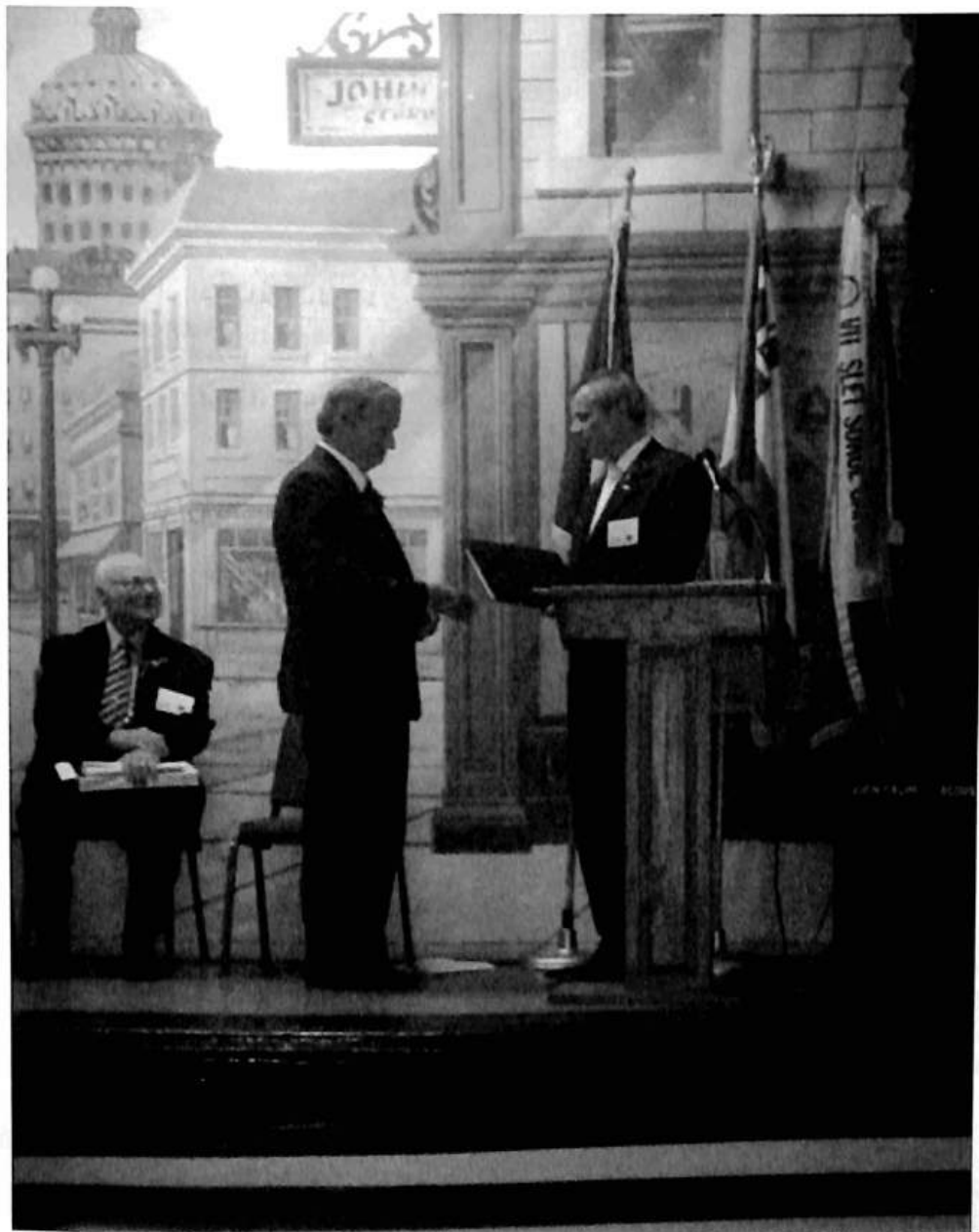


The mission of the American Sokol is to provide fitness and community for individuals and families through physical, educational, cultural and social programs.

