

# american **SOKOL**

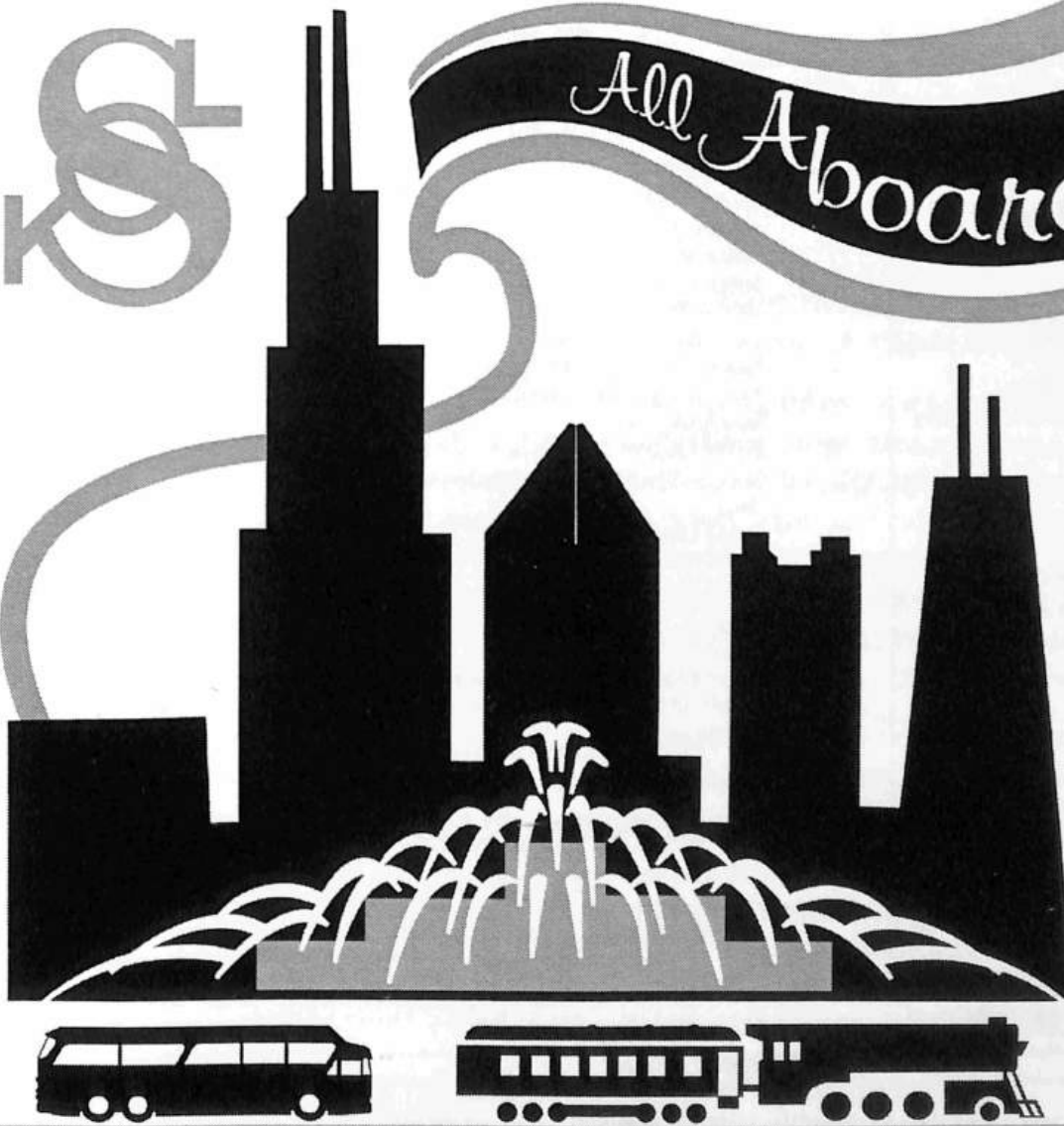
Volume CXXVI, Number V

JUNE 2004

## XXI AMERICAN SOKOL SLET • 2005

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*All Aboard!*



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*See page 3!*

## American Sokol

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### AMERICAN SOKOL

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## From Your Editor...

Our Sokol youth have much to offer our organization. Check out the essays in this issue by some Central District Juniors. They were submitted in response to a Central District Educational program asking them to interview a more "senior" member of their Unit. All the interview essays are great! Good luck to all American Sokol participants in the Sokol Canada Slet!

