

american



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"Truth Prevails"

This month's issue dedicated to Czech history and culture.

American Sokol

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From Your Editor...

Sometimes I get stuck on what to do with all the blank pages of the magazine gazing back forlornly at me. I search for themes, yet more often I settle for hodgepodes of unrelated information. This month's issue fell neatly into a theme and I hope you'll find the offering interesting. I was mildly disturbed by a recent comment sent to my attention that the ASO Publication did "more reporting and going over the past than promoting our organization." If you have any comment regarding this statement, I'd be happy to hear from you. I'm still carefully formulating my response.

NA ZDARI!

Sls. Patricia Satek

46 Northgate Road

Riverside, IL 60546-1639

CALENDAR of EVENTS

MARCH

7 Eastern District Competition

7 Western District Children's
Competition

14 Sokol Tabor Exhibition

21 Sokol Brokfield-Sokol

Stickney Exhibition

22 Sokol New York Exhibition

27 Sokol Chicagoland Exhibition

28 Sokol Berwyn-Slavsky
Exhibition

29 American Sokol Little Ferry
Lasagna Dinner

APRIL

18 Sokol South Omaha \$5K
Giveaway

25 Central District Special
Number Competition

25 United Sokols of the East
Gymnastic Competition

26 American Sokol Little Ferry
Exhibition

28-5/3 Sokol South Omaha Mini Slet

A.S.O. Board of Instructors meets every 2nd Wednesday, 7:30 P.M.

A.S.O. Executive Board meets every 4th Tuesday, 7:30 P.M.

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THOUGHT STARTERS

from Bro. Jerry Milan,
ASO Educational Director

"Listen,
or thy tongue
will keep
thee deaf."

OUR SOKOL CREDO

*To build a healthy and beautiful human body,
To cultivate a harmonious and total person,
To develop firm character, a well-rounded disposition and
A love of truth and justice;
To produce strong, lovely and honorable people,
That is the goal of a Sokol education.*

SOKOL SLET in Slovakia ~ 1998

Weber Travel Agency in conjunction with the American Sokol Organization offers the following: In order to offer you the most flexibility to participate in the Slet we will offer you four tours to choose from. Below is a brief explanation of your choices. We hope this is not confusing, so if you have any questions, please call and we will be glad to explain your options.

TOUR A - \$2449.00 (Double - Single Rate Available On Request)

15-Day Escorted Tour - DEPART JUNE 26 (Return July 11) includes:

- Round trip air fare from Newark, NJ (*call us for fares from your home city*)
- 5 nights before the Slet
- Sightseeing and visits to Velke Bilovice, Straznice, High Tatra Mountains, Southern Moravia (*we will be in Traznice for the famous international folk festival*)
- 4 nights lodging in Kosice
- 5 nights lodging after the Slet, last 3 nights in Prague
- Sightseeing of Northern Moravia, Beskydy Mountains, Roznov, Litonysl, Podebrady
- City tour of Prague
- Full day visit to Ceske Budejovice, including the Budvar Brewery and Cesky Krumlov
- Breakfast daily
- Dinner every night, except in Kosice (*welcome dinner the first night*)
- One lunch after river rafting in the Tatras
- Deluxe air conditioned motorcoach
- English speaking guide
- All fees and admissions for noted tours
- Many more extras, call for a detailed itinerary

TOUR B - \$1829.00 (Double - Single Rate Available On Request)

10-Day Escorted Tour - DEPART JUNE 26 (Return July 6)

- Includes everything in TOUR A, except that you will depart for home after the Slet on July 6

TOUR C - \$1989.00 (Double - Single Rate Available On Request)

10-Day Escorted Tour - DEPART JULY 1 (Return July 11) includes:

- Begins with arrival in Kosice on July 2 for the start of the Slet activities
- 4 nights in Kosice
- 5 nights after the Slet as noted in TOUR A

TOUR D - \$1249.00 (Double - Single Rate Available On Request)

4 Nights Lodging in Kosice for Slet Activities - DEPART JULY 1 (Return July 6) includes:

- 4 nights lodging in Kosice
- Welcome dinner
- Taxes, services and transfers

IMPORTANT: Deposit of \$250.00 per person will hold your reservation. Final payment is due April 26. Deposit is refundable up to May 15. We do offer cancellation insurance, ask for information. these prices include lodging in Kosice during the Slet. If you do not need lodging, let us know as soon as possible. We will advise you of the price adjustment.

AIR OPTION: For those of you who will stay with relatives or wish to extend your stay, we can arrange for earlier or later departure dates for a minimum charge.

