

AMERICAN SOKOL

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Educational and Physical Culture Organization

IN MEMORIAM

BRO. EDWARD ANTHONY HLINKA



Bro. Hlinka, was born on February 28, 1922, was the eldest of four children. His parents Edward and Ludmilla came to this country from Czechoslovakia and settled in Chicago on the West side. They made their home in the 2500 block of South Sawyer Avenue where all their children, Edward, Charles, Tony and Lillian called home until they themselves married and made their own way in life's journey, as had their parents.

Ed, while living on the West side attended Assumption B.V.M. grammar school and Farragut High School. He started Sokol at an early age and was very active in the second class and junior class at Sokol Chicago. Upon reaching the age of 18, in 1940, Ed became a member of Sokol Chicago where he was very active and competed in many competitions.

In 1942, Ed became a member of the Board of Instructors, and was a member until the time he enlisted in the Navy, in 1943. He served aboard the destroyer the USS Bell in the Japanese theatre of war. Returning home, in 1946, he renewed his activities at Sokol Chicago and became Assistant Director of Men.

AMERICAN SOKOL

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EDITOR - JACKIE KOURIM
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OFFICE OF THE
EXECUTIVE BOARD ASO.

Jackie Kourim, Secretary
6424 W. Cermak Road Berwyn, Ill. 60402
Tel.: 795-6671

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Calendar of Events

JULY 16 - SOKOL GREATER CLEVELAND
Sokol Fish Fry

JULY 18 - SOKOL MINNESOTA
Sokol Camp Booya Picnic

AUG. 1 - SOKOL GREATER CLEVELAND
Picnic at Oddfellows - Volleyball Tournament

AUGUST 7 - SOKOL DETROIT
Ethnic Heritage Runs

AUG. 11 - SOKOL WASHINGTON, D.C.
Sokol Folklore Festival

AUG. 13, 14, 15 - SOKOL DETROIT
Czechoslovak-American Festival - Wyandotte

AUG. 20 - SOKOL GREATER CLEVELAND
Sokol Fish Fry

AUG. 29 - SOKOL LOS ANGELES
Sokol Children's Camp in Dinky Creek

SEPT. 10 - SOKOL SLAVSKY
Registration of classes

SEPT. 17 - SOKOL GREATER CLEVELAND
Sokol Fish Fry

SEPT. 17 - SOKOL MILWAUKEE
Registration for gym classes

SEPT. 19 - SOKOL SOUTH OMAHA
Czech Festival

SEPT. 19 - SOKOL MINNESOTA
Highland Park Booya

OCT. 2, 3 - WESTERN DISTRICT
Annual Meeting, Omaha, NE

OCT. 3 - SOKOL DETROIT
Czechoslovak Heritage Day

OCT. 10, 1982 - SOKOL BALTIMORE
110th Anniversary

OCT. 15 - SOKOL GREATER CLEVELAND
Sokol Fish Fry

OCT. 15-17 - DISTRICT DIRECTORS CONFERENCE
Cleveland, Ohio

OCT. 17 - SOKOL LOS ANGELES
Moravian Festival

OCT. 22 - SOKOL MILWAUKEE
Members' Recognition Banquet

NOV. 19 - SOKOL GREATER CLEVELAND
Sokol Fish Fry

NOV. 19, 20, 21 - SOKOL MILWAUKEE
Holiday Folk Fair

DEC. 4 - SOKOL LOS ANGELES
Silvestrovská Zábava

DEC. 4 - St. Nicholas Dance
at Sokol Berwyn Hall

DEC. 5 - SOKOL WASHINGTON, D.C.
Christmas Party

DEC. 5 - SOKOL MILWAUKEE
Christmas meeting - Election of Officers

DEC. 16 - SOKOL WASHINGTON, D.C.
Annual meeting

DEC. 31 - SOKOL LOS ANGELES
Silvester Dance

FEB. 13, 1983 - SOKOL MILWAUKEE
Jaternice Dinner

MAY 20, 1983 - SOKOL MILWAUKEE
Gym Graduation Program

AMERICAN SOKOL

VESTNÍK AMERICKÉ OBCE SOKOLSKÉ

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But, Bro. Ed saw the need of higher education, and accordingly entered the University of Illinois at Urbana in September 1946 and four years later, in 1950 graduated with a Bachelor of Science in Engineering. Upon returning home, he again renewed his activities at Sokol Chicago and was elected Director of Men from 1950 to 1958. During this same period of time Ed also served on the Board of Directors. In 1958 he was elected Treasurer of Sokol Chicago and held that position until his untimely death.

In the early 50's Bro. Ed was instructor of women at Sokol Berwyn where a winsome Sokolka, Helen Kostka, caught his eye. He wooed and won her heart and on September 18, 1954, Helen and Ed became man and wife. The happy couple settled in Westchester (a suburb of Chicago) and began raising their family. Soon came five children, Edward, James, David, Kenneth and Karen.

Bro. Hlinka gave of himself, his time and talents to our Sokol - but first in his heart - always was his family. Bro. Hlinka was very active in Sokol and worked on numerous committees. He initiated a newsletter for Sokol Chicago and was currently writing nostalgic memories of early days at Sokol Chicago.

Bro. Ed was elected as delegate to two national conventions of the American Sokol Organization. Prior to 1980 he was active on the Membership Committee of the National Executive Board and in the convention of 1980 was elected treasurer of the American Sokol Organization.

It was in later years that Ed gained an appreciation for gardening and had somewhat of a green thumb. He also dabbled in art, both as creator and critic. Now, in the short span of six score years Bro. Ed has crossed that dark river to which we must all cross one day. Bro. Hlinka has left us at a comparatively young age - and yet as we look back, he has left with those whom he loved and those who knew him - many fond memories. There are none who knew him that will not miss his quiet strength. Bro. Hlinka, until we meet again!

Nazdar -

Bro. ROY S. ZITNY, President
American Sokol Organization

Prize Winning Essays

JUNIOR DIVISION

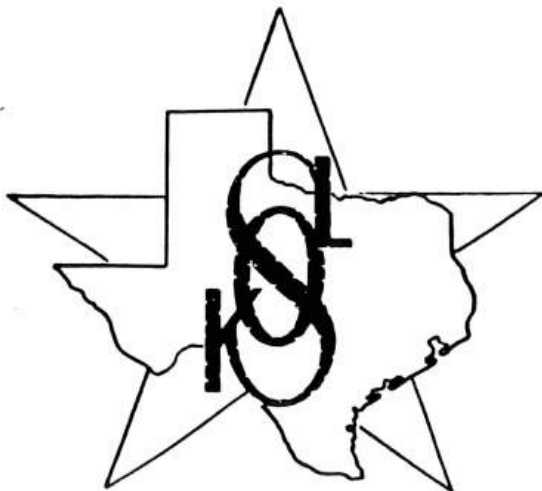
My Recollections of the XV American Sokol Slet

AS A PARTICIPANT

On Wednesday, June 24, I woke up very excited because I was going to Fort Worth, Texas. It was to be my first plane ride. I knew that months of preparation were to pay off very soon.

