



## Strength in the Eye of Sokol

For current 2009 Slet Information,  
visit the website:

[www.slet2009.com](http://www.slet2009.com)



March 2009  
Volume 132  
Issue 3

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

### AMERICAN SOKOL

9126 Ogden Avenue  
Brookfield, Illinois  
60513 USA

Phone 708-255-5397  
Fax 708-255-5398  
(call first)

[www.American-Sokol.org](http://www.American-Sokol.org)  
[ASO@American-Sokol.org](mailto:ASO@American-Sokol.org)

## AMERICAN SOKOL

ISSN 003-1259

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

Periodical postage paid at Brookfield, IL and additional mailing offices.

**Subscription:** \$12.00 per year  
**Postmaster:** Send address changes to American Sokol at address on cover.

### Board of Governors

Larry Laznovsky	Bohus Bata
Mickey Dalton	Richard Miller
Mary Cushing	Mary Steinman-Hargiss
Tom Pajer	Beverly Domzalski
Bob Podhrasky	One BOI Representative

### Executive Board

Larry Laznovsky	President
Gary Masek	1 <sup>st</sup> Vice President
Paul Lebloch	2 <sup>nd</sup> Vice President
Bev Domzalski	Secretary
Meribeth Tooke	Treasurer
Mary Steinman	Financial Secretary
Chuck Kalat	Men's Director
Barb Vondra	Women's Director
Nancy Imbrone	Editor
EllenJeanne Schnabl	Educational Director
Mary Ellen Newsom	Membership Director
Jean Hruby	Public Relations
Open	Foundation
Roger Martanovic	Board Member
Jan Kalat	Board Member
Jerry Milan	Board Member
Maryann Fiordelis	Alt. Board Member
Allison Gerber	Alt. Board Member
Candace Short	Alt. Board Member
Bob Podhrasky	By-Laws Chairman

ASO Executive Director: Greg Harris  
ASO Office Manager: Jean Hruby  
Library, Archives & Museum Curator: Annette Schabowski  
National BOI Office Secretary: Juanita Lo Giudice  
Webmaster: Stephanie Valentine

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

### To submit information for publication:

email [Editor@American-Sokol.org](mailto:Editor@American-Sokol.org)  
mail Editor, American Sokol  
Nancy Imbrone  
916 Lawnview Ave.  
Shoreview, MN 55126

## Calendar of Events



April	
4	Central District Special Number Competition
5	Sokol MN Spring Breakfast, Craft & Bake Sale
13-17	National Library Week - ASO Open 10 to 3
16-17	Sokol MN Garage Sale
17	Sokol San Francisco Czech Song Singing Party
18	Sokol St. Louis Czech Festival
19	Sokol LA Spring Heritage Dance
19	Sokol Little Ferry 113th Annual Gymnastic Exhibition
25	Sokol NY vs Sokol Washington Volleyball Tournament
24-25	Sokol Tabor Rummage Sale
May	
8	Liberation Day (Den osvobození)
10	Mother's Day
15	Sokol NY Ballet Recital
16	Sokol San Francisco Lunch & Dance
17	Sokol NY Annual Gymnastics Exhibition
17	Sokol Little Ferry Annual Pork Dinner & Raffle
22	Bike to Work Day
June	
14	Flag Day
13	Sokol San Francisco Picnic - Chabot Park
13-19	Sokol MN Czech & Slovak Culture Day Camp for Children
21	Father' Day
23-28	2009 International Sport & Cultural Festival
27	Remembrance of the Victims of the Communist Regime (Den památky obětí komunistického režimu)

## June 23-29, 2009 International Sport & Cultural Festival in Fort Worth, Texas

Is your important event missing from this list?  
Send your Events to  
[Editor@American-Sokol.org](mailto:Editor@American-Sokol.org)



# The Sokol Educator

*Sis. EllenJeanne Schnabl, Educational Director*

---

The modern version of April Fools started around 1562 when Pope Gregory introduced a new calendar with the year beginning on January 1st. Many people still celebrated the New Year on April 1st, thus the birth of "April Fools".

April 4, 753 B.C.: Rome was founded

April 7, 1348: King Charles IV founded the University of Prague, the first in Central Europe.

April 10, 1862: The Sokol uniform was accepted.

April 22, 1911: Czechoslovak Sokol Organization announced that Women may become members of Units (although they had their first exhibition in Praha on April 11, 1898).