AIR ADD ONS: The above prices are from Newark, NJ. The add on for Chicago or Detroit is \$100.00. Other departure cities can be arranged. Call us for those rates.

NOTE: Only PASSPORTS are required.

WEBER TRAVEL AGENCY

6805 W. Cermak Road • Berwyn, IL 60402

708-749-1333 or 800-886-7012

THOMAS MASARYK

The Founding Father of Czechoslovakia

By Ian J. Brzezinski, a foreign policy adviser to Sen. William V. Roth Jr., Delaware, The Washington Times, 10/9/95, Copyright © 1995 News World Communications, Inc.

After World War I, when a number of Central and Eastern European nations were resurrected from foreign occupation and partition, Czechoslovakia stood out as a state founded on the peaceful comity of two peoples, the Czechs and the Slovaks.

The success of this union was due largely to the persuasive political philosophy and leadership of Thomas Masaryk (1850-1937), Czechoslovakia's founder, spiritual leader and first president. Today, as Eastern Europe struggles with the politics and violence of ethnic, religious and national division, there is much to be learned from Masaryk's philosophy of morality and tolerance.

"Talks With T.G. Masaryk" by Karel Capek, a leading Czech writer in the 1920s and 1930s and close confidant of the president's, recounts Masaryk's life and explains his philosophy. The work is based upon a series of long informal interviews - informal can only have been the case between such close friends - that Capek captured in two volumes, "Youth" and "Life and Work."

"Youth" explores Masaryk's childhood in Moravia as the son of a Slovak serf, the warm parenting of his religious Czech mother, his often humorous experiences as an

apprentice to a Viennese locksmith and later to a Moravian blacksmith and his initial struggles with religion and national identity in the Austro-Hungarian empire. During this adolescence, Masaryk recalls his national identity as consisting of no more than a kinship feeling for his home village of Cejkovice.

Masaryk's sense of Czech identity was catalyzed by his experiences in Vienna's universities. The empire's capital exposed him to the broader realities of contemporary Austro-Hungarian politics, especially its ethnic dimensions. Through the study of philosophy and national culture and through his travels abroad, Masaryk began to develop his own concept of nationalism and statehood.

In 1876 as a student in Leipzig, Masaryk met his future wife, Charlotte Garrigue, a black American from whom he garnered a strong and favorable impression of the United States and its democracy. Throughout "Talks," Masaryk applauds the personal freedom, the "pioneer element" and "practical optimism" he saw in Americans.

"Life and Work" traces Masaryk's entrance into Czech politics and his emergence as the political figure who convinced the victors at Versailles to give Czechoslovakia a permanent place on Europe's postwar map.

Masaryk's professional emphasis

on truth and his disdain for nationalist extremism often made his life difficult within Czech circles. During the 1880s he questioned the authenticity of manuscripts said to confirm the historical roots of Czech culture. For this Masaryk was vilified as a traitor by many Czech contemporaries.

In "Life and Work" he recounts overhearing in cafes and trains people expressing similar sentiments toward him. The manuscripts were later proved forgeries, and this experience reinforced Masaryk's commitment to political moderation.

During World War I, Masaryk feverishly promoted the Czechoslovak cause around the globe, traveling to Rome, Geneva, Washington and Moscow (where he accidentally stumbled into the Red Square massacre of 1917).

While working in international circles, Masaryk established a close professional and personal friendship with Edward Benes, who became Czechoslovakia's first foreign minister and later its second president. Summarizing their efforts during that period, Masaryk stated: "We must also make the Czech question of interest to the world. We managed to do so for the first time during the War." For his success, in 1918 Masaryk was elected president of the new Czechoslovak Republic, a position he held in until he resigned in 1935 at the age of 85.

On October 18-19, 1997, the Czech Embassy in Washington, DC, sponsored a conference titled **"Czech Americans and the Czech Republic on the Way to a Common Future."** The embassy invited all Czech American organizations of the United States. 88 representatives of these organizations from 25 states took part in this conference, bringing together the entire spectrum of Czech-American life in the USA. Besides large organizations like CSA (Fraternal Life), SPJST, Alliance of Czech Catholics, Protestant Union, American Sokol Organization, SVU and CsNRA, there were also very small societies. Nevertheless, the rule "equal among equals" prevailed.

The conference dealt with several issues. The entry of the Czech Republic into NATO seemed to be the most urgent question, hanging on the approval of the 2/3 majority of the U.S. Senate. While most organizations present at the conference are tax exempt, and as such are not advised to involve themselves in any political lobbying, their individual members are free to write to their senators to approve this change in the treaty. In fact, it is in the interest of the United States to include Czech Republic, Hungary and Poland in NATO. The Secretary of State, Madelaine Albright, addressed this Czech American forum stressing that NATO is a strictly defensive alliance, directed against no one, therefore posing no danger to anybody, yet it gives mutual protection to all its members. The U.S. Senate will consider this question in February or March. Private letters to our senators asking for Czech inclusion may influence their vote.