My ride was very exciting. I couldn't believe it took only a few hours to get there. The land looked like a map from up in the plane. I slept a little on the plane and when I woke up we were there.

Texas was very hot. It was 9:00 a.m. in the morning and it was 90 degrees. We waited for a long time in the lobby of the Hyatt Regency but my roommates and I were lucky to have gotten a room earlier than the others. When we were settled we went for something to eat, went swimming and got a tan. By then we had to get ready to go over to the Tarrant County Convention Center where we watched a Special Number Competition. We were very proud because our unit, Sokol



Greater Cleveland, did two numbers. The "Classical Expressions" number they did was very nice and so were our Czech Folk Dancers. We didn't win anything but we were very proud. Sokol Fort Worth came in first with "Pop Hoedown" but I'll bet it was hard for the judges to decide because they were all very good. After that we went back to our rooms because we were tired and needed rest for the big competition the next day.

When I woke up on Thursday, June 25, all my roommates had gone to compete already so one of my friends in another room went and had breakfast. Our competition wasn't until three because we were in Junior Girls Intermediate Division. After we ate we went and gave our girls support. At about 1:30 p.m. we started warm-ups. We saw how good some of the other girls were but still we were determined to give it our best shot.

Finally, after we were all very nervous, three o'clock came and our competition started. Our first event was bars and I did fairly well. I did good on all my events and so did my teammates. We did what we came there to do and it was over. Then we had to wait for the scores that would be given out on Friday.

After our competition we took a little dip in the pool but soon it was time to get ready for a fun filled night of Country and Western Dancing. A bus took us all to the Sokol Fort Worth dance hall. At first no one would dance but later on in the evening it picked up a bit and I think everyone there danced at least once. We had to get our minds off that competition. When we got back to the hotel we were welcomed by our beds.

Friday, June 26, it was Sokol Day at Six Flags Over Texas Amusement Park. I found it to be similar to Cedar Point in Sandusky, Ohio. I thought it was very neat because each section of the park was dedicated to one of the six flags. When we got home from that there was time for a quick swim but then we had to get ready for the Awards Dance. We were all very anxious to hear the results.

At the ceremony, at least one person out of each of our divisions won something except our Junior Girls. We were kind of disappointed but we had to understand because the competition was so large. We were all proud of the people that did win though. We walked away knowing we, at least, did our best.

After the ceremony everyone danced and had a good time. People were having their own parties on the different floors. It was fun for everyone that night because all the competitions were over and there wasn't too much to worry about.

On Saturday, June 27, we all had to get ready for the big Slet at Farrington Field. We had practiced all day. I was glad ours was kind of early so we got to spend our last day at the pool. Practice went well and it was very hot. When we got back we did swim. Then we had most of the day to ourselves. Later on in the day some friends and I went to the water gardens and took some pictures.

At 7:00 p.m. the Slet began. We were all very proud of our women and men because they did such a good job. At the end the Juniors went out to gym and they said how we were the future of Sokol. That really made

me think. I was very proud of myself and my district. At the end they had us all turn around and there were lots of fireworks. It made me very proud to be part of Sokol and what it stands for.

I'll never forget what I experienced those days in Texas. I'll keep that special memory with me for the rest of my life.

1st Place - Junior Division
LESLIE WALKOWIAK
Sokol Greater Cleveland

My Recollections of the XV American Sokol Slet

My recollections of the XV American Sokol Slet will forever remain a part of my life. I enjoyed many new experiences in just a few days. We started fast, with my first plane ride ever in which I travelled with my family and many Sokol friends. I arrived in Texas quite early on June 25. I then ventured with my family to find the beautiful Hyatt Regency Hotel located in downtown Fort Worth, Texas. I thoroughly enjoyed my stay at this modern hotel. Meeting so many Sokols and being with such wonderful people made me realize what Sokol has done for me. I made many new friendships which I will cherish forever. Many kind people also helped me in the competitions, making them all the more enjoyable. I competed on June 25 at ten o'clock in the morning in the Junior Girls Low B Division competition. I attempted to perform my routines with confidence and aggression and I was totally content with myself, after completing my first uneven bars routine without assistance. That evening was followed with a fun-filled country and western dance held at Sokol Fort Worth. Friday, June 26, I enjoyed a sunny day at Six Flags over Texas with many friends. Late that afternoon I returned to the hotel to prepare myself for the victory dance. The dance was held at the hotel ballroom. The excitement and anticipation could be felt by all. I cheered and applauded all who received awards for they were a very special part of the Slet. The next day some of the most precious moments of my life began early in the morning at practice located at Farrington Field. Rehearsal itself was quite an experience as was my participation as a dancer. After a long, hot day in the Texas sun I was ready for a nice swim which I enjoyed when I returned to the hotel. I then enjoyed shopping at the Tandy Center where I purchased my very own cowboy boots. I felt that I had to return home with the western spirit that I so thoroughly was enjoying. I returned to the hotel to begin preparation for a beautiful experience, my first Slet. I arrived at Farrington Field anxious to be part of such a wonderful event. The decorations added a special touch to the mood of all participants and spectators. The extravagant grand march was a glorious moment I will always remember. Dancing with such a large number of people was unlike any of my many performances as a dancer. Performing the calisthenics number was the ultimate experience of the whole Slet. The moment I began to gym I realized Sokol was a significant part of

my life and I felt proud to be a Sokol and an American. After belonging to the Sokol Greater Cleveland folk dance group for approximately four years and having been in Sokol since the age of three, I realized how fortunate I was being a member of Sokol. The following day I attended a barbecue at Sokol Fort Worth and later flew back to Cleveland with many beautiful, unforgettable memories that I shall always treasure.

2nd Place - JACLYN DIANE ROTH
Sokol Greater Cleveland

XV American Sokol Slet

WHAT IT MEANT TO ME AS A PARTICIPANT

I am a fourteen year old girl who has been in Sokol Gymnastics for five years. This year was my second year in Juniors, but my first year of going to a National Slet and it was a real experience for me. Everything was fun for me even the twelve hour bus ride. Going down to Texas with all the Junior gave me a chance to get to know everyone better.

When you get to your hotel, everyone is anxious to go out and see the sights but before Omaha Sokol went touring, we competed. On Wednesday, we took it easy and watched the boys low division compete. On Thursday, we competed. I wasn't as nervous as I thought I would be. Competition went really smooth. It didn't take that long at all. After competition, we were so happy. About five other girls and I from Sokol Omaha went down the street yelling and hollering.

Friday was one of the most fun days of the trip. Everyone from Sokol Omaha went to Six Flags. The only other amusement park I have ever been to, was Worlds of Fun. That was when I was about five years old, so Six Flags was a new thing for me. I did many things I have never done before. That night was awards night so we got back to the motel about six o'clock. The girls got done early but the boys took a long time. We got to the Sizzler about seven-thirty or eight. We were just a little late for awards night which was bad because I really wanted to see who won in our division. I knew what the girls looked like but didn't know their names.

