

2003-2004
American Sokol
Merit Award Recipients



MICHELLE MERCER
Sokol KHB
School Unknown



JOHANNA RYZA
Sokol Corpus Christi
Texas A&M University



HEIDI VENCL
Sokol Greater Cleveland
Kent State University

CONGRATULATIONS!

American Sokol

(ISSN: 0003-1259)

is published bi-monthly, except monthly in January, February, March, June, September and October by

AMERICAN SOKOL

122 West 22nd Street
Oak Brook, Illinois 60523-1557

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

Subscription: \$8.00 per Year

Postmaster: Send address changes to:
American Sokol, 122 W. 22nd Street,
Oak Brook, IL 60523-1557

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From Your Editor...

Congratulations to our Merit Award Winners! They certainly all have bright futures. Please encourage students in your District to apply for this award. American Sokol gives up to 12 awards per year based on established qualification criteria. As you can see, only three were awarded this year, which means nine were put back into the fund. Let's try to give out twelve every year!

NA ZDAR!

Sis. Patricia Satek

46 Northgate Road ~ Riverside, IL 60546-1639

Editor@American-Sokol.org

CALENDAR of EVENTS

JULY

- 6-13 All Sokol Youth Camp at Sokol Woodlands, Barryville, NY
- 13 Cesky Den - Taborville, OH
- 18 Sokol Greater Cleveland Fish Fry
- 21-8/4 ASO Instructors School at Sokol Greater Cleveland

AUGUST

- 2 National Gymnastics Day
- 16 Sokol Greater Cleveland Family Cookout
- 29-9/1 Sokol Greater Cleveland Oktoberfest

SEPTEMBER

- 8 & 10 Sokol New York Class Registration
- 12-13 Czech & Slovak Festival Days - CSPS Hall, St. Paul, MN
- 19 Sokol Greater Cleveland Fish Fry
- 20 Sokol San Francisco Fall Picnic
- 21 Northeastern District Annual Meeting

SEPTEMBER

- 22 Sokol Milwaukee Class Registration

OCTOBER

- 4 Sokol Baltimore Vinobrani
- 4 Czech Center Street Fair, NY
- 4 Eastern District Annual Meeting
- 5 Sokol Greater Cleveland Fall Luncheon/Card Party
- 17 Sokol Greater Cleveland Fish Fry
- 24 Sokol San Francisco Czech Independence Day Dinner/Dance

AMERICAN SOKOL CONVENTION

April 19-24, 2005 • Cleveland, OH

XXI AMERICAN SOKOL SLET

June 29-July 3, 2005 • Chicago, IL

THOUGHT STARTERS

from Sis. Joan Sedlacek, A.S.O. Educational Director

"What lies behind us and what lies before us are tiny matters compared to what lies within us."

Our Sokol Credo

To build a healthy and beautiful human body; to cultivate a harmonious and total person; to develop firm character, a well-rounded disposition and a love of truth and justice; to produce strong, lovely and honorable people; that is the goal of a Sokol education.

Sokol Greater Cleveland Boys Take Top Honors in Gymnastic League

Pictured are some of Sokol Greater Cleveland's boys and Junior boys who compete in the Northeast Ohio Boys Gymnastic League. These boys were awarded the **1st Place Trophy for the Class 7 Division** at the league Championships on May 17th, 2003. The boys names are **Matt Miller, Cole Nelson, Joe Stribrny, and Will Stribrny**. Missing that day from the team was **James Stribrny**. The boys are coached by **Bro. Howie Wise and Bro. Kevin Fitzpatrick**.



**Great
job,
boys!**



SIS. CATHY MORAVEC, SOKOL WEST, CROWNED MS. WHEELCHAIR TEXAS

The following appeared in the local newspaper of the City of West, Texas.

A 44-year old West resident was crowned last month as Ms. Wheelchair Texas during a pageant in San Antonio.

"I just couldn't believe it, **CATHY MORAVEC** said concerning the title she won during the Feb. 14 pageant. I didn't think I was going to win, but I just went to have fun. I was totally surprised."

