

American

Sokol



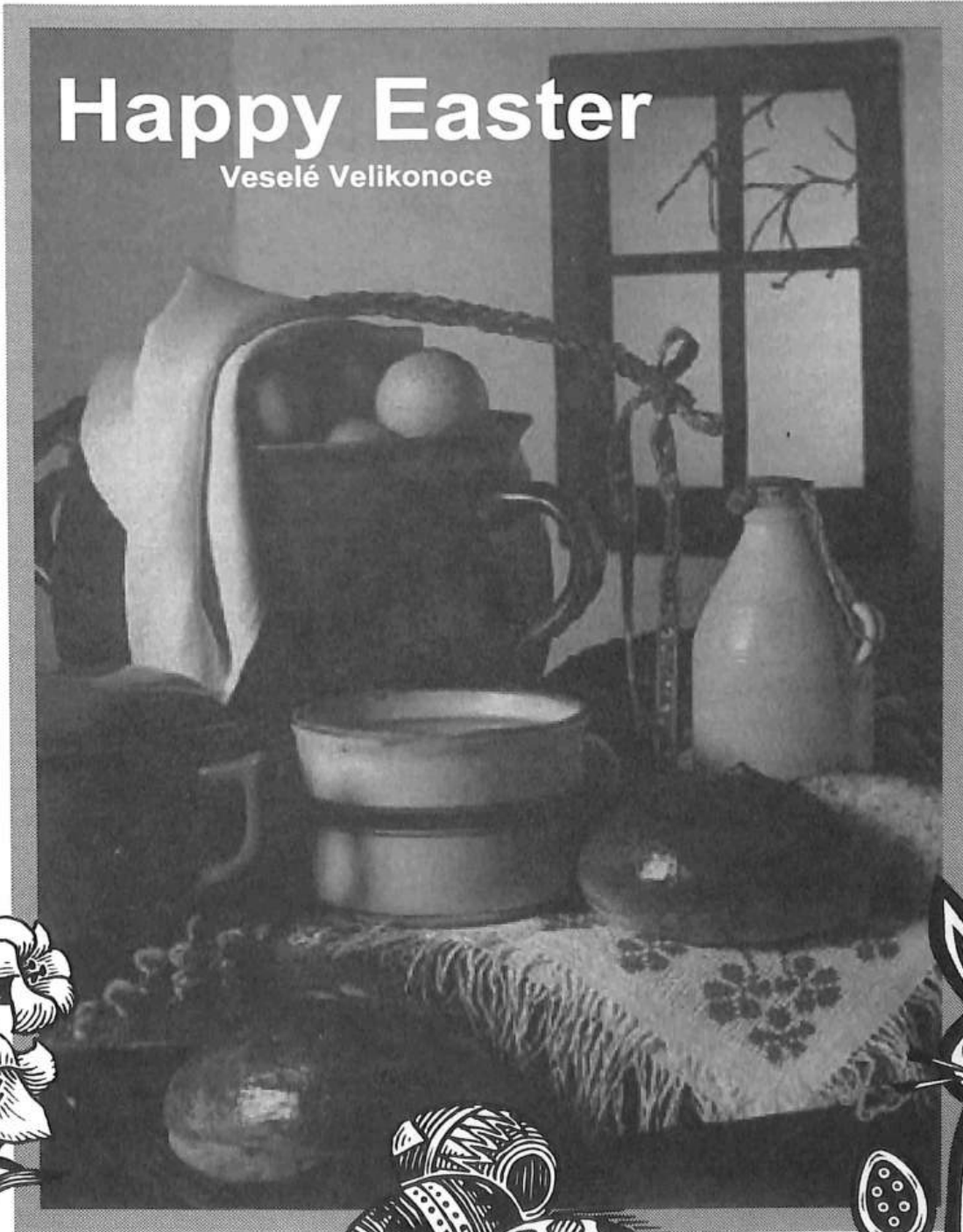
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Happy Easter

Veselé Velikonoce



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ASO Executive Board meets every 4th Tuesday (except July/Aug) at 7:30 PM.

ASO Board of Instructors meets every 2nd Wednesday (except July/Aug) at 7:30 PM.

