

# AMERICAN SOKOL

VOL. XCVIII - NO. 5

MAY 1977

PUBLICATION OF THE AMERICAN SOKOL  
Educational and Physical Culture Organization

## XIV American Sokol Slet



SHERATON-OAK BROOK MOTOR HOTEL

1401 West 22nd Street  
Oak Brook, Illinois

XIV. ASO SLET BANQUET  
Grand Ballroom

PRESIDENTS DINNER and MEETING  
Sokol - Cultural Exhibit

XIV. ASO SLET HEADQUARTERS



# AMERICAN SOKOL

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## EDITORIAL STAFF

6426 West Cermak Rd. Berwyn, Illinois 60402

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## OFFICE OF THE EXECUTIVE BOARD ASO.

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Meetings: 4th Tuesday, except July and August,  
at ASO Office.

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## Calendar of Events

MAY 15 - PANCAKE BREAKFAST  
Junior Hobby Club  
Sokol Greater Cleveland  
MAY 17 - 18 - SOKOL DETROIT  
Annual Rummage Sale  
MAY 20 - SOKOL ST. PAUL  
Gymnastic Exhibition  
MAY 20 - SOKOL SLAVSKY  
Bunco Red Feather Bldg.  
MAY 20 - 21 - SOKOL MILWAUKEE  
Instructors and Gym Track Meets

MAY 21 - SOKOL BELCAMP

May Dance

MAY 22 - SOKOL BALTIMORE

Gymnastic Exhibition  
Perry Hall

MAY 22 - SOKOL CLEVELAND CECH-HAVLICEK

Dinner and Rummage Sale

MAY 22 - SOKOL WASHINGTON, D.C.

Položení věnce na hrob  
Neznámého Vojína (12 hod. poledne)  
Odpoledne piknik v Pallisade Park

MAY 28-29 - SOKOL SOUTH OMAHA

Mini-Slet

MAY 30 - CENTRAL DISTRICT UNITS

Memorial Day Ceremonies  
Bohemian National Cemetery  
Chicago

JUNE 3 - SOKOL MILWAUKEE

Graduation-Exhibition Program  
Pilgrim Park Junior High School

JUNE 3-5 - SOUTHERN DISTRICT SLET

Sokol Zizka, Dallas

JUNE 5 - NORTHEASTERN DISTRICT SLET

AMLA Recreation Center

JUNE 19 - SOKOL DETROIT

Summer Exhibition  
Sokol Camp

JUNE 12 - SOKOL SLAVSKY

Picnic  
National Grove No. 2

JUNE 26 - SOKOL BERWYN

Farewell Barbecue

SEPT. 24 - SOKOL WASHINGTON, D.C.

30th Anniversary Banquet

SEPT. 25 - SOKOL SO. OMAHA

Czech Festival

OCT. 8 - SOKOL SLAVSKY

Dinner Dance

## IMPORTANT XIV

## AMERICAN SOKOL SLET DAYS

THURS., JUNE 23 - PRESIDENTS DINNER AND  
MEETING

FRI., JUNE 24 - XIV ASO SLET BANQUET

Grand Ballroom  
Sheraton Oak Brook  
Oak Brook, IL.

SUN., JUNE 26 - XIV ASO SLET

Morton West  
Berwyn, IL.

# AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. XCVIII

May - 1977 - Květen

No. 5

## Sokol Slet - Harvest Time

Each Sokol Slet - like the harvest time, is preceded by the beauty and splendor of spring, summer blooming, and final ripening - initiating, developing and perfecting new skills, proficiencies; - the fruit of the Slet training program and preparations.

The Sokol Slet thus becomes the harvest-end, after all labor is done and effort spent - after all progressive stages of each Slet participant's development is carried out.

In looking back at the pre-Slet training season, reviewing hours of anxiety, when only faith, promise of success, and perseverance in day in and day out effort kept one hoping, trusting, in the final victory - only then a deep satisfaction entered the heart, as one beheld the golden harvest - the attributes to his moral and physical well-being.

This being the case, whether one recognizes the fact or not, there must be continuous sowing, if one expects continuous reaping. In other words - creating of moral and physical values is something sustained from our birth to our death. As we build it today, tomorrow and day after tomorrow, it will act, react and express itself throughout our entire life.

Our Sokol founder Dr. Miroslav Tyrs made this point when he said: "None, even the most glorious past, but the most active robust presence shall guarantee our full future existence!" So we must in our everyday strife look to the days ahead, rather than to the days past; today and tomorrow, not yesterday; to the dawn, not the sunset!

Furthermore, the Sokol Slet gives the onlookers a panoramic view of all developmental and competitive phases of the Sokol training program, - the most colorful montage of unison, symmetry of movement wedded to graceful rhythm, beauty of form and style; all singing aloud in gladness and joy.

The Sokol Slets also reflect the spirit of character of the time at their presentation. They also sing in full harmony of the power, dignity, excellence, revered truth and beauty - the key overtones of Sokology.

Each Sokol Slet exercises a marked influence upon the growth, advancement and expansion of Sokol teaching in all its phases.

By and large Sokol tells of the glory of the Sokol system of education - of a splendid heritage of our Sokol founders.

During and after the Sokol Slet the realization of our founders' boundless dreams, at the time when spring, summer, and harvest passed, winter preludes another sowing and brilliant skies shining with the promise of another harvest. Then again we shall continue on our Sokol journey carrying a torch with the immortal flame of the yields of the past seasons - the Slet and pre-Slet periods.

In retrospect we must remind ourselves of the debt we owe to those of our leaders who are no longer among us for their unselfish thought and acts, which so beneficially influenced our Sokol present and future. Therefore, let us, on this festive day, humbly bow our heads in silent tribute and homage to their memory.

Looking ahead let us allow the flame of the XIV. American Sokol Slet to forge us into ranks of doers, rather than spectators - men and women of all ages filling our gymnasiums - the citadels of health where moral and physical well-being is victory, ill-health of mind or body is defeat, where all class members joyously partake in the Sokol training program, replenishing their spent energies, attaining their total fitness and retaining it until their life journey's end. Only such a vast outpouring of the springs of strength, of vigor, and of beauty, shall guarantee our future and shall contribute to our common cause, as Dr. Miroslav Tyrs so aptly expresses it in the following words:

"It is the cause that counts! It is mankind that matters!

Alone, one is nothing - together everything!"

Allow the ever vibrating spirit and energy of the XIV. American Sokol Slet to pass on to our youth and future generations, and light the road leading us to a new summit on our Sokol Horizon!

On the threshold of this memorable event in our Sokol history, "the XIV. American Sokol Slet" let our thunderous "SLETU ZDAR!" split the summer sky asunder, and echoing in all Sokol hearts throughout the world, sweep across our hemisphere, carrying our Slet greetings and salutations on to the nation of our founder!

To the XIV. American Sokol Slet -  
ZDAR!

O. J. Kudrnovsky  
Honorary ASO Dir. of Men

## ASO Executive Board Meeting

MARCH 22, 1977

Bro. Roy Zitny, Pres. presided.

Present: Sister B. Prener, E.J. Schnabl, A. Sotka, M. Ptacek, A. Basta, bros. R. Svoboda, G. Basta, P. Lebloch, J. Rabas, J. Jindra, G. Simonek. Excused: sis. L. Zdenek, S. Pistorius, bros. Schnabl and Vachata.

