

# american **SOKOL**

Volume CXXIII, Number VIII

OCTOBER 2001

During  
World  
War I,  
Childe  
Hassam  
created  
paintings  
of flag-  
decked  
New York.  
This one,  
*"Allied  
Day,  
May,  
1917,"*  
shows  
Fifth  
Avenue.



## American Sokol

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### AMERICAN SOKOL

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## From Your Editor...

September 11. Looks so innocent when you write it. Yet it will forever be linked with horrible devastation and tragedy. We are forever changed. We are forever saddened. We are forever humbled.

NA ZDAR!

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

NOTE: The cover illustration was found in "American Century: One Hundred Years of Changing Life Styles in America," by Ralph Andrist.

## CALENDAR of EVENTS

#### NOVEMBER

- 3 Memorial Service for Bro. Slavik at Sokol New York (See pg. 6)
- 3 American Sokol Little Ferry Country Dance (Selsky Ples)
- 4 CGSI Conference, Pittsburgh, PA
- 10 Sokol South Omaha Spaghetti Dinner
- 10 Czechoslovak Folk Festival, Union Hall, Countryside, IL
- 11 Sokol Minnesota Pancake Breakfast, Bake & Craft Sale
- 14 Sokol Berwyn-Slavsky Gingerbread House Party
- 18 Central District Women/Junior Girls Volleyball Tournament

#### DECEMBER

- 1 Sokol Berwyn-Slavsky St. Nick Dance with "Czech Express"
- 1 Central District TNT Tumbling Team Performance in "Frosty & Friends" Parade, Westmont, IL
- 8 Central District Boys' Skills Testing
- 15 Central District Rhythmic Competition
- 31 Sokol Minnesota New Year's Eve Party

### THOUGHT STARTERS

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

"...the final forming of a person's character  
lies in their own hands."

~ ANNE FRANK

## 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.

Dear Fellow Citizens,

I believe that all of us, you as well as myself, are shattered by the events in the United States of America today. On behalf of our country, on behalf of all of our citizens, I would like to express our deepest sympathy to all victims and to their surviving families, and I would like to assure the American people that we are on their side and that we are ready to assist them in any way within our power. I understand this as an attack against human freedom, as an attack against democracy, and I consider this to be a tremendous warning to civilization which challenges us to mobilize, supremely, our sense of responsibility for this world. Fanatics and madmen cannot be allowed to hold all of us as their hostage.

**Vaclav Havel**

Prague Castle, 11 September 2001

## **Appeal from the Embassy of the Czech Republic and the Consulate General of the Czech Republic to all Czech Citizens in the United States**

In light of the current situation in the USA, we appeal to all of the Czech citizens who are currently in the United States to immediately contact their relatives in the Czech Republic to assure them that they are not in danger. The people in the Czech Republic are very worried about their relatives and friends. Please do not keep them uncertain. If you have any verified information regarding Czech citizens who were staying in New York City on September 11, 2001, please contact the Crisis Line of the Ministry of Foreign Affairs of the Czech Republic, or one of the offices in the USA mentioned below. Please send this message to all of the Czech citizens currently staying in the United States. We appreciate your understanding and cooperation during this tragic time.

### **Contact Information for official Czech authorities in the USA:**

Consulate General in New York, tel.: 1-212-717-5643 (ext. 1),

e-mail: consulate.newyork@embassy.mzv.cz

Embassy of the Czech Republic in Washington, DC tel.: 1-202-274-9137, 202-274-9100,

e-mail: con\_washington@embassy.mzv.cz

Consulate General in Los Angeles, tel.: 1-310-473-0889 (linka 226),

e-mail: losangeles@embassy.mzv.cz

### **Other connections to honorary consulates in the USA and our Embassy in Canada can be found on the following web pages:**

<http://www.mzv.cz/washington> (Embassy of the Czech Republic in Washington)

<http://czechny.org> (Consulate General in New York)

<http://www.mzv.cz> (The Ministry of Foreign Affairs of the Czech Republic in Prague)

Crisis Line — The Ministry of Foreign Affairs of the Czech Republic in Prague: +420-2-2418 2470

