

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



May 31, 2007

Br. Neovesky and Br. Bartalos of American Sokol Washington D.C. participate in the wreath laying ceremony at the grave of Sgt. Michael Strank at the Arlington National Cemetery on the request of the Slovak Embassy in Washington.

This was part of the itinerary of the State Secretary of the Slovak Ministry of Defense during his visit in the US.

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AMERICAN SOKOL

ISSN 003-1259

Published 9 times each year. (Jan, Feb, Mar, Apr/May, June, July/Aug, Sept, Oct, Nov/Dec) by:

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Oak Brook, IL 60523-1557

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Periodical postage paid at Oak Brooke, IL
and additional mailing offices.

Subscription: \$12.00 per year
Postmaster: Send address changes to
American Sokol at the address above.

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ASO Executive Board meets every 4th Tuesday at 7:30 PM
(except July/Aug).

ASO Board of Instructors meets every 2nd Wednesday at 7:30 PM
(except July/Aug).

Calendar of Events

AUGUST

19	Druha Trava at Sokol Camp Detroit (tentative)
26	Sokol/Sokolice Milwaukee Picnic at Whitnall Park
29	Slovak National Uprising Day

SEPTEMBER

3	Labor Day
15	Sokol San Francisco Picnic – Lake Chabot
15	Our Lady Mary of Sorrows (obs. Slovakia)
23	Sokol Minnesota Czech & Slovak Festival
28	Den české státnosti St. Wenceslas Day (Czech Statehood Day) Day of Czech Statehood

OCTOBER

8	Columbus Day
13	Sokol New York - 140th Anniversary Celebration
20	Sokol San Francisco Independence Dinner/Dance
21	Sokol Minnesota Annual Pork Dinner
28	Den vzniku samostatneho ceskoslovenskeho statu - 1918 (Czech Independence Day)
30	Halloween

NOVEMBER

1	All Saint's Day
2	Day of Souls
4	Daylight Savings Time Ends – Fall Back One Hour
11	Veteran's Day
12	Veteran's Day Observed
17	Den boje studentu za svobodu a demokracii (Students' fight for freedom and democracy – 1939 and 1989 – Velvet Revolution)
22	Thanksgiving Day

DECEMBER

8	Sokol San Francisco Annual Mtg & St. Nicholas Party
24	Štědrý den (Christmas Eve)
25	1. svátek vánoční (Christmas)
26	2. svátek vánoční (St. Stephen's Day)
30	Sokol San Francisco End of Year Dinner/Dance
31	New Year's Eve

Send your Unit's Calendar of Events to
Editor@American-Sokol.org

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provide in digital format and send to

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Items will not be returned. Thank you.

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The Sokol Educator

Sis. EllenJeanne Schnabl, Educational Director

As our Sokol Season is winding down, the excitement of competitions and Slety permeates every gym hall.

The month of June may have gotten its name from Juno, wife of Jupiter.

Gastronomically speaking, Roquefort cheese was accidentally discovered in June, 1070; the fork was introduced to the New World in 1630 by Gov. J. Winthrop of Massachusetts; and ice cream was first sold commercially in New York on June 8, 1786.

More dates in June:

June 1, 1862: Unfurling of the first Sokol banner, designed by Manes, Praha Sokol Unit and the first public exhibition of gymnastic exercises.

June 9, 1369: Jan Hus was born in Husinec.

June 14, 1789: Frantisek Palacky, historian was born.

June 15, 1862: Sokol Salute 'NAZDAR' adopted on a motion by Joseph Barak.

June 24, 1925: First Slet of the American Sokol Federation held in Chicago.

Dates in July:

July 2, 1778: Jean Jacques Rousseau, famous author, died. His famous novel "*Émile, ou l'éducation*" eloquently defended the ideals of Komensky, Montaigne and Locke, opening the door for modern education, general and physical.

July 4, 1896: In New York, the Central Slovakian Sokol Union was inaugurated – now called Sokol USA.

July 10, 1913: Mikulas Ales, great Czech painter, dies.