Second in the order of importance was "Preservation of our Heritage in the USA." We ought to map and catalogue our heritage, that is, statues, buildings, plaques, places, all visible testimony to Czech-American life. Additionally, we must preserve any old books, documents, artwork, papers, etc. There are many truly Czech treasures burned and dumped every day, that's why time is of essence. SVU offered to act as coordinator of these efforts. Through our

educational department we should stand in forefront of these efforts. Bro. Jerry Milan, our national educator, is already preparing instructions asking all our educators to cooperate.

Since there were four Czech senators present, the question of dual citizenship, American and Czech, was discussed at length; the very small societies being the loudest. At this time, the Czech Government accepts the Communist rule that all those who left their homeland seeking refuge abroad lost their citizenship and have not right to it, nor to their own properties. Part of it is also the right to Sokol halls. Eight years after the return of freedom, almost half of the Sokol halls are still in the hands of those who received them from Communist rulers. We certainly support an inalienable right of those born in Czech Republic to Czech citizenship, to their property and, as Sokols, to a return of Sokol halls to Sokol units. But since our membership is almost all American born, I did not enter into this discussion, except that the American Sokol Organization supports all human rights anywhere.

The organizers received all presentations in writing long before the conference. They selected only three to be presented in the final plenum. In order to smooth the diverse views, and at times, sharp disagreements, they asked me to deliver the American Sokol presentation at the end of the discussion on the ways to cooperate in the future. Our Sokol partnership may indeed serve as a model to others desiring a real alliance between Czech Americans and Czechs. Exchange of views, sister units program, mutual visits and a true will to learn from each other are the cornerstone of Sokol cooperation. When almost 2,000 Americans came to the 1994 Slet in Prague, they did not come only to participate at that Slet. But, and in addition, American Sokols came to the original source of Sokol philosophy to renew the ties binding us together ever since the first Czech immigrant stepped onto the soil of the United States. American Sokol

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KAREL HAVLICEK

Journalist and Patriot

Karel Havlicek (1821-1856), journalist and patriot during some of the darkest days of oppression, gave his life for his people. He was born October 31, 1821, in Borova, Bohemia. At age 24 he became editor of the newspaper *Prazske Noviny* and its literary supplement *Ceska Vcela*.

Prince Klemens Wenzel Nepomuk Lothar von Metternich, who became chancellor of Austria the year Havlicek was born, was a powerful leader in Europe, dedicated to preserving monarchy and long-existing class structures.

In 1848, when riots broke out in Vienna, Metternich fled to Britain, his career ended. On March 15,

press censorship was ended and on April 25, the constitution was published. but after a few brief months of freedom, oppression returned in 1849 with all the evils of secret police, censorship and denial of liberties. All newspapers were closed down.

All but one. Havlicek, who had founded the *Narodni Noviny* (National News) on April 4, 1848, defied the government. He told of the rise of liberty in France and Germany. Among other strategies, his headlines were about "The Problems of Ireland" although from the articles, it was evident that the problems under scrutiny were those of Bohemia.

An inspiration to his people and a threat to the government, Havlicek was tried twice before a jury and was found "not guilty" both times. the government twice offered him a considerable sum plus an annual salary to cease publishing and twice he refused the offer.

Finally, at 2 A.M. on December 16, 1851, the secret police entered his home, pulled him from the arms of his weeping wife Julia and daughter Zdenka and took him away to spend four years in prison at Brixen (now in Italy), from which he was released in such poor health that he soon died - on July 29, 1856, in Prague, at age 35.

*From "Czechoslovak Culture,"
compiled by Pat Martin*

The History of Beer in the Czech Lands

How long, exactly, have the Czechs been drinking beer?

The Czechs have been drinking beer since time immemorial. The secret of Czech beer is that agricultural conditions are ideal for growing hops, and chronicles establish their cultivation in Bohemia as early as 859 A.D., while the first evidence of their export dates back to 903. Bohemian hops were so prized that King Wenceslas ordered the death penalty for anyone caught exporting the cuttings, from which new plants could be grown. The first mention of brewing in the

Czech territories is in the foundation charter for the Vysehrad church, dating from 1088. In this document, the first Czech king, Vratislav II, decreed that his estates should pay a hop tithe to the church. The U Fleku microbrewery in Prague has been in operation since 1499 and is still going strong.

