



# american sokol publication

September/October 2019 | Volume 142 | Issue 5



*photos courtesy of Jean Hruby from her visit to Sokol Crete and Sokol Wilber in Nebraska*

## AMERICAN SOKOL

ISSN 003-1259

Published six times each year: January/February, March/April, May/June, July/August, September/October, November/December. All content is due on the 1st of the first month. For example, the March/April issue's content is due no later than March 1st.

American Sokol, 9126 Ogden Ave, Brookfield, IL, 60513

Subscription: \$12.00 per year

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

American Sokol reserves the right to edit all submitted materials.

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## TABLE OF CONTENTS

Board Information.....	2
The Presidential Address.....	3
Rising Star .....	4
The Sokol Educator.....	5
Winds of Change.....	6
Sokol Gear.....	7
Sokol Museum & Library .....	8
Sokol Memorial Day .....	9
SafeSport Protocol.....	10
Calendar of Events .....	11
2019 Seals Campaign Promo.....	12

### From the Editor...

I never realized just how important it is to be physically fit, no matter what your current condition is. This summer I went on a hiking trip in Nova Scotia where I challenged myself to go on every hike, even if I was sore or not feeling up to it (after two surgeries on the same leg in seven months). So glad I did! Got to see some really beautiful sites, but more importantly, I felt I accomplished something I wasn't sure I could.

What goals have you set for yourself this year as a Sokol? Have you accomplished them? Do you need an extra push? September often represents the start of many units' Sokol seasons. In these last few months of 2019, challenge yourself to meet or exceed your fitness goals, personal goals and professional goals.

#OneSokol NAZDAR!



**PLEASE SUBMIT EVENT  
INFORMATION AT LEAST TWO  
MONTHS PRIOR TO THE EVENT**

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## The Presidential Address

*The Sokol Eye – Sokolským Okem*  
Jean Hruby – President

*“The real voyage of discovery consists not in seeking new landscapes, but in having new eyes!” ~ unknown*

This past summer I had a wonderful experience when I traveled to Wilber, Nebraska. I accepted the job to judge the Miss Czech-Slovak U.S. Pageant knowing that it would be an opportunity to visit our Sokols in Wilber and Crete. Since I have not been to visit either of these Units yet, I was so excited to meet everyone. My first stop, staying in Crete, was to get a look at the original Sokol Crete gym, which is now being used for a boxing program. It was nostalgic to see the building. I can sniff a Sokol out in any town. I was driving and didn't log the address into my GPS, but I found it! Then I was able to meet up with Sister Theresa Vernon for much of the weekend and saw where the Sokol Crete gymnastics program takes place in the fairgrounds. What an operation and smart planning Theresa did to make sure that Sokol Crete continued. There is a huge gym to host major gymnastic competitions in the middle of this rural area and Sokol Crete makes it happen. Theresa was also helping Sokol Wilber during their Czech Days events. It is wonderful to see the brother/sisterhood that the two units share.

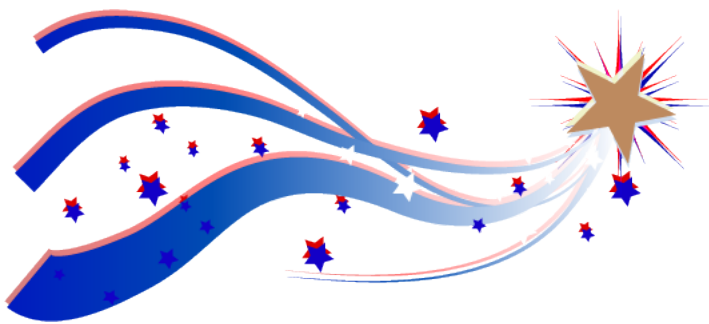
My anticipated vision of Sokol Wilber was that I would find a small stand-alone gym, sort of like an old school house, older and grey. I had the impression it was a small gym with not a lot of activity. I parked my car, Google-walked my way to the main drag in town where the white-tented booths stood filled with lemonade, sausages and “Wilber Czech Days” souvenirs. There was a main stage with rotating shows from folk dancing and music, to Miss Czech-Slovak U.S. introductions. At the end of the street was a museum filled with more Czech and Slovak costumes I have ever seen, and historical items that depicted this quaint farming town founded by Czech and Slovak immigrants. It was time to seek out the Sokol Wilber Hall.

