

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



Greg Harris New Executive Director American Sokol

What we've all been waiting for ... American Sokol has a new Executive Director!

Please welcome Greg Harris who began his new adventure Monday, May 6.

A bit about Greg: He has non-profit experience working for several museums; his last position was as Vice President for Volunteer Services at National Building Museum in Washington, DC. he has revamped various volunteer services programs; and he has vast experience with the complicated grant process. Greg not only knows how to write them, he was on a grant review committee. Greg has considerable knowledge on the proper methods of submitting grants - not only get them through the front door but, more importantly, how to better get them accepted and approved.

Watch for more information on Greg and some of the first things he plans to do in his new position.

Welcome aboard and Nazdar, Greg.

AMERICAN SOKOL

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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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Mailed submissions cannot be returned.
 Digital photos must be in .jpg, .tiff, or bmp format and a minimum of 2" sq., and 150 dpi.

Calendar of Events

JUNE

In June	Sokol Washington Canoe Trip
6-8	Southern District Slet – Sokol KHB-Ennis, TX
7	Jitro Children's Choir, Nat'l Shrine in Wash DC
7	NE District Sokol Competitions – Hartland, MI
7	NE District Sokol Exhibition – S Lyons, MI
7	Sokol San Francisco Picnic
12-18	Sokol MN Culture Camp
13-15	Nat'l Traveling Instructor Camp at Sokol Tabor
14	Flag Day
15	Sokol Gr. Cleveland Duck Dinner
15	Father's Day
20	First Day of Summer

JULY

In July	Sokol Washington Soccer Tournament & Pig Roast
4	Independence Day
7-21	ASO Instructor School at Sokol Gr. Cleveland
13	Sokol Gr. Cleveland 85th Annual Cesky Den at DTJ Farm
27-Aug 3	National Summer Camp at Sokol St. Louis

AUGUST

8-10	Sokol Woodlands Annual Clambake Weekend
16-24	Sokol Washington Summer Camp

SEPTEMBER

In Sept	Sokol San Francisco Picnic
5-7	ASO Campout – Warren Dunes State Park See ASO Website for Details

OCTOBER

5	Sokol/Sokolice Milwaukee 140th Anniversary Celebration
11	Sokol San Francisco Dinner/Dance
28	Den vzniku samostatneho ceskoslovenskeho statu - 1918 (Czech Independence Day)

Is your important event missing from this list?

Send your Events to
Editor@American-Sokol.org
or add them to the Calendar at
www.American-Sokol.org



The Sokol Educator

Sis. EllenJeanne Schnabl, Educational Director

NAZDAR! Sisters and Brothers –

Even though our Sokol Season is winding down, there are still many competitions and Slety to attend. Don't forget to keep working out by doing something physical during the summer!

JUNE

1	1862	First public exhibition of gymnastic exercises
1	1862	Unfurling of the first Sokol banner, designed by Manes, Praha Sokol Unit
8	1867	Frank Lloyd Wright was born in Wisconsin
9	1369	Jan Hus, Czech religious leader is born
14	1885	FLAG DAY its first observance by the National Fraternal Congress of America was at a one room schoolhouse in Fredonia, Wisconsin.
14	1916	The first National Flag Day was proclaimed by President Woodrow Wilson.
15	1862	Sokol salute "NAZDAR!" adopted on a motion by Joseph Barak
18	1882	First gymnastic meet held in Prague under the direction of Dr. Miroslav Tyrš.
20	1782	Continental Congress chose the bald eagle to represent the fledgling country's spirit - the United States of America.
29	1793	birth of Joseph Ressel, inventor of the propeller screw. He was denied the rights by the large ship builders of this invention but this screw, along with the steam engine, revolutionized the whole ship industry.
In June	1937	Inspired by folding chairs, Oklahoma grocer Sylvan Goldman introduced the SHOPPING CART.

FATHER'S DAY

Tatinkovi darecek, k svatku pekny dame
neb stejne jako maminku radi ho mame.

Vydelava penize, zivi nas a sati,
ruce jeho mozolne - ctíme moji zlati

Proto tobe Tatinku pronasime prani
ze Te velmi radi mame, nemas ani zdani.

Abys dlouho zustal zdravý, vesely a svezi
Kez jen na Tve tvari stale usmev slunny lezi.