July 29, 1856: Karel Havlicek-Borovsky, died – a great Czech journalist, writer and poet. He courageously endeavored to secure the rights for the Czech people.

Be safe and enjoy your summer - remember Sokol activity goes on and on.

NAZDAR !

EllenJeanne Schnabl, American Sokol Educational Director

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Prague Days in Chicago

June 2007

By Jean Hruby

June was a wonderful month for the Czech Community in Chicago and in the United States. American Sokol was involved in many ways. I sat on the Prague Days Committee along with other leaders in the Czech community. Members of Central District performed at the Opening Day Celebration when the Czech Flag was raised and flew over the City of Chicago for the day.



Sokol Seniors proudly marched in to perform the all Sokol number "500 Miles". Sokol Stickney gymnasts tumbled and Sokol Naperville girls performed their #1 Ranked Special Number. Several of our Sokol Tabor young adults, Ted Polashek, Andrew Boucek performed with the United Moravian Societies Folk Dance Group - where our Tabor's Caitlin Short debuted her first Folk Dance Performance in Czech Costume.

Bro. Kennen Seda, organized trips to several of the events and Sis. Jean Hruby was one of the coordinators of the Golden Prague Gala. Many Sokol members attended events throughout the month. Barbara Vondra and I also attended the Non-Profit Seminar - at the Northwestern University Kellogg School of Business Management on June 29 - hosted by the Kristyna M Driehaus Foundation - and special guest, Mayor of Prague 6.



American Sokol's support of Prague Days has brought increased awareness to our organization - showing our volunteerism, dedication and support to the community. Having the Czech Consulate office in Chicago has brought not only Czech events to the City of Chicago but has brought awareness to the Czech Community and all of the organizations that support it. So many Czech artists and performers visit Washington DC and then make their way to the very active Czech Center in New York. Chicago has now been added to that schedule of stops and we are proud of it.



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Prague Days in Chicago June 2007



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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
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What are you doing for..... NATIONAL GYMNASTICS DAY August 4, 2007

What: National Gymnastics Day has two goals:

1. To increase excitement and raise awareness for the sport of gymnastics.
2. To raise money for the Children's Miracle Network through the Tyson Fitness Challenge.

Established in 1999, National Gymnastics Day is a platform to showcase the many benefits of gymnastics, as well as promotes the ideals of physical fitness and community service nationwide.

Who: National Gymnastics Day is celebrated by thousands of gymnasts and gymnastics clubs across the country. Legendary gymnastics coach Bela Karolyi is chairman of National Gymnastics Day.

When: August 4, 2007

Where: Gym clubs in communities throughout the United States.

How: Gymnastics clubs and their gymnasts celebrate National Gymnastics Day by holding open houses, exhibitions at local malls or parks, and other fun and entertaining events.

So, celebrate with your Sokol unit-or just get a bunch of your friends together to celebrate the day!

Gymnastics is an amazing sport-GET THE WORD OUT!

It is also a great way to get your Sokol unit some publicity as well!

While you celebrate, take pictures and e-mail them to me!

I would love to put them in the next issue of the gymnast!

Have fun!

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Prevent Heat Stroke



Heat stroke occurs when the body can't keep itself cool. Normally, as the air temperature rises, your body stays cool when your sweat evaporates. When sweating isn't enough to cool your body, your temperature rises and you may develop heat stroke.



Signs and symptoms:

Skin that is hot, dry and flushed but not sweating; a high body temperature, a rapid heartbeat; confusion; and loss of consciousness.

To decrease your chances of heat stroke:

- * Stay indoors in air-conditioned areas when possible.
- * Drink plenty of water before starting an outdoor activity. Drink extra water all day. Drink less coffee, tea and alcoholic beverages which can lead to dehydration.
- * Wear lightweight, loose-fitting, light-colored clothing.
- * Schedule vigorous outdoor activities for a cooler time of day.
- * Protect yourself from the sun by wearing a hat or using an umbrella.



