



Sokol San Francisco

GYMNASTIC ASSOCIATION SOKOL
SAN FRANCISCO
EDUCATIONAL AND PHYSICAL
ORGANIZATION



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

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VĚSTNÍK

FALL
2005



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1st Vice-President: Georgina Teyrovsky
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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"

CALENDAR OF EVENTS AND SOKOL DUES

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

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December 30, 2005, End of the Year Basque Cultural Center
Dinner/Dance 599 Railroad Ave. South San Francisco, CA

Donation 2005 : \$390 up to date.

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
E-mail: mail@sokolsf.org or sokolsf@gmail.com

SEND WITH YOUR PAYMENT:

2004 Dues are \$15
Membership Dues \$.....
Donation/Contribution.....
Name:.....
Address:.....
City:..... State:.... Zip:.....

KEEP FOR YOUR RECORDS:

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

APPLICATION FOR MEMBERSHIP

The Pledge of Allegiance:

*"I pledge allegiance to the Flag
Of the United States of America
And to the Republic for witch it
stands.*

*One nation under God, indivisible,
With liberty and justice for all."*

GYMNASTIC ASSOCIATION SOKOL SAN FRANCISCO
EDUCATIONAL AND PHYSICAL ORGANIZATION

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

E-mail: mail@sokolsf.org, or sokolsf@gmail.com

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: _____

Just About Aerobics?

Since Kenneth Cooper coined the word "aerobics" in the late 1960s, little did he know it would become a household

phrase by the 90s. The word appears on magazine covers, TV commercials and even your paper boy's mother says, as she breathlessly runs up your driveway, "Well, I've had my aerobics for today."

What exactly is aerobics? Aerobics literally means, with oxygen for life. As living creatures, we depend upon oxygen for life. Aerobic activities increase our ability to take in, process and utilize life-giving oxygen. All of your body is involved in aerobic training but the heart and lungs are the target organs of aerobic conditioning.

How do you define an aerobic workout? To qualify as "aerobic", you must meet the following criteria: Your activity must be continuous! You must be able to do it non-stop for a minimum of 15 minutes. Stop and start activities don't qualify. Your activity must be rhythmic, involving the regular use of the large muscles of the body. Running, stepping, bicycling, dancing, fast walking are good examples. Your activity must produce increase in body temperature, pulse rate and respiration rate.

In the experience of Ms. Fit (who taught fitness for years) many exercisers disappear from the gym by the end of Summer. Often they rationalize 'Im too busy - BUT -I'm ieally active in the summer.' It's true some people are more active in the summer. Kudos to all of you that get out there and bike and bike for miles. Hats off to those that scale mountains and breathe fresh air. Way togo! What Ms. Fit has observed however - is that there is a HUGE difference between "hectic" and "active." Active burns off calories and builds muscles. Hectic may actually add to poor eating habits. Hectic may be driving through traffic to get to a plane on time sitting in an airport for hours with three little children. It could be putting a meal together for a family of twenty or standing in line at Disneyland.

You may feel physically exhausted, but in reality - what you did was alot of STANDING. Going toa lot of picnics or pool parties is not active in the sense of an active body. It is an active social calendar. Sadly, many well-intentioned souls return to the gym in the fall heavier than when they disappered in summer. No one WANTS to end the summer with a tire tube of potato salad around his or her midriff. But in reality, summer often turns out to be too many Italian sausages at ball games washed down with a beer - or too many family picnics with Aunt Ida's fantastic double chocolate cake - instead of the non-stop exerciseathon we anticipated

There are different types of fitness. There are different types of exhaustion. A person can be mentally or emotionally exhausted and it translates into physical exhaustion. They feel too tired to do anything physical - when the one thing that would make them feel better is physical activity. Often what their body is craving is MORE OXYGEN. Our goal, is in the old Greek/Roman "ideal" would be to be Mentally, Spititually and Physically fit. Physical fitness should NOT take a back seat. Being physically fit gives you more energy and stamia and that is jump start towards being a well- rounded individual.