**NA ZDAR!**

*Sis. Patricia Satek*

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## CALENDAR of EVENTS

#### JUNE

- 4-6 Southern District Slet
- 5 Central District participation in  
Lagrange Pet Parade
- 6 Sokol Ceska Sin Summer  
Exhibition
- 6 DA Sokol Gymnastic Exhibition
- 12-13 Northeastern District Slet
- 12-13 Eastern Area Sokol Festival,  
Barryville, NY
- 18 Sokol Greater Cleveland Fish Fry
- 23 Sokol Little Ferry Anniversary  
Party
- 23 Sokol Ceska Sin Pork and  
Chicken Dinner
- 30-7/4 Sokol Na Slovensku Slet

#### JULY

- 4 Sokol Detroit Picnic
- 10-11 Sokol Detroit Czech and Slovak  
Ethnic Festival

#### JULY

- 11 Sokol Ceska Sin Cesky Den
- 14 Sokol Detroit Endowment Fund  
Golf Outing
- 16 Sokol Greater Cleveland Fish Fry
- 17 Sokol Ceska Sin Golf Outing
- 19-8/2 American Sokol Instructors'  
School at Sokol South Omaha

#### AUGUST

- 8 Sokol Ceska Sin Picnic
- 15 Sokol San Francisco Picnic

#### XI SOKOL CANADA SLET

June 23-27, 2004 • Toronto, Ontario

#### 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

*"It is not who is right, but what is right,  
that is of importance."*

~ THOMAS HENRY HUXLEY

## Our Sokol Credo

To build a healthy and beautiful human body; to cultivate a harmonious and total person; to develop firm character, a well-rounded disposition and a love of truth and justice; to produce strong, lovely and honorable people; that is the goal of a Sokol education.

American Sokol Proudly Announces  
**XXI AMERICAN SOKOL SLET**  
**June 22-26, 2005 • Chicago Vicinity**

Mark your calendars for our premier event, our XXI Slet, coming in 2005! Committees have been meeting and planning for over a year already to make this a Slet to remember. On the cover of this issue is the official Slet logo. A number of the designs submitted by our members contained very similar elements relating to travel and Chicago. The final logo was compiled by Sis. Patricia Satek. We think it captures our "All Aboard!" theme wonderfully. **Attention members of the Central District:** A few committees still need "rounding out;" contact Sis. Barb Kucera, 630-983-8563 or BAK1555@AOL.COM to offer your assistance. Watch for more information coming regularly in these pages. See you at the Slet!

MEMORIAM  Sis. June Pros

Sis. June Pros became a member of Sokolice Tabor September 1, 1959, when she enrolled her son in Sokol classes.

She engulfed herself with the various responsibilities she assumed at Sokol Tabor, as a Sokol teacher, Women's Director, Jr. Board Sponsor, Exhibition Chairman and as President.

Sis. June also served on the Central District as District Director of Women, Financial Secretary and Treasurer, on the Slet Committees, numerous district socials and gymnastic competitions. She loved being around young people and organized trips for many Sokol Slets. Also, the Milwaukee Folk Fair, St. Paul Winter Carnival, Warren Dunes and Toronto, Canada. Sis. June was presented the Central District Presidents' Award to recognize her many contributions.

On the National level Sis. June wore many hats. At the convention in 1970 she was elected to the position of Secretary. During this tenure she was asked to establish a uniform division for all classes in our Sokol program, also Sokol USA, DA Sokol and Sokol Canada.

In 1990, she was elected to the position of Financial Secretary of the ASO. Her complete knowledge of the National Office at all levels was beneficial to all who served in office.

She worked hard for all levels of American Sokol, serving on the National Educational Committee, Slet Committees, wherever there was a job to be filled.

At the 2000 Convention, Sis. June was awarded Honorary Membership in American Sokol.

June was a travel agent and had her own company, Jolly Jay's Tours. She planned and led many bus excursions throughout the Midwest. She enjoyed camping trips with her husband, Miles, and son, Skip. In her spare time she enjoyed crafts, did needlepoint and crocheted hundreds of afghans. She volunteered at the Brookfield Zoo as a docent and was a member of the Humane Society.

A longtime member of the CSA, she was presently serving as president of Lodge Garfield Midwest.

At Sokolice Tabor, we pay tribute to our Sokol Sister June Pros. Whenever we had a question or needed direction, she always had the right answers for us; that only came from her knowledge of the American Sokol. Her love of Sokol shines through in her grandsons who are members of the Junior Boys' class of Sokol Tabor.

She will be missed by all who knew her — she was a wonderful woman.

*Eulogy by Sis. Joan Curran*

# CENTRAL DISTRICT EDUCATIONAL PROJECT

Juniors in the Central District were challenged by their District Educational Committee to write an essay about a Senior Class Member at their Sokol whom they had interviewed. Here are some of the essays.