For Moravec, she has come a long way from the day in 1995

when a car accident left her wheelchair bound and paralyzed from the waist down. "It has been a very rough road from the time I spent at the Dallas Health South Rehab Hospital. During the three months there, I had to learn how to do everyday skills from a wheelchair and I had to do lots of exercises to build up my upper body strength, which helps me get around."

It took the coaxing of one of her friends to get Moravec to enter the pageant. "A friend saw an ad



Continued on Page 5.

MEMORIAM Bro. Edward C. Kotras

The Belcamp sokol Organization lost an honored, loyal and dedicated member when President Edward C. Kotras died on May 6, 2003 at his home in Bel Air, Maryland.

In 1941, at the age of 22, Edward became a charter member of the Belcamp Sokol. During the ensuing 62 years, he contributed greatly to the organization through his efforts and hard work to enhance the Sokol and Czech ideals and principles.

Edward embraced Sokol with great enthusiasm, always volunteering to work on special projects, dinners, dances and picnics. He also contributed to the development of sound and healthy bodies through the Sokol physical culture program. He was a true and accomplished gymnast, pursuing seriously the physical exercises with bars, weights and various other gymnastic equipment. This was a physical regimen that suited him well during his service in the united States Army during World War II. The ideals and principles he cultivated in Sokol contributed greatly to his successful career as a project engineer at Aberdeen Proving Ground, Maryland. Including his military service, he served his country with distinction for 43 years.

Edward served in every Belcamp Sokol office with distinction, honor and integrity, attaining the highest peak of accomplishment for the past several years as President.

His faithful adherence to his Czech roots kept his interest in Czech culture alive and has maintained his long membership in the Czech and Slovak Heritage Association of Baltimore. Following his retirement from government service, Edward enjoyed traveling to the Czech Republic with his wife, Mary, and their family and friends. He used his Czech language skills throughout his life, corresponding with his family in Prague and reading Czech literature.

The Belcamp Sokol Organization has lost a member who will long be remembered by his family and friends. He leaves behind a loving wife, Mary; three wonderful children, Diane, Edward and Rick; a brother, Albert; and a sister, Frances. He was pre-deceased by his daughter, Barbara; and his sister, Louise.

NAZDAR and rest in peace, Bro. Kotras.

Submitted by Bro. Jerry Valcik

FUTURE SOKOL LEADERS FUND

PURPOSE: To train and education young people to assure able administrators, the best of idealistic instructors and educational directors for Sokol Units and Districts.

| | |
|---|----------|
| In Memory of Martha Vroman from Sokol Chicagoland | \$25.00 |
| In Memory of Frances Wolf from Gabriela Wollitzer | \$5.00 |
| In Memory of George Vanis from Georgia Vanis | \$100.00 |
| In Memory of Henry Banfi | |
| From Jerry & Henrietta Milan | \$50.00 |
| From James & Joan Curran | \$25.00 |
| From the Cox, Milan, Naughton and Schabowski Families and Friends of the American Sokol Organization | \$150.00 |
| From Sokolice Tabor | \$100.00 |
| From Georgia L. Mihelich | \$10.00 |



AMERICAN SOKOL GYMNAST

EDITOR: Kandi Pajer • 117 Oakland Grove • Elmhurst, IL 60126
KANDIPAJER@american-sokol.org



AMERICAN SOKOL DISTRICT COMPETITION RESULTS

NORTHEASTERN DISTRICT

Below are the medal winners from the Northeastern District Competition held at Sokol Greater Cleveland on May 31st, 2003.

| <u>LEVEL</u> | <u>AGE</u> | <u>PLACE</u> | <u>NAME</u> | <u>UNIT</u> |
|--------------|------------|--------------|------------------|-------------------|
| Boys Class 9 | 6-9 | 1st | Derek Luks | Greater Cleveland |
| | | 2nd | Jacob Broida | Greater Cleveland |
| | | 3rd | Steve Cato | Greater Cleveland |
| Boys Class 9 | 9-12 | 1st | Jim Cato | Greater Cleveland |
| Boys Class 8 | 9-12 | 1st | Matt Dombrowski | Greater Cleveland |
| | | 2nd | Ryan Fitzpatrick | Greater Cleveland |
| Boys Class 7 | 6-9 | 1st | Aaron Shutway | Greater Cleveland |
| | | 2nd | Cole Nelson | Greater Cleveland |
| Boys Class 7 | 9-12 | 1st | Matt Miller | Greater Cleveland |
| Boys Class 6 | 9-12 | 1st | Caleb Conrad | Detroit |
| | | 2nd | Collin Conrad | Detroit |
| Mens Class 6 | | 1st | Michael Wise | Greater Cleveland |