Fitness slumps are not new. Each year there are fairly predictable trends in fitness participation. The New Year is BIG. Many individuals gain weight over the holidays and then make New Years' resolutions to get back in shape. The gyms are typically full in January and February, then numbers dwindle. There is a lull. Working out has lost its luster. It's cold and dark outside - it's winter. „I'll wear my big loose sweater.“ Then when there is a whiff of spring in the air, anticipation of summer inspires many to head back to the treadmill. There's an upsurgee in participation again.

"I've got to get ready for that swimsuit" For a couple of months - the gyms are full again.

Then summer arives. Ah, those lazy, crazy, hazy days of summer. We wear fewer clothes. Parts of our bodies that haven't seen the sunshine in months are exposed. Those hardy souls that really have been working out devotedly get to strut their stuff now. Shorts - crop tops - bare midriffs -ooh my! But, even those of us that don't expose too many body parts willingly - can't wear long sleeves forever. Eventually we begin to bare our arms and legs as well. Once they are exposed - we relax - we adapt. We learn to get into the pool by dropping aur towel at the last minute. We tell ourselves that getting a tan and wearing black will make us look ten pounds lighter.

Ms. Fit is here to remind you that there is no need for an End of Summer Fitness Slump. Remember the exercises in the last two issues? You CAN stay in shape in only minutes a day if you take time to 1) do push ups, 2) do lunges, and 3) walk *every time* you have an opportunity; then "the Slump" might only be a small bump.

In Honor of Jan Bzoch For Defense of Freedom.

As years go by, we meet the same people at our Sokol events, recognize the faces, learn and sometimes remember the names behind them, start acquaintances that may blossom into friendships, share our life stories with some, keep them from others forever. Occasionally, accomplished people, so numerous among the Czech and Slovak immigrants, write their autobiographies and walk us through the mixture of victories and defeats the immigrant's life so generously provides. How many times have we greeted, at Sokol dances, a couple of tall, handsome people - Mr. & Mrs. John and Jane Cambus. Aware of Professor John's Greek heritage, we learned a couple of Greek words to greet him when we met. Our distorted pronunciation was always gracefully tolerated. Jane's mother's roots are still firmly planted into the land of our Czech ancestors. The few words, we managed to exchange between the dances, never betrayed the fascinating life story hidden behind their charming smiles.

And then we received an invitation from: The Honorable Mr. Henry R. Morris, Civilian Aide to the Secretary of the Army and Major General Rodney M. Kobayashi, Commander, 91 st Division, to attend a ceremony honoring Medal of Freedom recipient Mr. Jan Bzoch, at Camp Parks, Dublin, CA on the eleventh of June, 2005. Little did we know that Mr Bzoch was the late father of Jane and husband of Jane's mother, Vladimira.

At the very entrance into the hall prepared for the ceremony we were impressed by the politeness and dignified demeanor of military personal, young and not so young soldiers of all races, sizes and ranks. There was no doubt these helpful soldiers were taking their task very seriously, some volunteered during their time off.

We were led by a respectful and attentive female soldier into a room filled with rows of chairs in half circle on both sides of a speaking tribune, next to a display of Czech, Slovak, Philippine and US flags. The opposite side was populated by a brass band and two or three bag pipes soloists. A number of dignitaries were seated in the front rows, among them Consul General Maria Rowena Mendoza of Philippines, Steven Saum - Honorary Deputy Consul for the Czech Republic and Editor-in-Chief of the Commonwealth of California, COL Richard Quinn - US Army Retired, the son of Colonel Michael A. Quinn, who played a major role in making this celebration possible. The center slowly filled with four rows of soldiers as they were done with escorting all guests to their seats. Chaplain Jon Wright silenced the hum of conversations with his solemn Invocation, setting the mood for things to come. Czech, Philippine, Slovak, and U.S. National Anthems were played to a receptive audience. There was hardly any Czech or Slovak who would not be proud to see the respect paid to our Anthems by everyone in the hushed room, be it a high official from Washington, D.C. and the Pentagon or the rank and file.