- * Increase the time you spend in daily outdoor activities slowly and gradually.
- * Don't spend time outdoors during the hottest hours of the day.
- * During an outdoor activity, take frequent breaks and drink water or other fluids 15 to 20 minutes, even if you don't feel thirsty. If you have clear, pale urine you are probably drinking enough water.
- * If you have an ongoing medical problem, ask your doctor about drinking extra fluids and about your medications.

Maintain Your Fitness for Summer

Most of us do not have a Sokol class to attend during the summer months.

Here are some ideas to maintain your fitness level until the fall.

The best thing to do is remember exercise is fun!

Get the whole family involved-you can make it into a weekly routine.

Cardio or Aerobic Exercise



Cardiovascular exercise is very important. It is probably the most important type of exercise you can do for your body.

What Cardio Does For You

It helps decrease your chance for developing heart disease, decreases your chance for some cancers, increases lung capacity and efficiency, decreases blood pressure, helps decrease and maintain weight, increases the efficiency of the heart, increases muscle tone and function, increases metabolism and helps improve self image.



Types Of Things You Can Do To Achieve Cardiovascular Exercise

Running, Hiking, Walking, Rollerblading, Bike Riding, Cross Country Skiing, and Jumping Rope are just some examples.

How Long

You should do at least 20 minutes of cardio three days a week.

20 min x 3 days

Ideas To Get Started:

Take the dog for a walk, instead of driving the kids to camp-walk them there, go to the pool and do some running laps in the water (or swim laps), when going to the mall-park far away instead of as close as you can, mow the lawn and/or go to the local park and play tag-ultimate frisbee-or just hike and talk.



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Strength Training Or Anaerobic Exercise

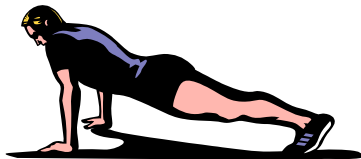
Strength training is very important with maintaining or improving strength of musculature.

What Strength Training Does For You:

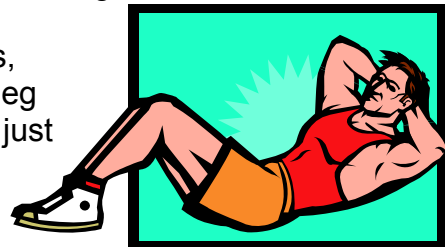
Increases flexibility, enhances strength and power, improves sports performance, creates stronger bones, decreases risk for osteoporosis, improves functional fitness, decreases susceptibility to injury, and helps create a highly toned body.



Types Of Things You Can Do To Achieve Strength Training Fitness:



Sit-ups, push-ups, pull-ups, arch-ups, lunges, squats, leg extensions, toe raises-are just some examples.



How Long:

You should do at least two sets of 10 of each exercise to gain strength benefits.

2 sets x 10

Ideas To Get Started:

Go to the playground with the kids (the monkey bars act like chin-up bars), just going up and down stairs at the office (instead of the elevator) is the same work as lunges and toe raises, sitting on an exercise ball instead of a chair works your core muscles (acts like sit-ups and arch-ups), and pretending you are a bridge (in a bear walk position) and letting your kids walk under is like doing push-ups.



Just Have Fun!

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The Sokol Tabor Curling Team

Submitted by Joe Placek

If Sokol Slets weren't a warm weather event, Tabor would be recommending a great addition to the activities.

Looking for a better way to spend another winter Saturday night, the Tabor Men's Club rented the Waltham Curling Club rink in Triumph, Illinois last February 10th. Under the expert instruction of three club members, we played what we hope will be the first of an annual series of curling matches.



During each of eight rounds, called an "end" or "inning", each member of the four man teams alternately slides two of the 45-pound rocks the length of the 132-foot rink, trying to get closest to the center of the target. If the throw is short, teammates vigorously sweep the ice ahead of the sliding rock with brooms, an action that can add several feet to the throw. In fact, it's better to finesse your throw short and let the sweepers guide it to the target. Putting a slight spin on a thrown rock will make it curve in its path, possibly avoiding another rock already on or near the target. Thus, "curling."

