

american **SOKOL**

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APRIL/MAY 2000



"As governor of the State of Illinois, I would like to congratulate your publication, "American Sokol" on 121 years of serving our communities.

Illinois is comprised of many ethnic communities that join to form a great state while also maintaining their rich cultural individualities. Your publication "American Sokol" serves as a vital link to the Czech American community. Not only are your readers educated by its contents, but they benefit by affirming an invaluable connection to their heritage.

On behalf of the people of the State of Illinois, I commend your participation in the Czech American community. The hard work that goes into each and every publication is very much appreciated."

George H. Ryan

GEORGE H. RYAN
Governor

Pictured L to R: Bro. Frank Michalek, former ASO National Director, Bro. Fred Kala, American Sokol President, Pat Michalski, Assistant to the Governor for Ethnic Affairs and Bro. Daniel Michalek, Sokol Chicagoland.

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A.S.O. Executive Board meets every 4th
Tuesday (except July/August), 7:30 P.M.

A.S.O. Board of Instructors meets every 2nd
Wednesday (except July/August), 7:30 P.M.

From Your Editor...

Between the Convention and the end of the Sokol year, my schedule is all a jumble. I have just been able to get through my stack of mail, some of it from February! If some of the info contained herein seems a bit behind the times, I apologize. I do always try to include everything that is sent to me - eventually. Although not an excuse, this month's axiom could be "better late than never."

NA ZDAR!

Sis. Patricia Satek
46 Northgate Road
Riverside, IL 60546-1639

CALENDAR of EVENTS

JUNE

- 4 Sokol Detroit Summer Sokol
- 4 DA Sokol Annual Exhibition
- 7, 14 Sokol Berwyn-Slavsky
Summer Sokol Open Gym
- 9-11 Western District Slet in Cedar
Rapids
- 10-11 Northeastern District Slet
- 10-11 Eastern Area Sokol Festival,
Barryville, NY
- 16 Sokol Grtr. Cleveland Fish Fry
- 19-23 Sokol Minnesota Children's
Cultural Day Camp

JULY

- 18-8/1 American Sokol Instructors
Course at Sokol Greater
Cleveland
- 22-23 Czech Festival in Wyandotte,
Michigan

AUGUST

- 13 Sokol Detroit Summer Fest
at Sokol Camp
- 13 Sokol Minnesota Camp
Booya
- 13-20 DA Sokol Camping Program
at Sokol Woodlands
- 16 Sokol Grtr. Cleveland Fish Fry

**XIII ALL-SOKOL SLET
JUNE 26-JULY 2, 2000
PRAGUE, CZECH REPUBLIC**

**XX AMERICAN SOKOL SLET
JUNE 27-JULY 1, 2001
DETROIT, MICHIGAN**

THOUGHT STARTERS

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

"We become not a melting pot, but a beautiful mosaic. Different people, different beliefs, different yearnings, different hopes, different dreams." ~ JIMMY CARTER

Our Sokol Credo (Translated by Sis. Libbie Krivanek for Bro. Vaclav Zenisek)

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.

CONGRATULATIONS SOKOL GREATER CLEVELAND

on your
expansion
and recent
grand opening!



Shown above is the proclamation from Ceska Obec Sokolska which accompanied their flag donation.



THE EXPANSION COMMITTEE

FRONT ROW L TO R: Don Eckhoff, Milan Skorepa
MIDDLE ROW L TO R: J.J. Venc, Gloria Srsen, Betty Hosticka,
Jarmila Skorepa, Geri Sliva, Frank Hosticka
BACK ROW L TO R: Sandy Hayden, Dennis Baca, Marie Hibler,
John Dusek, Howie Wise, Robert Samec
NOT PICTURED: Marie Kitteridge, Bob Kunc, Bill Woodward

Behind the group is a Sokol Flag given to Sokol Greater Cleveland by Ceska Obec Sokolska.



The Sokol Festivals "SLETY"

From Marie Provaznik: Her Life and Contributions to Physical Education,
by PETE DUSEK, JR.; Cleveland, OH; Copyright 1981

INSTALLMENT #3

See January 2000 for part one,
February 2000 for part two.

After five Festivals, it was realized that the Plain of Letna was not large enough for the growing membership. Sokol, in cooperation with the State Department of Health and Physical Education, selected the area atop Strahov and on it built a huge stadium to accommodate the Slets, military parades, and similar events. The Ministry of Health purchased the land. In 1926, the terrain was leveled and the Czechoslovak Sokol Organization (COS) constructed grandstands and dressing rooms of wood. For every following Festival, the State Department added a concrete enlargement to the stands, eventually doing away with the wooden structures (Provaznik, 1975-1977). To prevent successive waves of performers' movements due to the dispersion of music from only one point, loudspeakers were sunken underground at equidistant intervals of the exercise field (Kudrnovsky, 1979).

