American Sokol
Sokol San Francisco

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



VĚSTNÍK

WINTER
2005



SOKOL SAN FRANCISCO OFFICERS & COMMITTEES 2006

President: Frank Dlask
1st Vice-President: Georgina Teyrovsky
2nd Vice-President : Zdenek Vernak
Vice President Emeritus: George Spanek
Secretary: Shirley Gangelhoff, **Assistant to Secretary**: Debra Jacob
Treasurer: Jarmila Dlask
Financial Secretary: Paul A.Burda
Věstník Design & Editors: Milan Dusatko; Paul A. Burda, Debra Jacob
Educational Director: Peter Linhart, Dr. Eugene Slavoj, Frank Picha
Comitee for New Members: Jara Dusatko(director), Milan Dusatko, Debra Jacob
Women's Director: Ivanka Linhart, Jara Dusatko(assistant)
Men's Director: Peter Linhart
Public Relations Director: Peter Linhart(director), Milan Dusatko, Zdenek Vernak
Auditing Committee: Dagmar Rus, Marta Sehnal or Jara Dusatko
Budget & Finance Committee: Edmund Teyrovsky (Chairman), Paul Burda, Milan Dusatko, Ladislav Zrzavy Zdenek Vernak,
Reconciliation Committee: Edmund Teyrovsky, Zdenek Vernak
Committee to correct Some Czech Wrongs: Edmund Teyrovsky (Chairman), Georgina Teyrovsky, Zdenek Vernak, Frank Dlask(ex-officio), Frank Picha
Entertainment Committee: Georgina Teyrovsky(chairwomen), Jara Dusatko, Zdenek Vernak, Karel Stipek, Marta Stipek, Vaclav Hrdina
Film Committee: Paul Burda, Milan Dusatko, Jara Dusatko, Debra Jacob, Karel Stipek, Marta Stipek,
Zupa Representative: Paul Burda, Frank Dlask (ex-officio) Peter Linhart, Ivanka Linhart
Sokol Legal Advisors: James Frolik Jr., Attorney, Ondrej Kojnok, Attorney

Phone & E-mail List:

Name		Phone	E-mail
	cell	415.203.3745	
Burda Paul	home	925.830.4542	adrub1@earthlink.net
Dlask Frank & Jarmila	home	650.327.8656	
Dusatko Milan & Jara	home	408.830.9310	jmdusatko@gmail.com
Gangelhoff Shirley	home	650.349.2981	wsgangelhoff@comcast.net
Jacob Debra		415.216.5591	debrajacob@att.net
Linhart Peter & Ivanka	home	209.588.9259	
Picha Frank	home	925.935.4203	afpicha@pacbell.net
Spanek George	home	650.340.8737	georgespanek@comcast.net
Stipek Karel Martha		650.354.2008	katkawin@comcast.net
Teyrovsky Edmund,	home	510.327.8656	teyrovsky@sbcglobal.net
Georgina	fax	510.583.0562	
Vernak Zdenek	home	650.341.8117	dennver@msn.com
Zrzavy Vladimir	home	707.996.0154	ladazr@aol.com

"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"

Tyrs

CALENDAR OF EVENTS AND SOKOL DUES 2006

February 4, 2006 Saturday at 5:00 P.M.	Board Members Dinner	Basque Cultural Center 599 Railroad Ave. South San Francisco, CA
March 3, 2006, Friday	Sokol Masaryk's Dinner Dance	Basque Cultural Center 599 Railroad Ave. South San Francisco, CA
May 27, 2006, Saturday	Sokol Picnic	Chabot Lake
September16, Saturday	Sokol Picnic	Chabot Lake (tentative)
October 20, 2006, Friday	Dinner/Dance	Basque Cultural Center 599 Railroad Ave. South San Francisco, CA
December 2, 2006, 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 Childern's Party 2:00 P.M. to 5:30 P.M.	Unity Building Recreation Area, 20121 Santa Maria, Castro Valley, CA
December 29, Friday 2006,	End of the Year Dinner/Dance	Basque Cultural Center 599 Railroad Ave. South San Francisco, CA

Thank you for your donation 2005 : $447.90 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 PAYYMENT:	KEEP FOR YOUR RECORDS:
2006 Dues are $25 **Membership Dues $.....** **Donation/Contribution.....** **Name:.....** **Address:.....** **City:.....State:....Zip:.....**	**Sokol San Francisco Dues 2006** **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:_____

Childern:_____

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:_____

Dear American Sokol Member,

It's a New Year and time for payment of our membership dues of 2006. It is unfortunate that some of you have still not paid your membership dues of 2005. We are enclosing a Sokol membership list that you can review to see if your dues are current. Sokol appreciates your support and encourages you to become an active member now and in the coming years.

Sokol's goal is to bring together people of different ethnic backgrounds in the Bay Area by organizing social events heavily attended by nonmembers, who are becoming active supporters of our organization, and Sokol Friends. Sokol is also participating in and helping to organize cultural activities with other organizations. This year we are planning to participate in the Sokol "slet" in the Czech Republic, and we are working closely with our mother lodge (ASO) in Chicago. There have been several articles in our *Vestnik* about how Sokol began in this country. Maybe some of you met a long-time friend at a Sokol event in the past.