*By* **KRISTINKULHANEK**

**Joan Curran** has been in Sokol for almost 60 years. She first joined Sokol Chicago in 1945 when she was 10 years old. She was living in a Czech neighborhood, and all of the Czech kids went to Sokol; it was the "in" thing to do. Presently, Mrs. Curran is an important member of Sokol Tabor, along with her children and grandchildren. She decided to switch to Tabor because she got married and moved and the closest Sokol was Tabor. Mrs. Curran knew she wanted to stay in Sokol and involve her kids in the organization because of the great friendships that she had made along the way, and, of course, because of the "joy of cal!"

Mrs. Curran has noticed a change in Sokol from the time when she started to now. The language used around the gym is no longer Czech, as it used to be, and as a young child she never had competitions; it was only cal. Also, unit meetings have evolved over the years. The two things that have not changed over the years are the strong ideals and the discipline taught to the children. Mrs. Curran's first coach was Mr. Jelinek, but her favorite over the years has been Mr. Ed Linhart. She remembers his serious nature when competition was involved, but also how encouraging he was to the class.

Mrs. Curran has a strong connection with Sokol. She realizes that her Sokol family has been an important part of her life. She loves the experiences that Sokol has given her, such as travelling to Prague. Mrs. Curran is happy that Sokol has given her such good friends and the entire Sokol Organization is happy that she has given herself.

*By* **KAITLANSHORT**

"Gymnastics develops the qualities of an individual such as: self-discipline, courage, the ability to reason and make good decisions, as well as strengthening of all parts of the body, in brief, the total development of the individual." (Quote from the Sokol Manual.) One form of gymnastics is Sokol Gymnastics. Sokol was developed in 1862 by Dr. Miroslav Tyrš of Prague, Czech Republic. The first Sokol unit was in Prague. Also, there are many Sokol in the United States, as well as Canada. Sokol Tabor in Berwyn, Illinois is where a very intelligent woman named Val Kulhanek attends.

Mrs. Kulhanek joined Sokol Chicago in 1933 when she was 6 years old. She joined Sokol because she thought it would be a fun thing to do and also all of her friends were in it. Some of the changes since she has been in Sokol are the uniforms. She said, "They have changed very much." Mrs. Kulhanek has stuck with Sokol for so long because of the friendships and all of the good times. She mentioned that her favorite instructor was Jean Sivak because she was very patient and hardworking. Even though Mrs. Kulhanek had never competed she said, "That they did all the same apparatus we do now." Her favorite apparatus was the bars. Unfortunately, she left Sokol Chicago in 1939, but in 1948 she was at the Sokol Slet in Prague and it inspired her to rejoin. When she rejoined she had kids and she joined Sokol Tabor. Now she, her husband, two sons, and granddaughters are in Sokol.

"The Sokol system of gymnastics is designed to benefit every participant, regardless of age or ability. It includes activities that originate from gymnastics activities which sequentially develop from simple to complex forms." (Quote from the Sokol Manual.) And lastly, being a part of Sokol experience is a lifelong friendship.

By **JULIA**HICKEY

Vlasta Chloupek - Vlasta was 4 years old when she joined Sokol in Yugoslavia. She moved to America in 1949 and joined another Sokol here in Berwyn. She decided to join Sokol because she thought she would gain many new friends and because it was a social place. She started in Yugoslavinski Sokol Veliki Zolenci. She moved from Prague to Berwyn and at that time joined Sokol Tabor.

Many things have changed since the time she began Sokol. Now here is more variety and advantages. It was much more strict back then; during class the students were not allowed to talk when the instructors were and had to wait until the end of class to speak.

Vlasta believes that Sokol is a benefit for the future. Sokol develops willpower and discipline. "A Sound Mind and a sound Body" is the motto and she believes it is completely true. The uniforms have changed significantly since her time. The Juniors uniform was a beige suit with a red belt.

Vlasta competed on all of the same pieces of apparatus, with some additional, including: ballet, rings and parallel bars. Vlasta's best events were the beam and rings. She also loved performing cartwheels on floor exercise. Vlasta taught the Junior Girls class at Sokol Havlicek-Tyrs for 10 years. In those 10 years, she only missed two classes.

By **ANNA**MANGIA

My name is Anna Mangia and I interviewed Jean Sivak. I asked some questions and what I got back were some interesting answers.

Jean joined Sokol in 1947 as a second-class girl at the age of 11. She joined because a friend already belonged to it. She started out at Sokol Slavsky, but then switched to Sokol Tabor

because a good friend of hers had joined.

