

american **SOKOL**

Volume CXVII, Number 1

FEBRUARY 1996

American Sokol Organization
1997 Slet Theme/Logo
CONTEST

Get those creative juices flowing!

We need a GREAT idea for our
1997 Slet logo/theme
that can be used for Slet T-Shirts, Souvenirs,
Seals, Tickets, Posters, Flyers, Programs, etc.

Send your suggestions to:
American Sokol, 6424 W. Cermak Road,
Berwyn, IL 60402, ATTN: Slet Committee

Ideas should reach the national office
NO LATER THAN APRIL 1, 1996 for consideration.

Attention Instructors – What a great class project!

American Sokol
MEMBERSHIP DRIVE
See Page 3 RIGHT NOW!

American Sokol

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1922 S. 57th Avenue, Cicero, IL 60650-2143
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From Your Editor...

Rituals, schedules, cycles, our lives guided, controlled by them. And so it goes in our organization as well. With the coming of Spring comes preparation for gymnastic exhibitions and competitions. Appreciate the efforts of your instructors, the children, teens and adults in your classes and everyone involved in maintaining the Sokol program in your area—**ATTEND THEIR EXHIBITIONS!** You'll be amazed at how good they are!

NA ZDAR!

Sis. Patricia Satek
1922 S. 57th Avenue
Cicero, IL 60650-2143

CALENDAR of EVENTS

FEBRUARY

18 Sokol Milwaukee Jaternice
Dinner
18 Sokol Stickney Pancake
Breakfast
24 Sokol Minnesota Sibrinky
(Czech Mardi Gras)

MARCH

9 Sokol Tabor Exhibition
15 Sokol Naperville Exhibition
16 Sokol Stickney Exhibition
17 Sokol Minnesota Slovak
Dinner
22 Sokol Women of Little Ferry
Grocery Bingo

MARCH

23 Sokol Berwyn-Slavsky
Exhibition
24 Sokol New York Exhibition
31 Sokol Houston Czech Spring
Fest

APRIL

13 Sokol Brookfield Exhibition
20 Central District Special
Number Competition
21 Sokol Minnesota Pancake
Breakfast
27 Sokol Little Ferry 100th
Gymnastic Exhibition

**100th Anniversary
SOKOL USA SLET
July 3-7, 1996
Philadelphia, PA**

A.S.O. FAX: 708-795-0539

THOUGHT STARTERS

from Bro. Jerry Milan,
ASO Educational Director

"Love is the ability to
respond to the needs
of people before they
ask for it."

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.*

American Sokol MEMBERSHIP DRIVE

Our Membership Chairman, Sis. Jane Jurew, wants your input regarding how our organization can attract more members nationwide. What types of things do you feel would work in your part of the country? How can we make Sokol membership more beneficial and inviting? Has your Unit held a successful membership campaign; how could it be applied on a national level? Put on your thinking caps and send your ideas NOW! to:

American Sokol
ATTN: Sis. Jane Jurew, Membership
6424 W. Cermak Road
Berwyn, IL 60402

REPLIES MUST BE RECEIVED by APRIL 1, 1996 for consideration. Your ideas will help to establish guidelines for the upcoming A.S.O. membership drive. Thank you and

NAZDAR!

GUEST SPEAKER

Bro. Vojtech Reich, PR Director, Sokol Houston

A Czech Spring

The times are always changing, but Spring comes each year. Once upon a time, before Communism, there were many Spring activities in which the young people throughout the countryside of the Czech Republic would engage. Many of these Spring activities are gone because of changing technologies and the techniques now used in agriculture. Most are gone because they were connected with religious activities and were subdued by the former communist government. Some still exist and now, under the new democratic form of government, others, such

as the celebration of Easter, will return. The soul of the Czech people, especially for those in rural communities, is closely tied to the land and the practice of their religion. The old habits and traditional practices of these people are coming back with a fervor because of the discrimination they felt from the communist regime. Though suppressed, many in the countryside continued to name their children for their Saint's Day, as well as celebrate their pre-communist holidays.