Installation of Honorary Consul in St. Paul and Ambassador's visit to Minnesota



Robert Vanasek has been installed as the new honorary consul of the Czech Republic for the four-state area of Minnesota, Iowa, North and South Dakota.

The installation ceremony was held on September 19, 2008, at the historic 125-year old CSPS/SOKOL Hall in St. Paul. Czech Ambassador Petr Kolar installed Robert Vanasek to the honorary post accompanied by Consul General of the Czech Republic in Chicago Marek Skolil.

Vanasek's Czech background and outstanding career in Minnesota makes him an outstanding honorary consul, according to Czech officials. Vanasek holds a bachelor's degree from the University of Minnesota and a master's in public administration from Harvard.

He served in the Minnesota House for 20 years, four years as speaker. After leaving the Legislature in 2002, he was president of the Minnesota High Technology Council for three years and vice president of public affairs at the Metropolitan State University for four years. For the past 10 years he has

owned and operated his own consulting business, Robert Vanasek & Associates Inc.

more on page

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ASO Executive Board meets every 4th Tuesday* at 7:30 PM
ASO Board of Instructors meets every 2nd Wednesday* at 7:30 PM
*except in July and August

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Calendar of Events



November	
1	Sokol Baltimore Annual Vinobrani Dinner & Dance
1	Sokol Stickney 80th Anniversary Fundraiser
1	Sokol MN Mystery Dinner Theatre Benefit for Sokol Cedar Rapids
1	Central District Annual BOI Mtg
2	Central District Annual Mtg
2	Sokol Milwaukee Recognition Dinner
11	Veteran's Day
15	Central District Jr/Womens Volleyball Tournament
21-23	Sokol Milwaukee Holiday Folk Fair
29	Sokol St. Louis Volleyball Tournament
December	
6	Sokol San Francisco Annual Meeting & Children's St. Nicholas Party
6	Sokol Stickney Spaghetti Dinner
15	Sokol Chicagoland Annual Pot Luck Dinner & Exec. Board Mtg.
23	Sokol MN Craft & Bake Sale / Pancake Breakfast
24	Stedry den (Christmas Eve)
25	Svatek vanocni 1 (Christmas)
31	New Year's Eve

2009

January

1 Happy New Year!

February

15 Sokol Stickney Pancake & French Toast Breakfast

June

23-28 2009 International Sports & Culture Festival

December

24 Stedry den (Christmas Eve)
25 Svatek vanocni 1 (Christmas)
31 New Year's Eve

**June 23-29, 2009
International Sports
& Culture Festival
in Fort Worth, Texas**

Is your important event missing from this list?
Send your Events to
Editor@American-Sokol.org



The Sokol Educator

Sis. EllenJeanne Schnabl, Educational Director

NAZDAR! Sisters and Brothers:

NOVEMBER;

The muted month when the wind whispers and whines around corners; flowers fade; animals scurry for shelter. There is a tank of autumn fires, while a blizzard hulks beyond the horizon. Time to 'fall back' as you set all your clocks and timers one hour back at 2:00 A.M. on November 2nd -- maybe you'll get an extra hour of sleep.

Veterans' Day - first called Armistice Day. In 1921 an unknown World War I soldier was buried in Arlington National Cemetery. Similar ceremonies were held in England at Westminster Abbey and in France at the Arc de Triomphe.

Prominent dates:

November 6, 1771: Alois Sennefelder was born - discovered lithographic printing in Praha.

November 13, 1904: Federation of Czechoslovonic Sokols merged into Czech Sokol Union.

November 14, 1918: National Assembly in Prague deposed the Hapsburgs and elected T. G. Masaryk President of the Czechoslovak Republic.

November 15, 1671: Jan Amos Komensky dies in exile in Holland. He was one of the world's great pedagogues and a brilliant teacher and thinker.

November 17, 1989: Velvet Revolution began and ended with the election of Vaclav Havel.

