

american SOKOL

Volume CXXV, Number VII

SEPTEMBER 2003



Josephine (Front row #11) and George (Back Row #12) Votruba

Front Row	
1	
2	Bell Lupa
3	Francis Mual
4	Rudolph Mual
5	
6	Mildred Novak
7	Novak
8	
9	Charles Citek
10	Jimmie Citek
11	Josephine Votruba
12	
13	

1-	
2-	
3-	
4-	Evelyn Zace
5-	John Lupa
6-	Anna Lupa
7-	Edward Mual
8-	Anna Kubec
9-	
10-	George Votruba

Thanks to Sis. Sylvia Laznovsky who saw this photo in the "KORENY" publication of the Czech & Slovak Genealogy Society of Illinois and arranged with Mr. Roland Rosenkranz, Madison, Wisconsin, to give us permission to use it here. Mr. Rosenkranz's mother, Josephine, and his uncle, George, appear in the photo.

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From Your Editor...

Lots of great photos to share this month! I love it when the mail is filled with submissions from our members. Sokol classes across the country will be in full swing again shortly. Sign up today, send a donation, support local activities, volunteer your time, send a photo or article. Do your part to keep our Sokol organization strong!

NA ZDAR!

Sis. Patricia Satek

46 Northgate Road ~ Riverside, IL 60546-1639

Editor@American-Sokol.org

CALENDAR of EVENTS

SEPTEMBER

- 5 Sokol Berwyn-Slavsky Class Registration
- 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
- 22 Sokol Milwaukee Class Registration
- 28 64th Moravian Day – Union Hall, Countryside, IL

OCTOBER

- 4 Sokol Baltimore Vinobrani
- 4 Czech Center Street Fair, NY
- 4 Eastern District Annual Meeting
- 5 Houby Day – Berwyn/Cicero, IL
- 5 Sokol Greater Cleveland Fall Luncheon/Card Party
- 11 Central District Track & Field

OCTOBER

- 12 Sokol Town of Lake Camp Reunion at former campsite
- 17 Sokol Greater Cleveland Fish Fry
- 24 Sokol San Francisco Czech Independence Day Dinner/Dance
- 24-25 Sokol Brookfield Rummage Sale

NOVEMBER

- 16 or 23 Central District Women's Volleyball Tournament

DECEMBER

- 6 Sokol Berwyn-Slavsky St. Nick's Dance
- 13 Sokol Stickney Spaghetti Dinner
- 13 Central District Rhythmic Competition

AMERICAN SOKOL CONVENTION

April 19-24, 2005 • Cleveland, OH

XXI AMERICAN SOKOL SLET

June 2005 • Chicago, IL

THOUGHT STARTERS

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

"Old age is like everything else. To make a success of it, you've got to start young."

~ FELIX MARTEN

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.

2003 American Sokol Instructors' Course

Hosted by Sokol Greater Cleveland



Front Row: Joe Vorlicek, Kevin Fitzpatrick, Buddy Benak, Jessica Burns, Jane Wise, Mary Cushing, Mike Wise, Bud Benak, Bob Liptak **1st Row:** Teresa Skrivanek, Mary Bajek, Michelle Trojanowski, Jessica Rus, Zachary Pros, Stephanie Schnauffer, Carly Vincentini, Maryann Fiordelis, Yamilett Rincon, Kristin Merker, Megan Rosenow, Anna Mangia, Magdalene Alva, Renee Vaccaro, Jennifer Kurland **2nd Row:** Beth Wipf, Stephanie Valentine, Christine Ohlman, Travis Silhan, Louis Bajek, Tommy Colicino, Heather Beasley, Gary Gurreri, Julia Hickey, Appa Hargiss, Stephanie Kadlec, Robert Bajek **3rd Row:** Melanie Peterson, Edward Burek, Kaitlin Short, Jeremy Pros, Steven Kowalksi, Andrew Dalton, Bo Benak, Luke Gabriel, Greg Weyers, Ken Fron, Melyssa Petkus, Michael Dropka



Sis. Jarina Zitna, Women's Director of the Czech Sokol Organization, spent a few days in Cleveland and visited the course. She spent some time with the students, teaching them a warm-up routine. Both students and instructor had an enjoyable time.