Some of you might not know how this American non-profit Sokol is organized. For example, our Unit is part of a family of units on the West Coast called the Pacific District, together with Units in Los Angeles and Fresno, and Headquarters in Chicago. So our dues support not only our Unit, but also the entire organizational structure. Obviously, there are Units on the East Coast, Midwest and in the South.

You are supporting a quality organization for only $25 per person, per year. We need this support for our *Vestnik* quarterly publication so that we can publish important news and articles that keep you informed. Our work is voluntary, with minimum expense; we donate our time for social events and free activities for children. Obviously, a tax-deductible donation is welcomed because it supports our Unit directly (consult your tax advisor regarding taxes).

The benefits to our active members include discounts at our social events, dances and dinners. We gratefully appreciate your generous support and we will see you at an upcoming event soon. Your suggestion for our future work is encouraged and greatly appreciated. Please write to us, or e-mail. Tell your friends about Sokol and encourage them to become members, too.

Paul A. Burda
Financial Secretary

P = paid NP = no payment

Last Name	First Name	Address	City	ST	Zip Code	Dues 2004	Dues 2005	Dues 2006
Benesh	David Lee	1821 15th St. # 2	San Francisco,	CA	94103-5539	P	NP	NP
Bochenek	Jarmila	755 Raymundo Ave.	Los Altos,	CA	94024-3139	P	P	NP
Burda	Paul A.	213 Westvale Court	San Ramon,	CA	94583	P	P	P
Cambus	Vladka	121 Lakewood Rd.	Walnut Creek,	CA	94598-4720	P	P	NP
Cambus	John	121 Lakewood Rd.	Walnut Creek,	CA	94598-4720	P	P	NP
Chase	Kamila	87 States St.	San Franisco,	CA	94114	P	NP	NP
Chase	Brian	87 States St.	San Franisco,	CA	94114	P	NP	NP
Cheever	Evelyn	37653 Glenmoor Dr.	Freemont,	CA	94536	P	P	NP
Cheever	Stanley	37653 Glenmoor Dr.	Freemont,	CA	94536	P	P	NP
Chromy	Henrietta	1319 Speers Ave.	San Mateo,	CA	94403	P	P	P
Crichton	Dagmar	1873 Greenwitch St.	San Francisco,	CA	94123	P	P	NP
Dlask	Jarmila	451 Santa Margarita Ave.	Menlo Park,	CA	94025	P	P	NP
Dlask	Frank	451 Santa Margarita Ave.	Menlo Park,	CA	94025	P	P	NP
Duffey	Blanche	249 W. Poplar Ave.	San Mateo,	CA	94402	P	P	P
Dusatko	Jaroslava	1001 Evelyn Ter. E. # 168	Sunnyvale,	CA	94086	P	P	P
Dusatko	Milan	1001 Evelyn Ter. E. # 168	Sunnyvale,	CA	94086	P	P	P
Forsythe	Mildred	700 Laurel Ave. # 882	San Mateo,	CA	94401-4104	P	P	NP
Frolik	Ashka	654 Oregon St.	Sonoma,	CA	95476	P	P	NP
Gangelhoff	Shirley A.	1319 Speers Ave.	San Mateo,	CA	94403	P	P	P
Gangelhoff	Tami M.	248 C 36th Ave.	San Mateo,	CA	94403	P	P	P
Goupille	Vera	879 Partridge Ave.	MenloPark,	CA	94025-5215	P	P	NP
Goupille	George	879 Partridge Ave.	Menlo Park,	CA	94025-5215	P	P	NP
Goupille	Stephan	879 Partridge Ave.	Menlo Park,	CA	94025-5215	P	P	NP
Hackworth	Arthur	21741 Santa Bella Place	Cupertino,	CA	95014	P	NP	NP
Hegeman	Beth Schmid	2824 Marina Drive	Alameda,	CA	94501-1634	P	NP	NP
Hintnaus	Dagmar	8409 Ranchita Way	Fair Oaks,	CA	95628-6122	P	P	NP
Hlasny	Eva M.	524 Mar Vista Dr.	Monterey,	CA	93940	P	NP	NP
Holubar	Marie	300 5th St.	Petaluma,	CA	94952	P	P	P
Horn	Standa	158 N. Sunnyvalle Ave. # 16	Sunnyvale,	CA	94086	P	P	NP