Calendar of Events

April



1	Josefska Party – Sokol Washington
1	Exhibition – Sokol USA Lodge 306
2	Spring Fest – Sokol Baltimore
2	Spring Lunch & Dance – Sokol LA
2-8	National Library Week – Call ASO Office for Appointment
7 & 8	Sokol MN Garage & Bake Sale
8	Slet Committee FLAGS – Sokol Naperville
8	Sokol St. Louis Czech Festival
8	Central Dist Special Number Competition at LTHS
8	Roller Night – Sokol New York
9	Keep CATV On the Air Benefit – Sokol Stickney
16	Happy Easter
22	Czech & Slovak Cotillion Ball & Debutante Presentation – Sokol Gr. Cleveland
23	Czech Film – <i>Autumn Spring / Babí Léto</i> Sokol MN & CSCC
28-30	Western District Exhibition & Competition
28 & 29	Rummage Sale – Sokol Spirit
29	Gym Exhibition – Sokol St. Louis
29	United Sokols of East Competition I (Boys & Girls) – Sokol NY

May



7	Czech Spring Festival – Lincoln, NE
13	Central Dist Little Girls Artistic Competition at Sokol Spirit
13	United Sokols of East Competition II *Jr's & Sr's) – Sokol NY
14	Happy Mother's Day
20	Central Dist Boys Artistic Competition at Sokol Spirit
20	Girls, Jr. Women Artistic Competition at LTHS
20	Tea Party Social – Sokol MN
21	Central District Sokol Day/Picnic at Cermak Woods
21	Czech Film – <i>Up and Down / Horém Padém</i> Sokol MN & CSCC
23	Exhibition – Sokol Milwaukee
29	Memorial Day – Remember & Honor

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From the President...

Bro. Larry Laznovsky

Greetings Sisters and Brothers:

As time flies by, all of the big events coming this summer will be here before we know it. The XIV All Sokol Slet in Prague, July 1-6 will be the highlight of this year's activities. With 3 tours from our organization; The American Sokol Tour, Sokol Greater Cleveland Tour and the Southern District Tour, as well as many other members traveling on their own, it looks like we will have over 250 participants and spectators. This is a great turn-out! We're also excited about the American Sokol Performance Team representing us at this historic event. The ASPT has been working hard practicing their routines and holding many fundraising activities, your continual support of this team is greatly appreciated.

The Strength of American Sokol lies in our membership, our membership's dedication and volunteerism, and our Sokol facilities. Sokol Baltimore has embarked upon a capital campaign to raise funds to construct a brand new facility on its 11 acre land located in Perry Hall, Maryland. It is very important that all of our Sisters and Brothers support them in their efforts.

Nazdar!

From the Editor...

Sis. Nancy Imbrone

Please get your Slet T-shirt orders in right away. Call your Unit representative.

How many of you are making the trip to Prague for the Slet? I'd like to publish a list in the June issue. Please send me your name, your unit, and your event. Remember, deadline to make the June issue is May 7th.

I'm not able to join you and am very envious. However, I want very much to let everyone staying home have a feeling for all we missed. Please email me digital photos, stories, memories, etc. Let's fill up some pages with Prague Slet History!

Email Editor@American-Sokol.org

Nazdar!



GET YOURS TODAY!

**Official American Sokol
Prague Slet T-Shirt**

\$12.00 ea.

Adult sizes S, M, L, XL, XXL

*Contact your Unit representative
for ordering information.*

DEADLINE FOR ORDERS IS APRIL 15, 2006.



The Sokol Educator

Sis. EllenJeanne Schnabl, Educational Director

First of All, Sisters and Brothers, let me apologize for the typo made last month: The year of the first Executive Committee should be 1917. Thanks to all who caught it!

April 2nd brings us Daylight Savings Time - credit Benjamin Franklin for the first idea even though he was ridiculed at the time. In 1907 the idea was revived by an Englishman, W. Willett. Congress enacted it in 1918 but that lasted for only 2 years. It finally returned during World War II.

April 7, 1348 - King Charles IV founded the University of Prague, the first in Central Europe.

April 22, 1911 - Czech Sokol Organization announced that Women may become members of Sokol Units.

The last Friday in April is Arbor Day created by J. Sterling Morton in 1872 when Nebraska planted one million trees. He became President Grover Cleveland's Secretary of Agriculture. Think Green!

Confederate Memorial Day in Illinois is on April 26th.

The second Sunday in May is Mother's Day. Some of the earliest celebrations on record go back to ancient Greece held in honor of Rhea, Mother of the gods. The Roman equivalent was known as Hilaria which lasted from March 15 to 18. In the U.S.A., the first observance was in Philadelphia, PA, in 1907, based on suggestions by Julia Ward Howe in 1872 and Anna Jarvis in 1907.

Czech-American sculptor Albin Polasek created a statue in 1927 which is in the Bohemian National Cemetery in Chicago, IL., depicting Motherhood. For more information, feel free to contact me.

Let's not forget Zelezny or Zmrzli Muzi or 3 Iron, frozen Men: Very cold days of May 12 for St. Pancrac, May 13 for St. Servac and May 14 for St. Boniface -- and finally a usually rainy day on May 15 for St. Sofie.