Embassy of the Czech Republic in Washington, DC

Consular Section

Consulate General of the Czech Republic in New York

## 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 Vladislav Slavik

From American Sokol . . . . .	\$250.00	From Sokol Fort Worth . . . . .	\$100.00
From Roy & Vlasta Zitny . . . . .	\$100.00	From Jerry & Henrietta Milan . . . . .	\$50.00
From John & MaryAnn Satek . . . . .	\$10.00		
In Memory of Mildred C. Pinc from John & MaryAnn Satek . . . . .	\$10.00		
In Memory of Bill Naus from Sokol Havlicek Tyrs Srs. . . . .	\$50.00		

## HONEY SHINES IN ATHLETIC RESEARCH

The National Honey Board is pleased to announce promising results from three clinical trials on honey for athletes. The studies were undertaken to evaluate honey compared to other popular forms of carbohydrates used by athletes. All three double-blind, placebo-controlled studies were conducted at the University of Memphis Exercise and Sport Nutrition Laboratory, led by Dr. Richard Kreider.

Encouraging data were presented at the annual meetings of Experimental Biology, the American College of Sports Medicine and the National Strength and Conditioning Association. Research papers have been submitted to appropriate peer-reviewed journals. "We wanted to see if honey would be a good source of carbohydrate for athletes in comparison to other forms of carbohydrate. Honey did as well or better in several areas," stated Dr. Kreider.

The first trial involved 71 subjects who were given one of seven carbohydrate gels, including honey and placebo. Honey produced only mild increases in blood sugar and insulin, prevailing over dextrose (glucose) and maltodextrin, and was similar to a popular commercial carbohydrate gel. This indicates that honey could be an effective pre-workout energy source that does not induce hypoglycemia.

The second trial studied 39 weight-trained women and men. Following an intensive workout, each subject immediately consumed a protein shake blended with sucrose, maltodextrin, powdered

honey or placebo as a carbohydrate. The honey sweetened "muscle shake" was the only one to sustain blood sugar over the two hours following the exercise.

The final trial focused on nine competitive cyclists who were given a honey, glucose or placebo gel prior to and at 10-mile intervals of a simulated 40-mile race. Honey significantly increased power and speed over placebo, equaling the performance of dextrose.

This exciting study is the first to show that honey is an effective carbohydrate for endurance athletes and resulted in media attention from around the world. "Our first study suggested honey could operate as a 'time released' muscle fuel for exercising muscles. Our second experiment suggested that honey would be a good carbohydrate source to replenish muscles. However, our last study convinced us that honey can improve endurance exercise capacity," concluded Dr. Kreider.

This research demonstrates that honey is a carbohydrate option for athletes based on its low glycemic index, positive metabolic response, and effective energy production. These results are great news for athletes or anyone looking for a natural, convenient energy boost. The taste of honey has broad appeal, and honey is readily available in a variety of forms and flavors.

Submitted by Sis. MaryEllen Newsom  
(From HealthNews from Healthwindows.com)

# **SOKOL NEW YORK vs. SOKOL WASHINGTON VOLLEYBALL TOURNAMENT**

For four consecutive years, Sokol New York and Sokol Washington DC have been inviting each other to annual volleyball tournaments. This year was Sokol New York's turn. Late Friday night on April 20, the Sokol Washington teams arrived and were greeted by Bro. Teddy Fernandez.

Games began Saturday morning after breakfast. It was quite a surprise that the first seeded team, American University from Washington, DC, was conquered by Sokol New York I, a.k.a. "Big City." In the end, all the teams played well and, interestingly enough, in the first round, from the six teams that had played, four of them had the same amount of points.

Sokol New York I played in the finals with American University.

## **Tournament Results:**

1. American University - Washington DC
2. "Big City" - Sokol New York I
3. Czech Embassy - Washington DC
4. Sokol Washington DC
5. Sokol New York II
6. Sokol New York III

The first and second place winners were awarded Sokol New York mugs as prizes. Continuing the tradition of ending each tournament with good food and music, the players enjoyed "gulas" in the bar.

*- Edited from the Sokol New York Newsletter by Sis. Gita Hlavinka, Bro.*

## **MEMORIAM** ☹️ *Sis. Emily Higliger*

Sokol Curtis Bay, Baltimore, MD, mourns the loss of Sis. Emily Higliger. Sis. Higliger was 98 years old and a long time member and also at times an officer of Sokol Curtis Bay. She will be missed.