November 20, 1850: Charlotte Garrigue Masaryk was born in New York. First lady of Czechoslovak Republic. America's great gift to a re-awakened nation.

Friday, the day after Thanksgiving -- wish a "Happy Birthday" to Abraham Lincoln. Given by those in Indiana who will have a day off. Actually "Leftover Day" is given off to many more people in the working force since this is the beginning of the shopping frenzy for Christmas bargains.

BE THANKFUL FOR: corn, beans, squash, potatoes, cranberries and wild game which the Pilgrims were able to have on their Harvest Days. Most of all be grateful for all our relatives and friends whom we love and cherish.

Be especially thankful for the joys and blessings of the past year and hope for the courage to create another bountiful and productive year.

NAZDAR !!

EllenJeanne Schnabl, American Sokol Educational Director



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WASHINGTON, DC

3900 Spring of Freedom St, NW
Washington, DC 20008

PRESS RELEASE

October 29, 2008

On October 29, 2008, in Cedar Rapids, Iowa, Ambassador Petr Kolar will deliver flood recovery assistance donated by the government of the Czech Republic for recovery of areas affected by the devastating flood in June of this year. The Czech government's financial assistance totaling 10 million Czech Crowns will go towards reconstruction projects in the flood damaged areas.

The Czech government has appropriated approximately 6.9 million Czech Crowns (\$405,380) to a project renewing the **Czech National Museum & Library** in Cedar Rapids. A part of this amount will be used to renovate the quarter called **Czech Village**.

Another 765,000 Czech Crowns (\$44,700) will be donated for the support of the **St. Wenceslaus Church**, a unique historical monument of Czech cultural heritage. It includes the St. Wenceslaus Gymnasium.

The Czech government will further financially support the organization **Sokol Cedar Rapids** with assistance amounting to \$89,000 (around 1.5 million Czech Crowns). The organization's building was heavily damaged during the floods.

The last US flood recovery reconstruction project receiving the Czech government's donation is the **Cedar Rapids Public Library**. It will accept 765,000 Czech Crowns (\$44,700).

Další informace/for further information:

Daniel Nový, první tajemník, tisk/First Secretary, Press

Tel.: 1-202-274-9112; 1-202-468-0376; E-mail: daniel_novy1@mzv.cz; www.mzv.cz/washington

Installation of Honorary Consul in St. Paul and Ambassador's visit to Minnesota ... From front page



Robert Vanasek is the third holder of the honorary consul post in the four upper Midwestern states. The first honorary consul was Dr. M. Proshek, who held the post until the beginning of the Cold War. The honorary consul was re-established in 1999 and the post was held by Josef Mestenhauser.

The previous honorary consul, Josef Mestenhauser, longtime professor of international education at the University of Minnesota, is retiring after nine years of service. Ambassador Kolar expressed thanks on behalf of the Minister of Foreign Affairs of the Czech Republic Karel Schwarzenberg to Professor Mestenhauser for his outstanding work.

Sun and warm temperatures led to the largest crowds for the 24th Dozinky Festival, as thousands attended New Prague's Czech Harvest Festival on September 20, 2008. One of the main attractions on Saturday was the new Czech Village. An opening ceremony was held with Petr Kolar, Ambassador of the Czech Republic to the United States, and Marek Skolil, Consul General of the Czech Republic in Chicago, as special guests.

Ambassador Petr Kolar and Consul General Marek Skolil were among the many dignitaries who participated in the parade of Farm Pride.



