



SOKOLETTER

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

JUNE 2010

www.sokolbaltimore.org

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PICNIC MEETING

MONDAY, June 21, 2010

Meeting at 6:30 pm

**St. Margaret's
Episcopal Church
1834 E. Joppa Road**

Happy June Birthday!

June 2nd – Gloria Durham
June 5th – John Cervin, Jr.
June 10th – Dorothy Sanchez
June 11th – Joni Diedrich
June 14th – Eileen Head
June 22nd – Fred Marsik
June 25th – Charles Chalone
June 25th – Evelyn Belbot
June 26th – Ruth Bata
June 26th – Ron Zoubek
June 26th – Robert Katz
June 30th – Dolores Gentes

UPCOMING DATES & EVENTS:

Monday, June 14, 2010 – Sokol Baltimore Board of Directors Meeting. 6:00 pm @ St. Margaret's Episcopal Church.

Sunday, July 18, 2010 – Annual CSHA Picnic 2:00 PM @ Towson Unitarian Universalist Church (TUUC) is at 1710 Dulaney Valley Rd, Lutherville, MD 21093. See page 6 for directions.

Happy July Birthday!

July 2nd – Jacquelyn Marek Wood
July 15th – Leilani Sain
July 17th – Scott Master
July 19th – Kristen Ehrenberger
July 24th – Anna Losovsky
July 27th – Jennifer Riegel
July 28th – Carolyn Drumgoole

Donations to Sokol Baltimore

Patricia & Joseph Watkins
Steve Askew & Joni Diedrich
Sue Wolff
David Morkovsky -memory of Vlasta Valcik
Alma McComas -memory of Vlasta Valcik

Happy August Birthday!

August 1st – Angela Damarico
August 13th – Jerome Kaspar
August 15th – David Morkovsky
August 16th – Henry Elsnic
August 20th – Elisabeth Kokes
August 21st – Helen Hejny
August 28th – Marie Kohl

Donations to Sokoletter

Ann & Frank Huber

Donations to Building Fund

Rose Krajca

June Unit Meeting

The June unit meeting will start at 6:30 pm. The members will share delicacies at a covered dish dinner. Hot dogs, hamburgers, and liquid refreshment will be provided by the unit. All are invited!!

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Please join us as we honor those members who have dedicated 50 (**Bohus Bata**) or 25 (**Nancy Armiger, Holly Huber, Anna Losovsky, and Dorothy Sanchez**) years of service to Sokol Baltimore.

Briefs from May 10th Board of Directors Meeting

Eastern District President, Bro. Bo Bata, gave his brief report from the convention:

1. Article 34 (Bylaws) "b" and "c" after much discussion from the units. By-law changes will give units longer than 2 weeks to discuss it with their members. Any proposed change in by-laws require 2/3 approval instead of 51%.
2. Suggestions by delegates were taken and they will be compiled by Maryann Fiordelis.
3. Minutes of the convention not received as of 5/10.
4. Youth membership will be placed on data base of the members. They will accumulate Sokol membership years from the age of 6 and up.
5. Adult membership dues will increase.
6. Position of Executive Director to be terminated June 2010.
7. Treasurer's Report difficult to read or be understood.
8. Sokol officers must be citizens of the United States of America.
9. Strategic Planning Task Force submitted their budget but their source of income was not clear.

New Business

Pres. M. Rokos inquired about the new unit called Slavic American Sokol in Washington. This particular group broke off from the American Sokol Washington, D.C. It is an independent unit and not part of American Sokol. Their President is Tony Bartos. American Sokol Washington has not sent an updated and accurate list of all its members.

Highlights from Sokol Baltimore's May 17th Unit Meeting

Pres. Rokos spoke briefly about the Executive Director, Greg Harris's report to the 2010 Convention. Members that read his report were impressed with his many accomplishments. Greg Harris applied for many grants for Sokol to no avail. A better written financial report from the American Sokol would be advantageous. Use of Sokol Property discussed. Plan to discuss limits on property use with a country/city planner or attorney. Pres. Rokos will consult with Ronnie Reno, a corporate lawyer. Pres. Rokos would like to hear thoughts from members concerning the use of the Honeygo Property. Pres. Rokos requests members to call him or email him or other officers concerning thoughts and plans for the property. Pres. Rokos' phone number and email address: 410-366-6016 mrokosbalt@aol.com

MEMBERSHIP

Read Sis. Pat and Bro. Joe Watkins' informative letter. Told members about Sis. Amy Lukas' graduating from Loyola. Shared that Sis. Libble Vrzalik was in the hospital and ICU after a pacemaker placement injured her lung. Spoke to many members while requesting Sokol officers and enjoyed hearing the member's news.

EDUCATION

Educator shared information about "Dancing With The Stars" contestants, Evan Lysacek and Jake Pavelka.