MEMBERSHIP DUES PART 2

Last Name	First Name	Address	City	ST	Zip Code	Dues 2004	Dues 2005	Dues 2006
Horn	Vera	800 N. El Camino # 203	San Mateo,	CA	94401	P	P	P
Hrdina	Vaclav	20287 John Dr.	Castro Valley,	CA	94546	P	P	NP
Husak	Henry	19447 Victona Court	Sonoma,	CA	95736-3847	P	P	NP
Jacob	Debra	5656 Ocean View Dr.	Oakland,	CA	94618		P	NP
Janku	Jana	10 Villanova Ln.	Oakland,	CA	94611	P	NP	NP
Janku	Jan	10 Villanova Ln.	Oakland,	CA	94611	P	NP	NP
Kemr	Joan	476 32nd Ave.	San Francisco,	CA	94121-1724	P	P	P
Kent	Bedrich	231 Via Gayuba	Monterey,	CA	93940	P	NP	NP
Knedlik	Jirka	3428 Auburn Blvd.	Sacramento,	CA	95821	NP	NP	NP
Kozler	Helena	176 Corte Anita	Greenbrae,	CA	94904	P	P	NP
Kryska	Eva	1120 Newell Rd.	Palo Alto,	CA	94303		P	NP
Kucera	Jiri	21901 Monte Ct.	Cupertino,	CA	95014	P	P	NP
Kucera	Vlasta	539 Hillcrest Rd.	San Carlos,	CA	94070-1920	P	P	NP
Kucera Jr.	Jan	21917 Oakview	Cupertino,	CA	95014	P	P	NP
Linhart	Pete	P.O. Box 1172	Soulsbyville,	CA	95372	P	P	NP
Linhart	Ivanka	P.O. Box 1172	Soulsbyville,	CA	95372	P	P	NP
Livingston	Helenka	19617 Forest Ave.	Castro Valley,	CA	94546	P	P	NP
Livingston	David	19617 Forest Ave.	Castro Valley,	CA	94546	P	P	NP
Livinston	Dan	19617 Forest. Ave.	Castro Valley,	CA	94546	P	P	NP
Machacek	Victor	1655 Funston Ave.	San Francisco,	CA	94122	P	P	NP
Mikes	Karel	115 Los Vientos Way	San Carlos,	CA	94070	P	P	NP
Mikes	Lida	115 Los Vientos Way	San Carlos,	CA	94070	P	P	NP
Miksa	Frank	7 Royston Walk	Pleasant Hill,	CA	94523	P	P	NP
Miksa	Miroslava	7 Royston Walk	Pleasant Hill,	CA	94523	P	P	NP
Mikus	Helen	P.O. Box 94	Fayetteville	TX	78940	P	P	NP
Milner	Blanche	1500 Held Dr. # 67	Modesto,	CA	95355	P	P	NP
Mlynek	Ludvik	1225 Warner Ct.	Lafayette,	CA	94549	P	NP	NP
Mrowka	Helena	P. O. Box 620576	Woodside,	CA	94062-0576	P	NP	NP
Nemec	Rita	1521 Saint Alphonfus Way	Alamo,	CA	94507-1570	P	NP	NP
Nemec	Jan	1521 Saint Alphonfus Way	Alamo,	CA	94507-1570	P	NP	NP
Picha	Alena	650 Newhaven Ct.	Walnut Creek,	CA	94598	P	P	NP
Picha	Frank	650 Newhaven Ct.	Walnut Creek,	CA	94598	P	P	NP
Rosicky	Jaroslav	16714 Selby Dr.	San Leandro,	CA	94578	P	P	NP
Rus	Dagmar	628 Newlands Ave.	San Mateo,	CA	94403	P	P	NP
Rus	Ruda	628 Newlands Ave.	San Mateo,	CA	94403	P	P	NP
Sehnal	Marta	7415 Alpine Road	La Honda,	CA	94020	P	P	P
Sieber	Albert	231 Auburn Ave.	Santa Cruz	CA	95060		P	NP
Sikl	Libuse	418 Patricia Ave.	San Mateo,	CA	94401	P	P	P
Skapa	Kamil	894 S. Flamingo Court	Denver,	CO	80246-2323	P	NP	NP
Skoda	George I.	3400 Princeton Way	Santa Clara	CA	95051-5526		P	NP
Skubna	Marcelle	616 Even St.	Napa	CA	94559		P	P
Slavoj	Desider E.	22 Ord Ct.	San Francisco,	CA	94114-1417	P	P	NP
Smerhovska	Jirina	2440 15 th St.	San Francisco,	CA	94114	P	NP	NP
Snajberk	Milena	916 Regal Road	Berkeley,	CA	94708	P	P	NP
Snajberk	Karel	916 Regal Road	Berkeley,	CA	94708	P	P	NP
Spanek	George	1425 Broadway Sw. # 11	Burlingame,	CA	94010	P	NP	NP
Sredl	Henry J.	P.O. Box 1029	Center Harbor	NH	03226-1029	P	P	P
Stipek	Karel	22420 A Walnut Cir.N.	Cupertino,	CA	95014		P	NP
Stipek	Martha	22420 A Walnut Cir.N.	Cupertino,	CA	95014		P	NP
Strolena	Jindra	1050 Park Place	Pleasant Hill,	CA	94523	P	P	P
Sullivan	Eugenia	P.O.Box 9651	So. Lake Tahoe	CA	95731	P	P	NP
Teyrovsky	Edmund	26563 Durham Way	Hayward,	CA	94542	P	P	NP
Teyrovsky	Georgina	26563 Durham Way	Hayward,	CA	94542	P	P	NP
Tomanek	Tomas	26612 Durham Way	Hayward,	CA	94542	P	P	NP
Tomanek	Angie	26612 Durham Way	Hayward,	CA	94542		P	NP
Vernak	Zdenek	2724 Mason Lane	San Mateo,	CA	94403-2613	P	P	P
Vernak	Helena	2724 Mason Lane	San Mateo,	CA	94403-2613	P	P	P
Zrzavy	Lada	654 Oregon St.	Sonoma,	CA	95476	P	P	NP