Sokol Tabor 2008 National Gymnastics Day Celebration

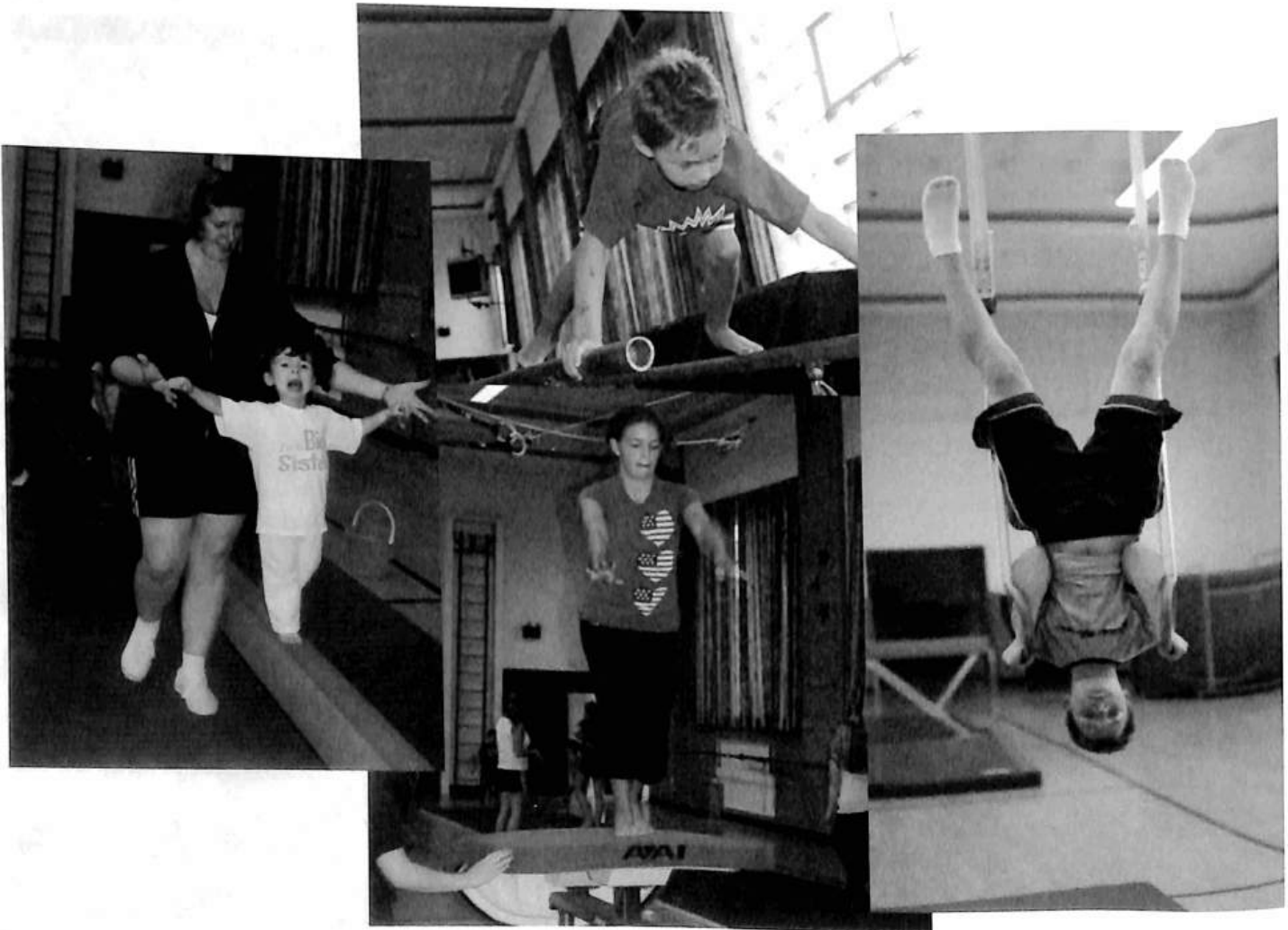
Submitted by: Sis. Christina Curran-Wurst

Sokol Tabor BOI celebrated National Gymnastics Day on Saturday, September 13, 2008. Class members were invited to participate, as well as encouraged to bring a friend. Upon arrival, participants signed in at the "welcome" table which was decorated for the event with balloons, an artistic team trophy display and proclamations declaring 9/13/08 as National Gymnastics Day from Rod R. Blagojevich, Governor of the State of Illinois and James Scherr, CEO, United States Olympic Committee.