GYM PROGRAM

- Discussed web site and updates.
- Made \$788 selling Joe Corbi items.
- The Gymnastics program is hosting a Tumble-A-Thon for our spring fundraiser. Each gymnast will collect pledges for as many cartwheels or rolls they can do in 3 minutes. The fundraiser runs June 8th and June 12th.
- The Gymnastics Beginner II group will be performing at the Federal Hill Jazz and Blues Festival on June 6th. Come out to support the girls for their first show!
- We are holding a CPR and First Aid class in June or July. The class will be \$60 per participant. Please contact Renee Harrison if you are interested. The classes will be held on a Monday night from 5:30 pm to 8:30 pm. The date will be communicated based on attendee availability.
- Plan a summer gym session.
- Have one to two birthday parties a month. Cost determined by number of guests and number of needed coaches.

Sis. Marie Pokorny informed the members that a former Sokol called her about Sokol Baltimore being listed in the newspaper for unclaimed money around \$900 from the City of Baltimore to Sokol Baltimore. Sis. Marie notified Steve Askew to get the money and I am sure it will be in the Treasurer's Report.

Read Sis. Ethna Flaherty's, District Educator, article on running to the members. It opened up a discussion on what Sokol offers in their programs. Br. Lund felt that kids at Sokol showed more enthusiasm and enjoy the sport compared to kids he teaches in other programs. He remarked that Sokol promotes a healthy attitude and mind and the importance of teamwork. Sis. Flaherty's article should be put in the newsletter. (See page 5)

NOMINATING COMMITTEE

The Slate of Officers 2010 – 2011 for Sokol Baltimore, Inc. for the June election are:

President	Michael G. Rokos
First Vice President	William J. Kool
Second Vice President	Joseph Ehrenberger
Corresponding Secretary	Betty Joy Kilian
Recording Secretary	Marie Pokorny / B. J. Kilian
Treasurer	Steve Askew
Financial Secretary	Edward A. Foreman, Jr. / Amy Lukas
Education Director	Ann Cervin Huber (Anči) Committee

Board of Directors:

Bohus T. Bata (Bo)	3 years
Joseph Ehrenberger	2 years
Edward A. Foreman, Jr.	2 years
Frank H. Huber	2 years
William J. Kool	1 year
Marie R. Pokorny	1 year
Michael G. Rokos	3 years
Robert J. Romadka	1 year
Leilani S. Sain	3 years
Stephen Askew (tentative)	

Members that offered to work on Committees such as Membership or Ways and Means:

Katherine Ehrenberger (Kate), Georgeanna Rokos, ?Dorothy Sanchez (Dot), other members may volunteer.

Submitted by the Nominating Committee: Sisters Anci Huber, Marie Pokorny, Bro. Frank Huber

NOTES ABOUT MEMBERS

Congratulations to **Sis. Amy Lukas** on graduating from Loyola with her MBA. Also, appreciate her offering her services as an officer if needed. We hope that **Sis. Libbie Vrzalik** is fully recovered after her pacemaker insertion procedure and her extended stay at the hospital. **Bro. Ed Foreman** is healing slowly but his knee is becoming stronger with daily physical therapy. Thanks Bro. Ed for accepting the position of Financial Secretary and you have a capable backup of Amy Lukas if needed. Kristen Cahlander has become the expert and can explain the position. Recently was informed that **Sis. Rose Marie Krajca** is having surgery on her right shoulder on June 4. She apparently tore a tendon or ligament in the shoulder due to falling. Spoke with **Sis. Dot Sanchez**; she is busier than ever. She is scheduled to go to San Antonio for classes having to do with her work. **Sis. Kate Ehrenberger** will try to lessen her church schedule so that she will be available to help Anci with the Membership Committee. Thank you to **EVERYONE** who has filled a position and diligently fulfills all the requirements. Many members work for Sokol and volunteer for multiple tasks and they need to be recognized and thanked. Sokol Baltimore has a wonderful gymnastic program and our instructors are so very dedicated.

We received a very nice letter from **Sis. Pat** and **Bro. Joe Watkins**. A substantial monetary gift in memory of their son, **Mark Watkins** and her parents, **Ted** and **Maná Michalek**. Thank you. Also, their daughter, **Sis. Susan Watkins Mutschler** got married and moved. She then had triplets on November 18, 2009. The three triplets are: two

beautiful girls (Jade and Summer) and a handsome boy (Charlie). They are over six months old and keep Susan and grandparents very busy. Please put Susan Mutschler's address in your membership directory: 1623 Lakewood Road, Pasadena, MD 21122. Sokol Baltimore has never had a member giving birth to triplets. The membership is proud and excited to know about the triplets. CONGRATULATIONS to the Watkins family and to Sis. Susan.

Now what shall we do with the Honeygo Property? Pres. Rokos is interested in knowing what members think about the use of the property for our current future???????

