

Western Fraternal Life Association (WFLA) Donation Received

At the recent WFLA convention in Milwaukee, Wisconsin, the delegates approved the continuation of an annual donation of \$1,000 to the American Sokol Organization. Generous donations like the one from the WFLA are important to the continuance of our Sokol work with our Youth — Our Future! They enable us to continue offering special programs to Sokol youth of our districts and units.

These donations go to our Future Sokol Leaders Fund, which was instituted at the 1960 American Sokol Convention held in Cedar Rapids, Iowa. Bro. James Cihak wrote in an early document concerning guidelines for use of the fund, "The purpose of the 'Future Sokol Leaders Fund' is plainly and simply to train and educate enough young people to assure able administrators, the best of idealistic instructors, and educational directors for hundreds of Sokol Units and dozens of Sokol Districts."

During the 43 years since its inception, funds in the Future Sokol Leaders Fund have been used for such programs as obtaining the assistance of professionals to teach us how to teach (Sokol Instructors schools, workshops and clinics); to provide assistance for Sokol members for college education expenses (the Merit Award); and to support the National School Board in its activities to formalize and standardize training materials and curriculums.

Participation in the above programs is available to all units. Guidance regarding rules concerning eligibility for applying is available through their district and unit Board of Instructors. It is suggested that all units become acquainted with these opportunities and make potential recipients aware of these programs. As an example, active individuals that are nearing high school graduation should be made aware of this financial aid opportunity.

The donations from WFLA have been directed, and will continue to be directed, to the Merit Awards presented from the Future Sokol Leaders Fund. The first Merit Awards were awarded for the 1966-67 college year. Since then, 249 different college-bound individuals have benefited from this aid.



Pictured: Sis. Joan Sedlacek, ASO Educational Director, receives donation from Philip J. Torticill, President, WFLA

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A.S.O. Executive Board meets every 4th
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A.S.O. Board of Instructors meets every 2nd
Wednesday (except July/August), 7:30 P.M.

Library, Archives & Museum Curator:
Annette Schabowski

From Your Editor...

Apologies to Sokol Greater Cleveland for missing one of the names of your gymnasts in the July/August issue. The photos are rerun on page 8 of this issue, with corrected identification. Be sure to read about the 12th World Gymnaestrada on pages 3 & 4, as well as an article on the ASO Instructors' Course on page 6 – a follow-up to the photos that ran in the September issue.

NA ZDAR!

Sis. Patricia Satek

46 Northgate Road ~ Riverside, IL 60546-1639

Editor@American-Sokol.org

CALENDAR of EVENTS

OCTOBER

- 4 Sokol Baltimore Vinobrani
- 4 Czech Center Street Fair, NY
- 4 Eastern District Annual Meeting
- 5 Houby Day – Berwyn/Cicero, IL
- 5 Sokol Greater Cleveland Fall Luncheon/Card Party
- 11 Sokol Detroit Haunted Hayride
- 11 Central District Track & Field
- 12 Sokol Milwaukee Recognition Luncheon
- 12 Sokol Town of Lake Camp Reunion at former campsite
- 12 Sokol Greater Cleveland Lanzhotcanka Czech Band Dinner and Concert
- 17 Sokol Greater Cleveland Fish Fry
- 17-18 District Directors' Conference
- 19 Sokol Stickney Pork Dinner
- 22 Sokol Ceska Sin Pork/Chicken Dinner
- 24 Sokol San Francisco Czech Independence Day Dinner/Dance

OCTOBER

- 24-25 Sokol Brookfield Rummage Sale
- 26 Sokol St. Louis Halloween Party at Sokol Camp

NOVEMBER

- 1 Central District Annual Meeting
- 2 Sokol Detroit Afternoon Dinner Party
- 8 Sokol Greater Cleveland Holiday Fair
- 8 Sokol Ceska Sin Reverse Raffle
- 8 Sokol Detroit Holiday Extravaganza
- 14 Sokol Greater Cleveland Fish Fry
- 23 Central District Women's Volleyball Tournament
- 21-23 Sokol Milwaukee Holiday Folk Fair

AMERICAN SOKOL CONVENTION

April 19-24, 2005 • Cleveland, OH

XXI AMERICAN SOKOL SLET

June 22-26, 2005 • Chicago, IL

THOUGHT STARTERS

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

*"We cannot do everything at once,
but we can do something, at once!"*

~ CALVIN COOLIDGE

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.