## **SOKOL WILBER RENOVATES**

Sokol Wilber has been sprucing up and updating their facility. They have put in a new, more efficient airconditioner to replace one of the old ones that was giving out in the bar room. The exterior of the building has been tuck pointed. Work is ongoing, seemingly never ending. Unfortunately, the roof is leaking and in need of repair. Their current campaign is a fund raising drive to install a new P.A. system in the auditorium. With the anticipated visit next year by Madeline Albright to accept her King Charles Award, they want to have it installed as soon as possible. They look to their membership for support of their efforts.

*- Submitted by Sis. Evelyn Schleis-Roesler,  
Board of Directors, Educational Director,  
Sokol Wilber, 415 N. Harris, Wilber, NE 68465*

## **THE VOICE** ... *Readers Quips, Comments & Queries*

While our daughter Debbie only had the opportunity of attending Tot's class at Sokol Havlicek-Tyrs before we relocated, she has maintained the Sokol spirit throughout her school and professional careers. After bringing the New Trier High School Boys to Illinois State Championship about 6 years ago, she now is head Volleyball Coach for the University of Wisconsin Green Bay Women's team. For the past 5 years she has been rebuilding the program. Her team is often in the Chicago area playing at DePaul, Loyola and UIC. She also runs a vigorous volleyball camp in July and is always looking for promising young talent. Thought you might like to view the UWGB website <http://www.uwgb.edu/athletics/volleyball/vbsched.htm> and play schedule. Please pass on to coaches of young Sokol players, as well. Glad to see the Sokol Website. NaZdar!

*Bro. Tony and Sis. Janet Kirch  
Sokol Chicagoland*

# WEST, TEXAS CHAMBER OF COMMERCE HONORS RAYMOND AND LILLIAN MATUS AS CITIZENS OF THE YEAR

*The following article, prepared by Sis. Maxine Sefcik of Sokol West, was published in the September 26, 2001 edition of the SPJST Vestnik. Sis. Lillian Matus is the Financial Secretary and Bro. Raymond Matus is the Educational Director of the Sokol in West. As the article indicates, both are very dedicated to their responsibilities. Thanks to Bryan Vanicek, Editor of the Vestnik for the article and accompanying picture. The Lone Star Hall in West, as mentioned in the article below, is leased by Sokol West, and is used for social functions, dinners, etc. It is located on the same property as the Sokol gymnasium. Submitted to American Sokol by Sylvia Laznovsky, Southern District Educational Director.*

Raymond and Lillian Matus were among the recipients honored at the annual West Chamber of Commerce Banquet held July 26 at Lone Star Hall in West. The Matus couple, who are also active members of SPJST Lodge 54, West, were honored as the chamber's Citizens of the Year for their years of volunteer work in the community.

"There are probably no other two people in this community who have devoted as much time and given as much as themselves to help others as these two," said Steve Soukup, prior to their receiving the Citizens of the Year award.

"Wherever there is a need, you will find these two people working, often side-by-side, always doing what needs to be done. West can be very grateful that they combined as a team almost 52 years ago and that the entire community has been the recipient of much of their generosity," he continued.

Ray Matus purchased the Louis Horsak Blacksmith Shop in 1951 and he designed, built and repaired farm equipment in that building. The business moved in 1956 to its current location as Westex Welding. The company and buildings have experienced many expansions over the years. The company went from a general, all-purpose welding and machinery repair shop to an equipment-conversion business. Since 1965, Westex Welding Company has fabricated over 1,600 custom fire and rescue apparatus bodies, mostly in support of volunteer fire departments throughout Texas.

Ray and Lill, through Westex Welding Co., support many FFA students in their annual animal projects at the local stock shows; not just West school students, but students in surrounding communities as well. Soukup described many of the ways the Matus' have volunteered their

services to the community over the years. Lill served as a West Volunteer Ambulance Association volunteer for many years. Ray served on the Assumption Parish Church Advisory committee and has been an associate director for Westfest for several years.

The couple have been involved with West Sokol Gymnastic activities for over 21 years. During Westfest, you will always find them doing what they do best, managing the Sokol Funnel Cake booth and teaching new members how to make those delicious funnel cakes just right so the customers keep coming back for more.

Though it has not always been easy, Ray and Lill have always been there to help whenever the community needed them. "You can always count on Ray for a donation to support a charity, a school function or a fund raiser to help someone over a hump," Soukup said. "Ray and Lill have voluntarily managed Lone Star Hall for nearly 15 years. During that time, they have made numerous improvements both to the building itself and to the management process. Today, the hall stands as a tribute to the skill and energy of these two dedicated people," Soukup added.