Editor's note: An article about the course from course director Bro. Bud Benak came in to me just after this issue was completed for publication. It will appear in the October issue.



MEMORIAM ☪ Sis. Mary Balsanek

Sis. Mary was one of the eight original charter women of Sokolice Tabor, which started in 1931. In the 1930's and 1940's, Mary drilled calisthenics with the women's class and also judged many meets. Her highlight of performing mass calisthenics was at Soldier Field in front of thousands of people—she remembered this over the years with great joy.

Mary was a past president of Sokolice Tabor (1976-1981) and again volunteered in 1996. Always putting the needs of Sokol first, as shown by her devotion together with husband Frank, they were instrumental in the responsibility of taking care of Sokol Tabor with their time, talent and energy. As a small token of appreciation, Sokolice Tabor's women's unit honored her as the Mother of the Year in May 1966.

Her dedication to the weekly bingos was highly visible in both the gym and in the kitchen, helping where she was needed. She was an active unit member until her health declined. We will always remember her great smile.

Our sympathy goes to her son, daughter and their families. Sis. Mary Balsanek was a true Sokol and will be missed.

Submitted by Sis. Valentine Husak, Sokolice Tabor

MEMORIAM



Bro. Edward J. Henne

It is with deep sorrow that we note the passing of Bro. Edward J. Henne on May 12, 2003, long time esteemed and dedicated member and Financial Secretary of Sokol Curtis Bay, MD.

Submitted by Sokol Curtis Bay



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 Shirley Petko from Sokol Berwyn-Slavsky	\$25.00
In Memory of Libbie Starek from Sokol Berwyn-Slavsky	\$25.00
In Memory of Edward J. Henne from Sokol Curtis Bay	\$30.00
In Appreciation of Bro. Babka Installing our Officers from Sokol Town of Lake	\$10.00

In Memory of Frances K. Wolf

From Wayne Wolf	\$1,000.00	From Emil "Sonny" & Irma Wolf	\$100.00
From Mildred Rosser	\$100.00	From Richard Grosser	\$100.00
From Northwestern Internists	\$100.00	From Bonnie J. Graney	\$50.00
From Sokol Town of Lake	\$25.00	From Jim & Sandee Heidner	\$25.00
From Wally & Irene Jabczynski	\$50.00	From Anonymous	\$20.00
From Blanche Kubalek and Elaine O'Connor	\$25.00		
From Roy & Marie Jensen, William Wolf, Robert Wolf, Edward Wolf and Janet Wolf Yarn	\$50.00		

GENERAL FUND

In Memory of Frances K. Wolf from Ruth Wolf	\$25.00
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MUSEUM, LIBRARY & ARCHIVES FUND

In Memory of Frances K. Wolf from J. Harry and Nancy Carmel	\$50.00
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SPJST SUPPORTS SOKOL

At the American Sokol Southern District Slet program held in Corpus Christi, Texas, on June 8, 2003, SPJST Director Johnny Krizan presented the SPJST's annual \$1500 donation to Southern District President, Robert Podhrasky. The annual donation was authorized by delegates to the 2000 SPJST Convention. Participating in the presentation were, from left to right, American Sokol President, Bro. Larry Laznovsky; Vice-President of Sokol Corpus Christi, Bro. Jerry Sijansky; District Three SPJST Director, Johnnie Krizan; President of Sokol Corpus Christi, Bro. Wilber Hermis; President of the Czech Heritage Society of Texas, Evelyn Skopik; Southern District

President, Bro. Robert Podhrasky and American Sokol Secretary, Sis. Rhonda Liska. The SPJST was originally chartered as the Slovanska Podporujici Jednota Statu Texas, in 1987. The home office is located in Temple, Texas.

