



GYMNASTIC ASSOCIATION SOKOL
SAN FRANCISCO
EDUCATIONAL AND PHYSICAL
ORGANIZATION



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



VĚSTNÍK

WINTER
2004

Happy New Year 2005



Information



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Sokol & Czech related WEB Pages:

<http://www.csuzkrajane.cz/>

<http://archiv.radio.cz/krajani/spolky/>

<http://www.columbia.edu/~js322/czech.html>

<http://www.sokol-cos.cz/cos/testweb.nsf>

<http://www.american-sokol.org/>

<http://www.sokolunderground.com/>

<http://www.slovakcatholicsokol.org/who.htm>

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"None, even the most glorious past, but the most active robust presence, shall guarantee our full future existence! So we must in our everyday strife look to the days ahead, rather than to the days past; today and tomorrow, not yesterday; to the dawn, not the sunset"



GYMNASTIC ASSOCIATION SOKOL SAN FRANCISCO
EDUCATIONAL AND PHYSICAL ORGANIZATION

APPLICATION FOR MEMBERSHIP

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

Date: _____

Sokol: _____ Sokolice: _____

Name: _____

City: _____ State: _____ Zip+4 _____

Res. Phone: _____ Bus Phone: _____

E-Mail Address: _____

☐

Married

☐

Single

Date of Birth: ____/____/____

U.S. Citizen?

☐

Yes

☐

No

If No, legal resident?

☐

Yes

☐

No

City, State, Country of Birth: _____

Spouse: _____

Children: _____

Please, list other clubs, organizations to which you belong: _____

_____ Sponsor: _____

STATEMENT: I affirm that I am loyal to the government of the United States of America and that I am not a member of any subversive organization. If admitted to membership of the American Sokol, I promise to be governed by the by-laws in all my activities on behalf of said organization. I represent that to the best of my knowledge and belief the answers to the statements contained in this application are full, complete and correctly recorded. I understand that this application shall be the basis for and a part of any insurance contract issued.

Signature of Applicant: _____

CALENDAR OF EVENTS AND SOKOL DUES

March 4, 2005, Friday	Dinner/Dance	Basque Cultural Center 599 Railroad Ave. South San Francisco, CA
May 22, 2005, Saturday	Picnic noon to 4:30 P.M.	Lake Chabot in Castro Valley
September 17, 2005, Saturday	Picnic 11:30 A.M. to 4:30 P.M.	It will be determined
October 21, 2005, Friday	Dinner/Dance	Basque Cultural Center 599 Railroad Ave. South San Francisco, CA
December 3, 2005, Saturday	Annual Meeting 10:30 A.M. to 12:30 P.M. Lunch 12:30 P.M. to 1:30 P.M. for all present members St. Nicolas Children's Party 2:00 P.M. to 5:30 P.M. Unity Building Recreation Area, 20121 Santa Maria, Castro Valley, CA	
New Members: Jaroslav Rosicky, Albert Siebert, Z. Skoda		

BROTHERS AND SISTERS: 2005 DUES ARE TO BE PAID !!!

Please send your check or Money Order to the address below with the stub below. Cut the end of this stub for your records. Your kind attention to this matter will be greatly appreciated. We believe this form is self-explanatory. Please, discard it if your dues are already paid.

Sokol Gymnastics Association Sokol San Francisco
P.O. Box 4006, Menlo Park, CA 94026-4006

SEND WITH YOUR PAYMENT:

2004 Dues are \$25
 Membership Dues \$.....
 Donation/Contribution.....
 Name:.....
 Address:.....
 City:..... State:.... Zip:.....

KEEP FOR YOUR RECORDS:

Sokol San Francisco Dues 2004
 Date sent:.....
 Check No:.....

To say Good Bye to the old, tired year of 2004 and to welcome the brand new baby- year 2005, almost a hundred of faithful Sokol members and friends braved a fierce rainstorm on their way to Basque Cultural Center in South San Francisco. Easy, free parking, large dancing parquet, lively music, this time provided by Edelweiss, and convenient facilities (no stairs to climb), find favor with many of our participants.

