

AMERICAN SOKOL

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FRANK V. JELÍNEK, 3. pluk Jana Žižky, úderný oddíl Vašátkových granátčiků:

PŘED 50 LÉTY U ZBOROVA.

Za československý lid,
za vbitou na kříž naši zemi
my budem se bit!
My budem se bit
za slávu a svobodu našich zemi,
nikoho neživit,
nešetřit, nesmlouvat, silami všemi
kupředu letět i vítězit —
i slavně mřít.



Těsně po velikonočních svátcích 1917, náš celý 3. pluk Jana Žižky z Trocnova byl přemístěn do Orvjanic, Kuráže a Solomievky a tam se připravoval na příští uskutečnění svých ideálů a touhy, utkati se s odvčkým vrahem Slovanstva a bude-li takový osud, krví svou posvětit drahý náš prapor a vítězně jej pronéstí křtem ohně. Při sladkém snění nezapomínalo se též činností osvětové a sokolské. V zámecké zahradě v Kuráži u-

pravilo se hřiště pro sokolská cvičení, i pro hraní footballu. Třebaže mnoho času nezbyvalo, přec jen se cvičilo a jiná družstva zase hrála football. Dne 27. května byla uspořádaná mohutná sokolská slavnost, na rozloučenou. Rozsáhlá zahrada v Kuráži byla zaplněna cvičícími bratry od celé brigády, jakož i delegacemi ze Žitomiru, Kieva i z dalekého Petrohradu. Z toho je vidno, že sokolský duch převládal naší Legii.

* * *

Dne 16. června vydal se pluk na pochod do nedaleké železniční stanice Doumbrovice a odtud dvěma vlaky odejel do frontového pásma 49. armádního sboru generála Selivačeva. Při této cestě stala se nám nemilá příhoda: na rakouských hranicích náš vlak se náhle přetrhl; první část vjela na rakouské území a druhá část zůstala stát v Rusku. Tato nemilá příhoda nikoho však nezastrašila — vlak byl spojen a za neutuchajícího nadšení se pokračovalo v jízdě do Staré Zbaraže, odtud se pochodovalo přes Tarnopol, ke Zborovu. V pondělí ráno ve 3 hodiny, první skupina poručíka Vobrátílka dorazila ke Zborovu a tam na výšině č. 379 se zakopala, jako pravé křídlo 1. pluku, pravého bojového úseku, plukovníka Mamontova. Druhá skupina 3. pluku dorazila do

zákopu dne 27. června a byla přidělena veliteli levého úseku, podpluk. Zembelajeského. Tím celý pluk octl se v bojové posici.

Nepřátelská posice na úseku, na který měla útočiti čsl. brigáda plukovníka Trojanova, byla složena z mnoha silně opevněných středisek odporu, se čtyřmi řadami zákopů a s mnoha spojovacími zákopy plně přizpůsobenými k obraně. Před touto posicí bylo několik řad drátěných překážek, s granátovými podkopy, které byly uvedeny k výbuchu pomocí elektrického proudu. Oproti tomu posice, které zaujala čsl. brigáda, byly méně dostatečné. Výstřel byl velmi malý, velmi málo dobrých krytů a spojovací zákopy nebyly připraveny k obraně; byly příliš úzké a mělké. Úsek této nejvážnější posice nebyl vůbec připraven a nejhlavnější, nebyl dostatek střeliva. Na energický zákrok čsl. velitelství, tento nedostatek byl odstraněn a dostalo se nám velké množství nábojů, jakož i ručních granátů. Souběžně a spojovací zákopy pro výchozí základnu pro útok nebyly vůbec žádné. Za silné dělostřelecké palby, všechny roty intenzivně pracovaly a dne 1. července v ranních hodinách výchozí základna byla hotova a pojmenovali jsme ji "Marjusa". Podobně se dělo i na levém úseku a tam bratři základnu pojmenovali "Kat'ja". Pravý bojový úsek nepřátelské strany byl hájen 86. Maďarským plukem, části 35. Plzeňským, 6. a 12. praporem polních myslivců, a 140. říšsko-německým úderným praporem, jakož i různými pomocnými skupinami. Přibližně 10,000 obránců, oproti útočným částem čsl. brigády, čítajícím přibližně 2,250 vojnů a důstojníků. Tento malý stav tak důležitého úseku plukovníka Mamontova, budil oprávněné obavy a pochybnosti o výsledku útoku. Leč vysoký bojový duch čsl. vojáků tyto pochybnosti zaplašoval a dával plnou naději v možnost vítězství. Nálada vojnů byla výborná a každý dychtivě očekával hodinu k útoku a tím více si ji přáli, když došel telegram od tatíčka Masaryka: "Drahým vojnům i důstojníkům naší armády srdečný dík. My všichni provázíme jejich nástup; my víme, že splní svou povinnost před vlastní, my víme, že jsou nejen chrabří, ale ukáznění. Jejich oddanost všeobecné věci slouží příkladem všem. Necht' žije svobodné Rusko, necht' žije československý národ. — T. G. Masaryk."

(Pokračování na stránce 69)

AMERICAN SOKOL



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OFFICE OF THE EXECUTIVE BOARD ASO.

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Calendar of Events

- JULY 1st—SOKOL HOUSTON, TEXAS.
Dance (evening).
- JULY 2nd—SOKOL HOUSTON, TEXAS.
Dedication ceremonies of new hall and banquet (afternoon). Dance (evening).
- JULY 9th—SOUTH OMAHA SOKOL DAY.
Sokol Park, South Highway 75. Dinner 11 to 1:30 P.M. Free admission. Gymnastic exhibition at 2:00 P.M. — In the event of inclement weather all activities will be at the So. Omaha Sokol Hall, 21st and "U" Streets.
- JULY 9th thru 15th—SOKOL ST. PAUL, MINN.
Kids Week at Sokol Camp.
- JULY 9th—SOKOL DETROIT, MICHIGAN.
Gymnastic exhibition at the Sokol Camp.
- JULY 9th—SOKOL HAVLICEK-TYRS, Chicago, Ill. — Picnic at the Camp.
- JULY 23rd—SOKOL HAVLICEK-TYRS, Chicago, Ill. — 25th Camp Anniversary dinner at the Camp.
- JULY 13-16—MID-SLET OF ASO., Dallas, Texas.
- JULY 30th—SOKOL ST. PAUL, MINN.
Annual Picnic at Sokol Camp.
- AUG. 19th—SOKOL DETROIT, MICHIGAN.
Summer Festival at Camp.
- AUG. 20th—SOKOL TYRS, CLEVELAND, OHIO.
Annual picnic—I.O.O.F. Camp.
- SEPT. 10th—SOKOL DETROIT, MICHIGAN.
Grape Festival at Camp.
- SEPT. 23 & 24—EASTERN DISTRICT. — Annual Meeting in Washington, D. C.
- SEPT. 23rd—SOUTH OMAHA - WESTERN DIST.
Sokol Centennial Invitational Gymnastic Meet, Plattsmouth, Nebr.—1:00 P.M.

- SEPT. 23rd—Semi-Annual WESTERN DISTRICT BOI. meeting—7:30 P.M.
- SEPT. 24th—Semi-Annual All Unit WESTERN DISTRICT meeting—9:00 A.M.
- SEPT. 26th—SOKOL OMAHA and SOKOL SOUTH OMAHA gymnastic program—WBFA. National Convention, 13th and Martha Streets, 8:00 P.M.
- OCT. 7th—SOKOL BALTIMORE, MARYLAND.
95th Anniversary Dinner and Dance.
- OCT. 13, 14, and 15—WESTERN DISTRICT.
Instructors clinic in Omaha.
- OCT. 14th—SOKOL LITTLE FERRY, N. J.
70th Anniversary Celebration.
- OCT. 25th—SOKOL CEDAR RAPIDS, IOWA.
Sokol Supper.
- OCT. 28th—SOKOL DETROIT, MICHIGAN.
Halloween Masquerade at Cultural Center.
- NOV. 4-5th—SOKOL DETROIT, MICHIGAN.
Old Fashion Bazaar at the Sokol Center.
- NOV. 4th—SOKOL LITTLE FERRY, N. J.
70th Annual Duck Dinner.
- NOV. 18th—SOKOL NEW YORK. — 100th Year Anniversary—Banquet.
- NOV. 19th—SOKOL NEW YORK. — 100th Year Anniversary—"Akademie."

Za bratrem Václavem Wimrem.

V sobotu 10. června 1967 zemřel známý sokolský činovník br. Václav Wimr, ve stáří 80 roků. Br. Wimr byl členem Sokola St. Louis, Mo. více jak 59 roků. Zastával úřad starosty, kdy jednota potřebovala vedení silné ruky, po dlouhá leta byl činným ve správním výboru sokolského tábora co jeho správce. Zastával jednotu ve sboru ředitelů Národní Sině, kde po leta i v jeho stáří byl pokladníkem. Byl výborným ochotníkem a pěvcem a hledaným řečníkem. Bral své sokolství vážně a v dobách jeho starostenství hleděl býti příkladem veškerému členstvu. Jeho největší zásluhy byly však v obou osvobozeneckých akcích. Hlavně v dobách první světové války, kdy v St. Louisu organizoval do československých legií, řečnil, nabádal a řídil veškerou akci, byv v blízkém spojení s prezidentem Masarykem, který byl jeho bohem. Jeho úmrtím mizí kousek historie Čechů st. louisských, neb zemřel dobrý vlastenec, věrný sokol a věrný syn svého národa. Zanechává zde manželku Blaženu a dcery Hannu, Věru Zub a Blaženu Aseltine, kromě četného příbuzenstva. Budiž čest jeho památce!