The last Friday of April is Arbor Day which is set aside for the planting of trees. Founded by J. Sterling Morton in Nebraska City, NE, he became President Grover Cleveland's Secretary of Agriculture.

Easter is on Sunday, April 12th:

You can dye your hard-cooked eggs using the cold-dye method. Cover the eggs with water and dyeing materials plus a teaspoon of vinegar and let the eggs stay in the refrigerator until the desired color is achieved.

- Red: lots of boiled onion skins
- Pink: beets or cranberries or their juice or pickled beet liquid.
- Orange: boiled yellow onion skins
- Yellow: boiled orange or lemon peels or carrot tops or celery seed
- Green: boiled spinach leaves
- Greenish yellow: boiled yellow Delicious apple peels.
- Blue: canned blueberries or boiled red cabbage leaves
- Violet blue: violet flower blossoms or a small quantity of boiled red onion skins
- Lavender: a small amount of purple grape juice or violet flower blossoms plus 2 teaspoons lemon juice
- Brown: strong coffee or boiled black walnut shells.

You've heard of the leaning tower of Pisa which leans at an angle of 3.97degrees. How many of you know that the Czech Republic has a similar attraction? The Baroque Church of St. Peter of Alcantara built in the year 1736 which is now in the abolished centre of old Karvina. This church leans at an angle of 6.8 degrees! It started to lean as a result of the coal mining in the area. At the beginning of the 1990's it was to be demolished but it underwent complete reconstruction and church services are again being held there today - still leaning.

Spelunkers Alert: The longest cave system in Bohemia is the Koneprusy Caves, heart of the Bohemian Karst and measures two kilometers. It is divided into 3 levels connected by Chimneys and chasms. The stalactites are about 400 million years old.

NAZDAR! EllenJeanne Schnabl, American Sokol Educational Director

NAZDAR! EllenJeanne Schnabl, American Sokol Educational Director

**The ASO will be open for National Library Week – April 13-17, 10:00 am to 3:00 pm.**

## STRATEGIC PLANNING TASK FORCE DIRECTOR UPDATE

It's been awhile since I've talked about membership involvement on the various Strategic Imperative Teams so I thought I'd take this opportunity to bring everyone up to date. I want to acknowledge our members who have actively been moving our strategic plan forward. I think it is important that we also see which units and districts are participating. As part of my expanded duties of SPTF Director, I attend all team meetings that I can. In alphabetical order, teams that are currently active, have completed their tasks or on hold include:

**Database Team:** Tom Pajer, Spirit, Team Lead, SPTF member; Brian Dolezal, Greater Cleveland; Mike Drobick, Spirit; Laura Kwak, Chicagoland; Rob Newcomer, St. Louis; Laura Weber, St. Louis. This team put together a project charter and investigated various databases. Presented their recommendation and received approval to purchase. Since this was around the time that we were actively seeking our Executive Director and wanted his input, this team was put on hiatus. With to the recommendation from Greg Harris pursuing the purchasing of a new database is on hold for now.

**Finance Team:** Barbara Vondra, Stickney, SPTF member; Jean Hruby, Spirit, Stickney & KHB Ennis; Doris Marks, Stickney; Don Newsom, Chicagoland nonmember; Meribeth Tooke, Spirit. They have been busy working on their resource book; waiting for deadline dates so we'll know when we will be moving forward.

**Implementation Team-National:** Maryann Fiordelis, Detroit, Team Lead, SPTF member; Greg Harris, National Office. This team is also composed of District Representatives. From the Central District - Judi Soulides; Eastern District-Irene Wynnyczuk; Northeastern District-Mary Cushing; Pacific District-no representative; Southern District-Bob Podhrasky; Western District- Brenda Kuncl. The team developed a survey to gather information from the units regarding the Core Programs and their readiness to begin. Greg Harris was instrumental in distributing marketing and Core Program materials to all units. This team is now in the process of distributing and gathering information around the implementation status for the Core Programs and communication effectiveness. The National Implementation Team is working with Unit Representatives on this survey as follows: Central District: Ceska Sin - Don Kotlan, Chicagoland - Mary Ellen Newsom, Milwaukee - Jim Hron, Naperville - Judy Vierke, Saint Louis - Nancy Beasley, Spirit - Kathy Barcal, Stickney - Nancy Pajeau, Sokolice Tabor- Julie Kaupert and Julie Raine, Town of Lake - Jan DeValk. Eastern District: Baltimore - Leilani (Lee) Sain, Little Ferry - Blanche Bidnik, New York - Ethna Flaherty, Philadelphia - Ron Jaros, Washington - Anthony Bartos. Northeastern District: Detroit - Renata Greene, Greater Cleveland - Marie Hibler. Pacific District: No Representatives. Southern District: Corpus Christi - Jerry Sijansky, Dallas - Bob Podhrasky, Ennis - Thomas Betik, Ft. Worth - Jerry Milan, Houston - Tony Thayer, Yukon - Marilyn Berousek, West - No Representative. Western District: Cedar Rapids - Brad Hess, Crete Men - Bruce Cerny, Crete Women - Theresa Vernon, Minnesota - Joe Landsberger, Omaha - Gary Masek, South Omaha - Buddy Benak, Wilber - Brian Florian.