Thanks to Sis. Sylvia Laznovsky for her efforts in obtaining this article from Brian Vanicek, Editor/Director of Communication, SPJST

Photo was taken by Johnnie Krizan and is provided courtesy of the SPJST Vestnik.



Greetings Sisters & Brothers:

I would like to update you on some of the things that have been happening in our organization these past few months.

In April, the American Czech Association of Los Angeles sold the building that was owned by Sokol Los Angeles and Kruzek Pilna Ruka. Kruzek Pilna Ruka is donating their part of the sale to American Sokol. We really appreciate their contribution. Sokol Los Angeles donated a large portion of their library to us. Our staff is assessing what to keep and we will possibly be able to offer some of the books to our units that maintain libraries. At last report, Sokol Los Angeles is looking for a suitable location to rent or purchase to hold activities.

Sis. Mildred Pinc, who served as one of our national officers for many years and was always a strong supporter of American Sokol, left our organization a generous donation. The Executive Board has voted to

put 20% into the Future Leaders fund and 80% into the Foundation fund. Contributions like this help preserve our organization for future generations.

My wife Lil and I attended the Sokol USA Sokolfest Slet in Valparaiso, Indiana over the fourth of July weekend. Our organization was well represented in all Slet activities. Sokol USA President Bea Walko and the Slet Committee deserve our "thanks" for a great Sokol function! I want to thank all American Sokol participants and spectators for attending. I am sure the BOI will be publishing results, etc in the near future. At the World Sokol Federation meeting, held during the Slet, Brother Paul Lebloch was re-elected as President. Congratulations Brother Paul.

Next month I'll have more information for you about American Sokol's participation in the 12th World Gymnastrada held in Lisbon, Portugal and other items of interest.

Nazdar! Bro. Larry Laznovsky, President

THE VOICE ... Reader Quips, Comments & Queries

Dear Sis. Pat:

I am sending you two photos from the southern District slet held in corpus Christi in June 2003. One show the girls' team from Sokol Ennis and the other the girls' team from Sokol Ft. Worth.

Nazdar!

Sis. Libbie Vrla, Ft. Worth, TX



Sokol Ennis Girls



Sokol Ft. Worth Girls

Dear Sis. Pat:

I recently (June 2003) was in the Czech Republic and visited Tyrsuv Dum. The president, vice-president and other officers were very glad that I stopped by. they took me on a tour to show me some of the flood damage, which is being repaired slowly. I was impressed with a new statue (one year old) of a "Wounded Sokol" – three times due to fascism, nazism and communism. It is located near the present Tyrs statue. The plaque, which reads "We will not forget the sacrifices of our Sokol brothers and sisters," is honor of Sokol leaders who lost their lives during 1939-1945. Just thought you'd like to know. I did not know this existed. Keep up the good work.

Nazdar!

Bro. Jerry Elzner,
Corpus Christi, TX



Bro. Jerry Elzner (left)





AMERICAN SOKOL GYMNAST

EDITOR: Kandi Pajer • 117 Oakland Grove • Elmhurst, IL 60126
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MERIT AWARD ESSAYS

In order to be eligible for the 2003 Merit Award the applicants were required to submit an essay that would be judged and voted on. The essay is one of the criteria that is voted on to determine the recipients of the Merit Award.

Here are the essays of the 3 winners for the 2003/2004 Merit Award year. The applicants were expected to write about what Sokol means to them. Does it mean the same to you? Let's see!