NORTHEASTERN DISTRICT (cont.)

| <u>LEVEL</u> | <u>AGE</u> | <u>PLACE</u> | <u>NAME</u> | <u>UNIT</u> |
|--------------------|------------|--------------|---------------------|-------------------|
| Girls Level 1/Low | 6-9 | 1st | Katie Miller | Greater Cleveland |
| | | 2nd | Cecilia O'Reilly | Detroit |
| | | 3rd | Taylor Elliott | Greater Cleveland |
| Girls Intermediate | 6-9 | 1st | Bridget O'Reilly | Detroit |
| | | 2nd | Jordan Franklin | Detroit |
| Girls Intermediate | 9-12 | 1st | Jana Marie Layman | Detroit |
| | | 2nd | Shelby Simonds | Detroit |
| Girls Level 2 | 9-12 | 1st | Taylor Day | Greater Cleveland |
| | | 2nd | Mandy Zeleny | Greater Cleveland |
| | | 3rd | Courtney Milczewski | Greater Cleveland |
| Girls Level 3 | 6-9 | 1st | Catherine Conrad | Detroit |
| | | 2nd | Madison Conley | Detroit |
| Girls Level 3 | 9-12 | 1st | Melissa Gadzag | Detroit |
| | | 2nd | Clare O'Reilly | Detroit |
| | | 3rd | Cara Tuskey | Detroit |
| Girls Level 4 | 6-9 | 1st | Catherine Baldner | Greater Cleveland |
| Girls Level 4 | 9-12 | 1st | Taylor Cortis | Detroit |
| | | 2nd | Roxanne Sanfilippo | Detroit |
| | | 3rd | Hannah Conley | Detroit |
| Jr. Girls Level 2 | | 1st | Christy Osbach | Detroit |
| | | 2nd | Emily Lanzola | Greater Cleveland |
| | | 3rd | Katie Broida | Greater Cleveland |

NORTHEASTERN DISTRICT (cont.)

| <u>LEVEL</u> | <u>AGE</u> | <u>PLACE</u> | <u>NAME</u> | <u>UNIT</u> |
|-------------------|------------|--------------|-------------------|-------------------|
| Jr. Girls Level 3 | | 1st | Ellie Welder | Greater Cleveland |
| | | 2nd | Ana Tyler | Greater Cleveland |
| Jr. Girls Level 4 | | 1st | Karla Pinizzotto | Greater Cleveland |
| | | 2nd | Alicia Romano | Greater Cleveland |
| | | 3rd | Lynn Spaulding | Greater Cleveland |
| Jr. Girls Level 5 | | 1st | Alyssa Carlozzi | Greater Cleveland |
| | | 2nd | Leia Mason | Greater Cleveland |
| Women Level 2 | | 1st | Angela Wise | Greater Cleveland |
| | | 2nd | Pam Cato | Greater Cleveland |
| Women Level 4 | | 1st | Linda Lash | Greater Cleveland |
| Women Level 5 | | 1st | Emily Prokop | Greater Cleveland |
| | | 2nd | Michelle Jirousek | Greater Cleveland |

CENTRAL DISTRICT

Below are the top threes from the Central District Competitions.