Sokol's Saint Nicolas Children Party

In the old tradition of San Francisco Sokol Association there was the Saint Nicolas Children's' party held at Preschool quarters of Castro Valley on Saturday December 3, 2005. December 6th is the celebrated saints day.

Our celebration started with two boys performing. First was Matthew Feddersen (age 12) who played expertly on the piano "Carol of the Bells", traditional.

The second one was Kenny Livingston (age 12) who was playing solo on the trumpet Christmas carols: "Good King Wenceslas", "Joy to the World", and "We Wish you a Merry Christmas" with poise and self assurance,

After the performance, the majestic and pompous Saint Nicolas entered in red garments of the bishop, accompanied by the youthful angel, shining in white. Saint Nicolas told the history of the historical saint. St. Nicolas was originally the bishop and later archbishop of Myra in Byzantine Empire in 4th century A.D. He was from a noble and rich family and loved to give gifts to everybody, particularly to the poor. From his great riches he succeeded, he gave away all his property by the end of his life. His giving attitude impressed people so much that there has been a gift giving tradition between all people established in all Christian nations around the world, - ever since on December 6th.



Julia, in role of angel has been charming the San Francisco Sokol Children Party with her presence for last six years. She is living now in Portland, Oregon and she flies to San Francisco Bay Area each year to assist of our Saint Nicolas in welcoming all little children present at our party.

When Saint Nicolas sat down the angel started to pass him gifts, which carried names of children. Each child rested on St. Nicolas' knee and answered questions given by St. Nicolas: How good they were, if they cleaned their teeth, how did they obey their parent and if they prayed as they were told. Each child loved to rest on his lap and enjoyed receiving gifts from him. The parents and grandparents enjoyed taking photos of their offspring with St. Nicolas and the angel. Afterwards, children lined up to receive gifts from Sokol Association from hands of the Saint.

The singing of the Czech Christmas carols followed with Sister Ivanka Linhart behind the piano and Sis. Jarka Dusatko leading Sokol chorus singers. In the meantime, children enjoyed a delicious cone of ice cream and cake. All people present sang Christmas carols together in Czech with the singers to their heart's desire touch. Carols like "Nesem Vám noviny", "Půjdem spolu do Betléma", "Narodil se Kristus Pán" and many more, sounded joyfully through the building.

Like every year, it was a delightful affair all together! Sokol gives thanks to Br. Peter Linhart and Sis. Ivanka Linhart who made such a party possible, excellent and enjoyable! We are also thankful to Br. Edmund and Sis. Georgina Teyrovsky for arrangement of school building for such a delightful event.

Georgina Teyrovsky

Summary of the San Francisco Sokol Minutes of Annual General Meeting
On December 3, 2005.

President Dlask called the meeting to order at 10:35 A.M. with twenty-one members present. The minutes of the last Annual Meeting of December 4, 2004 were approved.

1. Reports of Officers:

Financial - Brother Burda presented a detailed financial report of Sokol San Francisco from January-October, 2005.

Membership - Brother Burda reported that we have 84 members, half male and half female.

Entertainment – Sister Georgina Teyrovsky reported that on March 3, 2006 would be the Masaryk Dinner/Dance at the Basque Cultural Center. There will be a picnic in May at Lake Chabot Park. There will be the Independence Dinner/Dance on October 20th and at the end of December there will be the Year-end Dinner/Dance at the Basque Cultural Center. We will start the film program of old Czech movies in 2006.

2.New Business:

Budget 2006 was discussed.

A new Constitution and Bylaws from ASO had been presented and discussed.

Brother Peter Linhart informed us of the Slet XIV to be held in Prague in 2006. List for participation had been circulated.

Dagmar Rus reported for the Audit Committee on excellent order of Sokol San Francisco financial books.

Election: A list of nominees was presented. After corrections, vote was taken and the motion as presented carried.

The meeting adjourned at 12:15 pm.

Shirley Gangelhoff, Secretary

Sokol Dance at the Basque Cultural Center

October 21, 2005

The Czechoslovak Republic was established on October 28, 1918. San Francisco Sokol members are not forgetting the anniversary, but we celebrate in our own way by gathering at the Basque Cultural Center in South San Francisco for an evening of dancing, varied entertainment and friendly conversation. Our friends came in from different corners of the Bay Area, and beyond.

With an evening of a live music by the Edelwisse band, we welcomed 51 guests.

