

SOKOLSKY VESTNIK

Bulletin of Gymnastic Association

Sokol San Francisco

P.O. Box 4006, Menlo Park, CA. 94026-4006



SEPTEMBER (ZARI) ISSUE

XIII SOKOL SLET - 2000



Dr. Miroslav Tyrš



Jindřich Fügner

P R A G U E



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EVENTS CALENDAR - 2000

October 28	Independence Dinner-Dance (Fort Mason, S.F.)
December 2	Annual General Meeting - Bayside Corp. Center
December 9	St. Nicholas Party (Schroeder's, S.F.)
December 30	Year-end Dinner-Dance (Fort Mason, S.F.)

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SOKOL MONTHLY MEETINGS: 2nd Tuesday of every month, 7:30 P.M.
except June, July & Aug. at:
Bayside Corporate Center
433 Airport Blvd, 1st Floor Conference Room
Burlingame, CA 94010

ALL MEMBERS AND GUESTS ARE WELCOME!

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RESERVE THIS DATE.....

INVITATION TO SAN FRANCISCO SOKOL INDEPENDENCE DINNER AND DANCE, SAT., 10/28/00

FORT MASON OFFICERS CLUB, BUILDING ONE, FRANKLIN & BAY STREETS
SAN FRANCISCO, CA 94123 - FREE PARKING

- INVITATION WILL FOLLOW -

BROTHERS AND SISTERS - IT'S TIME TO PAY THE 2000 DUES NOW!

In case you overlooked your dues payment, please send your Check or Money Order to:

Gymnastic Association - SOKOL San Francisco
P. O. Box 4006 - Menlo Park, CA 94026

Please enclose coupon provided below and keep the stub for your records. Your kind attention to this matter is greatly appreciated. Please disregard if dues are already paid.

We thank you all for your continuous support, your Dues and Vestnik contributions!!

<u>NAME</u>	<u>AMOUNT</u>
Karel Snajberk	\$ 25.00
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Address Check or Money Order to SOKOL S.F.	

THIS ADVERTISEMENT PAGE CAN BE YOURS FOR \$25 OF EACH COLUMN PER YEAR

EXCERPTS FROM CAROLINA NEWSLETTER

CHARLES UNIVERSITY - PRAGUE (Strahov Daniela Vrbova/Mirek Langer)

"SOKOLS MEET FOR 13th TIME IN PRAGUE"

The 13th Sokol Meeting (Vsesokolsky Slet) took place in Prague's Strahov Stadium during the first weekend in July. This year, Sokol members rented and filled to capacity the smaller Evzen Rosicky Stadium instead of the Grand Strahov Stadium, the site of their previous meetings. Spectators could watch the mass physical exercises of up to 2,860 gymnasts. Also, members of Sokol organizations of the United States, Canada, Slovakia, Poland, Sweden, Austria, Great Britain, Italy, France and Germany came to Prague. According to the Czech Sokol Community, 21,000 men, women and children exercised during the weekend.

The July 8th afternoon program started with a performance of 1,728 members of the Faithful Guard, who commenced their exercises to the accompaniment of the fabled march "Into The New Life" by Josef Suk. It was followed by an exercise by parents with children to a composition of Slovak Sokols, "It Is Us" (to sme my). Although there were only 416 Slovaks, they were rewarded with a large ovation for their excellent synchronization and color effects made with their dresses and scarves. Younger school children and pre-schoolers also performed in the first half of the program, which was ended by a number for men and women called "Enthusiasms" and created by the Czech Association of Sport for Everyone (CASPV). In the evening, the first National Meeting Evening was organized, accompanied by other performances by CASPV members and ended with fireworks.

Sokols then showed themselves to Prague citizens and tourists in their garb and exercise costumes, July 9 when they went through the city in their traditional Meeting March. Older Sokols often did not hide their tears of emotion and younger ones seemed to be proud of the Sokol insignia.

The Gymnast Society Sokol (the Czech word for "falcon") was founded in 1862 by Miroslav Tyrs and Jindrich Fugner. The first meeting was organized in 1882 and 10 more followed until 1948. Sokols were members of foreign armies and anti-Nazi resistance groups in World Wars I and II. In 1948, the largest Sokol meeting ever took place in the Grand Strahov Stadium, in which more than 100,000 gymnasts participated. In the same year, the communist government disbanded the Sokols. The tradition of the mass exercises continued under the Czechoslovak Union of Physical Education as the Spartakiads, while the Sokols continued their activities abroad. After 1989, the Czech Sokol community quickly returned to activity; in 1990, its representatives participated in a meeting in Vienna and in 1994, organized the 12th Slet in Prague.



