American Sokol
Sokol San Francisco

GYMNASTIC ASSOCIATION SOKOL
SAN FRANCISCO
EDUCATIONAL AND PHYSICAL
ORGANIZATION



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VĚSTNÍK

SPRING
2006

XIV. VŠESOKOLSKÝ SLET 2006

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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"

Tyrs

Almost 20,000 due to take part in Sokol physical exercise gathering in July

[06-04-2006] By Ian Willoughby

The Sokol physical exercise organization, founded in 1862 during the Czech national revival, is one of the oldest associations of its type in the world. Plans have just been announced for the 14th Všesokolsky Slet (All-Sokol Meeting), a gigantic gathering which takes place every six years. Eighteen thousand people are due to take part in the 2006 Slet, which is being held in the first week of July at the Evzen Rosicky stadium at Prague's Strahov. The modern era of Sokol began with its revival after the fall of communism; I spoke to the organization's Dr Vladimir Dostal and began by asking him: what shape is it in today?

"We are talking 15 or 16 years after the Velvet Revolution, so Sokol is now a very popular and I think one of the greatest sports and sports for all organizations. We mustn't forget that it's also a cultural organization. At this time we have approximately 200,000 members."

Around a tenth of them are going to participate in July in the Sokol Slet, or Sokol Meeting. How often is the Slet held and how important is it to the movement?

"Traditionally the slets are organized or have been organized in six-year periods: the last one was held in 2000, now in 2006 we have organized the 14th one...We are talking about the great mass of our members, we mustn't forget the rest of those who don't participate.

"But anyway, it's a certain milestone for our movement; thousands of gymnasts are preparing, not only for the Slet at Strahov but for regional, district and other smaller slets, which will be held before the Slet at Strahov."

A couple of years ago I visited the London Sokol - I'm interested how many branches of Sokol there are outside the Czech Republic, and how many members are you expecting to come here in July for the next meeting? "We expect good participation from abroad, mainly from the Sokols from the states with traditional Sokol organizations - I am talking about American Sokol, Canadian Sokol, as well as from Western Europe, namely Sokol Paris, Sokol Vienna, and the Serbian or Slovenian Sokol for example.

"Besides that we expect participants from non-Sokol countries, such as Spain, Portugal, Brazil and many others."

Sokol has been in existence for almost 150 years. What does the future hold for the organization? And is there enough interest from young people today to sustain the movement?

"Sometimes the general public thinks that Sokol is only a traditional movement for old people, for seniors, the reality is different. I don't know the percentage exactly, but a great percentage of our members are young people."

For more information go to www.sokol-cos.cz/COS/sokol_en.nsf.

Response of our instructors for XIV Slet 2006:

Thank you for you very complimentary comments. It was our pleasure to come and teach you. We enjoy traveling to different parts of the country and making new Sokol friends.

If by chance there is an extra copy of the "Vestnik" could you mail it to us so we can put it in our scrapbook? You may be interested in going to the website for our Sokol Greater Cleveland. On it you will see pictures of our hall and some of our activities. The address is: www.sokolgreatercleveland.org

We hope to see you in Prague. Until then.....practice, practice, practice.

Jane and Howie Wise

From Page 1:

Group members of American Sokol Pacific District California in practice for Slet calistogenic clinic part " Stara Garda" in Fresno, California, April 2006. (From the left Cheri Riddle, Sokol Fresno; Libby Pelc, Otto Notzl, Sokol Los Angeles; Paul Burda, Peter Linhart, Ivanka Linhart, Ludmila O'Donnel, Jara Dusatko, Sokol San Francisco; in front instructors Howie, Jane Wise from Sokol Cleveland).

CALENDAR OF EVENTS AND SOKOL DUES 2006

May 20, 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

Your thoughtful contribution to the Sokol Organization for our publication is most appreciated.

We are sincerely pleased to acknowledge your $360 gifts as follows:
G.Skoda $ 25, K&M Snajberk $ 50, V. Kucera $ 25, J.Kemr $5, J. Stroleny $75, H. Husak $30, Z.Vernak $ 25, F&M Miksa $100, V.Machacek- $25

March 06, Paul A Burda - Financial Secretary

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.