SISTERS & BROTHERS:

Six American Sokol members were part of the 250 USA delegation attending the 12th World Gymnaestrada held in Lisbon, Portugal, July 20/27, 2003. **Sis. Lori Laznovsky**, a member of the USAG General Gymnastics Committee, had spent several weeks of the past year helping as a volunteer to the Organizing Committee in planning and preparation for the event. Other participants were **Bro. Joe Vrzalik** and **Sis Annette Conlon** of Sokol Baltimore, **Sis. Barb Vondra** (ASO Women's Director) of Sokol Stickney, **Sis. Lil Laznovsky** and myself from Sokol KHB Ennis. This group took part in the opening ceremonies where 25,000 plus participants from 50 countries took part. This was a very exciting event, especially for those of us with a Sokol background. I was also able to assist Sis. Annette and Bro. Joe with a hand-balancing performance in downtown Lisbon. We also took part in the English Speaking National Evening Performance.

During the week of activities, we attended the performance of the Czech Republic Delegation. About one-half of the group were Sokols. It was great to visit with Sis. Ruzicka, delegation leader and member COS BOI. The entire event, which included hundreds of performances of all different sizes and types went very well. Certainly a memorable event.

NAZDAR! Bro. Larry Laznovsky, President

From George T. Drost, Honorary Consul of the Czech Republic

I am soliciting your help to get word out to the Czech community about the Austrian Reconciliation Fund set up by the Government of Austria.

About one million foreigners were forced by the Nazi regime to work on the territory of present-day Austria. Slave and forced labor were expressions of a cruel disregard of human rights and stood for deportation of people of all ages, their abuse, deprivation of their rights, brutal treatment and in many instances their murder through work. Many of them never recovered from the traumatic experiences of their deportation. The number of former victims estimated to be still alive is 150,000.

In November 2000, Austria set up the Austrian Reconciliation Fund for voluntary payments to former victims of slave and forced labor.

Eligible for payments are persons who were

- deported and forced to work on the territory of present day Austria
- minors deported with their parents to the territory of present day Austria
- born while their mothers were forced to work on the territory of present day Austria
- persecuted by the Nazis for reasons of race, religion, political views, nationality, sexual orientation, physical or mental disability, or based on the accusation of a social behavior or in connection with medical experiments and forced to work on the territory of present day Austria

The deadline for applications has been extended until December 31, 2003. Persons seeking further detailed information should go to the website WWW.RECONCILIATIONFUND.AT or call the Austrian Consulate General in Chicago at 312-222-1515. They can also contact the Austrian Reconciliation Fund at:

Rotenturmstrasse 16-18/3
A-1010 Vienna
Tel.: +43 1 513 60 16 - 0
Fax: +43 1 513 60 16 - 15
Email: info@reconciliationfund.at

12TH WORLD GYMNAESTRADA

Lisbon, Portugal • July 20-26, 2003

Close your eyes for a moment. Actually, not yet - please read this story first.

Imagine a gathering of 52 countries where the mass assembly of athletes takes 2 hours to assemble everyone on the field - standing shoulder to shoulder - all 25,000 of them - and enjoying an awesome experience!

Imagine a place where one special number after another is performed from 9am to 5pm everyday for 5 days - where for 20 minutes a group performs anything from rhythmic to gymnastics to theatrics - from set up to breakdown - immediately followed by another group without a break!! Now imagine this going on in 2 venues at the same time? 3 venues? 4 venues? 5? 6? 7? 8? How about 9 venues? Yes, 9 - all at the same time!! Imagine that! Phantom of the Opera, Sink the Titanic, acrosport, mini-tramp, multiple high bars, pyramids, rhythmic, tumbling, dance - Something for everyone!

You say you would rather see large groups performing calisthenics on a large field? Guess what? Imagine watching groups anywhere from 50 to 3,000 performing on a field! How about 2 fields? At the same time - for 5 days - 5 hours a day!

Since you have traveled so far, you may want to see the sights, too. Well, you can have your cake and eat it, too! Imagine throughout the city, 8 stages where small groups perform from 11am-10pm.