Saturday, going to practice and seeing all the people there really made you think about Sokols. If so many people are in it, than it must be really big. It makes you feel proud to be a part of the Sokol Organization.

Saturday night was the best night of my life. I have never done anything like that before. Getting out there and performing was really neat. Even though Sokolice Omaha didn't get any boys to do the calisthenics with, it really wasn't bad. I gave it everything I had and I had a real fun time doing it. I was also one of the Czech dancers and that was real fun too, because you put so much into it learning the dance and then going out and performing it. It was a real neat experience and I will probably never forget it. When the whole show was over, I felt real good about myself because I had tried my hardest in the entire slet, competition and the performance.

After the Slet, I felt so good. Then we went to

Galveston, Houston Space Center and the Gulf of Mexico. I felt so good.

Galveston was fun because I have never been to a beach before and seeing new things was a new experience.

I know I have said this throughout my whole essay but since this was my first trip I was young, the XV National Slet was the best experience I have ever had. I met many new friends and am still writing to them now. I really like Sokol and am going to stay in it for years to come.

3rd place - MARILYN BLANKMAN
Sokolice Omaha

My Recollection of the XV American Sokol Slet

Slet means a flocking together. This was purely shown in the XV American Sokol Slet in Fort Worth, Texas, held June 24th to the 28th, 1981. It was a time to meet people from our nation and Canada for a lifetime friendship. The preparation for this Slet was long and the expectations great.

The opening ceremonies were held at the Tarrant County Convention Center on June 24th, Wednesday evening. The first of many competitive events was the Special Number Competition. The anxiety of waiting performers filled the air as the extravaganza began. The audience sat back and was delighted by the creativeness and colorful outfits as the numbers were presented. The spectacular productions varied from jump ropes to pyramids. A grand march and trophies to the winning teams ended the competition, but there was more to come.

Gymnastic competitions began June 25th, early Thursday morning with the Junior Girls and Junior Boys. The gymnasts each waited anxiously for their turn to try an individual place or to add to their team score for a trophy. As each competitor performed the judges had to be impartial and open minded in their scoring while each competitor tried their best.

Friday, June 26th, came and again another day of competition. Volleyball was one of the events many people enjoyed while Juniors from many Sokol units went to Six Flags. This gave the Juniors a day to have fun and stay out of trouble.

Friday night brought the Victory Dance and many rejoicing, proud winners. There were those who felt sorrowful because they or their team did not win. They knew deep down in their hearts those who won were deserving of it and there would always be another chance to compete and win.

Saturday, June 27th, the day everyone eagerly awaited soon arrived. Rehearsal for the Slet exhibition at Farrington Field was early in the morning. The afternoon was free so everyone spent it as they wished. Some people went to the Gymnastic Championships at the Tarrant County Convention Center. It was a chance to see some real champions.

Soon evening came and excitement filled the air. The proud Slet banner was displayed on the seats in the background opposite the grandstand.

The grand march and raising of the colors were soon completed and the calisthenic numbers were nearly perfect when performed.

The Juniors ended the program with the same calisthenic number they did four years before and received a standing ovation in Chicago.

After their calisthenic number there was a tremendous display of fireworks. The end was almost near and the end sent shivers up one's spine reminding them they would soon be saying "Good-bye" to their newly made friends and they wouldn't see them until Vienna 1982, but they would keep in touch.

Sunday, June 28th, everyone said "Good-bye" and a few tears were shed. For those that were not leaving so early, there was the barbecue yet to attend and then leave for home.

So as time quickly comes and goes the Slet came and went. For some it came months before, in preparation, and would last in memories of yesteryear. The XV Slet was another success, another experience with a lot of hard work.

There will always be another Slet to attend but not exactly as the memorable ones before. As endless time travels on, we will all meet again. Perhaps, for another Slet in Fort Worth, Texas.

4th place - JUDY BACA
Sokol Greater Cleveland

My Recollections of the XV American Sokol Slet

AS A PARTICIPANT

On June 24, 1981, I woke up feeling very excited. My sister and I were going to fly for the first time, we were going to the beautiful Fort Worth, Texas. I think that day I was more nervous about the plane ride than the gymnastic competition. We were all sitting in our seats when before we knew it we were off the ground and in the air. They served us breakfast and then we landed in Fort Worth, Texas. After we got off the plane we had to take a long bus ride to get to our hotel the Hyatt Regency in down town Fort Worth. I don't remember what time we arrived at the hotel, all I remember is that we got our rooms about 2:00 p.m. we got into our rooms and settled in, we unpacked and freshened up from our long journey from Cleveland to Texas. The rooms were just beautiful. They had two double beds, a big dresser with six drawers in them. A table and chairs, radio system, TV with cable TV on it so we could watch movies on it. A big bathroom with a dressing area attached to it. Then after I got a good look at the room I went downstairs with a friend to the pool, where we got a nice swim and a tan. Then we were hungry so we went to the cafe, where we ordered sandwiches and iced tea. The glass was so big we couldn't even drink half of it. After lunch we went exploring around the shops.

Then at 7:30 p.m. there was a special number competition at Tarrant County Convention Center. The tricks and stunts some of the people did were just amazing, especially our own women's and men's class performance.

Then the very next day was our competition that was Thursday, June 25. My class competed at 7:30 a.m. We are Junior Girls Low B Division. That ended at around 10:30 a.m. After competition a friend and I went for lunch and then swimming, we deserved it because we did a lot of hard work. We had the rest of the day to ourselves until 7:30 p.m. We went to the Country Western Dance. We had a great time there. There was a band that played good music most of the time. We danced and had a ball. After the dance we came back to our hotel to find that our instructors, Jean and Marion had ordered pizza for us.

Then on Friday we went to Six Flags over Texas. We really had a blast there. Then when we came back we were rushed to get ready for the awards dance at the Hyatt. That's where we received our awards. The Junior boys took first place, they were intermediate. Our women's class Low B took first place also. We were very proud of everyone. Then after the assembly was over my friend, her mother and I went out to eat at this classy place called the Crystal Catus. It was so elegant that there was live singing. I have never in my whole life eaten in a place as fancy as that was, I will always remember it.

On Saturday, June 27th, we had our Slet at Farrington Field, that was an all day thing. We practiced it all day and then at 7:00 p.m. we did the grand march on the field then we did our calisthenics. At the end of our performance, they had a very beautiful fireworks display. It made me feel very special to be a part of Sokol.

On Sunday, June 28 all of this glamour was ending. We were leaving Texas and I took home a very special memory of this wonderful experience. I hope I will get to do it all over again it was great!

5th place - WENDY WALKOWIAK
Sokol Greater Cleveland

Memories of the Slet

I was a participant of the XV American Sokol Slet, and I composed this essay entirely by myself with no help.

As a participant I thought the Slet was very enjoyable and exciting.

Four years ago I participated in the Slet in Chicago. I was in the little girls class, but this year in the Slet I was a junior girl and it was more exciting. I could see more of the city, talk with old friends, and make new friends.

At the Slet, I competed in the Low A division. I didn't place, but I was proud of myself and the routines I performed.

