



# american sokol publication

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*this month's Rising Star*  
**COURTNEY BENSON**

*photo taken by Cory Ryan*

## AMERICAN SOKOL

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\*except in July and August

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From the Editor...

Many of our gymnasts, participants, instructors and leaders are prepping for exhibitions and competitions during this season, and to that I say break a leg! This is always my favorite time of the Sokol year. Uniting with friends, being at (or striving to get to—at least in my case) the top of your game, and having a blast bringing it all together.

Let's all remember we are together as one as we navigate these waters and the journey that lies ahead—in Sokol and the gymnastics community at large. And to all the predators in the world today, guess what, #TimesUp #OneSokol

NAZDAR!



**Save a Tree... Save Our Organization. CLICK HERE:**  
<http://american-sokol.org/gogreen/>

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## The Presidential Address

### *The Sokol Eye – Sokolským Okem*

The message I write to you today comes from the heart and with deep sorrow. As many of you know there has been a heinous crime committed to many gymnasts in the USA. Their testimonies and the psychological effects of the abuse are immense and will have lifelong affects. We hurt for the victims of this crime and we are hurting for our gymnastics community. This crime resonates loudly to our organization as well. American Sokol, an organization that founded the organized sport of gymnastics in the USA, cannot turn a blind eye thinking we are immune to this situation and we must be sure we are doing everything possible to provide a safe environment in our gyms.

For over 150 years gymnastics has been one of our largest programs. Our gyms have always taken necessary steps to assure safety in every way. With the recent set of crimes, we know we must be aware and diligent to look more closely at the policies and procedures we have in place that will protect our children, members, coaches and volunteers. During the past four years, our National Organization started to provide assistance and financial support to our Units for background checks of their employees and volunteers. Recently, we have investigated different ongoing educational programs for our coaches and volunteers that will provide valuable training in sexual abuse prevention and awareness. This important training is designed to educate on how to recognize and report abuse. It is also important to note that the program will also train our leaders how to disclose neglect or any troubling information. We will begin offering this program in the coming months. The ultimate responsibility of seeing that these programs are available and that we report such cases to the proper authorities falls on our leaders; the Presidents, Directors and the Coaches. This topic will not stop with one new program or solution, but we, our Executive Board and Board of Governors, will continue to educate ourselves on ways we can prepare our gyms to be the safe environment we promise to anyone that walks though our doors.

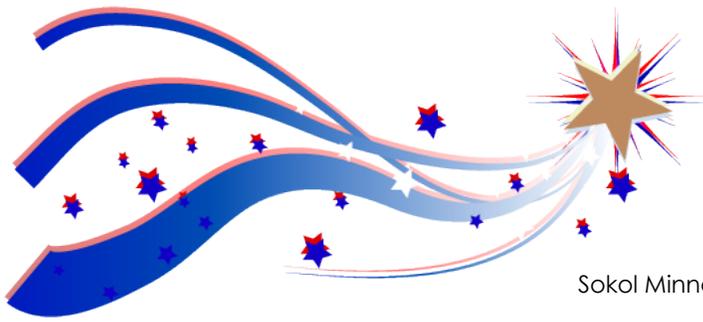
Many of you know my Spartan connection, and I want to express that I am extremely disappointed in the leaders that I trusted at my alma mater, Michigan State University, and the way the abuse reports were handled. I am also disappointed in our trusted USAG organization that we have been tied to for decades. How do we move forward from here?

We must take this situation, learn, and do everything we can to make sure this doesn't happen within our organization. We are Sokols and we are strong. Sokol deserves accolades for all of their successes. Sokols everywhere should be allowed and proud to continue to focus on our great programs, love our gyms and to love Sokol. There is no better time to realize that we, as ONE SOKOL together, can help the healing process begin and bring happiness to the gymnastics world again.

Our hearts and love go out to the victims and our brothers and sisters in the gymnastics community.

Ať žije Sokol! ~ Long Live Sokol!  
Nazdar!  
Jean Hruby, President





# RISING STAR

## COURTNEY BENSON

submitted by Mary Cahill

Sokol Minnesota Women's Director & Western District Men's Physical Director

Courtney Benson, current head women's coach and instructor with Sokol Minnesota, was not born into Sokol or married into Sokol; Sokol Minnesota was fortunate to "find" Courtney, and we are thrilled that we did. She has embraced Sokol's philosophy and is an outstanding ambassador for Sokol Minnesota.

