



SOKOLETTER

P.O. Box 448
Perry Hall, MD 21128
Phone: 410-276-9798

DECEMBER 2009

www.sokolbaltimore.org

online issues @ www.sokolbaltimore.org/1872/sokoletter.html

UNIT MEETING and
CHRISTMAS PARTY
MONDAY, DECEMBER 14, 2009
Meeting at 6:30 pm
Pres. Michael Rokos'
2203 Mayfield Avenue

Bring food – a dish to share
Beverages will be provided

Happy December Birthday!

- December 1st – Ann Huber
- December 2nd – Harry Hessenauer
- December 8th – Marmie Aupperley
- December 10th – George Peroutka
- December 22th – Susan Wolff
- December 26th – George Bata
- December 28th – Frank Huber
- December 30th – Joseph Watkins

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UPCOMING DATES & EVENTS:

Sunday, December 6, 2009 – Annual St. Nicholas Dinner Party. 3:30 pm at St. Luke Orthodox Church, 6801 Georgetown Pike, McLean, VA 22101. For information call (703) 893-1759 or email : www.sokolwashington.com

Sunday, December 6, 2009 – CSHA Singers present their annual Christmas concert at 3:00 pm, St. Wenceslaus Church, 2111 Ashland Ave. Baltimore, MD 21205

Donations to Sokoletter

Ann & Frank Huber

Donations to Sokol Baltimore

Steve Askew & Joni Diedrich
Harry and Joan Lewad
Joseph and Patricia Watkins
Christopher Nenadal in memory of his parents
Marie and Frank Viták
Betty Joy Killian in memory of Fred Ouřecký

Donations to Building Fund

Rose Krajca
Frederic Marsik
Edward and Joann Wehnert in memory of
Marie F. Neuman

Board of Directors Meeting

The next Board of Directors meeting will be at President Michael Rokos' house on **Sunday, December 13, 2009 at 3:00 pm**, 2203 Mayfield Avenue.

Results of Gym Fundraiser

"CONGRATULATIONS to Sis. Gloria Durham who won over \$750. in the 50/50 raffle. Thank you, Mrs. Durham for generously donating a large portion of those winnings back to the gym program!" Special thanks to the two top selling families: The Simpkins family collected \$94.00! The Telfer family sold \$61.00!

Renee & Kristen for the BOI

Please update your Directory

Carolyn Jackson Drumgoole
2435 Brannan Avenue
Sparrows Point, MD 21219
(410) 477-1776



Your dedicated Officers Extend a Hearty Christmas Greeting to ALL our Sokol Members in Baltimore and Everywhere.

Highlights from Sokol Baltimore's November Meeting 11/16/09

Pres. Rokos reminded members that today is the Eve of the 20th Year Anniversary of Czechoslovakia's Velvet Revolution. He also shared that it is St. Margaret's Queen of Scotland's Day. Other topics were discussed but excerpts appear throughout this newsletter. The Educational Director shared the history of the Velvet Revolution and Veterans Day. The Director of the Gymnastic Program, Sis. Renee Harrison reported that the fall session is ending. The gymnasts, their families and our members have sold over \$1,000 worth of raffle tickets. Sis. Renee is looking for a day-time coach to teach preschool children. If you know of anyone please contact Renee at 410-375-9989. The gymnasts have been attending exhibitions; last one was 11/7/09 at Hampstead Hill Academy. This has resulted in 20 new inquiries about the gym program. The new session begins on 1/4/10.

Sis. Kristen Cahlander, Brothers Joseph Ehrenberger and Frank Huber are evaluating Sokol Baltimore's complicated dues structure along with the possibility of a slight dues increase. The appointed group will report back to the members at an appropriate meeting. Following the meeting and socializing the members watched an interesting DVD about the Velvet Revolution called "The Artists' Revolution". It was a very educational and enjoyable film.

Frederick Anton Ouřecký

Frederick Anton Ouřecký, son of late Sokol members Bedřich Ouřecký and Berta Vlček Ouřecký, brother of Betty Ouřecký Kilian and uncle of Betty Joy Kilian passed away in September 2009. (Submitted in memory by Sis. Betty Joy Kilian).