The first speaker, COL. Richard Quinn, explained to us the purpose of the gathering. At the end of 1941, his father, US Army Colonel Michael A. Quinn was one of the commanding officers facing a Japanese onslaught in the Philippines. Outnumbered, completely surrounded by the Japanese army, with no outside relief even remotely possible, the US Forces had to retreat from Luzon to the Bataan Peninsula. Jan Bzoch and his wife and daughter were among a small group of Czech and Moravian Protectorate's citizens, living and doing business in the Philippines, who were caught in the whirlpool of WW II. They were not in an immediate danger - A German stamp in their passports, making them technically allies of Japan, guaranteed free passage through Japanese forces. Jan and 13 of his countrymen refused to leave and persuaded Colonel Michael A. Quinn to allow them to help with the war effort on a strict condition that they do not bear arms as to give them a better chance to survive the inevitable capture by the Japanese. That order was accepted but mostly not followed.

These Czechs rendered an invaluable service to the hard pressed US Forces. Working with few resources in appalling conditions and under continual enemy fire, they managed to make things happen. When the end was imminent, seven of the Czechs delayed capture by escaping to corridor in a rehabilitated boat. Under a constant bombardment, and an extreme shortage of food, the seven remaining Czechs worked for 36 hours in the "no man's land" between the fronts, where they disassembled a desperately needed rice mill and dragged it back to the American lines. Assembled, the mill extended the meager food supply by several weeks. When the US Forces finally surrendered, the seven Czech volunteers were among them, subject to the same harsh treatment by the Japanese captors as the other POWs. Enduring the "Bataan Death March" was only the beginning. The Death March ended at Camp O'Donnell - today Capas National Shrine where a black marble marker bearing the names of the seven Czechs who died during the war, was unveiled on April 6, 2004. A Czech flag was displayed at the cemetery's monument, with a sign well expressing their credo: Omnia pro Patria, Everything for your Country. Jan Bzoch, one of the survivors of the Death March, lost his life when, on January 9, 1945, his ship, an unmarked Japanese ship full of American POWs, was tragically bombed, killing a large number of POWs.

Colonel Quinn, Sr., recommended an award for seven of the Czech volunteers in July, 1945, but only now, thanks to diligent effort to overcome the usual bureaucratic snags by his son, COL Richard Quinn, the American Medal of Freedom could finally be awarded to Mr. Jan Bzoch, in memoriam. Consul General Maria Rowena Mendoza recalled the Philippine Government honoring Jan and 6 of his countrymen for their contribution to the Defense of her country by presenting the Philippine Medal of Defense and the Medal of Liberation to the families of the 7 fallen heroes, last year in a ceremony in Sv. Tomas in Prague. Following the address by Mr. Steven Saum - Honorary Deputy Consul for the Czech Republic. Editor-in-Chief of the Commonwealth Club of California we heard an emotional, concise and graceful thank-you speech by the person who was there, more than sixty years ago - Mrs. Jane Cambus, daughter of Jan Bzoch who paid respect to the other members of this exclusive club of brave men: Pavel Fuchs, Leo Herman, Fred Hermann Fred Lenk, Otto Hirsch, and Ernest Moravek. Only three lived through the hell of their internment in the camp and consequent transport of the survivors to Japan - Mr. Ernest Moravek, who returned to Czechoslovakia, started a chicken farm that was nationalized by the Communist regime after 1948. Mr. Moravek, unwilling to live without freedom attempted to flee to the West, but was, to the everlasting shame of the totalitarian government, was shot and killed at the border, before he could reach the free land. Mr. Otto Hirsch lived to receive his Medal of Freedom in 1946. Mr. Fred Hermann immigrated to the USA where he died in a plane crash in the 1970s.