Boys, Jr. Boys and Men at Sokol Brookfield 5/17/03

Girls at Sokol Brookfield 5/10/03

And Junior Girls and Women at Lyons Township North H.S. 5/17/03

| <u>LEVEL</u> | <u>AGE</u> | <u>PLACE</u> | <u>NAME</u> | <u>UNIT</u> |
|--------------|------------|--------------|----------------|----------------|
| Boys Low | 6-7 | 1st | Danny Fron | Tabor |
| | | 2nd | Jake Brown | Tabor |
| | | 3rd | Jeremy Burnell | Berwyn-Slavsky |

CENTRAL DISTRICT (cont.)

| <u>LEVEL</u> | <u>AGE</u> | <u>PLACE</u> | <u>NAME</u> | <u>UNIT</u> |
|--------------|------------|--------------|----------------------|----------------|
| Boys Low | 8-9 | 1st | Walter Moran | Stickney |
| | | 2nd | Matt Sanders | Brookfield |
| | | 3rd | Sean Leahy | Berwyn-Slavsky |
| Boys Low | 10-11 | 1st | Brian Gonya | Brookfield |
| | | 2nd | Corey Kuchinka | Brookfield |
| Boys Low | 12-13 | 1st | Karl Kozlowski | Brookfield |
| Boys Novice | 8-9 | 1st | Jeremiah Hall | Tabor |
| | | 2nd | Jacob Breit | Tabor |
| | | 3rd | Matthew Fron | Tabor |
| Boys Novice | 10-11 | 1st | David Ruffin | Tabor |
| | | 2nd | Gregory Saltz | Naperville |
| | | 3rd | Michael Guzman | Tabor |
| Boys Mod. 7 | 8-9 | 1st | Jake Crnkovich | Stickney |
| | | 2nd | Jonathon Janouch | Stickney |
| | | 3rd | Michael Wesbrook | Berwyn-Slavsky |
| Boys Mod. 7 | 10-11 | 1st | Billy Ritzenthaler | Tabor |
| | | 2nd | Christian Stanko | Tabor |
| | | 3rd | John Fron | Tabor |
| Boys Mod. 7 | 12-13 | 1st | Justin Simik-Valadez | Berwyn-Slavsky |
| | | 2nd | Joe Swon | Brookfield |
| Boys Mod. 6 | 10-11 | 1st | Ryan Carranza | USA-Lodge 306 |

CENTRAL DISTRICT (cont.)

| <u>LEVEL</u> | <u>AGE</u> | <u>PLACE</u> | <u>NAME</u> | <u>UNIT</u> |
|--------------|------------|--------------|-----------------|-------------------|
| Jrs. Mod.7 | 13-18 | 1st | Charles Malina | Tabor |
| | | 2nd | Jon Rus | Tabor |
| | | 3rd | Edward Burek | Stickney |
| Jrs. Mod. 6 | 13-18 | 1st | Kevin Wheet | Stickney |
| | | 2nd | Howard Maskill1 | Berwyn-Slavsky |
| | | 3rd | Louis Bajek | Naperville |
| Jrs. Mod. 5 | 13-18 | 1st | Kenny Fron | Tabor |
| Men Masters | 18+ | 1st | Jim Hedderman | Berwyn-SlavskyMen |
| Mod. 7 | 18+ | 1st | Michael Dropka | Berwyn-Slavsky |
| | | 2nd | Ray Fron | Tabor |
| | | 3rd | Robert Barcal | Berwyn-Slavsky |
| Men Mod. 6 | 18+ | 1st | Matt Gilbert | Berwyn-Slavsky |
| | | 2nd | Mike Michalek | Chicagoland |
| Girls Low | 6-7 | 1st | Kaitlyn Barcal | Berwyn-Slavsky |
| | | 2nd | Sara Koniewicz | Berwyn-Slavsky |
| | | 3rd | Dana Alcock | Berwyn-Slavsky |
| Girls Low | 8-9 | 1st | Zuzana Sulc | Tabor |
| | | 2nd | Tonilynn Franta | Tabor |
| | | 3rd | Monica Leon | Tabor |
| Girls Low | 10-11 | 1st | Michelle Kelly | Brookfield |
| | | 2nd | Ibet Herrera | Brookfield |
| | | 3rd | Lauren Kocimski | Brookfield |

CENTRAL DISTRICT (cont.)