As a high energy child, Courtney's parents sought an outlet for her energy and enrolled her in dance classes. Courtney needed more of a challenge. She had a friend from dance that also participated in gymnastics, and through her friend's recommendation, started at KidSport gymnastics when she was 6 years old, taking to the sport immediately. She grew up competing at meets across Minnesota as part of the MAGA program, and by 7th grade, she transitioned to her hometown high school gymnastics team in Winona, MN, and contributed as a varsity all-around competitor. Her final years of high school, she competed USAG as a Level 10 competitor, and her involvement in the sport did not end there.



Although she would have qualified as a Division 1 (D1) gymnast, she opted to compete on Hamline University's gymnastics team vs. the U of MN for a few reasons: she didn't want a sport she loved to feel like a "job" through the additional rigor that often comes with a scholarship; she wanted to focus on her studies, including any internship possibilities that would require missing practice when necessary, and she had known the Hamline

gymnastics coach for years through his connection to KidSport. There were numerous gymnastics highlights during her four years at Hamline, here are just a few: Courtney started every meet in every event (competing all-around, all the time!); qualified for D3 nationals in all four events, all four years; was named to the 1st All American Team on vault, beam, and floor on several different occasions, and ultimately won a National Championship Title on floor in her junior year; qualified for D1 regionals (and competed with an injured foot at that). She stayed true to her reasons for attending Hamline, and as a result received the D3 Outstanding Senior award and was recognized by the NCAA as one of the Top 30 candidates for Woman of the Year, both of which focus on academics, service, and leadership (in addition to athletics). Much like Courtney found Hamline through her coach at KidSport, Sokol MN "found" Courtney through her coach at Hamline. We were very much in need of coaches to revamp our gymnastics program. We struck gold.

Courtney coached at Sokol MN throughout her four years at Hamline and since her graduation has assumed the role as head women's coach and instructor. Not only has Courtney taken on more and more responsibility for the gymnastics program, she has elevated the quality of instruction by sharing her knowledge, technical expertise, and passion for the sport. She has also applied her business skills to expand programming and raise awareness; furthermore, she believes in the value of mentoring her instructors. Courtney embraces Sokol gymnastics because Sokol is unique in that it is "about a sense of community, we cultivate a sense of belonging, and offer more than just gymnastics. There are educational and cultural aspects of our organization that add so much more to the overall experience". Sokol is also "much more flexible and adaptable with respect to program participation, welcoming all skill levels and abilities. Our focus is on enjoying time in the gym, learning important life lessons like goal setting, all while building lasting relationships with teammates and coaches. Overall, I think we teach dedication – that hard work pays off – with the hope that our gymnasts apply that same mentality throughout life and succeed as a result."

Courtney, in embracing the Sokol philosophy, has been a big part of building our Sokol community. Sokol MN is proud and excited to have "found" a Rising Star that will continue the Sokol tradition.



*photos taken by Cory Ryan*

## ***BOI Report from January 2018 Meeting***

The following information is a recap of the National Board of Instructors January meeting.

### **COS 2018 Slet**

- Discussed various calisthenics performances for the 2018 Slet in Prague.
- Sis. M. Fiordelis asked for leaders who are going to Prague for each cal to represent those American Sokol members who will be performing in Prague. Specific placements for those performing calcs will need to be made.
  - Sis. K. Barcal will be in charge of American Sokol members in Prague parade as well as All Sokol Number Stage Performance.
  - Sis. Fiordelis asked Bro. Mike Dropka to be in charge of Men's Borci number and will ask Otto Notzl (Pacific) to be in charge of Princezna Republika (Loyal Guard).
  - Still need someone for Zenobrani (perhaps someone from DA Sokol as they have the most participants).
  - Some are performing Cesta (women's); this is not one recommended by BOI but certainly members can perform. Again Pacific District has largest contingency and they have been in contact with author; they are willing to continue this role.
- Flag bearers for the parade and performance will be determined once in Prague. ASO parade or performance uniforms will be worn for parade.
- Sis. J. LoGiudice will send out a reminder for Uniform orders for Prague; the deadline is January 20, 2018.