An indication of how much fun the guys had (the women were invited too, but none took up the challenge) is that both teams played the whole two hour game in a 35° rink without any suggestion of a break for warming up or refreshments.

Playing on ice turned out to be no real problem once you got the feel of the surface, although several players did take advantage of their Sokol training in knowing how to fall.

The Waltham Club dates to 1884, when a Scotsman visiting relatives in the area saw possibilities in an Illinois winter. They played their first matches on the local creek; now boast a modern facility capable of hosting three games, including a spectator area with closed circuit television.

Tabor Men's Director Ken Fron even procured an actual curling trophy and presented it to the winning squad. It now occupies an honored place in the Tabor Clubroom, ready to be awarded annually.



(kneeling) Ted Polashek, Jeff Fron, Jay Pros, Ken Fron Jr.
(standing) Pete Colagrossi, Ken Fron Sr., Dan Fron, Joe Moravec, Joe Placek

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Sokol Los Angeles Spring Dance

Submitted by Sis. Kathy Hanken – Continued from Apr/May 2007

Sokol Los Angeles' Spring Dance of 2007 was a success. Everyone attending had a wonderful time. Good food, good service, Czech music, fun dancing and some wonderful friends to spend an afternoon with. Life seems good at times and this was one of the best of them.

Sokol Los Angeles was honored by the visit of Consul General of the Czech Republic, Daniel Kummerman, who shared the table with Jiřina Cymbal, Miloš and Libby Pelc, Vera Hlavacek and Hana and Paul Paulson. He spoke to the attendees and had to leave early to attend another function. It was a delight to meet him. Also present was the president of Pasadena Beseda, Jakub Oberreiter. He and his wife are delightful; the club sponsors an annual Jaternični Hody, one of the highlights in area. It is wonderful to see some of the other Czech and Slovak organizations participating in various activities. A general calendar for all the clubs, posted at the some central area, would be a nice idea for future scheduling of events.

Many volunteers put in hours of preparations to make the dance a fun experience for everyone, especially Milly Urbanski, Lillian and Marvin Roter, Bill and Natalie Zelenka, Eva Pilik, and Cynthia Zuber. We had more volunteers to help put together the Easter basket centerpieces, to put up the flags brought by Larry Philips, to prepare the gifts for the children and to set up the front table for the visitors and members. Rocky Hanken and Abel Balint were offering raffle tickets for the donated items and the donated money envelopes. Helene Osborne and Bill Zelenka were registering people at the door. Carol Vessels and Ron Culey were the official greeters.

It was wonderful to see such good participation with attendance in national costumes. All the outfits looked so great. The men were very dashing as they walked. The couples were a display of colors as they twirled and danced in their outfits. The ladies were all beautiful, so many colors and such beautiful embroidery. It was a photographer's paradise for the day. Sister Yvonne Masopust explained the regions and various interesting details about each kroj as they posed on dance floor for the audience. The group really brightened up the room, they all looked so festive. The whole Riesner family, all three generations, came with some of their friends, celebrating a golden anniversary birthday. The dance floor became a whirl of color as the couples in their national dress twirled around. During the kroj contest, decided by the applause from the audience, sister Irene Halouzka won the beautiful hand embroidered scarf donated by brother Frank Klojda. It was a tough call by the audience, the other outfits were also very beautiful.

Our physical education director, sister Libby Pelc celebrated her birthday that Sunday, she also won one of the prizes for her raffle ticket. It was the large cookie jar with Czech phrases created by Denise Fleck who does a beautiful job of creating her unique and world-renowned pottery items. Her items can be seen online under the Sunny-dog Ink name, just Google it.



seated left to right, Milos and Libby Pelc, Jirina Cymbal, Vera Hlavacek, Hanna and Paul Paulson, Daniel Kummerman Consul General of Czech Republic in Los Angeles.