I also danced with the folk dancers. This was the first year my unit has had a folk dance group in many years. It was a lot of work sewing the costumes and learning the dance, which I helped with. But all the work payed off, because it was a good feeling when I was dancing out on the field the night of the Slet, and knowing I did extra in order to make the dance look beautiful.

My family, myself, and five others rode down together to Fort Worth. The drive was long and tiring,

AMERICAN SOKOL

SOKOL GYMNAST

JULY-AUGUST 1982

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

1865



1982

Dance for Gymnastics **BASICS BY TOBY TOWSON**

Proper dance training can be an invaluable aid in the safety and effectiveness of learning gymnastics skills and exercises. Gymnastics training focuses on activities requiring rather large movements involving intricate coordination combined with strength and agility. Dance works at the foundation level, creating a body awareness incorporating all the elements (agility, rhythm, flexibility, timing, etc.) which allow the gymnast to learn the more difficult movements necessary to complete the gymnastic skill.

Specific dance exercises teach the participant to move body parts in isolation, giving knowledge of muscle groupings and also increasing strength and flexibility. The dancer also concentrates on the body's central axis and on the lines or planes running vertically and horizontally through and around the body. Learning to move into and hold the various positions of ballet not only increase the participant's body awareness but also develops an effective sense of balance. Learning the basic elements of dance along with gymnastics also is an excellent way to improve concentration and discipline. Dance exercises require a patience which is too often lacking in gymnastics training.

Gymnastics conditioning and warm-up can borrow from the discipline, placement, stretching, and strengthening exercises of ballet. The dancer begins with placement and pliés, centering the body around an axis, learning to extend and coordinate arm and leg movements to the front, side and back, and concentrating on correctly supporting his weight during knee bends (pliés). Thus he strengthens his muscles while at the same time learning to avoid stressful positions at the joints. Many gymnasts have experienced painful injuries to ankles, knees and lower backs which might have been avoided if they knew and practiced correct placement.

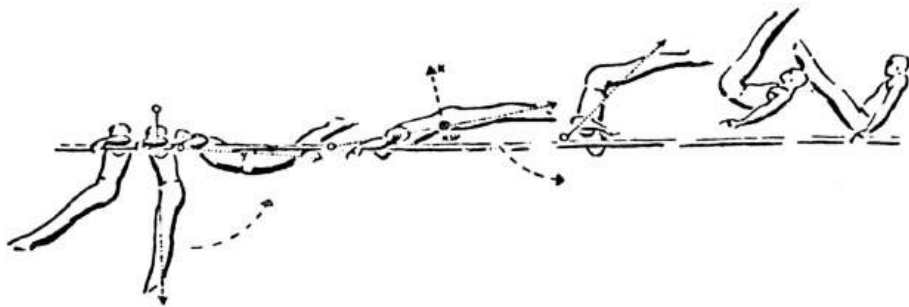
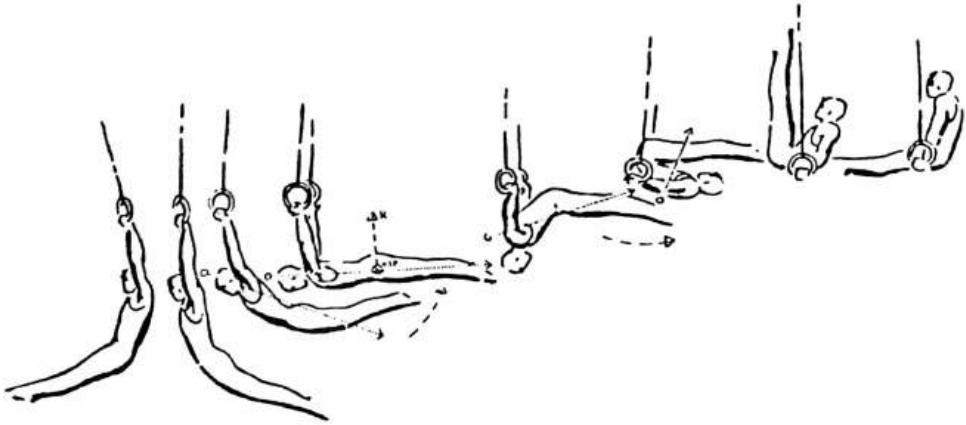
Concentration on good posture is the beginning of safe movement and simply means standing as tall as possible with a straight line running from the crown of

the head down through the center of the body. To stand in this way, careful attention must be given to the shoulders and pelvic alignment. The shoulders should not be slumped or pulled back too far but should be centralized and relaxed so that the neck is long and without tension. One should also be careful not to carry one shoulder higher than the other, as is often the case with people who overtrain one side of their body. Good pelvic alignment means the upper body is supported directly on top of the legs for maximum height. When the pelvis is incorrectly tilted forward (a very common postural error) the weight of the upper body is carried in front of the legs, led by a weak stomach, causing a stressful and potentially dangerous condition in the lower back. Bad posture is a vicious circle, incorrect pelvic alignment being related to weak ankles, flat feet, and knock knees. Make a complete correction in any one of these areas and the other problems will also begin to disappear.

Another method of finding one's physical center and achieving good posture is to lift one's weight up through the legs (especially the inside muscles of the legs) and stomach while at the same time feeling the weight drop down from the head and wrists. Slow stretched rotations in both directions repeated until there is some tiredness and slight aching in the wrists and ankles will strengthen and safeguard against injury. Another good exercise for feet and ankles is to practice flexing the toes independently of the foot and also to flex and point the whole foot. For the hands and wrist, a good practice is to alternately make a tight fist and then stretch the hands wide open, separating fingers as far as possible.

In all sorts of pliés the relationship of the knee to the foot is especially important. Whenever the knee bends on a weight-supporting leg, the knee should extend over the foot, if possible over the small toe side of the foot. Otherwise the knee joint is in a vulnerable and weak position (knock knees) badly supported by the muscles of the legs.

Rings and Parallel Bars (Men - Advanced)



Illustrated on this page are 2 exercises of extreme difficulty. The exercise on the rings is a dislocate forward combined with an upward lift - forward leg snap movement - to a bent hip lever (L position hold). The parallel bar exercise is a forward shoulder roll movement combined with an upward lift - forward leg snap movement - to a bent hip lever (L Position Hold). In both exercises, the gymnast cannot do without a powerful leg snap so as to get the necessary lifting force. During the short flight phase, the body must be extremely jackknifed, so as to have sufficient rotating speed to come to support in the available time.

In conclusion, we would like to point out:

1. A forward leg snap movement will accelerate the body vertically to the longitudinal axis of the body in backward movement.
2. The forward leg snap gives the body additionally some angular momentum with reference to the transverse axis of the centre of gravity in the backward sense of rotation. If an angular momentum in the backward sense of rotation exists already before the leg snap, this momentum will be increased. If there exists an angular momentum in the forward sense of rotation, it will be reduced or even reversed.
3. In order to be able to make full use of the two effects of the leg snap, the athlete must produce in the shoulders or through the arms some counterpart on the gymnastic apparatus, on which the shoulders or arms can operate vertically to the axis of the body in forward direction.
4. The moment of the leg snap movement depends on the objective of the exercise and-or on the direction in which the body is to be accelerated, i. e. during the leg jerk the longitudinal axis of the body must be approximately in vertical position to the requested direction of acceleration.