# AMERICAN SOKOL GYMNAST



Sash Dumanovic, 2419 S. Scoville Avenue, Berwyn, IL 60402

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## 2001 District Directors Conference

A VERY PRODUCTIVE annual District Directors Conference was held October 12-14, 2001 at the Marriott Hickory Ridge in Lisle, Illinois. The conference was attended by the American Sokol national directors and their assistants, 10 ASO district directors, several other members of the National BOI, the DA Sokol Mens Director - Peter Lattanzio, and Brian Pracko representing Sokol USA. John Bazata - Central District Men, Allison Gerber - Western District Women, and Bill Kool - Western District Men were welcomed as new district directors. Bud & Sandy Benak - long time Western District Directors - were recognized for their "Dedication to Excellence" and Maryann Fiordelis - 2001 Slet Co-Chairman - was recognized for her "Achievement" in that capacity. Here are some other highlights of the conference:

- **District / National Reports** were reviewed and discussed at length; especially the wide variety of activities:

### CENTRAL

Track & Field Comp./Skills Clinic  
Dancercise, Step & Walking Club  
T-N-T Tumbling Group  
District Slet "Picnic" style

### EASTERN

Karate Classes  
Dart Tournament  
Awesome Tots Program  
Volleyball

### NORTHEASTERN

"Flight School" & "High Voltage"  
Master III Squad  
Monthly Parents' Meetings  
Natl Gymnastics Day Open House

### PACIFIC

Self-Defense Program/Hiking  
Family Camp at Dinkey Creek  
Folk Dancing  
St Nicholas Party

### SOUTHERN

Performance at Texas State Fair  
Natl Gymnastics Day Sleepover  
Haunted House/GG Class  
Hamburger Night

### WESTERN

Houby Days Tumbling Exhibition  
Hosted ASO Instructors School  
Children's Dance Group  
Sokol Knowledge Quiz

- **Goals!** The Unit and National goals set at the 2000 convention were reviewed. We scored high on implementing the youth membership concept. We fell very short of increasing participation in our units and at the 2001 Slet. We all vowed to make an effort to improve this score!
- **Driven!** All aspects of the 2001 Slet were individually, constructively dissected and discussed. In general, the Slet ran smoothly and a good time was had by all!
- All current **American Sokol National Programs** were discussed:
  - Merit Awards - more and earlier promotion
  - Mens BOI will investigate the USAG Basic Skills Achievement Program
  - The Sokol Instructor Digest Volume III is available and was distributed to all District Directors
  - National Gymnastic Skills month - December
  - A successful National Instructors School was held at Sokol South Omaha with 39 students.
  - An updated, revised Unit Directors Handbook has been completed and will be distributed to all unit directors
- **SoKool!** A Youth Ambassador appointed from each district will be used to help implement and administer Youth Membership programs!
- **REALLY BIG NEWS!!!** All current gymnastic uniforms were discussed and will be replaced by a new set of uniforms. The new uniforms will have a new, consistent design across the entire set. A design committee has been setup to determine the colors and uniform designs for approval by the District Directors, ASO BOI, and Executive Board. These uniform changes are a sweeping, forward-looking change for the future!
- **NEW!** Changes were made to the National Tournament Rules and Slet Procedures Manual. An updated copy of the Tournament Rules will be available in December 2001 for distribution.
- **American Sokol National Instructors School for 2002** Bid was awarded to the Southern District
- **BIG NEWS!** Support of the combined ASO, USA, DA National Camp Program was reinforced! Plans are now being made by all 3 organizations - stay tuned for more details on the Summer, 2002 Youth Camp!!
- The proposed **WSF Advanced Instructor Clinic on Calisthenics Composition** would be hosted at Sokol Greater Cleveland July 14-23, 2002.
- The **"Future of Sokol" Program Development Grant** money was discussed. We are awaiting details.
- A **Director Development Conference**, similar to the one in January 2001, will be held in October 2002!

Submitted by Chuck Kalat / Barb Barnes

# How are our young Sokols coping after Sept. 11th?



As instructors, parents, and good citizens, that is one of the questions that should be on our minds. We see children and young adults come to our classes each day. They should feel safe and reassured.

“Several experts in child psychology and development warn that our youngest Americans have been profoundly affected by the events of the past month or so” said a recent article written by Dave Peyton of Tribune Media Services.