Our own Memorial Day used to be called Decoration Day. We hear "Taps" which had its origin on the battlefields of the Civil War, composed by Gen. Daniel Butterfield. REMEMBER: At sunrise on the last Monday of May, our Stars and Stripes are raised to the TOP of the Staff and then lowered to half-staff. Then at NOON, the Flag is again raised to the TOP. At sunset, the Flag is ceremoniously lowered. More about our Flag and its codes next month.

NAZDAR !

EllenJeanne Schnabl
American Sokol Educational Director

If you study to remember,
you will forget, but,
If you study to understand,
you will remember.
Unknown

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.



American Sokol Performance Team Progress and Fundraising



The excitement on the American Sokol Performance Team is building. We are now 3 months away from a truly memorable adventure and we are working harder than ever to make you proud of being a part of American Sokol. We have recently found out that besides the opportunity to perform in the Gala celebration at the beginning of the week, we may also get the chance to do some stage performances in Tyršův dům! We are pursuing every opportunity to get additional performances in Prague in order to show the world that American Sokol is strong and vibrant. For those of you going to Prague, the Gala is only open to participants. So if you are going as a spectator and want to catch the team in action, we'll try to keep you updated as to when these stage performances will be. We are still moving forward on our fundraising but have a way to go yet. We appreciate those that have already supported us. We hope that everyone who can, will pitch in with the "Pyramid Donations" fundraiser as published in a previous issue. Here's a NEW opportunity for you to not only help us reach our goal (below), but also to order a truly memorable item from the Slet. **The "American Sokol Performance Team in Prague" DVD** is available to order NOW. See the order form elsewhere in this issue. The target goal for the team is \$25,000. Currently, the team is this far...



"The American Sokol Performance Team in Prague"

April Fundraiser:

Preserve your piece of history and help the American Sokol Performance Team in their goal to get to Prague. A limited number of this American Sokol collector's item are available to those who order *in advance* with this form.

The DVD will contain:

- ✓ Sites and Sounds of Prague during the 2006 Slet week
- ✓ American Sokol Performance Team Gala performance
- ✓ Street Performances, Parade, and Slet Program clips
- ✓ Special Performance Team performance **ONLY available on this DVD**
- ✓ Pictures and Video of early performance team practices and preparations.
- ✓ Private and personal views of Prague from the team members
- ✓ Interviews with Prague residents and other Americans in Prague
- ✓ Photo Gallery

Please note: This DVD is already ordered for those who donated \$500 or more in the "Pyramid Donations" fundraiser at the Upper level and Top of the Pyramid level, and does not need to be re-ordered.

American Sokol Performance Team in Prague DVD ORDER FORM

First Name _____ Last Name _____

Street Address: _____ City _____

State _____ Zip Code _____ Phone Number _____

E-mail Address: _____

To reserve your copy of this DVD and to help the team reach their goal, please send a check for \$25 made payable to American Sokol and this order to: **American Sokol Performance Team – DVD Order 122 W. 22nd Street Oak Brook, IL 60523**

Deadline for this order is June 15th!
Thanks again for ALL your support!

Naše Zem Je Jako Zahrádka

Ten kdo nezná naši krásnou zemi
Nejkrásnější zemi mezi všemi
Musí vidět český kraj
Aby poznal zemský ráj.
Zlatá pole, louky, šumné bory
Modré lesy a ty černé hory
Které stojí jako nemá stráž (strach)
A ochraňují drahý domov náš

Ta naše krásná zem je jako zahrádka
Když jaro přiletí a přijde máj
Když všechno rozkvěte je to jak pohádka
Ta naše krásná zem je zemský ráj
Když slunko zahřeje a všude samý květ
Jak buh když usměje se na ten svět
Ta naše krásná zem je jako zahrádka
Ta naše země je . . . pozemský ráj.

Bílý Kvítek

Když jsem maširoval ke hranici
Měl jsem bílý kvítek za čepicí
Za čepicí měl jsem kvítek bílý
Který dívčí oči orosily
Zrosily ho dívčí oči černé
Na důkaz té naší lásky věrné
Kterou jsme si spolu přísahali
Nežli jsme si sbohem dali
/: Já jsem si ten kvíteček za čepici dal
abych na svou panenku stále vzpomínal :/

Hezká Vzpomínka

/: Měsíc se líbal něžně s Vltavou
Ze tmy se nořil Vyšehrad
Hvězdičky svítily nám nad hlavou
Když jsem vroucně šeptal mám Tě rád. :/

Hvězdičky

/: Nad Prahou tančily hvězdičky
Na nebi měsíc se smal
Vítr jim na suché větvičky
Písničky k tanci hrál :/

Ta Naše Písnička Česká

Zpívejte lidičky ty naše písničky
z Moravy, Slovenska, Čech
Ta naše písnička je sice prostičká
Ale je nejhezčí z všech.