A wave of emotions is rising with each speech, reaching its height during the dignified ceremony of awarding Medal of Freedom to Jan Bzoch: all eyes are on Jana and Vladimira who are accepting, from Major general Rodney M. Kobayashi, the final tribute to a fallen hero. The bag pipes play "Amazing Grace" to a receptive audience: the Cambus family, friends, Irene Vincent from Maryland (daughter of Jaroslav Hrdina), Hanna Witherspoon from Tennessee (daughter of Josef Varak), Mrs. MaryAnn and Andrew Hirsch (widow and son of Otto Hirsch), friends, dignitaries, military brass and rows of soldiers - the volunteers who perfectly well understand the motivations, strength and convictions, required, in order to overcome man's natural instinct of self-preservation, and be willing to risk life for the good of one's country and the fellow man. The feeling of pride and togetherness permeates the room, Vladimira and Jana are at the center of attention, they have to lay down bouquets of roses, for there is a long line of people eager to shake their hands, to hug and exchange a few words. We watch, we listen, we are deeply moved, but most of all we feel an unabashed pride in belonging to the same nation as Jan and his family. There is a new hope, in this cynical age, for our new and old countries: here we are surrounded by unselfish, generous men and women, some young in fatigues, some with gray hair, but all unified in their determination to be there for the others. Our thanks belong to them all.

Jdeme po spirále smrti

CHICAGO - Bratře. Sestro. Nazdar! Tato ryze česká slova jsou v těchto dnech ke slyšení v centru Chicaga. Zejména v oblasti kolem kanceláři American Sokol Organization. V Chicagu včera začal slet Americké obce sokolské, jedné z nejstarších krajanských organizací na severu amerického kontinentu.

Setkání, jež vyvrcholí sobotními vystoupeními, se zúčastní 800 cvičenců. Čechoameričtí sokolové se slétli do Chicaga po jednadvacáté. Je jich ovšem čím dál méně - vymírají. Původní členská základna stárne a sokolské jednoty zanikají.

"Jdem po spirále smrti," říká náčelník amerických sokolů Larry Laznovsky. Sokolské tělovýchovné a vlastenecké hnutí přivezli Češi do Ameriky už v roce 1865, tři roky po jeho vzniku v českých zemích. V Sokolu si tužili tělo a pěstovali vztah k vlasti. Koncem dvacátých let minulého století, kdy sokolské hnutí vrcholilo, bylo ve Spojených státech kolem 14 tisíc sokolů sdružených ve 125 organizacích, které vlastnily svoji sokolovnu.

Nyní má americký Sokol jen 35 jednot s 4500 členy. "Naše budoucnost je sporná," přiznává Larry Laznovsky. Upozorňuje, že hnutí sokolů se rozměňuje. Jednoty, které přežily, se otevřely americké veřejnosti. A té původní obsah sokolského hnutí nic neříká. "Lidé chodí k nám do sokolovny proto, aby si zacvičili, to ostatní by jim stejně nic neřeklo," uvádí jednadvacetiletý činovník centrální župy amerického Sokola Mike Dropka. Sám se ale k sokolské tradici hlásí. Má sokolský kroj a vzpomíná, jak se před pěti lety účastnil sletu v Praze.

JAROSLAV RICHTER

Deníky Bohemia - 22.6.2005

Are we letting Sokol organization to go through the "Spiral of Death"?

A generation problem.

Polemic epitaph of Sokol Vestník Editor.

A critical article of Mr. Jaroslav Richter "Going through spiral of death" in "Deníky Bohemia" on 6/20/2005 stroked my mind with sadness of reality.

Maybe "quo vadis Sokol" would be probably better title for such an article, in my opinion. Regardless of realistic description of the stage of American Sokol organization today in this article, it gives me impression that leadership of this organization missed historical chance of recuperation already from 1968 due to miscalculation of historical facts and wheel of life. Just wonder, if crying words of our President Br. Larry Laznovsky "We are going through the spiral of death" were really proper during celebration of 140 anniversary of Sokol Organization in front of 800 enthusiasts present at 21st Sokol slet in Chicago in June of this year. Why only 800 people there? Why Sokol has only 4500 members now, which is only one third of members from 20th years of last century? Sokol Organization has only 2500 juniors now and acting desperately under economy pressure opening membership to the public, means loosing its ethnic ground, granted in 1865 in St. Louis by Czech and Moravian emigrants to this Organization. At that time, 14 thousand sokols were organized in 125 organizational Units each with own building, representing big political power in this country. Real estate was cheap at that time true, but people were much poorer than present Sokol aging generation. Our leadership missed the boat, when after 1989 doors opened for very close cooperation with Prague COS, suffering also after communist oppression. There was a great opportunity to cooperate more closely in building of global Sokol brotherhood and Sokol modern renaissance of Tyrs and Fugner ideas of modern today's world, as a result. Ideas of students exchange, courses of Czech language for American business, cultural exchange and more close cooperation with Czech Embassy somehow missed minds of our leadership. People who suggested this, were brushed off by established Sokol older generation which is complain today about "spiral of death", caused actually by stubborn, unrealistical approach to new emigration waves. Remembering words of New York Sokol leadership in 1968 to interested newcomers "You guys from communist country do not understand Sokol". Pardon my language; most of us were raised in Sokol till 1949 by you and communists were smart enough to