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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 which 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

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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:_____

Early-bird exercisers sleep easier

If you have trouble sleeping, exercise can help - but doing it right time of day can be crucial.
Researchers at the Fred Hutchinson Cancer Research Center in Seattle assigned 173 women to do either aerobic exercise or stretching plus muscle relaxation. After a year those who did at least 45 minutes of aerobics in the morning were about 70 percentless likely to have trouble sleeping than early birds in the same group who exercised less. But evening exercisers who worked out that much slept worse than the less-active ones in their group. And those who stretched and relaxed were about 30 percent less likely to have trouble sleeping than before the study started, regardless ofwhen they did those routines.
Morning exercise may help adjust the internal dock that governs the sleepwake cycle, theorizes lead researcher Anne McTiernan, M.D., Ph.D. In contrast, evening exercise may hinder sleep by temporarily boosting metabolism and triggering the release of nerve-stimulating hormones. Stretching and muscle relaxation at any time may ease stiffness and aid restfulness, McTiernan says.
For sleep-inducing workouts, follow these guidelines:
Start with a short warm-up, such as jogging in place, and briefly stretch your leg muscles. Joints are stiffest and muscles tightest just after you wake up. Then do aerobic exercise, such as brisk walking, bicycling, swimming, or jogging.
• If time permits, do additional stretching of the upper and lower body as well as progressive muscle relaxation, either after the aerobics or later in the day. Progressive relaxation involves lying down, then tensing and releasing each major muscle group in the body while taking deep regular breaths or visualizing a comfortable scene.

Special strength exercises ease neck pain

Strengthening the neck, using a technique that does not require moving the head, effectively relieves chronic neck pain and restores neck mobility, a year long Fininish study has found.
The researchers randomly assigned 180 female office workers who had chronic neck pain and, in many cases, limited neck motion to follow one of three regimens at horne. One group did standard endurance exercises for the neck in which they repeatedly raised their head olf the floor without resistance while lying on their back and then their stornach. Another group did isometric, or static, neck-strengthening exercises, which involve virtually no head movement. Both groups also did standard strengthening exercises for the shoulders and upper arms as well as aerobics and stretching for the whole body to prornote relaxation and blood circulation.
After 12 months of those regimens, both the endurance and the isometric exercisers had far less pain than a control group that did only whole-body aerobic and stretching exercises. And the isometric group had far better neck motion than the other two groups. Previous studies have not shown such long-term improvernent, the researchers report, possibly because of design flaws.
The physical-therapy specialists we consulted said it seems plausible that such exercises would help men, too. If you have chronic neck pain, first see a doctor to check for underlying causes. If none are found, consider talking with either a physiatrist (a physician who specializes in physical therapy) or a physical therapist about isometric exercises like those used in this study, published in the May 21,2003,
issue of The Journal of the American Medical Association.

San Francisco Sokol Dinner Dance in the honor of Pres. Masaryk's birthday

The date was March 3, 2006 in the banquet room of Basque Cultural Center in South San Francisco. The weather was rainy, cold and blustery that night but that's probably why inside the hall of banquet Basque Cultural Center at 599 Railroad St., South San Francisco, one felt warm, cozy and welcome. Right at the entrance every participant received one free door price ticket. The attractive prices were laid on the table: Large cans with plain or chocolate cookies, wines, tempting sweets and such.

Three members of the live music band of Mr. Joe Domitrowich called "Alpines Band" started playing at 7 PM. The band played many dance tunes such as polkas, waltzes, tangos, marches, foxtrots, rumbas, cha-chas, fast waltzes, and the latest dynamic modern tunes during the evening.

Dinner was served at 7:20 with pumpkin soup and salads. The main entrees were served: Filet Mignon with mushroom sauce, Salmon with rice and champagne sauce and Vegetarian Pasta. All were very delicious. The dinner was concluded with vanilla ice cream and coffee. By that time many couples were enjoying dancing. There were 55 participants.

During the first interval, due to our expected special guests, was used for the raffle. Many guests purchased extra tickets (at $1 each). The lucky winners carried their prizes happily to their tables.

The special guests arrived from Los Angeles with the Consul General- Mrs. Gita Fuchsova. The others were from the Ministry of Foreign Affairs of the Czech Republic. Number one was the deputy of the Minister of Foreign Affairs Mr. Pavel Svoboda who spoke a short greeting to the guests. Mrs. Gita Fuchsova, the Consul General of Czech Republic, invited all present countrymen and countrywomen to the Roman Catholic mass recited in the Czech language next day in San Francisco, as an opportunity to meet the special guests from the Czech ministry. The other guest was Mrs. Ivana Holubova the director of American sector of Czech born persons and Mr. Beran the secretary of the Foreign Ministry.