Nightlife for you? Imagine watching an individual or a group of countries perform a 90-minute program in the evening (National Evening & FIG Gala) in a huge arena complete with lighting effects, you name it. Imagine being one of 1,200 people in the arena watching this performance! You have a choice of a 6pm or 9pm performance and - you guessed it - a choice of 2 venues - 5 evenings!

Throughout the week, imagine seeing performances from professional to amateur with people of all ages, from tot to golden age - all having FUN! You'd rather participate? Imagine yourself and/or your group being part of these performances! Imagine the thrill of performing in front of huge audiences - many of whom are there just to watch!

Meeting people? Imagine exchanging greetings, trinkets, souvenirs, email addresses, ideas and ideals with people from all over the world! Imagine starting off the week recognizing a persons' country of origin but by the end of the week you can't tell because they have traded their "national" outfit for another!

Party? Imagine a DJ playing tunes while you are lining up for mass assembly! Imagine dancing and socializing in the "party hall" each evening! Imagine a DJ at the closing ceremonies and everyone gathering on the field to say their good-byes and farewells to all their friends, making plans to meet again!

Sound interesting and fun? What a great experience! Imagine that!

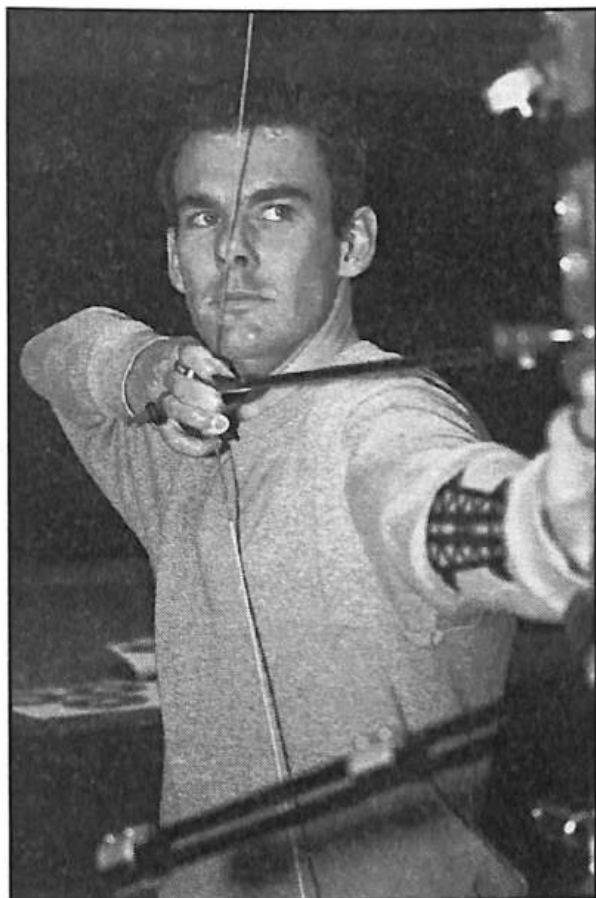
Sis Barbara J. Vondra

National Physical Director of Women

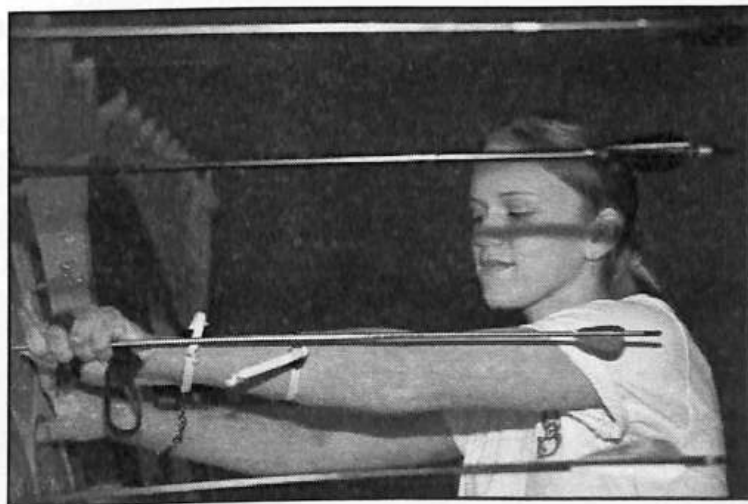
PS: 13th World Gymnaestrada, Dornbirn, Austria, July 2007