Correspondence: Several requests for membership pins, Citation of Merit, and membership cards taken care of. - Letter from bro. R. L. Kittrell, Recording Secy. Sokol Cedar Rapids concerning liability insurance - national in scope to help reduce individual unit cost. Note: each State has different rates and requirements. - Press release and request for ad from Sokol Greater Cleveland - rededication of Bohemian National Hall. - Request for transfer from AT2 Gary Prebyl of Corpus Christi to either Baltimore or Washington, D.C. - Letter from bro. Ed. Stetka sending books for our Library. Acknowledgement sent him with copy to Educational Committee. Bro. B. E. Dillon, Sokol So. Omaha, sent change of address; asks addresses of units in New York area. - Gymnastic skills patches received. - Letter from Gordon L. Peltz, lawyer, representing bro. Donald Otenasek. He is drawing up a will setting up the Don Otenasek Sokol Memorial Scholarship Fund. Sis. A. Basta moved we acknowledge acceptance of the fund with provisions as stipulated, passed. - Letter from bro. Henry Voyta, past president of Plzensky Sokol (dated Dec. 1, 1976, but never received. Copy received March 1, 1977). The unit has voted to drop its membership in the American Sokol Organization effective Jan. 1, 1977. Subsequent phone call from bro. Ed Prince, President, inquiring as to action taken. Reply - according to ASO Constitution and By-Laws, Central District is to look into the matter and report to ASO Executive Board. - Thank you from bro. and sis. J. Kalivoda of Detroit for 1965 music which was located by bro. E. Halik. They are working hard for the Slet; willing to help when they arrive. - Letter from bro. Wm. Zabransky, Jr., requesting letter concerning prices of ads. - Received U.S.O.C. summary of proceedings of Executive Committee held Dec. 4 - 5, 1976, to be presented at meeting March 12 - 13, 1977. - Received U.S.O.C. information and blanks regarding appointment of delegates for Quadrennial Meeting in Colorado Springs, April 29 - 30. Referred to B.O.I. - Notice from University of Illinois Circle Campus of Windy City Invitational meet for Women, Jan. 28, 1978; also Midwest Open Nov. 25, 1977. - From Cermak Road Business Assoc. entries to annual Houby Queen contest. - Hunter College requesting letter of support for sis. Norma Zabka, who is in line for promotion. - The Bohemian National Cemetery requesting bro. Roy Zitny be their English speaker at annual Memorial Day ceremonies.

Reports: B.O.I. Director of Men, bro. P. Lebloch. Final report from Western District, bro. P. Cahoy attending Coaches' Conference \$27.95. Northeastern District, Men's filmed calisthenics \$30.50. To sis. M. Provaznikova for lecture on Sokol history \$50.00. All

approved for payment. - Concentrating all efforts toward Slet, Junior calisthenic corrections; letter to bro. W. Hosek to do narration during Junior drill; met with bro. Picha and sis. M. Ptacek; requested bro. E. Linhart to insert article in Gymnast stressing marching; bro. G. Kalat will arrive week before Slet to coordinate men's tabulating; Mr. Fred Kussel contacted to do displays for Awards' Night and on Slet. - Re: Instructors School, George Williams College facility, Williams Bay, Wisc., not available; in contact with Illinois Benedictine College in Lisle - North Central College available. School Board may raise number of students to 60.

Director of Women, sis. M. Ptacek. Working on Slet. Sokol Canada has declared our XIV. as its own event; Sokol Masaryk requesting additional information; D.A. Sokols will attend. Together with sis. E.J. Schnabl met bro. Wielgus concerning Slet insurance. - Optional Chamionships will be at Morton East. Arranged mailing of material on Unit Special number competition and Modern Rhythms. - Competitors number cards, and officials badges received. - Recommend the Management Committee look into sunshades for spectators in East stands, per sis. M. Prchal's request. May 11th meeting will be with members of combined Central District B.O.I.

Membership: bro. R. Svoboda. Awards will conform to other trophy awards. Another mailing sent; article appeared in the publication; deadline is March 31st.

Educational: No meeting held due to members' activities on local unit level.

Editorial: March issue is out; picture of Pres. T. G. Masaryk has brought compliments as has article written by bro. K. Prchal.

Publicity: English. Sis. S. Pistorius. More Radio and TV stations contacted; finalized contract with Magikist; article appeared in Slovak Sokol Times.

Publicity: Czech. Bro. J. Rabas. Slet articles written for Czech publications. Also part of ad for Lyra Singing Society program book.

Financial Secy.: sis. A. Sotka. Distributed February financial report. Completed form for U.S. Department of labor, Bureau of Statistics. Clarified questions for Sokols St. Paul, Schuyler, Racine, Detroit, Fresno, New York, Caldwell, Minneapolis, St. Paul and South Omaha. Updated plates for Presidents, Secretaries, Financial Secretaries, Directors of Men and Women, and Educational Directors. Books audited for 4th quarter 1976; found to be in order. Request renewal of contracts for Bookkeeping machine and A. B. Dick mimeograph. Approved.

Treasurer: bro. G. Basta. Reconciled bank statements. Next month will have first quarter report on financial standing of ASO in 1977.

Uniform - Office - I. Vice Pres. sis. B. Prener. Large sales due to local Unit exhibitions. Thanked sis. Sotka, Schnabl and Simonek for handling orders. Searching for new supplier of White Gymnastic Slippers. Audit of books taken for 4th quarter 1976; books found in order. Patterns of Women's Prade Dress Uniforms and paper given to sis. R. Sladek. - Arranged for installation of new phone to handle Slet communications. - Attended meeting of Czechoslovak Organizations in

Greater Chicago, who will arrange our displays and exhibit during Slet.

Secretary: sis. E.J. Schnabl. February minutes mailed - handled necessary correspondence; final membership drive mailing sent for bro. R. Svoboda, Chairman Membership Committee; compiled March rosters; acknowledged Future Sokol Leaders Fund donations; met with members of B.O.I. regarding Slet insurance; also Modern Rhythmic Gymnastics competitions. Attended local exhibitions.

President: bro. R. Zitny. Installed officers of Chicagoland Sokol; attended exhibitions locally and participated in own Unit. Accepted invitation to speak at Bohemian National Cemetery Memorial Day ceremonies.

Slet: Meeting held March 16th. All committees progressing. Pictures of all committees will be taken at next meeting, April 20th. Bro. Barcal to ascertain if Sokol Berwyn is available. Bro. J. Jindra will arrange for photographer.

Souvenirs: The Royal Blue bag with Sokol emblem and "American Sokol" imprinted, as submitted by sis. Schnabl, approved. Quantity of 250 to be ordered. Approved. Charms also will be ordered. - Bro. G. Basta reports tickets have been laid out. There are 9 different sets. The Slet logo cannot be used because of size, reduction would make it illegible. - "Package deal tickets" will be made up at office. Participants Passes would be stamped for Awards Nite.

## Western District

FEBRUARY 6, 1977

Pres. bro. Ed Pavoucek presided with 13 people present.

Salute to the flag was lead by bro. Ed Pavoucek.

Secretary Helen Karpisek asked to be relieved of secretarial duties.

Correspondence read by sis. Bea Pavoucek. Letter from ASO Executive Board, issued Slet seals, donations asked. Motion by bro. Mickey Dalton to file seals. Passed. - Council for Higher Education asked for donations to this fund. Motion by bro. Phil Cahoy we donate \$5.00, passed. Sis. Bea Pavoucek moved Western District purchase half-page ad for \$45.00 for the Slet Souvenir book. Passed.

Bro. Phil Cahoy reported Nebraska School Athletic Association has letter on file stating that students can take classes at private gym clubs, but they cannot compete for a club during a gymnastic season at their high school or Junior high school. - Merit Award applications due April 30th.

Sis. B. Pavoucek reported bro. V. Novotny awaiting transfer cards for bros. Charles Blecha and John Slaby.

Chemicals for preserving super 8 film and recording tape will be purchased by bro. Bud Benak.

Bro. Ed Pavoucek, Pres., made suggestion that So. Omaha be paid rent for the use of the hall for Western District meetings. Bro. Phil Cahoy moved we pay \$5.00 per meeting. Passed. The same rental basis will apply for meetings held at Sokol Omaha.

## Central District

FEBRUARY 23, 1977

Bro. E. Halik, Pres. presided with 15 delegates present, and 5 delegates excused. Pledge of Allegiance to the Flag was given.

Bro. E. Halik announced that bro. Edward Pavek of Sokol Berwyn is hospitalized. A "Get Well" card, signed by all present, was sent him.

Bro. Halik appointed sis. Kmen, Prener and Halik to take notes of the meeting.

Correspondence: List of Officers and Delegates was submitted by sis. A. Basta. She is waiting to submit District property to the new Secretary.

Correspondence: Received from A.S.O. 5 bumper stickers and 5 decals for the XIV Sokol Slet (June 23-26, 1977) as samples. These may be secured from the ASO Office in multiples of 25. Price: sticker 50c, decal 25c. Can be sold as fund raisers. Prior to Slet stickers will sell for \$1.00 and decals for 50c at ASO Office.