Best wishes and much happiness to all our Fathers.
NAZDAR! EllenJeanne Schnabl

**Sokol Karel Havlicek Borovsky
Ennis, Texas
Celebrates 100th Anniversary**

Chuck Kalat – 100th Anniversary Planning Committee Chair

On the Weekend of April 18-20, 2008, Sokol Karel Havlicek Borovsky, Ennis, Texas celebrated its 100 year anniversary. The centennial celebration included a Friday evening reunion for past and present Sokol members and gymnasts. Almost 100 attendees participated in a large, interactive gym class and reunion photo. The rest of the evening was spent socializing – renewing old and forging new friendships and included refreshments, music, and karaoke entertainment. Sokol members returned to Ennis from Austin, Dallas, Ft. Worth, Corpus Christi, Houston, and as far away as Omaha, the Chicago area, Cleveland, and Baltimore to be a part of the celebration.

Saturday evening featured an elegant, catered banquet featuring a wine toast, delicious roast pork dinner, and anniversary cake. The banquet program featured a presentation of a “Centennial Days in Ennis” proclamation from the City of Ennis by Mayor Russell Thomas and remarks by U.S. Congressman Joe Barton. ASO 2nd Vice President Paul Lebloch made a presentation on behalf of the ASO National Executive Board. Cheryl Jarrett, Educational Director for the Gymnastics Association of Texas presented its 2008 “Pride of Texas” Award, given “in honor of our 100th Anniversary and for our promotion and love of gymnastics and a healthy active lifestyle for youth and adults”. Other speakers included Bob Podhrasky, President of the Southern District of the ASO, and Larry Laznovsky, president of Sokol KHB. Larry Laznovsky was also honored

by the anniversary committee for his 28+ years of leadership as president of the Sokol unit in Ennis. He was presented an original artwork created by Sokol artist Rome Milan. The program also featured a DVD picture presentation showing some highlights of Sokol’s rich history and honoring past contributors.

Entertainment included the Czechadees children’s folk dancers, featured twirler Kindle Morris, and a hand balancing performance by members of Sokols Ft. Worth and Baltimore. The evening continued with dancing to the music of “Czech and Then Some”.

The celebration weekend festivities concluded on Sunday with the Sokol’s annual exhibition featuring 3-year old to 75+ year old participants in the various Sokol classes and presentation of membership awards for years of Sokol KHB membership ranging from 5 to 70 years. A delicious potluck lunch with BBQ preceded the exhibition.

The Sokol KHB 100th Anniversary Planning Committee would like to thank all the American Sokol districts, units, and individuals who recognized the significance of the 100 years of contribution to our community and helped to make our 100th Anniversary Celebration a huge success. We would like to thank all those Sokol supporters that sent messages and wishes for the 100th Anniversary Souvenir Book and especially those Sokols that traveled long distances to be with us.

**Sokol Cedar Rapids
100 Year Building Bash
June 28, 2008**

SOKOL Cedar Rapids began in 1872 by Czech immigrants bringing with them the SOKOL physiology of, "A Sound Mind in a Healthy Body," teaching gymnastics and the Czech traditions to all ages in our present building since 1908. Help us celebrate. Historical exhibit, building tours, Czech music, dancing and food.

For details, call Allene Pease 319-363-0335. email address: tometalinc@imon.com
SOKOL Hall, 417 3rd Street SE, Cedar Rapids, IA 52401

STRATEGIC PLANNING - The Future of Sokol

The toll free phone number to call is (888) 284-7564, message code 22426.

Want to give you an update on our new Implementation Team that has met a couple of times. As you know, this team was to be made up of one representative from each district that would be in the know of what and how information and programs were going to be disseminated down to all the units and members. We still do not have representation from the Northeastern or Western Districts. Hopefully soon someone will step up to the plate but this team is going to move forward. Team members are Bob Podhrasky, Southern District, SPTF member and current team lead; Jerry Milan, Southern District, SPTF member; Jenny Polk, Central District, Rick Miller, Pacific District and Irene Wynnychuk, Eastern District. Right now they are concentrating on building their district implementation team so when they start rolling out programs or other information they have groups in place to help. This district team will also be responsible for providing feedback to the National team. Irene has already sent out emails to many of her district members regarding the three programs that have been approved and hard copies to Little Ferry. Tom Pajer, President of the Central District has been instrumental in helping to make sure all the units in his district has representation on the district team (so far 6 out of the 9 units have a representative). Tom and Jenny have already set a date in May with the new Executive Director for a meet and greet with their members, provide updates on what's happening with the teams and have a Q&A session. If you have not heard about either the National or District Implementation Teams and would like to help out, please contact Bob Podhrasky as pod@worldnet.att.net or your district representative.