The program consisted of a Mazurka demonstration, and two members demonstrating their musical talents. Marvin Roter serenaded the children attending with the song, "Easter Parade" while the children, wearing top hats and bonnets, marched and skipped on the dance floor led by Larry Phillips with bunny eared top hat and Lillian Roter in an Easter bonnet. He also sang the beautiful song "If", a favorite song to many attendees. Sister Cynthia Zuber sang some Czech and Slovak songs and had the audience participate in singing with her. The band played dance music while the dance floor was lively with people dancing. It was a good time.

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Dear Czech-American TV Viewers:

As a charitable non-profit organization under the section 501(c)(3) internal revenue code, CATV had been trying to raise funds to support broadcast on UHF Channel 34. Unfortunately this task wasn't successful and CATV broadcast our last program on Channel 34 on July 8, 2007.

The good news is that CATV has started to broadcast our TV program as CATV Show produced by John Honner, on Comcast cable Channel 19 every Wednesday at 7 pm. Comcast Channel 19 reaches viewers in over 60 Chicagoland suburbs. One of the main advantages of broadcasting on cable TV are a higher picture quality and smaller producing cost of the Czech-American TV Show.

As always, Czech-American TV continues its worldwide broadcast online at www.catvusa.com

Thank you very much for your support and remember, you can see CATV every Wednesday at 7 pm on Comcast Channel 19.

Czech-American TV

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Western District Competition

Sokolice Crete - April 14, 2007

First, Second & Third Place Are Listed

Level One Small Girls

Crystal Carney	Omaha
Kelsey Betterton	Cedar Rapids
Paytra TeBrink	Crete

Level 2 Small Girls

Wendi Haufle	Crete
Agali Gomez (tie)	South Omaha
Emerson Andelt (tie)	Crete
Cassidy Lee	Omaha

Level 3 Small Girls

Mackenzie Horak	Cedar Rapids
Amanda Crane	Cedar Rapids
Jennifer Kuncel	Crete

Level 4 Small Girls

Sarah Sullivan	Omaha
Rachel Reyes	Omaha
Taylor Menke	Crete

Level 5 Small Girls

Kaitlyn Barnes	South Omaha
Rachel Clark	Minnesota

Level 6 Small Girls

Lilia Hutchinson	South Omaha
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Level 2 Small Boys

Zach Muff	Crete
Klay Uher	Crete
Mitchel Hulsa	Crete

Level 3 Small Boys

Tyriq Torrence	Omaha
Kenyon Dolan	Cedar Rapids
Trenton Guthrie-Hatch	South Omaha

Level 4 Small Boys

Connor Osborn	Omaha
Christopher Whitely	Omaha
Jake Harms	Crete

Level 2 Jr. Girls 11 - 14 Yrs Old

Elizabeth Debo	Omaha
Brandy Ellerson	Minnesota

Level 3 Jr. Girls 11 - 14 Yrs Old

Amanda Gosselin	Crete
Kassiani Kelleher	Cedar Rapids
Colleen Taylor	Cedar Rapids

Level 3 Jr. Girls 15 - 18 Yrs Old

Diana Cherveney	Minnesota
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Level 4 Jr. Girls 11 - 14 Yrs Old

MacKenzie Pohlman	South Omaha
Sarah Warga	South Omaha
Nicole Muff (tie)	Crete
Mercedes Thatcher (tie)	Crete

Level 4 Jr. Girls 15 - 18 Yrs Old

Brittney Collett	Omaha
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Level 4 Teams

S Omaha MacKenzie Pohlman, Sarah Warga, Elizabeth Nekola
Crete Nicole Muff, Mercedes Thatcher, Ranell Sand

Level 5 Jr. Girls 11 - 14 Yrs Old

Brittany Winkelman	Omaha
Jessica Thatcher	Crete
Karly Phipps	Crete

Level 5 Jr. Girls 15 - 18 Yrs Old

Carrie Stom	South Omaha
Sharmae Anderson	South Omaha
Mahala McGee	Omaha

Level 5 Jr. Girls Team

Omaha Brittany Winkelman, Mahala McGee, Alyssa Kuncel

Level 6 Jr. Girls 11 - 14 Yrs Old

Amanda Bornstein	Cedar Rapids
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Level 8 - Championship 15 - 18 Yrs