Pre-Slet activities of a vastly enlarge program for the eighth Festival of 1926 included the second students' secondary school games and an exhibition by the Sokol children of Prague and vicinity (Provaznik, 1975-1977). A competition for the

championship of the Slav Sokol Federation was won by the men from Brno (Fikar, 1959). the Slet continued without interruption from June 26 to July 6, a full ten days. A rally of Czechoslovak and Yugoslav juniors was attended by 16,264 boys and 14,076 girls in both the parade and gymnastic presentations (Provaznik, 1975-1977; Ceskoslovenska obec sokolska, 1948). Starting in 1926 and continuing thereafter, the National Board of Instructors lived at Strahov for the duration of the Festival. Marie Provaznik and a corps of women were responsible for marking the field with small flags and directing the female classes to their color-coded markers as they entered the stadium and assembled for their performances. Among the guests, the Yugoslavs came in great numbers (Provaznik, 1975-1977). A demonstration by 400 students of the Yugoslav military academy was heartily received by the public. Title of the Slet scene was "Kde domov muj" (Where Is My Home) (Havlicek, 1948). For this Festival, Leos Janacek composed "Symfonieta" (Symphonette) (Provaznik, 1975-1977).

Symbolism which prevailed at the eighth Slet began to diminish and from the ninth Festival on played a lesser role, giving way to moves whose beauty was seen in their

purpose, simplicity, and naturalism. Movements were to be real and genuine, not portraying that which actually did not take place or the performer did not sense or feel (Krejci, 1948).

In addition to the mass exercises by senior women, junior girls, and little girls, it was customary to present special drills by districts. This meant several groups performed different compositions at the same time to the same music, which resulted in production that was distracting to the audience.

The intent of mass calisthenics was to accommodate everyone (Provaznik, 1975-1977). However, with the increasing number of feminine participants, it became desirable to display the talents of selected, advanced gymnasts in special numbers. On the program of the eighth Slet they exhibited on low balance beams, arranged so that they produced daring and beautiful pictures (rippling, star shapes, etc.). At the ninth Festival, a lovely drill was done with indian clubs, and at the tenth, an exhibit with balls that entailed frequent, surprising changes in formations (Krejci, 1948).

Prejudice and circumstances of

Continued on Page 5.

"SLETY" *(Continued from Page 4.)*

the time brought about an interesting development. By a small majority, the Executive Committee of the Czechoslovak Sokol Organization consented to a proposal by the National Women's Board of Instructors that women be given the liberty to perform on the balance beam without stocking at the Slet and in the competitions (Fikar, 1959).

considerable contemplation was given to the possibility of postponing the ninth Festival since in 1932 the world was amidst and economic depression. Again Sokol determination prevailed, as the Slet actually helped to alleviate unemployment and revive economic conditions (Provaznik, 1962). Half the net profits were deposited as security for the next Festival and the remainder used for the financial support of units and social relief from the consequences of the recession (Fikar, 1959).

Skiing competitions of the Slav Sokol Federation were held in the Tatra Mountains (Havlicek, 1948). Displays by the pupils of the Prague grammar schools, Sokol children of Prague and vicinity, and the third students' secondary school games comprised the pre-Slet agenda (Provaznik, 1975-1977). Both the men's and women's teams of the COS triumphed in a gymnastic meet for the championship of the Slav Sokol Federation (Fikar, 1959).

July 3, 1932 was the first of the

main Slet days. President T. G. Masaryk arrived about fifteen minutes before the start of the event, going to a salon behind his box. Promptly at 2:30 p.m., he took his place in the loge. As the final notes of the national anthem faded, a cannon reverberated signaling the start of the day's activities.

Opening the program was the impressive mass calisthenic number by the men (Krejci, 1948). Their voices accompanied the performance by singing, "In a New World and a New and Beautiful Land" (Havlicek, 1948; Ceskoslovenska obec sokolska, 1948). It was the most powerful choir ever heard in the world. As national director of women COS, this was the first Festival over which Sister Provaznik presided (Provaznik, 1975-1977).

A record number of visitors were in attendance from Yugoslavia (over 6,000), Poland, Russia (exiles), Bulgaria, Lusatia, the Ukraine (exiles), England, Belgium, Estonia, Finland, France, Holland, Latvia, Lithuania, Romania, Spain, and the United States (Fikar, 1959). Peace prevailed, the weather was excellent (Zizka, 1978).

A magnificent spectacle was the parade through Prague, which lasted six hours (Havlicek, 1948). Well organized, each group met at a specified time on one of the streets leading to Vaclavske namesti (Wenceslaus Square).