### **Winter Slet Update**

- The Winter Slet had a successful weekend. Members attending were from the Chicago area, Sokol Detroit, Sokol Greater Cleveland, Sokol New York, Sokol Washington DC and member from Denver, CO.
- There were 131 individual participants, plus spectators.
- All events went well.
- Still going through financial matters. Official numbers will come out soon to be presented at the next ASO BOI meeting.
- Number of participants by event: Curling, 38; Friday Social, 63; Trampoline, 26; Roller Skating, 53; Volleyball, 42; Bowling, 58; New Year's Eve party, 79; and Farewell social, 41.
- It was noted that the Budget and Finance Committee did not budget money for the next Winter Slet. Waiting to see final outcome to determine if this is feasible.

### **District Directors Annual Report Template Update**

- An updated District Directors Annual Report Template was provided for review to the ASO-BOI.
- Comment about the template: Instead of using gymnastically active in first line, it should be called physical activity.
- District reports should include activities from each individual unit, not just district activities.
- Unit should provide input for all listed areas they participate in and District Directors can then compile into one report by topic.

### **Collaboration Group Events**

- Upcoming Youth Bowling Tournament. Bro. Yatchyshyn reported that this tournament was scheduled for the first weekend of March is going to be postponed until September or October. The Polish Falcons felt it was too late to get this together. Bro. Yatchyshyn wrote back to them saying it is not too late and he will try to get this going for March.

# *Three Legions for Czechoslovakia*

by Br. Ed Chlanda, Sokol Museum & Library

The three Czechoslovak Legions in France, Italy and Russia of Czechs and Slovaks in 1918 were of enormous political and practical help to Masaryk during WWI (the Great War). When Masaryk had to deal with the Allies, seeking their support for a democratic new country from the impending ruins of the Austrian-Hungarian Empire, the three Legions brought attention to the cause. Readers are certainly familiar with the common greeting used among the legionnaires. It was “Nazdar!” since many had been Sokols at home. In 1917 Masaryk was the presumed leader of then just a dream of a nation. From 1914 to 1918 he had no country to claim when dealing with the representative of the Allies, and if he returned home he had already been sentenced in absentia for treason. What Masaryk did have to bring to the Allies’ table were three armies, the Czechoslovak Legions in France, Italy and Russia. The Legions assisted Masaryk, Benes and Stefanik in the creation in 1918 of a new republic, rising from the destruction of an empire.

The Allied countries that had Czechoslovak Legions on their front lines (Italy, France and Russia) all supported the formation of Czechoslovakia in 1918, as did Britain and the USA. Masaryk, Stefanik and Benes achieved this in part thanks to those three legions of Czechs and Slovaks, with many Sokols in their ranks. What did gymnastics at Sokol give you? Courage in the heart, strength in the arms, and the nation in the mind. The Legionnaires all understood that maxim then, and it carried them through the war. They served in the most desperate times, in the trenches of France, the Alps of Italy and across Russia. The Sokol movement across the Slavic provinces of the empire had given them discipline, physical fitness, morale, and a yearning for democracy. It was not “incidental” that under the Emperor Franz Joseph of the Austrian-Hungarian Empire Sokols addressed each other as “brother” without regard to social rank. Bohemia and Slovakia were provinces of the Austrian-Hungarian Empire that ruled over Central and Southern Europe with a heavy hand. The Turners in Germany were similarly viewed as suspect in their monarchical homeland for their progressive, democratic views.

Funding was needed for the political and military efforts. At times it was illegal in the “neutral” US to support any of the combatants, but it was done anyway in cash, with Sokols as the “bag men” carrying cash contributions from Sokols and immigrant groups across America.