Team members are Bob Podhrasky, Southern District, SPTF member and current team lead; Jerry Milan, Southern District, SPTF member; Jenny Polk, Central District, Rick Miller, Pacific District and Irene Wynnychuk, Eastern District. Right now they are concentrating on building their district implementation team so when they start rolling out programs or other information they have groups in place to help. This district team will also be responsible for providing feedback to the National team. Irene has already sent out emails to many of her district members regarding the three programs that have been approved and hard copies to Little Ferry. Tom Pajer, President of the Central District has been instrumental in helping to make sure all the units in his district has representation on the district team (so far 6 out of the 9 units have a representative). Tom and Jenny have already set a date in May with the new Executive Director for a meet and greet with their members, provide updates on what's happening with the teams and have a Q&A session. If you have not heard about either the National or District Implementation Teams and would like to help out, please contact Bob Podhrasky as pod@worldnet.att.net or your district representative.

The second message is on the Roll Call conferencing system. Please take the time to call in to (888) 284-7564, code 224246#. You can either listen to the first message for March or the April message by selecting 2 or 1 respectively. They do give you some playback features but I realize they say it so fast it hard to get it all. So hear they are for your future use: 1 - rewind 1 minute

- 4 - rewind 5 minutes
- 7 - rewind 20 minutes (won't need that as I keep message to fewer than 10)
- 2 - increase volume
- 5 - pause
- 8 - reduce volume
- 3 - fast forward 1 minute
- 6 - fast forward 5 minutes
- 9 - fast forward 20 minutes

My time as the Interim Strategic Plan Manager is quickly coming to an end. It has been my pleasure to work in this capacity for American Sokol.

Nazdar,

Maryann Fiordelis

Maryann Fiordelis
Interim Strategic Plan Manager

Teamwork Teamwork Teamwork



**2009 INTERNATIONAL
SPORT &
CULTURAL
FESTIVAL
JUNE 23-28
FORT WORTH TEXAS**

BULLETIN I
MAY 15, 2008

The Southern District of the American Sokol will be hosting the 2009 American Sokol Slet as part of the 2009 International Sport and Cultural Festival in Fort Worth, Texas. The event will take place June 23-28, 2009 and will include participation from USA Gymnastics, the Pan American Gymnastics Union as well as other sport and cultural groups. Participants from all over the world are expected to take part in the multi-sport and cultural activity.

For the most up-to-date details visit www.slet2009.com

Sokol Tabor held its 142nd Annual Exhibition on Saturday, March 8, 2008

Wow – what a wonderful show! All gymnasts are to be congratulated for a job well done. This year we were honored to have the following guests in attendance - Consul Borek Lizec and Consul Katerina Kulhankova, from the Consulate General of the Czech Republic in Chicago, Bro. Larry Laznovsky, President, American Sokol and the Honorable Mayor of Berwyn, Michael A. O'Connor. Special thanks to all the parents for allowing your children to participate in the program - your support is greatly appreciated. Our theme for the evening was "Reach for the Stars". Sokol Tabor is fortunate to have such a devoted Board of Instructors who truly care for your children and encourage them to "Reach for the Stars" at every class. Their continued creativity and devotion to our Sokol organization is extraordinary. A special thank you to the talented Alan & Sharon Linhart, Loretta Merrill, Judi Soulides, Wilma



Swieciones, Peggy Tangney, Thomas Wurst and all instructors for creating such original and awesome props and costumes. Thank you Alan Linhart for the beautiful picture poster boards displaying all of our special numbers. Thank you to the United Moravian Society Dancers for providing an amazing ethnic dance for us to enjoy.

A wonderful time was had by all at the after party held in our lower hall. DJ Mario Mongello played our favorite tunes and the food, prepared by Mrs. Irena, was delicious. Thank you to our Ad Book and Exhibition Committees and to the officers and members of Sokol and Sokolice Tabor for making our Exhibition a success.

First Class Boys & Women's Classes Pictured



Nazdar! Candace Short, Women's Physical Director



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
KandiPajer@American-Sokol.org

Good Luck and Happy Spring!