An exclusive pair of dancers – James Kleinrath and Melody Singleton -treated us to a perfect rendition of Tango, Foxtrot, Quickstep, Samba, Waltz, American and English Swing. James and Melody are no strangers to us, but not everybody knows that they started competing as amateurs in 1997, and they have won many championships in California and Nevada. They were the U.S. National Champions in the Senior Smooth division six times and six times were finalists in the Senior Standard Division.

During the second intermission our own Sokol Choir sang for us a number of Czech and Moravian songs. The very flexible musicians quickly learned tunes that were new to them and accompanied our singing group, soon joined by the enthusiastic volunteers from the audience. We all know the folksongs: "Teče voda," "Teče," "Boleráz," "Boleráz," "Nestůjte mládenci pod okny," "Čerešničky," "Na těch panských lukách." Sister Georgina Teyrovsky had a good idea to distribute the music sheets, so it was easy for us at the tables to sing along with the 14-member Choir, led by Sister Jarmila Dusatko.

The jolly atmosphere of our evening reached its highest peak during popular "snake dance," when everybody joined hands and a long string of dancing Sokols snaked between and around the tables. When the whirl stopped, a member of the Edelwisse led us in the funny and a little foolish "chicken dance" until we, tired but happy, reverted into a sentimental goodbye song.

Those who attended are well aware that our infrequent gatherings are much more than ordinary evenings of dance and dining. One charming lady (Georgina's daughter) observed: "We have created here, in California, at the end of a continent, a little country away from our own country, where we can feel at home."

Georgina Teyrovsky / Zdenek Vernak./Debra Jacob



Sokol Silvestr 2005

On this wet and cold evening of December 30, 2005, we doubly appreciated the close-by parking the Basque Cultural Center has to offer. The spacious ballroom, cool at first, soon filled with the hum of conversation of 93 voices, ranging in ages from 11 to 91, as we tried to exchange the latest news since our last meeting. Round tables for eight act as great socializers - it's easy to speak to each other in a friendly circle.
Unless you are a newcomer to Sokol Dinner & Dance events, you know well the popular music band "Alpiners USA", performing under the leadership of Joe Domitrowich, whose European roots are evident in his interpretation of Czech and German music. This "technician of accordion" is assisted by Matthew Medeiros, an excellent drummer, and Fred McCarty - a winner of numerous awards as a singer, composer and a band leader. They helped our group of volunteer singers to sail successfully through six, mostly Czech, folk songs. Before long a number of guests, sitting at the tables, joined the chorus. This evening was permeated by especially friendly atmosphere, everyone seemed to be in a good mood. The "snake dance", renamed by one of the musicians "a promenade", attracts ever more participant, this time our huge ballroom was not long enough for all the dancers, so Helenka Livingston led us in ever expending circles, we even shocked the kitchen personal by running through their kingdom. I am sure they never witnessed anything like that before. Georgina commented: "The mood was hilarious from that moment on. The dancers felt free to dance anything and created their own steps and movements. And the dinner of fillet mignon or chicken breast was the very best, so far."
My wishes of a happy New Year 2006 go to all our members and friends who take time to stay informed of our activities, help with an encouraging word, suggestion, or critique, contribution and at the very best: by active membership in Sokol. There is much more to organizing our gatherings, be it a picnic or a dance, than meets the eye. Let me take this opportunity to thank a handful of Sokol Board members, who invest more time and effort than anyone else, to secure the hall and music or a picnic site: Georgina and Edmund Teyrovsky, Paul Burda, Milan and Jara Dusatko, Frank Dlask and a handful of others. Any Sokol members who is willing to help with planning and executing Sokol activities is welcome, just talk to any one of those named above, or come to our meeting, held every second Tuesday of the month, except July and August.

Until next time, Zdenek Vernak

For 20th anniversary of death of Czech greatest poet of the modern time.

IN MEMORIAM
JAROSLAV SEIFERT

Píseň Novoroční

Když měsíc už se přesune
přes půlnoc novoroční,
nekoukej, chlapče, po luně
a nový život počni.

Tohle si vždycky říkávám
v té noci čarodějné.
Když začne rok, ach, jaký klam,
všechno je opět stejné.

A tak jsem žil, tak žiji dál
a předsevzetí zchladne.
Z toho, co jsem si předsevzal,
nic už mne nenapadne.

Oslíka jsem měl vždycky rád,
byl pokorný a chudý.
Ježíškovi šel zadýchat
prokřehlé jeho údy.

Tak hodný chtěl jsem taky být,
jak tohle zvíře boží,
jež vodu pije a zná žít
jen z bodláčí a hloží.

Tak jsem letos Kristu dých
na jeho zkřehlé dlaně.
Ježíšek smutně hlavu zdvih
a děl mi zadumaně:

Kdepak jsi hochu zase byl,
jak je tvá vůle vratká!
A já se s hanbou odplížil
od jeslí Jezulátka.