ASO Slet Committee asking for donation to Slet Trophy Fund for competitions. Bro. Glasser moved \$75.00 donation be made. Approved. Also asking for Ads and Well Wishers for XIV. Sokol Slet Souvenir Program Book. Motion by sis. Schnabl for a full page ad, amount \$80.00. Bro. Halik to arrange wording; approved. He will prepare article for District Presidents' page. - Bill from ASO for 1.5 reams of paper for Second Class Exercises for \$5.25. Approved. - Bill for postage, paper, and stencils, total \$9.99 from sis. A. Basta. Approved.

Invitation from bro. Bud Benak of South Omaha, to participate in South Omaha competitions for boys and girls, April 2-3, 1977, Bryant High School in Omaha. Invitation referred to bro. J. Placek, Dir. of Men, who will notify sis. M. Vachata, Dir. of Women. - Letter from bro. Mostenan of Sokol Racine, advising bookcases were sold with the building. Sokol and Sokolice Racine have merged into a combined unit. - Check for \$20.00 received from Sokol Slavsky for pictures of Instructors School.

Reports: Bro. Placek, Dir. of Men. Reported on men's BOI meeting and Instructors Conference. Highlights: Gymnastics - generally agreed more competitions are desirable and beneficial. - BOI will look into special class for advanced gymnasts on all levels. - Gymnastic competitions - Must be sure enough judges are available. Some units feel if competitors are not entered, not obligated to send judges. This attitude must change. - Games: Felt that seasons are too long. Set time limits. - Calisthenics: Agreed they have a place in our program. Explore ways to make them more interesting. Music should be suitable. - Discussion on whether calisthenics be made a part of gymnastic competition. -

Dir. of Women, sis. M. Vachata was excused. In her absence sis. E.J. Schnabl gave brief report. Second Class Girls competitions scheduled for May 21, at Sokol Berwyn. First class Girls competitions June 4, at Sokol Stickney. Modern Women's Gymnastics Clinic was held February 13, at Sokol Stickney. Awards Nite get-together being prepared.

Educational and Cultural Directors Reports. Bro. Ernie Pirka gave brief summary of activities. Materials for Christmas programs sent all Units. Sis. Ruzicka (Sokol Town of Lake) reported this was found to be very interesting, as did sis. Kmen (Sokol Havlicek-Tyrs). An Easter Bulletin is being prepared for distribution. Bro. Pirka feels biographies of our American Sokol leaders (past and present) should be prepared, as well as those of Dr. Miroslav Tyrs, Jindrich Fuegner, and Pres. T. G. Masaryk.

Sis. A. Halik reported luncheon expenses of \$57.61 for Annual Meeting of the District held Jan. 16, 1977 at Sokol Tabor. Raffles and sale of excess food brought \$125.00, leaving a profit of \$67.39, which was given to bro. Glaser, Treas. Sis. Halik thanked Sokol Tabor for the use of their facilities, and for their generous donation of beer and soda. A letter of thanks will be sent Sokol Tabor. Sis. Halik thanked all for donations of prizes for raffle, for delicious baked goods, and salads.

Sis. Jindra, in absence of bro. Jindra, extended invitation to attend Chicagoland Sokol's installation of Officers, February 27, 1977 at Sokol Stickney.

Auditing Committee: Sis. Prener and Ruzicka met at bro. Glaser's home. Books were audited and found in order. Committee also prepared a report of BOI expenses. Committee asked to present a complete report of receipts and disbursements.

General: Request to contact Berwyn Recreation Board for use of their facilities for the Dance and Vaulting groups. - ASO requests each District bring their State Flags for the XIV. Sokol Slet Parade. - Bro. R. Svoboda reported receipts of \$1,066.32 and disbursements of \$584.93, leaving balance of \$481.39.

## Eastern District

### FEBRUARY 11 - SOKOL BALTIMORE

President, bro. D. Otenasek presided - all members present except bro. F. Capek who was excused.

Correspondence. Bro. Babinec sent best wishes for the coming year. Request for ad in XIV. Slet Program Book; half page ad approved with listing of Units. Bro. Neuman will prepare copy.

Public Relations. Bro. Hesoun wrote articles for papers.

Educational Director. Bro. Novak assembling materials to be forwarded to Unit Directors.

Bro. Neuman received, from sis. B. Zraly, the years of service of our past District Officers.

Dir. of Women, sis. L. Sain. A Slet Clinic held in Little Ferry on Jan. 22-23, with 30 participants. Directors hope to visit each active Unit before the Slet. Sokol New York hosting an exhibition on April 23. - A Workshop also planned for that day. District Officers hope to convene in New York also. - Workshop at Sokol Fuegner planned for June 4. - United Sokols of the East requested Slet Clinic for April 24; also invited participants to their Competition. Tentative plans made. - Presented invoices for Slet movies \$30.00,

which have proved their worth in necessary corrections, and for Slet tapes and Clinic expenses. Approved. - Sis. Sain urged to keep up with assessment forms. - Sis. Ellen Garlicki wrote for sponsorship and financial assistance for her participation in National Rhythmics Competition. She plans to represent Sokol. Discussion followed. Sis. Sain was directed to contact ASO for guidelines. The District feels strongly that this is good exposure for Sokol. As quick response is needed, sis. Sain and bro. Otenasek will handle prior to meeting.

Dir. of Men, bro. J. Vrzalik. Presented bills for copies of Slet tapes made for Units, and for phone calls and postage. Approved - after discussion as to why District had to incur this expense. Sis. Sain will take this up with ASO.

Bro. Neuman stated Sokol Washington will host Annual District Meeting Sept. 24-25, 1977, at Roslyn, Virginia. The evening of the 24th will host their 30th Anniversary Banquet.

A mix-up in dates - Sokol Baltimore scheduled their Exhibition for May 22, the same date as the ceremony at the Tomb of the Unknowns, an unfortunate error.

Financial Secy., sis. Friedrich gave detailed report on Unit membership and financial reports. Also requests all Unit Presidents inform their Financial Secretaries as to her address. All Unit Officers should contact their equal District Officer for a quicker response to a problem. Secretaries should mail complete list of their Unit Officers to bro. Henry Vrzalik.

Treasurer, bro. Friedrich gave report for January-February. Income \$1,214.94, expense \$971.19 - Total Assets \$7,969.98.

Bro. Neuman invited District Sokols to participate in Sports Competition to be held in Belcamp on Labor Day weekend by the Czechoslovak Sportsmen from Abroad. Soccer, field and track, volleyball, golf, tennis are some of the events with an Awards Dance in the evening.

## Zdar Sletu!

K příštímu Sletu přeji mnoho zdaru a úspěchu! Bohužel že nemohu se dostavit jako jiná léta. Žádná veřejná cvičení naší jednoty, Sokola Slávského, Župní Slety, ani Slety Americké Obce Sokolské jsem nevynechala. Vždy jsem stála v řadách cvičících po boku mé dcery Vlasty, za mé 62-leté činnosti v jednotě Slávského.

Dlouho jsem se bránila nemoci, těžko jsem se loučila s tělocvičnou, ale nemoc a stáří zvítězily.

Přes to všechno, mám krásné vzpomínky na sokolskou činnost, a ještě jednou přeji zdar XIV. Sletu, a Sokolu mnoho úspěchů do budoucna.

Marie Brychta, Sokol Slávský

Poznámka redakce: Ses. Marie Brichta slavila 99té narozeniny. Přejeme jí mnoho zdraví.

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## Upward and Onward

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# SOKOL GYMNAST

MAY, 1977

Editor - Edward Linhart - 1820 Ridgeland Ave., Berwyn, Ill. 60402



## SLET '77 BULLETIN

### ATTENTION DISTRICT DIRECTORS, UNIT DIRECTORS AND ALL CLASS INSTRUCTORS



The American Sokol Organization proudly announces the near completion of plans for the XIV. American Sokol Slet "Upward and Onward". Response has been tremendous from all parts of the United States, Canada and Sokols Abroad. We are looking forward to a successful Slet '77.

The National Board of Instructors and the Slet Committee have been making preparations for this Slet for the past two years.

As the final days approach, much of the responsibility for the success of our Slet and holiday depends upon your efforts at the District and Unit level.