RIGHT ON TARGET... SOKOL FT. WORTH ARCHERS

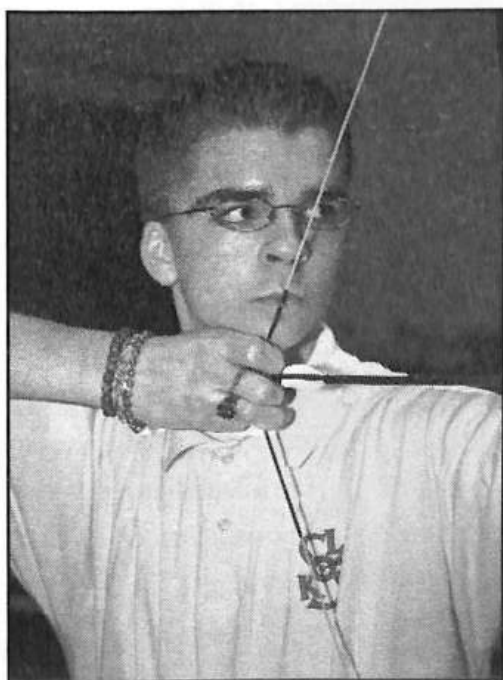
Submitted by Jack Milchanowski



VIC WUNDERLEE (left) won the Team Bronze Medal and an individual Silver Medal at the 2000 Olympics in Sydney, Australia and was a member of the 1st Place U.S. Men's team at the 2001 world Indoor Championships in Florence, Italy.



(above & right)
13-year-old 8th
grader, **LYNDSEY
MARZEC** is a
four-time national
champion.



(left) 17-year-old
11th grader
TRISTAN KEPSEL



AMERICAN SOKOL NATIONAL INSTRUCTORS' SCHOOL 2003

Thirteen units of the American Sokol along with DA Sokol and Lodge 306 of Sokol USA all sent students to Sokol Greater Cleveland for this year's instructors school which was in session from July 21 to August 4, 2003.

4 Novice, 13 Beginner, 12 Intermediate, 8 Advanced and 2 Advanced II students sharpened their knowledge of the Tyrs system of gymnastics and all aspects of Sokol by attending classes which began at 7:30 in the morning and continued until 10:00 in the evening!

One highlight of the school was Sis. Jarina Zitna, National Director of the Czech Sokol stopping by and conducting a class in warm-ups with music. Comments heard after the class were: "Greatest warmup I ever had," "I didn't know my body could do that many things!" Everyone enjoyed her methods of teaching and better understands what a warmup should be like.

The success of this years school was due in no small part to the atmosphere and hospitality of Sokol Greater Cleveland. It is a wealth of Sokol and Czech history! A big thank you to their entire membership for the use of their facilities.

Graduation ceremonies concluded the two week school with Sis Barb Vondra our National Physical Director of Women and Sis. Mary Cushing, President of the Northeastern District speaking to the students and wishing them success in the coming Sokol season.

The 2003 school closed for another year with the lowering of the flag and three Sokol "Zdar!"

Nazdar!
Bro. Vojmir Benak
American Sokol School Board

EDITOR NOTE: See photos in the September 2003 issue of American Sokol.

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.

The American Sokol Organization gratefully acknowledges receipt of a \$1,000 donation from

WESTERN FRATERNAL LIFE ASSOCIATION

In Memory of the 2nd anniversary of the death of

Vladislav Slavik from Julie Pokorny-Conklin\$100.00



The Sokol Educator

Sis. Joan Sedlacek, American Sokol Educational Director

We stood side by side as we waited to be inducted to lead our unit for the next year. I looked down the line and thought how the unit had changed over the last 121 years. besides the expected Czech and slovak, we have German, Dutch, Swedish, Norwegian, Italian, Irish, and Belgian heritage. We are the faces of **AMERICAN SOKOL.**

AMERICAN SOKOL GYMNAST

Kandi Pajer – 117 Oakland Grove – Elmhurst, IL 60126
kandipajer@american-sokol.org