Once again, I Googled the address and turned the corner where I came upon the best community center Sokol Hall. As I approached, the music was already oozing out of the building along with sounds of community, laughing and sharing stories. Sokol Wilber was not the small, old, stand-alone gym. Sokol Wilber was the center of the Czech Days festivities. The place where everyone stood for 30 minutes to get their warm Czech meal (yes, even in Wilber people eat hot Czech food in the 100 degree heat!). This was the place where there was the largest accordion concert I have seen, presented by the people who live in that town. I think that in Wilber, one must be provided an accordion in their crib at the hospital when they are born. Almost like Mikulas leaving things in your shoes. The Sokol Wilber Hall was the place where families and friends could sit down at a table to eat and drink and enjoy the Czech/Slovak culture.

I introduced myself to one of the Sokol Wilber members, all of whom were wearing the latest American Sokol T-shirts with the new logo – purchased from Lynda Filipello. I did call prior to my visit so they wouldn't be shocked to see me, but I think they all thought I was coming there to “inspect” them. Not the case at all! I told them I was judging and was so excited to visit with them. Throughout the four days I attended the festival, I spent a majority of my free time in the Sokol Hall. I met so many members. I toured the beautiful hall, even took a ride on the vintage lift that takes you (and the cases of beer) to and from the basement. The kitchen is huge with freezers and special ovens. I don't think I have seen any other Sokol serve as many people in one weekend that Wilber served during Czech Days. I also pitched in and cleaned tables. I am a Sokol just like them and I know how to clean up after people and wash tables. Sokol Wilber also has a brand new \$80K gym floor with a beautifully crafted Sokol logo of wood embedded in the floor. There is a stage and a small museum area. Sokol Wilber members are positive, hard-working



*continued on page 10*



# RISING STAR

## JAYE HARTWIG

submitted by Dan Bajek, Sokol Naperville Tyrs

Congratulations to Sis. Jaye Hartwig from Sokol Tabor of the Central District for being named American Sokol Rising Star for the months of September and October!

Jaye began Sokol at 3 years old as a participant in Tots class at Sokol Tabor. Her mother, Julie Hartwig, was a lifelong member and decided to enroll her daughter into this class. As she grew older, Jaye stayed with Sokol through 1st class girls, 2nd class girls, and junior girls. She remained extremely active in her district events by often competing in Track & Field, Volleyball, Rhythmics, Calisthenics & Marching, Special Number, and Gymnastics competitions as well as participating in District and National Slets. Jaye served on the Junior Board in her unit during high school. She attended Riverside Brookfield High School in Brookfield, IL and graduated in May 2018.



Jaye attended the National Instructors School for four years to enhance her coaching and leadership skills and love for Sokol. She went to Kurz in 2016 at Sokol KHB, 2017 at Sokol Cedar Rapids, 2018 at Sokol Greater Cleveland, and 2019 at Sokol Spirit. The school helped positively shape her into the person that she is today. Jaye has become more confident, assertive, take charge, and prepared which transfers into being a good coach. Her best Sokol memories are winning the Leadership Award in 2017 and 2019 as well as winning the Bud Benak Scholarship Award in 2019, all at the National Instructors School. Her greatest Sokol accomplishment was finishing Kurz and writing her Senior II Cal called "This is for Alice" to The Sound of Music medley. Jaye expresses interest in being on staff at Kurz in the future.

Currently, Jaye is starting her fourth year coaching gymnastics. She is assisting 2nd class girls and junior girls, while also participating in women's class and Sokol Tabor's volleyball team. She is taking general education classes at Triton Community College in River Grove, IL to obtain an Associate Degree. She will consider transferring to Illinois State University, University of Illinois at Chicago, or other colleges in Illinois. Her current major of choice is Middle School Education.