| <u>LEVEL</u> | <u>AGE</u> | <u>PLACE</u> | <u>NAME</u> | <u>UNIT</u> |
|---------------|------------|--------------|--------------------|----------------|
| Girls Low | 12-13 | 1st | Victoria Malina | Tabor |
| | | 2nd | Anna Drake | Brookfield |
| | | 3rd | Mariana Losos | Brookfield |
| Girls Novice | 6-7 | 1st | Hayley McGuire | Stickney |
| | | 2nd | Katie Vondra | Stickney |
| | | 3rd | Kate Pinnella | Naperville |
| Girls Novice | 8-9 | 1st | Nicole Pinnella | Naperville |
| | | 2nd | Lauren Kelzer | Naperville |
| | | 3rd | Leah Kania | Chicagoland |
| Girls Novice | 10-11 | 1st | Jane Malina | Berwyn-Slavsky |
| | | 2nd | Sandra Tichy | Chicagoland |
| | | 3rd | Tania Cardenas | Tabor |
| Girls Novice | 12-13 | 1st | Kyla Barranco | Berwyn-Slavsky |
| | | 2nd | Gwen Heifner | Berwyn-Slavsky |
| Girls Level 2 | 6-7 | 1st | Alexis Chlada | Stickney |
| | | 2nd | Gina Pipitone | Stickney |
| | | 3rd | Tara Luczak | Stickney |
| Girls Level 2 | 8-9 | 1st | Heather Conway | Berwyn-Slavsky |
| | | 2nd | Julia Bajek | Naperville |
| | | 3rd | Hallie Soulidas | Tabor |
| Girls Level 2 | 10-11 | 1st | Alex Zahrobsky | Berwyn-Slavsky |
| | | 2nd | Louise Feiwell | Berwyn-Slavsky |
| | | 3rd | Danielle Hedderman | Berywn-Slavsky |

CENTRAL DISTRICT (cont.)

| <u>LEVEL</u> | <u>AGE</u> | <u>PLACE</u> | <u>NAME</u> | <u>UNIT</u> |
|---------------|------------|--------------|--------------------|----------------|
| Girls Level 2 | 12-13 | 1st | Sarah Gajos | Berwyn-Slavsky |
| | | 2nd | Rebecca MacKenzie | Brookfield |
| | | 3rd | Michelle Cervantes | Tabor |
| Girls Level 4 | 8-9 | 1st | Hailey Vachata | Stickney |
| | | 2nd | Samantha Miller | Stickney |
| Girls Level 4 | 10-11 | 1st | Samantha Porretta | USA-Lodge 306 |
| | | 2nd | Maggie Sladek | Stickney |
| | | 3rd | Morgan Meyer | Naperville |
| Girls Level 5 | 12-13 | 1st | Jamie Schertz | Naperville |
| | | 2nd | Adrienne Schertz | Naperville |
| Jr. Level 2 | 12-14 | 1st | Alison Gajos | Berwyn-Slavsky |
| | | 2nd | Tiffanie Garcia | Tabor |
| | | 3rd | Erika Macias | USA-Lodge 306 |
| Jr. Level 2 | 15-18 | 1st | Alexis Vanziuela | Berwyn-Slavsky |
| Jr. Level 4 | 12-14 | 1st | Melyssa Petkus | Tabor |
| | | 2nd | Lauren Kilcommons | Stickney |
| | | 3rd | Paige Vachata | Stickney |
| Jr. Level 4 | 15-18 | 1st | Thalassa Millwood | USA-Lodge 306 |
| | | 2nd | Amanda Wolf | Berwyn-Slavsky |
| | | 3rd | Kaitlan Short | Tabor |
| Jr. Level 5 | 12-14 | 1st | Maggie Schupp | Ceska Sin |
| | | 2nd | Taylor Vachata | Stickney |
| | | 3rd | Katie Young | Chicagoland |

CENTRAL DISTRICT (cont.)