A Letter From the Editor

Hello! Welcome back to another active Sokol year. Most units have started classes and are getting back into the swing of things. Good Luck and let's have the most productive Sokol year ever. A challenge for you - class members - try to make as many classes as you can, and everyone - try to make as many events and activities that you can for the year! Together, let's make this year the greatest Sokol year ever!! KP ;)

An addition to the Central District Competition Results:

Division: Juniors (15-18) Level: Low

<u>Place</u>	<u>Gymnast</u>	<u>Unit</u>
1 st place	Amy Bazata	Brookfield
2 nd place	Jasmine Stephens	Tabor

Congratulations girls, a job well done!

FIRST AID 101

Start the new Sokol season with a First-Aid "Kit"

The 411 on how to react to on-the-spot injuries.

By Steve Karageanes. American Cheerleader Magazine

The level of competition rises every year in every sport. Routines are more demanding, stunts are more difficult and training is more intense. Is your class ready for safety during practices and the competition floor? As well-conditioned as your class may be and as alert you as a coach may be, a first aid game plan is a must to ensure the safety of the class.

SMART START:

Always find out before events or practice if there are any athletic trainers or doctors onsite in case of an accident. (At sokol you can ask parents, or at competitions audience members, etc.) Competitions may have medical personnel available, but the vast majority of your time may be spent in practice without that luxury. However, with a health-savvy coach (you) who can react to an injury on the spot, you can decrease the severity of the injury and improve recovery time for the athlete. Whether you are a new coach or a seasoned veteran, you can help your class by being prepared if an injury occurs by tearing out these pages and keeping them in your coach's first aid kit as a reference. **NOTE:** Always contact a medical professional in case of a serious injury. This article is intended to help you determine the urgency of an injury and how fast medical help should be sought. It is not intended to diagnose an injury or replace qualified medical help.

FIRST AID: Medications - Be careful about the medications you take, especially after an injury. You want to treat the pain, but you do not want to make things worse.

Below are a couple common medicines that can be used:

1. Anti-inflammatories (ibuprofen like Motrin, Advil and Aleve) work on the whole body by reducing the inflammatory response, which brings pain with it. These medications are found over the counter, but taking too much can cause stomach problems. Prescription doses are higher, so if the recommended doses do not help, contact your doctor.
2. Acetaminophen (like Tylenol) is one of the most popular pain relievers. This medication is generally safe for acute sports injuries. People with liver disease need to consult with their doctor before taking it.

NOTE: If a few days of over-the-counter pain relievers don't help, it's a sure sign to see a doctor.

FIRST AID: Heat Illnesses - Heat illnesses can occur in hot conditions if athletes are not well prepared. Runners suffer most, but anyone cross training for a particular sport can fall victim to one of these. Faster running generates higher levels of heat and make you more susceptible to a faster onset of hyperthermia (high body temperature).

Gymnasts are especially susceptible to heat illnesses, not only during summer camp,

but also early fall practice when temperatures are still high in most areas. Here's how to combat the sometimes dangerous aspects of the heat.

Be on alert for:

Heat Syncope (Passing out) – Athlete either passes out or feels ready to lose consciousness, but usually regains consciousness without any other symptoms. This is most often related to poor fluid intake and blood pooling in the legs when exercise suddenly stops, taking blood away from the head.

Heat Exhaustion – This is a more serious form of heat illness, with warning signs that include:

- frontal headache
- changes in mental function
- dizziness and loss of balance
- nausea and/or vomiting
- unsteadiness and tremors
- muscle cramps
- syncope (passing out)
- hyperventilation

Heat Stroke – The most severe heat-related illness, heat stroke can permanently impair or kill an untreated athlete. Symptoms are similar to heat exhaustion, but core body temperature can be higher than 105.8 degrees. This can lead to such severe conditions as convulsions, heart attacks, comas, strokes (brain attacks), liver and kidney damage and blood clots in the lungs. If these athletes are not immediately immersed in ice water, they can suffer permanent damage or die.