MORE PICTURES FROM THE SLET IN FORT WORTH



Will Kool with the President of the Czech Sokol Organization (ČOS)



Look for Joseph Ehrenberger, Will Kool, and former Sokol Baltimore member Sharon James

Brother Will Kool and the 2009 New York Marathon

Sokol Baltimore is very fortunate to own property in White Marsh. Not only is this a good asset to have, but it's also in a prime location. We love our location in Fells Point, too; and plan on maintaining a presence there for many years to come. Nonetheless, the benefits of owning versus renting are obvious. Having a permanent home will allow Sokol Baltimore increased stability and security to ensure we achieve our mission and serve our community for another 137 years. But, it still needs to be built. Our president,



Michael Rokos, along with all the other elected officers and the Board of Directors, have set the ambitious goal of establishing a presence at our Honeygo Blvd location by our 140th anniversary in 2012. To reach that goal requires a marathon effort to raise the necessary capital. Well, how do you finish a marathon? The answer is simple: one step at a time. I would know. On Sunday, November 1, 2009, I completed the New York Marathon. Here's my story.

Upon arriving on Amtrak on Saturday, I took the A train uptown to see my friend Russell Warfield. Russell is an amazing man I met at Woodward Camp in Pennsylvania who is a Broadway choreographer and dancer, and also does beam and floor choreography for some of the top collegiate gymnastics teams. After spending some time catching up at his apartment, I headed back down to Javits Convention Center to pick up my race packet. This includes your race number, a timing microchip, an official program, a NYC marathon performance shirt, and other free goodies. Russell met back up with me at Don Giovanni's, where I consumed the traditional pre-race carbo load meal. We were surrounded by interesting costumes and characters, as tonight also happened to be Halloween. Despite his theater background, Russell didn't share my enthusiasm about this dramatic display on the streets. To Russell, Halloween made it more difficult to determine who the crazy people were. I find different people interesting and didn't want to miss out on this perfect opportunity for social observation.

I really don't like waking up early, but getting up at 5:00 am wasn't a problem on race day. I donned my official Sokol uniform which has been my race attire for all 3 marathons I've completed. The subway took me to Battery Park to board the Staten Island Ferry and a bus took us to the start line village. I ate, hydrated,

warmed-up, stretched out, and relaxed. To prevent chaffing I generously applied a product called Body Glide to sensitive areas. In the process, I inadvertently gave some women a free peep show, for which they



thanked me. As my wave was called to the start line we were treated to America the Beautiful by a local opera singer. The cannon fired at 10:00 am and then Frank Sinatra came blaring across the speakers “I want to be a part of it, New York, New York. These vagabond shoes are longing to stray, right through the very heart of it, New York, New York.” All 43,000 runners felt like they were king of the hill and top of the heap today. And so the 26.2 mile adventure began. The racecourse is planned so that it goes through all 5 boroughs: Staten Island, Brooklyn, Queens, The Bronx, and Manhattan. The Verrazano-Narrows Bridge at the very beginning consumed a mile and a half of the course by itself. There were over 2 million spectators and I pretended they were all there just to see me run. They cheer, clap, ring cowbells, make noise, hand out food, play music from their houses, make music with their bands, and make funny signs. My fans are fantastic! There are water and Gatorade stations at every mile, and at Mile 12 I saw Jesus holding a sign that proclaimed, “In 14 miles the water turns into wine.” Perhaps it was someone in a costume, but I didn’t stop to question the Lord; I had a race to finish. By the 17th mile I hit the wall and slowed down, but somehow kept running. At 19 ³/₄ miles we were welcomed to the Bronx with a sign that said “Welcome to the Bronx.” By mile 21 my legs and feet were

numb to pain, so I obeyed the sign that ordered us to “Get out of the Bronx.” I picked it up in Central Park for the last 2.2 miles, and finished with a personal best time of 4:35:10. I was overcome with emotion. I just finished the NYC Marathon!

Can’t stop to enjoy the moment though; still thousands of people coming up from behind. As you’re walking away from the finish line you’re immediately given a space blanket to conserve body heat, an official finishers’ medal, and a goody bag with water, food, and snacks. My heart rate monitor estimated that I burned nearly 5500 calories, so I was hungry. After taking a few minutes to enjoy the moment I called my family to proudly tell them how well I did, but they were proudly tracking my progress live on the website, so they already knew. While I was sipping a pumpkin spice latte at Starbucks waiting for Russell (he unfortunately couldn’t watch the race because he had other obligations), people saw my medal displayed

on my neck and came up to congratulate me.