Z DOPISŮ NAŠICH ČTENÁŘŮ

JEŠTĚ K XIII. VŠESOKOLSKÉMU SLETU

XIII. všesokolský slet byl nad očekávání úspěšný díky skvělé organizaci všech složek sokolstva a obdivuhodné spolupráci Hlavního města Prahy, kupř. veřejná doprava, bezpečnost, stravování, ubytování aj.

Předběžné přípravy nácviků prostných cvičení, rejdů a tanců účinkujících různých věkových skupin ze všech koutů České republiky, Evropy a zámoří se smetly při ranních zkouškách na cvičení a těsně časované nástupy, tentokrát bez širokých Branbořců starého Masarykova stadionu. Pestrý pořad vyvrcholil ve dvou sletových dnech 1. a 2. července na ploše menšího fotbalového hřiště a okrajní atletické dráze Rožického stadionu na Strahově. Dle odhadu mě sestry Zlata Kozákové, předsedkyně zpravodajského odboru České obce sokolské, ve třech sletových představeních vystoupilo 21.000 cvičenců, z toho 1.200 členů zahraničních sokolských organizací (včetně 200 polského žactva).

Byli jsme dojatí přítomností prezidenta Václava Havla a reprezentantů vlády na hlavní tribuně, když jsme zpívali národní hymnu a tradiční sokolské písně a pochody při zahájení programu. Vzorně cvičili muži a ženy ve skladbě pro Věrnou gardu. Bouřlivě jsme tleskali nejmladším při sletové skladbě pro rodiče a děti a předškolní děti, jakož i při cvičení mladších žáků, staršího žactva a mladších žákyň. Ženy a dorostenky s prapory též okouzily kombinací ladného předvedení skladby Bolero a svižného Aerobiku. Závěrem oslnili muži skladbou Chlapáci.

Pomník Mistra Jana Husa na Staroměstském náměstí byl obklopený prapory sokolských jednot, které pochodovaly 2. července ve slavnostním průvodu rozjásanou Prahou, od historických, ručně vyšívaných dle návrhu Mánesa a jiných malířských mistrů (které byly zachráněny před zpusťšením při persekuci Sokola okupujícími režimy), po prapory novějších jednot z celé České republiky, USA, Austrálie, Bulharska, Francie, Jugoslávie, Kanady, Lužice, Německa, Polska, Rakouska, Slovenska, Švédska a Švýcarska. Průvod trval skoro dvě hodiny, částečně v dešti, což neodradilo tisíce lidí lemující Václavské náměstí, Národní třídu, nábřeží a Pařížskou třídu od vířícího vítrání, tisknutí rukou vesele mávajícím pochodujícím, se slzami radostného dojetí na obou stranách.

JARMILA VOGELOVÁ, Newton Highlands, MA

K DNEŠNÍMU SOKOLU

V čísle 14 jste přetiskli článek z časopisu Týden „Sokol učera a dnes“ a pod ním „Sokol veleben a zakázán“. Skvělá kombinace: ilustruje, jak dnes Český národ trpí měkkostí páteře a pocit studu a hanby jsou považovány za vady charakteru.

Sokol byl nejdříve zakázán rakouskými úřady v roce 1915, pak nacisty a o další jeho likvidaci se postarali po roce 1948 komunisté. Jedním z nejvýznamnějších byl onen shovívavě se usmívající Jiří Žižka. Na ruinách Sokola vybudoval svou Spartakiádní kariéru; kolik dostal komunistických řádů, medailí, vyznamenání - prezidenti a první tajemníci ho poplácávali po zádech. Byl jim užitečný - dodal jim slávu, lesk a oni se mu podle toho odvyčovali. V té době nadšeně prohlašoval, že se to naučil v Sovětském svazu. Byl prominentní straník. Dnes říká, že byl Sokolíkem od 6 let. ... Mával komunistickou tělovýchovou a mnoha lidem ublížil.

Praví a čestní Sokolové se nestali kolaboranty ani za Němců, ani za komunismu. Mnozí za to zaplatili lety života ve vězení, někteří životem.

Soudruh - nyní pan/bratr Žižka - dialekticky ukládá Tyršovu ideologii ... tak, jako dříve citoval Stalina, Gottwalda, Novotného, stranu. Tehdy chápal správnost třídního boje, dnes nejlépe rozumí Tyršovi.

Aby organizace byla hodna jména Sokol, musí se zbavit chameleonů, bezpáteřních individuí, kolaborantů. Sokol bez ch páteře neuzletí.