Risk Factors:

- High temperature and high humidity – sweat evaporation is related to the humidity; the higher the humidity, the less water evaporating from the skin and the higher the body temperature.
- Larger or heavier athletes – more mass means more energy production, which means heat. Plus, there are fewer sweat glands per surface area, and fat insulates the body, keeping heat internal.
- Younger athletes – children have lower sweat rates, higher heat production and adjust to heat slower.
- Illnesses with fevers – stomach flu, viral pneumonia and other infections that cause temperatures will affect heat conduction. So, it is not a good idea to exercise when you are sick.
- Restrictive clothes and gear – limits heat evaporation and increases insulation.
- Drugs – alcohol, water pills, laxatives and antihistamines can lead to heat illness if not watched carefully.
- No or little acclimation – higher intensity training in hot and humid environments without a period of adapting is a common cause of heat illness.
- Poor fluid intake – not replacing fluid losses can be dangerous.

Preventive Measures:

- Condition appropriately – athletes must be in adequate physical condition for their sport.
- Avoid adverse weather – if training in a hot environment, practice early in the morning to avoid the hottest time of the day.
- Drink fluids during practice or games – athletes should be well hydrated a full 24 hours before the event. A way to gauge this is by urine output (clear and good volume, as opposed to dark-colored and little volume). Drink up to 30 minutes beforehand.
- Drink fluids during practice or games – 100-200 ml every 15 minutes during exercise in heat. Less for elite athletes, more for poorly conditioned ones. If exercising less than one hour, drink water; for more than one hour, upgrade to a sports drink.
- Drink fluids during practice or games – every pound of weight lost during exercise is approximately 500 ml, so if the weather is hot and exercise is long, athletes should weigh themselves before and after, then replace the lost fluid.
- Wear appropriate clothes – when hot, try to wear loose-fitting, light-colored shirts (open weave or mesh is better).

What to have in your first aid kit -

Essential Info:

1. Emergency numbers: hospital, area doctors, work and home numbers of all class parents.
2. \$.50 or a phone calling card.
3. Athlete medical information for every class member (those with asthma, insulin, etc.).
4. First aid guide/manual

Medical Supplies:

- | | |
|--|--------------------------------|
| 1. Adhesive tape | 13. Triangular bandage |
| 2. Pre-wrap | 14. Arm sling |
| 3. Compression wraps (ace bandages) | 15. Penlight |
| 4. Sterile adhesive strips (varying sizes) | 16. Tweezers |
| 5. Adhesive bandages | 17. Eye cup with eye wash |
| 6. Cotton swabs | 18. Saline solution |
| 7. Tongue depressors | 19. Spare contact lenses |
| 8. Alcohol pads | 20. Nail clippers |
| 9. Hydrogen peroxide (small bottle or packs) | 21. Sports tape (tuf-skin) |
| 10. First aid cream | 22. Triple-antibiotic ointment |
| 11. Sterile gauze pads (4", at least six) | 23. Instant-cold gel packs (2) |
| 12. Tape scissors | 24. Pocket knife |

* In the next issue of the "Gymnast" look for Injury Assessment of minor injuries!

American Sokol YOUTH PROGRAM Activities and Information



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

IT'S YOUTH MEMBER RENEWAL TIME!

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

THE ULTIMATE PYRAMID COMPETITION!

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

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

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

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

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

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

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

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

NA ZDAR! The American Sokol Youth Committee

Sokol Greater Cleveland Boys Take Top Honors in Gymnastic League

Pictured are some of Sokol Greater Cleveland's boys and Junior boys who compete in the Northeast Ohio Boys Gymnastic League. These boys were awarded the **1st Place Trophy for the Class 7 Division** at the league Championships on May 17th, 2003.



(L to R): Will Stribrny, Joe Stribrny,
Aaron Shutway, Matt Miller

Great
job,
boys!



Front Row (L to R): Matt Miller, Cole
Nelson, Aaron Shutway, Joe Stribrny
Back Row (L to R) Kevin Fitzpatrick,
Will Stribrny, Bro. Howie Wise

OUR FLAG

Our flag. It's been in the news a lot lately. It's been carried, waved, worn and burned. It's a symbol for the pro side and con side. It has been changed and added to even as the united States has changed and grown. It has been waved in victory, not furled in defeat. It has served as a rallying and identification point in war and peace. it has been called "Old glory" and the "Grand Old Flag." But how old is it? A man once wrote in Reader's Digest that when he was young he met and shook hands with a Civil War veteran. That veteran, when young, had shaken hands with a man who had been with George Washington at Valley Forge. The entire time span, the history of our country and our flag has been held in three hands and passed along, from one hand to the next and the next.