**Membership Types Team:** Mary Ann Sulz, St. Louis, Team Lead; Bo Bata, Baltimore; Nancy Beasley, St. Louis; Mary Ellen Newsom, Chicagoland; Bob Podhrasky, Dallas, SPTF member; Mary Steinman, Ft. Worth, SPTF member; Joyce Teserak, Minnesota. This team made presentation to the Strategic Planning Task Force and several concerns and cross-over issues came up. The SPTF asked that this team be put on hold until the Organization Development Team reviews these cross-over items.

**Organization Development Team:** Greg Harris, Executive Director, Team Lead; Mary Cushing, Detroit, Maryann Fiordelis, Detroit, SPTF member, Tom Pajer, Spirit, SPTF member; Bob Podhrasky, Dallas, SPTF member. This team is currently developing their project charter, establishing priorities and setting timetable and deadlines as much of their work needs to be done to meet current convention dates.

**Personnel Team- Executive Director:** Mary Steinman, Ft. Worth, Team Lead, SPTF member; Maryann Fiordelis, Detroit, SPTF member, Larry Laznovsky, KHB Ennis, Executive Board Resource Person; Brenda Michalek, Chicagoland & Naperville Tyrs. This team successfully completed their goals with the hiring of Greg Harris.

**Personnel Team-Instructor Standards:** Maryann Fiordelis, Detroit, Team Lead, SPTF member; Allison Gerber, Cedar Rapids; Bob Kucera, Naperville Tyrs; Kandi Pajer, Spirit; Bryan Pracko, Sokol USA Lodge 306. This team successfully completed their goals with the presentation and distribution of "Guidelines for Developing a Successful Sokol Gymnastics Instructor. This book is under the jurisdiction of the National BOI.

**Program Team:** Tom Pajer, Spirit, Team Lead, Strategic Planning Task Force (SPTF) member; Maria Breidenbach, St. Louis; Marla Breidenbach, St. Louis, Florence DelCarlo, Chicagoland; Candy Short, Tabor; Barbara Vondra, Stickney, SPTF member and BOI Resource Person. This team successfully completed their goals with the development and distribution of our four Core Programs currently in the implementation stage.

**Strategic Planning Task Force:** Maryann Fiordelis, Detroit, SPTF Director; Larry Laznovsky, Executive Board Sponsor; Lori Laznovsky, Ennis; Jerry Milan, Ft. Worth; Tom Pajer, Spirit; Bob Podhrasky, Dallas; Mary Steinman, Ft. Worth; Barbara Vondra, Stickney. This team continues to meet at least quarterly. They are responsible for selecting various team members, first-step in the approval process for team products and working with our Executive Director for forward movement of our strategic plan.

**Volunteer Management Team:** Barbara Vondra, Stickney, Team Lead, SPTF member; Kathy Barcal, Spirit; Barbara Kucera, Naperville Tyrs and Donna Sbriglia, New York. This team is finalizing their resource book and should be completed by end of first quarter.

As you read through team member names and units you notice that without the Central District our Strategic Plan would not be going anywhere. If you feel that your unit or district is not fairly represented, volunteer for one of upcoming teams list below.

Communication Team - Jerry Milan, Ft. Worth, Team Lead. Currently trying to get this team going but to date no volunteers. Perhaps we're having problems with our communication vehicles.

Branding and Marketing - Hoping to begin during the 2<sup>nd</sup> quarter of this year.

Leadership Development Team - Also hoping to begin during the 2<sup>nd</sup> quarter of this year.

Watch for more information about these two teams in upcoming publications.

During these economically trying times, it is even more important that we as an organization look at new and profitable ways to grow and expand. I'm sure we've all heard of the saying that it takes a village to raise a child. I'm not looking for a whole village but a couple of enthusiastic, hard-working, cohesive teams with some different faces sure would be nice.