How did the famous Czech beer industry get its start?

The first Czech brewery was built at Cerhenice in 1118. In earlier days, only citizens in the Czech lands had the right to brew beer -

and that for their own consumption - so most citizens had a microbrewery in their home. It wasn't long before some of these citizens banded together to form a cooperative central brewery, from which they would take beer extract home and finish the brewing process there, in a medieval equivalent to the "home brew" kits which are so popular today. In the 13th century, King Wenceslas convinced the Pope to revoke an order banning the brewing of beer, which may explain why he's called Good King Wenceslas. It was a

Continued on Page 7.



AMERICAN SOKOL ORGANIZATION

GYMNAST



Editor: Chuck Kalat -- 2401 Bluebonnet Dr., Richardson, Texas 75082

**1998 AMERICAN SOKOL
INSTRUCTORS' SCHOOL
JULY 21st - AUGUST 4th**

BEGINNER, INTERMEDIATE, ADVANCED LEVELS

**HOSTED BY: THE SOUTHERN DISTRICT
& SOKOL KAREL HAVLICEK BOROVSKY
IN ENNIS, TEXAS**

**DO NOT DELAY
CONTACT YOUR DISTRICT OR UNIT DIRECTOR
FOR INFORMATION & APPLICATION FORMS
Registration Deadline: JUNE 15th**

Tuition has been initially set at \$275
(Plans are to try to lower this fee through donations of money and goods from merchants)

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Slet of Sokol in Slovakia Slovak Sokol Physical Education Festival Kosice, July 2-5 1998

Tuesday, June 30, 1998

Health Run through the City of Kosice - 1,3 and 10km (10,000 runners anticipated)

Wednesday, July 1, 1998

Hiking ascent to Kralova Hofa mountain (400 participants anticipated)

Thursday, July 2, 1998

Excursion to Krasna Horka and Betliar (for participants from abroad)

Evening: Festive opening of the Festival at the State Theatre in Kosice

Friday and Saturday, July 3, and 4, 1998

Competitions in track and field, volleyball, handball, apparatus and rhythmic gymnastic, judo, table tennis, chess (Anticipated international participation: 800)

Sunday, July 5, 1998

Morning: General rehearsals for the main performance

Afternoon: Main performance (4,500 performers anticipated in six compositions)

Evening: Festive conclusion of the Festival

Slet Competitions

Track & Field Friday, July 3, Slavia Stadium, Watsonova ulica (Street)

60 M Run (Boys/Girls), 100M (Juniors, Seniors), 1,500 m (Jr. Boys, Men),

Relay: 4x60m (Boys/Girls), 4x400m (Juniors, Seniors),

Ball throw (Boys/Girls), Shot put (Juniors, Seniors), All: Long jump, High jump

Judo Friday, Saturday, July 3, and 4. Gymnasium T2, Jedlickova 7

Table Tennis Saturday, July 4. Gymnasium T3, Jedlickova 7

Chess Saturday, July 4 Club Room SD, Jedlickova 7

Volleyball Saturday, July 4 Gymnasium T1, Jedlickova 7

Modern-Rhythmic Gymnastics Friday, July 3. Gymnasium T1, Jedlickova 7

Junior Girls, born 1983 & younger: Rope, Hoop, Ball, Ribbon

Women, born 1982 & older: Rope Hoop, Indian Clubs, Ribbon

Artistic (Apparatus) Gymnastics Saturday, July 4. Specialized Gymnasium, Popradska ulica

Boys-born 1988 & younger and Boys-born 1985-1987

Optionals- FX, Pommel horse, Rings, Vault, Parallel bars, Horizontal bar

Junior boys-born 1980-1984

Optionals -FX, Pommel horse, Rings, Vault, Parallel bars, Horizontal bar

Men-born 1980 & older

Optionals-FX, Pommel horse, Rings, Vault, Parallel bars, Horizontal bar

Girls-born 1988-1992 and Girls born 1986-1989

Optionals- Vault, Uneven bars, Balance beam, FX

Junior Girls - born 1983-1985

Optionals, Vault, Uneven bars, Balance beam, FX

Women -born 1982 & older

Optionals - Vault, Uneven bars, Balance beam, FX

It is our unofficial understanding AT THIS TIME that:

The uniforms for the Men & Womens Calisthenics in Slovakia are as follows:

- 1) the uniform for men is the traditional sokol shirt with the blue shorts with white stripe worn by the men for the Mens Calisthenics in Prague in 1994
- 2) the uniform for the women is the long sleeved leotard worn by the COS women at the ASO Slet in 1997 with a short skirt over it.

Hopefully, sources for the uniforms will be provided soon.