One of the most famous Czech illustrators whose drawings were

connected with traditional rural cultural practices was Josef Lada. His illustrations are closely connected with life on the land and the way in which people in the countryside lived. The simplicity of his artwork perfectly describes old habits and general life in a farming community.

Sappy Trees & Pstalking

Here I describe some of the Springtime (Czech - "Jaro") activities in the Czech countryside. On sunny days, after the young ladies had finished their work, they

Continued on Page 9.

Illinois Turner Camp
Algonquin, IL 60102
January 10, 1996

American Sokol Organization
6424 W. Cermak Road
Berwyn, IL 60402

Dear Friends

Please accept the enclosed personal donation from myself, not only for the set of seals, but also with my appreciation for those from your organization who took part in our past National Festival at South Bend (Indiana) last July.

I was greatly impressed with your people and what they do, in addition to admiring your mascot, the Talon! Somebody has done their homework and done it well.

It has crossed my mind that both of our organizations most likely experience the same general problems concerning the future, growth, physical education, costs and much more.

Perhaps sometime in the future, our organizations could get together and share ideas and solutions on a common ground.

Until such time, I wish you continued success and prosperity.

With sincere greetings,

Ed Colton
Past National President
American Turners

**FOR A
GOOD
TIME ...
attend a
SOKOL
Gymnastic
Exhibition!
More bang
for your buck
than you
can shake
a stick at!**

The American Sokol Organization gratefully acknowledges receipt of the annual donation of **\$3,125.00** to the Future Sokol Leaders Fund from **WESTERN FRATERNAL LIFE ASSOCIATION**. Our Sokol programs benefit greatly from their continuing support. **NAZDAR!**

FUTURE SOKOL LEADERS FUND

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

In Memory of Bro. James Kriz, from Sokol Berwyn-Slavsky \$5.00

LIBRARY & ARCHIVES FUND

In Memory of Sis. Mary I. Saltis, Sokol Washington, D.C., from Mildred Barcal \$25.00

GENERAL FUND

From Stanley Bernhard \$100.00

WRESTLING

The World Wrestling Federation awarded the 1995 World Greco-Roman Championships (October 12-15, 1995) for the first time ever to the capital of the Czech Republic, Prague, as a tribute to Czech wrestling on its centenary. Wrestlers from more than 50 countries competed for the title of world champion as well as to qualify for the 1996 Olympic Games in Atlanta.

The following is excerpted from the August 1995 issue of "The Lands of the Czech Crown" Magazine:

"Miroslav Tyrs, the founder of the Sokol sports organization, was the first modern propagator of wrestling in Bohemia. An avid wrestler himself, he included the sport in his system of exercises and recommended it in Sokol as a way to develop the muscular structure of the whole body. Tyrs could not know then that wrestling – as well as some other sports – would be later pushed aside in Sokol and that heavy athletes, who were Sokol members at that time, would seek to set up another association. The

founder of the wrestling association and its first prominent athlete in Bohemia was Fridolin Hoyer. He and Josef Balej resigned from the Sokol group at Prague-Zizkov and in 1893 formed an independent heavy athletic association. As public interest in the sport was growing, it soon turned into The 1895 Zizkov Athletic Club. Its founding marks the beginning of a fully fledged independent wrestling organization in the Czech lands."

~ Submitted by Bro. Paul Lebloch

SUPPORT NEEDED TO MOVE DVORAK STATUE

One of New York City's least-viewed statues is a life-size bronze of the Czech composer and onetime New Yorker, Antonin Dvorak, a gift to the New York Philharmonic 30 years ago by an association of Czechoslovak-Americans. He has stood ever since on the roof of Avery Fisher Hall, the Philharmonic's home in Lincoln Center.

The thought had been that his presence would be appropriate to the then-new Lincoln Center, under construction at the time; he had composed his most familiar symphony, "From the New World," while living in the city in the 1890's. Nice thought, but nothing came of it.

Now, the Dvorak American Heritage Association, based in the lower-Manhattan neighborhood where he lived, wants to move him to a park near the site of his home. The Philharmonic has agreed to donate the statue, and various community and parks authorities have endorsed the transfer in principle. But the Parks Department does not accept artworks for city parks unless they come with money for their maintenance.