DANCE (Cont'd)

Some people have another problem with the knee if they can hyperextend this joint. Hyperextension is beyond straight, tends to be a locked position and is very dangerous on landings. Gymnasts who have hyperextension should be aware of this condition and practice standing with the leg straight (this will feel slightly bent to them) rather than hyperextended.

After learning to stand in correct posture, the backward port de bras is excellent for gymnasts to improve their acrobatic work. With the arms extended overhead (one arm if using a bar) feel a straight line running through the body, then extend this line up and back, at the same time keeping the weight supported on the legs, lifting up through the legs, stomach, and lower back during the entire movement. The arched position must come from a feeling of length if it is to be correct and not pinch the lower back. With enough flexibility one can reach and look directly behind the body, making a 90 degree curve. Use stomach muscles and return to a straight line in the same rhythm used to go into the back bend. This exercise can be done with the legs parallel or turned out in first or second position and also with the legs turned out in third position.

These types of dance exercises practiced with some regularity, as part of a gymnast's general warm-up, will lead the gymnast into greater physical awareness, improve muscle control, and reduce the risk of injury during the rest of the gymnastic workout.

Courtesy - USGF GYMNASTICS

Pacific District News

Statistics. - All units are requested to take attendance in every gymnastic, volleyball, dance etc, session (of all age groups), girls, boys, women, men - separately, and to send in their report monthly.

Consider this: We have to start doing all things right. Statistics is our best help! It is the same as thermometer and blood pressure test to a physician. They don't heal, but they watch over any change in the Sokol organization's health!

Gymnastics Skills. - All Directors received (from the ASO BOI) the moves required to get the patches for those who accomplished the tasks of different classes (divisions). This is an opportunity to make your classes more interesting. Use the material that was sent to you! Learn by teaching from the text!

Beginning Instructors Course. - All units will be informed very soon and asked to select students. This course will be very useful to all instructors, even for those with experience - as a refresher! An unprecedented high class syllabus will be distributed to accepted students in advance.

Finally, some hints: Please do not drill the "prostrná" only. Require more from your instructors: a good warm up, apparatus exercises, games, singing etc. They know how - show them your interest!

Nazdar! Libby Pelc, Jiri Liska

Our Beating Heart

The heart is one of the busiest and toughest organs. It beats on the average of 70 times per minute, 100,000 times a day, or about 37 million times a year. The ticker of a 70 year old has contracted 2.5 billion times and has pumped approximately 250,000 tons of blood. It sends the blood thru 12,000 miles of arteries, veins, and capillaries to bring nutrition and oxygen to every cell of the body.

Engineers have estimated that this is equivalent to the work of an auto motor driven a million miles. In this respect, the heart is not the weakling many believed it to be. Cardiac surgeons now do many different operations never dreamed possible 25 years ago.

When does the heart rest? Between each contraction. Since this interval is longer than the time required to contract, the organ usually rests twice as much as it works. The slower the beat, the longer the rest period, because the time required to contract usually is consistent. Exercise or emotional stress speeds up the rate, and when it doubles, the structure may work twice as much as it rests.

Heart rates vary considerably in different persons and in the same person at different times of the day. The pace is slowest at rest and when asleep; fastest when the person is exercising or emotionally disturbed. The rate also is more rapid during infancy than during adulthood. Before birth, it varies from 120 to 160, it increases slightly just after birth, and gradually slows thereafter. Normal rates vary from 60 to 100.

In later life, irregularities of the beat are more likely to appear. An extra beat (systole) slips in between regular beats. Or, perhaps, the auricles begin to beat faster than the ventricles. Now and then the pulse becomes so slow (26 to 38) that the person feels dizzy and may faint. When heart block is responsible for these symptoms, an electrical pacemaker run by batteries may be inserted to step up the rate.

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Men - A

1st PLACE - DAYTON Y (MOODY)
2nd PLACE - SOKOL GREATER CLEVELAND

Men - B

1st PLACE - NOVA NO. 2

Sokol All Stars (at Regionals)

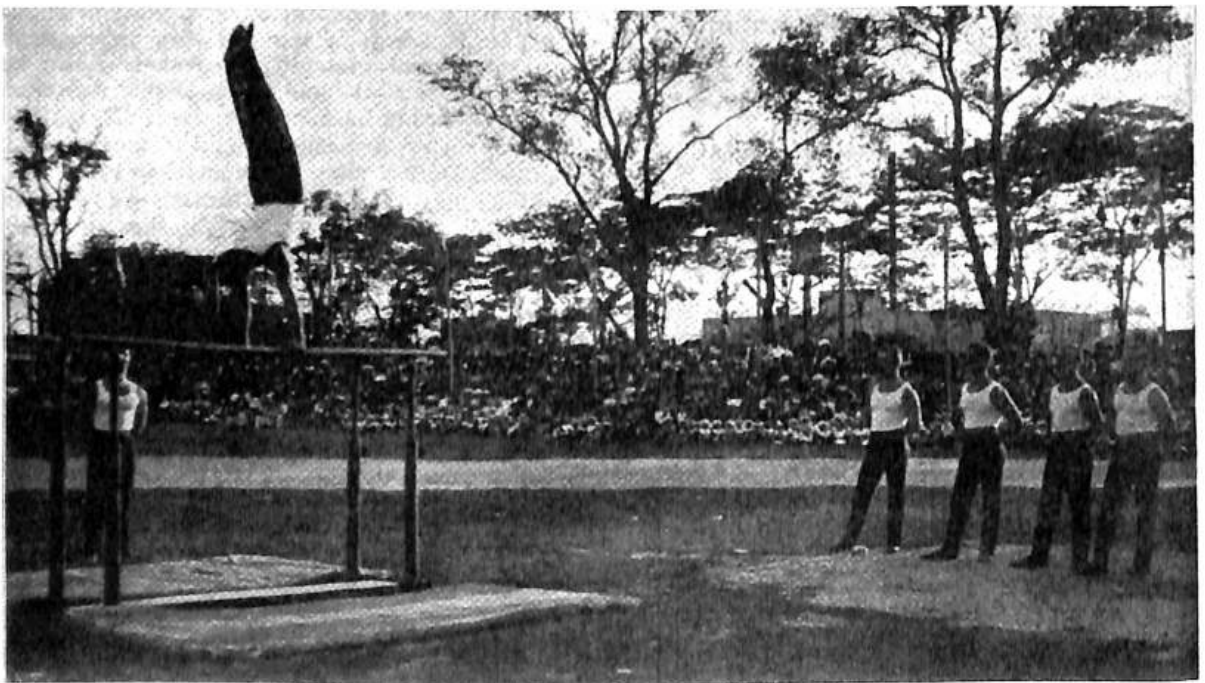
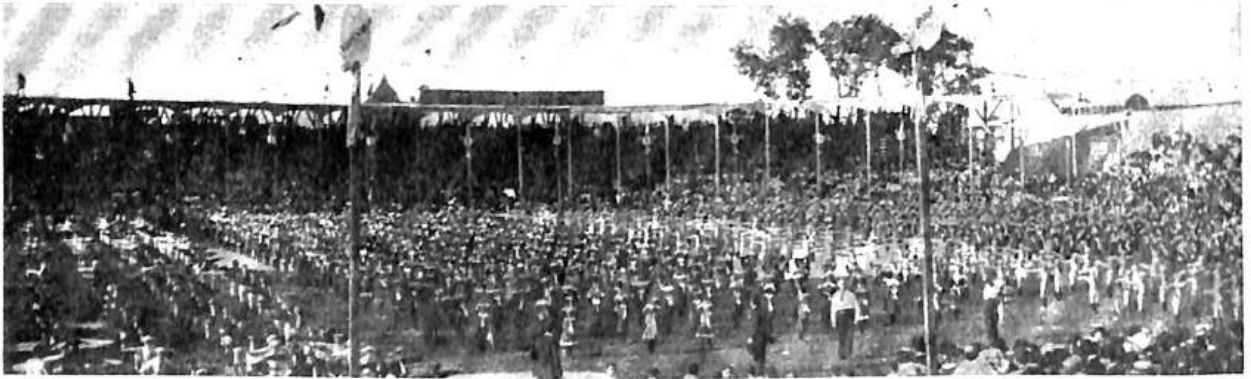
Roman Cehelsky