Session #1 included youth ages 3-5 with stretching, single bar w/mini trampoline, scooters, relays, tumbling, low beams, hoops and parachute fun! The tots were super cute with their athletic skills! Session #2 included youth ages 6-12 with a running warm up and stretching, tumbling, vault, low beam, rings, parallel bars and stall bars. Session #3 included teens and adults with an intense warm up, tumbling, vault table, high beam, rings, and parallel bars. Session #4 included a cardio workout for the teens & adults. It was intense and exhausting but all sailed through with flying colors!

At the conclusion of each session, participants received a "gold" participation certificate, an American Sokol sticker and a bottle of ice cold water. We had a total of 50 participants throughout the celebration with 6 class members bringing a friend!

Thanks to all who volunteered their time to make Sokol Tabor's 2008 National Gymnastic Celebration a success!



AMERICAN SOKOL GYMNAST

*Pages 7-10 are specifically designed to be a benefit to the Gymnastics programs of American Sokol.
Please pull, copy and distribute to your participants as you see fit.*

Kandi Pajer – 117 Oakland Grove – Elmhurst, IL 60126

Kandi@pajer.us

History of the Sport of Gymnastics

Gymnastics, as an activity sport, has been around for over 2000 years but as a competitive sport it is a little more than 100 years old. Mass and individual exhibitions were conducted by various clubs and ethnic groups such as the Turvereins and Sokols.

While it was slow-growing in the club area, it was fast-growing sport in the Turvereins and Sokols. In 1830s, the sport of gymnastics was introduced to United States and its school systems by such immigrants as Charles Beck, Charles Follen and Francis Lieber.

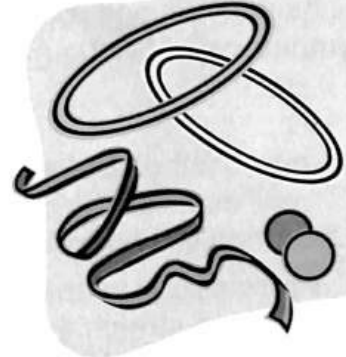
In 1881 the International Gymnastics Federation (FIG) was formed, later was renamed to Bureau of the European Gymnastics Federation. This organization pioneered the international competition. The Amateur Athletic Union (AAU) was formed in the United States in 1883. Along with other amateur sports in United States, this organization took over the control of the gymnastics in U.S. Various "championships" started to develop by various clubs and organizations at about the same time during 1880s.

The first large-scale competition was the 1896 Olympics in Athens, Greece. There, Germany was the dominant team by almost sweeping every medal. Five countries have participated in this event. Men's competitions included horizontal bar, parallel bars, pommel horse, rings, and vault.

The first international event following 1896 Olympics was held in 1903 in Antwerp, Belgium. There competed gymnasts from such places as Belgium, France, Luxembourg and the Netherlands. This event is now considered the first World Championship. The first men's team competition was added and held in 1904 Olympics at St. Louis.

By ninth World Championship in 1930 at Luxembourg, the gymnastic competition included track and field events such as pole vault, broad jump, shot put, rope climb, and 100-meter dash. Following that, track and field events started to disappear from gymnastics events, such as World Championships. They fully disappeared from the sport of gymnastics by 1954 World Championships.

During 1924 Olympics in France marked the beginning of what they are today. In gymnastics, men started to compete for individual Olympic titles in each gymnastic event. The first women's gymnastic team debuted during the 1928 Olympics. The first women's event during 1928 Olympics was the team combined exercise, where it was dominated by



Netherlands. The first U.S. women's gymnastic team competed in the 1936 Olympics in Berlin, Germany.

In 1962, rhythmic gymnastics were recognized as a sport by the International Gymnastics Federation (FIG). In 1963 in Budapest, Hungary, the first Rhythmic World Championship took place. It included 28 athletes from 10 countries. In 1973, the United States joined the sport of rhythmic gymnastics during the Rhythmic World Championships. During the 1984 Olympics in Los Angeles, the rhythmic individual all-around competition was held for the first time. At the Centennial Olympics this year in Atlanta, the rhythmic group event will be a medal-sport for the first time.

