen overnight. You'll soon realize however, there's nothing more powerful than the feeling of good health.

# COLD AND FLU SEASON

By: Kandi Pajer ;)

Yes, we all get it! Every year we end up with the sniffles, sore throat, coughing, sneezing, fever, aches and pains that come along with the cold and flu season. Whether we get the full blown cold or flu or a milder version, we still feel miserable.

## WHAT CAN HOLISTIC STUDIES TEACH US?

Well, in order to get sick, there must be some disorder going on in our bodies. We either haven't been getting enough sleep, haven't been allowing ourselves to get over being sick, or we are under-nourished or unhealthy. This makes our immune system vulnerable and unable to fight off bacteria and/or viruses. When you get sick this season, evaluate what is going on in your life. See if you have been taking proper care of yourself. If you haven't, you'd better, or you can make yourself worse, or continue to get sick the entire season.

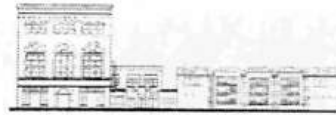


Things you can do to ensure your health this season:

- **WASH YOUR HANDS** often (or use the anti-bacterial hand sanitizer)  
This keeps the germs away!
- Get the proper amount of rest - children, teens and adults should get 7-8 hours of sleep each night.
- Drink enough water - water contains bacteria the body needs to fight off daily and helps keep the immune system working.
- Eat properly - If you are under-nourished your body is weak and unable to defend itself.
- Work out - If you are working out, you are strengthening your heart, lungs and your entire body in general.



# Czech Cultural Center of Sokol Greater Cleveland Receives Grant



The Czech Cultural Center of Sokol Greater Cleveland was recently the recipient of a grant of \$3,337.00 from the Ministry of Foreign Affairs of the Czech Republic. The money was donated in support of the construction of an enlarged Library/Museum in the Historic Bohemian National Hall located in Cleveland, Ohio and owned by Sokol Greater Cleveland.

The building, dedicated in 1897, is presently on the National Registry of Historic Places. After purchasing the hall in 1975, the members of Sokol Greater Cleveland voluntarily restored and

renovated it to its original condition.

This recent grant is the third grant received from the Czech Republic and was awarded in appreciation of the efforts of Sokol Greater Cleveland to promote and inform the history and culture of the Czech people in the city of Cleveland and state of Ohio.

The project of the Library/Museum has just begun. A crew of members are again volunteering their labor and planning for a tentative schedule of completion in the spring of 2005.

*Submitted by Sis. Betty M. Hosticka, Sokol Greater Cleveland, Museum Director*

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

Sis. Satek,

Just finished reading the October issue from cover to cover and was duly impressed with your professional production of our Sokol publication.

*John A. Budilovsky, proudly a 69-year member!*

To the Editor:

I read with complete amazement in the Oct. issue of American Sokol the note from "Tonya" who stated she works with a lady named Rose Roch.....Please allow my input here. My name is Eleanor (Roch) Watson; I am Rose Elizabeth (Straka) Roch's daughter. Rose Straka Roch is a lifetime Sokol member and is on your mailing list for the American Sokol. She is presently nearly 91 years old. She participated in many, many Sokol events, but did not go to the 1938 Slet. By 1938 she had been married to Jerry Roch for 3 years and was pregnant with my brother (who was born in 1939) and was living in Columbus, Ohio, at that time.

I noticed that Joan Sedlacek submitted the picture that appeared on the Sept. cover. Of the people on that picture, Georgiana (Smolik) Dolejsi also presently lives in the Twin Cities area. Perhaps Joanie could check with her and see if Georgiana recalls who that unknown person might be.

Meanwhile, I am extremely curious as to who Tonya's Rose Roch is ??? It's not exactly a common name. Possibly Tonya's Rose Roch is a cousin or 2nd cousin to my father?

## Junior Boy Thanks Sokol Spirit for Opportunity

Dear Sokol Members,

Thank you very much for letting me have an experience of a lifetime. I got to attend the kurz in Omaha over the summer for two weeks. Over the two weeks that I spent there, I learned about spotting, cal, gymnastics skills and marching. I found the information that I learned there was very valuable. I hope to use what I have learned in the classes that I will be helping out with this Sokol year.

Na Zdar, Jon Rus

## MEMORIAM



### Bro. Anthony B. Jirousek

Tony Jirousek was born on June 16, 1927 and lived in the old Pilsen neighborhood on Chicago's west side with his mother and three older brothers. Following his naval service, Tony attended Sokol classes at Sokol Americky under the instruction of Ed Linhart, Mr. Jelinek and Joe Kos. He then joined Sokol Havlicek-Tyrs in the Lawndale area. Tony generously volunteered his time helping Jim Stransky with the boys' classes and also assisted as counselor at Sokol camp in Crystal Lake. He and his wife Blanche (Kirch) continued teaching classes at Sokol Havlicek until relocating in Clarendon Hills, IL. Tony passed away peacefully during his sleep on August 4, 2004 at Manor Care in Westmont. He is survived by former wife, Blanche; son, Scott and daughter, Jenny.