There were three choices for dinner: a Prime rib for the beefeaters among us, most folks found no fault with the fine fowl choice - chicken breast, and the culinary trio was closed by a vegetarian dish for the guy or gal, who hasta-have-pasta. The light cloud of garlic aroma hanging over our tables, was soon blown away by the breezy movements of our dancing duo of Eric & Kristy Wirthlin Luke, young members of USA Amateur Ballroom Dancers' Association. Their rendition of foxtrot utilized the entire dance floor and had our feet tapping to the rhythm, then sensuous tango and elegant, flowing waltz, all dances done in an energetic, yet restrained, American style.

Our Raffle produced a good number of winners, who were cheered on their way to pick up the mostly liquid goodies, but the real lift of our spirits was due to the "Snake dancer" that great socializer. It can lift even the most orthodox „non-dancers“ off their comfortable chairs and lock them into the lively human chain. The level of friendly chatter increased significantly after we sat down and were able to catch our breath, again.

Let me share with you a comment, voiced by an infrequent participant. Unlike in some other ethnic communities of mixed ethnic origins, there were no segregated tables of Slovaks or Czechs; our good personal relations clearly trump the political realities created by a friendly division of our former country. And most of us were not even aware that Sokol clearly deserves credit for keeping us together. So let's help the organization to prosper by joining its membership or, at least, participating in Sokol's activities.

By Zdenek Vernak

Message to Sokols:

Czech Quartet from Tabor is in Orinda
They will perform on 2-10-05 at 7P.M.
For tickets and more information call Jane Cambus 925.938.3198

Czech Course in Dobruska 2005

If you are interested in learning the Czech language, please be advised that four week course in Dobruska (Czech Republic) will be organized also in the summer of 2005. Eligibility for the course, however, is limited. Please note that only those who actively assist Czech American organizations and societies to preserve and promote Czech language and culture, and whose language skills will in the future tribute to the activities of these societies, are eligible to apply for the fully covered course. Therefore, recommendation from at least one such society is required. Please be advised that very few people are admitted to the courses as paid for by the Czech government. Therefore, applicants should decide, before submitting their final applications, whether or not they would apply as self-payers'. The applications should reach the Embassy by the middle of March 2005. For more information, contact the Cultural Section of the Czech Embassy in Washington, D.C. 3900 Spring of Freedom St. NW, Washington, D.C. 20008, fax 202.966.8540, phone no. 202.274.9127, e-mail: broskevic@yahoo.com

Výstava „Pocta všem, kteří vzdorovali“

Život přináší v toku dní, měsíců a let události, postoje a činy, jejich významová a morální hodnota je nevyslovitelně vysoká. Není ani nejmenší nadsázkou vyslovit, že takové hodnocení mělo a ponese v sobě i do budoucna uspořádání výstavy třetího odboje „Pocta všem, kteří vzdorovali“

O úspěšnosti a neobyčejném zájmu i nesmírně hlubokých prožitcích a kladných názorech těch, kteří ji navštívili, vypovídají zápisy návštěvníků, stejně jako dopis paní Mgr. Evy Šuvarské předsedovi naší pobočky, ing. Mirko Šťastnému nebo dopis E. a G. Teyrovských bratru O. Stehlíkovi.

Z těchto dopisů vyjímáme: „Vaše výstava o III. odboji je tentokrát velmi úspěšná, t.j. navštěvovaná s větším zájmem a zaujetím, díky výkladu paní Dagmar Malinové. Jsme rádi, že jsme vám mohli poskytnout prostor. Děkujeme a máme Vás rádi. Mgr. Eva Šuvarská“. Z dopisu manželů Teyrovských: „Další naše zajímavá návštěva patřila pravoslavné katedrále v Resslově ulici. Je to místo, kde bylo zabito 5 parašutistů, kteří provedli atentát na Heydricha. Dnes je v těchto prostorách vzpomínkové místo...