TIPS FOR INCLUDING FRUITS / VEGETABLES IN YOUR DAILY DIET

For people who say they don't have time for fruits and vegetables here are some tips requiring almost zero extra time or effort. If you incorporate just a few of them into your daily diet, you'll meet your produce needs.

- ♦ Add more veggies than your casserole recipe calls for. You're already investing time in slicing up something - celery, onions, carrots, peppers, mushrooms, zucchini, eggplant, etc.
- ♦ Serving pasta sauce? Doctor it up with extra chunks of zucchini, onions, mushrooms, peppers, or shredded carrots.
- ♦ Making chicken salad? Make it magnificent with chopped apples, grape halves, pineapple cubes or diced mango. Think in terms of half chicken, half fruit.
- ♦ Making tuna salad? Add lots of chopped celery and onion. Or, add crunch with chopped jicama - a mild, slightly sweet tasting vegetable similar to a water chestnut. Aim for half tuna, half veggies.
- ♦ Making macaroni and cheese? Cook a box of frozen mixed vegetables to add to your recipe for an instant casserole.
- ♦ A restaurant tip: If your entree includes a salad, ask if it's mostly iceberg lettuce, which isn't as nutrient-rich as most leafy greens. If it's mostly iceberg, ask to trade it for a vegetable, applesauce or fruit cup.

ATTITUDE

The longer we live, the more we realize the impact of attitude on life. Attitude is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness, or skill. It will make or break a company...a church...a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one thing we have, and that is our attitude.

GARDENING, YARD WORK PROVIDE GOOD EXERCISE

We all know that winters are long with extended periods of inactivity. When spring comes, there is a tendency to head for the great outdoors and do as much as possible as quickly as possible. Lawns need raking, gardens need tilling and, of course, flowers have to be planted.

If lawn and garden work sounds like an exercise opportunity, you're right. Gardening and lawn care can be a very enjoyable, low stress part of your exercise program. Weeding or raking, for example, can burn about 300 calories an hour. As with any exercise, however, gardening can cause injuries if you aren't careful. Here are a few tips to help make your gardening a safe experience.

Warm up and stretch before you start, and be careful with your back. Gardening can be strenuous and can cause back injury if you don't use good "body mechanics." Avoid heavy lifting if possible. Bend at the knees and hips when you have to pick up something. Never bend from the waist with your knees straight to pick up objects.

Stand up and stretch every 10-15 minutes. Don't change positions rapidly. Sometimes going quickly from a kneeling to a standing position can make your blood pressure drop. This can cause dizziness that may make you fall.

Wear protective clothing. A hat will help prevent sunburn (and don't forget about sunscreen). Garden gloves and sturdy shoes will help prevent injury to the hands and feet. It is also wise to wear long sleeves and pants as protection against scratches, insect bites, poison ivy, etc.

If you cut yourself, wash the area thoroughly with soap and water. Be sure you are up-to-date on your tetanus shot.

Avoid perfume or clothing with brightly-colored floral prints when gardening. This can attract stinging insects that may mistake you for a flower!

REMINDER

Applications are now available for the American Sokol Merit Award. Details appear in the January *Gymnast*. Qualified individuals are encouraged to apply to the National Office.

What's Successful At Your Sokol? Blow Your Sokol's Horn!!



We know that every Sokol unit has some program(s) or activities that are successful for you and enjoyed by the people who participate. Now we want to hear the story of your unit's successes. We don't care if it has to do with gymnastics, volleyball, other sports, singing, dancing, exercising, health or fitness, or whatever. If you do it under the name of Sokol and it's successful for you, **WE WANT TO KNOW ABOUT IT.**

**CROWD
PLEASERS**

There has been much talk over the years of changing with the times, providing new programs, doing new and more interesting things and we are sure that many of you are successfully doing just that. So now its time to be more concrete and share those ideas that have been successful.



We need to get all these neat, successful things we know people are doing (sleepovers, sokol "gladiators", floor hockey, other sports, exercises done sitting in chairs, theme classes, social classes, etc) out on the table so that other



Sokols throughout the country can see them and pick and choose those that may work in their specific situations.

Certainly not all successes can be applied in all situations, but given many ideas to choose from, everyone should be able to find something that will work for them.



Success stories received will be shared with the Sokol community through publication in the *Directors Newsletter* and/or the *Sokol Gymnast* publications.

Here's Your Chance to Stop Talking about the Future of Sokol and Do Something to Strengthen and Ensure that Future for all of us. **Send in the details; the WHO, WHAT, WHERE, AND HOW of your Sokol's successes, TODAY!**



FUTURE SOKOL LEADERS FUND

Purpose: To train and educate young people to assure able administrators, the best of idealistic instructors and educational directors for Sokol Units and Districts.