Vadí mi dvě věci: arogance a absence pocitu hanby a studu. A ještě více, že tohle bylo „tak řík“ přijato, nikdo nevyžadoval rezignaci, ani ho nevyhodili. Stal se místonáčelníkem!!!

Možná, že vrána k vráně sedá a věří, že se Sokolem stane.

VÁCLAV ZÁBRANSKÝ, Cedarhurst, NY

Our Impressions of Sokol Slet XIII-Prague, July 2000

We were fortunate, my husband and I to arrive in Prague before the events of Sokol Slet XIII. It was planned for July 1 and 2. While Prague citizens left for their summer cottages and vacations, Sokol members "poured" into Prague. Children of all ages, teenagers and adult Sokols - mostly women - arrived full of vigor, enthusiasm and joy. There were 7,500 participants from the U.S. We had tickets for the July 1 afternoon. Even though the summer was cold and rainy, we were lucky to enjoy sunshine for most of the Sokol event. The Sokol Slet exhibition was performed at the smaller "Rosicky Stadium". It was the right size for the 20,000 gymnasts. The same amount of spectators filled the surrounding tiers, some 20 floors.

It was a happy event and a unique performance. What struck me most was the enthusiasm and joy with which the participants performed and the spectators' joyful applause. It was something to behold! The colors of the performing gymnasts were charming, attractive and vivid. The music was created from Czech and Moravian folk songs and was captivating. The performance was unforgettable - one had to wonder how all these people synchronized so well when they came from all corners of the world! It was precise and varied. There was a number with little children performing with a parent or grand-parent. To have a child 3-5 years of age practice needs the involvement of a parent. There were two, even three generations involved and drawn together.

The last number was spectacular....it was a dance, "The Bolero" and aerobics, performed in long, white flared skirts. The women loved to dance it and the spectators responded with enthusiastic applause. It was all unforgettable!

(Submitted by: Georgina Teyrovsky)

IN REMEMBRANCE

JOSEF V. SKRABAL

REST IN PEACE

JOSEF VLADISLAV SKRABAL

Born July 7, 1923 in
Spytihněv, Czechoslovakia

At rest June 11, 2000
Sonoma, California

SERVICES

Recitation of the Rosary
Duggan's Mission Chapel
Thursday, June 15 at 7:00 PM

FUNERAL MASS

St. Francis Solano Church
Friday, June 16 at 11:00 AM

The ashes of the deceased will be
laid to rest in his native
Czechoslovakia

The death of one we have loved so dearly is
one of life's inevitable experiences.
Josef will always be in our hearts. He had
a vigor for life that touched all of us. He
had a genuine compassion and love for people.
We will remember him surrounded by friends
and family - dancing to Polkas and Waltzes.
His wife, family and friends say goodbye to
a man we knew was so full of life....and a
heart of gold. We are fortunate to have
shared his life.

His presence will always be with us.

- REST IN PEACE -



....and now, I almost can hear Joe's
voice telling us softly:

Don't cry my friends
and let me rest in peace
but keep in your hearts
for me sweet memories!

Services for Josef Skrabal were held Friday, June 16, 2000.

Eulogy delivered by Bro. Ľada Zrzavy

Ladies and Gentlemen, Dear Friends:

I wish to say a few words on behalf of San Francisco Sokol organization of which our deceased brother, Josef Skrabal was a member. Much of what I am about to say will be known to many of us, but it is time we should pause, for a while and share our memories of a truly good man. The passing of a dear friend brings mixed emotions as we feel sorrow in the loss of his presence. Yet, joy in knowing that he is now free of all earthly pains. It is but natural for us....his friends to pay our tribute of respect and love and express our sense of loss to his wife and relatives.

Brother Joe Skrabal - or Jozka, as we called him is no longer with us. He passed away Sunday, June 11, 2000. He was born July 7, 1923 in Spytihnev, Moravia. After the communist take-over in 1948, he left his country and went to Australia and eventually settled in the U.S. in 1957.

I suspect the three traditional fairies were standing by the cradle when he was born and presented him with three beautiful gifts: Honesty; love for his country and love for a joyful life. With these three qualities, Joe stepped out into this world and never strayed. He was loved and respected by all who knew him, always friendly and willing to help. He participated in many Sokol activities, mainly sports like Volleyball and Soccer. Also in the shows we used to present in the old Sokol Hall on Page Street in San Francisco. He will be greatly missed by all, not only as a member of our organization but as a personal friend as well.