JOHANNA RYZA

Sokol Corpus Christi, Southern District

"What Sokol Means To Me"

Sokol was developed around the theory that physically fit, mentally alert, and culturally well-developed individuals make for good citizens which ultimately leads to a great nation. After many years of involvement in the Sokol organization, I see how it produces strong, well-rounded people. Sokol is a place that allows for a variety of activities and an array of age groups to be in contact with. I began gymnastics at Sokol at an early age. From that time I have had the opportunity to meet lots of people and make great friendships that I shall remember for the rest of my life. I truly feel that Sokol has made me develop into the person I am today. I remember many exhausting night practices where my determination was the only thing that allowed me to move on. Special number routines that called on outgoing personalities to shine through. Also, being an instructor allowed for numerous situations that require me to act professionally which will help me in my adult life. It is my love for Sokol family that keeps me highly involved.

MICHELLE MERCER

Sokol Karel Havlicek Borovsky, Southern District

"What Sokol Means To Me"

When I try to think of one word to describe what Sokol means to me, I feel boxed in! Sokol means family, friends, fun, discipline, exercise, travel, learning, and so much more. I have been involved with Sokol since I was four years old, and have made lasting friendships which have helped to make me who I am today.

When I first went to the Sokol I was interested in taking gymnastics classes. I soon learned that there was much more to the organization than just exercising. I competed in several district and national slets. I was also a member of our units competition team. We traveled all over the state competing in meets. I enjoyed spending time with the families on the trips just as much, if not more than actually competing. Sokol continues to give me opportunities to make new friends all over the world as we travel to different places.

As I grew up in the Sokol, I was offered the chance to go to an Instructor's School. I think back now and I wonder if I would still be involved with Sokol if I hadn't decided to go. I was beginning to help out more and more in classes and it just seemed like the logical thing to do to become an instructor. I would not trade my experiences at the schools for anything. I met wonderful friends, as well as many adults who have taught me a great deal about life! I am using the skills and techniques today as I continue to teach the competitive team at my gym.

I guess you could say that I love and appreciate Sokol and all that it has afforded me. I recommend that people join Sokol all the time. It takes a great deal of hard work and dedication to keep our unit going strong. I feel like I have been trained to take on the challenge by the very organization that needs me! Sokol is like my second home and always will have a special place in my heart!

HEIDI J. VENCL
Sokol Greater Cleveland, Northeastern District

"What Sokol Means To Me"

When I was a little girl, I used to tell people Sokol was a place where I went to gymnastics, but it is so much more than that. Back then I would go to Sokol for Tots' Class and then Girls' Class. My Mom would always take me to Sokol for the Fish Fries. At the Fish Fries, I would run all around Sokol Greater Cleveland with my friends and sister. We would play statues, where we would pose in a position when people would walk in for the Fish Fry. We also played hide and seek, tag, and so many other games. Our Sokol hall was a child's castle because of all the nooks and crannies in that place.

Being a June 25th baby, I will always associate my birthday with National Slets. I have celebrated my birthday in so many different parts of the world because of Sokol, some of which are Washington D.C., Omaha, Toronto, the Czech Republic, Chicago, and here at home in Cleveland. In Toronto, I remember having my birthday cake in the middle of the field on exhibition day. I also remember the members of Sokol Melnik singing Happy Birthday to me while we visited their Sokol hall in 2000.

When I was thirteen years old, I went to my first Kurz, in Ennis, Texas at Sokol KHB. The next year the Kurz was a Sokol South Omaha. Kurz introduced me to some of the greatest friends I will ever have. The people I met there I will know for my entire life. That is one main thing that shows what Sokol means to me; the life-long friendships. Even though I may only see these people once or twice a year, they will always be the greatest friends. Without Sokol, I wouldn't have half the friends I do.

Finally, I have to say that I feel very prepared for college next year, thanks to my experiences at Sokol. By going to Slets and the Instructors' Schools, I have met countless new people. Without those experiences, I would not feel ready to meet new people at college. I wouldn't be happier in any other type of organization. Sokol has truly prepared me for life.

Great essays about what "Sokol Means To You." It sounds like Sokol means more than one thing to many people. I hope that we can continue to keep our organization strong. It will take a lot of hard work and dedication from everyone and it sounds like we have some young women who will help Sokol live on! KP

A Back Track to Valparaiso

American Sokol Teams Sweep

American Sokol teams swept the Slet field events at the recent Sokol USA Sokolfest 2003 in Valparaiso, Indiana, July 6th.