In Memory of Frank Oplatek, from:

Charles & Irene Ruzicka	\$25.00	Sokol Townites Social Club	\$25.00
Mildred Pinc & Linda Modes	\$10.00		

In Memory of Elmer Jezek, Sokol Berwyn Slavsky, from:

Helen Basta & George & Guy	\$10.00	Clarence & Adeline Handley	\$20.00
Pearl Krauszowski	\$10.00	Riva Loula	\$10.00
Jerry & Julia Ouper	\$10.00	Mary & Mildred Prochaska	\$25.00
Curtis & Mildred Mentzer	\$15.00	Sokol Berwyn-Slavsky	\$5.00
Bill Naus	\$20.00		

In Memory of Angelo Filipello, from:

Filipello Family	\$100.00	Mildred Pinc & Linda Modes	\$10.00
Sue Kozelka & Ann Basta	\$35.00	Bernie & Ellie Babka	\$25.00
In Memory of James Pliml from Sokol Berwyn-Slavsky			\$5.00
In Memory of Anne Halik from Western District, ASO			\$25.00
In Memory of Edwin Halik from Western District, ASO			\$25.00
In Memory of Rose Ptacek from Sokol Berwyn-Slavsky			\$5.00
In Memory of Adeline Rak from Ethel & Joe Rus			\$15.00
In Honor of Blanche Wostratzky 55 Years Membership from Sokol Berwyn-Slavsky			\$5.00
In Honor of Bro. Fred Kala from Sokol Town of Lake			\$10.00

The American Sokol Organization gratefully acknowledges receipt of a \$3,125.00 donation from

WESTERN FRATERNAL LIFE ASSOCIATION

MUSEUM, LIBRARY & ARCHIVES FUND

In Memory of Rudy Liska, Sokol Milwaukee from Paul Lebloch	\$25.00
In Memory of Ann & Ed Halik from Sokol Fort Worth	\$100.00
In Honor of Jerry, Emil & Rome Milan from Brian Schenk	\$25.00

The History of Beer *(continued)*

small step up from there for breweries to start hawking their wares to the general public as well, and so the Czech beer industry was spawned.

And when did the Czech beer industry become great?

The art of brewing beer came along gradually, with help along the way. The Holy Roman Emperor Charles IV, for instance, was a friend of the beer industry even though he ordered that Burgundy grape vines be cultivated in Bohemia. Emperor Rudolf II's personal physician held

that beer was an incredibly healthy beverage and wrote a treatise to that effect. The Czech beer industry's worldwide fame dates from the Renaissance, as does the Bohemian tavern which is famous throughout Europe. A popular rhyme of the time goes "Unus papa Romae, una cerevesia Raconae" ("One Pope in Rome, One Beer in Rakovnik.") Beer is still brewed in Rakovnik today. In the early 16th century, the Czech beer industry contributed as much as 87% of total municipal income to city coffers. Czech hops were being

shipped up the Elbe to the special Hamburg hops market from 1101, and the Germans still prize Bohemian Saaz hops from Zatec today. The Czechs were even exporting their beer at this time, most notably the beer they brewed in the town of Ceske Budejovice in south Bohemia. The Bavarians who were importing this beer understandably had a hard time pronouncing the name of the town, and so they referred to it as "Budweis," a place name that is still associated with great beer

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JAN AMOS KOMENSKY

Educator ~ 1592-1670

Emperors and conquerors come and go. The work of educator Jan Amos Komensky, however, is as important in education today as it was when he lived.

Born in Moravia, Komensky noted early that teachers were harsh and strict. The boys sat for 10 hours a day and went up one by one to the teacher to say their lessons. If a boy was noisy, the teacher beat him. Subject matter was mostly religious and classical. Most teachers did not care whether the boys understood what they were studying. Instead they wanted memorization and quiet.

Komensky called these schools "slaughterhouses of the minds." He introduced new thinking which prevails today. He sought to make school pleasant and more interesting to pupils, starting with what the child knows and proceeding to what the child does not know.

Komensky produced the first schoolbooks that included pictures, illustrations and examples, a revolutionary and startling idea at the time. He sought to open all areas of knowledge to the child, including the pupil's own body, the community and the world. He urged universal education, teaching in the local language, physical education, health education, vocational education and the use of drama in the schools. He believed that these principles were basic to human betterment.