Our brother Jozka Skrabal was also a man who believed in the ideal that "all men must be free". He could not live and suffer under tyranny and the oppression of communism, so he left his country, Czechoslovakia to search for freedom in other parts of the world. He worked and struggled to build a new life in the U.S., a country which offered him the opportunity to be free again and succeed, which he did. For his effort, he should be considered an asset to his newly adopted country.

The clock of life is wound up but once and no one has the power to tell just when it may stop. Time has run out for our brother and his life. To you, brother Jozko, we express our gratitude for all you have done for us. We are proud to have known you as a good friend and Sokol brother. And so we go on tomorrow without our friend Jozka Skrabal. Let us remember the way he lived among us as we bid him farewell.

From the Sokol members in San Francisco, we extend our heartfelt sympathy to his wife, Berta.

And now, I almost can hear Joe's voice saying softly:

Don't cry, my friends
and let me rest in peace
but keep in your hearts
for me sweet memories

....and that's exactly what we will always feel about Jozka Skrabal, sweet memories!

SOKOL "Jitnice" PICNIC

SOKOL thanks to all who participated in this successful event. More than 80 people came with children and everybody had a good time. Good beer and good food arranged by Milena and Alice. Thanks to Helenka Livingston for covering children's activities. Finally we all sang all timer songs with lasting group under leadership of Mr. Knotek with his guitar.

HOPEFULLY, MANY HAPPY RETURNS!

From the Directors

We are looking forward to a large participation in the 2001 American Sokol Slet in the Detroit area. A National Sokol Slet is always a good way to give your Sokol program a shot in the arm and raise the level of enthusiasm of your people. Just getting ready for the Slet should pump you up. The good Sokol Members in the Detroit area are looking forward to hosting you all and are putting in a lot of effort trying to ensure that all the Slet activities run smoothly.

The technical preparations for the Slet have had a truly nationwide flavor with Sokols from several different districts all contributing to the calisthenics and exercises presented in this Slet Manual. Thanks to the members of the National Board of Instructors, BOI Secretary, and everyone else that helped (composers, 'testers', demonstrators, etc.) for your cooperation and contributions.

At our 2000 National Convention, the BOI challenged itself to continue to broaden the scope of the Sokol program and set a goal to increase participation in the 2001 Slet by 10% over 1997. In answer to that challenge, this Slet will have several 'new' aspects to it:

- **A NEW Womens 3-on-3 Basketball Tournament**
- **A NEW Sokol Fitness Challenge Event for Juniors, Men, and Women to test their fitness, agility and endurance**
- **A NEW entry fee structure that will allow adult competitors to attend the Banquet instead of the Competitor Social if they desire**

It should be noted that because of the large number of events / competitions / tournaments, it will once again be necessary to run multiple events simultaneously. Individuals should understand that, because of overlapping schedules, they may not be able to participate in all the events they would like to. Close attention should be given to the event schedule to determine the events in which participation is possible. In general, no special provisions will be made in the conduct of an event to accommodate participation in simultaneous events.

It is important, in order to properly prepare for the Slet, that you familiarize yourself with the introductory sections of the Slet Manual concerning general information, tournament rules, special rules/guidelines/information, etc. In particular, special attention should be paid to the divisions of competition to ensure proper placement of participants. Be sure to look over the new events and solicit participation among your people.

Questions regarding the technical aspects of the Slet can be directed to us directly or to the BOI secretary at the American Sokol national office. If an answer to your inquiry is not immediately available, the appropriate person(s) will be contacted, and you should receive an answer in a timely fashion.

Wouldn't it be great if every unit / lodge actively participated at the 2001 Slet!

Looking forward to seeing you all in Detroit in June!

Barb Barnes
Womens Physical Director

Chuck Kalat
Mens Physical Director

THE EPISODE FROM THE HOSPITAL

Our daughter, Helenka is a Senior Clinical Dietician and Nutritionist in a large hospital in Fremont, California. She was born in San Francisco but, since her childhood years, she speaks fairly good Czech.

Once, while making the rounds of her patients in the hospital, she overheard an elderly patient speaking Czech with his wife. She introduced herself in Czech and proceeded to prescribe the diet and deliver her advice in Czech. The couple listened to all the instructions attentively. After a cordial good-bye, when already in the hallway, she heard the couple cry out, "Helenka, come back, come back!"

Back in their room, she heard the couple say, "we did not realize you spoke to us in Czech; what a privilege, so far away from our father-land! How is it possible"?

Helenka explained that, during her childhood, I spoke and repeated sentences in two languages: Czech and English in order to give our daughters a chance to learn and practice the Czech language.

(Submitted by: Georgina Teyrovsky)

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