| <u>LEVEL</u> | <u>AGE</u> | <u>PLACE</u> | <u>NAME</u> | <u>UNIT</u> |
|------------------------|------------|--------------|------------------------|----------------|
| Jr. Level 5 | 15-18 | 1st | Kristin Merker | USA-Lodge 306 |
| | | 2nd | Bernadette Mangialardi | Tabor |
| | | 3rd | Brandi Arnold | Brookfield |
| Jr. Level 6 | 15-18 | 1st | Heidi Sanders | Brookfield |
| | | 2nd | Nicole Coglianese | Berywn-Slavsky |
| | | 3rd | Amber Arnold | Brookfield |
| Jr. Championship | | 1st | Alex Lanzel | Berwyn-Slavsky |
| | | 2nd | Julia Hickey | Tabor |
| | | 3rd | Jessica Rus | Berwyn-Slavsky |
| Women Master II/Low | | 1st | Florence DelCarlo | Chicagoland |
| Women Master I/Level 2 | | 1st | Laura Kwak | Chicagoland |
| | | 2nd | Andrea Scheirer | Chicagoland |
| Women Level 2 | 25-34 | 1st | Irene Polashek | Tabor |
| Women Level 4 | 18-24 | 1st | Beth Kocek | Chicagoland |
| | | 2nd | Anne Kocek | Chicagoland |
| Women Level 4 | 25-34 | 1st | Anny Moravec | Chicagoland |
| Women Level 5 | 18-24 | 1st | Willow Kotlan | Ceska Sin |
| | | 2nd | Stacey Domzalski | Chicagoland |
| Women Level 6 | 25-34 | 1st | Christina Kuckie | Berwyn-Slavsky |
| Women Championship | | 1st | Kandi Ondrovic | Berwyn-Slavsky |

CONGRATULATIONS WINNERS!!

Sis. Cathy Moravec Crowned Ms. Wheelchair Texas *(continued)*

about the pageant in a newspaper and encouraged me to try."

Once at the contest, she found herself competing against eight contestants, most were in their twenties and going to college. "The personal interviews were tough," the new Miss Wheelchair Texas said, "but I think my motivation pulled me through."

"I was judged on my accomplishments since being in a wheelchair, communication skills, self perception and projection through personal and on-stage interviews and platform speech presentations."

She further explained that the contest was not a beauty pageant and there was not any swimsuit competition. In addition to winning the crown, she was also chosen as winner of the "People's Choice Award."

"I don't think of myself as being disabled. I am just a person who gets around in a wheelchair," she explained while listing some of her activities as being a member of the Lady Texans wheelchair basketball team from Dallas. The squad just got back from national

tourney in Atlanta, Georgia where they won fourth place. In addition, she plays for the Waco Knights wheelchair football team which won the championship game in San Antonio.

She also serves as the head coach for the **Sokol West** boys' gymnastic team which involves practice twice a week and is in the process of helping get a wheelchair tennis team started at the Waco Regional Tennis Center.

As the newly-crowned Ms. Wheelchair Texas, Moravec plans to do some public speaking at local schools and get ready for the Ms. Wheelchair U.S.A. national pageant set for July in Des Moines, Iowa. She plans to talk about the need to wear seatbelts, since she was not wearing one in her 1995 accident. "I also want to talk about how to set goals and how to make them happen. A lot of times being in a wheelchair makes people have a low self esteem but I just tell them to go out there and do it."

The newly crowned Ms. Wheelchair Texas winner also plans to go back to San Antonio

for a fund-raiser as she helps raise the needed money for her trip to the national pageant."

Cathy and her husband, Alvin, and their two children, Jamie and Julie, are active members of the Sokol Gymnastic Association of West in Texas. Joining the Sokol unit in 1986 (the unit organized in 1979) she became very active as an instructor in both the men's and women's department and received an award in 1999 from the unit in appreciation for her many years of dedication for her positive attitude and caring instruction. She accompanied her unit's gymnasts to the 1993 American Sokol Slet in Chicago, and again the American Sokol Slet in Detroit in 2001. In her wheelchair, she has participated in calisthenics during District and the national Slet programs. Cathy is admired by the members of the Southern District. She is an asset to Sokol.

Cathy is a role model for people with disabilities. She serves as an outstanding example of what determination can lead to.

Submitted by Vlasta Laznovsky

THE VOICE ... *Reader Quips, Comments & Queries*

Dear American Sokol:

Please accept this contribution to the Future Sokol Leaders' Fund in my husband's name (George Vanis). George was very involved with Sokols from the time he was 5 years old. Many of his lifelong friendships were formed through Sokol competitions and gatherings. He coached gymnastics at the university of Texas and New York State University at Brockport. He also served as Assistant Coach at the University of Illinois and the University of Michigan.