Everything clicked. Americans were in the place of honor, right behind the mounted escort. Tens of thousands lined the sidewalks and threw flowers (Zizka, 1978). There was a combined display by the three armies of the Little Entente (Czechoslovakia, Yugoslavia, and Romania) (Havlicek, 1948).

Tyrsuv sen (Tyrs' Dream) was the name of the Slet pageant. It outlined physical culture and demonstrated competitions of the ancient Greeks, after which the performers transformed into gymnasts in Sokol attire (Provaznik, 1975-1977; Zizka, 1978). Contests in singing, theatrical performances, and puppetry enhanced the educational part of the Festival (Provaznik, 1975-1977).

Another dimension in the area of calisthenics was manifested with the development of exercises that took into account the abilities of each age group. This resulted in the pioneering creation of "The Tale of Tyrs," which led to the enrichment of future Slet programs by including the youngest gymnasts. Also, a new festive parade uniform for women, similar to that of the men, was approved in the autumn of 1936 at a committee meeting of the Czechoslovak Sokol Organization.

A prelude to the tenth Festival was held October 26-28, 1937,

Continued on Page 6.

"SLETY" *(Continued from Page 5.)*

with a relay involving 130,000 runners. It began at Tyrs House and proceeded over ten routes to each district and on to every Sokol unit.

In December 1937, at a meeting of the COS, a motion by the National Women's Board of Instructors that women drill mass calisthenics in light athletic dress was denied. Permission was granted only to those partaking in the special number with balls.

An opening Slet concert was arranged at the close of 1937 at Smetana's theater in Prague. Included on the program was Suk's march "V nový život" (Into a New Life). It was adapted for a mixed chorus of 350 voices and orchestra, with words by Peter Kricka (Fikar, 1959).

This Festival was to serve as a review of the progress made in physical training in the previous six years and test of the efficiency, discipline, and adaptability of thousands of Sokols (Havlicek, 1948). The Tatra Mountains were the site of the winter games of the tenth Slet of 1938. Competitors of the Slav Sokol Federation were represented (Fikar, 1959).

Festivities preceding the principal Slet were limited to a day for the grammar school children of Prague and the fourth students' secondary school games (Provaznik, 1975-1977). This time the Sokol children, consist-

ing of 42,465 boys and girls (ages 6-14), were included in the main days (Obec sokolska, 1939; Ceskoslovenska obec sokolska, 1948). Five-hundred boys and three-hundred girls from Yugoslavia took part in the juniors' (ages 14-18) program. Advanced junior girls had a very successful demonstration of folk dances with maypoles. Marie Provaznik conducted her second Festival as national director of women. In mass calisthenics, both the men and women presented exhibitions with double the number of people as markers.

There were 28,600 men and 28,370 women respectively at each performance (Provaznik, 1975-1977). Motto of the men's drill was "Oath of Loyalty to the Republic." Special displays were given by members of the American Sokol Organization (Havlicek, 1948). Weather was not favorable in 1938 and dark clouds of war lingered over the land (Zizka, 1978). Fourteen organizations from other countries were represented in the parade: England, Belgium, Estonia, France, Holland, Latvia, Lithuania, Romania, Russians in exile, Switzerland, Ukrainians in exile, Bulgaria, Yugoslavia, and America. An exhibit was given by the armies of Czechoslovakia, Yugoslavia, and Romania (Fikar, 1959).

Theme for the tenth Slet tableau was "Budovat a branit" (To Build

and To Defend) (Havlicek, 1948). This display was no longer a part of the Festival program, but was played at night at another stadium (Provaznik, 1975-1977). Author was Dr. Jan Malik. It enjoyed a total of nine performances, the final being given on July 7, 1938 (X vsesokolsky slet, 1938). Sokol paid tribute to President Benes and in turn received a new banner that was designed by professor Kysela (Fikar, 1959; Provaznik, 1975-1977).

There continued to be an increasing number of feminine gymnasts. Although the drill field could adequately accommodate all the participants on a rotating basis, it had become desirable to present all the women in the stadium at one time. Ever since the ninth Festival, consideration was given the feasibility of developing a composition involving twice the number of gymnasts as markers. This revolutionary idea of a "rej" (to romp about) for 30,000 women was composed by Sister Matejovcova. It was different in that it was a liberation of the performers from markers, allowing them freedom of movement about the field to cooperate in the creations of new formations. Acceptance and teaching of the "rej" met with the same apprehension as the women's calisthenics for the seventh Slet. Experienced

Continued on Page 9.