- 1.) Stress marching to music in all your class sessions.
- 2.) Sokol songs to be sung by each class after their calisthenic performance have been announced. Make sure they are practised at each class session.
- 3.) Slet calisthenics should be a part of every class. Now that your Unit exhibitions are over, do not wait until Slet rehearsal to reacquaint yourself with the drill.
- 4.) The Junior calisthenics will be extremely effective if performed with precision. Extra effort should be given this composition. Young men are requested to also learn the Junior boys calisthenics to help complete the formations.
- 5.) As part of our proud Czechoslovak heritage a mass folk dance will be presented at the Slet. Music and instructions have been sent to your District Directors. We request each Unit to participate with at least one group of 6 couples. With your cooperation this will be a spectacular and colorful number.

If you know of a Czechoslovak cultural group or organization in your area, extend an invitation to join your group in this performance.

- 6.) Your non active members are also encouraged to participate in the opening parade in their Sokol parade uniforms or Czechoslovak National Costumes.
- 7.) District Directors, do not forget your District's Vaulting preparations for the Slet Vaulting number.
- 8.) Remember to bring your flags, American, Czechoslovak, District and Unit. - Districts are requested to bring flags of the States where you have Units.

PREPARATION - DISCIPLINE - ENTHUSIASM will insure that the XIV. American Sokol Slet will be a tremendous success.

SLETU ZDAR!

Marie Ptacek

Paul Lebloch

## APPARATUS CORRECTIONS FOR JR. GIRLS AND WOMEN - (Cont.)

## INTERMEDIATE JR. GIRLS AND HIGH WOMEN - UNEVEN BARS

9. "... arched dismount (**hips free of bar**) forward . . ."

## INTERMEDIATE JR. GIRLS AND HIGH WOMEN - BALANCE BEAM

2. "... from left, right **fore-leap**, sidearm (leap very small) . . . right halfsquat, left rearleg, left frontarm, right **sidearm** (minimum . . ."

3. "... 180 degree turn left to **rearleg**, halfbend . . ."

4. "... handstand stradleg, right in front - \* inverted handstand stradleg. . ." (\* - eliminated "closeleg inverted handstand")

5. "... left forestep, **sidearm - uphop**, **high right frontleg**, to **halfsquat right in front**, closearm - **bend closeleg rebound to squat**, right in front, uparm to **bend frontarm, palms up (facing body)**."

6. "... left high rearleg, frontbow, **arms optional** (abstract . . ."

7. "**Uprise**, left forestep - . . . on right (chaase), **arms optional** - step left. . ."

8. "... hands on hips) - **uprise**, **high right frontleg**, frontarm - foldroll **rearward closeleg to squat right**, left high rearleg - **close left to squat**, right . . ." **support**

9. "... sidearm - rise to **toestand** with 180 degree turn left, bend . . ."

10. "High right frontleg, uparm - right forestep - archtumble sideward to right to inverted closeleg handstand - release left hand, 90 degree turn right - dismount right side to beam - **right hand regrasp beam** - closearm. (or **right forestep, high left frontleg - archtumble sideward to left to inverted closeleg handstand release right hand, 90 degree turn left - dismount left side to beam - left hand regrasp beam - closearm**)".

## INTERMEDIATE JR. GIRLS AND HIGH WOMEN - F.X.

Before No. 1, starting position: "... left ankle, right bend **reararm (hand touching right hip)** left frontarm, palms up."

1b. "... flank circles **forward** to uparm outward . . ."

1c. "... across right over left, **frontbow**, head down."

2a. "... left frontleg, **flank circle rearward to uparm**."

3. "Swing right to **low frontleg** . . ."

3b. "... left uparm, head **up** (curved pattern)."

3c. "... step left - **uphop left**, bend right frontleg (toe touches left knee) bend frontarm **across** (crossed in front of chest), **head frontbow**."

3d. "Step right - \* left fore-split leap . . ." (\* - eliminated "uphop")

3e. "... halfsquat, frontarm downslant **through sidearm, and closearm**, palms down, head down."

4a. "... 135 degree turn left to **land closeleg toestand, slight rearbow, frontarm through closearm and sidearm**, palms up, head up."

4b. "... **dive** archtumble forward . . ."

4c. "Immediately **dive** archtumble sideways . . ."

5a. "... sidestep left with **90 degree** turn left . . ."

6a. "**Sidestep** left, flank **swing rearward**, - archtumble . . ."

7a. "... bend left frontleg **across**, \*bend **right frontleg** (. . .)" (- eliminated "toes touching floor")

7a. "... shin of left leg), **right halfbend uparm through sidearm, closearm, and frontarm**, left halfbend frontarm, **head frontbow**."

7d. "... slightly twisted left, **head left**."

10a. "... archtumble sideward left with **90 degree** turn left (. . ."

(Next page)

10b. "Sidearm, place back of hands on mat - foldroll forward to halfsquat - uphop, 180 degree turn left, uparm."

11a. "... bend left sideleg, frontal swing inward to halfbend ..."

11b. "... right frontal swing downward to frontarm inward ..."

### HIGH JUNIOR GIRLS - BALANCE BEAM

Add before No. 1: "The mount may be executed to the right or left. The description will be to the right."

2. "Run left - right - left right bend frontleg to strideleg leap (stag-split leap) to ..."

4. "handstand strideleg, right in front - inverted closeleg handstand - strideleg handstand, left in front ..."

5. "... - left forestep, sidearm - uphop, high right frontleg, to halfsquat right in front, closearm - jump up (body ... left low leg forward and rearward, uparm - land in squat, right in front, bend frontarm, palms up (facing body) (beat jump)."

6. "... left high rearleg, arms optional (mark for 2 counts) - uprising, step left - ... (chasse), sidearm - left halfsquat forestep, right halfsquat reartouch, body twisted slightly to left, head and trunk frontbow, right halfbend uparm, left bend ..."

7. "... right foretouch, left uparm outward, right bend ... right toe, left leg optional, arms optional (full turn)- ... (toe passes left knee) to rearleg, right reararm through closearm, left frontarm through closearm - land left halfsquat, right reartouch, right frontarm upslant through closearm and frontarm, left low reararm through closearm."

8. "90 degree turn right, right uparm outward, left sidearm downslant - right dip sidestep, right sidearm downslant, left sidearm upslant - close left to right in halfsquat, right uparm outward, left sidearm downslant."

10. "... Rebound archtumble sideward to right on right hand only to inverted closeleg handstand - 90 degree turn right ... DISMOUNT) (or high right frontleg, thrust to uparm - high left frontleg - rebound archtumble sideward to left on left hand only to inverted closeleg handstand - 90 degree turn left to stand left side to beam, left hand on beam)."

### HIGH JUNIOR GIRLS - F.X.

1e. "Land in halfsquat - archtumble rearward ..."

2b. "... bend left frontleg to split leap (stag-split leap) ..."

2c. "... rearstep right - \* 135 degree turn ... " (\* - eliminated "bend left rearleg")

3a. "Run left - right - rebound right, drawing left to right - left forestep - archtumble forward (front handspring) - land halfsquat - immediately joint rebound, archtumble forward (slightly piked position)(front mounter, step out), land right."

4a. "... right through \* halfbend frontarm - forestep. ... " (\* - eliminated "sidearm to")

4c. "High right rearleg, \* frontbow (scale)." (\* - eliminated "moderate")

5a. "... frontleg (develope), arms optional."

5c. "... kick left sideleg, uparm outward."

7a. "... left leg circles inward (sideward ...)"

7d. "... left sidearm through closearm, right closearm, ..."

7f. "... pointed on floor), left halfbend frontarm downslant, right ..."

8a. "... right rearleg (horizontal), 360 degree turn left (bent knee scale full turn), arms optional." 8d. "... step left - 180 degree turn right - rearstep right - 180 degree turn right on right."

9a. "High left frontleg, right uparm through closearm, left frontarm - forestep left, right closearm ..."

9b. "... contracts as arms swing to uparm through reararm, closearm, and frontarm (fingers sweep floor), head down."