When I asked her questions about some of the changes from then to now, she said that big difference was the social events, there's a lot more now.

Jean said that her favorite instructor was Mr. Linhart, because he was a good coach and he had discipline.

By **MATTHEW**PETKUS

My name is Matthew Petkus and I am a member of Sokol Tabor's Junior Boys Class. I had the privilege to interview Mr. George Kulhanek, Sr.

George's Sokol career did not start until his adulthood. His wife, Val, was an active member of Sokol Tabor along with his two sons, Mike and George Jr. In 1970, George Sr. decided to join Sokol Tabor along with the rest of his family.

Being 47 years old when he started his Sokol career, he cannot comment on Junior years or apparatus he competed on. He mentioned that he never used any apparatus; his love is performing the cal. George never had an instructor, I guess that is why he started teaching the men's class. He taught the men's class for a number of years. George doesn't teach anymore, however, that does not mean that he is not around the gym! Don't be surprised if you are attending a different Sokol's exhibition other than Tabor's and spot George Kulhanek Sr. filling in a cal spot. He is more than happy to help out. George enjoys the Slets in different cities. George also enjoys watching the volleyball games on Friday nights.

During our conversation, George said that membership was big in those days compared to today's. He is happy to see that many of our youth continue to have Sokol as part of their life. I think that we can all agree on George's closing statement: "You never have to be young to join Sokol!"

She also told me that the girls used to compete on all the same apparatus, plus the rings. Her best skill on an apparatus was flying rings.

Some other things I learned from her were that the old uniforms were two-piece bloomers and a sleeveless shirt with a collar, that just living it helped her to stay in Sokol for this long, and that she met her husband in Sokol.

# TOUR OF CHAMPIONS

On Thursday, October 9, 2003, 25 members of Sokol Tabor traveled to the University of Chicago Pavilion to see the 2003 T.J. Maxx Tour of Champions. The tour featured members of the men's silver and women's gold 2003 World Championship Teams and included traditional gymnastic performances along with imaginative and creative elements.

Because we had purchased group tickets, our great SOKOL name was announced over the stadium — we all cheered enthusiastically! It was an exciting evening enjoyed by all.

*Submitted by Candace Short,  
Women's Director, Sokol Tabor*



Pictured above (L to R): **Maureen Stanko**, 1st Class Girls Instructor; **Christina Curran**, 2nd Class Girls & Junior Girls Instructor; **Dawn Flees**, 2nd Class Girls Instructor.



Pictured at left (L to R): **Christina Curran** and **Caroline Stanko**, 1st Class Girl with Jason Gatson, Member of the U.S. Men's Silver World Championship Team

# MORAVIAN DAY

Sokol Berwyn-Slavsky was well-represented at last September's United Moravian Societies Moravske Den in Countryside, Illinois. Pictured left to right are: **Sis. Jean Hruby** – American Sokol Office Manager, **Sis. Mary Novak** – Women's Class Instructor, **Bro. Edward Jelinek**, **Bro. Paul Lebloch** – World Sokol Federation President, **Bro. Marvin Lanzel**, **Alex Lanzel** – Junior Girl, **Bro. Michael Dropka** – Educational Director and Boys' Class Instructor and **Sis. Milissa Dropka** – BOI Secretary for Berwyn-Slavsky and Central District.



# AMERICAN SOKOL GYMNAST

Kandi Pajer

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## CHANGE YOUR OUTLOOK, REACH YOUR GOALS

We all tend to get stuck in a rut where we do the same thing day after day, and we tend to develop a pessimistic attitude. Here are some strategies to help maintain a more optimistic outlook on life. KP;)

**Step 1: Understand the power of attitude.** Are you bitter about past disappointments or optimistic and open to new experiences and challenges? Defining how your present attitude affects your life is a fundamental building block for change.

**Step 2: Make the choice.** Harrell argues that attitude is a choice. "We all have down moments, but we don't have to have a down day," he says. Consciously choosing not to be brought down by bad experiences can make the difference in achieving future success.

**Step 3: Get realistic and tangible.** Now that you have the right attitude, Harrell suggests writing down concise, feasible goals, which will help curb the frustration of serial failure.