Having striven without success to save his home, which was demolished in 1991 after a battle royal over landmarking, the Dvorak Association now strives to rescue his likeness. He deserves

something warmer than a windy rooftop.

~ Editorial from *The New York Times*,
Sunday, March 27, 1994

The Dvorak American Heritage Association is seeking financial support to help bring Dvorak back to Stuyvesant Square, his historic Manhattan neighborhood. Donations payable to Stuyvesant Park Neighborhood Association (S.P.N.A.) and specified for the Dvorak Statue Fund can be sent to: Dvorak, P.O. Box 332, Cooper Station, New York, NY 10276. Please include your name, address, city, state, zip and phone. Contributions are tax-deductible to the extent provided by law.



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THE LORETTO CHURCH

Prague, Czech Republic

TERCENTENNIAL

1695-1995

Free Trial Subscription To Slovakia's English Language Newspaper

A square in Prague constituting a cloistered sanctuary of "The Church of the Nativity," it is surrounded by six chapels, a complex housing rich and rare religious relics and treasures. The "Bells of Loretto" hang in the central part of its clock tower. The bells, imported from Antwerp, were first set to ring by carillon on August 5, 1695 and have called worshippers ever since.

A LEGEND *of* LORETTO

There are several legends associated with the Loretto Church and the bells. Visitors are often moved by this heartbreaking tale. In the time, when the bells of Loretto could play no melody, a poor widow lived within the vicinity of the church. She had as many children as there were bells at Loretto. She also had a string of coins, one for each child. During this time, a great plague was raging throughout all of Europe. Life in the city of Prague was nearly brought to a standstill. The widow's eldest son was among the first victims of the plague and since she

could not help him, she took the first coin to Loretto to pray for him and his last journey to heaven. When the boy died, the largest bell of Loretto began to ring. Upon returning from the cemetery, the unhappy mother found another child ill. Day after day, one of her children died and their last journey was accompanied with the ringing of one of the Loretto bells, as she had been offering a coin for each of her children in prayer, so that their last journey would be accompanied with the sound of one of the bells of Loretto. When she returned from the funeral of her last child, the youngest daughter, the mother found that she herself was ill. She was lonely and brokenhearted that a bell would not ring for her. Suddenly, over the rooftops of the houses, the bells of Loretto rang out. They ALL rang, all together and the beautiful melody accompanied the mother on her last journey. Since that time, the bells of Loretto are said not to ring, the sing in remembrance of the family united in heaven.

~ Submitted by Sis. Jane Sterba

The Slovak Spectator, Slovakia's English language newspaper has been publishing every two weeks since March 1995. The need for an unbiased English language newspaper devoted solely to Slovakia has been great. In addition to providing a means of communication for the many Americans living or visiting in Slovakia, it offers the opportunity for those of Slovak ancestry in the West who do not read Slovak to learn about the land of their ancestors since its independence and ascent among the family of democratic nations. Printed in tabloid format, the newspaper offers interesting and informative articles on everything in Slovakia, from politics to the best restaurants in Bratislava.

The Slovak Spectator is offering a free trial subscription. There is no obligation to purchase a full subscription. Many will find this paper to be interesting and informative. If you would like to receive a free trial subscription, write: *The Slovak Spectator*, The Rock s.r.o., Krizkova 9, Bratislava, Slovakia 81104

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Children's Fitness Is PCPFS Priority



President Eisenhower established the President's Council on Physical Fitness and Sports (PCPFS) in 1956 as part of a national campaign to help shape up America's younger generation. Since then, as the PCPFS has broadened its mission to include people of all ages, it has never lost sight of the importance of youth fitness.

We face a crisis in our country that threatens the health and well-being of future generations. Children in America are becoming fatter; schools are cutting physical education; and sports and recreation opportunities are disappearing.

In recent testimony before a Senate committee, we highlighted the need for increased grassroots sports opportunities for young people.

The percentage of seriously overweight children in the U.S. has doubled in the past 30 years. Why? The main culprits are an abundance of sedentary alternatives and not enough opportunities for physical activity for the average American child.