Ta naše písnička česká
Ta je tak hezká, tak hezká
Tak jako na louce kytička
Vyrostla ta naše písnička.
Až se ta písnička ztratí
Tak už nic nebudem mít
Jestli nám zahyne
Všechno s ní pomine
Potom už nebudem žít.

Our Land is Like a Little Garden

He, who isn't familiar with our beautiful land,
The most beautiful land among all,
Must go see the Czech countryside
So he could get to know earthly paradise.
Golden fields, meadows, murmuring pine trees
Blue forests and those black mountains
Which stand as silent guard
And protect our dear home

That beautiful land of ours is like a little garden.
When spring arrives and May comes in,
When everything blooms, it's like a fairy tale;
That beautiful land of ours is paradise on earth.
When the sun warms and flowers are everywhere,
As though God smiles upon this world
That beautiful land of ours is like a little garden
That land of ours is . . . an earthly paradise.

Little White Blossom

When I marched along toward the border (front)
I had a white blossom (stuck) in my cap
In my cap I had a white blossom
Which made a maiden's eyes teary
It made a maiden's black eyes teary
As proof of our faithful love
Which we together pledged
Before we said goodbye (go with God)
:/ I put that little blossom in my cap
So I would always think about my little "girl" :/

Nice Memory

/: The moon was gently kissing the Vltava (River)
From darkness Vysehrad (Castle) was emerging;
The little stars shone above our heads
When I fondly whispered, "I love you". :/

Little Stars

/: Above Prague little stars danced;
In the sky the moon laughed;
The wind played little songs for their dance
On dry little branches. :/

That Little Czech Song of Ours

Sing, people, those little songs of ours
From Moravia, Slovakia, Czech
That song of ours is no doubt plain,
But it is the prettiest of all.

That little Czech song of ours
It is so pretty, so pretty
Just as a little flower on a meadow
Grew that little song of ours.
If we lose that little song,
Then we won't have anything
If it perishes,
Everything will be gone;
Then we won't live anymore.



As promised...

submitted
& translated
by Sister
Ellie Babka.

lyrics for the
2006 Sr. II COS
Calisthenics
number

**"Ta naše
písnička
česká"**

music
composed by
Karel Hasler.

AMERICAN SOKOL GYMNAST

Kandi Pajer – 117 Oakland Grove, Elmhurst, IL. 60126
kandi@pajer.us

INVITATION

An International Seminar on Creation of Movement Compositions

Movement, Joy, Friendship – Change for Youth

Date: July 7-13, 2006
Venue: Prague, Czech Republic
Official Language: Czech, simultaneous translation into English
Participation fee: 3.000,Kc - Czech Crowns per person (approx. 100 EUR)

Participation fee includes:

Access to all parts of the program, 6 nights accommodation in hotel, 5 days full board, Proceedings, videocassette with individual practical presentations, cultural program, trip outside Prague, guided city tour in Prague, social evening.

Framework Program of the Seminar

The target group of the seminar are all persons interested in the creation of:

- small group compositions
- indoor compositions
- great mass outdoor compositions

The aim is to address the trainers and gym instructors, above all those of children and youth, and to provide them with all available information and get them familiar with theory and practice of creation of movement compositions.

Priority is to attract the interest of youth in these activities the quality of which is not directly measured but rests in experience, enjoyment and esthetical perception of movement influenced by music.

Creation of the movement composition:

1. General Introduction

- general gymnastics (GG) and its forms – mass and group performances
- development tendencies in the creation of composition
- relation between esthetical and practical (purpose) functions
- World Gymnaestradas, festivals, TeamGym and specific Czech form – Sokol Slets

2. Theory and Practice of Movement Composition Creation

- two basic components
 - ✓ movement
 - ✓ music

Analysis and interpretation of the compositions from the perspective of partial functions of music – on the basis of music records, video recordings, or other vivid demonstrations.

The aim is to document the character of the compositions for various age categories and various levels of the gymnasts (both condition and technical).

- choreography of the composition
- work with movement motive
- graphic record of the movement
- practical demonstrations in the gym hall
- the participants' own creation
- organizational ensuring of great mass compositions (masses parades, starts, going off, etc.)

3. Concluding Discussion

The results will be published in the Proceedings and documented by video recordings.

The application form and more information about this seminar can be obtained by calling

The American Sokol office: **630-368-0771**

and ask about

An International Seminar on Creation Of Movement Compositions
Movement, Joy, Friendship – Change for Youth

If interested: Call as soon as possible-the seminar is first come first serve!