Zrovna v době naší návštěvy byl ve vedlejší místnosti sraz bývalých politických vězňů. Bylo to velice pohnuté setkání s našimi vrstevníky, kteří strávili 10 a 25 let svého nejlepšího života ve vězeních bývalého režimu...

Dozvěděli jsme se, že za komunistického režimu bylo zřízeno 13 nových věznic, 180 vězeňských pracovních táborů a 17 koncentračních táborů. Ptali jsme se, proč nebyl nikdo za tyto zločiny obžalován? A oni říkali, že jejich věznitelé jsou všichni na svobodě a mají dobré peníze a když je potkají na ulici, tak se jim směle smějí do tváří!

Navíc komunistická strana je stále v české republice legální stranou, hlavně díky bývalému prezidentu Havlovi. Naše srdce jsou s vámi. Byl by to i náš osud, kdyby se náš útek nepodařil.“

Ze zápisů:

“Vynikající expozice. Rád bych ji viděl na webových stránkách nebo ve sborníku.”

“Dnešní mladí lidé netuší, co všechno komunisté prováděli a naše média o tom spíše mlčí. Přeji pořadatelům mnoho energie k dalšímu šíření a publikování těchto skutečností. P.H. předseda ÚR KAN”

“Děkuji bratřím Mašinům za to, že se této ideologii postavili na odpor se zbraní v ruce. Škoda, že takových nebylo více” Podpis nečitelný.

Volný překlad z anglického zápisu: „Opravdu žádoucí muzeum. Děkujeme za ukázání obrazů a vynikajících příběhů. Pozdrav. “ Astrid, Kristian, Irene -Dánsko. A další volný překlad z francouzštiny: „Jsem šťastný, že jsem vypátral tento kostel, kde je tolik událostí. Odvaha těch lidí zasluhuje naši nejvyšší úctu.“ E. Gerard.

V knize je mnoho dalších podobně znějících zápisů, které mají svou nenahraditelnou vypovídací hodnotu. Je to skutečně jedinečné, ale i nezapomenutelné svědectví o práci všech těch, kteří tuto výstavu inspirovali i těch, kteří ji dokázali s maximálním úsilím realizovat. A za to jim patří nejen náš hluboký obdiv, ale i nejpřířimnější poděkování.

Bratru O. Stehlíkovi pak děkuji za poskytnutí textu z dopisu manželů Teyrovských.

“Věrní Zůstaneme” Dr. Dušan Chval.



LIBRI PROHIBITI - A MONUMENT TO THE INDESTRUCTIBILITY OF HUMAN SPIRIT.

Not far from the bustle of central Prague, just behind the newly restored Jindřichská Tower lies a quiet oasis of Senovazne Square. Surrounded by prosperous looking storied buildings, it offers a welcome peaceful zone, a good home to sprinkling of small stores, offices and folksy restaurants. My destination was an inconspicuous residence of Libri Prohibiti (Forbidden Books), located on the second floor of Senovazne # 2. Easy to find when you know the address, unfortunately that was not my case. None of the people living or working within a stone throw of this gold mine of Czech and Slovak literature, once banned by the Communist Regime, could direct me to it. Only "letting my fingers walk through the Yellow Pages" saved my day and Mr. Jiri Gruntorad, statutory representative of the Libri Prohibiti Society, could unlock the door for me at the appointed time.

As soon as you walk in the rooms, tightly filled with ceiling-high shelves, two impressions will enter your mind: the unexpectedly huge mass of materials and the Society's meager means for maintaining this treasure, a reality betrayed by the economical use of every inch of the storage space. Mr. Gruntorad, with apparent pride, walked me through the rooms filled with tens of thousand of Czech (and foreign) Exile, Samizdat, First and Second Resistance Monographs and Periodicals. Once in a while he would pull out a samizdat, dear to his heart, and point to a skillfully hand-bound book of flimsy pages of a barely readable print. Frequently, a foreign visitor who never lived under a totalitarian regime, will grasp the monstrosity of the Communist Regime only after witnessing the results of painstaking production of forbidden books: volunteers who typed up to twelve carbon copies, hand bound them, and distributed them, were under a constant threat of harassment by the Police, even a jail term.