Nazdar,

Maryann Fiordelis  
Strategic Planning Task Force Director

**There is a bright star over Texas,  
and it's heading for Fort Worth!**



## Another Sokol Success Story “Central District Working Together”



From L to R: Carrie Sloan, Kayla Burke, Jessica Vierke, Angela Biancofiore,  
Emma Sloan, Baylee Hussain, Mary Bajek and Katie Baxter

The Central District of the American Sokol has successfully taken a major step to promote the Sokol name among the general Artistic Gymnastic community. The Central District has formed a team of female athletes who compete in the Greater Illinois Junior Olympic (GIJO) Program. They are coached by Stacy Domzalski and Angeli Rutkowski of Sokol Chicagoland. The team alternates practice times between Sokol Chicagoland at Elite Sports Complex and Sokol Naperville Tyrs at Naperville Central High School.

Although the team has been competing for just over a year, on Super Bowl Sunday 2009, the Central District rallied behind the team to host their first Sokol-sponsored meet, the “Super Sunday Tumbledown!”

The event was a huge marketing success, as the Sokol name was well publicized to other outside gymnastic organizations. This event would not have been possible without the dedicated men and women volunteers of the Central District. Volunteer efforts and pride could be seen from the initial planning of meet logistics, obtaining judges, preparing the facility, goodie bags and t-shirts for the competitors, through award purchases and distribution, and various fund-raisers that took place. Smiles could be seen on the faces of competitors, their parents, the spectators as well as the volunteers throughout the day.

It was a very rewarding event and financial success for the Central District. This is just another example of what we can accomplish when we put our minds to it and work together for the good of the organization! Nazdar!



**Look where Sokol Slim has been showing up!**



# 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](mailto:Kandi@pajer.us)

## Central District Boys Track and Field Meet Results Held-October 11, 2008 at Sokol Tabor

-The top five places in each age group are honored below-

### Ages-5 & 6 All Around Results

Place	Name	Unit	Points
1	Neil Fajardo	Tabor	33
2	Victor Rodriguez	Tabor	32
3	Brandon Eng	Naperville Tyrs	31
4	Nikolas Colagrossi	Tabor	30
5	Sam Todd	St. Louis	28

### Age 7- All Around Results

Place	Name	Unit	Points
1	Kyle Wojcik	Chicagoland	56
2	Justin Eng	Naperville Tyrs	48
3	Roger Mukite	Tabor	46
4	Christian Gatsos	Spirit	44
5	Tyler Colagrossi	Tabor	42

### Age-8 All Around Results

Place	Name	Unit	Points
1	Julio Rodriguez	Tabor	57
2	Michael Biancofiori	Naperville Tyrs	56
3	Thomas McGill	Tabor	49
4	John Stanko	Tabor	48
5	Jamie Anderson	St. Louis 47	
5	Kyle Johnston	Spirit	47

### Age-9 All Around Results

Place	Name	Unit	Points
1	Jay Swiecionis	Tabor	68
2	Jared Frank	Spirit	51
3	Nicholas Gonzales	Tabor	48
4	Seth Montanez	Tabor	40

### Age-10 All Around Results

Place	Name	Unit	Points
1	Erik Hartwig	Tabor	63
2	Josh Lemont	Spirit	55
3	Daniel Hamilton	Spirit	51
4	Ryan Durkin	Chicagoland	48
5	Jacob Limek	St. Louis	45
5	Sean Hussain	Tabor	45

### Age-11 All Around Results

Place	Name	Unit	Points
1	Antonio Washington	Naperville Tyrs	55
2	Joseph Catania	Spirit	46

## 2008 Central District Winter Competition Results

Below are the All Around results for each individual

### Division: Boys 8-9 Level: 4

Place	Name	Unit	All Around Score
1	Michael Biancofiori	Naperville Tyrs	81.800
2	Nicholas Gonzalez	Tabor	81.500
3	Tommy Fron	Tabor	80.300

### Division: Boys 10-11 Level: 4

Place	Name	Unit	All Around Score
1	Eric Hartwig	Tabor	77.900
2	Sean Hussain	Tabor	76.100

### Division: Boys 10-11 Level: 5

Place	Name	Unit	All Around Score
1	Ryan Durkin	Chicagoland	79.700

Division: Juniors		Level: 4	
Place	Name	Unit	All Around Score
1	Brandon Louise	Naperville Tyrs	86.900
2	Kyle Hafkey	Naperville Tyrs	81.800
3	Frank Tudisco III	#306 Chicago	81.700