AMERICAN SOKOL ORGANIZATION

GYMNAST

Editor: Chuck Kalat -- 2401 Bluebonnet Dr., Richardson, Texas 75082



2000 American Sokol National Convention Programs and Activities Committee Sets Goals

Goal #1

Compile a list of all unit and district activities that are presently being done.

This list will include not only the activity being done but also the unit/district and a resource person that can be contacted for more information. This data will be collected over the next 2-3 months, consolidated, and put on the ASO web page for all units to view. The information will also be distributed in printed form at the district director's conference in October for those units without Internet access.

This committee will be the contact person for units or individuals wanting information. Those interested individuals will then be put in contact with the resource person. This committee will check with the units twice per year to update the activity records. When someone inquires about an activity and the resource person is passed on, a follow up will be done to see whether the activity was implemented.

Goal #2

Offer an activity to attract more young adults 18 and over into our gyms.

This activity should:

- ◆ Not be as structured as a regular class
- ◆ Be open to non-members to hopefully draw more young adults into our gyms
- ◆ Offer some social activity along with a physical activity
- ◆ Not have a long-term commitment like a regular class

The following "Rent to Own a Membership" program is offered for units to try:

- ◆ Offer an activity once a week for anyone 18 and older (Volleyball, Cooking, Basketball, Aerobics, Dance Instruction - Swing, Line, etc.).
- ◆ Have a one-hour social following the activity - Pop, Juice, Coffee, Snacks, etc.
- ◆ No charge for members - Non-members pay maybe \$5 per night
- ◆ Non members continue to pay each night they come until they have paid the amount equal to your unit's membership. At that time they are offered a unit membership.

It is suggested this start on a short-term basis about 6-8 weeks. Additional sessions can be added if the unit feels that it was successful.

To Implement the "Rent to Own a Membership" Program:

- ◆ Find a person to head the program in your unit.
- ◆ Decide when it will be and for how long.
- ◆ Target age group is 18 and up.
- ◆ Encourage current members to participate in the activities.
- ◆ Decide on activities offered based on your facility and interests.
- ◆ Decide on your 'Rent to Own' structure: # hours per week; # of weeks; amount to charge/session
- ◆ **ADVERTISE** the program - Multiple flyers, Newsletters, Local Papers, and Posters
- ◆ End each evening with a social hour.

Near the end of the session have a membership person present to answer questions or get forms signed by nonmembers.

Gym Marketing for dummies

By Randy Sikora
Owner/Director, Twister Gymnastics
Boca Raton, Inc.

What is Marketing?

By definition, it is the activities such as advertising, packaging, and selling involved in transferring goods or services from the producer to the consumer. When most people think of marketing, they think of advertising newspaper ads, TV commercials, mail pieces, etc. I believe that the packaging of our product/service is far more important than any print advertising.

What is your package?

First, the largest box our product/service is contained in is the building. Is the outside of your gym appealing, in the right location, and easy to find? Is the inside of your gym clean, bright, customer-friendly, fresh smelling? Is the gym layout attractive and functional? Are the equipment, mats and carpet in good condition? As you can see, I am focusing on the physical appearance of the facility. The reason is simple; your typical customer cares more about the cleanliness of your gym than how many trophies you have on the wall.

Where do your customers come from?

Over 85% of our customers come from word of mouth (WOM) marketing. Therefore, we should focus the majority of our marketing efforts on our current customer. They will sell your products/services for you if you make them happy. This is easy if you give them what they want. How do you find out what they want? The same way you get anything you want in life...ask. Talk to your customers, survey your customers, and bribe your customers (give them something for their input)

I will save you some time. My customers look for the same things in a gym school as your customers. Customers want a clean, safe, organized facility. This is where you start your

marketing strategy. Everything they see, smell, hear, taste and feel in your gym should be clean, safe, and organized. Your customers are your best salespeople in this industry. They tell everyone about the activities their little boys and girls participate in. Your aim should be to control what they say about your gymnastics school.

Your marketing plan

Keeping in mind where new customers come from and that you need to focus on your products' packaging, how do you get everything you want out of your gym (and your life)? First, determine your present situation. Next, establish clear-cut goals with a deadline. Last, plan your path from your present situation to your goals. Sound easy? It is.

I assume that everyone can determine his or her present situation (where you are now) and establish goals (where you want to be). I will tell you how to get there with regard to your gymnastics school. There are four elements to your marketing plan and I have listed them in order of importance below:

1. Facility

Clean, clean, clean. Need I say more? Establish a cleaning schedule that doesn't miss a beat. Start with the restrooms. Make them pleasing to all the senses. Continue this in your lobby, observation areas, front office, pro shops, and finally in the teaching areas. Focus on the safety and organization of your facility layout. Is it easy to move around or do you bump into things or one another?