Jaye holds a bright future in her career and Sokol. Expect her to do great things someday in the District and National levels of our organization. Good luck to her as she goes through college to pursue her dreams!



# The Sokol Educator

*from The National Education Committee*

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The Sokol Motto, “A Sound Mind in a Healthy Body” emphasizes how important physical fitness and seeking knowledge is considered vital for a well-rounded individual. BUT this idea is shared by many others not only Sokols. An article in the Centennial of the Sokols in America 1865-1965 Booklet demonstrates this concept with quotes from philosophers and statesmen. This is *What Others Think...*

**PLATO** “Gymnastics as well as music should receive careful attention in childhood and continue through life. I believe that the teachers of both have in view chiefly the improvement of the soul.”

**DWIGHT D. EISENHOWER** “Our young people must be physically as well as mentally and spiritually prepared for American citizenship. The American people must be aroused to a new awareness of proper balance of these characteristics.”

**ARISTOTLE** “The education of the body must precede that of the intellect, it clearly follows that we must surrender our children in the first instance to gymnastics and the art of the trainer.”

**JOHN F. KENNEDY** “I appreciate the part the American Sokol Movement has played in establishing physical fitness and good sportsmanship as major objectives of recreation, education, and our way of life. In years to come, I hope American Sokol’s example will inspire millions more to join in this pursuit of excellence.”

**SOCRATES** “No citizen has a right to be an amateur in the matter of physical fitness; it is a part of his profession as a citizen to keep himself in good condition, ready to serve his state at a moment’s notice. Finally what a disgrace it is for a man to grow old without ever seeing the beauty and strength which his body is capable.”

**THOMAS G. MASARYK** “I always believed what the Sokols taught. I underestimated the international activities of Sokols until I lived in foreign lands during the war when I soon found out that in many cases the only thing they knew about us (Czech-Slovak people) was that we had Sokols who conducted the magnificent Slets. The purpose of Sokols is not ended.”

I will conclude with the motto:

Ať žije Sokol! ~ Long Live Sokol!

*Submitted by Sue Bares*

# The Winds of Change?

by Lynda Filipello

It has been many years since I started Sokol Naperville in 1983. My daughter asked me to start it because she remembered Sokol Tabor. We moved to the Naperville area but there was only gymnastics in the high school and the YMCA. At 16 she decided she did not like their methods and asked me to see about Sokol. We love our children and want the best for them, so I did. Our school district was very welcoming and now 35 years later we are still here and so am I.

That is my background but not the reason for this article. I am very concerned that our membership is half of what it was 35 years ago. Our youth membership is also declining in some districts. Our number of units have also declined either by merging or just selling out due to a variety of reasons.

The cost of operating a gym is very expensive. Coaches do not necessarily want to coach for free or for a small stipend. The maintenance of a building can be overwhelming.

Members have drifted away for many reasons. Children join other types of sports. Members move away. Sometimes it is a personality problem within the unit.

Are there solutions to these problems? Can we revitalize the Sokol of our youth or do we create adjustments to accommodate the winds of change?

You probably have members and neighbors who are or could be a great asset to your Sokol. Do you encourage their involvement and welcome their ideas?

Do you read the *Directors Newsletter* and the *American Sokol* publication to keep current on our programs? Do you share the info with your members?

Do you reach out to the public at local events advertising your programs?

Do you have Special Needs programs? Do you support Special Olympics?

Do you financially support your unit? Do you financially support the American Sokols' many programs?

What variety of physical programs does your unit offer members and your public?

Have you asked for ideas from your District and the American Sokol?

Do you have a full executive board of officers as outlined in the Bylaws?

Do you have a website?

In 2020 we will be celebrating the 25th American Sokol Slet. If we did have a Slet every four years then this could be our 100th year! This might be a great goal for your unit to bring a hundred people to celebrate. We need participants and spectators to cheer us on.

I love Sokols and what Dr. Tyrs envisioned is still alive and well here and across the Atlantic. Let us work together to grow Sokol so that future generations will have the experience.