Division: Juniors		Level: 5	
Place	Name	Unit	All Around Score
1	Gregory Saltz	Naperville Tyrs	88.200
2	Philip Soulides	Tabor	83.400
3	Matt Fron	Tabor	78.800
4	Gary Cervenka	Tabor	78.200
5	Danny Fron	Tabor	77.400

Division: Juniors		Level: 6	
Place	Name	Unit	All Around Score
1	John Fron	Tabor	78.600
2	Jacob Breit	Tabor	64.100

Division: Adults		Level: 5	
Place	Name	Unit	All Around Score
1	Mike Michalek	Chicagoland	87.500



Congratulations to all of the competitors in both competitions!

## -Fit Kids Get Better Grades-

From: Get Fit Now By: Michael O'Shea

As childhood obesity rates soar and kids spend more time sitting in front of their computers than playing outdoors, diabetes and other weight related illnesses are on the rise. But physical health isn't the only thing at stake.

According to a study by the California Department of Education, kids' fitness levels also may affect their performance in school. The study found that increased amounts of physical fitness translated into higher academic achievement at each of the three grade levels measured. The benefits were most evident in math scores. And girls, particularly those at higher fitness levels, demonstrated greater achievement than boys. Another study, published by the Centers for Disease Control and Prevention, also found that increased physical activity had a positive effect on academic performance.

Previous research has led doctors to surmise that exercise may encourage new brain-cell growth. A workout for your body also is a workout for your mind. Help kids get in shape, and they may bring home higher test scores and better grades.

## -Boost Your Brain-

From: Get Fit Now By: Michael O'Shea

You already know that exercise can add years to your life, but now there's evidence that it also can take years off your aging mind.

Research suggests that regular aerobic exercise may delay or even reverse age-related brain decline, including that associated with Alzheimer's disease and dementia. According to a review of studies in the British Journal of Sports Medicine, moderate physical activity-anything that leaves you breathless-can increase both the volume of brain tissue and the brain's ability to function. In a study at the University of Kansas Medical Center, researchers found that patients with early Alzheimer's who worked out regularly showed less deterioration in the areas of the brain linked to memory than more sedentary patients with

the disease. Other studies indicate that high levels of physical fitness have a positive effect on mental plasticity, or the brain's capacity for growth and development.

Exercise isn't a cure for Alzheimer's, and it won't stop you from getting older, but it may help you stay sharper longer. Don't let age slow you-or your mind-down.

## **How To Be Demanding And Supportive At The Same Time** From the Series: **Helping Your Child Succeed in Elementary School**

### To Boost Your Child's Achievement

As a parent, you have the power to either encourage or discourage your child. Your words and actions can either open or close doors to learning. As a result, it's important to put your influence to good use and act as both a coach and a cheerleader for your child. By being simultaneously demanding and supportive, you can push your child to higher levels while providing the guidance he or she needs. The following are some actions you can take to help your child improve and succeed in school and later in life:

**\*Show your child that you believe learning is vital and that you care about his or her achievement in school.** Unless your child knows that you value learning, he or she won't adopt the same beliefs. Your child needs to see that school achievement is important to you. You can easily show that you care by making sure your child is at school on time and by providing the necessary school supplies, including paper; pencils, notebooks and access to resources such as the library.

Another way to demonstrate that you place a high priority on education and care about your child's achievement is to show an interest in what he or she is learning in school. Know what your child is studying and how he or she is progressing by always asking about his or her day.

You can help your child's achievement by supporting the school. Your thoughts about education and the school will make an impression on your child. He or she will pick up on your feelings and may adopt a similar attitude toward school. Your interest is a great motivator for your child. It can go a long way toward making school a more important and enjoyable place for him or her.

**\*Expect positive results.** Your level of expectation is one of the most important factors for your child's achievement in school. Your confidence, attitudes and demands have a huge impact on his or her performance. Children tend to live up or down to their parents' expectations. If you expect your child to do well, he or she will be much more likely to excel- and conversely, if you expect your child to do poorly, he or she will be much more likely to fail because he or she lacks your support.

Developing and maintaining expectations for your elementary student's educational performance is a delicate balancing act. On one hand, your expectations have to be high enough to challenge your child and keep him or she engaged. And on the other hand, your expectations need to be reasonable enough that your child can be successful. Meeting with your child's teacher can help you determine appropriate expectations for his or her performance.