Instructors are always busy during gym classes, and there are moments where time passes quicker than we had hoped and we haven't finished teaching yet. It's hard to imagine adding anything to an already busy schedule, but we should keep a vigilant watch on the young gymnasts who attend our programs for any signs of anxiety, fear, or confusion about the past month's events.

It's important to be reassuring, supportive, and above all, educated. That is, learn to separate fact from gossip and encourage that way of thinking in the youth we teach. Show them how to be tolerant, patient, understanding, and aware that the world is full of different cultures. Teach them to value truth, humanity, and justice.

Fortunately there are ways to find some of the information we seek as instructors and parents trying to help our kids cope with what's going on in the world.

Experts agree that all ages may have trouble coping on some level. Kids under three can be profoundly affected by what they see and hear according to Zero to Three, a national non-profit based in Washington.

Zero to Three is dedicated to promoting healthy development of babies and young children. Visit them at their website at [www.zerotothree.org](http://www.zerotothree.org).

A good website for parents, teachers, instructors, and members of the community concerned about the healthy mental development of their kids who are looking for some guidance on how to react in the best interest of kids is a project of the Benton Foundation and is found at [www.connectforkids.org](http://www.connectforkids.org).

Purdue University Extension has created articles and recommendations about what to do in the wake of the tragedy. The site, [www.ces.purdue.edu/terrorism](http://www.ces.purdue.edu/terrorism), also has



references to other resources on the topic.

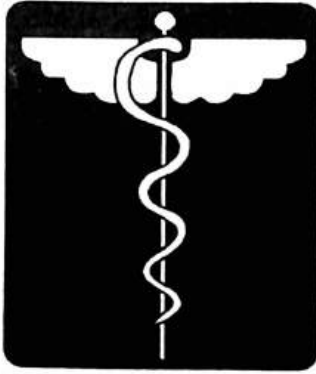
The National Association of School Psychologists has a good website offering tips and information on child anxiety

And can be visited at the following address: [www.nasonline.org/neat.children\\_war.html](http://www.nasonline.org/neat.children_war.html).

Remember that the web is only one place for finding information quickly. More information can be found by going to the local library, speaking to family, friends or colleagues, inquiring at your community or state health department, and government agencies whose purpose is to research and protect children and young adults.

#### Credits:

Dave Peyton, Tribune Media Services  
Chicago Tribune  
New York University Child Study Center  
The Benton Foundation  
Purdue University Extension Project  
The National Association of School Psychologists  
Zero to Three



# Obesity and Diabetes surge in U.S.

Adult surge could have lasting effects on healthcare

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By Lindsay Tanner, September 13, 2001, Chicago Sun-Times

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Nearly 40 million American adults are obese, new figures show, continuing a decade long climb in numbers despite efforts by health officials to encourage a sensible diet and plenty of exercise.

“Far too many of us are not following this simple prescription,” said Health and Human Services Secretary Tommy Thompson. **The 2000 national obesity average of 19.8 percent is up from 12 percent in 1991, according to a government survey.** Twenty-two states had a rate last year of 20 percent or higher, while no state had a rate that high in 1991, the authors said in the September 12th edition of the Journal of the American Medical Association.

**In addition, more than half of Americans—56.4 percent—were overweight,** compared with 45 percent in 1991. The increase has contributed to a parallel rise in diabetes, with 15 million diagnosed adult cases last year, compared with 9 million in 1991. That adds up to about one in five American adults who are obese and 1 in 14 diabetic—twin epidemics that threaten to overwhelm the health care system, researchers said.

“If we continue on this course for the next decade, the public health implications in terms of both disease and health care costs will be staggering,” said Dr. Jeffery P. Koplan, director of the Atlanta Centers for Disease Control and Prevention, where the research was conducted. Diabetes alone accounted for \$100 billion in health care spending each year, Thompson said.

Most cases are likely adult-onset diabetes, which can be brought on by being overweight and, like obesity, is largely preventable, said Ali Mokdad, CDC epidemiologist and study leader. Obesity related-diseases already are the second leading causes of premature deaths, behind smoking, implicated in 300,000 deaths yearly, Mokdad said.

His team’s findings are based on random telephone surveys with 184,450 adults aged 18 and older. The researchers calculated body-mass index, a height-weight ratio. A BMI of at least 30 is obese and at least 25 is considered overweight. **About 27 percent did not engage in any physical activity, and only 24 percent said they followed the government recommendation to eat fruits and vegetables at least five times daily.**

The study also found that Colorado has the lowest numbers for obesity, while Mississippi has the highest. “We’re a pretty exercise-friendly state. We have access to a lot of recreation—ski resorts, trails, walking, and bike paths,” said Pat Barnett of Colorado’s Public Health and Environment Department.