In 1970, the United States Gymnastics Federation, now formally known as USA Gymnastics, was organized and became the governing body on this sport in the U.S. It is still exist today.

Source: USA Gymnastics Online

As you can see, Sokol was an integral part of creating the sport that we now know as "gymnastics". What great history to be a part of! KP;)

Preventing Children's Sports Injuries

Participation in any sport, whether it's recreational bike riding or Pee-Wee football, can teach kids to stretch their limits and learn sportsmanship and discipline. But any sport also carries the potential for injury.

By knowing the causes of sports injuries and how to prevent them, you can help make athletics a positive experience for your child.

Causes of Sports Injuries

Kids can be particularly susceptible to sports injuries for a variety of reasons. Kids, particularly those younger than 8 years old, are less coordinated and have slower reaction times than adults because they are still growing and developing.

In addition, kids mature at different rates. Often there's a substantial difference in height and weight between kids of the same age. And when kids of varying sizes play sports together, there may be an increased risk of injury.

As kids grow bigger and stronger, the potential for injury increases, largely because of the amount of force involved. For example, a collision between two 8-year-old Pee-Wee football players who weigh 65 or 70 pounds (30 or 32 kilograms) each does not produce as much force as that produced by two 16-year-old high school football players who may each weigh up to 200 pounds (91 kilograms).

Also, kids may not assess the risks of certain activities as fully as adults might. So they might unknowingly take risks that can result in injuries.



Preventing Sports Injuries

You can help prevent your child from being injured by following some simple guidelines:

Use of Proper Equipment

It's important for kids to use proper equipment and safety gear that is the correct size and fits well. For example, kids should wear helmets for baseball, softball, bicycle riding, and hockey. They also should wear helmets while they're in-line skating or riding scooters and skateboards.

For racquet sports and basketball, ask about any protective eyewear, like shatterproof goggles. Ask your child's coach about the appropriate helmets, shoes, mouth guards, athletic cups and supporters, and padding.

Protective equipment should be approved by the organizations that govern each of the sports. Hockey face masks, for example, should be approved by the Hockey Equipment Certification Council (HECC) or the Canadian Standards Association (CSA). Bicycle helmets should have a safety certification sticker from the Consumer Product Safety Commission (CPSC). Also, all equipment should be properly maintained to ensure its effectiveness.

Maintenance and Appropriateness of Playing Surfaces

Check that playing fields are not full of holes and ruts that might cause kids to fall or trip. Kids doing high-impact sports, like basketball and running, should do them on surfaces like tracks and wooden basketball courts, which can be more forgiving than surfaces like concrete.

Adequate Adult Supervision and Commitment to Safety

Any team sport or activity that kids participate in should be supervised by qualified adults. Select leagues and teams that have the same commitment to safety and injury prevention that you do.

The team coach should have training in first aid and CPR, and the coach's philosophy should promote players' well-being. A coach with a win-at-all-costs attitude may encourage kids to play through injury and may not foster good sportsmanship. Be sure that the coach enforces playing rules and requires that safety equipment be used at all times.

Additionally, make sure your kids are matched for sports according to their skill level, size, and physical and emotional maturity.

Proper Preparation

Just as you wouldn't send a child who can't swim to a swimming pool, it's important not to send kids to play a sport that they're unprepared to play. Make sure that your child knows how to play the sport before going out on the field.

Your child should be adequately prepared with warm-ups and training sessions before practices as well as before games. This will help ensure that your child has fun and reduce the chances of an injury. In addition, your child should drink plenty of fluids and be allowed to rest during practices and games.

From: <http://kidshealth.org> - website PLEASE take a look in next months issue for common injuries and prevention.