Mr. Gruntorad started this impressive collection of more than 23,000 library units and over 1,750 titles of periodicals from archival copies of his samizdat Edice Popelnice (Edition Trashcan - suggesting where some of the books were rescued from) and items he purchased or exchanged. Some materials stored here are not available anywhere else in the world and all are at the disposal of students and researchers. The sheer size of the library necessitated the establishment of an organization to secure support and help in its building and maintaining. The Society of Libri Prohibiti, counting among its members Vaclav Havel, Ludvik Vaculik, Jan Vladislav, rector emeritus Radim Palous, and others, was established in 1991.

The usefulness of Libri Prohibiti for research, and learning about our past, is evident. But I can see another reason we should support this organization. It is a monument demonstrating our respect for a huge army of writers and publishers, both professionals and amateurs, who spent countless hours producing books, magazines, and newspapers, frequently for a meager or no financial compensation. Thanks to Libri Prohibiti their work, so fleeting in its nature, will acquire a new life, their thoughts will have a chance to stimulate many more minds.

Libri Prohibiti society needs our help in two ways. Firstly, the Society is living, in Mr. Gruntorad's words, "in a permanent financial crisis", and urgently needs monetary contributions - San Francisco Sokol is one of its contributors. You can help too, the number of their account at Ceska sporitelna is listed below. Secondly, the library of the Society needs our help in finding old publications before they get lost forever. Please, look in your attic, shelves, library or basement for any old Czech books and periodicals published abroad, and deliver them to Senovazne 2 or to Zdenek Vernak (I will take care of the delivery, see address below). The sad loss of Mr. Hlubucek's huge archive in Winnipeg should move us to an action. After he passed away, the executor of his will transferred the books to a Czech organization in Winnipeg (CSSK), as was stipulated by the will. There was no mention in his will of three truckloads of documents he owned and no way for CSSK to obtain them legally, so all the papers ended in a shredder. Some of the documents were stored in the basement and were already damaged by humidity and mold. Too bad that Mr. Hlubucek did not donate his archive and books sooner, so that for a few years he could have enjoyed the pleasure of knowing his collection was serving a good cause. It's far better to arrange for a transfer of frequently priceless items to an organization, museum, school, or preferably, to Libri Prohibiti, while we are still fit and able to do so than risking their irreversible loss.

You can find out what items (samizdat's and exile's books, newspapers, magazines, LP's, audio tapes, films, brochures, pamphlets, bulletins, etc) are needed by checking the Society's Web Page: <http://libpro.cts.cuni.cz/law.htm> e-mail: libpro@iol.cz

Address: Libri Prohibiti, Senovazné 2, 110 00 Praha 1

Mezinarodni platby banka:

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SWIFT: GIBA CZ PX

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Acct. name: Libri Prohibiti, Senovazne nam. 2, 110 00 Praha 1

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Zdenek Vernak, 2724 Mason Lane, San Mateo, CA 94403

Zdenek Vernak, San Mateo

Exercise for Healthy Back



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Knee to Chest Raise



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Pelvic Tilt



Sitting Back Bend



Hip Hyperextension



Use these exercises to help prevent back pain; if you've had pain, wait until you are pain-free to begin. Lie on a firm mat or carpeted floor. Begin slowly, build up gradually, and back off if you experience pain. Hold each position for a count of 10, then exhale and relax. Repeat each exercise 3 times at first, then build to 8-10 repetitions. Do your exercises 3-4 times per week. Consult a physical therapist or physician if you have chronic or recurrent back pain.

Brief exercise bursts may help heart more

As little as three 10-minute workouts during the day may clear the bloodstream of important artery-clogging fats—and for the average person, they may actually do that better than a single long session.

Researchers at Southwest Missouri State University and the University of Missouri tested 7 men and 13 women ages 18 to 45, none of whom exercised regularly. The volunteers performed each of three routines on different days: exercising moderately—the equivalent of brisk walking or jogging, depending on their fitness level—for 30 minutes on a treadmill; doing that for the same total amount of time but in three 10-minute spurts with 20 minutes of rest between bouts; and not exercising at all.