And, true to the stereotype, granola really is more popular than greasy, fried foods, Barnett said. The result? An obesity rate of 13.8 percent—the only state under 15 percent. Mississippi has a rate of 24.3 percent for obesity and 8.8 percent for diabetes.



## Red, White, and Blue, Which way does it go?

The United States Code is an unfinished work all of us should be proud of. It is an immensely large public record that documents most, if not all, areas of government domain and national policy.

Title Four, Chapter One, Sections I-VIII of the U.S. Code are the federal regulations governing everything you ever wanted to know about our starred and striped, red, white and blue symbol.

Nowhere can our patriotic spirit be seen better than at your neighbors porch, or fastened securely to the family minivan. Given the tragic events of the past weeks, most Americans have found some way to display their support of our country.

According to the U.S. Code, there is a specific protocol to follow every time the U.S. Flag is displayed, handled, used. As an organization who has always been proud of our use of flags in parades and events, we must treat the flag with the respect and correct protocol created by executive order and congressional influence.

Section 5 of the Code allows civilian use and display of the flag, and states there may be some differences between civilian and government display. A summary of Section 6 states that it is the universal custom to only display the flag from sunrise to sunset on stationary flagstaffs and buildings, but allows display 24 hours per day when a patriotic effect is desired. The flag should be hoisted briskly and lowered in a ceremonial manner. The flag should be displayed each day, but especially on the 17 national holidays and/or observances, state holidays, state birthdays, and other days as proclaimed by the President.

Section 7 details the "Position and Manner of Display" of the flag. The flag should not be displayed on a parade float except from a staff; the flag should not be draped over the hood, top, sides or back of a vehicle; when displayed flat on a wall or window, the union should appear uppermost and to the flags own right, and from an observers point of view, the union should appear uppermost and to the observer's left. **The text in this section is of great value to officers in Sokol who oversee flag duties at Slets, exhibitions, and other events.**

Other areas of interest include the correct manner to fly a flag at halfstaff, respect for the flag, conduct during hoisting, lowering or passing of the flag, how rules and customs are modified, the symbolism of the flag, and the proportions of the flag along with the correct display of the union and stars. All of this information can be found at your local library or by searching the internet.



# The National Czech & Slovak Museum

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**NOTE:** All events are at the National Czech & Slovak Museum & Library, unless otherwise noted. Times are subject to change. Open Tuesday through Saturday, 9:30 a.m. to 4 p.m., Sunday 12-4 p.m., Thursdays, during the summer, open 9:30 a.m. - 8:30 p.m. The National Czech & Slovak Museum & Library, 30 16th Ave. SW, Cedar Rapids, Iowa. Call (319) 362-8500 for information.

## ONGOING EVENTS

*Permanent exhibit:* Homelands: The Story of the Czech & Slovak People. This exhibit tells the story of the Czech and Slovak people from the days of Slavic tribes wandering into Central Europe, through the Velvet Divorce in 1993. Homelands features art, a 1969 Czech-made motorcycle, folk costumes and military artifacts.

## COMING EVENTS - OCTOBER

Oct. 20, 2001: Exploring Czech and Slovak Cinema. "Alice" (1988) by Jan Svankmajer. Innovative Czech director Jan Svankmajer puts his own spin on Lewis Carroll's Alice in Wonderland with live action and stop animation sequences. Introduction and discussion led by Natasa Durovicova, University of Iowa. 7:00 p.m. Free. WFLA Heritage Hall.

Oct. 21, 2001: Exploring Czech and Slovak Cinema. Svankmajer Shorts. Czech director Jan Svankmajer has inspired several leading animators and directors including Tim Burton and the creators of Disney's "Toy Story." His work with stop motion animation and the surreal has left its mark on world cinema. Introduction and discussion led by Natasa Durovicova, University of Iowa. 2:00 p.m. Free. WFLA Heritage Hall.

Oct. 25, 2001: Roads to Understanding opens. Featuring original rare and historic books, prints, and maps from the collection of the National Library in Prague, this exhibition was developed exclusively for the National Czech & Slovak Museum & Library. This unique exhibition bears testimony to the Czech voyages of discovery and more than five hundred years of Czech book culture and the art of book printing.