### Channel Disappointment In A Positive Way.

**\*Channel disappointment in a positive way-not just your child's, but also your own.** If you have high expectations for your child, it is likely that he or she will not always meet them. You must learn to cope with your own disappointments when your child isn't as successful as you'd hoped. This is easy to do if you remember that students learn from making and

correcting mistakes. Your upbeat attitude will be the key in keeping your child from becoming discouraged.

When your child doesn't respond as you wish, you need to focus on *what* didn't get done in a quality way rather than that *your child* didn't get the job done in a quality way. The line separating these two responses is very distinct. You can get angry, mad and frustrated toward what your child did or didn't do, but it's a mistake to show anger or disappointment toward your child if you want to be seen as supportive.

**\*Praise effort even when it resulted in failure.** No failure will ever be a "total" failure as long as your child continues to try. Acknowledging effort will show your child that failing to accomplish something this time around isn't the end of the world. Such support will also help motivate him or her to keep trying and improving.

Praise is a strong motivator. Showing appreciation for effort and a job well done all but guarantees that success will follow. However, keep in mind that your praise must be sincere. Showing your child the benefits of learning-and giving specific recognition when he or she achieves-are powerful actions in leading your child successfully.

#### **Quick Tips**

**-Recognize and encourage special talents in your child.** If your child can pursue something he or she is particularly skilled in, it can build his or her motivation and confidence in all areas.

**-Use family, school and community resources to strengthen your child's school performance.** For instance, take your child on a tour of a local historic site or nature trail. Enroll him or her in sports programs or music lessons. Or expose your child to different ideas, cultures and ways of looking at and doing things.

The above is a good philosophy to adopt whether you are a parent, a teacher or a coach! The bolded statements can easily transfer over to teaching and coaching alike. All good teachers show their students that they believe learning is vital and they care about their students' achievement in school. As well as every good coach who expects positive results at competitions or games. Disappointment in the result of a competition can be used to motivate practice intensity and improve the outcome for next time. And praise in effort of putting together a science fair project that took months to prepare for and much study time, is sometimes more rewarding than that blue ribbon that is handed out and will eventually be thrown in the garbage. Use the above suggestions in all aspects of your instructing/parenting life and every young person you come in contact with will learn how to succeed from you. KP:)





**Yes! I want to help support  
The American Sokol National Leadership Camp's  
"Ride2Camp" campaign!**



Dear Family and Friends,

As you may know, we, Mark Beckerman, Matt Carlozzi, Stephanie Kadlec and Matt Kocek are riding our bikes from Chicago, Illinois to Ft. Worth, Texas to celebrate the 2009 International Sport and Cultural Festival. However, we have a far loftier goal than just riding our bicycles there. As members of the American Sokol Organization dedicated to its success, we are riding to raise money to fund an "American Sokol National Leadership Camp." The goal of this camp is to maintain year-round programming for the communities that surround it, all the while maintaining the Sokol ideals. Please help us with this huge endeavor by donating what you can to support our ride and start this fund. In return, please accept these small tokens in appreciation of your generous support.

**Basic Biker - \$10 - \$24**

- "Thank You" letter signed by all four members of the ride.

**Comfort Cruiser - \$25 - \$99**

- Basic Biker and,
- Daily email with a picture from each day's adventure during the ride.

**City Cyclor - \$100 - \$249**

- Comfort Cruiser and
- 8"x10" "Thank You" picture of the four members of the ride.

**Trail Trekker - \$250 - \$499**

- "City Cyclor and
- Official "Ride2Camp" t-shirt.

**Road Racer - \$500 - \$999**

- Trail Trekker and
- 12-month Calendar, showcasing the 12 daily pictures of the ride.

**Cross Country Crusader - \$1000 and Up**

- Road Racer and
- Your name on the back of the official "Ride2Camp" t-shirt.
- Your name professionally engraved on a brick to be found at the base of the American Sokol National Leadership Camp flag pole so your support will be forever memorialized.

All donations will help ensure a successful event that will allow American Sokol to continue providing and developing valuable fitness and social activities for our families, friends and communities through its National Leadership Camp.\*

I'm a... (please check one)

Basic Biker - \$10 - \$24

City Cyclor - \$100 - \$249

Road Racer - \$500 - \$999

Comfort Cruiser - \$25 - \$99

Trail Trekker - \$250 - \$499

Cross Country Crusader - \$1000 and Up

Please accept my donation in the amount of \$\_\_\_\_\_.