In WWI the polyglot Slavs of draft age were drafted into the Austrian-Hungarian Army, and were taught a minimal number of military commands in a language they otherwise mostly did not understand. Naturally, the Czechs and Slovaks were not the best of drafted soldiers to support an empire that oppressed them culturally and politically. Many were captured or just deserted. Indeed the 28th Regiment from Prague deserted in formation to the ire of the empire. There was a wartime joke recounted by Prof. Claire Nolte in *European Culture in the Great War* (Cambridge University Press) “Three soldiers, one French, one German, and one Czech all die at the same time and appear at the pearly gates. St. Peter asks them why they fought in the Great War. The French soldier says ‘For the Republic and the Nation!’ The German says ‘For the Emperor and the Fatherland!’ The Czech soldier says ‘For eight Kreuzer’s a day.’” Why did they desert, or get captured and then rejoin the war? No mystery, but with clear risks. Under the Geneva Convention of 1905, POWs that turned against their “country” (officially the Austrian-Hungarian Empire), were traitors, and many were hanged when captured.

The POWs in Russia became the famed Czech/Slovak “Družina”, first comprised mostly of émigrés living then in Russia that helped save the day for the Russians in the battle of Zborov. “Družina” translations vary from troupe, band (of artists), clique, to even gang or family, but easiest understood here as a “Legion.” After the overthrow of the Czar in 1917 Masaryk visited with the many prisoners of war in Russia, encouraging them to join the Družina, and stirred their passion for a free democratic Czechoslovakia. Masaryk’s portfolio still lacked a country, but he now had three legions. They were one of Masaryk’s bargaining chips in dealing with the Allies to form a new nation with disputed borders.

In France there were the Czech and Slovak volunteers, including over 2,000 from America. You can see the plaque at Sokol New York that lists the volunteers to the Czech Army then, before the US joined in the war. I am sure that at many of the remaining Sokol lodges across America today there are similar plaques. Unfortunately, lost today are the plaques and histories of the more than one hundred Sokol units that faded away in recent decades. When those units and lodges faded away, the histories mostly disappeared. We can only wish they had left us their histories, photos, their plaques.

*continued on page 10*

*Sokol Gear*

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3 digits on back (AMEX 4 digits on front): \_\_\_\_\_

Signature: \_\_\_\_\_

**Total Items Ordered: \_\_\_\_\_**  
**Plus \$9.95/item shipping: \_\_\_\_\_**  
**TOTAL: \$ \_\_\_\_\_**

*continued from page 5*

- Polish Falcons Zlot new location. Will be held in Detroit, MI area, July 29 to August 5, 2018.
- Summer Camp in conjunction with Zlot. Some discussion regarding this possibility; no decision.
- Youth Leadership Weekend. Bro. D. Bajek reported about the upcoming Polish Falcons youth leadership weekend on February 23-25, 2018 in Pittsburgh, PA. Several American Sokol members are interested in attending along with a few Sokol USA members. The cost is \$200/person and includes room and board. Sis Fiordelis to request approval for budget money to send potentially six students and 2-3 Leaders to participate in this event.

### **International Meeting for Sokol Instructors**

- This meeting will be held in Prague, July 7-14, 2018. There are at least three people from American Sokol that are interested in attending.

-Sis. M. Cushing will look into the \$3,600 grant money that was to be used for getting people from Europe to our course and use it towards attendance for these participants in Prague.

### **Stewards of Children Under Safe Sport Committee**

- Discussion followed regarding Safe Sport Certification from USOC. Due to the sexual misconduct charges and allegations we felt it was critical that we provide information on how to safeguard our units, coaches and gymnasts. USAG professional members have to get this certification in order to be on a USAG sanction meet floor. This information will be published in the Directors Newsletter stating that the ASO BOI recommends all instructors are to take this course/certification. The United States Olympic Committee is providing this certification at no charge.

### **BOI School Board SOPs**

-At the last Executive Board meeting Sis Fiordelis presented five SOPs for approval. All were approved with two have minor changes.

-The Instructor School Graduation Ceremony one added the statement that National Executive Board and Board of Governor members to be invited to attend graduation.

-For the SOP on Cell Phone usage at the school, question came up in regards what other schools/camps policy stated about this subject. Sis Fiordelis contacted several groups with none providing written policy but one indicated they collected cell phones at start of class/camp and students received back at end.

-Since our school is for two-weeks, cell phones are collected, tagged and bagged at beginning of school (parents are notified as part of registration packet), cell phone are returned to students at specific times for them to call home.