Oct. 25, 2001: 7th Annual Fall Dinner. Featuring the top jazz artist from the Czech Republic, Emil Viklicky. Ticket holders are welcome to attend the opening to the newest temporary exhibition Roads to Understanding at the NCSML and will be provided complementary tickets to the October 26th concert. 7:00 p.m. Tickets are \$35.00 per person or \$250.00 per table of eight. Tickets may be purchased through the National Czech & Slovak Museum & Library from now to October 22. Four Seasons Sheraton Hotel. For tickets or more information, please call (319) 362-8500.

Oct. 26, 2001: Fall Concert Series. Jazz pianist Emil Viklicky. This Czech artist combines contemporary jazz with traditional Czech folk songs to make a uniquely original music. Tickets are \$8.00 for members or \$10.00 for non-members. 7:00 p.m. Grand Hall.

For updated program information, please check out our web page at [www.ncsml.org](http://www.ncsml.org) or contact Jan Stoffer Tursi at (319) 362-8500 or [JAN@NCSML.ORG](mailto:JAN@NCSML.ORG).

# & Library – Calendar of Events

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## COMING EVENTS - NOVEMBER

Nov. 3, 2001: Fall Concert Series. Red Cedar Chamber Orchestra. 8:00 p.m. Tickets are \$12.00, available at the NCSML. Grand Hall.

Nov. 8, 13, & 15, 2001: Porcelain Painting Class. Instructor JoAnne Neff. Class size limited to 15. Please enroll by Sept. 14, 2001. 6:30-9:00 p.m. Fee of \$20.00. Heritage Hall. For more information or to enroll, call Jan at (319) 362-8500.

Nov. 15, 2001: Learn at Lunch. Noon. Heritage Hall. Free. Bring a sack lunch and learn about Czech and Slovak traditions.

Nov. 19, 2001: Káva a Knihy (Coffee and Books). Three Novels - Hordubal, Meteor, An Ordinary Life by Karel Čapek. Reading Discussion Series, 7:00-9:00 p.m. Free.

Nov. 23, 2001: Folk artist Marj Nejdí personalizes ornaments 10:00 a.m.-3:00 p.m.

Nov. 24, 2001: Folk artist Marj Nejdí personalizes ornaments 10:00 a.m.-3:00 p.m.

## COMING EVENTS - DECEMBER

Dec. 1, 2001: Svatý Mikuláš Day. Sponsored by Re/Max Associates.

- The Eulenspiegel puppeteers present "Hansel and Goosel," a piece specially written for Eulenspiegel by prize-winning Chicago playwright Rebecca Gilman. Time TBA. Admission \$2.00 for adults and \$1.00 for children. Heritage Hall.
- The Eulenspiegel puppeteers lead a fun pop-up puppet workshop for kids following the performance. Please register your child for the workshop by calling Jan at (319) 362-8500.
- Sokol Gymnasts from Franklin, WI give a unified athletic performance. Sokol is a many-faceted organization guiding its members throughout life, from early youth to old age, to physical and moral health, good citizenship and responsible patriotism, combined with continuous self-improvement. This goal is pursued through general physical fitness activities, gymnastics, and sports, as well as varied cultural and social activities. 2:00 p.m. Free. Heritage Hall.

Dec. 1, 2001: Folk artist Marj Nejdí personalizes ornaments 10:00 a.m.-3:00 p.m.

Dec. 4, 11, & 13, 2001: Porcelain Painting Class. Instructor JoAnne Neff. Class size limited to 15. Please enroll by Sept. 14, 2001. 6:30-9:00 p.m. Fee of \$20.00. Heritage Hall. For more information or to enroll, call Jan at (319) 362-8500.

Dec. 8, 2001: 3rd Annual Museum Guild Cookie Walk. A very popular holiday event allows visitors the opportunity to 'stock up' on yummy Christmas goodies. 10:00-3:00. Grand Hall.

Dec. 8, 2001: Folk artist Marj Nejdí personalizes ornaments 10:00 a.m.-3:00 p.m.

Dec. 10, 2001: Káva a Knihy (Coffee and Books). Prague, My Love: An Unusual Guide Book to the Hidden Corners of Prague! By Hilary A. James and Jiří P. Musil. Reading Discussion Series, 7:00-9:00 p.m. Free.

Dec. 13, 2001: Learn at Lunch. Noon. Heritage Hall. Free. Bring a sack lunch and learn about Czech and Slovak traditions.