Sincerely, Georgia Vanis

THE FLAG

Submitted by Sis. Lynda Filipello

- ☆ Do you know that at military funerals, the 21 gun salute stands for the sum of the numbers in the year 1776?
- ☆ Have you ever noticed the honor guard pays meticulous attention to correctly folding the American flag 13 times? You probably thought it was to symbolize the original 13 colonies, but we learn something new every day!
 - ★ The 1st fold of our flag is a symbol of life.
 - ★ The 2nd fold is a symbol of our belief in eternal life.
 - ★ The 3rd fold is made in honor and remembrance of the veterans departing our ranks who gave a portion of their lives for the defense of our country to attain peace throughout the world.
 - ★ The 4th fold represents our weaker nature, for as American citizens trusting in God, it is to Him we turn in times of peace as well as in time of war for His divine guidance.
 - ★ The 5th fold is a tribute to our country, for in the words of Stephen Decaur, "Our Country, in dealing with other countries, may she always be right; but it is still our country, right or wrong."
 - ★ The 6th fold is for where our hearts lie. It is with our heart that We pledge allegiance to the flag of the United States of America, and the Republic for which it stands, one Nation under God, indivisible, with Liberty and Justice for all.
 - ★ The 7th fold is a tribute to our Armed Forces, for it is through the Armed Forces that we protect our country and our flag against all her enemies, whether they be found within or without the boundaries of our republic.
 - ★ The 8th fold is a tribute to the one who entered into the valley of the shadow of death, that we might see the light of day.
 - ★ The 9th fold is a tribute to womanhood, and Mothers. For it has been through their faith, their love, loyalty and devotion that the character of the men and women who have made this country great, have been molded.
 - ★ The 10th fold is a tribute to the father, for he, too, has given his sons and daughters for the defense of our country since they were first born.
 - ★ The 11th fold represents the lower portion of the seal of King David and King Solomon and glorifies in the Hebrews' eyes, the God of Abraham, Isaac and Jacob.
 - ★ The 12th fold represents an emblem of eternity and glorifies, in the Christians' eyes, God the Father, the Son and Holy Spirit.
 - ★ The 13th fold, or when the flag is completely folded, the stars are uppermost reminding us of our nation's motto, "In God We Trust."

After the flag is completely folded and tucked in, it takes on the appearance of a cocked hat, ever reminding us of the soldiers who served under General George Washington, and the Sailors and Marines who served under Captain John Paul Jones, who were followed by their comrades and shipmates in the Armed Forces of the United States, preserving for us the rights, privileges and freedoms we enjoy today.

There are some traditions that are worth our understanding and respect and should never be forgotten. It is our duty to pass these one to our children.

I would hope that everyone passes this along as it really means something to a lot of people that aren't really sure what living in our country means. This is what our country stands for and living here gives us many privileges - privileges that we've always known and the ones we don't realize. But they are there.

We are lucky people! God Bless America!

AMERICAN SOKOL

Change of Address

This clip-out coupon is positioned so that your mailing label appears on the back. If your mailing address has changed, use a pencil to carefully mark an X through the OLD mailing label. Complete the change of address form below and mail to:

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AMERICAN SOKOL

is a multi-faceted organization guiding its members throughout life, from early youth through maturity, to physical and moral health, good citizenship and responsible patriotism, combined with continuous self-improvement. This goal is pursued through general physical fitness activities, gymnastics and sports, as well as varied cultural and social activities.



EDUCATIONAL & B.O.I. MATERIALS, MEMBERSHIP PINS & KITS

EDUCATIONAL MATERIALS

"Sokol and the Sokol Ideal"
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Gymnastic Activities w/Hand Apparatus
Sokol Gymnastics Manual
Unit ID Ribbons

BOARD OF INSTRUCTORS

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Unit Directors' Handbook
District Directors' Handbook
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Large Packet (25 Participants)
Small Packet (12 Participants)
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Large Packet (25 Participants)
Small Packet (12 Participants)
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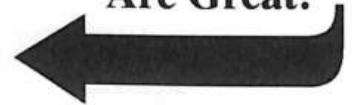
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