How to Teach the Hurdle

The hurdle is a very important skill to master to be a successful tumbler. It is used in the floor exercise for tumbling, on balance beam for flight skills such as dive cartwheels, round-offs or brani or front dismounts, and can be transferred to the springboard for vault or mounts on other apparatus.

Start

To start the hurdle-figure out which foot will be necessary to start on. Have the athlete perform a cartwheel. If they do a cartwheel with their right, the hurdle with start stepping on their left foot-and vice versa.



Skip

Have the child practice skipping with both feet. Skipping is basically a step-hop which is how the hurdle is performed. Have them lift their front leg in various positions-such as high knee with knee bent, or straight leg in front (another technique is to kick the leg back, but that is very difficult to teach and in my experience, not natural - I will focus on the more common way of lifting the front leg). Have the athlete practice with the leg positions and have some fun with it.

Step

Slow down the skip to one step hop. Have them stop after each step hop and hold the leg up in front, they can practice it both ways-with knee bent and/or straight. When they do this have them hold for "three-1-thousands of a second" in between each step-hop.

Arms

While doing the slow step-hops, add the arms. After the step, during the up part of the hop-the arms should raise up to the ceiling. While alternating the step hops, have them add the arms. Make sure the arm lift is during the "up phase" of the hop and not the entire hop. The arms are used to gain a little height and power for the hurdle and this is achieved on that portion of the step-hop.

Cartwheel

Take away the step hop on the opposite foot. If the athlete does a cartwheel on the right foot-have them stand on their right foot, they will step onto their left foot and hop with their right foot (leg bent or straight) in the air (arms by their ears) and then that right foot goes down to begin the cartwheel. *Remember it is opposite for left handed tumblers.* This may take several tries, but will be much more successful after doing the previous drills than not! Make sure they are reaching their right foot out a little to perform the cartwheel. Make sure there are no other little hops or fidgets in between the step and the cartwheel. If there are, go back a step or two and try again.

Run

Once the cartwheel is perfected-you can add a few steps before the hop and cartwheel. Add a different number of steps and challenge them to do a different number of steps to see which gives them the greatest power. Don't allow them to run too far because that takes too much energy away from the trick.

Change the cartwheel to a round off and your athlete should be getting some power behind it.

Good luck and if you have any questions-or other tricks you would like to see here e-mail

Kandi@pajer.us!! ;)

2008 Sokol Tabor Junior Class Annual Banquet

Submitted by: Sis. Christina Curran-Wurst
Sokol Tabor Junior Girls Director

The Sokol Tabor Junior Class Annual Banquet was held on Thursday, September 25, 2008 in our lower hall. 25 juniors were in attendance, as well as Physical Directors Candace Short and Ken Fron Sr.

Our special guest speaker was Greg Harris, Executive Director, American Sokol. He provided an overview of his employment with Sokol since the spring as well as his plans on the future of Sokol, especially how Juniors are the "heartbeat" of our organization. They are an integral part of keeping us thriving for years to come.

Dinner was served followed by speeches of candidates running for an open office on the 2008-2009 Junior Board. While the ballots were tallied, dessert was served and Candy Short presented various opportunities available through Sokol: Weekend Traveling Camp, National Camp, National Instructors School, Bohemian Funeral Directors Award and National Merit Award. She also promoted the 2009 Slet in Fort Worth Texas.

A class picture was taken followed by the announcement of the 2008-2009 Sokol Tabor Junior Board:

Junior Boy Director:

Junior Girl Director:

Junior Class Treasurer:

Junior Class Secretary:

Junior Class Representatives:

John Fron

Hallie Soulides

Caroline Stanko

Alexandra Mangia

Geanna Fedele Clair Fron



SLET Committee Meeting at Sokol Fort Worth



L to R: Larry Laznovsky, ASO Pres.; Steve Whitlock, Director USAGEN Gymnasts; Greg Harris, ASO Executive Director; Jan Kalat, Dist. ASO Director Women & Executive Board Member; Bob Podhrasky, Pres. Sokol Zizka, Pres. Southern District; Lori Laznovsky, USAGG Committee; Mary Steinman, Financial Secretary ASO Executive Board; Elisa Werner, SLET Publication Committee; and Jerry Milan, ASO Executive Board Member.