This time of year is hard because we are trying to wrap up the season in a positive light. Everyone is rushing to get routines and numbers learned and fighting the urge to “go out and play”. Well, why not do just that? For the warm-up take the class for a walk or light jog around the block or play 4 square at the end for a game. Get creative-you can even have a class project to beautify the gym by planting flowers and/or a Sokol Garden! Just remember, stay positive, have fun and get MOVING!! Enjoy the springtime weather!

Here are some positive sayings to help motivate you and your students. Some of these you can also use to inspire your athletes for competition. I found these from Successories Motivational Classics.

Achievement

Unless you try to do something beyond what you have already mastered, you will never grow.

Dare to Soar

Your attitude, almost always determines your altitude in life.

Positive Attitude

A positive attitude is a powerful force-it can't be stopped!

Human Spirit

Climb any mountain and believe without a doubt that you will succeed.
This is the power of the human spirit.

Aim High

More often than not, those who win believe they can.

Be the Bridge

Problems become opportunities when the right people join together.

Attitude

The greatest discovery of any generation is that a human being can alter his life by altering his attitude.

Excellence

Excellence is never an accident; it is the result of high intention, sincere effort, intelligent direction, skillful execution and the vision to see obstacles as opportunities

Contribute

Great achievements are nurtured with the cooperation of many minds with a common vision working toward a common goal.

Believe and Succeed

Courage does not always roar. Sometimes, it is the quiet voice at the end of the day saying, “I will try again tomorrow”.

KP ;)

Competition and Kids: It's Not About Winning

By Ted Villaire



Whether it's on the sports field, in the classroom, or out in the backyard, competition can provide kids with plenty of opportunities for having fun and learning new skills. As part of a sports team, for example, kids will likely learn about time management, self-discipline, and good sportsmanship. They'll also get in shape, spend time with friends, and learn that success can hinge upon how well they work with others.

While competition certainly has its perks, there can be a downside when winning and recognition become a child's only goals—thereby zapping the fun out of the activity. To help your child develop a healthy attitude toward competition, emphasize that enjoying an activity does not mean being the best at it and explain that you're not overly invested in who wins.

Emphasize fun...and effort

The first priority when engaging in competitive activities—especially for kids ages 10 and younger—is having fun. "Younger kids are likely to lose interest in activities that are overly competitive," advises Susan Newman, a social psychologist and author of several books on parenting who teaches at Rutgers, The State University of New Jersey. To sustain younger children's enthusiasm when playing sports and games, toss out the scorecard and be ready to adjust the rules to fit the kids' abilities. In addition, Newman says, constant encouragement will help young children feel confident about their efforts. If parents emphasize fun and effort, kids will be less likely to make a fuss about winning and losing and more likely to continue the activity as they grow up.

As children get older, particularly at middle-school age, winning gains new appeal. Unfortunately, this newfound interest in winning prompts some kids to start dropping out of sports, observes Carleton Kendrick, a family therapist who is a featured expert on Family Education Network, an online resource for parents, teachers, and children. Kids often quit playing sports because they feel they can't satisfy their own or their parents' expectations. To prevent children from quitting sports altogether, "keep them playing sports they enjoy—if not in school or on [community] youth teams, then informally with friends," advises Kendrick.

Kids are more likely to stick with competitive activities and enjoy themselves if they don't have parents pressuring them. When discussing a competitive event involving a child, Susan Newman suggests, parents should keep the conversation general and refrain from addressing the child's individual performance or achievement. "When [a child's] performance is overanalyzed, it underscores the importance of winning," says Newman. "This is not the message you want to send." Newman recommends offering praise to a child whether he wins or loses, and keeping your enthusiasm in check when the child wins. If you're over-excited when your child wins, Newman explains, he may perceive you're disappointed when he loses.

Provide excellent role models

A child's individual personality will determine much of his attitude toward competition, but the adults in his life have a profound effect, too. Regrettably, some coaches and teachers serve as poor role models for kids when they compete. If your child's coach is encouraging the team to be overly aggressive on the field, Christine Ziegler, a psychology professor at Kennesaw State University in Georgia, suggests that you contact the league or the school administrators and let them know your child will be removed from the team if the atmosphere does not improve. "Parents have choices about what programs they want their kids to participate in," Ziegler says. "There are usually several options available."