adopt your ideas into their new named organizations like Svazarm, Spartkiada or Club of Czech tourists surviving under communist regime. Fact is that a lot of liberal political ideas grew in those organizations and backfired against communists later on.

Instead off, you opened doors of Sokol to anybody from the street which does not understands meaning of Sokol, like Sokol executive Br. Mike Dropka admits publicly.

So, on the edge of spiral of death, we are singing Czech and Moravian songs, while eating hamburgers and drinking diet cokes or 7Ups. Our children don't have any ties; melting pot is effectively working to the death of good ideas.

Last question remains--" who is waiting to grab it an assets of Sokol, built in this country by hard working emigrants, most of those from not always financially high leveled background people from former Czechoslovakia"?

Paul A Burda

Obituary

Today we mourn the passing of a beloved old friend, Mr. Common Sense. Mr. Sense had been with us for many years. No one knows for sure how old he was since his birth records were long ago lost in bureaucratic red tape.

He will be remembered as having cultivated such value lessons as knowing when to come in out of the rain, why the early bird gets the worm and that life isn't always fair. Common Sense lived by simple, sound financial policies (don't spend more than you earn) and reliable parenting strategies (adults, not kids, are in charge).

His health began to rapidly deteriorate when well intentioned but overbearing regulations were set in place. Reports of a six-year-old boy charged with sexual harassment for kissing a classmate; teens suspended from school for using mouthwash after lunch; and a teacher fired for reprimanding an unruly student, only worsened his condition.

Mr. Sense declined even further when schools were required to get parental consent to administer aspirin to a student; but, could not inform the parents when a student became pregnant and wanted to have an abortion.

Finally, Common Sense lost the will to live as the Ten Commandments became contraband; churches became businesses; and criminals received better treatment than their victims.

Common Sense finally gave up the ghost after a woman failed to realize that a steaming cup of coffee was hot, she spilled a bit in her lap, and was awarded a huge financial settlement.

Common Sense was preceded in death by his parents, Truth and Trust, his wife Discretion, his daughter Responsibility, and his son Reason, Two stepbrothers, My Rights and Ima Whiner, survive him.

Not many attended his funeral because so few realized he was gone. If you still remember him, pass this on; if not, join the majority and do nothing.



XIV. všesokolský slet

Na těchto stránkách budete nacházet aktuální informace o přípravách XIV. všesokolského sletu. První akce Pracovní předvedení hromadných skladeb se uskutečnila 11.12.2004 v Sokole Královské Vinohrady. Známe hlavní sletové akce, je zpracován, zatím jen orientační, harmonogram sletových akcí vč. hlavních sletových dnů v r. 2006.

V současné době cvičenci hromadných skladeb mají možnost vybrat si tu "jejich" skladbu na základě videokazety nahrané na Pracovním předvedení, kterou má k dispozici každá župa a i některé tělocvičné jednoty. Známe i první odhady účasti cvičenců Zahraniční obce sokolské.

Byli jmenováni vedoucí Ústředních cvičitelských sborů jednotlivých hromadných skladeb, připravují se první ústřední nácvikové srazy skladeb.

V plném proudu je příprava slavnostního zahájení sletu spojeného s akcí SOKOL GALA. Zahájení připravujeme do haly SAZKA ARÉNY tak, aby se ho mohli zúčastnit všichni cvičenci hlavních sletových dní v červenci 2006.

Součástí hlavních sletových dní bude i tradiční průvod, kulturní vystoupení sokolských souborů, propagační akce v různých částech Prahy atd. (viz Harmonogram XIV. sletu)

Slet připravuje "pracovní sletový tým" vedený starostou ČOS bratrem Jaroslavem Bernardem (viz Sletový pracovní tým).