Upon Russell’s return, he drew up a relaxing ice bath with ice-cold water, 2 10-lb bags of



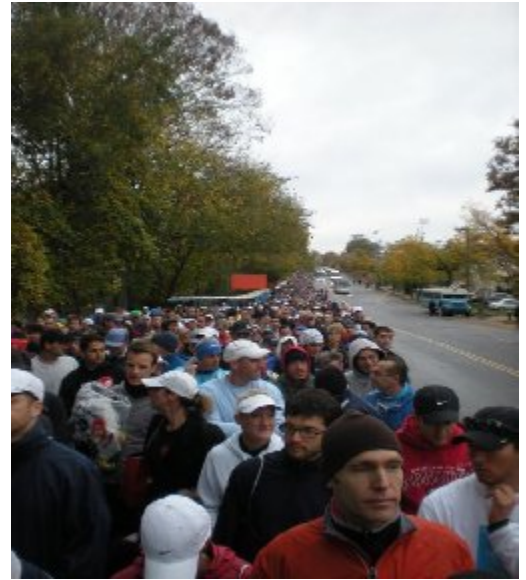
ice, and Epsom salt. The candles were a nice touch. This helps promote the healing process and prevent DOMS – Delayed Onset Muscle Soreness. Nonetheless, post-race soreness is inevitable. Just thinking about an ice bath isn’t pleasant, but if you give into temptation and jump into a hot tub instead, then you’ll be paying for that mistake for days to come.

I spent the evening celebrating with Emanuella Grinberg, a good Sokol friend since the Sokol instructor school in Omaha, Nebraska in 1996. One of the great things about Sokol is the opportunity to establish friendships such as this one, where you know you have a place to stay when you travel. However, Emanuella no longer lives in New York. She moved to Atlanta after being offered a job writing for CNN. We

still had a place to crash, but sleeping on top of sofa cushions on the hardwood floor was not ideal after doing 26.2 miles earlier in the day.

So why did I do it? Remember how I was talking about the marathon effort to raise money for Sokol Baltimore's new home? That's why. My commitment to finish marathons is symbolic of my commitment to help Sokol Baltimore prosper and grow. Just like the 2 million people that supported me in New York, we need the financial support of many, many people to achieve this dream. I suggest a donation of \$26.20, which would equate to \$1 for every mile that I ran in NY. Please send all donations to Sokol Baltimore, P.O. Box 448, Perry Hall, MD 21128, and make payable to "Sokol Baltimore New Building Fund." This is a marathon we're all in together, so thank you for your help as we get there one step at a time.

William Kool
www.nycmarathon.org



BOI at Hampstead Hill Academy

The BOI participated in the 2nd Annual School & Children's Programs Fair on Saturday, November 7, at Hampstead Hill Academy. We offered a short class for preschoolers, all had a great time! This event introduced many local families to the Sokol program, and we were able to expand our reach into the Patterson Park community area.

The event was hosted by the Downtown Baltimore Family Alliance (www.dbfam.org). The fair was geared to families with small children, and hosted organizations in the community with programs for young children. Some of the other participants included the Girls Scouts, the Audubon Society, Merritt Athletic Clubs, and local schools.

BSO Concert of Czech Music @ the Meyerhoff on Friday, January 23, 2010

Featured works are Dvorak's Slavonic Dances and Martinu's Oboe Concerto. Tickets for seats in the Center Terrace are \$30.00 each. These specially priced tickets must be reserved and PAID for by Dec 14th. Make checks payable to Margaret Supik and mail to 3805 Juniper Road, Baltimore 21218.



The Sokoletter is published monthly by Sokol Baltimore Inc. All articles, news and contributions can be forwarded to Ann or Frank Huber, 514 Sellrus Court, Fallston, MD 21047-2421, (410) 877-0534. Email: frankh1228@aol.com or ann12141@aol.com. Material to be published is due by the 20th of the preceding month. Please also advise of address changes, etc. to ensure continued delivery. Annual subscription is \$10.00 for all non-members. Send check, payable to "Sokol Baltimore" to P.O. Box 448, Perry Hall, MD 21128.



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DATED MATERIAL



Michael Rokos with Czech President Klaus and the Czech Ambassador to the United States Kolar at the Masaryk Memorial.

Sokol Baltimore, Inc.

Officers 2009 – 2010

President Michael Rokos	1st Vice-President William Kool	2nd Vice President Joseph Ehrenberger
Corresponding Secretary Betty Joy Kilian	Recording Secretary Marie Pokorny	Treasurer Steve Askew
Financial Secretary Kristen Cahlander	Education Anci Huber	

Directors 2009 – 2010

Bohus Bata	Joseph Ehrenberger	Edward Foreman, Jr.
Frank Huber	William Kool	Marie Pokorny
Michael Rokos	Robert Romadka	Leilani Sain

Charitable Giving

If you're in a giving mood, the end of the year is a great time to consider donating appreciated stock to a qualified charity, Sokol Baltimore. By doing so, you avoid having to pay capital gains on the investment. And since the charity won't have to pay taxes when it sells the security, it will enjoy the full value of the stock sale. Meanwhile, you're allowed to deduct the value of the appreciated stock up to 30 percent of your adjusted gross income.

U.S. NEWS & WORLD REPORT, NOVEMBER 6, 2006