Letter to the Editor

Dear Editor:

Brother Paul Burda's article referencing the "spiral of death" of Sokol in the Fall 2005 newsletter reminded me of the general apathy of many 30-40-year-old contemporaries of mine who have either moved here from the Czech Republic (or other Eastern European countries), or were born here of Czech parents, like myself. There is a strong tendency among many in this age group to shed their Czech cultural identity and embrace the American fast-food, fast-life style. So few are willing to stand up and say "I am Czech and this is what has made me artistic, imaginative, intelligent and beautiful." A "40-something" I met recently is a perfect example of what I am describing. He has rejected his roots and vows never to return to his country again. "What did they ever do for me?" he said. When people hear his accent and ask him kindly where he's from, this makes him angry and he answers "I'm American. I'm not from anywhere else." I couldn't believe my ears when I heard this. I asked him how it's possible that he could separate himself from his country. "Aren't you proud of your heritage?" I asked. His attitude is extreme but it reminds me a bit of my own parents who wanted nothing to do with the "old country" after moving here. They wanted to become Americanized, too, and fit in. They wanted opportunity and a chance to succeed. But the difference is they kept their traditions. My mother cooked only Czech and Slovak food until I was about 14. We drove out of our way to shop at Bandik's, a Slovak grocery store in the mostly poor Braddock neighborhood of Pittsburgh (Pennsylvania)—not because we couldn't get to a supermarket; this is where my parents could speak Czech and Slovak with the butcher and the people who shopped there. We went to shows of the Duquesne University Tamburitzans, and danced to polka music in our living room at home. We bought host for our Christmas Eve supper from the local nuns near our parish. I learned how to do intricate embroidery to sew the birds and flowers of Czech folk art. I am very lucky to have experienced all of this and wish there were more Czechs in the Bay Area who want to preserve these traditions, especially on holidays. A strong Sokol would help me and others preserve our cultural identity, while still being loyal Americans. There are plenty of other ethnic groups who make a point of celebrating their traditions, and have strong unity. Czech Americans must learn to be as proud and willing to identify their art, film, writings and other creativity as Czech-inspired. I make a point, when I meet people, of mentioning my heritage. There is always a positive reaction, especially if they have been to Prague. So, as a child of immigrants who has, of late, been "eating hamburgers and drinking diet Cokes" after knowing the rich Czech traditions, the demise of Sokol makes me sad, too, but there are people out there, like me, who want to help preserve it.

Debra Jacob

Láska zašifrovaná v notách

Zdeněk Fibich

Marcela Kolomacká, Americké Listy čtvrtek 27.října 2005

Na počátku milostného života slavného českého hudebního skladatele Zdeňka Fibicha byly dvě sestry — Růžena a Betty, dcery mlynáře z Jilemnice. Trochu to připomíná osud jeho slavnějšího kolegy Antonína Dvořáka, i když příběhy se od sebe poněkud liší.

Ve Dvořákově případě šlo o dvě dcery zlatnika Čermáka. Do starší Josefiny, která byla v době jejich seznámení známou operní zpěvačkou, se vášnivě zamiloval. Ona však nehodlala spojit svůj život s tehdy ještě neznámým hudebníkem, a tak vše skončilo svatbou Antonína Dvořáka s její mladší sestrou Annou.

Zdeňka Fibicha (21. 12. 1850 až 15. 10. 1900) zpočátku zaujala starší dcera jilemnického mlynáře Hanuše — Betty, neboť zpívala v Praze v české opeře a spojoval je zájem o hudbu. S největší pravděpodobností však nešlo o vášnivé vzplanutí, jako tomu bylo ve Dvořákově vztahu k Josefině, ale o přátelství a porozumění.

Lyrická Růženka

Fibichovi bylo tehdy devatenáct let a o letních prázdninách roku 1869 se vypravil do Jilemnice. V té době už měl za sebou studia na gymnáziu ve Vídni a na Malé Straně v Praze a začal se vzdělávat v hudbě, která ho zajímala stále více. Na návštěvě v Jilemnici však poznal i mlynářovu mladší dceru — Růženku, snivou a lyricky naladěnou dívku, s níž se sblížil. Romantický vztah trval několik let, během nichž se Zdeněk Fibich po umělecké stránce značně vypracoval, Když se měl vydat na jednu z delších cest do zahraničí, rozhodl se: oženi se a Růženka pojede s ním. Svatba se konala v roce 1873. Fibich získal poměrně výhodné místo učitele hudby a vypadalo to, že mladí manželé stojí na prahu šťastného života.

Betty nahradila svou sestru

Stal se však pravý opak. Rok po svatbě se jim narodila dvojčata, chlapeček nepřežil ani první den svého života, holčička sice zůstala naživu, ale zato těžce onemocněla její matka. Růžena zemřela krátce po porodu a na smrtelné posteli požádala svou sestru Betty, aby ji v roli matky a manželky nahradila. Tak se Betty, která byla o čtyři roky starší než Fibich, stala jeho druhou ženou.

Napřed vše nasvědčovalo tomu, že Fibichovo druhé manželství bude mít šťastnější průběh. Narodil se jim zdravý syn Richard a nějakou dobu spokojeně žili v bytě v Ostrovní ulici v Praze. V pražské společnosti byli považováni za dokonalý pár, oba byli v té době už známými umělci, navzájem uznávali svou práci. Betty si vybudovala v české opeře velmi dobrou pozici. Její manžel pro ni vytvořil několik roli — například Donnu Isabellu v Nevěstě messinské. Ale pak to přišlo: do života Zdeňka Fibicha vstoupila mladá dívka.