-Liability of phones was concern so log of taking and returning of phone indicating condition of them was developed and added to SOP.

- SOP for Weekend Staff Meetings was reviewed and approved at the BOI meeting and will be sent to the Executive Board for their approval at their January meeting.

Respectfully submitted,

Maryann Fiordelis

National Physical Director



## WE NEED YOU...

### TO PROMOTE THE MEMBER-AT-LARGE UNIT TO SUPPORT AMERICAN SOKOL

There has always been a Member-At-Large Unit in the bylaws, but the Membership Committee has set up this outreach program to increase membership, visibility, and financial support for the American Sokol.

All are encouraged to recruit former Sokol members, friends and family members who don't live near a Sokol Unit, community members, other Czech/Slovak organization members and anyone who would like to be a supporter of American Sokol. Copy the application to the right and send it to prospects – or give the membership as a gift.

At-Large Members will receive the American Sokol Publication, and we ask on the application form "If there is a Sokol Unit in my area, send me information" so they could become a member of your Unit, should they choose.

If you have questions or need brochures, contact your District President.

## Become A Member-At-Large



**Member-At-Large Application**  
To support their multi-generational physical fitness, educational, cultural and social programs, I want to join the American Sokol as a Member-At-Large at the following level:

_____	Gold	\$100.00
_____	Silver	\$ 75.00
_____	Bronze	\$ 50.00

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Zip Code: \_\_\_\_\_

Email: \_\_\_\_\_

If there is a Sokol Unit in my area, send me information: Yes \_\_\_\_\_ No \_\_\_\_\_

Make your check payable to: American Sokol

**MAIL CHECK WITH THIS FORM TO:**

American Sokol  
Member At Large  
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Brookfield, IL 60513

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*continued from page 6*

the over 2,000 volunteers from America who joined the Czechoslovak Legion in France before the US entered the war. When Masaryk, a Sokol too, visited them in Darney, France in 1919 he ended his speech with “Nazdar!” And reminded them of the difficult road ahead. The troops answered with a thunderous Nazdar! And it is noted that during the war, when circumstances permitted, Sokols in all the legions did gymnastic exercises from their Sokol days back home.

In Italy, an ally in WWI, the Czechoslovak Legion was formed mostly by deserters, and prisoners of war, including my two Sokol uncles from Bohemia. Jan Papánek was the official assigned by Masaryk to Rome to guide the legion in Italy. In 1948, after the communist coup in Czechoslovakia, he remained in the US and became the founder of the American Fund for Czechoslovak Refugees, now AFCSL.org. See *The Great War's Forgotten Front* for a memoir. My stepfather was a draftee then and he would tell the almost funny story of marching off toward the Italian Alps with the Austrian-Hungarian army. In every little village the local priest came out to bless the troops and cannons. After a few villages, he realized with fear that the Allied army in Italy was coming toward him, being blessed by the Pope and Cardinals along the way! Mom downplayed the story and said he was always safe as a cook for the battalion. Well, every old Sokol will have some stories.

In Russia, the legionaries continued to serve years after the Armistice of 1918. To know why and how I read the history of the legions in Russia, during the Bolshevik Revolution. It was the most dramatic and significant in historical terms. I cannot do justice to any of the legions' histories, so please add the books noted below to your Sokol Libraries. There were Czechs and Slovak émigrés in Russia when the war started. They formed the famed Družina augmented after a time by the Czech/Slovak prisoners of war (POWs) when the Czar and his advisors finally assented to having these anti-monarchical soldiers help them.

The performance of the Družina at the Battle of Zborov convinced the military advisors to the Czar, and then the Bolsheviks, to expand the Družina with the POWs, despite some Geneva Conventions rules. Well the Bolsheviks had less qualms about them, expanding the legion with thousands of POWs, but Lenin later came to regret their decision. When the Bolsheviks made peace, the legion wanted to return to the Western Front and was to be sent indirectly via Siberia, across the Pacific from Vladivostok and then to France. It went all wrong during their transit to Vladivostok. Russia was in chaos. By then the Allies were wary of the Bolsheviks and encouraged the legion to remain in control of the Trans-Siberian Railroad until they could decide on a political resolution to the Russian revolution. This indecision delayed their homecoming. Paul in NY says his granddad did not return home until years after the war ended. Guess why? He must have gone home crossing Russia/Siberia to Vladivostok, then crossing the Pacific to San Diego, then crossing America to sail back to Europe. A favorite history of the time is *Dreams of a Great Small Nation*. The author will give a talk at the Bohemian Benevolent and Literary Association, NYC in 2018 to celebrate the 100th anniversary of the founding of Czechoslovakia.