George Potapenko

Coach - Denny Jirousek

Looking Back 71 Years

On Sunday June 2, 1911, the NÁRODNÍ JEDNOTY SOKOLSKÉ (Blue Uniforms) held a Veřejné Cvičení at RIVERVIEW PARK, CHICAGO, ILL. Included in the program were units of Sokol Slovanska Lipa, Sokol Plzensky, Sokol Cechie, Sokol Praha, Sokol Chicago, Sokol Vlast, Sokol Ceska Americky, Sokol Oak Park, and the only remaining active unit, Sokol Tabor (Berwyn, Ill.). Pictured on the Picnic Grove in Riverview Park are (1) The Children's Calisthenics, (2) Men's Apparatus, and (3) Men's Calisthenics. A parade was held from Humboldt Park to the Grove at which Governor of Illinois, Chas. S. Deneen, was the main speaker.



but once I got to Texas I didn't mind the long trip. Traveling to the Slet was a good chance for me to see the western states, which I've never seen before.

The city of Fort Worth was very nice, I really felt at home there, because everyone was helpful and hospitable. I think Fort Worth was a nice place for the Slet, because it was scenic and everyone is interested in the wild west.

My favorite places in Fort Worth were Tandy Mall which was a big mall with an iceskating rink inside. I also liked the water gardens that were across from the Hilton Inn, which I stayed in.

My family and I also went to see the old stockyards, which we drove to because it wasn't within walking distance. The Stockyards had the real atmosphere of the west and I enjoyed going there.

After competitions on Thursday morning I was looking forward to the western dance that night. The dance was at Sokol Fort Worth. I thought they had a nice gym facility. I learned new western dances, which I brought back home to teach others.

On Wednesday I went to see the special number competition. All the numbers were uniquely different and exciting. If I was a judge it would be a hard decision to pick the winners.

On Friday afternoon I went to see the volleyball games.

The Victory Dance on Friday night was very nice. The trophies were beautiful.

The championship competitions were exciting and I was surprised to see so many in that division.

I was really pleased with the weather from the time we left Cleveland till the day we returned the weather was beautiful. In Texas the weather was hot, but unlike Cleveland it didn't feel extremely hot or humid. I wouldn't mind living in Texas because I liked the weather. The only day I was extremely hot was on Saturday morning when we were rehearsing for the Slet.

The program on Saturday night was nice. It was a good idea having it later in the day because it was cooler. The crowd in the stands wasn't huge, but it was just enough. I didn't get to see too much of the program because I had to change my outfit a few times. The audience seemed to enjoy the junior boys and girls calisthenics. I thought that was a beautiful number and I enjoyed being part of it.

In preparing for the Slet I taught the junior girls class at Sokol Cleveland the calisthenics. I really had fun teaching that number.

I liked the barbecue on Sunday which was at Sokol Fort Worth. The food was delicious and filled me up before we left for the long trip home. The barbecue was a good chance to say goodbye to everyone and take pictures. The western town they had set up outside was interesting.

I didn't want to leave because I had such a good time and made lots of new friends.

I am really happy I attended and participated in the XV American Sokol Slet. This essay contained all of my memories of the Slet, and I hope you enjoyed them because these memories will live on forever.

I'm planning on attending the next Slet in Chicago and hopefully with a lot of hard work the Slet in Vienna, Austria.

6th place - KAREN BARNEY
Sokol Greater Cleveland

My Recollections of the XV American Slet

My trip to the XV American Sokol Slet began at 10:45 p.m. at Cleveland Hopkins Airport. Even though it was a late night flight, the plane was filled with laughter since many of my Sokol friends were aboard passing the time by cracking jokes and playing card games. When we landed in Fort Worth, we recovered our luggage, and went to a Day's Inn to spend what was left of the night.

Early the next day, we loaded up a rental car and drove to the Hyatt Regency where we were greeted by Sokols from all over the USA.

After we were assigned a room, we unpacked and attended a meeting for all our unit juniors. When the meeting was over, my friends and I went for a walk to familiarize ourselves with the hotel and Convention Center.

Since I am a member of the Sokol Greater Cleveland Czech Folk Dancers, a practice was in order to prepare ourselves for the special number competition that evening. This competition turned out to be a real creative spectacular. I was proud of the special touch the Sokol Greater Cleveland Folk Dancers added to this evening.

The next day was apparatus competition. My fellow teammates and I were nervous because we were not only competing against each other but against people we never even met before. By the time the competition started, the butterflies were gone because we had confidence in ourselves and each other. Even though we did our best, a few of the boys in my class felt our effort wasn't good enough to take a place. Little did they suspect that when the awards were presented our team would be standing on the podium for the proud position of third place. I myself was very proud because my score helped to take a team place.

The day of the exhibition all the juniors from our Sokol did their best to prove that we could do the calisthenics better than any other sokol unit. We were successful! Marching out on the field during the grand march made me proud to be a Sokol.

The XV American Slet ended the same way it began - with a night flight back home packed with a memory of pleasant Sokol recollections that would last a lifetime.

In closing, I would like to thank the people of Texas for their hospitality and kindness as well as anyone else who made this slet possible.