2. Staff

Up until now I have said little about your troops. First, they should look presentable—staff uniforms, clean-cut, athletic appearance. Next, focus on their character in the selection process. Are they individuals you would trust with your own child? Are they professional? Are they role models? Last, what is their experience? Are they knowledgeable? Do they have the ability to learn? Can they get you to where you want to be?

3. Information Systems

This begins with your front office. How are your front desk people? Do they provide good customer service? Are they polite? Is your phone answered at all times the gym is in operation? What types of computer program(s) do you use to run your office? (I will say that if you are not using a class management program, you are doing yourself an

injustice. You are also spending way too much time and money in the wrong areas.) Is your registration process easy? Is your literature neat, organized and customer-friendly? Does your literature answer most of your customer's general questions regarding your program(s)?

4. External Exposure

I purposely did not call this marketing because everything you do that shows in and out of your gym is marketing. Before I go any further, let me say that any time you spend time or money on marketing outside your facility, make certain you can track your return. Have a space on your registration form entitled, "How did you hear about our gym?" Include coupons specific to the campaign you are running. Keep a phone log and include "how did you hear about our gym?" in every conversation with potential customers.

Top 7 External Exposure Activities

1 Customer referral program. As I already mentioned, over 85% of our customers come from WOM. Offer current customers a discount on next session's tuition for referred trial students that register for class. A great way to do this is in conjunction with a "Bring a Friend" week.

2 Yellow Pages. When people want to find a gymnastics school, they pick up "big yellow." Have a great ad, preferably the best and brightest gym ad in your book. They will call you first.

3 Direct Mail. This should be the best return on your investment. Stick to your immediate area, no more than 10 miles depending on the profile of your typical customer and your area. Mail out birthday postcards to both active and inactive students. Kids love to get mail. Include a special "birthday offer" for tracking purposes. Mail special to inactive customers to get them back in the gym. Obviously, these mailings can be very inexpensive and easy to do provided you have a good computer program.

4 "Welcome Wagon." Every community has a service that sends information on businesses in the area to new homeowners. This service is affordable and you get to the new customer first. Make sure you have an exclusive agreement to be the only gymnastics school.

5 PTA/Local Schools. Give away free gymnastics lessons to every school fundraiser and for student awards. Be sure to stipulate "new students" or "something extra" if they are current students. You do not want these giveaways to take away from your bottom line.

6 Print Advertising. This is very costly. I suggest limiting print advertising to special areas of the newspaper or magazine, such as a "back to school" section. Be certain to include a coupon to track your results. I see lots of money wasted here for a minimal return.

7 TV Advertising. This is extremely expensive. However, if you are looking to make a leap, have done all of the above and have the financial resources, go for it! Have an attorney review your contract and make sure you can cancel if you are not getting the return you want.

Where to begin?

I suggest you take a day off from the gym and find a quiet place. Bring a pad and paper, laptop or any other recording device. Use this article as your guideline and design your marketing plan. I strongly suggest attending Jeff Metzger's Gym Owners' Boot Camp. Visit the successful gyms in or outside your area. Attend the state, regional and national congresses. Learn from people who are where you want to be. They will be happy to share their knowledge and experience with you. To get everything and anything you want, you just have to ask. Good luck

USA Gymnastics *Technique*, May, 2000.

Exercise Experts Preach the Virtues of STRETCHING

One thousand one, one thousand two, one thousand three... The count went to 10, then the instructor yelled "switch" and the students shifted their weight from their left side to their right.

Though the music was blaring a rhythmic beat, there was no bouncing, only exhaling as the class moved through its pre-aerobic stretch.

"With aerobics, the warm-up, the stretching and the cool-down are all part of our hour workout," said the aerobics instructor. "We will pick up the pace, but we spend a good 20 minutes of the workout on stretching and warming the muscles."

Speeding up the heart and working up a sweat are the main missions of aerobics, but that can't be achieved safely and effectively if the muscles are not warm. There is not a more important part of a workout than the stretching.

According to experts, the easiest way to prevent an exercise injury is to have a good stretching program. With longer and warmer days, more and more folks are itching to get out and shake the winter doldrums. But again, they must stretch before they shake.

Once you start stretching properly, you become less prone to injury. Part of the effect that stretching has is it increases the circulation to the muscles and it increases the pliability of the tendons and the muscles. In other words, it loosens you up.

No matter the sport, no matter the activity, if it requires you to bend, jump or run, a good stretching program is essential.

Stretching before exercise will reduce the chances of a pulled muscle or ligament or tendon damage.

It is important to stretch and warm the muscles, but it is equally important to stretch properly. There are three types of stretching programs -- static, ballistic and proprioceptive neuromuscular facilitation techniques (PNF). Experts recommend a static stretch.