*(Be sure to fill out your full contact information to ensure we are able to contact you and send your tokens of our appreciation!)*

First Name				Last Name			
Address							
City					State		
Phone					Zip Code		
Email							

To pay by check, please enclose payment with this letter – or Please charge my credit card for the above amount:

Credit Card type \_\_\_\_\_ Credit Card # \_\_\_\_\_ Exp. \_\_\_\_/\_\_\_\_

(Visa, MC, Amex, Disc) – we may contact you if we need the 3 digit code on the back of your card for processing.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Please mail this form to: American Sokol 9126 Ogden Avenue Brookfield, IL 60513**

\* A small percentage of the donations may go to operational expenses.

**Thank you!!**

American Sokol would like to recognize the following supporters of our 2009 International Sport and Cultural Festival:

# FORT WORTH



A special thank you to the City of Fort Worth for their very generous sponsorship of the 2009 International Sport and Cultural Festival!

“Culture, Community and Cowboys!” Fort Worth is a cosmopolitan city offering a quality of life second to none. Its cultural district boasts a number of museums, the highly visited stock yard area, and Sundance Square, the city’s growing, exciting downtown area which offers an array of restaurants, theaters, and nightspots plus the world-renowned Bass Performance Hall.



and to Sokol Blosser





# Sokol Blosser

For supplying the wine for our VIP gift baskets. In 1971, Susan Sokol Blosser and her husband planted grapes on just 5 acres in the Dundee Hills. As one of the pioneering wineries of the region, Sokol Blosser has played a key role in developing and shaping the now-prominent Oregon wine industry. The winery is still family owned and operated, with the second generation now at the helm: siblings Alex and Alison Sokol Blosser. While the estate has grown to over 90 acres, the winery works to create wines of world-class quality, produced in a sustainable manner, which reflect the distinctive flavors of the grapes, soil and climate, as well as the winery's values and sense of place.

Paid advertisement ...

## § Legal Advice in Czech & Slovak

by Attorney at Law in Czech Republic

**JUDr. Jan Kerbach**

Offers legal service in civil law, family law (divorce etc.), real estate law, prosecution, company start-up, representative at court and other.

For affordable prices.

Please contact our office (in Czech, Slovak or English):

JUDr. Jan Kerbach, attorney, Spotřebitelska 483, 155 31, Praha, Czech Rep.

e-mail: [jankerbach@seznam.cz](mailto:jankerbach@seznam.cz)

Tel: cell 011 420 607940630 or 011420257922971

You can advertise here too – contact Jean Hruby at the ASO office ...



**PRESENTS**

**2009 International Sport and Cultural Festival Program Book**

The 2009 International Sport and Cultural Festival will have over 3000 participants involved in more than twenty activities. The participants represent athletes, groups and contestants of all age groups from 31 States and 28 different countries. The Program book will have a circulation of over 4000 to the spectators and visitors from around the World. What a great opportunity to show your support to American Sokol. Our goal is to see every American Sokol District and Unit represented in the pages of this book as well as many of our supporting organizations, local community supporters, members and friends of Sokol.

Donation categories are as follows:

Circle the donation category requested: Size of Book = 8.5 x 11 inches

- \$5 Well Wisher Printed Name: \_\_\_\_\_
- \$10 In Memory Of: Printed Name: \_\_\_\_\_
- \$40 1/8 Page or Business Card \*please attach on separate page or email to ISCFprogram@gmail.com
- \$50 1/4 Page \*please attach on separate page or email to ISCFprogram@gmail.com
- \$75 1/2 Page \*please attach on separate page or email to ISCFprogram@gmail.com
- \$125 Full Page: 8.5 x 11" \*please attach on separate page or email to ISCFprogram@gmail.com
- +\$10 Add if you are including a photo

Checks are to be made *payable to American Sokol* and payment must accompany request.

Complete this form and attachments as they apply to your request and mail to the address below.

Name: \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

*Mail to:*  
**American Sokol  
P.O. Box 101117  
Fort Worth, Texas, 76185-1117**

**Questions: Contact Jean Hruby by phone at the American Sokol National Office,  
708.255.5397 or by email [jeanhruby@american-sokol.org](mailto:jeanhruby@american-sokol.org).**

**All donations are appreciated. Thank you for your support. Nazdar Y'all! See you in Texas!**



Prague, 3 April 2008

Parlament České republiky  
PŘEDSEDA POSLANECKÉ SNĚMOVNY  
Ing. Milošlav VLČEK

Dear Mrs. President,

It is a great honour for me to convey this letter to you, via my colleague, the Deputy and Chairperson of the Committee on Foreign Affairs of the Chamber of Deputies of the Parliament of the Czech Republic, Jan Hamáček, together with the silver medal of the Chamber of Deputies of the Parliament of the Czech Republic.