10 Ways to Make Fitness Fun!

LifeScript-Healthy Living Magazine-Tuesday, February 28, 2006

When children play, they're exercising AND having a great time. Ask an adult to go run around the jungle gym and you'll get a sideways look that shouts, "You've gotta be kidding me!" What happened to the time when we all really enjoyed exercise? When we couldn't wait for recess? Is there any way to reclaim the fun of exercising? We say yes, and we've got 10 ways to make fitness fun and make it fit into your life, minus the whining and grumbling...

1. **Break It Up** – To put variety back into your workout routine, don't just rotate between treadmills, stationary bikes and step machines at your local gym. Put up a basketball hoop at home, break out the jump ropes or strap on some snazzy rollerblades. Try something you've never tried before, like a balance ball workout; or go back to your roots and relive a childhood favorite, like Frisbee or a fierce game of hopscotch. Change it up every day and you'll make exercise more of an adventure and less of a chore.

2. **Get Outside** – The Great Outdoors is called that for a reason – it really is great! Whether you live in the madness of the City or the countryside glory of the Midwest, there's always somewhere you can visit outside. Check out the local parks and hike, bike or walk through them. Visit local canyons or lakes for a great day hike, or just get out in your garden for good fun and playing in the dirt.



3. **Bring Friends** – Set it up so you can meet with your friends for exercise activities. Meet at the gym, park or anywhere else you can have a blast talking and walking with your co-workers during your lunch break. Either way, getting with your pals means you can dish about the latest celebrity gossip, or talk about sports trends, business trends or fashion trends. Not only is it a fun opportunity to socialize, it's a double real stress reliever to both exercise and talk about the daily forum that allows you to just get it all out, without wasting anyone's time



4. **Make it a Family Event** – Get the whole clan together on the weekends and initiate a family fitness tradition. Meet in the park or the local YMCA, or other club, and get everyone involved in a friendly game of badminton, soccer, basketball, or even water volleyball – whatever is the unanimous favorite. Your family is an important part of your life and any chance you have to get together to have fun, especially to exercise, is a great opportunity.



5. **Get the Pets Involved** – Is Fido starting to pack on the pounds too? Taking the dog out for a walk or run is another key opportunity for getting on track. If you have smaller animals, like cats, you can make up games to play inside that require you to actually move around. Or if you have bigger animals, like horses, you can take them out for a trot and really get your lungs working. Animals need exercise as much as humans do, so make it a team effort.



6. Join a Team – If the gym just isn't your thing and it isn't motivating you think about joining up with a team. It could be a local running group, softball league, or dance class. This is a great way to get more involved, meet new friends and get in a group to exercise. This is also a great place for people with a competitive streak to get back their love of exercise.

7. Crank up the Music – You know that song...the one that gets your toes tapping, head bopping, hips swinging and soon enough you're dancing! Turn up your favorite rock music, or blast Beethoven – whatever you like – and listen to it while you exercise at the gym or do your chores at home. Grooving to the beat is a great way to pump up the enthusiasm to a level that gets your booty moving.



8. Train for an Event – For some people, having a greater goal in mind is the best way to motivate themselves to exercise, like training for a 5k, 10k, marathon or even a triathlon. No matter what your fitness level is at now, setting your sights on a goal that specifically requires you to be at your fittest is a great tool for talking yourself out of being lazy and taking yourself to the next level. Figure out when the next organized event is in your area and then plan on reaching that goal through steady doses of training.

9. Guilt-Free TV – Feeling guilty for sitting in front of the TV for an hour to watch your favorite show? Watch it while you workout! Set up your home workout equipment in front of the tube. If television isn't a good motivator for you and you still want to be entertained while you break a sweat, bring along a book or any other guilty pleasure (except food!), and enjoy while you burn calories.



10. Make your Rewards Fun Too – Who wouldn't want to reward themselves for a job well done? Pick your rewards carefully and make sure they're something you really want to work toward, whether it's a trip to the Caribbean once you finally reach your fitness goals, or treating yourself to a new clothing item, book or other item that you've been wanting. If the reward isn't worth it, why spend your energy in the first place? Just don't let your reward be something that could backfire, like treating yourself to an indulgent dinner. Instead, make it meaningful, make it fun and always make it worth the ride.



We're Here to Help!

If you found these tips helpful, here's the most important advice of all: A healthy lifestyle begins with a healthy body. Don't leave your health to chance.

KP;) Talk to your Sokol instructor and let them know your goals. Maybe they can incorporate an activity that will aid in you and other individuals in the class to achieve your fitness goals! Good Luck!

There were so many changes required for the Rosters as published in March, we are re-publishing them. DO NOT use the March issue. I apologize for the inconvenience caused to all.

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Please send your name and address AND the names and last known addresses of those who you would like to see at the reunion party to:

Barbara Babuska, 413 Ridgepoint Pl. #18
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b.babuska@att.net

It will be great to see you at this once in a lifetime occasion to make some more happy memories!