In today's climate of decreasing budgets, thousands of schools are eliminating physical education programs. Only 36 percent of school children attend daily PE class, and only one state still mandates daily physical education for its students.

Overweight, inactive children are almost destined to become overweight, inactive adults. Already 60 percent of American adults lead sedentary lifestyles. Next year's Surgeon

General's Report on Physical Activity and Health will document the public health risk of our national epidemic of physical inactivity.

Children know that physical activity is fun. As adults, we have a responsibility to be role models for our young people and to provide safe, supervised opportunities for sports and physical activity.

The President's Council works with our partners in education to push for daily, quality physical education in all schools. Our Youth Fitness Campaign with The Advertising Council will encourage children to make physical activity a lifetime habit.

A bill to create a National Foundation on Physical Fitness and Sports has been introduced in the House by Rep. Robert Ehrlich and in the Senate by Sen. Ben Nighthorse Campbell and cosponsored by Sen. Bill Bradley. This legislation will enable the PCPFS to operate with the support of private sector monies, a more stable source of funding as we continue our efforts to promote grassroots activities.

The President's Council will continue to sound the wake-up call to our nation and policy makers that now is the time to make youth fitness a priority.

Florence Griffith Joyner and Tom McMillen
PCPFS Co-Chairs

Boost Your Resistance to Illness

Whether you're trying to protect yourself from the common cold or from cancer, here are two ways to boost your immune system.

- ♦ **Get enough sleep.** Most people need seven to nine hours of sleep every night, but the specific amount depends on each person.
- ♦ **Keep stress under control.** Low levels of continued stress, as well as a sudden upset, can lower your resistance to infection. To reduce stress, exercise regularly and try meditation or yoga.

1995 World Championships

WOMEN

The USA team won the bronze medal at the 1995 World Championships in Sabae, Japan, October 2-10 behind Romania and China. Considering all the circumstances involved with the team, the bronze medal was a sweet reward to the veterans and newcomers of the U.S. team.

The U.S. lost some of their top athletes to injury prior to the competition. Dominique Dawes who finished fifth at the World Team Trials was unable to make the trip due to a stress fracture in her wrist. Amy Chow who finished sixth at Trials was also unable to make the trip due to a sprained ankle. Another top athlete, Amanda Borden, didn't qualify to the team since she had a toe injury during the National Championships and World Team Trials and could not compete.

Once the U.S. was in Japan, adversity continued. Jaycie Phelps was recovering from knee surgery. Shannon Miller was dealing with a foot injury and it was questionable if she would compete in the team competition. Fortunately Jaycie and Shannon were both able to compete and helped to earn the USA bronze medal.

Bela Karolyi summed it up best saying, "In my 30 some years of experience as a coach this world championships was one of the most dramatic that I've been through. Dawes, Chow, Phelps, and Shannon were injured. All these athletes here made it happen."

Mary Lee Tracey said, "The gymnasts had a strong desire to win a medal at the World Championships. The kids pulled together. They knew we didn't have some of our top athletes, but instead of giving up, they rose to the occasion and did a great job to win the medal."

After the compulsory round of competition, the U.S. women were in second place behind Romania, while Russia was in third and China in fourth. However, the tide turned after optionals and China's strong athletes passed both the USA and Russia to take second in the team competition.

The U.S. team was led by 1995 National Champion Dominique Moceanu, two-time World Champion Shannon Miller, and 1992 Olympian and five-time World Championships team member Kerri Strug. Phelps battled back from knee surgery to compete in every event but optional floor and led the competition on bars after compulsories. Doni Thompson had a strong showing in Japan, counting every event in which she competed. Theresa Kulikowski and Mary Beth Arnold, who

earned competitive spots on the team when Dawes and Chow withdrew, showed strong promise for the future and earned incredible experience at this competition. Andree Pickens was the U.S. travelling alternate.

MEN

China overtook Japan in optionals to win its second consecutive World title. China defeated Japan by more than 3 points. Romania earned the bronze medal. Japan's silver medal was the first men's team World Championships medal since they won a bronze in 1983.