Thanks to Claire Nolte, Kevin J. McNamarra, Br. Charles Bednar, and others for their helpful comments.

### ***For further reading***

Accidental Army- a video available from ASO <https://www.youtube.com/watch?v=B444ox14WJE>

*Dreams of a Great Small Nation, The Mutinous Army that Threatened a Revolution, Destroyed an Empire, Founded a Republic, and Remade the Map of Europe* - Kevin J. McNamara

*Army without a Country* - Edwin P. Hoyt

*The Czech and Slovak Legion in Siberia, 1917-1922*- Joan McGuire Mohr

*The Wartime Experiences of a Cleveland Czechoslovak Legionnaire* - Ladislav Krizek and Stephen J. Sebesta

*Uncle from America* - Kenneth Dexter Miller

*The Great War's Forgotten Front*- Jan F. Triska

and of course, Claire Nolte's: *The Sokol in the Czech Lands to 1914, Training for the Nation that explains much. It was an army in training.*

## 2018 MERIT AWARD

The American Sokol Merit Award is being handled by the National Educational Committee and is now accepting applications for the 2018 Merit Awards. Eligible students are those who are planning a full time (at least 12 hours per semester or equivalent) course program in an accredited two-year or four-year college or who are already participating in such a course of study. The amount to be awarded is \$1,000.00. There are no merit award renewals. The application process begins with the submission of the form below to obtain application forms and instructions.

If the recipient fails to submit such a transcript or fails to complete the full year of study for which the award was granted, the recipient is obliged to repay, in full, the Merit Award.

The selections are made by the Merit Award Committee and approved by the American Sokol District Educational Directors and the American Sokol Executive Board. The following points will be considered by the Committee in selecting the candidates:

1. Educational Activities – Sokol and/or other cultural activities.
2. Service to Sokol – Unit, District and/or National.
3. Participation in Sokol events and activities – Unit, District and/or National
4. Community involvement
5. Essay
6. Recommendation of the Unit Educational Director, Physical Director or President.

### 2018 Merit Award

Applications can be downloaded from the American Sokol web-site. [www.American-Sokol.org](http://www.American-Sokol.org).

If requesting by mail, please send this completed page to: Merit Award Committee, c/o American Sokol, 9126 Ogden Ave. Brookfield, IL, 60513 or e-mail [ASO@AMERICAN-SOKOL.ORG](mailto:ASO@AMERICAN-SOKOL.ORG)

I desire to make application for the American Sokol Merit Award.

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_  
 Phone: \_\_\_\_\_ Email: \_\_\_\_\_  
 My age is \_\_\_\_\_ years. I am a member of Sokol \_\_\_\_\_

APPLICATION  
 REQUESTS SHOULD  
 BE RECEIVED  
 NO LATER THAN  
 APRIL 1, 2018

**APPLICATIONS ARE  
 DUE JUNE 1, 2018**

**Should you need guidance filling out this application,  
 please refer questions to your Unit or District Educator.**



## ATTENTION! IMPORTANT CONVENTION INFORMATION FROM THE NOMINATING COMMITTEE

Our American Sokol Convention is fast approaching. One of the important aspects of this convention is electing qualified members to our Executive Board. In order for the Nominating Committee to be able to prepare a full slate we need to know about your intent to run for an Executive Board position. If interested in being a candidate, please inform this Nominating Committee no later than **February 28**. Please provide the following information to Maryann Fiordelis, Nominating Committee Chair via email, [mfiordelis@yahoo.com](mailto:mfiordelis@yahoo.com).