## SOKOL BIKERS *by Christina Curran*

*Who are the Sokol Bikers you might ask? It is a group of Sokols from around the country who bike to Slet. This year a couple bikers left Colorado, picked up bikers in Chicago, and together trekked to Buffalo.*

Bikers were: Bob Barcal (Spirit/Sokolice Tabor), Mark Beckerman (Greater Cleveland) Matt Carlozzi (United/Sokolice Tabor) Matt Kocek (Chicagoland), James Logan (Chicagoland) and Dave Kakaraka (Spirit).



**NEW****SOKOL GEAR****fall/winter**

Falcon Tee \$28 + Name \$4  
 Size: \_\_\_\_\_ Color: \_\_\_\_\_  
 Name: \_\_\_\_\_



Sweatshirt \$28 + Name \$4  
 Size: \_\_\_\_\_ Color: \_\_\_\_\_  
 Name: \_\_\_\_\_



Hoodie \$28 + Name \$4  
 Size: \_\_\_\_\_ Color: \_\_\_\_\_  
 Name: \_\_\_\_\_



Sweatpants  
 \$22 + Name \$4

Size: \_\_\_\_\_

Color: \_\_\_\_\_

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

**ALL  
HATS****\$16  
each**

ROYAL BASEBALL  
 QTY: \_\_\_\_\_



RED BASEBALL  
 QTY: \_\_\_\_\_



KHAKI BASEBALL  
 QTY: \_\_\_\_\_



KNIT POM  
 QTY: \_\_\_\_\_



KNIT BEANIE  
 QTY: \_\_\_\_\_

White	Black	Antique Cherry Red	Antique Sapphire	Ash
Heliconia	Indigo Blue	Irish Green	Kiwi	Light Blue
Safety Green	Safety Pink	Sand	Sapphire	Sport Grey
Carolina Blue	Charcoal	Cherry Red	Dark Chocolate	Dark Heather
Maroon	Military Green	Navy	Orange	Purple
Forest	Garnet	Gold	Cardinal Red	Red
Royal	S. Orange	Light Pink		

CLOTHING COLORS

**TOTAL ITEMS #:****TOTAL COST: \$**

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

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

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

Payment Method: ☐ Check ☐ Visa ☐ MC ☐ AMEX ☐ Discover

Credit Card Number: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

3 digits on back (AMEX 4 digits on front): \_\_\_\_\_

Signature: \_\_\_\_\_

Individual/Bulk shipping orders to one address will have shipping charges computed and billed. Please contact American Sokol Secretary LyndaFilipello@aol.com 630-240-1873 for more details.

Send your order with payment to:  
**American Sokol Organization**  
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## Library and Archives Preserving Sokol History

The American Sokol Library and Archives has recently begun the process of preserving its collection. In 2017 an internal grant enabled us to purchase software and hire a part-time archivist to catalog/digitize numerous items. BUT these funds will be depleted soon and there is no other funding available at this time. The Executive Board of American Sokol has approved a **Matching Fundraising Challenge** and Business Plan. All monies raised will be deposited in a restricted fund for the preservation of the Library and Archives. The management of this fund will be by the Foundation Committee as per the Bylaws and SOPs of American Sokol.

You can *double your donation dollars* by supporting the **Matching Fundraising Challenge**. Through the generosity of an anonymous donor, the Library and Archives has the potential of raising one hundred thousand dollars (\$100,000)! Each dollar donated will be matched dollar for dollar up to fifty thousand dollars (\$50,000). For example: \$10=\$20, \$25=\$50, \$50=\$100, \$100=\$200, \$500=\$1,000. This fundraising challenge begins September 15, 2019 and ends April 15, 2020.