**Step 4: Stay positive.** Remember that positive energy inspires others, and by staying motivated there's no telling how far you can go. *Tip:* Remember the 3 P's: Permanent (problems don't last forever), Pervasive (your problems are not going to destroy your entire life), Personal (you're not the only one who has such problems). And, while forming a habit of optimism, remember to monitor what you listen to, see, read and say. *Shape Magazine, Jan03*

# GET FIT

## The 7 Best Ways to Exercise

*Some ideas you can add to your daily workout routine, or even add in to your Sokol classes. KP;)*

The American Council on Exercise (ACE) recently polled 17,000 fitness professionals, asking them to name the one exercise they couldn't bear to do without. Their top picks, according to rank:

1. Squats – quickly target all the major lower-body muscles and build balance and strength at the same time.
2. Running – requires little gear and boosts cardio fitness and leg strength.
3. Ab Exercises – are adaptable to all fitness levels and can be done anywhere; you don't need equipment, but doing them on a stability ball works your entire core and reduces back pain.
4. Lunges – are great all-in-one thigh, butt and calf strengtheners that also promote good balance and posture.
5. Walking – is a simple do-anywhere-anytime leg toner and cardio booster.
6. Push-ups – are a no-equipment way to target the upper body and core.
7. Yoga – promotes coordination, flexibility, concentration and relaxation.

*Shape Magazine, Jan03*

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## “BRING A FRIEND TO SOKOL DAY”

Sokol Tabor held its “Bring a Friend to Sokol Day” on March 29, 2004 (girls) and March 30/April 2, 2004 (boys).

<b>1<sup>st</sup> Class Girls:</b>	16 friends attended warm-ups apparatus relay races	<b>1<sup>st</sup> Class Boys:</b>	4 friends attended apparatus played a game
<b>2<sup>nd</sup> Class Girls:</b>	12 friends attended ice breakers activities from 10/03 development conference- within a circle & interlink apparatus – vault, beam, bars and floor	<b>2<sup>nd</sup> Class Boys:</b>	1 friend attended apparatus
<b>Junior Girls:</b>	2 friends attended ice breakers activities from 10/03 development conference-within a circle, interlink, and centipede	<b>Junior Boys:</b>	2 friends attended volleyball apparatus – vault, bars, and floor

These are just some ideas to get more students involved in our classes and to see what Sokol is all about. Maybe we can get more kids in and that will help keep our old ones. KP;)

## Competition Results

The Western District had their district competition on April 16-18 at Sokol Omaha.

Here are the top three finishers in all events and levels. Congratulations!