7th place - DENNIS BACA
Sokol Greater Cleveland

ASO Financial Report

MAY 1982

RECEIPTS:

Dues	\$ 2,529.20
Convention Fund	114.00
Special Assessment	157.00
Subscription - "American Sokol"	4.00
Resale of Jewelry	98.25
Postage	1.15
UPS	15.87
Educational Pamphlets	30.00
Song Books	50.00
Sokol Ties	48.00
Donation	15.00
Overpayment on Song Books	10.35
Miscellaneous	3.00
	<u>\$ 3,075.82</u>
ASO Uniform Division - Rent, salaries, etc.	666.00
TOTAL RECEIPTS	\$ 3,741.82

DISBURSEMENTS:**ADMINISTRATIVE**

Salaries - Office Employees	\$ 712.27
FICA & FWT for April 1982	212.86
Rent, Janitor Services, Phone, Electric	722.50
Postage	29.26
Office Supplies	201.98
Travel Expense	590.00
Plate Glass Insurance	298.00
CSA Convention Banquet Tickets	50.00
	<u>\$ 2,816.87</u>

BOARD OF INSTRUCTORS

Salaries	\$ 342.95
FICA & FWT for April 1982	73.52
Editor "Sokol Gymnast"	30.00
Additional copies "Sokol Gymnast" April, May 1982	58.00
Postage	3.15
Subscription to "World Gymnastics"	16.00
Elite Bars	280.55
Travel Expense	826.00
	<u>\$ 1,630.17</u>

EDUCATIONAL DEPARTMENT

Salaries	\$ 12.69
FICA April 1982	6.10
Refund - Song Books	10.35
Bust of Tyrs for Sokol Zizka	700.00
"Journal of American Ethnic History"	12.00
	<u>\$ 741.14</u>

SOKOL PUBLICATION

Printing "American Sokol" April, May 1982	\$2,101.56
Postage - May issue of "American Sokol"	357.96
Pictures	10.09

Editor "American Sokol"	100.00
	<u>\$ 2,569.61</u>

MISCELLANEOUS

ASO Uniform Division - Salaries, FICA for April and Phone	\$ 424.59
Future Sokol Leaders' Fund - Additional Merit Award	200.00
Special Appropriations - Pacific District ASO	216.33
Central District ASO	1,252.00
	<u>\$ 2,092.92</u>
TOTAL DISBURSEMENTS	\$ 9,850.71
Balance brought forward	
Western National Bank of Cicero - Checking Account	\$14,622.95
Receipts, May 1982	3,741.82
	<u>\$18,364.77</u>
Disbursements, May 1982	9,850.71
	<u>\$ 8,514.06</u>

LIBRARY AND ARCHIVES FUND

May 1982

In memory of Br. Joseph Kucera Sokol Washington, D.C.	\$ 25.00
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GENERAL FUND

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In memory of Babi Hynek Roy and Vlasta Zitny	\$ 15.00
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My Recollection of the XV National Sokol Slet

AS A PARTICIPANT

I just started junior class this year and it was my first Slet as a junior. I had been in a few Slets, in my state, as a little girl. But I didn't know, till this year, how much fun a Slet could really be.

At our gym, we had a gym club, so I was pretty acquainted with all of the kids. I feel that was a good idea so you can feel more comfortable on the trip. I got to know my team very well. Both boys and girls.

The scenery on the way to Texas was beautiful. I remember just as we were coming into Texas, the huge lakes with lots of water skiers, and the giant buildings that didn't even resemble the ones in Omaha. Touring around Dallas and Houston was just one of my favorite things. The space center was lots of fun and it was neat to see all the space ships. Six Flags was very exciting with all the new rides. I had never rode on such rides before.

Competition night was too exciting to sleep and I was up practically the whole night talking with the other girls. Yet even though in the morning, I was not tired. Competition went better than I expected it would. Even though I was scared and nervous, I think my scores were very good. After competition, I as well as other girls, was very relieved yet content.

All the dances were really fun and that's where I met many kids from far away Sokols. The Western dance was a lot of fun because I learned new dances. The Victory Dance was a lot of fun because that's where everyone received their awards. The championship boys from our Sokol won so it was really neat to see their trophies. The barbeque was sad and fun because I had to say good-bye till the next Slet.

I was one of the girls who participated in the special folk dance. All the weeks of practicing the steps and making the costumes paid off greatly. Being out on the field and performing made me so happy. The dance went just like we hoped which made the Slet more special to me.

My very favorite thing about the trip was the Slet. The excitement was building inside of me when we were almost ready to go out to march. It was building even more when I was standing on the field singing. Doing the dance brought out much excitement but it was still there. I was overwhelmed with happiness and pride going out on the field with all the other juniors and doing our calisthenics. But the moment when our hands went up on that last beat made me so proud. Then the fireworks, which I remember distinctly, were a perfect ending.

After the Slet, my gym team went on to Galveston and toured around down there. We went to Stewart Beach and swam in the Gulf of Mexico. One thing that stuck in my mind from Galveston was the palm trees and the beautiful ocean.

All in all, the trip was one of the most memorable events in my life. 8th place - ANNE BLANKMAN
Sokolice Omaha

SOKOL EDUCATOR

Sanctuary in the Wilderness

The short-lived settlement of Pilgerruh now seems all but lost in the mists of time. It is considered to have been the first settlement in northeast Ohio, but its exact location in the Cuyahoga Valley is lost to memory. Two historical markers, a mile apart, have commemorated the supposed spot, and the controversy continues. Who were the Moravian missionaries who founded this brief outpost? Historian and North District Interpreter Frank Cucurullo gives us some background on this lost bit of Cuyahoga Valley history.

"We came to an old Ottawa town, where we stopped to examine the neighborhood . . . We resolved, therefore, to stay here this summer, when our matters would become clearer, for at present we are confused, and know not rightly how things are with us." So wrote David Zeisberger in his diary on Sunday, June 18, 1786. He was with a mixed group of missionaries and their Indian converts, and they had decided to settle on the banks of the Cuyahoga River near Tinkers Creek. They named their settlement Pilgerruh - Pilgrim's Rest. The group was in the middle of an incredible journey that had begun in Ohio, had then taken them to Michigan, returned them to Ohio, and would take them to Canada before finally returning them to Ohio to stay.

Zeisberger and the others were members of the United Brethren of Christ. Since most of its original members came from the Moravia and Bohemia sections of Eastern Europe, they were known as Moravians, and even before they arrived in Ohio, their story was one of constant wandering. In the 1720's they had been forced to emigrate to Saxony because of religious persecution by the rulers of Moravia. The experience stayed with them; they believed they could not trust the stability of any existing political and social order so they sent missionaries abroad in search of converts and colonies. The Moravians wanted to be sure the next time they were told to leave that they had somewhere to go.

The first of the brethren came to America as part of Jesus Oglethorpe's colony in Georgia, but the Anglo-Spanish conflict over Florida forced them to move north. In 1741 they established settlements at Bethlehem and Nazareth, Pennsylvania, and these towns are still the church's headquarters. Their missionaries fanned out into the country and began converting many of the Delaware Indians.

The Moravians made a new adaptation to life on the American frontier; they became a communitarian sect. Each member contributed his time and labor to the group, which gave no wages in return but provided food, shelter and clothing for all. A Moravian community became a small theocracy - a church-state, separate from the outside world with a minimum of contact with non-believers. Separation from the world was an act of faith which was strengthened by opposition and difficulty. The Moravians reacted to every crisis by uniting and meeting it as one.