Dvojí život

Anežka Schulzová napřed chodila k Fibichovi na hodiny klavíru, později na lekce z hudební kompozice. Brzy se ukázalo, že nejde o běžný vztah učitele a žákyně. Jednoho letního večera Fibich nedokázal udržet své city na uzdě. Když Anežku doprovázel domů, vyznal jí na Žofíně lásku. Bylo mu tehdy dvaačtyřicet a jí čtyřiadvacet. Anežka pocházela z vážené rodiny. Byla dcerou novináře a spisovatele Ferdinanda Schulze a neteří Julia a Eduarda Grégrových. Kromě toho, že se stala zdatnou pianistkou, zabývala se i dalšími činnostmi, které byly v té době u mladých dam neobvyklé. Psala divadelní kritiky do ***Zlaté Prahy*** a ***Květů*** a později se věnovala tvorbě libret k operám Zdeňka Fibicha (Pád Arkuna, Sárka, Heda).

Zdeněk Fibich se do Anežky zamiloval natolik vášnivě, že se rozhodl porušit veškerá společenská tabu, která byla v té době velmi přísná. Několik let žil „dvojím životem". Neobvyklé situace si začínalo všímat i jejich okolí. Například profesor Karlovy univerzity estetik Otakar Hostinský, který býval častým hostem u Fibichů, vše vycítil a po mnoha letech situaci popsal těmito slovy:

„V prvním okamžiku bylo mi všechno to záhadou, nerozřešitelnou záhadou, a ji to zůstalo do jisté míry až podnes....

Na hromádce

Nakonec se Zdeněk Fibich rozhodl, že se od rodiny definitivně odstěhuje a bude žít s Anežkou, i když k rozvodu se neodhodlal. Anežčiny rodiče napřed úplně vyděsila společensky neúnosná situace. Trpěla tím hlavně její matka. Dlouho se nemohla rozhodnout, jaké stanovisko má k situaci zaujmout. Skladatel ji však přišel prosit, aby mu dovolila s Anežkou žít. Dokonce před ní poklekl a žádal, aby vzácný cit neničila společenskými konvencemi.

Matka nakonec pochopila, že nejde o žádné chvilkové vzplanutí, ale o opravdu mirnořádný vztah, a souhlasila, i když ji asi přitom lehko být nemohlo. Dobře věděla, že život „na hromádce", který je dnes zcela běžný, ale tehdy byl ve vyšších společenských vrstvách považován za naprosto skandální, nebude pro její dceru lehký, I když šlo o mladou nezávislou intelektuálku a umělkyni, což Anežka nepochybně byla. Anežčini rodiče zřejmě nadřazovali hudebního génia nad osobní život. Zdeněk Fibich totiž prohlašoval, že bez Anežky není schopen napsat. ani notu. Nakonc se mu podařilo žít s Anežkou v bytě v Pštrossově ulici.

Zašifrovaná kočička

Betty byla pochopitelně situací velmi roztrpčená. Vždyť její manžel si přece nemohl stěžovat oním banálním způsobem, jak to mnohdy muži dělají, že „mu jeho žena nerozumí". Kdo jiný se mohl více vyznat v urněleckém světě než ona? Byla uznávanou operní pěvkyní a všude se k ní chovali s úctou. Co tedy mohla dát Anežka Fibichovi víc než ona? Samozřejmě lásku. V manželství Zdeňka Fibicha s Betty bylo sice mnoho úcty a porozumění, ale láska nikdy. Vždyť bylo uzavřeno na základě slibu umírající . ,

Fibichův cit k Anežce byl natolik silný, že prostupoval celé jeho dílo té doby. Zvláště se projevil v cyklu skladeb Nálady, dojmy a upomínka. Jsou velmi erotické — v notách je ukryto všechno, co spolu milenci prožívali. Zdeněk Fibich si psal na titulní listy skladeb tajné šifry.

Většinu z nás asi překvapí, že se luštěním těchto znamének zabýval i neblaze proslulý ministr školství Zdeněk Nejedlý, ovšem v době, kdy ještě nevstoupil na politickou scénu a živil se muzikologií. Podařilo se mu zjistit, že Anežka je v šifrách uváděna jako C, což znamenalo Čiči (kočička). Objevil také, že některá písmena znamenají jednotlivé části těla, například U jsou ústa, Vl vlasy a N pochopitelně ňadra — u tohoto písmena bylo dokonce připsáno, že je nutno dvakrát hrát. Fibichovu lásku k Anežce lze vytušit i v ladění jiných skladeb. Jde zejména o známý Poem, který se původně jmenoval V podvečer a vystihoval plně tehdejší skladatelovu náladu.