**XIV AMERICAN SOKOL SLET**

JUNE 2

**WEDNESDAY, JUNE 22** - 6:00 P.M. Set Judges Meetings  
Men and Women in separate rooms  
at the Sheraton-Oakbrook  
1401 West 22nd Street  
Oak Brook, Illinois

**THURSDAY, JUNE 23**

**GOLF TOURNAMENT** - 9:00 A.M. - at Timber Trails Golf Club,  
11350 Plainfield Rd., La Grange, Illinois.

**JR. GIRLS AND WOMEN** at Morton East High School Annex  
Entrance from parking lot  
59th Ave. and 25th Street  
Cicero, Illinois

7:00 A.M. - Judges Briefing  
7:30 A.M. - Jr. Girls Law A Division - Room A-101  
7:30 A.M. - Jr. Girls Low B Division - Room A-201  
1:00 P.M. - Jr. Girls Intermediate Division and  
Women's High Division - Room A-101  
2:00 P.M. - Jr. Girls High Division - Room A-201

**JR. BOYS AND MEN** at Morton West High School  
2400 So. Home Avenue Berwyn, Illinois

7:30 A.M. - Judges Briefing  
8:00 A.M. - Jr. Boys Low Division  
10:30 A.M. - Jr. Boys Intermediate and High Divisions and  
Men's Intermediate and High Divisions  
1:00 P.M. - Jr. Boys' and Men's Championship Compulsories

**UNIT SPECIAL NUMBER COMPETITION** - at Morton West High School Boys Gym  
2400 So. Home Ave. Berwyn, Illinois

7:00 P.M. - Judges Briefing  
7:30 P.M. - Unit Special Number Competition (Boys' Gym)  
Evening - Social at Sokol Tabor  
16th and Clarence Ave.  
Berwyn, Illinois

**FRIDAY, JUNE 24**

**JR. GIRLS AND WOMEN** at Morton East High School Annex  
Entrance from parking lot  
59th Ave. and 25th Street  
Cicero, Illinois

7:00 A.M. - Judges Briefing  
7:30 A.M. - Women's Low A Division - Room A-201  
7:30 A.M. - Women's Low B Division - Room A-101  
10:00 A.M. - Women's Intermediate Division - Room A-101

RAM

E OF EVENTS

## 77 "UPWARD AND ONWARD"

E 26, 1977

1:00 P.M. - Jr. Girls and Women's Volleyball Warm-ups  
AT Morton East High School Fieldhouse  
59th Ave. and 25th Street Cicero, Illinois

1:30 P.M. - Jr. Girls and Women's Volleyball Tournament

**JUNIOR BOYS AND MEN** - at Morton West High School  
2400 So. Home Avenue  
Berwyn, Illinois

7:30 A.M. - Judges Briefing

8:00 A.M. - Men's Low A Division

8:00 A.M. - Master's Division (Men 35 years old and over)  
(Men's Low A Division exercises will be used)

10:30 A.M. - Men's Low B Division

1:00 P.M. - Volleyball Warm-ups - Jr. Boys and Men (Field House)

1:30 P.M. - Volleyball Tournaments - Jr. Boys and Men\*

6:30 P.M. - Cocktail Hour for Banquet - Sheraton Oakbrook

8:00 P.M. - Social at Sokol Tabor  
16th and Clarence Avenue Berwyn, Illinois

**SATURDAY, JUNE 25**

**GIRLS AND WOMEN** - Modern Rhythmic Gymnastics  
at Morton West High School  
2400 So. Home Avenue Berwyn, Illinois

7:30 A.M. - Judges Briefing

8:00 A.M. - Modern Rhythmic Gymnastics Competitions - Room 111-112

10:30 A.M. - Jr. Girls and Jr. Boys Calisthenics Rehearsal at Morton West  
Field (for all Jrs. who have no other event scheduled)

**JUNIOR GIRLS AND WOMEN CHAMPIONSHIPS****JUNIOR BOYS AND MEN CHAMPIONSHIPS**

at Morton West High School  
2400 So. Home Avenue Berwyn, Illinois

1:00 P.M. - American Sokol Junior and Senior Championship Competitions

8:00 P.M. - Awards Night - Sheraton-Oakbrook Grand Ballroom  
(Proper attire requested)

**SUNDAY, JUNE 26 - MORTON WEST - HOFFMAN STADIUM**

8:00 A.M. - Leaders Meeting

9:00 A.M. - Slet Rehearsal

1:00 P.M. - Parade Assembly

2:00 P.M. - Slet Program

5:00 P.M. - Slet Farewell Bar-B-Q

at Sokol Berwyn  
6445 W. 27th Place Berwyn, Illinois

\*If Jr. Boys or Men's Volleyball Tournaments are not completed on Friday, games will continue Saturday morning at the same location at 8:00 A.M.

**CORRECTIONS - (Cont.)**

- 9d. "... left halfbend frontarm, **right uparm outward**, head right."
- 10a. "**Left sidearm** - run right - left . . ."
- 10b. "... (front walkover), **arms optional**."
- 11a. "Forestep left - **draw right to left in toestand**, left in front, with slight . . ."
- 11b. "... land right - right frontal **swing forward** to uparm outward."
- 11c. "... body arched, **swing right rearward to frontarm upslant**, left frontarm upslant - **dive** archtumble forward with . . ."
- 12a. "... kneel right, flank circles **rearward** to frontarm **upslant**, palms up."
- 12b. "Bend left frontleg - shift weight to left, **arms optional (no hand on the floor)**, head up."

**WOMEN'S LOW B FLOOR EXERCISE:**

XIII-XVI 4. Support both forearm; (1) right high frontleg, left closeleg; (2) left high frontleg, right closeleg, left closeleg, deep frontbow with body contraction bring arms sideway to frontarm curve leading with forearm and return sideway to sidearm, leading with back of wrist 2.0

**WOMEN'S LOW A UNEVEN BARS:**

7. With uplift of legs, high underpass frontswing and 180-degree turn left or right - regrasp 1 hand to overgrip on high bar - frontswing (to wrap bar), backswing, - bend frontleg to place feet on low bar - regrasp of other hand to overgrip on high bar - extend legs and with moderate rebound jointleg overpass forward over low bar to stand on floor, back to bar 2.5

**WOMEN'S LOW A DIVISION - BALANCE BEAM:**

5. Upright, uprise, forestep left - halfbend uparm inward - high right frontleg - 180 degree turn left, - rearstep right, left, draw right to left, toestand - look up .....1.0

**WOMEN'S LOW A FLOOR EXERCISE**

There will be a revised version of the music for Women's Low A Floor Exercise. It will be included on the tape with the corrected Čardáš music and the vaulting music.

VI 11 and 12 - same; ADD 90 degree R Forestep close L, forestep R

VII 13 and 14 . . . 90 degree turn right **SIDESTEP** right close left, forestep right . . .

VIII 15 and 16 OMIT 45 degree turn L, squat support - then continue - tucked foldroll forward to sit support on right arm, left leg extended sideways, right bent, toe touching inside of left thigh; sidearm downslant left, palm down.

XI 1 and 2 . . .90 degree turn left, support kneel **LEFT**, high right rearleg . . .

**NOTICE**

**SENIOR MEN AND WOMEN:** - An open marker must be left between the columns of Men and Women.

**TOTS DRILL**

There have been some changes and revisions made in the Tots' Drill. Should any unit be interested, who is bringing Tots to the XIV Slet, please contact Sis. Mae Simonek, B.O.I. Secretary, for the changes.

**CALISTHENICS TO BE USED FOR THE COMPETITIONS:**

JR. BOYS: PART 1 - Section A Measures I-VIII.

JR. GIRLS: PART 1 - Section A Measures I-VIII.

MEN: PART 3-A Measures I - XVI.

WOMEN: PART 1-A Measures I-XVI.

## Songs of the '77 Sokol Slet

## KDE DOMOV MŮJ? (Where is My Home? - Czech National anthem)

Czech	Phonetic	Literal Translation
Kde domov můj? (Repeat)	Kdeh daw-mawv mooy (Repeat)	Where is my home? (Repeat)
Voda hučí	Vaw-dah hoochy	Water's rustling
Po lučinách,	Paw loochinah	O'er the meadows.
Bory šumí	Baw-ry shoome	Pinewoods murmuring
Po skalínách,	Paw skah-li-nah	O'er the mountains.
V sadě stkví	V sah-dyeh skvee	Orchards are radiant
Se jara květ	Seh yah-rah kvyet	With spring blossoms.
Zemský ráj	Zehmskee rye	Earth's paradise
To na pohled.	Taw nah pawhled	On sight.
A to jest	Ah taw yest	And that is
Ta krásná země	Tah krahs-nah zehm-yeh	That beautiful land -
Země česká	Zehm-yeh ches-kah	Czech land.
Domov můj,	Daw-mawv mooy	Home of mine.
Země česká	Zehm-yeh ches-kah	Czech land.
Domov můj.	Daw-mawv mooy.	Home of mine.