With the start of the Thirty Years War in 1618 and the battle of White Mountain in 1620, Komensky was forced into exile. Although his writings and library were destroyed by burning during two different upheavals, he strongly influenced educational methods in Poland, Germany and England. It is believed that he was offered and declined the opportunity to be the

first president of Harvard College, which was then being organized in America, and went instead to Sweden, which had invited him to help establish a new educational system. He wrote more than 200 books.

Barred from returning to his homeland, Komensky wrote: "I love my country and its language, and my greatest wish is that it should be cultivated."

The Comenius World Council, Hartford, Connecticut, is a world organization dedicated to the application of the ideas of Comenius (Latin for Komensky), which foreshadowed the United Nations, the world ecumenical movement and other current developments seeking human rights and the unity and freedom of mankind.

*From "Czechoslovak Culture,"
compiled by Pat Martin*

The History of Beer *(continued)*

toacompday - as is Pilsner, which is derived from the place name of the west Bohemian town of Plzen.

And I guess it's just been getting better ever since?

Actually, no. This 16th-century beer heaven was not to last. Feudal lords discovered that forcing their laborers to drink the manor brew was a clever way to line their pockets. The Thirty Years' War,

which devastated much of northern Europe, devastated the Czech beer industry as well. At one point, beer was used to pay off a Swedish army to prevent the plunder of Kutna Hora. After that, what fame the Czech beer industry managed to attain was under the auspices of the Emperor in Vienna. He even sent a Czech brewmaster to Mexico to teach the Mexicans how

to brew beer. Bohemia beer from Mexico was named for the Czech contribution. The Czech nation - and its beer - did not begin to recover until the "national awakening" movement of the 19th century, when the Czech language, Czech culture, and Czech beer were reinvented after centuries of Germanization and decline.

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Czech Republic (Ceska Republika)

(Figures prior to 1993 are for Czechoslovakia)

- People: Population: 10,321,120. Age distrib. (%): <15: 19; 65+: 13. Pop. density: 339 per sq. mi. Urban: 75%. Ethnic groups: Czech 94%, Slovak 3%. Principal languages: Czech (official), Slovak. Religions: Atheist 39.8%, Roman Catholic 39.2%, Protestant 4.6%.
- Geography: Area: 30,450 sq. mi. Location: In E central Europe. Neighbors: Poland on N, Germany on N and W, Austria on S, Slovakia on E and SE. Topography: Bohemia, in W, is a plateau surrounded by mountains; Moravia is hilly. Capital: Prague. Cities (1994 est.): Prague 1.2 mil (1995 est.); Brno 390,000; Ostrava 326,000.
- Government: Type: Republic. Head of state: Vaclav Havel; b October 5, 1936; in office: February 15, 1993. Head of government: Prime Min. Vaclav Klaus; b June 19, 1941; in office: July 1993. Local divisions: 8 regions. Defense: 2.2% of GDP (1992). Active troop strength: 86,400.
- Economy: Industries: Machinery, oil products, iron and steel, glass, motor vehicles, coal. Chief crops: Wheat, sugar beets, potatoes, rye, corn, barley, hops. Minerals: Coal, kaolin. Livestock: (1994): cattle: 2.1 mil; pigs: 4.1 mil. Electricity prod. (1993): 56.3 bil kWh. Labor force: 38% ind.; 8% agric.
- Finance: Monetary unit: Koruna (June 1996: 27.50 = \$1 US). Gross domestic product (1994): \$76.5 bil.* Per capita GDP: \$7,350. Imports (1994): \$13.3 bil; partners: Germany 24%, Slovakia 16%, Russia 10%. Exports (1994): \$13.4 bil; partners: Germany 29%, Slovakia 16%, Austria 8%. Tourism (1992): \$1.3 bil. National budget (1994 est.): \$13.6 bil. International reserves less gold (April 1996): \$12.6 bil. Gold: 1.99 mil oz t. Consumer prices (change in 1995): 9.1%.
- Transport: Railroads: Length: 5,866 mi. Motor vehicles: in use: 2.7 mil passenger cars, 355,000 comm. vehicles. Civil aviation: 1.6 bil passenger-mi.; 4 airports with scheduled flights. Communications: Television sets: 1 per 3.3 persons. Radios: 1 per 3.8 persons. Telephones: 1 per 5.2 persons. Daily newspaper circ.: 582 per 1,000 pop.
- Health: Life expectancy at birth (1996): 70 male; 78 female. Births (per 1,000 pop.): 10. Deaths (per 1,000 pop.): 11. Natural increase: 0. Hospital beds: 1 per 79 persons. Physicians: 1 per 272 persons. Infant mortality (per 1,000 live births 1996): 8.
- Education: Literacy (1994): 100%. Compulsory: ages 6-16. Major International Organizations: UN (WTO, FAO, World Bank, IMF, WHO), OECD.
- Bohemia and Moravia were part of the Great Moravian Empire in the 9th century and later became part of the Holy Roman Empire. Under the kings of Bohemia, Prague in the 14th century was the cultural center of Central Europe. Bohemia and Hungary became part of Austria-Hungary.
- In 1914-18 Thomas G. Masaryk and Eduard Benes formed a provisional government with the support of Slovak leaders including Milan Stefanik. They proclaimed the Republic of Czechoslovakia October 28, 1918.