Russia was one of the big stories of the competition. They finished in 11th place after compulsories. Russia moved all the way from eleventh to fourth in the team competition. The Soviet Union has earned a medal in every team competition at the World Championships since 1954. After the breakup of the Soviet Union, Russia earned second at the 1994 World Championships. It was quite a surprise to see this team in 11th after compulsories.

The USA men, who competed on the first day of team competition due to the draw, came out with a vengeance during the compulsory round of competition. They hit every routine and were strong competition for the teams to follow. After compulsories had concluded, the USA sat in third place. Coach Peter Kormann said, "This is the best feeling a USA men's team has had since the 1984 Olympic Games when the USA won the gold medal." The USA men proved they could be competitive in the world of gymnastics.

The U.S. men also did well in optionals. In fact, they scored more than 10 points higher in the team competition than at the 1994 World Championships. Unfortunately they finished ninth, the same spot they finished at last year's World Championships. "I would have thought for sure that if we hit like we did we would have been in the top six," said John Rothlisberger the team captain.

Coach Kormann said, "The team did well... We had some breaks and we need to improve our difficulty but we made a big step in the compulsories and we qualified to the Olympic Games."

The team qualified Rothlisberger, Blaine Wilson, and Jair Lynch into the all-around finals. Mihai Bagiu on pommel horse and Rothlisberger on rings in the event finals.

USA Gymnastics, January/February, 1996

Avoiding Exercise Drop Out

Fifty percent of the people who begin an exercise program drop out within six months after they start. Even dedicated exercisers have to overcome obstacles that could prevent them from staying with a program. People in both groups have made New Year's resolutions to begin, continue, or even intensify an exercise program.

Believe the Message

There are several forces working against both the beginning and seasoned exerciser. First, the person has to be convinced that an exercise program will make a change in his or her life. Professionals should deliver the exercise message in non-scientific language that can be understood by the public. People are more likely to use information if they can apply it to their lives and measure the results.

Set Goals

Most exercisers are committed. They set goals, and they take pride in the accomplishment of sustaining an exercise program. Setting realistic goals is very important. While beginning exercisers frequently try to do too much too quickly, some veterans spend too much time trying to achieve goals that are not consistent with their age, available time, or responsibilities. Each person has to settle into a program that is reasonable in terms of frequency, duration, and intensity.

Individualize Your Program

Programs have to be individualized. Not everyone enjoys jogging, cycling, or swimming. Running a mile hurts if you are not conditioned to do it. There are other ways to maintain fitness that are enjoyable and beneficial. People need to find an exercise alternative that fits their schedule, their needs, and their life styles. People are not likely to continue an activity if they don't enjoy it.

Get Support

Support from spouses, family, and peers leads to adherence. The wife whose husband agrees on the importance of exercise and fitness is more likely to make exercise a habit than one whose husband doesn't share her enthusiasm. Having a supportive peer group outside of the family can be just as important. If everybody in the office regularly goes out for a jog, it's a lot easier to do it yourself.

Recognize the Barriers

Whether the obstacles to exercise are real or perceived, they have to be recognized and

addressed. In addition to the ones already mentioned, there are barriers of time, travel, expense, facilities, and work demands. If you can identify the problems that interfere with exercise, the next step is to develop a strategy to overcome them.

Exercise time has to be scheduled. If you wait for free time, you won't have any. If your job requires extensive travel, look for hotel, public, or club facilities in the cities you are visiting. Find a conveniently located facility that is equipped for your needs.

Exercise, Don't Intellectualize

Understanding the benefits of starting or continuing an exercise program is a good first step. Setting goals, individualizing your program, and surrounding yourself with a support group are admirable achievements. Recognizing the barriers is necessary, but not the solution in itself.

The solution is doing it. That is, get past all of the intellectual preliminaries and focus on adhering to your program. If you can make it (or have made it) past the first six months, exercise will probably become a part of the rest of your life.

Be Creative (Exercise-wise) in Your Spare Time

Look for activities that you genuinely enjoy, as well as those you need to accomplish on a regular basis. Dancing at a party can be a great way to work out. But, you can also burn calories with chores like vacuuming or splitting and stacking firewood.