## NAD TATROU SA BLÝSKA (Slovak National Anthem)

Slovak	Phonetic	Literal Translation
Nad Tatrou	Nod Tah-trow	O'er Tatra Mountains
Sa blýska	Sah blees-kah	Lightning is flashing
Hromy divo bijú.	Hraw-mih diyaw bee-yoo.	Thunderclaps wildly beating.
Nad Tatrou	Nod Tah-trow	O'er Tatra Mountains
Sa blýska	Sah blees-kah	Lightning is flashing
Hromy divo bijú.	Hraw-mih diyaw bee-yoo.	Thunderclaps wildly beating.
Zastav me sa bratia	Zah-stahv meh sah brahtyah	Let us stand together, brothers.
Ved' sa ony ztratia	Vehd sah awnee ztrahtyah	Before it's lost
Slováci ožijú.	Slaw-vah-see aw-zhee-yoo	Slovaks will live on.
Zastav me sa bratia	Zah-stahv meh sah brahtyah	Let us stand together, brothers.
Ved' sa ony ztratia	Vehd sah awnee ztrahtyah	Before it's lost
Slováci ožijú.	Slaw-vah-see aw-zhee-yoo.	Slovaks will live on.

(I and II)

## FLY, YOU SOKOL

Fly, you Sokol, fly on high  
 Fly up in the deep blue sky.  
 Forward let us go together  
 In sunshine or stormy weather;  
 Fly, you Sokol, fly on high; - - -  
 Fly up in the deep blue sky.

## (JRS.) LIKE LIONS

Like lions in their strength we go  
 Like falcons on the wing;  
 And to our country dear,  
 Our strength, as offering we bring.

However long may be the way  
 Its length no Sokol shall dismay;  
 But onward, on like men we go,  
 Our Country's call to obey.

(SRS.) HOJ, VZHŮRU  
PESTRÝ SOKOLE

Hoj, vzhůru pestrý Sokole  
 Hoj, vzhůru na svou stráž;  
 Nad nejvyšší, hor vrchole,  
 O, let' co síly máš.  
 Jen dál, jen dál, jen výš a výš  
 Až nad oblaku lem  
 Až od hor k horám uvidíš  
 Tu celou českou zem -  
 Až od hor k horám uvidíš  
 Tu celou českou zem.

## ON HIGH, BRIGHT FALCON

(Phonetic) Hoy, vz-hoo-roo peh-stree Saw-kaw-leh,  
 Hoy, vz-hoo-roo nah svoe strahzh;  
 Nod nay-vih-shee hor vr-haw-leh,  
 Aw let tsaw see-ly mah-sh.  
 Yen doll, yen doll, yen veesh ah veesh  
 Ahzh nod aw-blah-koo lem;  
 Ahzh awd hor k horahm oo-vee-dyeesh  
 To tseh-low ches-koh zehm -  
 Ahzh awd hor k horahm oo-vee-dyeesh  
 To tseh-low ches-koh zehm.

## AMERICA, THE BEAUTIFUL

O beautiful for spacious skies,  
 For amber waves of grain,  
 For purple mountain majesties,  
 Above the fruited plain.

America! America!  
 God shed his grace on thee,  
 And crown they good with brotherhood,  
 From sea to shining sea.

## Sokol High Lights

### OAK BROOK SHERATON

Exhibits of Czechoslovak Arts - by Association of Czechoslovak Organizations in Greater Chicago.

Exhibit of Sokol History by American Sokol.

### C.S.A. MUSEUM

2701 S. Harlem Avenue (Corner Riverside Drive and Harlem Ave., 1 Block South of Morton West). - Exhibit of Czechoslovak Artifacts. Thursday thru Saturday 9:00 a.m. to 4:00 p.m.

### LINCOLN FEDERAL SAVINGS AND LOAN

6655 Cermak Road - Philatelic Exhibit of Sokol Stamps - Thursday thru Saturday 10:00 a.m. to 10:00 p.m.

### BERWYN POST OFFICE

6625 Cermak Road. - Opening ceremonies. **Slet cancellation.** Thursday at 10:00 a.m. All who attend opening will receive special folder. You may bring your own stamps (Sokol, Flag, etc.) Thursday thru Saturday from 10:00 a.m. to 5:00 p.m.



AMERICAN SOKOL  
XIV SLET  
"NAZDAR"



## Gymnasts in South Africa

Omaha Sokols, Br. Phil Cahoy, Sr., Phil Cahoy, Jr., and James Hartung were members of the United States Junior Boys Gymnastics Team along with Scott Wilks of Lexington, Kentucky and Percy Price of Reading, Pennsylvania, that visited South Africa. Phil Cahoy, Sr. made the trip as coach of the team. The team was chosen by the sponsoring United States Gymnastic Federation on the basis of last year's National Junior Meet, in which James Hartung finished first, in the 15-17 age group, and Phil Cahoy was first in the 12-14 age group. The four-member team competed against teams from West Germany, Denmark, Taiwan, and South Africa during its stay in the African nation. The

American team finished 2nd to West Germany. James Hartung was second in the all around competition and Phil Cahoy, Jr. was sixth. West Germany beat the United States Team by only two points. However, three of the West German team were over 28 years of age and had participated in two previous Olympics. James Hartung won the all around in two of the three meets



P. Cahoy, Jr., P. Cahoy, Sr., J. Hartung.

they competed in. Both boys stated that their first International competition made them nervous. Jim Hartung and Phil Cahoy who are members of Sokol Omaha took their Sokol T-Shirts and exchanged them with their new friends. The Tawain Team invited the American Team to visit their country in August. Br. Cahoy Sr. stated that the USGF will determine who will make the trip. Also, this is the first time the National Federation has sent a Junior Boys Team on this type of trip. - The idea is to get top young gymnasts introduced to International competition at an early age. - Incidentally, both boys will be competing in the American Sokol Junior Boys Championships.



### LETI SOKOL

Letí Sokol, pěkný pták;  
Letí vzhůru do oblak.  
Letí nad matičku Prahu,  
Přes Moravu letí, k Vahu;  
Letí Sokol, pěkný pták - -  
Letí vzhůru do oblak.

### THE STAR-SPANGLED BANNER

Oh! Say, can you see, by the dawn's early light,  
What so proudly we hailed at the twilight's last gleaming?  
Whose broad stripes and bright stars, through the perilous fight,  
O'er the ramparts we watched, were so gallantly streaming;  
And the rockets' red glare, the bombs bursting in air,  
Gave proof through the night that our flag was still there!  
Oh! Say, does that Star-Spangled Banner yet wave,  
O'er the land of the free and the home of the brave.

### LVI SILOU

Lví sílou, v zletem sokolím  
Ku předu krácejme;  
A drahé valsti v oběti  
Své síly sněšejme.

A býti cesta daleká  
Ta Sokolíka neleká . . .  
Jen mužně, statně, ku předu  
Vždyt' drahá vlast čeká.