### Children- Female, Novice

Name	Unit
1. Rebecca Tripp	Omaha
2. Breanna Bird	Omaha
3. Kelsey Osborn	Omaha

### Children-Male, Novice

Name	Unit
1. Chris Horn	Omaha
2. Chase McIntyre	Omaha
3. Michael Owen	Omaha

### Children- Female, Level 1

1. Brianna Williams	Crete
2. Hannah Vankat	South Omaha
3. Marissa Hall	Crete

### Children-Male, Class 7

1. Ben Muff	Crete
2. Louis Montoya	South Omaha
3. Jakob Pesarchick	South Omaha

### Children- Female, Level 2

1. Skye Weihe	South Omaha
2. Mercedes Thatcher	Crete
3. Ellen Sutton	Minnesota

### Children- Female, Level 3

1. Jessica Thatcher	Crete
2. Alyssa Kunci	Omaha
3. Ranell Sand	Crete

### Children- Female, Level 4

1. Rebecca Gerhardt	Omaha
2. Paige Kinnersley	South Omaha
3. Lilia Hutchinson	South Omaha

### Children- Female, Level 5

1. Emily Romero	Omaha
2. Monirah AlDossari	Cedar Rapids

### Juniors- Female 12-14, Level 3

1. Vicki Dostal	Cedar Rapids
2. Krystal Culler	South Omaha
3. Sharmae Anderson	South Omaha

### Juniors- Male 12-14, Novice

1. Victor Ortega	South Omaha
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### Juniors-Female 12-14, Level 4

1. Dayona Barrett	South Omaha
2. Carrie Stom	South Omaha
3. Brittney Ruscheinsky	Minnesota

### Juniors- Male 15-17

1. Jonathan Reyes	South Omaha
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Juniors- Female 15-17, Level 4

Name	Unit
1. Ivy Celmer	Omaha

Juniors- Female 12-14, Level 5

1. Bethany Landon	Cedar Rapids
2. Kadina Henderson	Omaha
3. Ashley Smetana	Omaha

Juniors- Female 15-17, Level 5

1. Anne Rolfson	South Omaha
2. Rebecca McConnell	Cedar Rapids

Juniors- Female 12-14, Level 6

1. Olivia Rhoades	South Omaha
2. Breanne Travis	South Omaha

Juniors- Female 15-17, Level 6

1. Elizabeth Rolfson	South Omaha
2. Aida Eure	Omaha
3. Emily Leahy	Omaha

Juniors- Female 12-14, Championships

1. Kristina Kurz	South Omaha
2. Kelsey Rhoades	South Omaha

Juniors- Female 15-17, Championships

1. Carly Vincentini	South Omaha
2. Tina Valentine	Omaha

Women- Novice

1. Deb Allison	Cedar Rapids
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Women- Masters II

1. Allison Gerber	Cedar Rapids
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Women- Level 4

1. Alisa Hollibush	Minnesota
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Women- Level 6

1. Julie Raine	Omaha
2. Leah Woodward	Cedar Rapids

Level 5 Rhythmic Results

1. Carly Vincentini	South Omaha
2. Elizabeth Rolfson	South Omaha

Juniors- Male 12-14

Name	Unit
1. Michael Lee	Omaha

Juniors- Male 15-17

1. Bo Benak	South Omaha
2. Luke Gabriel	South Omaha
3. Steven Kowalski	South Omaha

Men- Novice

1. Bud Benak	South Omaha
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Men- Class 5

1. Jason Barber	South Omaha
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3. Olivia Rhoades	South Omaha
4. Kelsey Rhoades	South Omaha

By **MEGAN**PETKUS

My name is Megan Petkus of Sokol Tabor. I am currently a Junior Girl and I interviewed George Kulhanek, Jr., who is Sokol Tabor's men's instructor. George joined Sokol in 1963 when he was five years old, along with his brother Mike. He joined Sokol because his parents were both enrolled in Sokol and his mom is still currently a participant of the women's class.

George stayed at Sokol Tabor and never switched to any other gym. Friendships, and enjoying the exercise is what helped him stay in Sokol this long. He had many instructors, but the one who stood out and was his favorite was Rick Linhart, his Junior Boys teacher. Although Rick was only a few years older than George, he was strict and that is what George remembers about him.

George talked to me about the changes in Sokol. When he was a student, it was more strict and had a lot of discipline, unlike today where it is more relaxed. The uniforms are also different today. George had white polyester uniforms and now the Junior Boys are in the process of getting new uniforms, the unitard.

George did compete on all of the same apparatus as we do today. His best skill was a half giant on the horizontal bar. He also was in basketball tournaments as a Junior Boy and still is today. George participated in many Slets, too. The ones that he mostly remembers were Toronto, Omaha, Indianapolis, Philadelphia, St. Louis and Europe. He still participates in Slets today.

George is still currently enrolled at Sokol Tabor and holds many titles during the year. He is in charge of the music at our exhibition in March. Also he is head of the men's volleyball tournaments for Central District. Doing this project made me realize what changes were made from Sokol yesterday and Sokol today. I found this project fun and interesting because I found a lot of information that I did not know about Sokol in the past.

By **CHRISTINE**THOMAS

**Marilyn Russel** joined Sokol when she was 5 years old. That was in 1947. The reason why she joined Sokol is that her whole family was involved in Sokol so she was registered. The first Sokol that she started at was Tabor. There were a few changes made during the last couple years. Back then, more Czech was spoken than English. They also picked people to be in special numbers. What helped Marilyn stay in Sokol so long are her friends. Her family is also a reason why she chose to stay in Sokol so long. She also liked the knew people she met. Her favorite instructor was Ed Linhart, she also seemed to like Millie Prchal. She liked them because they were very strict. Her old Junior uniform was royal blue. She had to wear bloomers, a sleeveless shirt, and although it looked like a 2-piece set, it was only one piece. She did compete on all the apparatus that we use today. An additional event was quizzing each other on Czech history. Her best skill was the rings. It was her favorite apparatus and she was better at it. One additional comment was that if she hadn't been having so much fun, she would probably not be here. Another comment from Marilyn was that she is still friends with people from Tabor since they were 5 years old. What I learned from this interview is that nothing has changed all that much, but I thought they would have since it was such a long time ago. That concludes my interview with Marilyn Russel. Thank you and I hope that you have learned something too.

### ***INDIAN CLUBS FOR SALE***

I have been contacted by a member who has 10 pairs of wooden Rhythmic Clubs he is willing to sell for \$5.00 a pair. They are from the Czech Republic and are gently used. If you are interested, please contact me using the information found on the inside front cover of this issue.

**NA ZDAR!**

Sis. Patricia Satek, Editor

## SOKOL TOWN OF LAKE CAMP REUNION REMINDER...

This year's date is Sunday, October 10, 2004, 11:00 a.m. at the old camp grounds at 103rd & Willow Springs Road. Bring liquid refreshments, family, snapshots, memories, insect repellent, a lunch dish or dessert to share. Chicken is provided. RSVP to Mil Mentzer, 773-779-1272. We'll be looking for you!