Czechoslovakia

- By 1938 Nazi Germany had worked up disaffection among German-speaking citizens in Sudetenland and demanded its cession. British Prime Min. Neville Chamberlain, with the acquiescence of France, signed with Hitler at Munich, September 30, 1938, an agreement to the cession, with a guarantee of peace by Hitler and Mussolini. Germany occupied Sudetenland October 1-2.
- Hitler on March 15, 1939, dissolved Czechoslovakia, made protectorates of Bohemia and Moravia, and supported the autonomy of Slovakia, proclaimed independent March 14, 1939.
- Soviet troops with some Czechoslovak contingents entered eastern Czechoslovakia in 1944 and reached Prague in May 1945; Benes returned as president. In May 1946 elections, the Communist Party won 38% of the votes, and Benes accepted Klement Gottwald, a Communist, as prime minister.
- In February 1948, the Communists seized power in advance of scheduled elections. In May 1948 a new constitution was approved. Benes refused to sign it. On May 30 the voters were offered a one-slate ballot and the Communists won full control. Benes resigned June 7 and Gottwald became president. The country was renamed the

Continued on Page 10.

Czech Americans and the Czech Republic On The Way To A Common Future

(continued)

Organization has recognized that since that time and through many destructive wars, natural upheavals and incredible advancement of technology, our society has changed so rapidly that those standing idly by play no part in molding today's youth. While it is important to treasure our heritage, it is just as important for all ethnic organizations to stay within the main stream of American social life, by responding to the needs of young people.

It seemed that all delegates agreed with our views and on that note the conference adjourned. We may be proud that our Sokol work is finally fully appreciated and at our true cooperation with Czech and other Sokols may serve as example to those who wish to unite in what the ocean cannot divide.



Czech Republic/Czechoslovakia *(continued)*

- Czechoslovak Socialist Republic. A harsh Stalinist period followed, with complete and violent suppression of all opposition.
- In January 1968 a liberalization movement spread explosively through Czechoslovakia. Antonin Novotny, long the Stalinist ruler of the nation, was deposed as party leader and succeeded by Alexander Dubcek, a Slovak, who supported democratic reforms. On March 22 Novotny resigned as president and was succeeded by Gen. Ludvik Svoboda. On April 6, Prem. Joseph Lenart resigned and was succeeded by Oldrich Cernik, a reformer.
 - In July 1968 the USSR and 4 Warsaw Pact nations demanded an end to liberalization. On August 20, the Soviet, Polish, East German, Hungarian, and Bulgarian armies invaded Czechoslovakia. Despite demonstrations and riots by students and workers, press censorship was imposed, liberal leaders were ousted from office and promises of loyalty to Soviet policies were made by some old-line Communist Party leaders.
 - On April 17, 1969, Dubcek resigned as leader of the Communist Party and was succeeded by Gustav Husak. In January 1970, Cernik was ousted. Censorship was tightened, and the Communist Party expelled a third of its members. In 1973, amnesty was offered to some of the 40,000 who fled the country after the 1968 invasion, but repressive policies continued.
 - More than 700 leading Czechoslovak intellectuals and former party leaders signed a human rights manifesto in 1977, called Charter 77, prompting a renewed crackdown by the regime.
 - The police crushed the largest antigovernment protests since 1968, when tens of thousands of demonstrators took to the streets of Prague, November 17, 1989. As protesters demanded free elections, the Communist Party leadership resigned November 24; millions went on strike November 27.
 - On December 10, 1989, the first cabinet in 41 years without a Communist majority took power; Vaclav Havel, playwright and human rights campaigner, was chosen president, December 29. In March 1990 the country was officially renamed the Czech and Slovak Federal Republic. Havel failed to win reelection July 3, 1992; his bid was blocked by a Slovak-led coalition.
 - Slovakia declared sovereignty, July 17. Czech and Slovak leaders agreed, July 23, on a basic plan for a peaceful division of Czechoslovakia into 2 independent states.
 - Czechoslovakia split into 2 separate states — the Czech Republic and Slovakia — on January 1, 1993. Havel was elected president of the Czech Republic on January 26.

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