The American Sokol relay team, composed of Mike Wise (Greater Cleveland), Kandi Ondrovic (Berwyn/Slavsky), Adam Wilt (Berwyn/Slavsky), and Elizabeth Mason (Greater Cleveland), sped to victory in the shuttle relay over teams from Sokol USA, DA Sokol, and Sokol na Slovensku (Slovakia).

In the Tug-a-War event, the American Sokol's George Kulhanek (Tabor), Sash Dumanovic (Tabor), Mike Drobick (Berwyn/Slavsky), Adam Wilt (Berwyn/Slavsky), Jonathon Conrad (Detroit), Larry Laznovsky (KHB-Ennis), Rob Samec (Greater Cleveland), and Mike Cortis (Detroit) teamed up to out pull teams from Sokol USA and Sokol na Slovensku (Slovakia).

The victorious teams were ably coached by Bob Kucera (Naperville) for the relay and J.J. Vencl (Greater Cleveland) for the tug-a-war.

Congratulations for bringing home the victories!!

How I Spent My Summer Vacation

by Bro. Bob Kucera

It's been a real long time since I had to write one of these types of essays, but I couldn't pass up the opportunity to share my recent experiences. I'd first like to thank my employer for allowing me to take two consecutive weeks off during a very busy period for us at work.

We got to Valparaiso on Tuesday to scope out the campus and general area. Given the temperatures and forecasts by local weather people, we immediately decided walking to events was out of the question, although we did walk the campus on Tuesday! By the time we got to the ARC on Wednesday, most of the equipment was in the gym. Help was needed assembling the parallel bars and finishing weighing down the apparatus with 20 gallon water jugs. If I could have lifted one of those jugs pass my ankles, I would have dumped a whole 20 gallon container on myself! By the time we were finished, it looked as though I had done just that.

We attended the Coaches meeting in the air conditioned room which soon became the popular place to hide throughout the next few days. Watching the Championship Division compete was inspiring. During past Slets, I'd usually miss the event because of other commitments.

Thursday's Competition Day finally arrived! After "warming up" on two pieces of apparatus, I wisely decided to save the rest of my energy for the actual competition. There was no need to peak too early. I had to opportunity to have Bro. Frank Michalek, Karl from SGC and Eddo from Sokol Stickney, along with some boys from Sokol USA in my rotation. Bro. Michalek never ceases to amaze me, he is quite awesome to watch. The most important person in our rotation, although not competing due to injury, was Bro. Kevin Wheet from Sokol Stickney. You see, without him, I never would have been able to mount rings or high bar, thanks for the boosts Kevin!

The rest of the week was enjoyable, but extremely HOT! We watched Volleyball and Basketball and I even snuck away Friday late afternoon to play nine holes of golf! The Youth Social and 4th of July celebration were fun. Slet Sunday ran pretty smooth, though extremely hot! (Oh, I already said that.) With another Slet under my belt, we started saying our good-byes to friends from out of town. Now comes the REAL fun part.....

I boarded the Royal American bus bounded for Barryville, NY along with Bro. Peter, Bro. Tom and Sis. Maria, whom I had just met for the first time. I was give the opportunity to participate as a staff member at this year's National Sokol Camp. The only problem was there were 26 teenagers along for the ride and I do mean a 15 hour, never ending, rarely sleeping bus ride!

The bus arrives at Sokol Woodlands at about 6:00 am on Monday morning with a group of pretty weary travelers on board. As we look out the windows, we see Sis. Lori coming to greet us and get us started on our first day of camp. We all tucked away our gear and set down to a healthy breakfast. From then on, it was nothing but activities, fun, games, strategy meetings and a little rest every now and then.