Name: \_\_\_\_\_ Position: \_\_\_\_\_

Best method of contacting you: \_\_\_\_\_

Following are the Executive Board Positions with a brief description of each (see Article 9 of our Constitution and Bylaws):

**President:** Presides at the Executive Board Meetings; sign all official papers; orders for payment together with Secretary, Financial Secretary, Treasurer; make extraordinary decisions and arrangements in an emergency in accordance with the Constitution and Bylaws of the American Sokol; represent the American Sokol in public.

**Vice-President:** shall assist the President when requested by the President and shall perform the duties of the President in his absence.

**Second Vice-President** shall assist the Vice-President, when requested by the Vice-President and shall perform the duties of the Vice- President in his absence.

**Secretary** shall have charge of all official correspondence of the American Sokol, Board of Governors and Executive Board; record and prepare the minutes of the Board of Governors and Executive Board meetings; send an accurate copy of these minutes in a timely manner to the Board of Governors and Executive Board as directed.

**Financial Secretary:** shall take charge of all accounts of the American Sokol, accept quarterly reports of the Units; accept from the Units all membership payments and all other regular and special assessments; distribute to each unit and District President and Secretary a copy of the annual audited financial statement, present to the Executive Board and to the Units an annual financial statement which includes a detailed Balance Sheet, along with a Cash Flow Statement;

present to the Convention a complete General Fund Budget comparison by department dated two (2) months prior to the Convention.

**Treasurer:** shall accept all moneys for the Organization; make payment on vouchers signed and/or authorized by the appropriate officer(s) or authorities as outlined in the SOP's spending authority document; have charge of all cash-on-hand, financial assets and promissory notes of the American Sokol ; arrange all payments made by check; present a monthly Income Statement for the General Fund at each meeting of the Executive Board or other reports as requested by the Executive Board; prepare and file all federal, state and local tax returns, registrations and reports in a timely manner; submit to the Auditing Committee all promissory notes, reports of cash-on-hand and bank statement at the time of the quarterly examination of the books; deposit cash or promissory notes in a recognized financial institution whose assets are federally guaranteed, or may invest up to twenty-five percent in other accounts; present to the Convention a detailed Treasurer's report and a report of a Certified Public Accountant.

**Foundation:** (see Article 16) responsible for raising and administering funds for perpetuating the goals and purpose of the American Sokol; responsible for the administering and disposal of such funds; provide a monthly accounting to the Executive Board.

**Membership:** (see Article 17) responsible for the development and support of the membership structure of the American Sokol.

**Public Relations:** (see Article 18) responsible for the development and support of comprehensive marketing and communications plans and programs for the American Sokol.

**At Large Board Members (3):** no description in Constitution and Bylaws; are expected to attend monthly meetings and fulfill assignments as requested.

Currently the Convention confirms the election of the **Physical Director, Bylaws Chairman and Educational Director** as submitted by their respective committees.

Thank you for your assistance in this matter.

Nazdar,

2018 Nominating Committee

Maryann Fiordelis, Chair, Northeastern District

Marla Breidenbach, Mike Dropka, Central District

Norma Zabka, Eastern District

Mickey Dalton, Western District

## History of All - Sokol Slets

The first Sokol Slet (Falcon gathering in English) was held in 1882 in Prague. The name “slet” comes from the Czech word for "a flocking of birds" (Czech plural: slety). The same word exists or can be synthesized from common Slavic roots in other Slavic languages. It refers to a mass gymnastics festival that became a grand tradition within the Sokol movement, which spread across Central Europe along with other Slavic movements such as the political movement of Pan-Slavism. The first and subsequent slets included an elaborate welcoming ceremony at the train station, mass demonstrations, gymnastics competitions, speeches, and theatrical events, open to members of all Sokols.