Here are everyday activities that may not provide a complete aerobic workout but will help you expend energy and keep fit.

<u>Activity / Time Spent</u>	<u># Calories Used</u>
Sweeping: 5 minutes	24
Stair Climbing: (up & down)	65
Washing the Car: 20 minutes	35
Brisk Walking: 15 Minutes	80
Dancing: 30 minutes	105
Cooking: 30 minutes	111
Light Housework: 30 Minutes	135
Shopping: 30 Minutes	120
Scrubbing Floors: 30 minutes	220

1997 Slet Activities Expansion

At the 1995 National Convention in June the National Board of Instructors and District Directors initiated the expansion of activities to be conducted during the 1997 American Sokol National Slet. Since then, some people have suggested that perhaps this expansion is something that the National BOI wants to do but which would NOT be supported by the grass root Slet participants and hence would be more trouble than it is worth considering more facilities and coordinators would be needed. Below is a survey to try to gauge the prospective participation in these new activities. The intention of these new activities is not to have more things for the gymnasts to do but primarily to try to draw additional participation by people who may not otherwise attend and participate in the Slet. These additional activities would probably be conducted simultaneously with other gymnastics and volleyball competitions. PLEASE COMPLETE THE INFORMATION BELOW AND RETURN A COPY (MAIL OR FAX) TO THE BOI SECRETARY AT THE NATIONAL OFFICE or CALL THE BOI SECRETARY (708) 795-6671 WITH YOUR RESPONSE. DEADLINE IS APRIL 1, 1996.

This survey was originally published in the November, 1995 Directors Newsletter. To date, very little response has been received. This is your last chance to speak-up. No response will be taken to mean you have NO interest in these additional activities.

Swimming (10 yrs thru Adult): Interested _____ Approx. # _____ Not Interested _____

Track/field: Interested _____ Approx. # _____ Not Interested _____

3-on-3 Basketball: Interested _____ Approx. # _____ Not Interested _____

Team Calisthenics: Interested _____ Approx. # _____ Not Interested _____

Fun Run /Walk: Interested _____ Approx. # _____ Not Interested _____

(Children's competition as at last Slet is planned)

10-12 yr old Boys CLS 7; 10-12 yr old Girls LVL5/6)
Gymnastics Competition: Interested _____ Approx. # _____ Not Interested _____

6-9 yr old Childrens'
Gymnastics Competition: Interested _____ Approx. # _____ Not Interested _____

Other _____: Interested _____ Approx. # _____ Not Interested _____

Other _____: Interested _____ Approx. # _____ Not Interested _____

UNIT _____ DIRECTOR _____

The current outside activities: bowling and golf are also planned.



The Sokol Educator

Bro. Jerry Milan, A.S.O. Educational Director

DOES YOUR UNIT PROFILE LOOK LIKE THIS?

- Works toward a common goal.
- Embraces the diversity of its members.
- Develops its members' skills.
- Builds morale internally.
- Efficiently uses its time and talents.
- Is committed to continuous improvement.
- Performs effectively and produces results.
- Cooperates rather than competes.
- Maintains a positive attitude toward everyone's ideas.
- Stays on task.
- Uses resources wisely.
- Communicates openly.
- Teaches and learns from one another.
- Resolves conflicts effectively.
- Welcomes challenges.
- Shares pride in its accomplishments.
- Accepts praise and criticism.
- Celebrates successes.

... IT SHOULD!

A NEW FEATURE!
Submit pictures and articles about
Sokol families in your Unit!
Got a suggestion for a catchy name for this feature?
SEND IT IN!

SOKOL Families



FOUR GENERATIONS gym together at Sokol Little Ferry, NJ. Pictured are (center back) **Ann Hollman**, Assistant Instructor and mother of **Nancy Chlodnicki** (at right), President Sokol Women of Little Ferry, Nancy's daughter **Donna Schafetz**, Treasurer (at left) and **Tina Richards**, (center front) Junior Girl, granddaughter of Nancy Chlodnicki and daughter of another daughter (and member) Sue Richards.