Příprava sletu není jednoduchá záležitost, ale všichni se budeme snažit, aby i tento slet se všem líbil a sloužit k propagaci činnosti ČOS. Sokolský slet je vyvrcholením šestileté sokolské činnosti, a proto zveme všechny k účasti na jeho přípravě i realizaci.

Ukažme celé republice i Evropské unii, že Česká obce sokolská je organizací s moderním programem pro každého.

Miroslav Vrána
náčelník ČOS

Sokol v USA slaví 140 let

Sto čtyřicet let od svého vzniku si připomíná Americká obec sokolská, jejíž 800 členů v úterý večer v Chicagu zahájilo 21. slet. Sportovní akce vyvrcholí koncem týdne hromadnými skladbami pro 500 cvičenců.

Dějiny obce začaly v St. Louis tři roky poté, co Miroslav Tyrš založil v roce 1862 sokolské hnutí. Nynějších 4500 členů je třetinou základny v dobách rozkvětu koncem 20. let minulého století.

Sokol má 2500 žáků do 16 let s předběžným členstvím a otevírá se veřejnosti. Mladí už většinou česky nemluví, ale zdraví se Nazdar! a na akcích zpívají české a moravské lidové písně.

Sokolové slaví výročí Tyršova domu

Pražští sokolové budou mít o tomto víkendu důvod k oslavám. Přesně před osmdesáti lety byla dokončena stavba Tyršova domu, jenž je dodnes jejich hlavním sídlem.

Malá Strana - Osobitým spojením moderní architektury a starých šlechtických paláců je areál Tyršova domu. Jeho slavnostní otevření v květnu 1925 bylo velkou událostí pro celé Československo. Slavnostního průvodu se tehdy zúčastnilo čtrnáct tisíc lidí.

Masaryk vylezl na střechu

Myšlenku na zbudování Tyršova domu osobně podporoval i prezident Tomáš Garrigue Masaryk. „Sám byl totiž členem Sokola, a tak na stavbu finančně přispíval,“ řekl Jiří Němec z České obce sokolské (ČOS). Podle jeho slov si prezident vyžádal, aby si mohl celý areál prohlédnout ještě před jeho slavnostním otevřením.

„Masaryk si v Tyršově domě prohlédl doslova každý kout. Dokonce ve svých pětasedmdesáti letech velmi energicky vylezl až na jeho plochou střechu,“ dodal Němec. Součástí nového komplexu budov byl například první krytý bazén v hlavním městě a rovněž šedesát metrů dlouhá tělocvična. „Ta je svou rozlohou dokonce větší než hlavní sál Lucerny,“ upozornil Zdeněk Bartůněk z ČOS, jenž se zabývá historií Tyršova domu. Bazén i tělocvična patřily při povodni v roce 2002 k nejpoškozenějším částem celého areálu. Například v tělocvičně, jejíž oprava byla dokončena v letošním roce, dosahovala voda až do výšky sto sedmdesáti centimetrů. Některá místa v Tyršově domě však stále na svou opravu čekají. Zadní nádvoří včetně poškozené balustrády by mělo být opraveno do roku 2006, kdy se v Praze uskuteční XIV. všesokolský slet.

Oslavy osmdesátého výročí otevření Tyršova domu přichystali členové Sokola již na tuto sobotu. K vidění tu bude například ukázka historického cvičení z roku 1925 či čtyři skladby, jež byly vytvořeny pro příští všesokolský slet. Lidé, kteří se v sobotu na Malou Stranu vypraví, si budou moci rovněž prohlédnout výstavu historických fotografií a také filmový dokument z roku 1925, jenž zachycuje atmosféru slavnostního otevření.

Kameny z Řípu i Kriváně

Součástí oslav bude rovněž začátek akce nazvané Expedice Kameny 2005. Ta má připomenout šest míst, z nichž byly v roce 1923 přivezeny základní kameny ke stavbě Tyršova domu. „Kameny, které byly zazděny do stěny tělocvičny, pocházejí například z Řípu, Kriváně či slovinského Triglavu,“ řekl Jiří Němec. „A právě z těchto hor chceme do Prahy přivést jiné, menší kameny a slavnostně je tu uložit,“ dodal.