Submitted by Sis. Joan Sedlacek, ASO Educational Director

CORRECTION: In the September issue, on page 5, in the article "SPJST SUPPORTS SOKOL," the correct year for the original chartering of SPJST is 1897.

American Sokol Organization Quarterly Financial Report

January, February, March 2003

RECEIPTS

Dues	\$23,091.00
Convention Funds	\$10,806.00
BOI	\$134.00
Education	\$0
Youth Membership	\$4,932.58
Jewelry	\$1,067.00
Administration	\$34.15
Publication	\$96.00
Uniform Department	\$2,816.25
Reim. From Unif.- New Unif.	\$10,078.75
Flood Donations	\$1,800.00
Traveling Instr Prgm	\$1,750.00
Sokol Seals	\$2,875.00
Western Fraternal Donation	\$1,000.00
Total deposit - SAVINGS	\$60,480.73

DISBURSEMENTS

ADMINISTRATIVE

FICA/MED/FWT	\$806.26
CSA Rent	\$4,676.37
Don W Barnes, CPA	\$440.00
Earthlink	\$88.35
AT&T	\$280.32
Stamps & Shipping	\$151.60
IL Dept of Rev #941	\$316.55
Salaries	\$2,992.79
CSA Copies	\$159.94
Credit Card Reimb. To Unif	\$705.00
Supplies	\$132.83
Subscription to Cz Publications	\$17.00
Donation-Sokol G Cleveland	\$50.00
Insurance - Hallberg	\$522.00
Digital Camera	\$814.75
New Phone System/CSA	\$1,213.42
ASO sav- reim/credit card Tom T-shirt	\$70.00
Total	\$13,437.18

CONVENTION FUND

Transfer from Gen to Conv Fund	\$9,000.00
Board of Governor - Reim. Dalton	\$97.00

BOARD OF INSTRUCTORS

FICA/MED/FWT	\$503.66
Postage Reim.-	\$168.42
Earthlink	\$88.35
AT&T	\$140.16
Salaries	\$2,714.83
AAPHRED TO 2006 - KALAT	\$300.00
CSA Copies	\$159.94
Kandi Ondrovic, Gymnast Editor	\$90.00
Total	\$4,165.36

INSTRUCTOR SCHOOL 2003

Advancement	\$2,000.00
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YOUTH CAMP 2003

Postage Mailing.....	\$154.66
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EDUCATION

FICA/MED/FWT	\$89.26
Salary	\$447.38
Frame Warehouse	\$31.77
New Book about Sokol	\$48.75
Total	\$617.16

UNIFORM DEPARTMENT

FICA/MED/FWT	\$498.80
Salary	\$2,337.07
AT&T	\$140.16
Rent	\$792.36
Postage	\$25.97
Reimb. For Credit Card Trans	\$641.00
Total	\$4,435.36

YOUTH MEMBERSHIP

Supplies	\$538.19
Postage	\$148.00
Tidd Printing	\$430.00
Total	\$1,116.19

PUBLICATION

Blair House of Printing	\$4,911.20
Editor, Pat Satek	\$450.00
QuickMail- labeling	\$211.89
Total	\$5,573.09

Balance Brought Forward	\$808.40
Transfer from Savings to Checking	\$39,000.00
Credit Card Receipts	\$1,416.00
SubTotal	\$41,224.40
Disbursements	(\$40,596.00)
Bank Card and Service Fees	(\$250.44)
Balance in checking 3/31/03	\$377.96

American Sokol Organization Quarterly Financial Report

April, May, June 2003

RECEIPTS

Dues	\$25,596.30
Convention Funds	\$1,239.00
BOI	\$81.80
Education	\$760.46
Youth Membership	\$262.00
Jewelry	\$694.85
Administration	\$416.55
Publication	\$5.00
Uniform Department	\$2,835.82
Camp 2003	\$7,343.75
Flood Donations	\$300.00
Special # T-shirts	\$4,335.00
Mil Pinc - Trust	\$111,002.71
Pilna Ruka-LA Bldg Donation	\$150,000.00
Total deposit - SAVINGS	\$304,873.24