Jan Reiner.

Frank H. Veselý

zemřel 7. června 1967, ve věku 74 roků. Sokol Havlíček-Tyrš ztratil dobrého bratra, druha a kamaráda.

Myšlenka sokolská získala v něm muže, který ji zasvětil vynikající vlastnosti svého ducha. Kratší dobu byl náčelníkem své jednoty a tehdy se ukázaly jeho schopnosti v nejkrásnějším světle.

V posledních dlouhých měsících churavěl — ale do posledního dechu zůstal věrnou duší sokolskou.

Za Sokol Havlíček-Tyrš rozloučil se se zesnulým starostou, br. George Bašta.

Kdo bratra Veselého znali, zachovají ho v trvalé paměti.

kmp.

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

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JOSEF MARTÍNEK:

K 25. výročí lidické tragedie.

V červnu vzpomíná československý lid doma i po všem světě 25. výročí strašného činu nacistických vrahů, kteří 10. června 1942 spálili a vyhladili českou vesničku Lidice z treštu za atentát provedený na zločevněstného Heidricha.

A v červenci vzpomínáme my v Americe vzkříšení Lidic na americké půdě 12. července téhož roku, za pouhý měsíc po spálení Lidic v Čechách. **Bylo to v Americe, odkud přišla první odpověď na zločin nacistů!**

V Československu je tento počín Ameriky úplně zamlčován a lidická historie je hrubě zkreslována. V propagačním časopisu "Československý svět", který komunistická propaganda posílá na kde jakou krajauskou adresu, v článku "Lidice Shall Live" se neostyšně a lživě tvrdí, že podnět k pojmenování mnoha míst na světě jménem Lidic byl dán — anglickými horníky. . . .

Fakt však je, že světové hnutí za pojmenování tak mnoha míst na světě jménem Lidic vzniklo z iniciativy našeho odbojového hnutí československého v Americe a to za vydatné a nadšené podpory a pomoci americké vlády a nejšířší americké veřejnosti! A to ihned po drzém a chludbném ohlášení nacistického rozhlasu, že Lidice byly spáleny, muži postřeleni a ženy a děti odvečeny do koncentračních táborů. Ještě téhož dne Čs. národní rada v Chicagu poslala prezidentu F. D. Rooseveltovi telegram s prosbou o americký zákrok v té tragedii. A již třetího dne po odeslání telegramu jsme měli v Chicagu odpověď a to personální: Naši kancelář navštívil toho dne p. Dave Karr z úřadu válečných informací ve Washingtoně, který nám řekl, že náš telegram (stylizovaný prof. J. Zmrhalem) dotkl se presidenta tak hluboce, že ihned nařídil úřadu válečných informací, aby v té věci něco udělal a to hned. A zmíněný úřad že rozhodl, aby v odpověď na spálení Lidic v Čechách byly Lidice hned vzkříšeny na americké půdě!

Původně bylo myšleno na přejmenování Cicera na Lidice, ale protože to bylo nutno provést do měsíce (my jsme se museli vládě zaručit za účast 10,000 našich lidí na té slavnosti) a to v případě přejmenování Cicera z právních důvodů nebylo možno, bylo rozhodnuto pojmenovat na Lidice vládní stavební podnik u města Joliet.

Po poradě s příslušnými činiteli vládními bylo též rozhodnuto, že křest amerických Lidic nesmí být akcí jen jedné třeba nejvíce interesované složky československé, ale musí mít ráz všeamerický. Proto svolání k vzkříšení Lidic učinil deník Chicago Sun a jeho majitel p. Marshall Field se stal předsedou pořádačijeho výboru. Ostatní deníky chicagské se pohotově do akce zapojily. A výbor (v němž

naše složka byla zastoupena jen předsedou a tajemníkem Čs. nár. rady) hned objednal i pomník do nových Lidic. Propagaci celého podniku organizoval a řídil z podnětu vlády nevyrovnatelný publicista Clifton Fadiman z New Yorku a to po celé zemi, nejen v Chicagu a okolí.

A naše krajauské organizace ve velkém Chicagu mobilisovaly celý měsíc k účasti naší veřejnosti. Mimo odbojové organizace Čes. nár. sdružení, Slovenského nár. sdružení a Nár. svazu českých katolíků byly to zvláště české i slovenské sokolské jednoty a řady Jednoty ČSA! Šlo nám ovšem i o to, aby tato všeamerická slavnost nebyla bez československého rázu. Ten jsme jí vtiskli československými kroji a největší pomoc dali ovšem svými kroji sokolové a Moravské spolky. A přčetní jednotlivci: v den slavnosti nebylo snad v Chicagu a předměstích jediného našeho národního kroje, jenž by byl zůstal v šatníku. Z našich krajanů snad jen přestárlí a nemocní byli doma, vše ostatní bylo na nohou. A z mnoha krajauských osad po celé Americe hlášeny zvláštní zájezdy na ten den. Ale zaručili jsme se vládě za účast 10,000 a nemohli a nesměli jsme zklamat.

Jak velká byla vládní pomoc svědčí okolnost, že prezident Roosevelt deleoal za hlavního řečníka na slavnost vzkříšení Lidic Wendella Wilkieho, bývalého kandidáta republikánské strany za presidenta S. S., znamenitého řečníka, jehož strhující projev šel nejen americkým ale veškerým světovým tiskem a rozhlasem a všude burcoval do odporu proti nacismu. Slavnosti byl přítomen nejen čs. vyslanec Vlado Hurban, ale i vyslanci britský a francouzský, ba i čínský jako zástupci svobodného světa. Proto tato akce měla okamžitou odezvu po celém světě. Jak hluboce se dotkla americké veřejnosti o tom svědčí nad jiné fakt, že lidická tragedie našla odraz i v americké poesii a to nejen v básni populárního veršovce Edgara Guesta, ale i v tvorbě nejslavnější tehdy básničky Edny Vincent Millayové, která Lidicím věnovala celou knihu.

Nikoli akce anglických horníků, jak tvrdí pražský tisk, ale akce Ameriky to byla, jež vyvolala světové hnutí proti vyhlazení Lidic a letošní pietní slavnost v amerických Lidicích 11. června byla dobrou odovědí na komunistickou propagandu, zásluhy Ameriky zamlčující. (První ohlas na americké Lidice byl v Mexiku, kde již za měsíc po křestu Lidic amerických přejmenována byla na Lidice osada Jeronimo.)

A naše záruka za 10,000 účastníků? Slavnosti lidické se zúčastnilo ne deset, ale padesát tisíc lidí. Byli jsme spokojeni.

STANLEY BARCAL:

Memorial Day Address at the Bohemian National Cemetery May 30, 1967



Over 100 years ago, about 1840, the first Czech and Slovak immigrants began arriving in Chicago. As this continued in the years that followed they formed their own communities for mutual assistance and communications. At this time they also began organizing their lodges and societies of which the Sokol Organization was one to preserve and perpetuate the culture and customs of their homeland. One of the customs

that they brought with them was to decorate and care for the graves of their friends and loved ones.

As the need for their own cemetery continued to grow the leaders in the community, along with the officers of the lodges and societies, selected this site and in 1877 the Bohemian National Cemetery became a reality. The beginning was humble but with their efforts and determination along with the efforts of all those that followed with constant improvement we have our Bohemian National Cemetery as we know it today. It is truly a monument to the Czech and Slovak people.

We have gathered here on Memorial Day as far back as any of us can remember.

Memorial Day began in America in the year of 1868, its purpose is a day of reverence and meditation and not just a day off from the hustle and turbulence of our daily schedule.

Memorial Day is the result of an order issued by General John A. Long, then Commander in Chief of the Grand Army of the Republic. In that order he made official the example set by the women of Pennsylvania and Virginia when on that day they were decorating the graves of both the Union and Confederate dead.

Today, 99 years after the famous order, we are gathered here in this beautiful Bohemian National Cemetery as are Americans all over America, at the cemeteries of their choice, to honor the memory of our fallen service men.

Let us be motivated by their good deeds and make a pledge that their good deeds and endeavors shall serve as an example to us in our everyday lives.

We Americans are very fortunate that our forefathers, when writing the Constitution, used the magic word freedom and all the ways it must be preserved. The word freedom, and all that it means, has cost us dearly in the tens of thousands of lives that were lost to preserve and perpetuate our way of life. Freedom cannot be given or cannot be bought—it must be earned, and if it is misused it can be equally as destructive as it is good. Every freedom carries its own set of responsibilities and must be exercised with compassion and consideration of our fellow man.

We are now engaged in another war in far off Viet Nam. This war may seem remote to most of us because of the distance from home. We have, as of last week, lost 10,000 American soldiers there. This war is very real to those 450,000 American men there and wherever American soldiers are fighting and dying. It is our responsibility to do everything possible to support and urge a just peace.

Let us for a moment imagine that we are in all the American service cemeteries with those thousands upon thousands of neat white crosses, each cross representing one fallen service man.

Let us hope that we will have the wisdom—the foresight—the courage—and the determination to preserve and perpetuate the kind of America they fought and died for.

May they rest in peace.