SUMMER JOB OPPORTUNITY

Sokol Woodlands, in beautiful Barryville NY, needs employees for this summer.

The Sokol Woodlands camping programs (STAR and Day Camps) are scheduled to start on Sunday July 2. The STAR camp is 3 weeks, and the Day camp (Mon-Fri only) is scheduled for 7 weeks. For all those weeks we need a manager (or 2), nurses, cooks, camp directors, counselors, kitchen staff, lifeguard (with WSI certification), and grounds-keepers. We'd also like to have a housekeeper and pre-season (June) and post-season help (last 2 weeks of August) if anyone is interested in those positions.

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Anyone interested or wishing more information please contact:

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Easter Traditions

Used with permission from Radio Prague

The Easter table isn't given as much significance as that of Christmas, but there is still food, particularly baked goods, prepared especially for this holiday as well. Just as fish, particularly carp, is associated with the Christmas feast, lamb and goat's meat, baked or fried, is associated with Easter. It was normally prepared with potatoes.

To this day, however, Easter just isn't Easter without mazanec (hot cross buns), which is the Easter equivalent to Christmas's vanocka. It's made from the same dough, but it has the shape of a bun, on the top of which a cross is carved before baking. Another traditional Easter bread is the Easter Ram, which is whipped dough poured into the shape of a sitting ram or lamb. After baking, the ram is given eyes - two cloves poked into the dough. Today, of course, chocolate eggs, chocolate bunnies and hard-boiled eggs have also become a part of Easter.



The coloring and decorating of eggs, whether they're boiled or only shells - from which the raw yolk is blown through two opposite holes poked in the top and bottom - is not only a Czech tradition. Painted eggs were discovered in a Sumerian excavation from the year 2,500 BC. These eggs were deposited in the graves along with the dead as a symbol of never-ending life, which fulfilled the pagan conception of life after death. By painting them they multiplied their magical powers. Many centuries later, eggs are decorated as an embryo of new life. For this reason, decorating eggs was a tradition for welcoming Spring, when nature was coming back to life.

The growth of Christianity weakened this sense of the egg, and the interpretation of the egg as a gift to the living grew stronger. The pagan origins of this newly-conceived tradition didn't escape the attention of the Church, which condemned and severely forbade it in Prague in 1366. Perhaps it was the poetic nature of the custom, or simply the unknown magical strength of giving eggs as gifts which caused the tradition of decorating and giving away eggs to survive to the present day and even become a popular craft.



Veselé Velikonoce Dough for two mazanec's

(Story on page 3)

6 cups of medium flour
9 teaspoons of sugar
4 ounces of butter
1 tablespoon of yeast
1 cup of milk

1 yolk
a pinch of salt
vanilla sugar
a lemon rind
a nutmeg nut

star anise
3 tablespoons of raisins
3 tablespoons of almonds
an egg for the icing

Crumble the yeast into the room-temperature milk, add in 1 tablespoon of sugar, sprinkle evenly with flour, and then leave it in a warm place to rise. Put the rest of the flour, 8 tablespoons of sugar, the vanilla sugar, a pinch of salt, the lemon rind, the grated nut of nutmeg, one egg yolk, and the grated star anise into a bowl with the previous mixture when well-risen and mix well. After this, add in the softened butter and continue to mix well. When the dough no longer sticks to the side of the bowl, stir in the washed raisins and the cleaned, sliced almonds. Shape the dough in the bowl into a smooth loaf, dust it with flour, and leave it covered in a warm place to rise (with a larger amount of dough even all night.)



Easter Traditions continued . . .

Many people around the world celebrate Easter in memory of the resurrection of Christ but with some forty percent of the Czech population atheist, most Czechs celebrate the holiday to say good-bye to Winter and welcome Spring. Most customs and traditions show that Easter has very little to do with Christianity in the Czech Republic. Jirina Langhammerova is an ethnologist at Prague's National Museum:

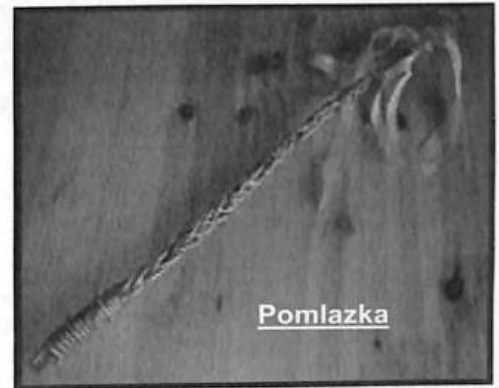


"A Czech Easter will never be without eggs. The symbol of life is in an egg. The eggs are beautifully painted and decorated with various techniques and are called 'kraslice'. It comes from the old-Slavonic term 'krasny' or red, the symbol of life and fertility. Years ago, kraslice had to be red, like the color of blood. The eggs also had to be full because an egg carrying the embryo of a little chick represents future life. But with so many types of decorations nowadays, people want to keep some of the most beautiful and so people started blowing out the yolk to decorate just the empty shell. However, most Czechs still stick to the tradition that when it comes to giving an egg to someone as a gift, it is not emptied and is personally colored - then it doesn't matter whether it's as nice as those you find on the markets."