DISBURSEMENTS

ADMINISTRATIVE

FICA/MED/FWT	\$1,010.14
CSA Rent	\$4,676.37
Barb Barnes, CPA	\$880.00
Earthlink	\$88.92
AT&T	\$289.95
Stamps & Shipping	\$206.83
IL Dept of Rev #941	\$304.07
Salaries	\$2,364.94
CSA Copies	\$216.80
Credit Card Reimb. To FSLF	\$100.00
Supplies	\$182.72
Pres. Trip to Masaryk/DC	\$700.00
Ad Book Sokolfest 2003	\$200.00
Insurance - Hallberg	\$1,000.00
Software-QuickBooks Upgrade	\$196.46
Software-Payroll	\$169.00
Seldon Fox Audit 2002	\$1,656.70
Portfolio Gifts-WSF Con	\$278.33
Flowers/Funerals&Get Well	\$170.09
ASO sav- reim/credit card Sp # T-shirt	\$610.00
Special # T-shirts	\$4,726.23
Bd of Gov Reim -	\$295.50
Total	\$20,323.05

YOUTH MEMBERSHIP

Supplies & Postage	\$1,046.55
Photo Printer	\$348.71
Total	\$1,395.26

PUBLICATION

Blair House of Printing	\$4,438.20
Editor, Pat Satek	\$300.00
QuickMail- labeling	\$2,016.66
CSA - Postage Returns	\$70.00
Total	\$6,824.86

EDUCATION

FICA/MED/FWT	\$138.68
Salary	\$745.86
Frame Warehouse	\$52.05
Supplies	\$237.14
Shipping-Reim Sokol LA/Books	\$760.46
Total	\$1,934.19

BOARD OF INSTRUCTORS

FICA/MED/FWT	\$564.74
Postage/Supplies-	\$298.15
Earthlink	\$88.92
AT&T	\$144.98
Salaries	\$2,933.75
AAPHRED TO 2006- BARNES	\$300.00
CSA Copies	\$216.79
Kandi Ondrovic, Gymnast Editor	\$60.00
Kalat - Airfare Congress	\$325.50
Kalat - BOI Programs	\$159.13
Kalat - Youth Project	\$158.63
Kalat - Postage Instructor Survey	\$111.00
USAG - Congress Registration	\$230.00
USAG - Membership Kalat	\$102.00
BOI Scrapbook project	\$28.46
Total	\$5,722.05

INSTRUCTOR SCHOOL 2003

Instructor School 2003	\$1,145.00
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YOUTH CAMP 2003

Airfares	\$1,368.75
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UNIFORM DEPARTMENT

FICA/MED/FWT	\$809.82
Salary	\$2,378.73
AT&T	\$144.99
Rent	\$792.36
Postage	\$213.45
Reimb. For Credit Card Trans.	\$2,822.00
Supplies	\$12.81
CL Activewear - Loan to UNIF	\$20,000.00
Total	\$27,174.16

Balance Brought Forward	\$377.96
Transfer from Savings to Checking	\$68,000.00
Credit Card Receipts	\$4,812.00
SubTotal	\$73,189.96
Disbursements	(\$65,887.32)
Bank Card and Service Fees	(\$305.25)
Balance in checking 6/31/03	\$6,997.39

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- "Dr. Josef Scheiner"
- "Highlights of Czech History"
- A.S.O. 125th Anniversary Book
- "American Sokol Sings" Songbook
- Gymnastic Activities w/Hand Apparatus
- Sokol Gymnastics Manual
- Unit ID Ribbons

BOARD OF INSTRUCTORS

- Director's Newsletter Subscription
- Instructors' Digest (Vol. I, II, III, IV)
- Unit Directors' Handbook
- District Directors' Handbook
- Girls'/Boys' Skills Program Materials
 - Large Packet (25 Participants)
 - Small Packet (12 Participants)
- Tots' Skills Program Materials
 - Large Packet (25 Participants)
 - Small Packet (12 Participants)
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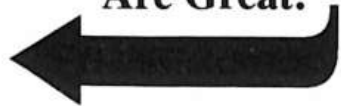
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