The group of 29 campers were assigned into three groups, who named themselves, Pink Pineapples "P P", Sex-e Sokol Students and Hot Nutz. My first assignment was to organize and run an outdoor game. I selected ping pong baseball. For those of you who have never played, the rules are the same as baseball, but the game is played with a "ping pong" ball (thus the name) and we used a plastic bowling pin for a bat. Even the most gifted ball players had a little trouble chasing down the ping pong drives, especially since hardly any of them made it past the pitcher's mound.

One of the activities I witnessed was something called, Defending the Castle. This year each team was given three eggs. The object was to protect the eggs against the Dreaded Drop, the Dangerous Drag and the Samurai Smash! Each team subdivided into smaller groups each in charge of an egg destined to undergo the trials of Defending the Castle. The only rule was you could only use things found in nature to protect your egg (the Castle). The students were quite creative in using moss, dirt pine needles, ferns, tree branches and anything else they could wrap around their eggs.

All three teams survived the Drop test, which consists of Bro. Peter dropping the encased egg from the top of the dorm roof. One of the teams did not earn points during the Drag test, not because their egg broke but because it came untied from the bundle protecting it and did not make it around the course attached to the new riding lawn mover, driven by Sis. Lori. One team's egg survived the Samurai Smash of Bro. Tom Pajer. I believe it was because they placed their egg off center in their protective shell, nice move!

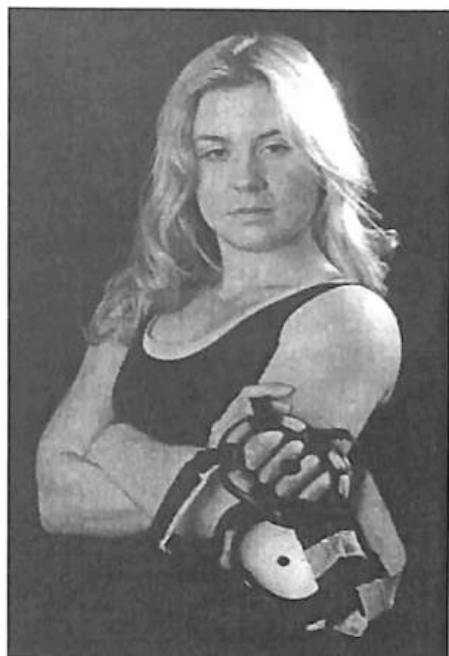
Free time floor hockey with they guys was intense. I think I surprised some of the youngsters with my "cat-like" moves while tending goal. Little did they know I had to perfect that position, because I couldn't keep up with their constant running any more. Those kids wore me out! We also had a few strategic games of Defending the Flag. I'm sure that's when I got the majority of my bug bites, scampering through the woods trying to take the long way around the gym.

One of the many highlights of this trip was our excursion into New York and a sleep over at Sokol New York, both firsts for me. Our afternoon site seeing walk included many of the popular tourist sites, including; Central Park, the former twin towers site, the Statue of Liberty, 5th Avenue window shopping and a stop at the library. The evening was capped off by another subway trip where we walked up and down Broadway and through Times Square. I was surprised at the number of people roaming around downtown at 11:30 PM!

Sunday morning came awfully fast and before I knew it, I was on a plane bound for Chicago and back to reality. My family had to relieve my entire week for the rest of the day because I couldn't stop talking about what a fun time I had. It was well worth the bus ride from Valparaiso to Sokol Woodlands!



Mucha wins national wrestling title



West High senior Iris Mucha won the high school girls wrestling national championship (*The Anchorage Daily News*, p. C6 4/2/2003)...during the United States Girls Wrestling Association championships in Lake Orion, Michigan. Mucha claimed the crown with a 1-0 overtime win over Hilary Lucarelli of Ishpeming, Michigan. Mucha was one of six Alaskans competing and one of four who earned All-American honors in the meet (*The Anchorage Chronicle*, p. 2C 4/3/2003).