JAMES L. CIHAK:

ASO. SOKOL LIBRARY

At the Executive Board meeting of ASO. held on Tuesday, May 23, it was decided to make every effort to expand our Sokol library. Thousands of unit and district programs, newspapers, brochures and other material have been lost because they were not appreciated for their historical and educational value. Thousands more are gathering dust or becoming ruined for posterity because of neglect. Our ASO. library should have at least two or three copies of each of these items. They are being eagerly sought by scores of universities, belatedly interested in this physical fitness side of Americana.

We know of four universities in the Chicago area that will gladly accept this Sokol literature, rich far beyond our own estimation of its importance. American scholars are turning their attention, with unfeigned interest, to the Slav element in America and to its contributions in every field of endeavor.

We had been very reticent in the past about informing the general public regarding our work, not only in our Sokol endeavors, but just as much in our cultural and social work. Our public relations have always been one of our weakest points. To speak the truth, to show and write about our ambitions and goals, to instruct others about the methods we have employed to secure them is not bragging. It is a very important function that in itself can be a rewarding experience.

We realize it will not be an easy task to list what you have, not only in your display library but also what is in forgotten cartons and boxes. It is a task that has to be done. Before the treasures in your possession wind up in a waste paper drive please check everything and let the ASO. office know what you have. We don't want all of it, two or three copies of the various items will suffice. Then while you have it all laid out we will

let you know of the nearest library or university to you, that will be more than glad to pick it up.

Too many instances have occurred where valuable libraries of units and individuals were disposed of before they could be checked. We don't want this to happen again. And don't make the mistake of thinking that only hard cover books have value. Many a literary gem lies hidden in small paper cover programs and brochures. One such was bro. Joseph Cermak's "Epistles On Self Control," a

very valuable little booklet by an outstanding Sokol thinker and worker.

Please, by all means, do not put this matter off to some later date. Units as well as individuals will be happy in the thought that they had contributed to the Sokol Americana. Future writers and historians will thank you for your understanding and generosity. We are constantly looking for facts but lack the source material where they lie hidden. — Nazdar!

Uctili jsme památku zesnulých vedoucích činovníků.



V Den zdobení hrobů, 30. května t. r., zúčastnili se činovníci AOS. a župy Střední spolu s velkou řadou členů slavnosti na Českém národním hřbitově v Chicagu, aby vyslechli projev br. starosty Stan. Barcala, který tam byl letošního roku hlavním řečníkem, a vzdali poctu těm, kteří před námi nesli prapor našeho národního krajanského života v Chicagu a okolí.

Po skončení této pietní slavnosti, kterou pořádá správa hřbitova každým rokem, navštívila sokolská delegace hroby bývalých vedoucích činovníků AOS. a sice bývalých starostů Jana Šimana, Jos. Plačka, Jos. Čermáka, jednatele Jos. Falty, náčelníka Jarky Jelínka a red. V. Welcla, a položila tam věnce. Práce a zásluh zesnulých bratří vzpomněli dojemnými proslovy sestra Prenerová, bratři Barcal a Prchal. Zhodnotili jejich příkladnou práci pro rozvoj Amerického Sokolstva a jejich neochvějnou věrnost sokolské myšlenky, která nám musí být stále příkladem v naší každodenní sokolské práci.

J. Rabas

Před 50 léty u Zborova—

(Pokračování z přední stránky)

V předvečer zborovské bitvy, snad málokterý ulehl k odpočinku. Jedni psali dopisy svým drahým, jiní, sedíce v ústraní, oddávali se snění, jiní v hloučcích, plánovali dalekosáhlé válečné tažení. Nad Zborovem se rozklenula jasná, hvězdnatá noc — kolem vládlo ticho, občas přerušované jednotlivými výstřely a v dáli sýček zpíval svou houkavou melodii. A opět to strašné ticho, že věstilo až hrůzu. Kol šesté hodiny ranní, naše dělostřelectvo zahájilo oheň a bubnovou palbou ostřelovalo nepřátelské linie. Nato těžké dělostřelectvo počalo střeliti do prostoru Mohyla a její vzrývající se těžké putny otráslaly zemí. Rakouská artilerie na tuto palbu odpovídala a její granáty a šrapnelové kuličky doslova zasypávaly naši ubohou Marjusku.

Ti, kteří kdysi pokorně chodili
za pluhem otcovským na rodné liše,
vděční za skřivánčí písně,
a talíř polévky i skývu chleba,
ti, kteří mlčky na dusných fabrikách
drsné a pusté dny žili,
kdys bledí studenti, básníci, pěvci,
umělci — veselá chasa,
i ti, jimž nikdy nic nebylo svato,
bouřlivé pražské děti,
moravští junáci, šohají od Tater —
tři tisíce,
tři tisíce smělých, sokolích srdcí —
ti všichni cítili v tento den:
Smrt není strašna!
Krásný a svatý je boj!

Tiché kdys budou pláně u Zborova,
mír, pokoj a klid
nad námi bude vládnout!
Ale věčný život
dán bude národu pokořenému.

Již od sedmi hodin ráno tísnil se oddíl granátčků u výchozí základny Marjusy, připraven k útoku a za ním oddíl zákopníků, ozbrojen nůžkami na ostnaté dráty. Nikdo nepromluvil — jen očima hledil a líbal druh druhá. Velitel naší skupiny, praporeček Vačátko, dívá se na zápěstní hodinky. Ručičky ukazují jednu minutu do devíti — zvedá ruku — Teď! — Zákopem ozval se ostrý hvizd a povel plukovníka: Granátčci kupředu! V nevylicitelné odvaze řítí se prvý sled a za ním s nemenší vervou derou se zákopníci a útočné roty.

Jde rota za rotou:
naši se usmívají.
z osmahlých tváří vesele planou zraky,
veliký klid i epickou tvrdost
prozrazují čela.
Z nich vane mládí a svěžest,
pružnost a síla!
Jdou na smrt rytmickým krokem,
jdou k tanci.
A náhle všichni,
jakoby kdosi tajemný řídil jich duše,
zpívají jedním a mohutným hlasem:
"Neumrem na slámě . . ."

Nepřítel chrlí pekelný oheň pušek a kulometů — vše zacloněno dýmem a prachem a v této cloně by-

lo viděti mihotati se tenký řetěz našich hochů. Během 10 minut byla proražena první linie a granáty donucují masy rakouských vojáků ku vzdání se. Hned nato byl podniknut útok na druhou linii, a ta padla za dalších 10 minut. Nepřítel byl morálně zničen; jeho betonové zákopy byly přeplněny mrtvými i raněnými. Do zázemí proudí masy zajatců, zachvácených úžasem nad nevídanou rychlostí útoku čsl. vojska. Již o půl desáté plukovník Mamontov posílá veliteli dělostřelectva stručnou zprávu: "Necht' dělostřelectvo střílí na třetí linii a dále! Ostatní námi dobyto." V boji o třetí linii náš oddíl se dostal do křížového ohně rakouských kulometů a později byl obklíčen. Mnoho bratří bylo vybito z bojových řad, než přispěchala na pomoc 4. rota poručíka Vlasáka. Kol 11 hodiny Mamontov hlásí: "Části pravého úseku vyplnili celou svou úlohu. Obsadili výšinu Mohyly se všemi jejími zákopy." Je nutná záloha — boj se utíšil a hrozí protiútok. Až do 11 hodin dopoledne, situace na pravém úseku byla velmi neutěšená. Oddíl granátčků a některé útočící roty vnikly příliš hluboko do nepřátelských pozic a neměly zajištěna křídla, ani žádné zálohy. 70 bodáků přispěchavších nám na pomoc, nemohlo postačit proti nepřátelské přesile. V tomto kritickém okamžiku, pocítil jsem, kterak stěpina granátu zaryla se mi do brady. Ve snaze, abych ji vytáhl, opřel jsem karabinu o tělo a to se mi stalo osudným. Ze strany na mne zaútočil rakouský voják, pažbou pušky, přímo do hlavy. Na štěstí některý bratr to zpozoroval a útočníka srazil ranou revolveru. Rána sice dopadla mi na hlavu, ale ne-

byla již tak silná; stačila však, že jsem po ní zakolísal a v zápětí jsem pocítil třetí ránu: střelu do prsou levé strany. Tím jsem byl vyřazen z boje. Jsa zbrocen v krvi, pomalu jsem se plazil dozadu. Když několik bratří mne chtělo poskytnout pomoc, prosil jsem je, aby mne ponechali osudu a šli raději na pomoc bojujícím. Má radost byla ohromná, když jsem uviděl ruské zálohy, kterak spěchaly na pomoc našim. Co bylo dále, nevím — bez pomoci a bez obvazu, úplně vysílen ztrátou krve, svalil jsem se do jámy vyryté granátem a tam jsem zůstal ležet. Jak dlouho, také nevím. Vim jen tolik, že nejen jsme vyplnili danou nám úlohu, ale učinili daleko více, než od nás bylo žádáno. Bojem u Zborova dokázali jsme, že náš národ jest trvale rozhodnut domoci se své národní i politické samostatnosti. Boj u Zborova byl živý protest proti protislovanskému Rakousko-Uhersku a proti jeho vérolovné dynastii. Zborov objevil Československo.

Na zborovských pláních
na hoře nad Cecovou
jsou mohly bratří.
Veliké lány zlatého žita
vůkol se vlní, vtr věje,
vzduch šumí hrdinskou písní.
slavnými vzpomínkami
ožívá každá pěšina, brázda.
Byť tam dnes cizí mluva zněla,
byť tudy přešly teutonské hordy,
to pole je naše!
Tam leží s úsměvem na zvadlých rtech
sto našich bratří!
Za temných nocí
na jejich mohyle tryznu slaví
staří slovanští bozi.