If a child becomes angry or depressed when he loses, or if he attempts to cheat, tries to change the rules of the game, or refuses to play if he's losing, it's likely that the child has too much invested in winning. While you may identify factors outside the home that contribute to this behavior, more often kids pick up an obsession with winning from their parents. "If kids are overly competitive, parents need to look at how they may be unknowingly promoting the idea of winning as the most important thing," says Ziegler. "Parents should ask, 'What am I doing that may be misinterpreted?'"



Discuss the conduct of others

Whether you're attending the school science fair or watching a professional baseball game, Susan Newman advises you to be on the lookout for opportunities to talk about examples of good and bad behavior surrounding competition. "When you see another child throwing a tantrum or misbehaving on the field before, after, or during a game, point it out." After you get home, Newman says, "Ask your child, 'Did you see that kid throwing his bat? That's dangerous.'" Also, when discussing inappropriate behavior, ask your child to think of a better way to respond to that particular situation, suggests Newman.

Involve children in cooperative activities

Many parenting experts believe that children's activities focus too much on competition and too little on cooperation. They contend that cooperative activities such as playing music together, collaborating on science or art projects, playing games in which the goal is working together, and any number of other teamwork-oriented pursuits build valuable skills for kids. "Competition is important, but so is cooperation," says Christine Ziegler. "At times, a group's goals are more important than an individual's goals. Successful adults have learned that there is a time to compete and a time to cooperate."

Cooperative activities, says Ziegler, are ones that require participants to coordinate their efforts for a common goal. In noncompetitive activities, however, the goal is performing a particular task—whether it's bicycling, playing catch, swimming, or climbing on the monkey bars—rather than competing against another person. Ziegler says cooperative and noncompetitive activities and games are essential for all kids, but especially for those kids who are overly fixated on competition. Young children who generally have a hard time understanding winning and losing may gravitate toward these activities, as will kids who become frustrated and distressed and develop feelings of inferiority in highly competitive environments.

Above all, kids should learn to treat everyone with courtesy and respect whether they win or lose. Ideally, while engaged in competition, a child will learn that winning isn't important; what is important is putting forth the best effort possible. Then, as the child grows older and realizes that sustained effort leads to improved performance, she'll learn to compete against the worthiest opponent of all—herself.

As I am learning personally with my own children-communication is the key! Talk to your children about how they should act in certain situations. Role play, ask them questions and let them know you are there for their concerns and questions. If you are available you are setting a precedence for them now as well as in the future. KP ;)

The Olympic Games-

Are you ready? The summer games will be held in Beijing starting August 29th. What is the most watched sport during the Olympics? You guessed it- **GYMNASTICS!**

Here is a short excerpt from the Beijing website about the gymnastics events-

A perfect fusion of athletics and aesthetics, gymnastics ranks among the defining sports of the Olympic Games. Mixing strength and agility with style and grace, the high-flying acrobats have provided many of the most breathtaking Olympic spectacles of the past quarter-century.

Nadia Comaneci's perfect 10 score at the 1976 Montreal Games, the first ever awarded, remains the high-water mark for most gymnastics fans. The 14-year-old Romanian achieved the seemingly impossible seven times in Montreal, a feat so unexpected that the scoring technology was set up for only three digits. Her 10.00s were displayed as 1.00.

Gymnastics has a long, proud history. The sport can be traced back to ancient Greece, where such skills featured in the ancient Olympic Games. Ancient Rome, Persia, India and China practised similar disciplines, mostly aimed at preparing young men for battle. The word itself derives from the Greek word gymnos, meaning naked - dress requirements for athletes in those days were minimal, to say the least.

Scoring High

From Gymbrooke Gymnastics-

In Helpful Hints and Tips For All Gymnasts E-Newsletter

Of course, we all know that the most obvious component is hitting your routine, meaning each skill is completed smoothly and without falling.

Unfortunately, it's not enough to "just do a clean routine" if you want to get 9.00's or above from the judges. What the judges are looking for in a 9+ routine is a special spark. Every move, even those little insignificant gestures on beam, needs to be sharp and show that you're confident.

I saw many routines where the gymnasts simply went through the motions of their routine, without that "spark" aforementioned. Often, people underestimate the essential component of having an attitude that tells the judge, "Look at me! I'm confident at what I'm doing, and I'm having fun!" Now, while that may sound cocky or stuck-up, it's what the judges are looking for in a nine-worthy routine.