**1882** – 1600 parade, 700 gymnasts

**1891** – 5000 parade, 2400 gymnasts, 7000 spectators

**1895** – 5000 gymnasts, 30000 spectators

**1901** – 11000 parade

**1907** – 12000 parade, 194 groups from CZ and the world

**1912** – 30000 gymnasts, 300000 spectators

*1<sup>st</sup> World War (1914 – 1918)*

**1920** – 100000 gymnasts, 500000 spectators

**1926** – 140000 gymnasts, 800000 spectators

**1932** – 190000 gymnasts, 1 mil spectators

**1938** – 350000 gymnasts, 2 mil spectators

*2<sup>nd</sup> World War (1939 – 1945)*

**1948** – over 500000 gymnasts

*Slet was politically forbidden by the communists.*

**1994** – 23000 gymnasts

**2000** – 25000 gymnasts

**2006** – 20000 gymnasts

**2012** – 20 000 gymnasts

**2018** - 😊

<https://american-sokol.org/prague-slet-2018/>



## Mark your Calendar

### Events around the American Sokol

Get your event featured! Email [editor@american-sokol.org](mailto:editor@american-sokol.org)

## February

- February 4**      **Central District GIJO Tumbledown** — Naperville Central High School, Naperville, IL
- February 4**      **Super Sunday Girls Gymnastics Competition** — Sokol Greater Cleveland, Cleveland, OH
- February 10**     **Winter Exhibition** — Sokol Greater Cleveland, Garfield Heights High School, Cleveland, OH
- February 17**     **Cal & Marching Competition** — Sokol USA Lodge 306, Chicago, IL

## March

- March 10**        **Annual Exhibition** — Sokol Tabor, Berwyn, IL
- March 11**        **Annual Exhibition** — Sokol Chicagoland, Downers Grove, IL
- March 16**        **Annual Exhibition** — Sokol Naperville Tyrs, Naperville, IL
- March 17**        **Annual Exhibition** — Sokol Stickney, Lyons, IL
- March 24**        **Annual Exhibition** — Sokol Spirit, Riverside-Brookfield High School
- March 24**        **Trivia Night** — Sokol St. Louis, St. Louis, MO

## April

- April 14**        **Central District Boy's & Men's Gymnastics Competition** — Sokol Tabor, Berwyn, IL
- April 15**        **Central District GIJO Vault into Spring** — Naperville Central High School, Naperville, IL
- April 21**        **Annual Exhibition** — Sokol St. Louis, St. Louis, MO
- April 21**        **Central District Special Number Competition** — TBD
- April 26-29**     **AS Convention** — Cleveland, OH
- April 28**        **Aerial Silks Showcase** — Sokol Greater Cleveland, Cleveland, OH

## May

- May 12**        **Central District Boy's & Men's Gymnastics Competition** — Sokol Spirit, Brookfield, IL
- May 19**        **Central District Girl's and Women's Gymnastics Competition** — Naperville Central High School, Naperville, IL
- May 20**        **Central District Sokol Day** — Ehlert Park, Brookfield, IL



### American Sokol Deadline

Send your submissions, articles, events and photos to [editor@american-sokol.org](mailto:editor@american-sokol.org) by the 1st of the month prior to the publication issue! For example, send items you want included in the October issue no later than September 1st.



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**SAVE A TREE...GO GREEN. RECEIVE THE DIGITAL VERSION VIA EMAIL:**  
<http://american-sokol.org/gogreen/>

*The mission of the American Sokol is to provide fitness and community for individuals and families through physical, educational, cultural and social programs.*



## **Lift Every Voice**

*Written by Sis. Hallie Soulides*

February is a time for celebration of a great number of things including Valentine's Day, President's Day, Abraham Lincoln's birthday, and African American History. Nearly all of us would recognize the name Francis Scott Key, the author of the poem and song "The Star Spangled Banner" which was adopted as the official U.S. National Anthem in 1814. Fewer may recognize the name James Weldon Johnson, a musician, writer, and high school principal from Florida. In 1900, he wrote a poem entitled "Lift Every Voice and Sing". With a composer named Rosamond Johnson, his brother, the poem was put to song and performed by school children on President Lincoln's birthday. James went on to be a songwriter, a U.S. foreign service officer, a published author, and in 1920, the national organizer for the National Association for the Advancement of Colored People (NAACP). "Lift Every Voice and Sing" was adopted as the official song of the NAACP, and is commonly referred to as the African American National Anthem.

<http://www.pbs.org/black-culture/explore/black-authors-spoken-word-poetry/lift-every-voice-and-sing/>  
<https://www.poets.org/poetsorg/poet/james-weldon-johnson>