Future Sokol Leaders Fund

(Continued)

(Published in the May issue were receipts up to \$16,552.70. — Receipts up to \$16,886.94 were published in the October 1966 issue. — Receipts up to \$17,179.15 were published in the February issue.)

Following is a listing of donations through April 6, 1967:

Previously reported	\$17,179.15
Řád Žižkův Dub, #91, Cedar Rapids, Iowa	2.00
In memory of sis. Rose Ptak:	
Bo. & Zden. Ptak, Cleveland, O.	15.00
Mr. & Mrs. C. Z. Serpan, Cleveland, O.	10.00
Mr. & Mrs. Victor G. Ptak, Cleveland, O.	25.00
Mr. & Mrs. Victor A. Ptak, Cleveland, O.	5.00
Alice & Lillian Zeman, Cleveland, O. . .	5.00
Dr. & Mrs. Geo. Drdla, Omaha, Nebr. . .	10.00
Southern District ASO. in memory of bro.	
Anton Kohoutek	5.00
In memory of bro. Vaclav Anyz:	
Mr. & Mrs. Wm. Svoboda, Miami, Fla.	5.00
Mr. & Mrs. Frank Mostek, Miami, Fla.	5.00
M. Vačkářová, Miami, Fla.	2.00
A. Macounová, Miami, Fla.	2.00
E. W. Ruzicka, Miami, Fla.	2.00
Mr. & Mrs. L. Nesper, Miami, Fla.	2.00
R. Štěpánková, Miami, Fla.	1.00
L. Poláková, Miami, Fla.	1.00
A. Brychová, Miami, Fla.	1.00
A. Posíková, Miami, Fla.	1.00
M. Brownová, Miami, Fla.	1.00

Mr. & Mrs. C. Kriz, Miami, Fla.	1.00
Karel M. Prchal in memory of sis.	
Catherine Pollack	50.00
Sokol Rozvoj	25.00
In memory of sis. Agnes Alexander:	
Dámský Kroužek, Hopkins, Minn.	20.00
Sokol Hopkins	5.00
Sokol Chicago in memory of bro. Frank	
Padour	10.00
TOTAL DONATIONS	\$17,390.15
Donations:	
February 1967	\$ 101.00
March 1967	110.00
Total Donations	\$ 211.00
Previous Balance	17,179.15
	\$17,390.15

The above contributions are tax exempt.

AUGUST 5th AND 6th, 1967

The Town of Wilber, "The Czech Capital of Nebraska," will conduct its Annual Czech Festival. 90% of the Wilber population is Czech. The WILBER SOKOL will be prominently engaged in the festival activities.

SOKOL GYMNAST

June 1967

EDITOR—MILDRED PRCHAL

2419 Scoville Avenue, Berwyn, Illinois 60402

MILDRED PRCHAL:

GOOD LUCK TO YOU ALL!

A couple of weeks more of preparation for the DALLAS KALEIDOSCOPIC PHYSICAL FITNESS GYMNASTIC CLASSIC, JULY 13th—JULY 16th, 1967. This is the period of utmost effort on the part of gymnasts, but most of all by instructors and leaders. Upon the latter rests the heaviest re-

sponsibility. A well balanced program of activities and preparedness guarantees success. It is therefore necessary to remind ourselves of each event awaiting us during the Slet days, to be sure that preparations are complete and to correct or perfect any "weak spots."

MILDRED PRCHAL:

YOUTH MEMBERSHIP DRIVE

One of the most opportune times for a Youth Membership Drive is after the summer vacation when the new season's activities begin in our Sokol gymnasiums. The care devoted to the details of the drive at this time can bring the best results. Complaints about small classes of youth or adults do not help.

The aim of the drive at the beginning of the new season should be:

1. Apply all efforts to bring back into classes all those from the previous season, whether children, juniors, or adults.
2. To gain as many new children and juniors for regular classes as possible.

THE MEDIA THAT MAY BE USED ARE:

1. Leaflets, distributed throughout the neighborhood, posters in business windows; these to contain photographs of Sokol activities (our Sokol circular attached to the poster would be appropriate). Physical fitness award notices to be included in publicizing can bring many new aspirants. However, the true aim of the Sokol activities must not be ignored in the effort to acquire new members. These leaflets and posters must bear the registration date, the requirements and name and address of the Sokol gymnasium.

2. Talks about youth activities in the Sokol together with films or slides of Slets and other events. The films will impress not only the youth but parents, teachers and all those who are active or interested in youth education.
3. Community publicity and radio announcements. The spoken word is one of the most successful drive media.
4. Ceremonial method of graduation of the young boy to the junior class. This ceremony impresses the rest of the boys in the class and inspires them to attend regularly and permanently.
5. Class hour demonstrations open to the public, competitions and social evenings. Well prepared and interesting events will bring in many new members.
6. News articles about Sokol activities and projects will help tremendously in a membership drive.

It is necessary to get out among the young people. Close contact with schools is desirable.

Finally, we must never forget that the best method for gaining new youth and adults into our classes is correct and conscientious instruction. This is always the best recommendation.

Do not neglect these preparations for the new season! A meeting of your instructors' board should be called as soon as possible for discussion and ideas!

MILDRED PRCHAL:

DRIVE FOR INSTRUCTORS AND LEADERS!

. . . . and now let us look at our instructors! Today's national concern for physical fitness should certainly help in our Youth Membership Drive. However, taking care of and "holding" the new members is the real problem. Without a sufficient number of knowledgeable and conscientious teachers, our efforts toward a Membership Drive will be wasted.

There were never enough instructors and leaders; it was always difficult to find enough "workers."

Today it is even more so, and this situation must be corrected through any workable method so, that our youth who will return to classes with energy and ambition is not disappointed.

Where are we to find new instructors, squad leaders and assistants? Of course, we must continue to depend upon our present leaders, try to interest our adult class members, the older juniors and even seek among our non-active unit members. It is necessary too, to find brothers and sisters

who are available during late afternoon or early evening hours. They must also adapt themselves to the desires and requirements of the youth, have an abundance of patience, and they must earnestly wish to assist in the development of our youth.

Regular instructors' sessions must be conducted in units and districts alike for these willing members to acquire the knowledge necessary to teach children. A conscientious instructor will always prepare himself thoroughly before taking any class; he continues to amplify his knowledge and always seeks the method most successful for his handling

of individual children or adults.

Parents of young children registered in the classes may also assist in conducting classes under the supervision of the instructor. Often the parents of children become very interested and become valuable members of the unit and the instructors' board.

From the above it is clear that when considering and preparing for a Youth Membership Drive, it must go "hand in hand" with an intensive drive for those, into whose hands the new classes will be entrusted.

VACATION PERIOD

The termination of regular class hours in Sokol gymnasiums for the summer, and the departure of most class members to camps, travels or summer homes does not terminate the responsibility of the conscientious instructor toward his "charges." Suggestions for a continuation of activities and some principles by the instructor can be helpful to the gymnast during his stay away from home.

Camps are usually equipped for various physical activities including swimming and hiking; provisions for sports and games of all kinds are also plentiful.

However, those who are away from home but are not in camps should set aside a period for daily exercise consisting of elements they have been taught. These should be done out in the open each morning; always be sure to include arm, trunk and leg exercises AND RUNNING. A short run at first to clear the lungs; start on level ground; later in the woods. Nothing is more exhilarating than running in the early morning breathing clean fresh air.

Emphasize the necessity of learning to swim during the vacation period. Learn any style of swimming, perhaps only one, but perfect it. Master breathing under water, plunge to bottom for objects, and of course, float. Always, however, be accompanied by a good swimmer as guide and guard.

Jumping into water from a low board is pleasant and elements such as jump front stradleg touching toes with hands; vertical stradleg jump; jump with turns, etc. will be useful in the gymnasium later.

Jumping over bushes, vaulting over fences, climbing trees; of course, frontrolls, cartwheels, handstands and other tumbling elements are best done outdoors because of the open area and clean air for breathing.

However, even if the greater part of the classes will leave for camps or other places, they will not all be absent at the same time. There will always be some who remain in the proximity of their gymnasium.

This is also the time when the instructors and assistants meet to prepare a program for the following season. Announcements must be sent far enough in advance with date and place of registration. An intensive membership drive should be launched using various means of contact to reach all the young people of the community. Parents of children, of course, should also be notified.

Long before the new season begins assignments of duties are distributed to each instructor and assistant. Every member of the instructors' board should be thoroughly acquainted with the new program and the goals to be achieved.

CHARLES M. PRCHAL:

ANNUAL PUBLIC EXHIBITIONS

I visited every annual exhibition in Chicago and suburbs, also that of Racine, Wisconsin, eight altogether. All of them represented the climax of the season's work.

In general the instructors' boards and instructors selected their material wisely. All classes participated, even the tots, (Sokol Berwyn calls them "Future Champions"). The children's classes were very big, the girls outnumbering the boys in most cases.

Whole families of individual children attended, including grandpa, grandma, dad and mother and many other relatives. The unit endeavored to show the Sokol method and system of physical culture and the results.

Hundreds of enthusiastic people applauded each number and watched attentively.