# FINANCIAL REPORT

## AMERICAN SOKOL ORGANIZATION

MARCH 1977

**RECEIPTS:**

Dues .....	\$1,590.50
Sokol T. G. Masaryk Dues .....	10.00
Convention Fund .....	1,338.00
Special Assessment .....	1,035.00
Dividends and Interest .....	1,285.10
Subscriptions to "American Sokol" .....	8.00
Advertising in "American Sokol" .....	92.00
Resale of Jewelry .....	53.80
Educational Pamphlets .....	6.25
Postage and UPS charges .....	2.98
	<u>5,421.63</u>
A.S.O. Uniform Division - Payment toward Advances	379.13
XIV A.S.O. Slet	61.00
<b>TOTAL RECEIPTS</b>	<u><b>\$5,861.76</b></u>

**DISBURSEMENTS:**

**Administrative**

Salaries .....	\$552.11
F.I.C.A. & F.W.T. for February ..	76.28
Rental, Janitor Service, Phone, Electric .....	365.49
Postage Meter Rental .....	69.49
Office Supplies .....	82.28
Repairs to Office Machines .....	15.00
Service Contracts .....	248.00
	<u>\$1,408.65</u>

**Board of Instructors**

Salaries .....	\$369.01	
F.I.C.A. & F.W.T. for February ..	56.38	
Editor "Sokol Gymnast" .....	30.00	
Addit'l. copies "Sokol Gymnast" ..	28.00	
Postage, Phone .....	23.33	
Gymnastic Skills Patches .....	300.96	
	<u>807.68</u>	

**Educational Department**

Salaries .....	\$ 26.92	
	<u>26.92</u>	

**Sokol Publication**

Printing and Binding "American Sokol" .....	\$1,180.78	
Editor "American Sokol" .....	100.00	
Postage "American Sokol" .....	106.22	
	<u>1,387.00</u>	

**Miscellaneous**

A.S.O. Uniform Division - Salaries, F.I.C.A., Phone .....	\$459.79	
Special Appropriations - Western Dist. A.S.O. ...	\$27.95	
Northeast. Dist. A.S.O. ....	80.50	
	<u>108.45</u>	
Advances to A.S.O. Slet Committee .....	45.81	
	<u>614.05</u>	

**TOTAL DISBURSEMENTS**

\$4,244.30

**Balance brought forward -**

Western National Bank of Cicero - Checking Account	\$12,047.17
Receipts - March 1977	5,861.76
	<u>17,908.93</u>
Disbursements - March 1977	4,244.30
	<u>\$13,664.63</u>

**FUTURE SOKOL LEADERS FUND**

March 1977

Allen J. Shabart, in memory of wife, Sophie, who passed away 12-19-76	\$ 10.00
Dividends earned	416.00
	<u>\$426.00</u>

**Donations are tax exempt**



**HAVE YOU  
SENT IN YOUR  
NEW ADDRESS?**

**Change of Address for American Sokol**

AMERICAN SOKOL ORGANIZATION  
6426 W. Cermak Road  
Berwyn, IL 60402

Sokol .....

Name .....

Old Address .....

..... Zip .....

New Address .....

..... Zip .....

**FINANCIAL SECRETARIES:**

Have you mailed your quarterly reports to ASO Office?

**INSTRUCTORS:**

Do your classes have proper uniforms?

## SOKOL EDUCATOR

### Bicentennial of the National Flag

It was 200 years ago on June 14, 1777 that the Marine Committee of the Continental Congress passed a resolution establishing the design and color of the Flag. The resolution read: "Resolved that the Flag of the United States be made of 13 stripes, alternate red and white, that the union be 13 stars white in a field of blue representing a new constellation."

The committee announced: "The stars on the flag represent the arrangement arising in the West. The idea is taken from the formation of the northern constellation Lyra, which in the hands of the musician Orpheus represents harmony. The blue field is taken from the border of the flag of the Scotch Presbyterian League, indicating the union of the United States against force. The stars are placed in a circle, symbolizing eternal union, the circle symbolizing eternity. Thirteen stars number the united colonies and indicate the subordination of the states to the Union as also the equality among them. The red color, which in Roman times was the symbol of defiance, represents fearlessness, and the white purity."

It is fitting that on the eve of this bicentennial a new flag code was passed by the Congress on July 7, 1976 and became Public Law 94-344 when President Gerald Ford signed it on August 7.

The new code makes it permissible to display the Flag of the United States on a 24-hour basis, provided an all-weather Flag is displayed and properly illuminated during the hours of darkness.

The new code also removes all the confusion of where the Flag should be placed in relation to the audience. In simple language, it states: "The Flag of the United States of America should hold the position of superior prominence, in advance of the audience, and in the position of honor at the clergyman's or speaker's right as he faces the audience." This means that the Flag will always be stationed at the right of the speaker, regardless of whether it is on a platform or at the floor level.

The new code also states that the Flag shall be displayed at half-staff only upon the death of principal figures of the United States government and the governor of a state, territory or possession as a mark of respect in their memory. It must be remembered that when the National Flag is displayed at half-staff, it signifies the nation in mourning. Therefore, only the President may authorize the half-staffing of the Flag, with two exceptions:

Memorial Day. The Flag is automatically flown at half-staff during the morning hours and at noon it is raised to the peak of the flagpole. The other provides that in the event of the death of a present or former official of the government of any state, territory, or possession, its governor may proclaim the flying of the National Flag at half-staff.

Ed Stetka, Sokol Baltimore

### Our Women

It is said that back of every successful man stands a woman, and our Sokol Organization is no exception. When the Sokol was founded in Praha in 1862 by Dr. Miroslav Tyrš, it was at first an organization for men, but the women played a vital role in organizing and helping the men, and were the ones who stood by the men through times of hardships and persecution by the Austrian government.

In a few years after the Sokol was founded, the women, through their diligent work and perseverance, helped overcome many obstacles until they succeeded in forming their own women's corps, called Tělocvičný Spolek Paní a Dívek. In 1871 they appeared publicly, performing simple calisthenics and rhythmical dances. In those early beginnings it was not an easy task, as many did not approve or look favorably upon sports for women. But due to their unrelenting efforts, they soon convinced the majority that physical fitness is just as important for women as it is for men. Great progress was evident in the next few decades, where the number of women in gymnastics increased to hundreds.

However, the admission of women to Sokol ranks did not occur until 1901, with the great task of systematic training. Training was started on a large scale and the women advanced very rapidly, so that by 1920, during the VII. Sokol Slet in Praha, the first in Free Czechoslovakia, - there were 10,100 women who took part in the calisthenics, and by 1926, during the VIII. Sokol Slet, the number rose to 14,100.

By now the women were on an equal footing with the men, whereas up until then the men's Chief Director of the Czechoslovak Sokol Organization was also the Director of Women, and had directed the women's drills. But now the women were independent and elected their own Chief Director - her name was Milada Malá; she directed everything from beginning to end. From then on the women advanced so rapidly, that at the last Slet in Praha in 1948, there were 32,000 women on the field at one time in the most beautiful number that anyone had ever seen.

Women are usually referred to as the weaker sex, but from all indications our Sokol women are the stronger sex, as witnessed at all our Veřejné Cvičení (Gymnastic Exhibitions), where the women outnumber the men by a big margin.

So, we must give credit where credit is due, and that is - - TO OUR WOMEN!

May Konecny, Educational Director  
Sokol Slavsky

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**"UPWARD AND ONWARD"**

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## James Hesoun



Bro. James Hesoun came to Belcamp, MD. in June, 1952 with his wife, Emily, and two children, Jimmy and Lillian from Chile. He had been with the Bata organization in many countries including England, Curacao, Haiti, Panama, Peru and Puerto Rico. His wife, who passed away several years ago, was an active gymnast in Zlin and became Director of Women of Sokol Belcamp shortly after becoming a member of that Unit. His children attended instructors schools in the Eastern District and also participated in several Slets where under the leadership of Bro. Martin Lago, their teams won many trophies.

Bro. Hesoun, dedicated to the administrative field, has held the positions of secretary and treasurer of the Unit and last year was elected to the President's office. This year, when he will attain the age of 62 years, he was re-elected unanimously to the position of president. At the Annual Meeting of the Eastern District he was elected Public Relations Director. His articles, which appear in the Czech papers HLASATEL and AMERICKE LISTY make very interesting reading for the Czech people.

Jim encourages the younger members of his Unit to take an active interest in our Sokol organization and they have already taken over some of the tasks and duties which their predecessors had performed so admirably in the past. Last year, when Sokol Belcamp celebrated its 35th anniversary, he completely prepared the excellent program. The writer, who was so instrumental in the founding of this Unit, periodically attends their meetings which he finds to be very interesting with new ideas, attentive to the needs of the gym classes and cultural program for the adults.

One of the proudest moments of his life was last year when he and Sister Dagmar Fiala of Sokol Washington, placed the wreath at the Tomb of the Unknowns in Arlington National Cemetery during the annual Sokol ceremonies.

Jim remarried the former Patricia Marankova who is also a member of Sokol Belcamp.