Twelve hours after each routine, the participants ate a high-fat meal, then had their blood analyzed. The short bursts of

exercise lowered blood levels of triglycerides, a fat linked with increased coronary risk, even more than the single continuous session did, even though both routines used roughly the same total amount of energy. (In contrast, the triglyceride level rose when the volunteers ate the meal but didn't exercise.)

The authors theorize that repeated, short bouts of exercise have an additive effect on the body's fat-burning rate throughout the day, pushing it higher than a single workout would.

Though the study was small, the new finding bolsters growing evidence that moderate exercise, even in short chunks, helps protect against coronary heart disease. So you don't need to devote a block of time for the gym every day as long as your exercise—a brisk walk, tilling the vegetable garden, playing backyard games with the kids—adds up to at least half an hour on most days of the week. ■

How exercise fights aging

A small new study suggests how regular exercise may stave off some of the harmful effects of aging: by stimulating production of one substance that fights potentially damaging inflammation while inhibiting another that promotes inflammation.

Researchers at Ball State University in Muncie, Ind., studied 12 men, ages 65 to 75, who had similarly good health but contrasting exercise habits. Half usually did moderate to high-intensity exercises such as cycling, jogging, rowing, or swimming at least four days a week; the others exercised less often. Blood tests showed that the frequent exercisers had about one-third the average level of the inflammation-promoting substance,

called interleukin 6, compared with the less active men. Other research has linked high IL-6 levels with age-related loss of muscle mass and strength.

But the frequent exercisers also had twice the average level of the inflammation-fighting substance, called interleukin 10, compared with the other men. That apparent effect of vigorous activity has not been shown before, the researchers said. But studies have linked high IL-10 levels with increased longevity and reduced coronary risk.

Whether easier exercise, such as walking, helps regulate those interleukins is not yet known. At the very least, however, walking has numerous other documented health benefits. ■

Stretching speeds healing

While experts increasingly question the value of stretching to prevent sports injuries, a new study points to a different benefit: Stretching may help hasten recovery from a strained muscle.

Researchers in Greece studied 80 athletes with pulled hamstrings, the long muscles in the back of the thigh. Half the athletes were assigned to stretch their hamstrings four times a day, the other half to stretch just once a day.

The four-times-a-day stretchers regained full range of motion faster: 5.6 days on average vs. 7.3 days for the once-a-day stretchers. They also resumed full activity about two days sooner.

In theory, the same routine should help other injured muscles. But wait at least 48 hours before trying to stretch. During that time, rest the muscle, keep it elevated and wrapped in an elastic bandage, and apply ice packs for 10 to 20 minutes every hour. Then start stretching gently and only to the point where you feel a slight pull—not pain.

While stretching may not help prevent muscle pulls, studies have demonstrated the value of simply warming up: Before each workout, spend five minutes slowly performing all the movements you'll be doing more vigorously during the actual exercise. ■



This is the stretching method that accelerated hamstring healing in the study cited above. Lean forward until you feel a slight pull in the back of your thigh.



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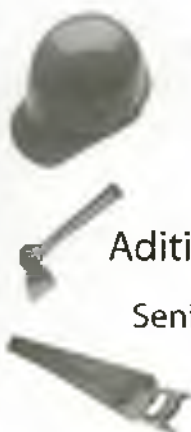
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Dialog

Dneska jsi ještě tady, ale zítra tady třeba už nebudeš. Tak proč jenom pořád na něco hubuješ.



Tak proč ti stále na mě něco vadí? Nemohli by jsme se mít aspoň trochu rádi? Budeme se mít rádi, až se naučíš poslouchat na slovo. A nechci nic slyšet. Basta fidli a hotovo. A na druhý den, to samé na novo.



Tak mi aspoň odpověz, když říkám, jak je tady krásně!

Sokol San Francisco Inc.

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

**AIR MAIL
PAR AVION**