The tots, as usual, won a place in the hearts of the audience with their childish efforts and sincerity. Their appearance was unanimously greeted because of the serious efforts by most to do their best, and the nonchalance and charm of others.

Calisthenics, in a number of units needed further "polishing." The exercises for the small children were difficult—movement on each count—no holds. The sequence of the exercise was forgotten so often and so completely that it brought laughter from the audience. Of course, boys are less serious about precision than girls. But there were units where calisthenics, especially in women's classes, were flawless, and were executed with complete confidence and precision. The junior girls' calisthenics were done with natural grace and expression.

Effective marching interludes attracted the at-

American **SOKOL** Organization

SOUTHERN DISTRICT

EXTENDS A MOST CORDIAL WELCOME TO YOU,
TO ATTEND THE 1967 SLET

KALEIDOSCOPIC

Physical Fitness

Gymnastic Classic



July 13, 14, 15, 16, 1967
DALLAS MEMORIAL AUDITORIUM
AIR-CONDITIONED

Dallas, Texas

Kaleidoscopic

Physical Fitness Gymnastic Classic

AMERICAN SOKOL ORGANIZATION (Southern District)

MEMORIAL AUDITORIUM — DALLAS, TEXAS
SUNDAY, JULY 16th, 1967 — 2:00 P.M.

PROGRAM

OPENING CEREMONY

GRAND ASSEMBLY Slet Participants
PRESENTATION OF COLORS Czech Legionnaires
NATIONAL ANTHEMS Slet Orchestra

PLEDGE OF ALLEGIANCE

INTRODUCTION Bro. Joseph Pokladnik
President, Southern District
ADDRESS Bro. Stanley Barcal
President, American Sokol Organization
SLET CALISTHENICS Boys and Girls
SPECIAL CALISTHENICS Old Guard Sokols—Men and Women
INTRODUCTION OF DISTINGUISHED GUESTS
APPARATUS Slet Division Winners
CZECHOSLOVAK FOLK DANCE "BESEDA" Southern Czech Societies

GUEST SPEAKER

SLET CALISTHENICS Junior Girls
APPARATUS Championship Division Winners
SLET CALISTHENICS Women
TRAMPOLINE AND TUMBLING Southern District
SLET CALISTHENICS Junior Boys and Men
CLOSING CEREMONY
"GOD BLESS AMERICA" Audience Participation
RETIRING OF COLORS Czech Legionnaires

Slet Orchestra—Bro. Cyril Pokladnik, Conductor

Slet Schedule

WEDNESDAY, JULY 12, 1967

Registration will be at the Baker Hotel upon arrival

6:00 P.M. Judges and Technical Staff Meeting—Baker Hotel.

THURSDAY, JULY 13, 1967

7:30 A.M. Registration of Gymnasts—Memorial Auditorium.

8:00 A.M. Junior Competition—Memorial Auditorium.

9:00 A.M. Beginning of Informal Conferences—Baker Hotel.

4:00 P.M. Tea—Sokol Athletic Center.

6:00 P.M. Texas Style Barbecue Dinner—Sokol Athletic Center.

7:00 P.M. Volleyball Competition—First Baptist Church Rec. Bldg., 1804 Patterson.

FRIDAY, JULY 14, 1967

7:30 A.M. Registration of Gymnasts—Memorial Auditorium.

8:00 A.M. Senior Competition—Memorial Auditorium.

8:00 P.M. Banquet—Statler Hilton Hotel. \$10.00 per plate (reservations for 500 only).

8:00 P.M. Teen Dance — Baker Hotel—Terrace Room. Admission free to all participating junior gymnasts. Tickets will be distributed through Technical Staff.

SATURDAY, JULY 15, 1967

10:00 A.M. Parade—Downtown—Assemble area at Scottish Rite Temple — Harwood and Young. Route: Harwood north, to Main St., west to Akard, south to Memorial Auditorium.

12:30 P.M. Style Show "Fashions of the Century" and Luncheon — Statler Hilton Hotel. \$4.00 per person.

1:00 P.M. Championship Competition—Memorial Auditorium. Admission \$1.00 per person.

8:00 P.M. Presentation of Awards—Baker Hotel, Terrace Room. No admission charge.

9:00 P.M. Victory Dance—Baker Hotel—Crystal Ballroom. Admission \$5.00 per person. Gymnasts \$3.00. Orchestra E. Kucera from Nebraska.

9:30 P.M. Dance Party—Baker Hotel—Terrace Room. Junior gymnasts only. Admission \$1.00 per person.

SUNDAY, JULY 16, 1967

9:00 A.M. Rehearsal—Memorial Auditorium

2:00 P.M. Slet Program—Memorial Auditorium.

Admission: \$5.00 Lodges
\$2.00 General Admission
\$1.00 Children under 13 years

HOUSING

Contact Baker Hotel, all reservations can be completed through the Baker Hotel or:

Mrs. Ann Zvolanek
6317 Ravendale
Dallas, Texas

TOURS

Commercial tours and special tours are being scheduled Thursday and Friday through:

Mrs. Josie Kankrlik
6831 East Grand
Dallas, Texas

EXHIBITS: BAKER HOTEL
SOUVENIRS: BAKER HOTEL

JUNIOR SOKOL HOSPITALITY ROOM

Open every day—Room 5 Mezzanine—Baker Hotel

Sokol Zizka will be open during Slet week, serving refreshments and food

SLET WIND-UP—SUNDAY NIGHT AFTER SLET

Sokol Athletic Center, 7448 Greenville Ave.
Slet Committee



SOKOL ŽIŽKA

7448 GREENVILLE AVENUE
DALLAS, TEXAS

July, 1967

Sokols of America:

Sokol Zizka Dallas is honored to have been chosen to be host to the American Sokol Slet. It is indeed a rare and inspiring privilege to welcome you to the City of Dallas and to the Kaleidoscopic Physical Fitness Classic, and also to assure you that the traditional hospitality is available on every hand.

To our highly efficient members and beloved predecessors, with wide vision—outstanding ability—amazing accomplishments—accompanied by sacrificial devotion, we owe them everlasting gratitude and honor. We observe from the vantage point the esprit de corps of the Sokol Organization building a vibrant society. Now that we are commemorating another important milestone in the progress of Physical Fitness, we are sadly mindful of the many devoted leaders who have served Sokol, but who will not be with us on this memorable occasion. It seems altogether fitting under the circumstances to pay reverent tribute to those who cannot participate in the ceremonies marking the progress to which they contributed so substantially.

So with reverence for the past let us resolve to be worthy of our cherished traditions and with faith in the future let us be deserving of their efforts.

America's young people are its future, the key to continued greatness. So, all young Sokols stand up to be counted—articulate your pride in our traditions and ideals and shoulder the responsibilities of our heritage.

Our facilities and sites of interest may they be a source of great pleasure and inspiration to you. Enjoy them to the utmost.

Sincerely,

SOKOL ZIZKA DALLAS

WALTER HOSEK, President

tention of the audience. At this point I would like to say that more time should be devoted to precision marching and correct posture; these are two outstanding phases of Sokol training that have been neglected for too long a time.

Special attention was given to exercises on apparatus—in many units, men, women, junior boys and girls worked en masse; in some cases even the children occupied the floor with them. There was an obvious progression though gymnasts still try to show exercises of a higher level than they are qualified for. Perfect execution of a simpler exercise is always more effective and well accepted.

Colorful and effective costumes for the "special numbers" were impressive and most of them appropriate.

The musical accompaniment was very good. Three units utilized tapes and had no difficulty.

The instructors did a fine job. They developed a feeling for discipline. They taught their classes of children, juniors and adults how to work together and the importance of obeying, working for the whole and suppressing their ego, individualism.

We would wish that all units would be active in their gymnasiums.

With good will and enthusiasm, ways can be found.

Fine programs were printed by all the units and given at the door. These are always a permanent reminder of the unit's great day, and well worth keeping.

Most of the units conducted a Sokol evening after the exhibition. Here the visitors exchanged impressions and agreed that: The exhibition was a true Sokol holiday, that they would long remember.

WARMUPS – WOMEN AND JUNIOR GIRLS

(Continued)

9. Closeheel stand—sidearm: 1.—bend high sideleg left (up to knee under arm). 2. Closeheel stand. Same opposite.
10. In kneel sit on heels—frontarm: 1.-3. shoulder frontbend, head frontbend, hips back (back is rounded). 1.-3. straighten, hips forward.
11. Kneel—fingers at nape of neck: 1.-3. slowly lean trunk backward. 4. uparm outward. 1.-3. slow and arched deep frontbend (hands reach forward), little fingers touch floor (this is a piked frontbend—try touching floor with chest). 4.—hold. 1.-3. slow loose frontbend and straighten—closearm. 4. fingers at nape of neck.
12. Seat bent crossleg, right front: 1.-2. uprise to stand right front and turn 360° to stand left crossed before right. 3.-4. Seat bent crossleg, left front. Same opposite.
13. Lie on back—closearm: 1. Raise left to vertical. 2. Close left and raise right to vertical. 16x.
14. Lie on left side—uparm: 1.—bend frontleg—head touches knees and arms embrace knees close to chest. 2.—lie arched—uparm. 3. like 1. 4.—hold. Repeat in opposite order (arch, bend, arch, hold).
15. Lie on back bentleg, keep hips on floor: 1.-4. arms sideward to uparm, inhale. 1.-4. thru bend in closearm, close arms to sides, exhale.
16. Lie on back—closearm: 1.-4. slow benthip lying, stradleg touching toes to floor overhead. 1.-4. slowly closeleg lying.
17. Stradleg kneel—closearm: 1. sit between heels—frontarm. 2. stradleg kneel—closearm. Repeat fast.
18. Closeheel stand—closearm: 1. jump to stand stradleg—sideward uparm inward and clap hands overhead. 2. Jump to closeheel stand, closearm. Repeat 7x.