Kristina Kurz	South Omaha
Olivia Rhoades	South Omaha
Kelsey Rhoades	South Omaha

Level 8 - Championship Team

South Omaha
Kristina Kurz, Olivia Rhoades, Kelsey Rhoades

Level 4 - Senior Women 30 Plus Yrs

Jennifer Muff	Crete
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Level 5 - Senior Women 18 - 29 Yrs

Kristina Kane	Cedar Rapids
Mindy Sattler	Minnesota

Level 8 - Senior Women 18 - 29 Yrs

Carly Vincentini	South Omaha
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Novice - Senior Women 40 Plus Yrs

Debra Allison	Cedar Rapids
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Senior Women - Tag Teams

Cedar Rapids "Blue" Debra Allison, Angie Fowler, Kristina Kane
Cedar Rapids "Red" Shelley Cairns, Leah Woodward, Annie Prohaska, Allison Gerber

Omaha Tina Valentine, Stephanie Valentine, Dayona Barrett

Level 4 - Junior Boys 11- 14 Yrs Old

Chris Gosselin	Crete
Dillon Parks	Crete

Level 5 - Junior Boys 11- 14 Yrs Old

Nick Buchta	South Omaha
Justin Kelch	Crete

Level 7 Championship Jr Boys 11- 14 Yrs

Tyler Hamilton	South Omaha
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Level 3 - Sr. Men 17 - 29 Yrs

Sean Buffum	Omaha
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Level 4 - Sr. Men 17 - 29 Yrs

Billy Powers	Omaha
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Level 5 - Sr. Men 17 - 29 Yrs

Joshua Warga	South Omaha
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Level 5 - Sr. Men 40 Plus Yrs

Kevin Sindelar	Cedar Rapids
Dennis Gosselin	Crete

Level 8 Championship - Sr. Men 18-29 Yrs

Luke Gabriel	South Omaha
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Czechoslovakian roots run deep in Chicago

July 2, 2007 By Kevin McKeough, Special to the Chicago Tribune

"Chicago is a very special city, and it's a very special city for the Czechs as well," said Marek Skolil, consul general of the Czech Republic to Chicago, during the Golden Prague Gala at the Hilton Chicago Friday night. "We have roots in the Midwest. Most of the [Czech] migration in the early 20th Century was to Chicago."

The city's Czech community celebrated its heritage at the gala, the culmination of the city's Prague Days festival, a monthlong series of concerts, films, art exhibitions and seminars. About 375 people attended the \$175-per-person, black-tie event, which included a filet mignon dinner and dancing to the 1930s-style swing jazz of Ondrej Havelka and his Melody Makers, who flew in from Prague for the occasion.

The gala benefited the Prague Committee of the Chicago Sister Cities International Program, part of the city's Department of Cultural Affairs. The program promotes the city's international relations through economic, cultural and educational exchanges with Chicago's 27 sister cities worldwide, including Prague.

"For the city of Chicago, a city built on immigrants, it's a way not only to connect with our heritage but for all Chicagoans to learn about each other, and it's a way for us to globalize," said Bob Karr, an attorney who's chair of the program's board of directors.

The Czech delegation included Prague's mayor, Pavel Bem, who certainly gets around -- in May, he climbed to the summit of Mt. Everest. Bem shared his adventure with Mayor Daley when the two met to compare notes prior to the gala. "It's good to see how your colleagues are managing and learn from the more experienced guys," said Bem, who previously has adopted Chicago's anti-graffiti program and now plans to mimic the city's green roofs.

The Golden Prague Gala lured Petr Kolar, the Czech Ambassador to the U.S., away from Washington. "I'm using every opportunity to come here," said Kolar, who brought along his wife, Jaroslava. "If I want to be an ambassador to the

entire U.S., I can't travel to one place so many times like I'm doing to Chicago, but I can't help myself."