While on a trip to Prague last year, he suffered a severe heart attack and he was advised by his physician to retire from the Bata Shoe Co., where he was employed for over 47 years. However, he plans to continue his activities in Sokol.

All of his brothers and sisters and friends wish him the best of health in the future and may he continue to be in our midst for many years.

Ed Stetka

## Our Czech Hall

Our Czech Hall (C.S.P.S.) is now an historic site, and has been entered in the National Register of Historic Places. Director Russell Fridley of the Minnesota Historical Society announced that the Hall's inclusion in the register occurred February 17, 1977, after a State Review Committee gave its unanimous approval to the nomination last November 17, 1976. - To St. Paul SOKOLS this means that we still have a home in which to conduct our Sokol activity. Now each and every one of us must help to restore the Hall, so that our generation can be as proud of it as the generation who built the C.S.P.S. Hall.

Sokol Slovo - St. Paul

## Sokol Program

A new dimension has been added to our Sokol program. A Cultural Committee has been formed. The Committee of Zora Kurka, Norm Sladek, Shirley Verner and Winston Chrislock gave a report at our February meeting. It was agreed that a year-long program, stressing different aspects of Czech and Slovak culture, would contribute another interest in Sokol, especially as there is an awareness these days in ethnic roots.

Henry E. Jansen, President  
Sokol St. Paul

## Spojené Státy k Výročí T. G. Masaryka

U příležitosti 127. výročí narození presidenta Osvoboditele, položil dne 7. března americký velvyslanec V Praze, Thomas R. Byrne, věnec na hrob T. G. Masaryka na lánském hřbitově. Krátkého obřadu se, kromě několika členů Masarykovy rodiny, zúčastnilo také několik činitelů amerického velvyslanectví a jejich rodin. Vyslanec Byrne položil věnec na hrob se slovy: "Je pro mne ctí položit tento věnec na hrob významného světového státníka - Tomáše G. Masaryka. Pro Američany je symbolem hlubokých historických vztahů přátelství, které existuje mezi oběma našimi zeměmi od prvních dnů založení Československé republiky. Celý svět na něho vzpomíná jako na jednoho z nejvýraznějších zastánců svobody, důstojnosti a rozumu 20. století. Jsme šťastni, že dnes můžeme uctít jeho památku."

Zpravodaj z Washingtonu

## In Memoriam

### Anna Trunecek



Sister Anna Trunecek was born October 15, 1888 in Marshalltown, Iowa and passed away February 18, 1977.

She was a 75-Year Charter Member of Sokolice South Omaha, formerly known as Sbor Sokolek Libuse. Sis. Trunecek was the oldest living member.

As a girl of about 10 or 12 years of age, she was drilling with the men's unit "Americký Sokol." In 1902, Mr. Joseph Sterba, the Czech School teacher, and his wife, Aloisie, organized the "Sbor Sokolek Libuse." Libuse was their daughter's name. At that time classes were held at Franek's Hall on 20th and "S" Street.

In 1904, our former hall was built by the Unity of Czech Ladies No. 35, Lodge Z.C.B.J. No. 45, and the Sokols. Sometime later the Unity of Czech Ladies dropped out and left their share to the Sokols.

At one time sis. Trunecek was a gym instructor, and held several offices for many years. Her husband, Joseph, who preceded her in death, was also one of the oldest members of the Sokols. They were married in 1909 while attending a Sokol Gymnastic Conference in Chicago, Illinois.

She was a member of the Czechoslovak Society of America Mothers' Club and the Unity of Czech Ladies and Men.

A son, Milo, preceded his parents in death in 1963. Sister Trunecek is survived by a son, bro. Jerome Trunecek and his wife, sis. Dorothy Trunecek.

Services were held February 21, 1977 from Brewer Korisko Chapel, with interment at Laurel Hill Cemetery.

In her own words, sis. Trunecek said, "I'm always with the Sokol Spirit." She will be truly missed by all of her Sokolice sisters.

Martha Talmon, Secy.

### Bessie Vorel

Sis. Bessie Vorel was born December 15, 1898 in Blatna, Kraj Pisek, Czechoslovakia and passed away March 27, 1977.

"Bess" as she was fondly known to her many Sokol sisters and friends, came to this country at the tender age of two years, with her parents. She grew up in one of our well-known Czech communities, went to school, and joined Sokol at an early age. Her life spent in Sokol was a happy one. She enjoyed calisthenics and the program of gymnastics which are a part of our Sokol teachings. We knew her as a diligent worker on many committees, both in her own unit Sokolice Tabor, and also in the Central District. If her time allowed, she was there to help. As the years passed, she was happy to attend the meetings of Sokolice Tabor, and bring home-baked goodies for the social hour after meetings. She was a member of Sokolice Tabor for 62 years. Sokolice and Sokol Tabor paid a fitting farewell tribute to their departed sister.

She leaves her husband, bro. Frank Vorel, a son Robert (Marlene) Vondracek, two grandchildren, and one great-grandchild.

Services were held March 30, 1977 from the John T. Chrstka Memorial Chapel with interment at Bohemian National Cemetery.

Our deepest sympathy to the bereaved family.

## Všem Čechoslovákům ve Washingtonu a Okolí

Po delší přestávce Sokol Washington opět zahájil svou tělocvičnou činnost 1. března 1977 v nové Francouzské Mezinárodní Škole, 9600 Forest Rd., Bethesda, Md. Cvičení se koná každé úterý večer v těchto hodinách: žactvo 6:30-7:30; dorost 7:00-8:00; členstvo 7:30-8:30.

Apelujeme na všechny Sokoly a zejména na celou naši krajanskou veřejnost, aby si reservovali každé úterý večer pro Sokol a v hojném počtu si přišli s námi zacvičit. Nezapomeňte přivést vaše děti a známé; bude se jim mezi námi líbit. Zpravodaj z Washingtonu

## Chicago Slet Comments

Congratulations to all you new members doing calisthenics for the first time. Hang in there, as it gets easier each time you do it. It's just when you get to Chicago, along with a couple of hundred other gymnasts, and several thousand spectators, and you find out you're now a flanker in the front line instead of a center in the rear, that you realize you really do know the routine. If you think learning it was fun, wait until rehearsal Sunday morning - after Saturday night - in that hot June sun. It's great! Maryland Sokoletter



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It takes more than a good set of teeth to make a smile.

\* \* \*

Culture is not a substitute for life, but the key to it.

\* \* \*

Happiness is that particular sensation we have when we are too busy to be miserable.

\* \* \*

Rashness is the characteristic of ardent youth, and prudence that of mellowed age.

\* \* \*

Take time to dream - It is hitching your wagon to a star.

\* \* \*

The guy who said half a loaf is better than none, never has been on a diet.

\* \* \*

A bachelor is a guy who doesn't have to leave a party when he starts having a good time.

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## Vaclav Kostak

Sokol Karel Havlicek Borovsky, Ennis, recently lost one of its oldest and most dedicated Sokol members. Bro. Vaclav (James) Kostak, an honorary member and recipient of a 50-year membership pin several years ago, passed away January 24, 1977 at his home in Red Oak, Texas after a short illness. Born in Roudnice, Czechoslovakia, June 1, 1890, he came to the United States in 1904 with his parents settling in Shiner, Texas. His love of Czech music was expressed as a talented musician of the Patek Orchestra, popular in that area, and, on moving to Dallas, became a member of the late Bro. John Kerble Orchestra. He married Ann Hubacek of Ennis in 1921 and moved to the Alma community near Ennis, and became a member of Sokol Karel Havlicek Borovsky. He engaged in farming in Ennis and Red Oak, retiring well past regular retirement age.

Bro. Kostak, proud of his Czech heritage, had a wonderful sense of humor, and a warm friendly personality. He participated in Sokol activities, and helped whenever and wherever needed. He took part in many Czech plays.

An energetic, devoted and loyal member of Sokol, he was also a charter member of the W.F.L.A. Lodge in Ennis, served as President for 9 years and was State Treasurer of the Fraternal Order from 1958 till his death.

He is survived by his beloved wife of 55 years, Sister Ann; one son, three daughters, and twelve grandchildren.

Fond memories will be cherished of bro. Kostak's dedication, humor, and friendliness. He will be greatly missed by both Sokol and Fraternal brothers and sisters.

Sokol Karel Havlicek Borovsky  
Ennis, Texas

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