They recommend this type of stretching because you need to give the tissues time to stretch. With static stretching you get into the position and hold it for at least a 10 second count, and that gives you that gradual increase in muscle usage. The longer one holds the stretch the

better." Ballistic involves quick, bouncy movements such as toe touches. PNF is stretching alternated with contraction.

While stretching, be sure not to count too fast or rush and do not bounce. If there is pain, back off.

Just as important as stretching before the workout is a cool-down period and stretch afterward. Stretching afterward is just as important because you allow the tissues to cool down and it prevents a lot of muscle soreness.

Cool-down should be a gradual slowing of your pace with 5 to 10 minutes of light activity and stretching.

The older the athlete, the more important a good stretch and exercise preparation should be.

Flexibility is key, especially for ages 25 and older. Most of us remember what our bodies were like and what they could do when we were 18 but as you get older, the gravity pulls on you and a good flexibility or stretching program will help prevent nagging injuries."

Although it is important to stretch as many muscle groups as possible, one should make sure to stretch the hamstring and quadriceps because those areas are prone to pulled muscles.

A good hamstring stretch is to keep the back straight and touch the toes with no bouncing. It should be a slow stretch. Anyone with back trouble should consult a physician for a stretch that's safe.

An easy quadriceps stretch is to grab the heel and pull it to the buttock, keeping the trunk of the body straight without bending forward.
By Demorris Lee, *Raleigh News & Observer*.
Reprinted in the *Plano Star Courier*, 10/9/98.

**American Sokol
National
Instructors School
Cleveland, Ohio
July 18 - August 6, 2000
Hosted by
Northeastern District &
Sokol Greater Cleveland
at the
Newest Sokol Gym
in North America**

FUTURE SOKOL LEADERS FUND

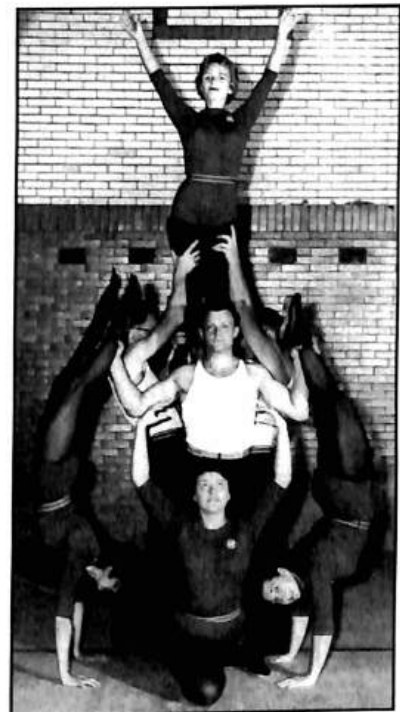
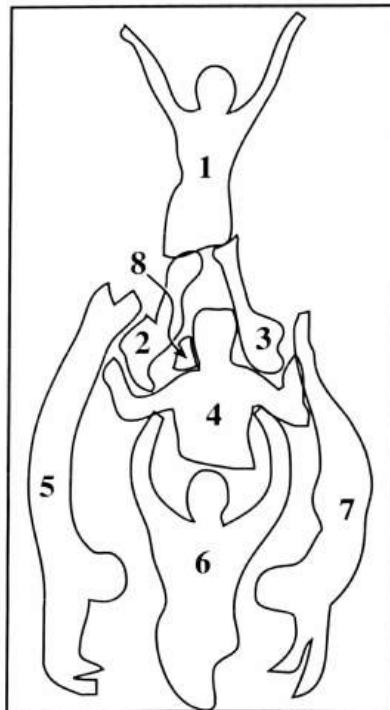
PURPOSE: *To train and education young people to assure able administrators, the best of idealistic instructors and educational directors for Sokol Units and Districts.*

In Memory of Donna Jezek from Jerry & Elaine Zitko & Family	\$25.00
In Memory of Robert Drake from Jerry & Elaine (Barcal) Zitko & Family	\$25.00
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WHO'S THAT?

Did you figure it out?

- 1-Sis. MaryAnn Satek;
- 2-Dave Koval; 3-Bro. John Satek, Central District President;
- 4-Bro. Richard Ptacek, Former ASO National Director;
- 5-Sis. Anne Halik;
- 6-Sis. Marie Ptacek, Former ASO National Director;
- 7-Sis. Edith Kral,
- 8-Chuck Dvorak.



american **SOKOL** *Flag Waver!*

The American Sokol Organization gratefully acknowledges receipt of the following donation in direct support of the American Sokol Publication. **NA ZDAR!**

Christin Cech - \$10.00

See Page 11 for information on how you, too, can become an AMERICAN SOKOL FLAG WAVER!