*Submitted by Bro Tony Kirch  
and Sis. Janet Kirch*

## MEMORIAM Bro. Stanley Mergl

As I reflected on the life of Bro. Stanley Mergl, I thought of him as a man of devotion and love. His greatest devotion was to his family—his wife Irene, sons Kevin and Tom, grandchildren John, Elizabeth and Mickey and daughter-in-law Donna. He was also dedicated to his countries—both the U.S.A. and Czechoslovakia. He loved our country. Right after he immigrated to the U.S. he was proud to serve as a paratrooper during the Korean War. Be he also never forgot his birth country and so enjoyed returning to visit family, the countryside and old memories ...and he loved its music. He loved to sing and often taught singing at our Instructor Schools. His love of music went all the way down to his feet. He was an excellent dancer and many remember him teaching them to dance. He was so happy on the dance floor.

And then, he was devoted and dedicated to Sokol. Since arriving in this country he remained thoroughly active in our Sokol organization. He was an excellent gymnast and passed his talent on as leader of the boys' and junior boys' classes. He also served as Director of Men. For years he was our famous cook at camp. He served the Eastern District as Vice-President and is our current Sokol New York 1st Vice-President. He was important in keeping the Sokol New York building operational. Stanley tackled any plumbing, electrical or carpentry job. No matter what we do or how we serve—as instructors, officers or social members—he made it possible to continue doing so in our own building. All of his service was from the heart and without any remuneration. His family, his countries and our Sokol have sustained a great loss.

*Submitted by Sis. Norma Zabka, President, Sokol New York*

## FUTURE SOKOL LEADERS FUND

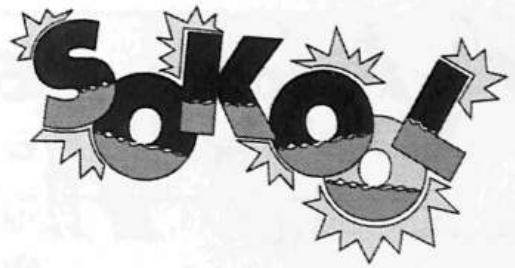
*PURPOSE: To train and education young people to assure able administrators, the best of idealistic instructors and educational directors for Sokol Units and Districts.*

In Memory of Tony Jirousek from Adeline Stejskal and Mildred Stejskal . . . . .	\$40.00
In Memory of Walter Hosek from Frank & Betty Hosticka . . . . .	\$25.00
In Memory of Arthur O. Placek from the Bejcek Family . . . . .	\$200.00
In Memory of Frances G. Malina	
From Jan, Tony & Eric Kirch, Debbie & Dan McIver, Blanche Jirousek. . . . .	\$200.00
From Malina Family and Friends . . . . .	\$150.00
From Sokolice Tabor . . . . .	\$50.00
From Tony & Lorraine Faikus . . . . .	\$25.00
From Sokol Havlicek-Tyrs . . . . .	\$25.00
From Val Husak. . . . .	\$5.00
From Joe & Ethel Rus . . . . .	\$50.00
From Sokol Stickney . . . . .	\$25.00
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From Gerry Coates . . . . .	\$10.00
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## MUSEUM, LIBRARY & ARCHIVES FUND

In Memory of Frances G. Malina from E.Kenneth & Karen Friker . . . . . \$50.00

# American Sokol YOUTH PROGRAM Activities and Information



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

**Don't forget to RENEW all of your youth members!**

DECEMBER 31ST is the due date for all units to turn in their 2004-2005 youth membership. Please make sure that lists are electronically submitted and all money is turned in by this date. Don't let your gymnasts miss out on all of the fun and exciting activities that the youth committee is putting together this year. If you are a parent and haven't enrolled your child in Sokol for this year, go to your nearest gym and join in on the fun!

## YOUTH CALENDAR OF EVENTS

There are many events going on around the nation with the youth program this year. Check out the youth calendar located in this publication for a tentative list of activities. It's a very exciting year with the 2005 Slet in Chicago at the end of the year. There will be many activities for all to participate in!

## NOVEMBER NEWSLETTER - Check out the Changes

We are really excited this year about some new changes in the youth newsletter. Keep your eye out for:

- **The New Youth Logo** - The November Newsletter will be the first one to contain the new youth logo. Let us know what you think!
- **Dual Newsletters** - In order for us to better address the needs of our youth, we are implementing two newsletters. One for 3-11 year olds and one for 12-18 year olds. Each will contain material suited to fit the youth in each of those age groups.

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 Unit 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**



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Unit ID Ribbons

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Tots' Skills Program Materials  
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Small Packet (12 Participants)  
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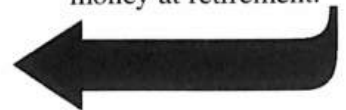
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