In addition to her latest achievement, Iris holds a black belt in Karate and in 2001 made the USA team, which allows her to enter all International competitions. She is a three time International champion, seven time National champion and has 14 consecutive first place Kata wins at state and city tournaments.

On the high school track and field team, Iris competes on the 4 X 100 meter and 4 X 400 meter relay teams, runs the 300 meter low hurdles, occasionally the 200 meter dash and throws the shot-put.

Other school activities include playing a musical instrument in the concert and jazz bands; performing ballet and modern dance; as an all-around gymnast, balance beam is her best event; works at body building; is a football cheerleader and was selected Most Athletic Female at West High School for 2003.



Likewise, Iris earned the Gold Key Award in The Scholastic Art and Writing Awards; first place pottery - West High School Juried Spring Art Show; Honorable Mention sculpture - West High School Juried Winter Art Show; her favorite form of art is pottery).



At the State Fair she took first place in the Chocolate Chip Cookie contest for grades 9 through 12. Sometime during her schooling, Iris would like to pursue a degree in Culinary Arts.



Community - volunteer involvement consists of Alaska State Fair - Clerk/Judge Arts and Crafts, Special Olympics and child care of special needs people.

As a student, Iris Mucha carries a Grade Point Average (GPA) of 3.2 and has been presented with the National Scholastic Achievement Award. Iris has been entertaining scholarship offers from colleges and universities and has chosen Cumberland College at Williamsburg, Kentucky where she will go on to a higher education and continue in the sport of wrestling (Mucha, Iris, Essay, 4/10/2003).

Iris is the daughter of Jerry and Nan and sister of Amber Mucha. Her grandparents, Millie and Yaro Mucha, are formerly of Cleveland, Ohio where both attended and were active in Sokol; Millie at Nova Vlast, Yaro at Sokol Tyrs. Yaro himself was a fine gymnast and tennis player, an excellent track and field athlete, but he excelled as a swimmer.

Pete Dusek, Jr.
Cleveland, Ohio

WORLD SOKOL FEDERATION MEETING

Valparaiso, Indiana, July 2003

The meeting, held on the campus of the Valparaiso University, in Valparaiso, Indiana, was hosted by Sokol USA (Slovak Sokol). Also in attendance were representatives from the American Sokol, Sokol Canada, Sokol na Slovensko, Czech Sokol Organization, and the D.A. Sokol.

Business was conducted by Bro. Paul Lebloch, who as vice-president, assumed the presidential duties

when Bro. Walter Slavik passed away in 2001. All organizations present reported on the highlights of their activities.

Discussions involved the responsibilities for future camps, Slets being held in the future, and instructor courses. The next World Sokol Federation meeting will be held in Toronto, Canada in 2004.

Submitted by Sis. Sylvia Laznovsky



American Sokol President, Bro. Larry Laznovsky, (right) congratulates Bro. Paul Lebloch (left) on his election to the World Sokol Federation presidency.



medal. The presentation was made in recognition of self sacrifice and work for the betterment of the Sokol movement.

Czech Sokol representatives, Sis. Jarina Zitna, (right) and Bro. Vaclav Protiva (center) present Bro. Paul Lebloch, (left) World Sokol Federation President, with the COS Silver



Sis. Jarina Zitna (right) and Bro. Vaclav Protiva (center), COS representatives, honor Bro. Vratislav Zbuzek (left) for his Sokol work. He received the COS Silver medal in recognition of self sacrifice and work for the betterment of the Sokol movement.



Sis. Ann Slavik (left) accepts the COS Gold Medal in memorium of her husband, Bro. Vaclav Slavik, World Sokol Federation President, who passed away in September 2001. Presenting the award are Sis. Jarina Zitna (center) and Bro. Vaclav Protiva (right) of the COS.

American Sokol YOUTH PROGRAM Activities and Information



Check out THESE youth activities and share them with the young Sokols that you know!

IT'S YOUTH MEMBER RENEWAL TIME!