Sokol Women of Little Ferry are gearing up for their 100th Annual Exhibition this Spring; a week-long event! Their hall is being refurbished and at least the interior will be finished in time for the celebration. Sokol Little Ferry members are working diligently to increase membership, refurbish the hall and continue their physical training. All are volunteers and are to be commended for the extensive amounts of time they put into all phases of Sokol activities. Nazdar!

~Submitted by Sis. Nancy Chlodnicki

THE VOICE

Reader Quips, Comments & Queries

Dear Sister Patricia:

I greatly appreciated the November 1995 issue of *American Sokol* and reading the articles from Sokols

around the country. Keep up the excellent work! I am enclosing an article on "Spring," (*Editor's Note - See page 3.*) which was written by Bro.

Vojtech Reich, Public Relations Director for Sokol Houston. I hope this is something you can use.

NAZDAR!

Richard A. Garza, Sokol Houston

A Czech Spring (Continued)

would wreath dandelions into chaplets for their heads. If they were teenagers, they would drop them into the nearest stream. If the wreath caught on the banks or was stopped by something in the water, it meant that the girl would stay with the village. If it flowed on out of sight, it meant the young lady would marry outside of the village with a "prespolni," someone away from the village. The young boys would usually occupy their spare time making pipes (pistalky) from willow branches. They called it "otloukani pistolicek" (battering or knocking off pipes), because the way they made the pipes was to use the special qualities of the willows. In Spring, the sap flowing from the roots into the branches causes the bark to lose its cohesion with the heartwood. If one carefully batters the bark, it will slip easily from the wood. With just this knowledge and a pocket knife (no drills), the young men could fashion their pipes from the willow bark.

"Jaro" was also a time for instruction. The adults would take the children with them to the orchards to teach them how to plant and graft fruit trees, usually apples, pears and plums. People of the soil have always know that the future of any nation lies in the hands of the youth. Plant the seed of knowledge, nurture it carefully and watch it grow!

The Old Witch Takes A Swim

In this final segment on traditional Springtime activities in the Czech countryside, I'll describe "Vynaseni Morany," "Otvirani studanek" and "Majky."

A straw figure, "Vynaseni Morany" (Old Witch), dressed in old, dirty clothes and other garbage would be carried by the villagers to a river or stream outside the village and tossed in – symbolizing the end of Winter and the start of Spring cleaning. This ritual was connected with the general cleaning of the whole village, the repair of the farmers' implements, the painting of houses and byres (inside and out, with lime), in preparation of the Spring jobs ahead in the village and on the farm and in the fields.

Along with this Spring cleaning was the "Otvirani studanek" (opening of the small well), which meant the systematic cleaning of the well, source, fountain and springs and creeks. When the work was done, the older children and teenagers would celebrate the "Otvirani studanek" with singing and dancing, under the close observation of the older villagers, of course.

The biggest celebration of "Jaro" would be the erecting of the "Majky" (may poles) in the village green. This May Fest (usually May 1st)

would last for three days, what with all the preparations necessary. There would be music and dancing in all the pubs and guest houses. On Friday, the young men of the village would affix a specially made and decorated "Majka" (birch tree or branch) on the fence of the girl he was courting. He was charged with protecting it throughout the night – as his rivals for her affections would sometimes try to take it down. During this festive period, musicians would wander through the village, stopping from house to house, serenading the inhabitants within. They would soon be invited in for a refreshment and then would depart for the next house.

The final day would include a tombola in which the big prize for the drawing would be the "Majka" which was in the village green. This was a BIG "Majka" (10 yards/meters tall), made from a pine tree whose lower branches were cut off and used to make a large wreath from which colorful ribbons were suspended. This may pole would be cut down with all due ceremony and the winner would have to haul it home, usually with a truck. Afterwards would start the eating and drinking before the final dance to celebrate the official start of Spring – followed by one big headache in the morning!