Sokol Baltimore mourns the loss of Bro. Henry Vrzalik, 1926 - 2000.

The following is excerpted from the eulogy for Bro. Henry Vrzalik presented by Bro. Albert Pokorny.

To speak about some people and their life achievements is sometimes difficult, but with Henry, that is not the case. Because of who he was and how he lived his life, this presentation was made much easier.

Henry's success in life can be measured by the tribute paid to him through the many visitors to the funeral home yesterday. In life he was outgoing, at ease with people, loved a good joke, loved to dance, loved to sing and bowl, and loved to participate in any activity relating to his heritage.

After his military service in the Army Air Force during WWII stationed in Japan, Henry returned to the Belcamp area where he met his future wife, Libbie, at a Sokol activity. I heard through the grapevine that Henry's mother wanted Libbie to throw her attention in the direction of his brother, but Libbie and Henry fell in love. After a 2-1/2 year courtship, they were married and had 3 children - Ruth, Joe and John.

He was very active in Sokol Baltimore, where he served as the unit Secretary, Vice-President and then President. Henry insisted that if he was to be President, that the by-laws must be amended to limit the term of

office to no more than two consecutive one year terms. This change was implemented and has been instrumental in providing our Unit with innovative leadership.

Henry also spent many years at the Sokol Hall coaching gymnastics, serving on many committees, such as on our centennial committee celebrating Sokol Baltimore's 100th Anniversary.

Henry and Harry Hessenauer were responsible for designing and producing the beautiful Sokol emblem trophies which were used as centerpieces and awards. He participated in many gymnastic exhibitions and activities in Baltimore, Belcamp, New York, Little Ferry, Chicago Washington and Canada.

He served as Eastern District Vice-President and Chairman of the By-Laws Committee. In this latter role he attended the ASO convention in Chicago as the District by-laws representative.

In 1992, Henry and Libbie accompanied Joe to the Sokols Abroad Slet in Vienna, Austria concluding the trip with a week long tour of Czechoslovakia, a lifelong dream.

During Henry's tour as President of Sokol Baltimore, our caretaker left and there was a period before he could be replaced. During this period, Henry, with the assistance of his family, worked tirelessly at maintaining the hall, and setting

up and cleaning up for affairs and meetings. He did everything that needed to be done. I guess he figured those chores were a part of his job description as President.

In addition to participation in the gymnastic and social programs of the unit, Henry, because of his ability as a craftsman, performed many repairs & improvements to the building and equipment.

Through his dedication to Sokol, he and his wife instilled into their children a love for Sokol and gymnastics, so they in turn have given many years of service to Sokol which is still going on. Henry was also proud of the fact that the family produced three generations of Unit Presidents for Sokol Baltimore - Libbie's father Frank Bouda, Henry and his son, Joe.

I liked Henry. He was always cheerful and willing to help whenever necessary. After our gym classes we generally played volleyball. Somehow or another I always seemed to be on the team opposite of Henry. Because of his height and agility he was a formidable foe. He loved to spike the ball and I took many a ball into my face before the night was through.

While he is gone he will certainly not be forgotten because of his many good deeds and contributions to Sokol Baltimore.

To Henry I say "Farewell Brother - rest easy. NA ZDAR!"

"SLETY"

(Continued from Page 6.)

Instructors warned of the pitfalls that could ruin the effect of the Festival. Once more, confidence in the intelligence and discipline of our sisters prevailed. Execution of the "rej" was a revelation. Its success resounded throughout the Sokol world. Every one regretted that this innovative composition, showing new methods in the advancement of mass calisthenics, was not better utilized. Therefore, the COS Women's Board of Instructors decided to repeat the "rej" at the eleventh Slet. It was the first time in the history of Sokol that a number from one program was used at another. Its revolutionary character and exceptional value justified the decision (Krejci, 1948).

EVER WONDER...?

... what the words sung in this year's men's cal mean? Here's a translation from a donor who wishes to remain anonymous.

"I'm all steamed up,
With lots of determination and zeal.
I'm all charged up,
And not even a truckload of bad luck
Can stop me from reaching the finish line."

"One, two, three, I've got it in me.
I like to scale the mountain heights.
One, two, three, I know I've got it in me.
No time now for fears and doubts."

"I'd like to free that pend-up force
That throbs within my soul yearning to escape.
Whether one is young or old, life holds no bars
For those who are firm and strong as a hardwood tree."