Antické drama

Konec životů všech tří lidí, které osud svedl dohromady na sklonku 19. století, si mnoho nezadal s údělem antických hrdinů z dramat Jaroslava Vrchlického, která Fibich zhudebnil Zdeněk Fibich se nedožil ani padesátky. Na podzim roku 1900 se vážně nachladil a po týdnu prožitém v horečkách ho zradilo nemocné srdce. Premiéra opery Pád Arkuna, jejíž děj se odehrává ve 12. století v Dánsku a vyjadřuje symbolicky bezmocnost člověka v boji proti osudu, se konala tři týdny po skladatelově smrti.

Fibichova velká láska Anežka ho přežila o pouhých pět let. Pohroužila se prý do soukromí, s nikým se nestýkala a buď v jejich společném bytě čekala na smrt, nebo si ji sama přivolala. Manželka Betty zřejmě svému muži nakonec odpustila, neboť chodila často na jeho hrob na Vyšehradě, ale netrvalo to dlouho. Zemřela rok po manželově smrti.



Varied exercises best to help slow aging

Strength training and flexibility exercises clearly become increasingly important as you get older to help prevent weakness, bone loss, stiffness, and falls. Now research suggests that aerobic exercise is also crucial as you age to help keep you active and energetic.

In an eight-year study published in Circulation in August 2005, researchers from Johns Hopkins University evaluated changes in aerobic capacity—the amount of oxygen consumed during exercise—in 810 people ages 18 to 87. On average, that capacity declined 3 to 6 percent per decade during people's 20s and 30s, and more than 20 percent during their 70s and beyond. People with low aerobic capacity tend to walk slowly, tire easily, and have trouble exercising—all of which makes it harder to remain independent. However, this study indicates that doing regular aerobic exercise, such as brisk walking or cycling, can partly or even fully prevent those declines. In inactive people, it can actually boost aerobic capacity 15 to 25 percent—the equivalent of shaving 10 to 20 years off your age.

Our fitness consultants recommend the following mix of exercises for people in their 50s and older:

■ **Aerobic exercise.** Four to five sessions per week. In general, aim for 30 to 60 minutes of moderate activity or 20 to 30 minutes of harder exercise. Time-saving tip: Any brisk walking or stair climbing you do in the course of your daily activities counts toward your aerobic quota.

■ **Strength training.** Two sessions per week. (Despite the increased importance of such exercise for middle-aged and older people, they need more rest between sessions than younger individuals, who can do three sessions a week.) For the average person over age 50, one set of 8 to 15 repetitions per workout for each major muscle group should suffice.

■ **Flexibility.** Make time to gently stretch your major muscle groups at least two to three times per week, particularly before and after aerobic sessions and after strength training. ■

Arthritic joints: Moving keeps you mobile

■ If you have arthritis, making the effort to get those creaky joints moving can help you stay active and preserve your ability to live independently.

Researchers at Northwestern University in Chicago analyzed data on about 5,700 older adults with arthritis or rheumatism. In the study, published in 2005, participants who indicated that they didn't exercise regularly were nearly twice as likely to lose their ability to perform everyday tasks during the next two years; those tasks included cooking, grocery shopping, managing money, and even walking across a room, dressing, bathing, and using the toilet. The finding persisted even after the researchers controlled for many other factors likely to cause physical decline. Moreover, exercise appeared to preserve physical function regardless of the participants' initial capabilities or limitations.

Previous research has shown that exercise helps people strengthen arthritic joints, maintain their flexibility, and, by burning calories, limit the weight they must bear. Experts generally encourage people with arthritis to do low-impact activities, such as brisk walking, cycling, water aerobics, and swimming, although the specific regimen should be designed by a health-care professional. Postpone your workout when you experience flare-ups, and stop exercising if you feel any pain. ■

Winter workouts: How to keep fit when it's cold

With a little creativity, you can maintain your fitness despite the wet or cold wintry weather—and even start an exercise routine you can take outdoors when the weather improves.

■ **Buy fitness toys.** Use dumbbells or resistance tubing to build strength; a jump rope, step bench, or weighted hula hoop mainly for aerobic fitness. For stretching and strengthening, try a stability ball.



A weighted hula hoop offers a good aerobic workout.

■ **Invest in a workout machine.** A CONSUMER REPORTS survey published in January 2005 found that readers were more likely to use a treadmill than other big-ticket fitness items. Cross-country ski machines, elliptical exercisers, and stationary bikes with movable handlebars can also provide a good aerobic workout. For strength training, consider a home gym.

■ **Get a workout video.** The free Collage Video catalog lists hundreds of videos. Call 800-433-6769 or go to *www.collagevideo.com*. You can also rent videos or borrow them from the library.

■ **Climb stairs.** Take the stairs whenever possible—or even do a full workout on them. (If you have knee problems, ride the elevator down.)

■ **Clean house.** Vigorous housework can get your heart rate up, and it counts toward your daily exercise quota.

■ **Join a gym or a tennis or volleyball league.** Smaller gyms or workout studios may let you buy a block of workout sessions without full membership.

■ **Get outside.** If it's not icy, take a brisk walk, ride a bike, or go cross-country skiing. Dress in layers—but avoid cotton, which retains moisture. ■

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