It was an eventful month for gala co-chair Kristyna Driehaus, who in June graduated from the evening program at Northwestern University, where she studied political science and journalism. The head of her own foundation, which sponsored the gala, Driehaus also is chair of the investment company Sazava Partners, writes for a woman's magazine and raises her two children. "It's all wonderful, thanks to BlackBerry and e-mail and living downtown," she said.

Gala co-chair Judith Munson and her husband, Lester, a former Sports Illustrated writer now with ESPN, travel frequently to the Czech Republic to visit their son Max, who runs a bar in Prague. Both attorneys, the Munsons also use their visits to lecture on legal issues as part of a collaboration Judy established with a Czech university.

During the gala, Milos Stahlik -- the co-founder and director of the film center Facets Multimedia, which champions international film through its many programs -- received the Jan Masaryk Silver Medal, named for the first president of Czechoslovakia and conferred by the Czech Republic's Minister of Foreign Affairs. "What was most touching was people coming up afterwards who had some experience with movies at Facets over the years," Stahlik said. "That's what you work for, to provide one-on-one connection and provide meaningful experiences in people's lives."

The mayor of southwest suburban Crest Hill, Nick Churnovic, attended the gala with his fiance, Sheri Freeman, who works with him in their window business.

Also among the patrons were Gary and Cora Lynn Hudik, Chicago police officers who work in the senior services and missing persons departments, respectively. They said they enjoyed their visit to Prague in 2000. "I'd go back tomorrow if I had the money. We finally paid off the trip about last year," Cora Lynn laughed.

Bohemian National Cemetery Of Chicago, Illinois

On April 29th, 2007, the 130th Anniversary banquet was held honoring the Bohemian National Cemetery of Chicago. It was placed on the National Register of Historical Places on March 17, 2006. The committee members for this placement were the Honorable Judy Barr-Topinka, former Illinois State Treasurer and member of Sokolice Tabor; Margaret Laurino, Alderman 39th Ward; William B. Sieger, PhD, Professor, Northeastern University; and Sis. Angeline Bultas, Treasurer of the Bohemian National Cemetery Association and member of Sokol Spirit. It took 5 years to complete the process and these people are to be thanked for their perseverance and diligence.

Sis. Bultas was the featured speaker and she shares some of her thoughts with us, as follows:

"Being raised in the Chicago suburbs and visiting the Bohemian National Cemetery was an integral part of my life. The magnificent structure of the crematorium was overwhelming in its beauty and design. Each Memorial Day many families, relatives met and spent their weekend there adding flowers and shrubs to the graves and cleaning the monuments. Everyone wore their finest apparel unless they were participants in the parade. The parade consisted of many Sokol Units, members of the C.S.A. lodges, Czech schools, various other cultural organizations, the Czechoslovak Legionnaires, Masonic and Odd Fellow chapters, as well as the 50 to 60 piece brass band playing the marches of Dvorak, Knoch, Sousa, Suk and other Czech composers.



"A restaurant was on the premises and many visitors headed there after the formal ceremonies. However, if and when the food ran out, many were well prepared by bringing their own Prazky or Buchta sandwiches with 'You say Pilsner Beer' for the adults and soda for the children.

"Thanks to the foresight and diligence of the founders of the Bohemian National Cemetery, we have been accorded a place of honor on the National Register of Historic Places as of March 17, 2006, and have achieved Landmark Status. This is a living testimony of our dedication and determination that will live in the City of Chicago and in the hearts of the Czechoslovak society.

"Krásné vzpomínky na nás hřbitově.
NAZDAR!
A. Bultas, Treasurer, B.N.C.A."



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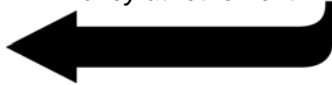
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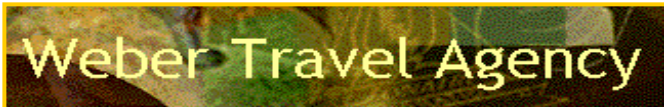
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