American Sokol Organization

Quarterly Financial Report – October, November, December 1995

Submitted by Bro. John Satek, Financial Secretary

RECEIPTS

Dues	\$21,967.68
1995 Convention Fund	1,482.00
TGM Dues	15.00
Dividends/Interest	140.35
Resale Jewelry	796.50
Educational Booklets	138.50
BOI Skills/Ribbons	581.75
Postage/UPS	55.43
Donation to General Fund	158.50
Labels/Copies	21.35
Repay Merit Award	150.00
Subscription ASO Publication	8.00
Flag Waver Donation/Publication	65.00
Souvenirs	81.95
Triumph & Tradition Video	52.00
Telephone	3.36
Donation Travel/Sokol Federation	700.00
Xmas Dinner	480.00
Repay from Convention Fund	6,191.94
Return Petty Cash Secretary	24.10
Uniform Dept. Salaries (Aug./Nov.)	1,179.50
Uniform Dept. FICA/Medicare (Aug./Nov.)	208.80
Uniform Dept. FWT Tax (Aug./Nov.)	40.00
Uniform Dept. IWT Tax (Aug./Nov.)	41.10
Uniform Dept. Phone/Fax	121.53
Uniform Dept. Rent (Sep./Dec.)	1,220.00
TOTAL	\$35,924.34

DISBURSEMENTS

ADMINISTRATIVE DEPT.

Salaries (Oct./Nov./Dec.)	\$2,170.93
FICA/Medicare (Sep./Oct./Nov.)	407.00
FWT (Sep./Oct./Nov.)	60.00
IWT, 3rd Quarter	68.21
Ameritech/Equalnet/Phone/Fax	661.14
Com Ed	161.28
CPA/Inc. Year End	735.00
Petty Cash, Postage	117.04
Office Supplies	231.92
Janitor/Supplies	51.79
Petty Cash Secretary	100.00
Mailing Permit	85.00
Parking Permit (3) 1996	225.00
Misc.	15.68
Rent (Nov./Dec./Jan.)	2,871.00
TOTAL	\$7,960.99

PUBLICATION

Salaries (Mailing)	\$490.40
FICA/Medicare	76.16
Printing (Aug./Sep./Oct./Nov.)	5,003.66
Postage (Sep./Nov.) + Add Changes	2,449.58
Editor (Oct./Nov.)	300.00
TOTAL	\$8,319.80

EDUCATION

Salary	\$108.35
IWT 3rd Quarter	4.28
TOTAL	\$112.63

BOARD OF INSTRUCTORS

Salaries (Oct./Nov./Dec.)	\$1,578.43
FICA/Medicare (Sep./Oct./Nov.)	282.28
FWT (Sep./Oct./Nov.)	45.00
IWT, 3rd Quarter	58.13
Ameritech/Equalnet/Phone/FAX	609.94
Petty Cash/Postage	114.70
Office Supplies	95.36
Travel - USA BOI Meeting	543.30
Ribbons	153.50
Programs	700.00
USAG Fee	150.00
Videotapes	8.58
Video Cabinet	26.94
Video Repair Deposit	58.50
Parking Permit (1) 1996	75.00
Misc.	4.54
Editor "Gymnast" (Oct./Nov.)	60.00
TOTAL	\$4,564.20

UNIFORM DEPARTMENT

Salaries (Oct./Nov./Dec.)	\$900.04
FICA/Medicare (Jun./Jul./Aug.)	167.96
FWT (Sep./Oct./Nov.)	30.00
IWT, 3rd Quarter	30.08
Ameritech/Equalnet/Phone/FAX	97.67
Parking Permit (1) 1996	75.00
Rent (Nov./Dec./Jan.)	945.00
TOTAL	\$2245.75

MISCELLANEOUS

New Phone System	\$2,422.58
Xmas Dinners	394.40
Refunds Xmas Dinner	45.00
Advertising/Program Books	245.00
Reservations Czech Museum Dinner	200.00
School Board Mtg. Travel (4)	699.00
Subscription Hlasatel	75.00
Travel/Hotel Sokol Federation, Prague	593.25
Donation	10.00
Postage Seal Mailing	490.92
TOTAL	\$5,175.15

Balance Brought Forward/Checking	\$4,581.99
Receipts	+\$35,924.34
	\$40,506.33
Disbursements	-\$28,378.52
Correct Check #2596	+\$3.00
Void Check #12495	+\$25.00
BALANCE CHECKING 12/31/95	\$12,153.11

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