It's time to renew all youth members in the American Sokol youth program. For kids, this means getting back into the gym and registering for classes, for teachers, this means getting your students involved in youth programs right away. For Directors, it means filling out the youth member renewal forms and returning them to the Sokol office as soon as possible. By now, the Women's director of each Unit has received the renewal packet for their gym. The sooner each director can get their members registered, the sooner the kids can benefit from the youth program activities.

THE ULTIMATE PYRAMID COMPETITION!

The newsletter is out! On the final page of that newsletter is a contest that every youth member can participate in. Instructors and parents...please help your youth members to participate in this activity!

Have you ever dreamed of doing a pyramid with 100 people? How about a pyramid that goes 5000 feet high? Or how about a pyramid where everyone is doing one handed handstands on top of each other while holding sparklers in their free hand singing "Fly You Sokol?" WELL—in this contest—ANYTHING is possible! Here's what you need to do:

On one 8-1/2" by 11" piece of paper, create the ULTIMATE pyramid. None of it has to be physically possible. The only rule is to be creative and detailed while designing your pyramid. Design the pyramid with as many people as you want, as high as you want, as weird as you want, and as complex as you want. Anything is game!

We will judge your design based on creativity and detail. Please make sure to have all of your pyramids sent in by OCTOBER 1, 2003 to:

AMERICAN SOKOL PYRAMID CONTEST
122 West 22nd Street • Oak Brook, IL 60523

Prizes will be awarded to all winners and participants! GOOD LUCK!

If you want more information about Youth Activities or have ideas for programs we can do this year or in the future, you can contact your district youth ambassador or call or e-mail Tom Pajer at 630-833-6916 or tompajer@american-sokol.org.

Please encourage the SO-KOOL kids that you know to read their newsletters and participate in the contests and other programs. We give out some really cool prizes.

NA ZDAR! The American Sokol Youth Committee

Sokol Corpus Christi Honors Sis. Johanna Ryza



Pictured L to R:
Sis. Helen Kasperek, Financial Secretary; Sis. Johanna Ryza; Bro. Jerry Sijansky, Vice President

Sokol Corpus Christi honored new member Johanna Ryza with a Ky. Col. Commission. Johanna has grown through the Sokol Corpus Christi program from Tots to being an instructor. She recently graduated from high school and will be attending Texas A & M University. Johanna has been an asset to Sokol Corpus Christi all these years and they appreciate her dedication and hard work.

Submitted by Bro. Jerry Elzner



From your Editor: I recently purchased this hanky on Ebay. Surprisingly, it was listed as a "Russian Military Hanky." It is a wonder I found it, but I'm glad I did!

VOLUNTEER OF THE MONTH

From the Lakeland Community Senior Center News, Woodruff, Wisconsin, March 2003

This month we would like to give special recognition to our exercise class instructor, **EllenJeanne Schnabl**. A faithful group of ladies have been coming for instruction since EllenJeanne began as our instructor. They work through a series of exercises and a walk around the building before they are through for the day. They meet twice a week and are very happy to have friends they meet for class. EllenJeanne was a Sokol instructor and even these days she and her husband, Ed, design routines for U.S. competitions.

Czechoslovak Allied Organizations of Chicago 46th Representative Ball

The Czechoslovak Allied Organizations of Chicago are inviting young ladies ages 16–21 of Czech or Slovak descent to participate in the time-honored tradition of becoming a debutante at the Representative Ball. An open house will be conducted to answer questions, discuss this gala occasion, a film of the 2003 Ball will be shown and refreshments will be served.

Call Dana Cermak 630-915-4276 or Hana Prince 815-254-4222 for information.



AMERICAN SOKOL

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- Gymnastic Activities w/Hand Apparatus
- Sokol Gymnastics Manual
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For information on all items, contact:

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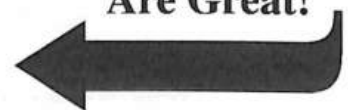
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