Foto popis| TYRŠŮV DŮM SLAVÍ. Zdeněk Bartůněk z České obce sokolské stojí na střeše Tyršova domu, odkud si před osmdesáti lety právě dokončený komplex prohlížel i prezident Tomáš Garrigue Masaryk.

Recommended reading:

Czech-American Historic Sites Monuments, And Memorials Miloslav Rechcigl, Jr.

ISBN 80-7329-069-3

Tato kniha byla vydána podporou Výzkumného záměru

Filozofické fakulty Univerzity Palackého v Olomouci

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Dr. Milan Henzl-dedicated Sokol friend

By Sabin Russell

Milan R Henzl, a Czech-born obstetrician and gynecologist who led the development of a variety of women's health products at Syntex Corp. in Palo Alto, died Sept. 26 after a year long battle with cancer. He was 77. Dr. Henzl was working in the Bay Area on a postdoctoral fellowship at Stanford University and Syntex in 1966 when Soviet troops invaded his native Czechoslovakia. He and his young family stayed put in Palo Alto, and Dr. Henzl went on to become a research scientist at Syntex and a professor of obstetrics and gynecology at Stanford.

At Syntex, where he eventually was named executive medical director, Dr. Henzl participated in the development of the "mini-pill," a low-dose oral contraceptive. He later developed the antifungal drug butoconazole, or Femstat, which is used to treat yeast infections, and Nafarelin, or Synarel, a treatment for the painful gynecological condition known as endometriosis.

He was the first to conduct clinical trials that determined that Syntex's most important product, the anti-inflammatory drug Naproxen sodium, could also be used to relieve severe menstrual pain. Naproxen sodium is now sold over the counter as Aleve.

He retired in 1996, two years after Syntex was acquired by Swiss pharmaceutical giant Hoffmann-La Roche. Dr. Henzl grew up in a time of political turmoil in Czechoslovakia. During World War II, he was drafted into a troop of teenagers responsible for pulling dead bodies out of buildings destroyed in air raids. After the war, he graduated from Palacky University medical school in Olomouc, and later earned his Ph.D. from Charles University in Prague.

During his career, he wrote 140 articles in peer-reviewed scientific journals, and wrote 14 books, monographs and textbook chapters. He was awarded the Slovak Ob-Gyn Society Stefanik Memorial Award for Excellence in 1999, and the Trapl Memorial Award and Medal for research and preventive medicine in 2000.

He was an avid hiker both in Europe and the United States. Family lore is that he spent his honeymoon in hiking boots, trekking with heavy backpacks from the High Tatras to the Carpathian Mountains.

A history buff who collected antique books, swords, maps and statues, Dr. Henzl was also a long-time supporter of the San Francisco Opera and Symphony.

He is survived by his wife, Vera M. Henzl of Palo Alto; his brother, Ctibor of the Czech Republic; a daughter, Renata Henzl Mullen of Menlo Park; a son, David of San Anselmo; and six grandchildren.

Memorial service was at Stanford Memorial Church. Donations may be made to the Helena Henzl Memorial Fund for Young Women in Science, Office of Medical Development, 770 Welch Road, Suite 400, Stanford, CA 94305. The fund was founded in memory of his daughter, a dedicated research scientist, who died in 1987.



September Picnic at Chabot Lake Park.

Fall was in the air, when just 19 hardy members and friends of Sokol gathered under the tall trees of Turtle Picnic area in Chabot Lake Park, on a sunny Saturday, 17th of September. Gone is the bright green of the adjoining grassy slope that protects our site from the wind, grass has turned to hey, its golden hue betraying origins of the name of our "Golden State".

Only a few wasps braved the smoke from a hot charcoal pit, trying to share a piece of barbecued meat with us. Chicken drumsticks, pork steaks, beef brochette, sausage, hot dogs were slowly cooking, enough for everybody, sharing being a part of the game.