Please consider a donation at one of the following levels:

Copper: \$10   Silver: \$25   Gold: \$50   Diamond: \$100   Platinum: \$500



Name \_\_\_\_\_ Unit \_\_\_\_\_

Address \_\_\_\_\_

Enclosed is my tax-deductible gift of \$ \_\_\_\_\_

Please make your check payable to **American Sokol** with the memo **Library/Archives Fund** and send to:

American Sokol  
9126 Ogden Ave.  
Brookfield, IL 60513

**OR**

Go to [american-sokol.org](http://american-sokol.org)  
Check on donate and scroll  
down to Library/Archives Fund

**From the Brno Daily...** BD Staff October 8, 2018

## Sokol Memorial Day Proposed as a New Czech Important Day

*Every year, Czech Sokols commemorate 8 October as the anniversary of the most tragic event in the organization's history.*

Brno, Oct 8 (BD) – The Sokol movement (Czech for ‘falcon’) is an all-age gymnastics organization founded in Prague in 1862 by Miroslav Tyrš and Jindřich Fügner. Though officially a sports organization “above politics”, Sokol played an important role in the development of Czech patriotism, and was banned by the Nazi and communist regimes in the Czech lands.

On the night of 7th October 1941, the “Sokol Action” was launched on the direct orders of Reinhard Heydrich, Acting Reich Protector of Bohemia and Moravia, with the aim of arresting and subsequently deporting Sokol representatives to concentration camps, to paralyze the organization's resistance activity. About 900 Sokol members were arrested, the organization was dissolved, and its property was confiscated in the following days.

“According to the later testimony of Constantine von Neurath in the Nuremberg trial, Sokol was the most dangerous organization, that the Nazis logically had to eliminate. The Nazi intervention against Sokol almost meant liquidation,” said Michal Doležel, deputy president of Sokol Brno.



Sokol sports team, around 1920. // Credit: Sokol Brno I, archive.

During the Second World War, Sokol was among the most prominent sources of resistance. Over 3,000 Sokol members were executed during the Nazi totalitarian regime and another 8,000 were imprisoned. “As Sokol was an integral part of Czech society, the attack by the Nazis was not only an attack on Sokol as such but on the very essence of Czech statehood and the principles of interwar democracy,” Doležel explained.

In this jubilee year, Civic Democratic Party deputies in parliament proposed the inclusion of Sokol Memorial Day as an “Important Day” of the Czech Republic, which is regulated by Act No. 245/2000 Coll. “Including the Memorial Day of ‘Sokolhood’ among the Important Days of the Czech Republic would be a symbolic appreciation of the merit of Sokol members for the democratic state,” said Doležel.

### ***Sidenote:***

January 2019, the Senate of the Czech Republic approved October 8th to be made Sokol Memorial Day, and the President signed the legislation marking this the first official Sokol Memorial day recognized by the entire Czech Republic. This is a day of significance and not a “state” holiday. I was invited and will be in attendance at events in Brno, Czech Republic as they commemorate this significant Pamatník den (Memorial Day) for Sokols! We share our roots and together we will always remember October 8th with Sokols around the World. I look forward to sharing my experience with all of you in an upcoming newsletter. Please follow my weekend on (AmericanSokol) Facebook page.

~ Nazdar!

Jean Hruby

American Sokol President

World Sokol President

*continued from page 3*

faithful Sokols doing everything to keep their hall alive. They do not have gym activity or classes right now, yet they are a huge pillar in their community. They are a great Sokol. And in my “discovery,” I learned to have “new eyes” so that I can see the greatness that each Sokol brings to our organization. I am quite sure that there are more Sokols out there that I have yet to see and I can’t wait to visit them with my “new” eyes!

I want to thank Sister Theresa Vernon, president of Sokol Crete and Brother Leo, president of Sokol Wilber for the chance to get to know them and let me be a member of their community for the weekend. This was such a discovery, that I have proposed and the Executive Board has agreed to work on getting a bus from Chicago, and organizing a tour to Wilber for Czech Days next summer! We hope to be in the parades, the performances, and to even help pitch in at our fellow Unit. I think everyone needs to see Czech Days in Wilber and our Sokols in that part of the country.

This “Sokol Eye” has “new eyes”!

*Side note:* One former Sokol gem I was sent to discover just outside of Wilber was a grey, weathered, one-room gym that was leaning to the east with air for windows. As it stood being swallowed by the grass and piny weeds on the corner of two dirt roads, I attempted to get near. Being afraid of snakes and wild animals, along with the fact that I had sandals on my feet, I chose to keep a distance and take a few photos. Sokol Brush Creek is no longer a Sokol, but it is still on the register of historic buildings. This discovery only makes me want to find a way to save it and bring it back to its historic luster. It was very cool to see this building and only imagine the activity it once housed for the local farm community.