*By* **JESSICARUS**

**Ethel Rus** is currently a member of Sokol Tabor. She is in our women's class and goes just about every Monday and Thursday. When Ethel joined, she was 18 and the year was 1949. At first she didn't want to, but then her grandma talked her into joining. At first, Ethel didn't start at Sokol Tabor, she joined as a member of Sokol Havlicek-Tyrs. She really loved it there and has quite a few fond memories from going there. The reason she switched from Havlicek-Tyrs to Tabor was because Havlicek-Tyrs sold their building and because Tabor was closer for her.

A few things have changed since she has joined Sokol. To begin with, the routines on the equipment have changed a lot. Also, the girls competed on the rings, as well as all the other equipment. Ethel's favorite apparatus were the rings and the uneven bars. She did very good on both of these pieces of equipment. Both Ethel and I wish the girls still competed on the rings at competition today.

Favorite instructors always leave good and fond memories in one's mind. Ethel can only remember one instructor, so she must have been a good one. Her name was Louise Kliner. She was an instructor at Sokol Havlicek-Tyrs. Ethel remembers her as the one instructor who was excellent at teaching them their cal. Boy does Ethel love doing cal!

The uniforms of the members in these classes have changed a lot since she began participating in classes. When she was a Junior, the uniform was a royal blue, sleeveless leotard with a red and white belt in the middle of the uniform. You also wore the Sokol emblem on the top middle of the leotard. Wow, have they changed now.

Sis. Rus has enjoyed being in Sokol all these years and is overwhelmed that her grandmother signed her up to join. Ethel enjoys it and says it is a great exercise program that helps to keep her fit. Today, Ethel is a member of many different Sokols and is glad to be part of such a wonderful organization. She will be a part of Sokol forever. I am glad to have interviewed her and so excited to have her at our gym. Ethel, you are a great inspiration to us all, and keep up the great work!

*By* **MELYSSAPETKUS**

For this project, I interviewed **Fran Malina**. Some of the questions I asked here were: What Sokol she joined in and at what age, why she joined Sokol, what her best skills were, and more.

Fran Malina joined Sokol in 1948 at the age of 17. She joined Sokol because she came from a family of Sokols. The first Sokols she started at were Rozvos, Havlicek-Tyrs and Chicagoland. She switched to Sokol Tabor because Tabor had rhythmic gymnastics.

Some of the changes from Sokol yesteryear compared to Sokol today were the uniforms. Fran said that they have nicer uniforms for Juniors and children today. As a Junior, her uniform was a blue cotton leotard. When I asked her who her favorite instructor was, she said that it was Zdenka Tintera. She liked her the best because she wrote beautiful special numbers. Zdenka also taught Fran a lot about drilling.

Fran stayed in Sokol this long because of the friendship that it brings, and the exercise that they do here. Some of the apparatus that she competed on as a junior were rings and track & field. Her best skill on the apparatus was balancing.

As you can see, I interviewed Fran Malina for this project. There were a lot of different uniforms, and events from Sokol yesteryear and Sokol today. I found this project fun, because I learned a lot about Sokol's history and all the changes that were made.

# Race for the Cure

Members of Sokol Fort Worth participated in a "Race for the Cure" this past April. Pictured are Jackie Mason, Jim Mason, Brandi Mason, Jill Parker, Bonnie Steinman, Susan Peaton, Vicki Hix, Appa Hargiss, Mary Steinman Hargiss (cancer survivor!), Donna Parker, Melissa D., Lori Pace, Henrietta Milan, Jerry Milan, Rosie Steinman, Carolyn Cleveland and friends of Mary's.

~Submitted by Sis. Henrietta Milan



## 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 Charles Dvorsky from Chuck Michalek .....	\$50.00
In Memory of Agnes Sotka from Sokolice Tabor .....	\$50.00
In Memory of Anton Smunt from Laddie & Martha Lizak .....	\$20.00
In Memory of Charles Chmelir from Laddie & Martha Lizak .....	\$20.00
In Memory of Dr. Alesh Wortner from Laddie & Martha Lizak .....	\$20.00

### In Memory of June Pros

From Sokolice Tabor .....	\$100.00	From Joseph & Ethel Rus .....	\$50.00
From Jan & Chuck Kalat .....	\$50.00	From Joyce M. Hodan .....	\$30.00
From Sash Dumanovic .....	\$25.00	From Sokol Stickney .....	\$25.00
From Irwin & Agnes Proksa .....	\$10.00		