Their faith would be sorely tested by their Ohio experience, which began in 1772. Missionaries David Zeisberger and Jacob Heckewelder brought a group of their Indian converts to the Tuscarawas Valley and founded two villages. Unfortunately, their knack for wandering into trouble stayed with them.

For Ohio in the 1770's was anything but a stable place. Britain had obtained most of the land west of the Appalachians after winning the French and Indian War and had tried to keep it as a giant Indian reservation, but large groups of settlers and speculators blatantly ignored the order. The Treaty of Fort Stanwix ceded all Iroquois lands south of the Ohio River to the British, who opened it for settlement. The flow of colonists into western Pennsylvania, western Virginia and Kentucky became a flood. Indians north of the Ohio saw the whites moving closer and grew nervous - especially when the Redcoats, preoccupied with the growing tension in their American colonies, were unable or unwilling to stop the westward migration. When the colonists rose up in revolt, the Indians were forced to side with the Crown; if the future with the British looked grim, the future with the Americans looked like a disaster.

The Moravians were caught in the middle; the Americans suspected their Indian converts; the British suspected their American leaders; and if, by now, the Indians suspected everybody, no one can really blame them. When the Moravians refused to take sides, everybody suspected them even more. The situation worsened by 1781, when a series of vicious border skirmishes convinced Zeisberger and Heckewelder to move the congregation north to Upper Sandusky. Half of all the brethren decided to remain in the Tuscarawas Valley in the town of Gnadenhutzen. When the rest arrived in Upper Sandusky Zeisberger and Heckewelder were arrested by the British and ordered to Detroit to be tried as spies. En route they received shocking news. On March 8, 1782, a detachment of American militia fell upon the Moravians at Gnadenhutzen and ninety Christian Indians were massacred.

The saddened missionaries were acquitted, and the British told them the group would have to settle in Michigan or return to Bethlehem. Since the Indians in the band were now deathly afraid of the Americans, Zeisberger decided to move to Detroit. The group, now numbering about one hundred, founded the town of New Gnadenhutzen on the west bank of Lake St. Clair and tried once again to start a new life.

It was not to be. Harsh weather and a lack of converts were their lot. After four years the Moravians were ready to risk a return to the Tuscarawas Valley and it seems the British were only too happy to see them go. On April 28, 1786, they set sail for Ohio and yet another fresh start. Once again, misfortune was to plague them; this time, that misfortune would lead to the first settlement in northeast Ohio.

April 28, 1786, two small boats sail from Detroit bearing Jacob Heckewelder, David Zeisberger and about one hundred Moravian Indians. Their destination was their old settlement in the Tuscarawas Valley, but the bad luck that had forced them into Michigan

continued to plague them. A combination of bad weather and ill-timed ship schedules resulted in their reaching the Cuyahoga River by June 8. Ten days later they reached "an old Ottawa town". Realizing they would not reach the Tuscarawas in time, and nervous about Ohio's political turmoil, the group decided "to stay here this summer, when our matters would become clearer . . ." They built a small village of twenty-seven log cabin and crude huts. Unlike most Moravian towns, it was not laid out in a regular plan; the houses were scattered haphazardly about the chapel. The brethren planted corn, potatoes, beans, pumpkins and turnips; wild game was abundant, too, so there was no lack of food. The Moravians gave their temporary refuge the name "Pilgerruh" - pilgrim's rest.

Pilgerruh's exact location is a mystery. All that is known is that it was somewhere in the Canal Road area, possibly as far south as Tinkers Creek or as far north as Stone Road. Archeological digs in the 1930's and 1970's have failed to give a definite answer.

What is certain is that even their brief stay in Pilgerruh, the Moravians could not avoid the tensions of the day. Zeisberger wrote in his diary that the brethren had been encamped less than ten days when they heard rumors the "Cherokees would come and kill us." The group found that they had settled along the main route between American Pittsburgh and British Detroit, so a steady parade of Indians, trappers and traders and soldiers passed through. They brought goods, news and more often, rumors, Indian, American and British emissaries visited the camp, offering alliances and protection. The Moravians tried to remain neutral, and found themselves in their old position of being suspected by everyone. Zeisberger wrote, "On the one side, we should have had the wicked militia against us, and on the other side, a host of wicked Indians, and who could have protected us?" When the Moravians heard that Indians had massacred settlers in the Muskingum, they thanked God for the fortuitous delay on Lake Erie that had kept them out of the area.

The specter of the Gnadenhutzen massacre haunted the group. A Moravian Indian who had survived a scalping there was found drowned in a creek; Zeisberger remembered that since the massacre "he has often had fits and this was doubtless the cause of his death . . ." A small group of American Army surveyors was mistaken for the vanguard of a larger expedition, and many of the Indian converts hid in the woods. Zeisberger sent several of the brethren to the Muskingum to contact any Indian converts still in the area. The emissaries found a few, and they turned out to be quite bitter; one said he could not help thinking that the white missionaries had betrayed them. Another said bluntly, "The white people have at last attained their purpose, murdering so many of our friends . . . I will hear nothing about this behavior . . . my forefathers have all gone to the devil; there will I go also."

Through it all, the small group on the Cuyahoga never lost faith. They knew the Savior was with them - had He not delayed them on Lake Erie, and saved

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3. Courage which leads to
4. Abundance which leads to
5. Selfishness which leads to
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8. Dependence which leads back to
9. Bondage.

Bro. Ed. Stetka
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them from a massacre? Had He not found them a sanctuary in the wilderness? Zeisberger wrote stoically, "the Savior, whose own we are, who certainly thinks of us, and to whom it is not a matter of indifference how things go with us, must have his own reason . . ." His last entry for 1786 reads "we thanked the Lord for all the goodness he had shown us, begged forgiveness for our faults and shortcomings, and all this was accompanied by the tears of the brethren."

In the spring of 1787, Zeisberger received the ominous news that the American Army intended to move into Ohio and planned to build a fort by the Cuyahoga River. With the conflict around them closing in, and being trusted by none and suspected by all, the Moravians resorted to their old practice - they fled. By May 1, 1787, Pilgerruh was deserted. This time, they went west to the Huron River, still hoping against hope that the situation would improve and they could return to the Tuscarawas Valley. Mercifully, they did not know that they would be on the Huron and in Canada for eleven years until their prayers would be answered.

The story of the Moravians is very instructive; it is inspiring to read how a small group, united by a common faith and purpose, can persevere in the face of great difficulty. The other side of the coin is that much of their trouble was caused by trying to insulate themselves from the outside world, only to find they could not do so. Sometimes the refusal to take sides in a conflict leads to greater hardship than direct participation in that conflict. Whatever lesson we take from it, the story of the Moravian mission at Pilgerruh, the first settlement in northeast Ohio, is one we do well to remember.

 Note: Written permission to reprint given by Ronald G. Thoman, Chief, Interpretation and Visitor Services, Cuyahoga Valley National Recreational Area, National Park Service, U.S. Department of the Interior. Bro. Bruce Janda, Sokol Detroit, sent in all this material for our use.

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