MILDRED PRCHAL:

JUMP ROPE – CHILDREN AND ADULTS

The short and long jump ropes were very popular when we had no playgrounds or parks for recreation purposes. As soon as weather permitted, children appeared on walks with their jump ropes. Some of the children became very skillful and nimble with the help of a short piece of mother's washline. It is a hand apparatus that may be used by the very young as well as adults. It is perfect for developing rhythm, daring and endurance.

SHORT ROPE (For young girls and boys):

Jointleg jump over rope with bounce between.

Jointleg jump turning rope front or back with various movements of feet.

Jumping over rope with one leg while turning rope forward, or backward.

Swinging folded rope on floor in circle while another child jumps over rope.

SHORT ROPE (Older children):

Alternate jump with bounce between with jumps omitting bounce between.

Alternate jump jointleg with jump on one leg turning rope front, changing turn of rope to back without terminating jump.

Jumping with one leg or alternate legs traveling forward, sideward or backward.

Alternate various jumps jointleg and with one leg, to be done in place and off place, turning rope forward or back.

SHORT ROPE (Juniors, adults):

Jumps jointleg and alternate with various movements of legs, i.e. bent front leg, bent rear leg, low hitch kick (front and back), cat step.

Jumps jointleg with change of rhythm and tempo

Jumps in place and off place with turns.

Jumps jointleg crossing rope while swinging front and back.

Gallop jump over rope.

Flank, front and parallel circles and swings with folded ropes while doing polka steps, waltz steps, hops and leaps (girls and women).

LONG ROPE (Small children):

Crawling under long rope stretched at various heights.

Jumping over long stretched rope (12—18 ft.) individually—running and jumping in single and double lines in couples or trios holding hands.

Running under turning rope at desired tempo individually while girls turning rope move forward or backward. Couples or trios holding hands may travel forward or backward with skipping or running steps.

Jumping over rope with bounce between or without bounce; with hips toward rope, couples facing each other or couples back to back.

MILDRED PRCHAL:

SENIOR WOMEN PREPARATION EXERCISES

In single circle traveling counterclockwise 4 steps in depth between women, head upright, keep weight slightly forward.

NO. 1

- I. 1-4. 4 steps forward l, r., l., r.
- II. 5. Step halfsquat left forward, right reartouch—frontarm, then open to sidearm, palms up.
6., 7., 8. Dip in halfsquat 3 times pushing arms back on each dip. (Keep rearleg stretched and pointed.)
Reverse I.-II. beginning walk with right—closing arms on steps. Repeat all 3 more times.

NO. 2

- I. 1. Halfsquat left to side, right sidetouch—sidearm, palms up.
2., 3., 4. Sidebend to right—uparm, thumbs back; dip 3 times in sidebend.
- II. 5. Upright—sidearm, knuckles up; step to rear of left foot with right foot.
6. Step left to side.
7. Cross right before left (front inward).
8. Step left to side.
Reverse I.-II. beginning halfsquat to right; repeat all 3 more times.

NO. 3

In open rank formation, closeheel stand, closearm (check posture). All movements soft and relaxed. Wrist leads all movements of arms.

- I. 1-3. Leading with wrist, sidearm right.
- II. 1-3. Swing right low front inward; finish movement with hand, palm up.
- III. 1-3. Swing right sidearm.
- IV. 1-3. Slowly closearm right, hand finishes movement.
- V.-VIII. = I.-IV. Opposite.

NO. 4

- I. 1-3. Knee dip—sidearm.

LONG DOUBLE ROPE ("Double Dutch"):

This requires two ropes and synchronization of the girls turning the rope. Girls hold end of one rope with left hand, the end of the other with right hand; arms should be chest high and slightly outward; one rope should begin to turn inward; when started, the other rope should follow also turning inward; wait until ropes are turning evenly before jumping in. This is advanced.

LONG ROPE (Older children):

(Best done on mat or grass)

Quick low dive front roll over rope. (Isn't as hard as it sounds.)

Running under turning long rope while jumping over own short rope. (Both ropes must be turning in same direction.)

SHORT ROPE (For exhibition purposes):

Turn short rope, ends of which are held in respective hands, in flank circle to left, then to right, while jumping in place, or skipping forward, then turn rope straight forward and jump or skip over (this must be done in rhythm).

- II. 1-3. Knee dip, swing low frontarm inward crossing right wrist over left.

- III. 1-3. Dip—sidearm.

- IV. 1-3. Closearm.

Repeat 3 more times.

NO. 5

- I. 1-3. Frontarm right, turn trunk 45° to left, moderate sidebend, look over right shoulder toward right hand.
 - II. 1-3. Upright, turn trunk 45° to right—swing right thru closearm to reararm, palm up, look toward right hand.
 - III. 1-3. Upright, swing right thru closearm to frontarm, knuckles up.
 - IV. 1-3. Closearm.
 - V.-VIII. = I.-IV. Reverse.
- Repeat 3 more times.

NO. 6

- Stand side stradleg—closearm.
- I. 1-2. Arched frontbend—uparm, knuckles up, head up.
3-4. Relax into deep frontbend (loose) (head between arms).
 - II. 1-4. Slow consecutive upright; head is last to straighten—closearm.
- Repeat 3 more times.

NO. 7

- Seat stradleg—bend sidearm, hands before shoulders.
- I. 1. Frontbend—frontarm outward touching toes with hands.
2. Dip in frontbend.
3. Upright—bend sidearm, hands before shoulders.
4. Thrust elbows farther back.
- Repeat a number of times. (In frontbend, try touching chest to floor.)

(Continued)

JAMES L. CIHAK:

Write To Our Boys In Viet Nam

Major Edward J. Cihak of Sokol Town of Lake wrote from Viet Nam: "I feel sorry for the GI no one writes to. There are so many of them over here and your name on a letter is worth more than a ton of gold. These kids are really terrific, young, eager and tough, but they need someone to write to them. You have the "American Sokol" magazine. Ask the members and their friends to write to someone, any one over here. Sometimes even a bill is welcome. As I said, some of the kids have no families and mail call without a letter can be DEADLY.

"Have your friends send their letters to the Public Relations Officer, Army Headquarters, Saigon,

Vietnam, asking that a soldier who gets no mail be assigned to them for further correspondence."

Air mail letters reach there in about four days. An answer comes back within a week's time.

Only those who have served realize the vital importance of mail to a serviceman. As a morale builder it has no equal to know that someone, even a stranger, cares for them and is interested in the vital task they are doing.

It takes so little time, the cost is negligible, the potential value enormous in helping out our boys. Please write today, either to someone you know or ask for a soldier to write to. — Nazdar!

Executive Board of the ASO.

Meeting Held May 23, 1967

Reports of Districts: Central Dist., excerpts from minutes of Mar. 22, 1967; Northeastern District, minutes of Apr. 26, 1967; Southern District, minutes of May 11, 1967.

Correspondence: Eastern District advising return of copy of orchestration for 1967 Dallas Slet. — From Sdruž. Cs. Exulantů invitation to attend commemorative services to be held on June 10, 1967, honoring the memory of the fallen heroes of Lidice. Accepted and all who can will attend. — Sokol Houston advises postponement of grand opening of new hall. — Acknowledgment of Slet Committee of Sokol Slet 1967 Montreal of our check for ½ page ad. Also Slet 1967 Montreal stickers—25 for \$1.00. Purchase approved. — Received from Dallas seals for ASO. Kaleidoscopic Phys. Fitness Gymnastic Classic.

REPORTS:

BOI.—Bro. E. Linhart read minutes of combined meeting held May 17, 1967. Also read Director's report of activity for May.

Answered numerous requests for Slet material and additional help. Most of my activities have consisted of Slet work.

On April 28, 29, and 30, bro. Ptacek and I conducted a 3 day workshop of Slet activities at Sokol Omaha, Nebraska. District President Ed Pavoucek and Directors bro. Ray Lastovica and sister Bo Drozda were well pleased with attendance which consisted of Sokols from Cedar Rapids (6), Crete (12), Omaha (23), South Omaha (10), Wilber (7), total of 58 participants. All phases of junior boys and girls, and men and women, were covered. They are going to have good representation at the Slet and are the only district which has sent back replies on the survey sheets.

Combined Meeting—FIG Rules and a Directory of ABC Moves are available at the ASO. office for \$1.25 and \$2.00 respectively.

Correspondence: AAU. convention minutes, directory and announcement regarding 1967 Sr. National Gymnastic Championships held in Natchitoches, La., May 4-7, were received and briefly discussed.

Invitation and entrees received for the Canadian Sokol Montreal Slet. Bro. Jan Waldauf, Canadian

Sokol, requests ASO. competition rules and questions status of Sokol Supply. Corrections of ASO. calisthenics sent to bro. Waldauf. ASO.-BOI. members were asked to submit their copies of ASO. rules so we may forward them to Canada.

The Western District sends thanks to bros. Linhart and Ptacek for Sokol workshop, along with a complete report and expense sheet. Brothers Linhart and Ptacek also reported on this clinic. Approved by Executive Board to reimburse Western District \$261.50 for this workshop.