Though disappointed at the low attendance, we were pleased to welcome several newcomers – a family from Newark, represented by three generations, and a young lady, Debra J. of San Francisco, who treated us to a carrot cake. We hope to see them at the future Sokol events.

Our energetic organizer, Georgina Teyrovsky, engaged us all in singing the Czech, Moravian and Slovak folk songs; we were straining our voices through 32 tunes.

We would appreciate input from our members and friends, as to what can make our picnic attractive to more visitors. The park is easy to find, parking close to our site, the \$5 parking fee can be avoided by parking on the road. You can use the BBQ, (Sokol takes care of the fire), bring ready to eat food, or walk to the small kiosk nearby to buy a simple meal.

Zdenek Vernak.

Old Friend

Around the corner I have a friend
In this great city that has no end,
Yet the days go by and weeks rush on,
And before I knew, a year is gone

And I never see my old friend's face,
For life is a swift and terrible race.
As in the days when I rang his bell,
And he rang mine,

If, we were younger then,
And now we are busy, tired men.
Tired of playing a foolish game,
Tired of trying to make a name.

"Tomorrow" I say "I will call on Jim"
"Just to show I'm thinking of him."
But tomorrow comes and tomorrow goes,
And distance between us grows and grows.

Around the corner - yet mile away,
"Here's a telegram sir--"
"Jim died today."

And that's what we get and deserve in the end.
Around the corner, a vanished friend.

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[Signature]

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Sokol Committee Meeting is every second Tuesday, every month at 7:30 PM in
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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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Deadline for contributions WINTER December 31 with a publication date January 31

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Deadline for contributions SUMMER May 31 with a publication date June 30

Deadline for contributions FALL September 30 with a publication date October 31

ANNUAL MEETING

and lunch for Sokol members on December 3, 2005.

PLACE: Unity recreation Center, 20121 Santa Maria Castro Valley, CA

Program: 10 A.M. doors open.

10:30 starts the meeting:

Minutes of 2004 meeting will be read,

Election of officers 2006,

Discussion will follow.

12:30-1:30 Lunch: Svickova na smetane, knedlik,

prepared as courtesy to Sokol by Mr. Jerry Sedivy, owner of D.J.'Bistro in Concord on 1825 Sutter St.

Please, participate a show your membership interest and support.

Board of Directors of Sokol San Francisco Inc.

ST. NICOLAS PARTY FOR CHILDREN.

Presented by Sokol San Francisco Assoc. is planned from 2:00 till 5:30 on Saturday, December 3, 2005 at Unity Church Recreation and the preschool rooms at 20121 Santa Maria Ave. Castro Valley, CA 94546

The mothers of attending children are asked to bring some cookies and drinks for children.

The children will be able to perform: singing, playing on music instruments, reciting poems, or dancing.

Encourage your child or grandchild to show their talents!

Then the St. Nicolas will appear in person accompanied by the Angel. Each child will sit on Santa's lap and receive a gift from St. Nicolas. We encourage the parents and grandparents to have ready a wrapped gift for their child, which Saint Nicolas will give to each child. Have the name of the child written on the box. Sokol San Francisco wants to maintain the European tradition of celebrating the life of St. Nicolas, a beloved archbishop of Nicola, who lived in 4th century.

During the Czech and English Christmas carol singing of Sokol Chorus, with the accompaniment on piano of Sister Ivanka Linhart from Soulsbyville, children will be served ice cream and cake.

Bring your camera so your child can have a treasured photo taken with St. Nicolas and the Angel. It will be a most joyful afternoon for children!

The whole afternoon and gifts are contribution to our children by San Francisco Sokol Association.

NOTE:

Sokol has arranged a new room for meetings:

Bay Area Executive Offices, located at 533 Airport Blvd. Suite 400, Burlingame, CA has booked the following dates for 4th floor conference room use on the second Tuesday of each month from 7:30pm to 9:30pm.

Excluding the months of July, August & December

Nov. 8, 05

Jan. 10, 06

Jun. 13, 06

Feb. 14, 06

Sep. 12, 06

Mar. 14, 06

Oct. 10, 06

Apr. 11, 06

Nov. 14, 06

May 9, 06