...and in the hundreds or even thousands of years in which eggs were colored and decorated, numerous techniques have developed - eggs are decorated with straw, wax, grass pulp, fabric, bobbin lace, covered in crochet work, batik printed, and even dyed in onion skins before scraped off carefully to reveal beautiful patterns. But of course, there also are wooden eggs and eggs made of chocolate.

One prime example of a pagan Czech Easter celebration is the "pomlázka". Farmers used to believe that a strong whipping after the winter period guaranteed health, prosperity, and most importantly a good harvest. This tradition remains to this day, although slightly modified. It is only the women who are given a good spanking with whips made of willow twigs, decorated with colorful ribbons (as if a little bit of decoration would help to ease the pain!). It is mainly younger boys who go from door to door, hoping to thrash a few girls to get some eggs in return, while singing traditional Easter carols.

The whipping or "pomlázka" is to get rid of all the bad things that had accumulated during the winter and bring the vitality back in the ladies, as well as ensure beauty and, of course, fertility. Andrea Fajkusova comes from northern Moravia, where this tradition is still very much alive today:



"I love the Easter holidays in general but I never enjoyed Easter Monday. All the preparations that precede that day were fun - decorating our home, painting eggs, baking the special Easter bun or the Easter lamb... but then came Easter Monday to ruin it all. I always tried to hide but somehow they always found me. Where I'm from, the boys not just run around to whip you and get an egg or if they are older a shot of home-made brandy - as they do in Bohemia - they come and throw you in a stream, or put your head under a water pipe to be sure to give you a good shower... and NOT just once. It's only when you're in a town that you're lucky there's no stream around and the worst they can do is give you a shower in your own bathroom. But as if that weren't enough, they spray you with perfume, too!"

Well, Andrea used the past tense, hoping that she'd be spared this year... but I'm afraid no woman, no matter what age, is safe on Easter Monday. Let's just hope that the spring is really back in full swing in northern Moravia, so poor Andrea won't catch a cold!

The sound of a clapper or children's rattle is one sound you hear a lot during the Easter holidays, although today that's mostly the case in the countryside. The sound of the clapper is to represent the sound of bells that are said to have become silent to fly off to Rome on Maundy Thursday - when Jesus Christ had the Last Supper with his disciples. In some villages, the clappers, or children's rattles, are used instead of church bells until White Saturday.

In the March issue, I asked the question, "What is Teach Kolena?" (Actually, I had Koleno.) I thought Teach was a verb. I soon found out that "Teach" was indeed a very popular noun. Please read on ...

Sis. EllenJeanne Schnabl wrote:

I am sure you'll be hearing from many of the Town of Lake Members as to who Teach Kolena was.

My own experience goes back over 50 years when I was the Central District Women's Director the first time. Town of Lake was a gymnastically active unit but had no Junior Girls' teacher. As District Director, it was put upon me to go there and teach! I had 5 Junior Girls: Henrietta Banfi (now Milan), Annette Banfi (now Schabowski), Vivian Mardowski & 2 others whom I cannot remember.

The uneven parallel bars were a fairly new apparatus for women and I took the men's bars & made them uneven as was done in my home Unit, Sokol Berwyn. Teach Koleno was an instructor who came from Czechoslovakia and still believed that Women were incapable of doing "hard" things such as flying rings and uneven bars. Well, I did all that and these 5 girls performed on the bars at their annual exhibition in addition to doing the required prostna or calisthenics!

This was all done with the approval of their President, Sis. Blanche Cihak who also became the A.S.O.'s Treasurer/Financial Secretary. Her husband, Bro. Jim Cihak was the A.S.O. Educational Director.

"Teach" did come around reluctantly to our way of thinking/gyming and was very proud of our girls.

Deborah Zeman, Pres. CSA Fraternal Life wrote:

In the old days (and as recently as the mid-60's), the Sokol instructor (who usually taught all classes) had the nickname "Teach", as in "teacher." At Sokol St. Louis we learned from "Teach" Prihoda, and it was a while before I realized his first name was actually Frank. I doubt that anyone is called "Teach" nowadays.

Bro. William Komarek wrote:

Mr. Kolena was a Sokol leader/instructor from Sokol Town of Lake. Later, he lived at the Sokol Children's Camp, Willow Springs and was always there when I knew him from the mid 40s to the early 60s.