The Western District's request for bro. Joe Vona-sek, who recently returned from service, to participate in the Intermediate Division was granted.

The Western District withdrew its special number from the Dallas Slet. Their units also questioned the admission prices to Slet events.

Report of activities of the Pacific District were received from bro. Pokorny. He states they need help to keep their units gymnastically active. It was recommended that this be put on the agenda for the Presidents meeting in Dallas.

The Central District submitted report and expenses for St. Louis Sokol gymnastic clinic. Bro. Zitny and sis. Pros reported on this clinic and activities in Sokol St. Louis. Motion passed that we recommend \$115.00 reimbursement to the Central District for this workshop. Approved by Executive Board.

Bro. Kotlan, Northeastern District, submitted detailed annual report.

Bro. Paul Fina sent report of judges clinic held in Dallas—15 men and 20 women attended.

The SGUS. sends announcement of their instructors school to be held July 16th—Aug. 15th at Potter Lake, Wis. They will hold a gymnastic clinic Aug. 13th—Sept. 2nd.

Bro. Barcal received letter from Naval Academy asking for names of gymnasts who might be good prospective candidates. It was suggested we print this in the "American Sokol."

It was recommended that we reimburse the Eastern District \$920.00 for their 1966 instructors course. Approved by Executive Board.

Motion passed that we publish two forms which districts must complete to get reimbursement for gymnastic activities. One will contain questions regarding future plans—the other will ask for de-

tailed report and expenses. Brothers Linhart and Basta and sisters Schnabl and Prener will draw up the forms.

Bro. Basta reported for the scholarship committee. The committee will meet soon. The response is less than last year.

Sis. Zabka advised that it will take 6 weeks for uniform preparation. The supplier requests letter stating he is to be Sokol supplier and authorized manufacturer. A price list will be requested. The name Sokol Material Supply will be submitted to the Executive Board for approval.

RE: Dallas Slet.

A FIG judging clinic will be conducted by bro. Fina for all Championship Division judges. A date and time will be set.

Bro. Linhart reported on the Dallas meeting of officers attended by bro. Linhart and sis. Zdenek. Sister Zdenek submitted a written report.

Excerpts from the minutes of the Dallas meeting were read and discussed.

Discussion was held regarding use of traveling instructor fund allocation for teachers of the Southern District instructors course. This was referred to the Executive Board for a decision.

Men's and women's volleyball tournaments will be held. They will be a one game double elimination tournament—15 points or 8 minutes. Entry fee \$5.00 per team.

Survey sheet response has been poor.

Brother Linhart reported on the Slet schedule of competitions and events; leaders for competitions and program and the tentative Slet program.

It was suggested that free exercise be performed by Championship Division gymnasts and that two apparatus numbers be held.

It was suggested that each district obtain traveling instructors from their own personnel. Activities during summer should not be curtailed. High school PE teachers, college gymnasts or instructors can be used during the summer. The district director and former course students should be asked to travel.

Requested letter of authorization will be sent to new supplier of uniforms. Re: the matter of traveling instructor fund allocation for instructor course Southern District; decision made to abide by former decision. Slet flags will be taken by bro. Linhart to Dallas; approved. ASO. flag will be taken by sis. L. Zdenek to Dallas.

BOI.—Sis. L. Zdenek submitted minutes of women's BOI meeting of May 5, 1967. Also read report of Director for May.

Received sample entry blanks and information from the SGUS. camp at Potter Lake, Wisconsin, and entry blank and information from the Canadian Sokol regarding their Slet.

Replied to all correspondence received, including: the Physical Education Association of Great Britain and North Ireland, who wish to exchange journals with us; Mr. Robert St. Peters, women's gymnastic coach of Central Michigan University, requesting information about clinics for women's work. Will send the gymnastic section of our American Sokol.

A tape of the music was sent to sis. Benda of the Eastern District.

Composed a letter to all unit presidents and directors of men and women per agreement with bro. Linhart, regarding chaperonage of juniors at the competitions and Slet, which will appear in the Sokol Gymnast for May as well as being sent to all those addressed.

General information for gymnasts, as well as specifics were prepared for the May issue of the Sokol Gymnast.

Surveys and entries have started coming in.

Letter from Jean Wood of the Texas Technological College requesting teaching aides. Sister Prchal will send some material to her.

Sis. M. Ptacek read a letter she had received from sis. Florence Palas, Pacific District. There was one attendance card enclosed from Sokol Fresno. This was the first correspondence received with regard to attendance cards, etc. for some time. Sis. Ptacek will keep in touch with them.

Members of the Southern District have been assigned to assist the competition directors.

After a discussion on corrections for exercises, they were given to sis. Prchal to be published in the next issue of American Sokol.

Educational Committee—Bro. J. Cihak: Read report for May 1967. Reactivation is in progress. Members have specific assignments. Also as Director has written articles for American Sokol. Discussion followed regarding old issues of American Sokol and books being requested by universities for their libraries. Our own library of American Sokol is incomplete. Attempt will be made to find missing issues. Sis. B. Prener recommends formation of Library Committee—bros. J. Svambra, J. Rabas, C. Prchal, sisters A. Falta and E. Schnabl—to start ASO. library of books and pamphlets, historical material as well as technical material. Start ASO. library commemorating 50th anniversary of formation of ASO. (Obec). Approved.

Organization Committee—Sis. E. Welcl-Ruzicka: Welcome extended by bro. Barcal on her return to Chicago. Reported on SGUS. convention. Convention material turned over to bro. S. Barcal. Future Sokol Leaders Fund—contribution of \$20.00 by sis. Helen Mikes honoring memory of her husband. Going to Montreal and has approval to speak for ASO.

Publicity Committee—Sis. A. Basta: Picked up sample letterhead. Also obtained prices. Sent Czech articles to all papers regarding Dallas and another article is being readied. Will handle English publicity for Central District Sokol Day.

Membership Committee—Bro. G. Basta: Will prepare report of special assessment through June 30, 1967.

Editor—Bro. C. Prchal: American Sokol is being printed. Address list has quite a few changes. Attended Polish Constitutional Day in Humboldt Park. Spoke to bro. Mejdrich re: using small type—does not recommend its use. Received articles from bro. J. Cihak. Requests being received for advertising. Bro. Zabransky sent \$5.00 for Future Sokol Leaders Fund honoring memory of sis. Kveta Hron. University of Minnesota requesting more material.

Financial Secy.—Sis. A. Falta read report of receipts and disbursements for month of April. 6 units in arrears in payment of special assessment.

Secretary—Accounting Dept.—sis. A. Sotka has recorded all income and expense. Reported Sokol Seattle's suggestion re: quarterly reports. Noted Sokol Scio's remarks re: Special assessment. Reported on heating, water, and garbage pick-up pertaining to office. Sis. E. Schnabl reported on correspondence answered—also worked on BOI matters. Reported condition of office floor and radiator leakage. Need of new letterheads and labels. Mailed income tax report and mimeographed supporting statements; also sent publicity release. Sister B. Prener has kept in touch with office. Current matters have been taken care of. Expression of sympathy from the Exec. Board was sent to sis. A. Fara on the loss of her mother sis. Anna Domansky.

President—Bro. S. Barcal: Didn't attend Houston's grand opening of new building on account of postponement. Bro. J. Pokladnik clarified (via telephone) the matter of hotel reservations for ASO officers. Attended (with bro. C. Prchal) gymnastic exhibition at Racine. Commented favorably on work being performed there. Visited with Milwaukee members present. Attended BOI meeting. Memorial Day services at Bohemian National Cemetery—bro. Barcal is scheduled speaker. Bro. C. Prchal will obtain necessary wreaths for placement on graves of our deceased presidents. Wreath will also be placed on grave of bro. J. Jelinek, Honorary Director, BOI. Special meeting of officers on Dallas matters and to set up agenda, scheduled for 10 a.m. May 27, 1967.

General Discussion—Sis. E. Welcl-Ruzicka will write bro. G. Spanek for report on San Francisco activity and also information on accident. — Bro. J. Cihak reports item of interest . . . 5 books being written in English on the History of Sokol in America by Czechs. Has been furnishing information to professor of history at the University of Southern California. — Advertising: sis. E. Ruzicka, we should try to secure more advertising. Matter will be checked into. — Bro. J. Rabas advised that sis. Helen Modransky has contributed to our archives, a slet film. A letter of thanks will be sent.

District Ludevit Stur extends invitation to 60th Anniversary Slet, at Sokol Country Club, East Troy, Wis., to be held June 25, 1967. Bro. S. Barcal to represent ASO. Letters addressed to directors of Central District given to sis. A. Falta for delivery to them at Central District meeting.

Financial Report ASO.