### In Memory of Stanley Barcal

From Emil Barcal .....	\$100.00	From Mildred Barcal .....	\$100.00
From Helen Vahldick .....	\$100.00	From Elaine & Jerry Zitka .....	\$100.00
From Robert F. Barcal .....	\$100.00	From Katherine & Donald Bond .....	\$50.00
From Jerry R. Zitko .....	\$50.00	From Susan & Albert D'Andrea .....	\$50.00
From Laddie & Martha Lizak .....	\$20.00		

## MUSEUM, LIBRARY & ARCHIVES FUND

In Memory of June Pros from Nancy Pajeau .....	\$10.00
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## GENERAL FUND

### In Memory of June Pros

From Charles & Nancy Borvansky .....	\$25.00	From Gary Masek .....	\$25.00
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# American Sokol Organization Quarterly Financial Report

October, November, December 2003

## RECEIPTS

Dues .....	\$24,512.80
Convention Funds .....	1,524.00
BOI .....	2,800.75
Sokol Seals .....	5,601.00
Youth Membership .....	6,540.00
Jewelry .....	1,189.70
Administration .....	1,481.08
Publication .....	1,097.42
Special # T-shirts .....	60.00
Donations .....	60.00
<b>Total deposit - SAVINGS .....</b>	<b>\$42,262.75</b>
<b>Total deposit - CHECKING .....</b>	<b>\$2,604.00</b>

## DISBURSEMENTS

### ADMINISTRATIVE

FICA/MED/FWT .....	\$1,328.06
CSA Rent .....	4,821.75
Barb Barnes, CPA .....	660.00
Earthlink .....	147.25
AT&T .....	408.11
SBC .....	103.86
Stamps & Shipping .....	241.06
IL Dept of Rev #941 .....	274.30
Salaries .....	4,433.53
AudioTel Service .....	75.00
Supplies .....	289.20
TNT Unif Order (advance) .....	474.00
Sokol Seals .....	2,681.48
Memorial Plants .....	271.13
Ad Book CSA 150th .....	100.00
Deb Ball Ad/Cz Allied Org .....	50.00
Reim to UNIF for Credit cards .....	3,667.35
P Lebloch DC Conf .....	528.40
Sokol Window Decals .....	386.20
<b>Total .....</b>	<b>\$20,940.68</b>

Board of Governors .....	\$5,380.17
2005 Convention Advance .....	\$5,000.00
2005 Slet Advance .....	\$3,000.00
Instructor School 2003 .....	\$805.53

## YOUTH MEMBERSHIP

Supplies & Postage .....	
<b>Total .....</b>	<b>\$2,086.26</b>

## BOARD OF INSTRUCTORS

FICA/MED/FWT .....	\$635.22
Postage/Supplies .....	534.49
Earthlink .....	147.25
AT&T .....	255.98
Salaries .....	2,934.27
Kandi Ondrovic, Gymnast Editor .....	60.00
Dir Conference Expenses .....	11,490.12
<b>Total .....</b>	<b>\$16,057.33</b>

## EDUCATION

FICA/MED/FWT .....	\$79.90
Salary .....	356.33
Frame Warehouse/supplies .....	98.96
<b>Total .....</b>	<b>\$535.19</b>

## UNIFORM DEPARTMENT

FICA/MED/FWT .....	\$1,192.00
Salary .....	1,872.46
AT&T .....	255.99
Rent .....	811.18
Postage .....	77.26
<b>Total .....</b>	<b>\$4,208.89</b>

## PUBLICATION

Millennium Graphics .....	\$3,487.60
eDoc Printer .....	4,638.42
Pre-Paid Postage on Account .....	1,600.00
Editor, Pat Satek .....	300.00
<b>Total .....</b>	<b>\$10,026.02</b>

Balance Brought Forward	\$2,462.81
Transfer from Savings to Checking	\$58,000.00
Receipts direct to Checking	\$2,604.00
Credit Card Receipts	\$7,773.64
SubTotal	\$70,843.45
Disbursements	(\$68,040.07)
Bank Card and Service Fees	(\$417.64)
Balance in checking 12/31/03	\$2,385.74

## AMERICAN SOKOL

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## EDUCATIONAL & B.O.I. MATERIALS, MEMBERSHIP PINS & KITS

### EDUCATIONAL MATERIALS

"Sokol and the Sokol Ideal"  
"Our Task, Aim and Goal"  
"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, V)  
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)  
Separate Cards, Patches, Bars and  
Ribbons Also Available  
Birthday Ribbons

### MEMBERSHIP PINS & NEW MEMBER INFORMATION

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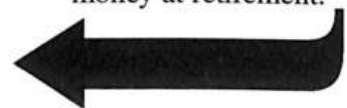
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