*Music by Jindrich Vrbensky
Words by Pavel Vrba*

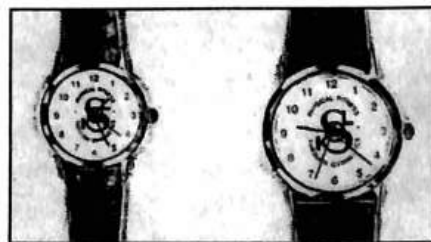
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American Sokol Organization Quarterly Financial Report

January, February, March, 2000

Submitted by Bro. John Satek, Financial Secretary

RECEIPTS

Dues/Penalties	\$18,944.50
Convention Fund 1999	13,209.00
TGM Dues	.95.00
Subscriber	152.00
Resale Jewelry/Membership Pins	1,554.00
Educational Booklets	.61.50
BOI Skills/Ribbons/Tapes/Manuals	.258.80
Donation	.70.00
Postage	.31.40
Copies/Labels	.18.05
UPS Shipping	.9.80
ASO Seals	1,071.00
ASO Calendars	.300.00
Slet Video	.15.00
Slet Plate	.20.00
Flag Waver	.29.00
Souvenir Mug	.50.00
Uniform Dept. Salaries (Dec., Jan., Feb.)	.841.16
Uniform Dept. FICA/Medicare (Dec., Jan., Feb.)	.149.20
Uniform Dept. FWT Tax (Dec., Jan., Feb.)	.30.00
Uniform Dept. IWT Tax (Dec., Jan., Feb.)	.29.25
Hat Studs	.2.00
Uniform Dept. Office Supplies	.21.67
Uniform Dept. Phone/Fax	.82.28
Uniform Dept. Rent (Jan., Feb., Mar.)	1,065.00
TOTAL	.\$38,109.61

DISBURSEMENTS

Administrative Dept.

Salaries (Jan., Feb., Mar.)	\$2,576.79
FICA/Medicare (Dec., Jan., Feb.)	.412.28
FWT (Dec., Jan., Feb.)	.50.00
IWT, 4th Quarter	.88.65
Ameritech/AT&T/Fax	.486.96
Com Ed	.118.52
CPA (Jan., Feb., Mar.)	.570.00
Petty Cash, Postage	.200.02
Office Supplies	.70.03
Janitor/Supplies	.62.25
WinStar Internet OnLine	.65.16
Not Profit Mailing Fee	.100.00
Toshiba Copier Maint. Agreement	.779.00
Toshiba Copier Kit	.393.95
Insure ONE Crime 3/1/00-3/1/03	.453.00
Czech American Congress Dues	.5.00
Rent (Feb., Mar., Apr.)	.3,351.00
TOTAL	.\$9,782.61

Education

Salary (Jan., Feb., Mar.)	\$189.00
FICA/Medicare (Dec., Jan., Feb.)	.40.34
FWT (Dec., Jan., Feb.)	.15.00
IWT, 4th Quarter	.10.19
Office Supplies	.7.73
TOTAL	.\$262.26

Board of Instructors

Salaries (Jan., Feb., Mar.)	\$1,892.94
FICA/Medicare (Jan., Feb., Mar.)	.304.82
FWT (Jan., Feb., Mar.)	.45.00
IWT, 4th Quarter	.65.43
Ameritech/AT&T/Fax	.373.56
Office Supplies	.114.20
Petty Cash/Postage	.63.63
Audio/Video Tapes	.28.75
Advance Instructor School 2001	.2,000.00
Editor "Gymnast" (Jan., Feb.)	.60.00
TOTAL	.\$4,948.33

Publication

Salaries (Mailing)	\$266.09
FICA/Medicare	.48.20
FWT	.10.00
IWT, 4th Quarter	.14.00
Printing (Jan.)	1,564.99
Advance Postage to USPS	.4,000.00
Address Changes	.63.60
Editor (Jan., Feb.)	.300.00
TOTAL	.\$6,266.88

Uniform Department

Salaries (Jan., Feb., Mar.)	\$993.94
FICA/Medicare (Dec., Jan., Feb.)	.149.20
FWT (Dec., Jan., Feb.)	.30.00
IWT, 4th Quarter	.28.62
Ameritech/AT&T/Fax	.78.50
Office Supplies	.21.67
Rent (Feb., Mar., Apr.)	1,065.00
TOTAL	.\$2,366.93

Miscellaneous

Convention Fund Postage	.\$159.60
Seal Printing, Mailing, Supplies	1,789.50
Donation Natl. Alliance Cz. Catholics	.10.00
Czech Allied Org. Ad	.50.00
Denni Hlasatel Xmas Ad	.50.00
Central District Postage	.99.38
TOTAL	.\$2,158.48

Balance Brought Forward/Checking (Dec.)	\$14,375.77
Receipts	+\$38,109.61
	\$52,485.38
Disbursements	-\$25,785.49
CPA Adjustment	-\$131.77
BALANCE CHECKING 3/31/00	\$26,568.12

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