What does a confident routine look like? Especially on beam and floor for the girls, it means having sharp and sure movements, a smile on your face, keeping your chin up, straight legs, and extension all the way through your fingers and toes. If all these components are present at the same time, it will leave a positive impression on the judges. (Even if you didn't do as well as you would have liked, keeping a good attitude throughout and after your routine may save you a couple tenths.)

And this confidence comes from many repetitions in practice. When you've practiced well and to your full potential, you know that's the best of what you're capable of, and that should give you reason to be confident. Of course, we can't be sure of everything we do all the time, so once in a while you may have a new skill you haven't quite mastered, or one that's been giving you trouble. But even so, you shouldn't let that take away from confidence from the rest of the routine.

So, if you've been hitting your routines, but are wondering why your scores are only in the mid-eight range, have someone carefully evaluate your routine, or even better yet, have someone videotape your routine, and see what you can do add a little "sparkle" to it.

Remember, have fun, and good luck!

-Remember, you can only score high if you PRACTICE! Concentrate on straight knees and pointed toes-extend from your fingertips to your toe nails! You should visualize your routines in your head and practice physically to perfection. If you believe in yourself you can go farther than you ever dreamed! KP ;)

Central District Rhythmic Gymnastics "Instructors School"



Sunday, July 13
and
Sunday, August 24



Schedule of Events:

9:00–11:00 a.m.	Beginner Rhythmic Instructors School (We will cover instruction for each apparatus, the new Basic Skills Testing for 1 st class girls and older, and additional rhythmic skills for Tots classes.)
11:00-11:30 a.m.	Level 3 Hoop Clinic (August 24 ONLY)
11:30 a.m.- noon	Level 4 Hoop Clinic
12:00-12:30 p.m.	Break for lunch (bring your own)
12:30 - 1:30 p.m.	Level 5 Hoop Clinic
1:30 - 2:30 p.m.	Level 6 Hoop Clinic
2:30 - 4:00 p.m.	Level 7 Hoop Clinic (Compulsory and Optional)

All Sokol instructors are invited! Identical information will be presented at each date, so plan on attending either July 13 OR August 24. Instructors School and Clinics will be hosted by Sokol Chicagoland at Elite Sports Complex, 6360 S. Belmont, Downers Grove.

To RSVP or if you have any questions, email Beth McCloskey at rhythmicbeth@yahoo.com.



Sokol Minnesota Receives Award

From the Sokol MN SLOVO May 2008

The American Heritage Preservation Commission (HPC) and the St. Paul Chapter of the American Institute of Architects has awarded Czech & Slovak Sokol Minnesota its **2008 Organizational Award for Community Education** for enhancing and celebrating St. Paul's cultural resources. This 18th annual award was presented to Sokol's BOD on May 13. The St. Paul HPC was created by city ordinance in 1976 to protect and promote the heritage of the City of St. Paul and became a Certified Local Government (CLG) in 1985. The citizen board is charged with protecting the City's historic resources. The Commission consists of thirteen members who are residents of St. Paul appointed by the Mayor with the advice and consent of the City Council. One of the members is a representative of the Ramsey County Historical Society, and at least three of the members are registered architects.

DISTRICT AND UNIT ROSTER INFORMATION

This information is taken directly from the Official Records. If your listing is incorrect, please contact Jean Hruby at 630-368-0771 or email to ASO@American-Sokol.org. Remember - Current Roster information should be sent to American Sokol immediately following your annual meeting and with each Quarterly Membership Report. Thank you for your assistance in keeping our records up to date.

CENTRAL DISTRICT

C/O Sokol Brookfield,
3909 Prairie Ave.
Brookfield, IL 60513
President, Barbara Kucera
Financial Secy, Meribeth Tooke
Wos. Director, Lynda Bazata
Men's Director, John Bazata

Sokol Ceska Sin

216-228-0027

4314 Clark Avenue, Cleveland, OH 44109

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Milwaukee WI 53219

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708-485-9663

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Pork, Sauerkraut and dumpling dinners, tripe soup, grilled wieners and goulash dinners are some of the featured Czech foods available. Dinners are served from 11am.

Admission is \$5 and all proceeds go towards supporting three Czech cultural centers: Bohemian National Hall, home of Sokol Greater Cleveland, Ceska Sin Sokol, and the DTJ Pavilion in Taborville.

For Additional information contact festival Chairman,
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