MEMORIAL DAY CELEBRATION at the Bohemian National Cemetery – May 31st



Photo courtesy Lois Hybl



It was a beautiful day and about 60 people attended the celebration. Greetings were extended by Rev. Michael G. Rokos. The Czech and Slovak Heritage Association's Choral Group sang the national anthems of Slovakia, the Czech Republic, and the United States of America as the flags were raised. Jana Racová representing the Czech Embassy spoke. Rev. Rokos gave Ms. Racová a double tailed lion pin. The pin is available for sale; they are handcrafted and come in gold or silver. Proceeds benefit the Cemetery. Made by Pride Metal in Parkville, workers from the old Stieff Company...among the last of the Baltimore Silversmiths. The CSHA Choral Group sang several other selections dedicated as a memorial to Dolores Šoul and Emily Slezak. Rev. Rokos said a prayer to remember all who gave their lives in defense of our country and in remembrance of all our loved

ones. A moment of silence was observed during the playing of Taps by Bro. William Kool and the placement of flowers at the base of the American Flag. This was followed by the procession of those present to the grave of Sgt. William R. Jecelin, Medal of Honor recipient, killed in the Korean conflict in 1950. The closing was the singing of America the Beautiful. There was a reception in the house and Czech and American desserts were available for a small donation.

EDUCATION

Sis. Ethna Flaherty, Eastern District Educator, reprinted this article with permission from the American Council on Exercise. The information was shared at the Unit Meeting and members asked that it be put in the June newsletter:

Children and Running

You know it's important to help your kids develop the exercise habit so they can be healthy, active adults. So, if your children have expressed an interest in running or a desire to participate in a race or two, don't discourage them! Running is a great natural sport that requires very little equipment. The important thing is to let them determine their own pace and to run only if it's fun and enjoyable.

A Few Precautions Before Getting Started

Check with a physician to rule out any physical limitations that may prevent your child from participating in a running program. Keep in mind that children's bodies, although young and energetic, are not capable of performing at the same level as an adults'. For example, kids are more sensitive to heat, so it is essential that they drink plenty of water and avoid running in the heat of the day. "Children have a higher body mass to skin surface ratio and may not be able to dissipate heat as well as adults," says Dr. Gabe Mirkin, a board-certified specialist in sports medicine and pediatrics. As muscles begin to heat up, it is okay to begin running. Also, show them how to stretch their calves, hip flexors and hamstrings after cooling down at the end of each run.

Finding Their Form

Since running is a natural action, most children will develop their own form. Encourage your child to relax his or her hands and face while running. A scrunched face and clenched fists indicate tension, which usually means the intensity is too high and the child is straining rather than having fun. Like adults, kids should be able to carry on a conversation while running and should be able to smile. Urge them to slow down if necessary and keep their shoulders relaxed while steadily and smoothly swinging their arms. To help them avoid slapping their feet on the ground, have children imagine running on light feet. For example, rather than pounding like a herd of elephants, tell them to run as if they are angels running on clouds or tigers running very lightly so they don't scare their prey.

How Far Should They Go?

Children will gauge their own limitations, so always listen when they say it's time to stop. Children should run only as far as they are comfortable. Lyle Mitcheli, M.D., director of the Division of Sports Medicine at Children's Hospital in Boston, recommends that children under the age of 14 run no farther than three miles at a time. The reason, he says, is that bones are still growing and the growth cartilage at the ends of the bones is softer than adult cartilage and more vulnerable to injury. Don't put pressure on your child to run. Encourage kids to come with you on short runs, but keep the pace slow enough that they can talk to you, and stop when they are tired. Kids should not begin running races above 5 kilometers (3.1 miles) until they are at least of high school age. Most marathons will not allow athletes under the age of 18 to enter due to possible skeletal injuries. Although running requires minimal equipment, it is important to invest in some supportive running shoes for your children. Look for a high-quality shoe that is made for running, with proper cushioning in the forefoot and heel, as well as arch support. Depending on how often your child runs, replace running shoes as soon as they show signs of breakdown, which usually occurs after about three months.

Set Attainable Goals

For children, the goal of running is to stay in shape and have fun, with a greater emphasis on the fun. Running fast or winning races is less important and may cause children to dislike exercise or abandon it altogether. Focus instead on improving your children's self-esteem by praising their efforts and helping them reach their goals. Chances are that if they enjoy running and feel a sense of pride when they are finished, they will remain active for life.



SOKOL BALTIMORE
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DATED MATERIAL

NOTES FROM THE CSHA

A Czech & Slovak Picnic

Letní Celebration

3rd Sun Jul 18, 2010 at 2:00 pm

Directions: Towson Unitarian Universalist Church (TUUC) is at 1710 Dulaney Valley Rd, Lutherville, MD 21093. Take Route 146 about 2 miles north from the Towson Town Circle or about 1.3 miles from exit 27B from the Baltimore 695 Beltway. Drive north along Dulaney Valley Road past Pot Spring Road. TUUC will be around a bend beyond the traffic light. Turn left into the parking lot. The church is at the back of the lot. Enter on the right side.

There is a patio area on the side of the church which is shady and handicapped accessible. Also, the lower level of the church will be open so people can get into an air conditioned area.

People interested in children's Czech and Slovak Language Classes can contact Marketa Traband (443-791-8427) marketa.traband@gmail.com.

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