Ať žije Sokol! ~ Long Live Sokol!  
Nazdar!



Sokol Crete, Crete, Nebraska

## SafeSport Protocol

On July 28, 2019, American Sokol adopted the protocol set by SafeSport to protect our students and members whether they are minors or adults. SafeSport is an independent nonprofit committed to building a sport community where participants can work and learn together free of emotional, physical, and sexual abuse and misconduct. SafeSport offers a variety of online and in-person training courses aimed at creating safe and respectful sport environments for all athletes.

All coaches, instructors and volunteers who interact with minors in an ongoing capacity for their unit, district, or American Sokol must complete the SafeSport training by July 28, 2020. Beginning in 2021 the annual deadline will be December 31.

[For more information, the entire SafeSport protocol is on the Home page of the American Sokol website.](#)

The American Sokol provides fitness and community for individuals and families through physical, educational, cultural and social programs.



## Mark your Calendar

### Events around the American Sokol

**Get your event featured! Email [editor@american-sokol.org](mailto:editor@american-sokol.org)**

## September

- Aug 31-Sept 1**    **95th Anniversary Sokol St. Louis Camp** - Sokol St. Louis, Imperial, MO
- September 14**   **Oktoberfest** - Sokol Greater Cleveland, Cleveland, OH
- September 15**   **Fall Festival 2019** - Sokol Minnesota, St. Paul, MN
- September 15**   **Unit Picnic** - Sokol Town of Lake, Willow Springs, IL
- September 28**   **Central District Plane Pull Special Olympics Fundraiser** - Central District, O'Hare Airport

## October

- October 11-13**   **District Director's Conference** - Chicagoland area, IL
- October 12**       **Fall Trivia Night** - Sokol Spirit, Brookfield, IL
- October 12**       **Hayride & Haunted Walk** - Sokol Detroit Camp, South Lyon, MI
- October 15**       **Unit Picnic** - Sokol Town of Lake, Willow Springs, IL
- October 18**       **Czech Movie Night** - Sokol Spirit, Brookfield, IL
- October 18-19**   **Fall Rummage Sale** - Sokol Tabor, Berwyn, IL
- October 19**       **Track & Field Competition** - Sokol Tabor, Brookfield, IL
- October 20**       **October Fest** - Sokol South Omaha, Omaha, NB
- October 20**       **Pig Roast & Bears Game Event** - Sokol Spirit, Brookfield, IL

## November

- November 2**       **Central District Annual BOI Meeting** - Sokol Spirit, Brookfield, IL
- November 2**       **Spaghetti Dinner** - Sokol Spirit, Brookfield, IL
- November 3**       **Czech Dinner Party** - Sokol Detroit Cultural Center, Dearborn Heights, MI
- November 9**       **Holiday Vendor Fair** - Sokol Greater Cleveland, Cleveland, OH
- November 9**       **Vendor Fair** - Sokol Spirit, Brookfield, IL
- November 15**      **Czech Movie Night & World Beer Club** - Sokol Spirit, Brookfield, IL
- November 20**      **Pig Roast & Bears Game Event** - Sokol Spirit, Brookfield, IL
- November 24**      **Women's & Girl's Volleyball Tournament** - Sokol Spirit, Brookfield, IL

## December

- December 7**       **St. Nick's Dance** - Sokol Greater Cleveland, Cleveland, OH
- December 8**       **Rhythmic Skills Testing** - Sokol Chicagoland, Downers Grove, IL



### American Sokol Deadline

Send your submissions, articles, events and photos to [editor@american-sokol.org](mailto:editor@american-sokol.org) by the 1st of the month prior to the publication issue. For example, items you want included in the March/April issue need to be submitted no later than February 1st.



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PERIODICAL

September/October 2019 | Issue 5

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

## SUPPORT THE CAMPAIGN

**SOKOL**  
Tradition

**COLLECTOR'S  
EDITION**



**Seals Honor Guard arriving in your mail soon!**