# American Sokol Organization Quarterly Financial Report

April, May, June 2001

## RECEIPTS

Dues	\$36,335.95
Convention Fund	639.99
Subscriber	16.00
BOI	919.61
Youth Membership	335.00
Jewelry	311.00
Seals	47.00
Postage	150.20
2001 Slet Souvenirs	1,199.50
2001 Slet Fund	2,300.50
Youth Camp Fund WSF	6,265.00
Prague Slet Video	1,165.00
2001 Slet Entry Fees	30,259.00
Flag Waver Donation	73.00
Transfer From Savings to Cking	15,000.00
Transfer From FSLF to Ck	5,000.00
Miscellaneous	25.00
Uniform Dept. Salary	1,557.77
FICA/Med	276.08
FWH	55.00
IWT	54.15
Phone/Fax	99.09
Rent	932.15
<b>Total</b>	<b>\$103,015.00</b>

## DISBURSEMENTS

### ADMINISTRATIVE

Salaries	\$3,551.01
FICA/Med	679.66
FWH	170.00
IL 941 Tax	124.12
Us Postal Service	281.50
Ameritech/ AT&T Phone/ Fax	20.53
CPA	600.00
Nancy Pajeau Supplies	19.35
Office Supplies	252.19
Nancy Pajeau Cash Bank	50.00
Rent	3,915.69
Earthlink	65.85
CSA Copies	222.60
J Milan Slet Video Copies	215.50
A&H Bindery 1996-2000 Pub / Con	872.00
Insure One	548.00
Funeral Plants Detroit	50.50
La Salle Bank/Omaha Credit Card	75.00
R Liska Secretary Expense	317.49
Seldon Fox Audit 2000	1,580.07
Flex Appeal Entry Fee Kandi Ondrovic	80.00
<b>Total</b>	<b>\$13,690.91</b>

### PUBLICATION

Postage	\$6,000.00
Blair House Of Printing	4,282.50
Csa Address Change	87.95
Editor Patricia Satek	150.00
<b>Total</b>	<b>\$10,520.45</b>

### YOUTH MEMBERSHIP

Postage / Copies	\$909.46
Sokol Zizka Refund	40.00
<b>Total</b>	<b>\$949.46</b>

## BOARD OF INSTRUCTORS

Salaries	\$3,039.75
FICA/Med	469.74
FWH	92.00
IL 941 Tax	86.98
Ameritech / AT&T Phone/ Fax	20.39
Office Supplies / Postage	172.76
Tapes	10.65
CSA Copies	79.98
Nancy Pajeau Supplies	2.15
A&H Bindery Directors Min	93.00
Funeral Planter	50.50
C Kalat Reg USAG Congress	205.00
ID Ribbons Printing	287.50
Sash Dumanovic Gymnast Editor	30.00
J Wise Bal ID Ribbons	99.16
<b>Total</b>	<b>\$4,739.56</b>

## UNIFORM DEPARTMENT

Salary	\$1,047.20
FICA / Med	208.84
FWH	35.00
IL 941 Tax	44.56
Phone / Fax	13.60
Rent	559.29
<b>Total</b>	<b>\$1,908.49</b>

## EDUCATION

Salary	\$498.68
FICA / Med	77.22
FWH	15.00
IL 941 Tax	21.84
Frame Warehouse	31.05
<b>Total</b>	<b>\$643.79</b>

## 2001 SLET

Tapes	\$144.92
Slet Advance	20,000.00
Refunds	80.00
Banquet Reservations/Partic	208.00
Slet Fund Donations	6,465.00
Supplies / Postage / Labels	63.55
<b>Total</b>	<b>\$26,961.17</b>

## MISCELLANEOUS

CGSI Renewal	\$50.00
ASO School / Omaha Advance Fslf	5,000.00
WSF Camp	399.50
WSF Camp Repay Donation	1,000.00
Lori Laznovsky Travel	309.50
Landers River Trip Advance	500.00
Slet Fund NSF Chk	300.00
Transfer From Savings To Cking	15,000.00
Transfer From Fslf To Cking	5,000.00
<b>Total</b>	<b>\$27,559.00</b>

Total Disbursements	\$87,111.67
Brought Forward March	\$26,366.94
Receipts	\$103,015.00
<b>Total</b>	<b>\$129,381.94</b>
Disbursements	\$(87,111.67)
<b>Total</b>	<b>\$42,270.27</b>

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