The term "Teach" always preceded his surname and often he was addressed just as "Teach". The term was one of respect and admiration. Today, for example, we refer to Coach Weber (UP. of Illinois basketball coach), Coach Ditka (former Chicago Bears coach), or Coach Meyer (former DePaul basketball coach). The term "Teach" extended beyond just coaching gymnastics and physical fitness to include teaching the Sokol spirit and the Sokol sense of community.

Bro. Ray Hemzacek wrote:

... the question should be "Who was Charles "Teach" Kolena?" (See biography below.) "Teach" Kolena meant much more to us than these words can express - he was indeed a mentor for many, both young and old!

KOLENA, Charles (1889-1958)

(Source: "Panorama: A Historical Review of Czech's and Slovaks in the United States of America" ; published by the Czechoslovak National Council of America, 1970.)

B. 1889 in Dolni Lukavice near Trestice, Bohemia. Learned tailoring in Vienna where he took an active part in various sports, especially soccer. Was recognized as an outstanding goaltender in Vienna and sought after later in Chicago. Arrived in Chicago in 1910 at age 21; lived permanently in the Town of Lake community and at Sokol Camp for the rest of his life. Served in USA Armed Forces in World War I. Was a member of Sokol Praha, later Sokol Town of Lake, and of the Czechoslovak Society of Americas.

Kolena's greatest contribution was his role as instructor of the children and youth of Town of Lake from 1911 until his death in 1958. Though not active in later years, he trained scores who carried on physical education, many becoming competent instructors in our schools and parks. To cultivate appreciation for good music, he set to music hundreds of drills and special exhibition numbers. He organized clubs in many classes where the youth and children were taught democracy in action. As a disciple and admirer of Joseph Čermák he carried on many of the latter's progressive theories and applied his principles.

He wrote many Czech plays, taught his pupils dramatics, besides their gym work, and did his best to keep his charges constantly active. Appreciating the value of school and study, he continuously urged and encouraged everyone to make the best of their lives. Even in retirement, his advice was sought and all came away heartened and enriched. His teams won more than their share of trophies and honors. His drills, especially with Indian clubs, gained the admiration of many American as well as European experts. He initiated camping during the summer months, hiking trips, excursions and was one of the prime factors responsible for the success of the Sokol Town of Lake Camp in the Forest Preserves. He led, sought, and set a high standard of accomplishment.

King of Cambodia sings in Czech?

Sent in by Sis. Ellen Jeanne Schnabl

It is not often that a king breaks with protocol to sing an aria - but his majesty Norodom Sihamoni, King of Cambodia (right) surprised the diplomatic corpus by breaking into song during a royal dinner held to mark half a century of diplomatic relations between the two countries. The king sang the best known aria from Bedrich Smetana's famous opera The Bartered Bride in Czech.



Norodom Sihamoni is the only royal in the world who speaks fluent Czech, having lived in this country as a student between 1962 and 1975. He calls the Czech Republic his second home and is expected to pay a royal visit in the autumn.



Maria Pappas
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Let your knowledge blossom

[25-02-2006] By *Pavla Horakova* with permission from Radio Prague www.radio.cz

A flower is Czech is **květina**. It is related to the word **kvést** - to blossom. In metaphorical use it also means to thrive, to prosper.



If you say about someone, especially a girl, that she is *skleniková květinka* - a hothouse plant - it means she is delicate and touchy. On the other hand, *děvče jako karafiát*, a girl like a carnation, is a healthy, rosy-cheeked young thing. *Být jako růžička*, to be like a rose, means to be pretty, healthy, and flushed. If somebody blushes too much in an embarrassing situation, we can say *zrudl jako pivoňka* - he turned red like a peony, or, to use an English idiom, he became red as a beetroot. We can also say a person's face is as red as a poppy - *rudý jako mák*.

Beautiful, long and blond hair can be compared to flax, *vlasý jako len*, flaxen hair.

The white lily is a symbol of innocence in many cultures around the world. The Czechs, too, say *nevinný jako lilie*, as innocent as a lily. The lily is also a delicate flower which wanes quickly. *Zvadnout jako lilie* - is to wilt like a lily.

The English language uses the expression "a bed of roses", meaning a pleasant or easy situation. The idiom was coined by the 16th-century poet Christopher Marlowe in his poem "The Passionate Shepherd to His Love". I don't know how and when the expression got into Czech and whether it was borrowed from English at all. Anyway, the Czech idiom goes *mít na růžích ustláno* - to have a bed made of roses.

Back to the generic word **květina**. There is a saying in Czech *ženu ani květinou neuhodí* - you must not hit a woman, even with a flower.



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