I would like to take this opportunity to say how much I appreciate your commendable and selfless work, the time and energy you have devoted to teaching children and young people in Manhattan in the spirit of Sokol's traditions. I am well aware of the great importance, especially at present, the meaningful use of leisure time has for young people. That is precisely what Sokol associations and organizations, wherever they operate in the world, can offer children and young people.

Please also allow me to express my admiration for the work of Sokol New York over the one hundred and forty years it has been in existence. It confirms my conviction that the ideals of Sokol, which promotes the harmonious physical and mental development of the individual and proclaims generosity, honour and courage, have their place in these postmodern times.

Please also accept this medal as an expression of my gratitude for the support and assistance that American members of Sokol have provided to the Czech Sokol Organization since November 1989.

With my deepest respect

Norma Zabka  
President  
Sokol New York  
NEW YORK



Parlament České republiky  
PŘEDSEDA POSLANECKÉ SNĚMOVNY  
Ing. Milošlav VLČEK

V Praze

Vážená paní starostko,

je mi velkou ctí, že Vám mohu prostřednictvím svého kolegy, předsedy a předsedkyně Zahraničního výboru Poslanecké sněmovny Parlamentu České republiky pana Jana Hamáčka předat tento dopis a spolu s ním stříbrnou medaili Poslanecké sněmovny Parlamentu České republiky.

Rád bych při této příležitosti vyjádřil, jak velmi si cením Vaší záslužné a nezištné práce, času i energie, které na Manhattanu věnujete výchově dětí a mladých lidí v duchu sokolských tradic. Jsem si dobře vědom, jak obrovský význam, zvláště v současné době, má pro mládež smysluplné využití volného času. A právě toto sokolské spolky a organizace, ať působí kdekoliv na světě, dětem a mladým lidem nabízejí.

Dovolte, abych také vyjádřil obdiv nad více než stočtyřicetiletou existencí a činností Sokola New York. Tato skutečnost mne utvrzuje v přesvědčení, že sokolská myšlenka, která směřuje k harmonickému tělesnému i duševnímu rozvoji osobnosti, která vyznává hodnoty dobroty, ctí a statečnosti, má i v této postmoderní době své nezastupitelné místo.

Vážená paní starostko, přijměte, prosím, tuto medaili také jako mé poděkování za podporu a pomoc, kterou američtí sokolové věnovali obnově České obce sokolské po listopadu 1989.

S úctou

Vážená paní  
Norma Zabka  
starostka Sokol New York  
NEW YORK





# PERIODICAL

9126 Ogden Avenue  
Brookfield, IL 60513



CSA Fraternal Life offers an excellent portfolio of affordable life insurance and retirement annuity plans. As a fraternal Society, CSA also offers member benefits that give added protection.

CSA has recently introduced **Final Expense** insurance plans that are now available. **Final Expense** insurance is affordable, permanent whole life insurance designed to pay down immediate expenses, such as medical, funeral and other legal costs, incurred when a loved one passes.

Our dedicated sales professionals are available to assist you. Please contact Roberta at 800-LifeCSA (800-543-3272) or visit our website [www.CSAfraternalLife.org](http://www.CSAfraternalLife.org) to learn more about our Partners in Planning — Partners in Life commitment.

## Advertise with American Sokol

Reach over 4,000 people of Czech and Slovak descent.

1/4 page \$200  
1/2 page \$300  
Full Page \$500

To place your ad, contact Jean Hruby at the National Office, 708-255-5397 or email [JeanHruby@American-Sokol.org](mailto:JeanHruby@American-Sokol.org)

**Weber Travel Agency**  
Worldwide Travel  
(800) 886-7012 ♦ [jrabas@webertravel.com](mailto:jrabas@webertravel.com)

## Consider a Sales Career with **wfla**

Health Insurance Pension Up To 120% on Whole Life

Call or Email us today! Rudy A. Pino [info@wflains.org](mailto:info@wflains.org)

Licensed in: CA, CO, IL, IA, KS, LA, MI, MN, NE, ND, OH, OK, OR, SD, TX, WA, WI

**western fraternal life association** 1900 First Ave. NE, Cedar Rapids, IA 52402 1-877-WFLAINS