May 1967

INCOME:

Dues	\$ 988.00
Convention Fund	134.75
Special assessment	599.00
Dividends and interest	308.38
Resale of jewelry	30.60
Resale of Dallas Slet seals	1.00
Orchestrations for Dallas Slet	10.00
Sale of educational pamphlets and emblems	11.50
Postage80
Total Income	\$2,084.03

DISBURSEMENTS:

Administrative Department	
Salaries	\$201.05
Rental, janitor service, phone	140.55
Advertising	65.00
Petty cash	27.01
	433.61
Educational Department BOI.	
Salaries	\$187.50
Editor "Sokol Gymnast"	25.00
Printing "Sokol Gymnast"	27.72
Office supplies	65.75
Manuals	80.00
Travel expense	120.12
	506.09
Sokol Publication	
Printing "American Sokol"—May	
1967	\$644.98
Postage—April 1967	29.07
Editor "American Sokol"	75.00
	749.05
Miscellaneous	
Special appropriations—District	
account	\$256.45
	256.45
Total Disbursements	\$1,945.20

BALANCE:

Totals brought forward:	
Western National Bank of Cicero—checking account	\$7,543.18
Income—May 1967	2,084.03
	\$9,627.21
Disbursements—May 1967	1,945.20
	\$7,682.01

FROM OUR DISTRICTS

NORTHEASTERN DISTRICT

Meeting Held April 26, 1967

District received an official invitation to attend and participate in the Sokol Slet in Montreal to be held on July 2, 1967. Bro. Holub will handle all travel arrangements for those who wish to attend. Bro. Karl Zahranicek will be the official representative of the committee.

Sokol Detroit—Bro. Eisenstein submitted a complete report on the activities of the unit. The unit's membership research committee presented a revised membership dues structure which plan was accepted by the general membership. Although the Cultural Center is rented for the year 1967, Sokol Detroit members must still seek other avenues of revenue to maintain the Cultural Center. The spring dance held by the unit realized a profit of \$1,000.00.

Public Relations Director—Sis. Khol stated she is sending publicity to American Sokol regularly. She, with the cooperation of bro. Zahradnicek, had an excellent article on the Dallas Slet in the *Nový Svět*.

BOI.—Bro. Jirousek stated that although the BOI will encourage individual attendance at the Montreal Slet in July, 1967, the District BOI will not participate officially. In regard to the District Slet held on June 11, bro. Jirousek announced that rehearsals will begin in the morning of June 11th at 9:30 a.m. Music for the exercises will be taped but the Sokol band will play the entree march. Sokol Detroit and Ladies Auxiliary will hold their

Slet on July 9. Executive Committee will send a bus of gymnasts to Detroit to participate in the Slet.

Dallas Slet—Bro. Pekar stated that he is about ready to sign a contract with the airline to charter a plane to Dallas.

Bro. E. Khol of Sokol Tyrs agreed to accept chairmanship of the District Slet. Bro. Gruber accepted the job of treasurer of the District Slet.

* * *

CENTRAL DISTRICT

Meeting Held April 22, 1967

Bro. Josef Drnc was asked to represent the Central District in Montreal, July 1-2.

A letter from Mrs. A. Micka of Lombard, Ill. was transferred to bro. Roy Zitny. It concerned an interest in organizing a Sokol unit in the Lombard-Glen Ellyn area.

Received letters from ASO., minutes of the March meeting of the ASO. Executive Board. Report from Pilsen Sokol on the status of their membership.

Sister Pros gave a report from the meeting of the women's BOI. April 11, and the judges clinic.

Men's Director bro. Roy Zitny gave a complete report on the combined meeting. Preparations and plans for the June 18 Sokol Physical Fitness Day were discussed. Victory Dance arrangements were completed.

The BOI. asked bro. Karel Prchal to contact the Bohemian National Cemetery for loan of a tent for musicians, and Dr. Pelech for First Aid.

Bro. Zitny than gave a report on the St. Louis clinic and a financial report on same.

Bro. Rabas will coordinate the publishing of articles in Hlasatel about the district excursion to Dal-

Sokol Physical Fitness Day: Sister Ann Basta will be asked to be again Slet promotional director. Complimentary tickets were distributed.

Bro. Kriz and sister Falta gave a report on the souvenir program. Bros. Prchal and Svrcek from Sokol Tabor will arrange for members of Sokol Tabor to take charge of the bar at the Victory Dance. Bro. Alex Pechar will be in charge of accounting for all the bar refreshments.

Bro. Joseph Janecka, our District Sokol educator, gave a report on the recent effort of the Czechoslovak Philatelic Society and all our Czechoslovak societies to have the U.S. Post Office publish a stamp commemorating the signing of the Declaration of Independence of the Czechoslovak Republic. Our bro. Senator Roman Hruska presented a bill No. S-1587 Wednesday, April 15, in the U.S. Senate.

To publicize this memorable occasion the Central District will publish a page in our Slet program. The page will be arranged by bro. Janecka and bro. Prchal will furnish the picture of Senator Hruska.

* * *

WESTERN DISTRICT

Meeting Held May 8, 1967

Received Montreal Sokol Slet enrollment forms, St. Paul Sokol Slovo, Cleveland Newsletter, So. Omaha Sokol Newsletter, and a letter from Lulu Kohel with a list of gymnastic needs.

Director of Men, bro. Lastovica, reported that the District number for Dallas was to be with-

drawn. It was felt that there wasn't enough time.

Expenses for the Workshop—The cost of conducting the entire workshop was \$261.57 to be taken from the original \$3,639. 58 members attended the workshop.

All units are requested to submit the name of a candidate for a District travel instructor. The Omaha Technical Board has submitted the name of Rich Beran and So. Omaha Sokol has submitted the name of Vojmir Benak.

Director of Organization—Frank Kucera, Jr.: Letter received from bro. Kucera suggesting the possibility of all units having a membership drive at least once a year, but continue to secure new members all year. The unit with the largest percentage increase in members each year could be recognized at the District annual meeting in February. Perhaps a traveling trophy given to the unit securing the most members. Bro. Heinz Rohde and bro. Al Swoboda will work on this during the next month, and further action will be taken in June.

Historian—Bea Pavoucek: Received Sokol Centennial first day covers which were purchased by the District. Have not received information from Caldwell, Schuyler, Hopkins, Minneapolis and Wilson.

Received telephone call from sis. Norma Zabka of N. Y. advising that we are to contact the ASO.-BOI. for further details on uniforms.

Letter to be sent to bro. Pokladnik expressing our feelings toward the Slet prices.

Special notice about the Kass Kounty King Korn Karnival sent to all units.

* * *

SOUTHERN DISTRICT

Meeting Held May 11, 1967

Correspondence: Report from Sokol Houston. — Minutes of unit meeting of Sokol Zizka, Dallas. From Czechoslovak National Council—Panorama—no action taken at this time. — From Montreal, Canada—survey sheets and entry blanks for their Slet.

REPORTS OF UNITS:

Dallas—Discussion of holding some sort of entertainment during the Slet week.

Houston—Postponement of gymnasium opening—no date has been set as yet.

Ennis—Children and junior competition planned for June 3 and exhibition the 4th. Received a chairman trophy for the float in the Polka Festival.

Report of Technical Staff: Director of Women—Attended week-end meetings in Dallas with ASO. Directors and made a report of the meetings and copies sent to all unit's technical staff and ASO.-BOI. Judging clinic conducted by bro. Fina was well attended. Clinic for coordination of calisthenics and apparatus routines in Ennis was fairly attended by Dallas, Fort Worth, Houston and Ennis.

Course—Since a national course will not be held in the Southern District, discussed the possibility of holding a course on the District level, sometimes after the Slet. Committee feels that a course is needed annually. Feelers will be sent out by the Technical Staff as to prospects of students and site.

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CONTINUATION of "50 YEARS" and "FROM UNITS IN WESTERN DISTRICT" will be in the next issue of American Sokol.

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Od 12. do 19. července 1967.

Sokolská župa Střední pořádá 8-denní vyjížd'ku z Chicaga do Dallas, Texasu, a do Hot Springs, Arkansas, v pohodlném autobusu. Cena zahrnuje okružní cestu z Chicaga, čtyři dny a noci v Dallas v prvotřídním hotelu, jeden den, noc a večeři v hotelu v Hot Springs, Ark., dále, vstupné na Slet, vstupné na velký banket, projížd'ky městem. Cena \$138.50. Závdavek \$40.00 nutno složit co nejdříve. Hlaste se v úředovně American Sokol,

5611 West Cermak Road
Cicero, Illinois 60650
Tel. OLympic 2-5220

NOTICE!

The Scholarship Committee will accept applications for scholarships up to August 1st. — For application blanks write to:
Scholarship Committee ASO.
5611 West Cermak Road
Cicero, Illinois 60650

VOLLEYBALL TOURNAMENT

will be held at the First Baptist Church Rec. Bldg., 1804 Patterson, Dallas, Texas.

Entry fee \$5.00 per team.

Registration—WOMEN—June Pros, 1606 East Avenue, Berwyn, Illinois 60402.

MEN—John Satek, 5310 — 24th Street, Cicero, Illinois 60650.

Teams may consist of juniors and seniors.

In conjunction with our Mid-Slet in Dallas, Texas, July 13, 14, 15, and 16, we are planning a series of meetings with all officers that will be present, of units, districts and the Executive Board, to help create a better line of communication and understanding.

70th

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Fraternal Life Insurance

PROTECTION

Organized in 1897 with 1,259 insured members in 8 states. Now licensed in 20 states, over 60,000 certificates, has over \$77,500,000 of insurance in force. Total assets over \$28,900,000. Offers Legal Reserve Fraternal Life Insurance to Juveniles and Adults to age 65.

HOME OFFICE
CEDAR RAPIDS, IOWA

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U.S. SEN. ROMAN L. HRUSKA, National Vice-President
CHARLES H. VYSKOCIL, National Secretary
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WESTERN BOHEMIAN FRATERNAL ASSOCIATION

Západní Česko-Bratrská Jednota

LARGEST

CZECH-AMERICAN

ORGANIZATION IN U.S.A.