Sokol Town of Lake Camp Picnic Reunion

Willow Springs, IL - 2008

Submitted by: J. Barcal

Sunday, Oct. 12th was an ideal day for the Sokol Town of Lake camp and reunion in Willow Springs, IL. The weather couldn't have been more beautiful. Turnout was lower than usual, but it was great to see the familiar faces as well as a few new ones. Two regular attendees, Mildred Mentzer and Vlasta Stribny were unable to attend due to health reasons and were surely missed. As usual, Sokol Town of Lake provided fried chicken. Annette Schabowski and Henrietta Milan baked apple pie for us "campers". Of course, we spend time reminiscing and looking at old photos. Even after all these years, "Teach" Kolena still comes up in conversations, which only goes to show how influential one person can be. George Kazda brought an interesting 1959 Chicago Tribune article about the "Bohemian Easy Payment Plan". The article praised the Bohemian tendency to pay for everything but a house with cash and to avoid the financial burden of credit charges –relevant to our nation's current problems.

We were pleasantly surprised to find that our old camp grounds are no longer a garbage dump. All of the garbage has been removed. The road to the camp and the path down to the lake (past where the kitchen was) have been widened, and best of all, Tuma Lake is being renovated and is beginning to look beautiful. Come join us next year on October 11th, 2009 for good food, fellowship, and for those who like to exercise.

Photos on page 15 ...

STRATEGIC PLANNING TEAM INTEREST FORM COMMUNICATION

Looking for highly motivated team players with experience, knowledge and expertise in creative writing using various communication vehicles. This team will be responsible for developing standards and effective methods for communicating within our organization. Some computer research work will be required. It is expected that this team will begin the 1st Qtr. of 2009 with completion in approximately 6 months. Weekly time commitments for independent work and teleconferences will be required to stay on track.

If interested in being considered for the **Communication Team**, please fill out this form:

Name _____
Email _____
Address _____
Phone _____ Unit _____
Number _____

Please provide some information regarding your experience and knowledge around effective writing methods, various formats to ensure message gets to appropriate level in a timely manner, and process flow for effective communications.

Are You Interested in Leading this Team? _____. If yes, please provide us with your experience with being a leader as well as indicating what your leadership style is _____

If submitting more than one team interest form, please rank your interest in this team. _____
(1=Lowest, 10= Highest)
(indicate other teams your are interested in: _____)

I understand that submission of a Team Interest form does not automatically mean placement on the Team. I am willing and able to make the necessary time commitment to ensure that the responsibilities of the team are handled in a timely manner.

Signature: _____

Submission of the form can be completed through American Sokol website,
email to mfiordelis@yahoo.com or mailing to
Maryann Fiordelis, 31680 Norfolk, Livonia, MI 48152.
Deadline for submission is December 15, 2008.

Candidates will be informed of status within 30 days.



**INTERNATIONAL
SPORT &
CULTURAL
FESTIVAL**
JUNE 23-28
FORT WORTH TEXAS

BULLETIN 2
SEPTEMBER 15, 2008

We're waiting for you!



The countdown has begun! The Southern District of the American Sokol, USA Gymnastics and the City of Fort Worth are extremely excited to host the 2009 International Sport and Cultural Festival!

With interest of individuals and groups from all over the United States as well as the Czech Republic, Slovakia, Slovenia, Canada, Portugal, Germany, Australia, Mexico, Brazil, Honduras, Guatemala, the Dominican Republic, El Salvador, and more, this is sure to be an unforgettable event.



For up-to-date information, you can always visit:

www.usa-gymnastics.org/gg

www.slet2009.com

www.American-sokol.org



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(Your ad can be seen here too – Contact Jean Hruby – information on back page)



Sokol Town of Lake Camp Picnic Reunion
Willow Springs, IL - 2008



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