Another special guest from Los Angeles was the bishop Peter Esterka, who also enjoyed with us the singing of Czech national songs: Roznovske hodiny smutne biju, Pridi ty suhajko rano k nam; Beskyde Beskyde kdo po tobe ide, U panskeho dvora nas Vitousek ora, Cechy krasne Cechy me, Ta nase pisnicka ceska, and Lvi silou vzletem sokolim.

Mr. Joe Domitrowich learned the Czech melodies on his accordion and joined the Sokol Chorus in presenting seven songs.

The honorary Czech Consul Mr. Richard Pivnicka and his wife the honorary consul of Slovakian Republic came for a short time also, but regretted, that due to another engagement could not stay longer.

All our special guests, as they wished, joined us in singing. The Sokol Chorus swelled from volunteers, with nice voices, from the various tables to some 25 voices. The reader can believe us, that it was powerful as well as impressive singing.

Right after, followed the "Promenade" to the joyful music of marches and gallops. That's when all able dancers held hands and in a long procession danced vigorously between and around the tables. It united all dancers into one enthusiastic and happy family. Afterwards the Alpine band used the opportunity to play the "Chicken dance" and the variations of the American, Italian, Mexican, Russian, Chinese, and Israeli styles. It created a very festive dancing and elated mood.

The Alpine band played enthusiastically till 11 PM. At the end of the dancing crowd milled around and chatted excitedly not ready to go home, as the cheerful atmosphere lingered. Our special guests expressed their delight at witnessing the joyful president Masaryk's Sokol celebration in San Francisco.

Georgina Teyrovsky

Thanks to Georgina an Edmund Teyrovskych for wonderful party:

Sincere thanks for a party you provided on March 25,2006,Georgina is hosting every year for Sokol members and its friends. More than forty attending guests enjoyed friendly and homey atmosphere of comfortable Teyrovskych home. Variety of dishes and beverages served were delightful.
Mud of all guests lighted up spontaneous singing of Czech, Moravian and Slovak folklore songs and piano playing of a lady guest. Georgina spent time to organize and copied of all songs into the bounded book available to every guest.
Everybody admired Georgina's and Edmund energy and money they are spending for such an events every year.
Thanks again and many happy and healthy returns!

Editor

"The Little Girl on Czech Stamps"

Sis. Teyrovsky brought her painting of the first President T.G. Masaryk to the Sokol Masaryk's celebration on March 3, 2006. It was an impression of the photograph taken in 1928. It appeared on the stamps in Czechoslovakia 10 years later and again in about 2000. It was a very famous and well-known snapshot with a very small girl in a national Czech costume in the president's arms. He had tears in his eyes. His dream of children proudly wearing Czech costumes was at last fulfilled.

We all wondered, what became of that "little girl on the stamp" as difficult, even tragic times befell on our small, fatherland.
In the "American Listy" in February 16, 2006 issue appeared the article about her. Her name is Eva Hankova, who just celebrated her 80th birthday. She emigrated to USA in 1950 with her husband Ladislav Hanka. Now they live in the city of Kalamazoo in state of Michigan. They have a son Ladislav and a daughter Jana and now even have grandchildren. Her husband is a well known microbiologist in the field of curing cancer. They often travel to the Czech republic. Even though Mr. Hanka has been already retired for 20 years, he is bringing the medicines for the cure of leukemia which he discovered into Czech hospitals.

The oil painting of President Masaryk with the small girl in the Czech national costume, is always on display at Masaryk celebration. It was painted by Georgina Teyrovsky as a gift to San Francisco Sokol Association about 1990. At that time the association owned the Sokol building in San Mateo.
However, the board of Sokol directors at that time declined to hang the painting permanently in the Sokol building with words: "It could be easily lost!" or "someone would like it too much! Just bring it at each Masaryk's celebration, for everybody to see it and take it back home!" And that is exactly what is being done ever since.
So our wish to learn about the "Little girl in President Masaryk's arms in 1928 was fulfilled.

By: Georgina Teyrovsky

KARLOVA UNIVERSITA, JEJI ZALOŽENÍ A DALŠÍ OSUDY

Podle článku Františka Hezoučkého"Zamyšlení nad následky Dekretu kutnohorského"z 18. ledna 1409 " publikovaného v Britských listech 23. ledna2006 (**http://www.blisty.cz/2006/1/19/art26624.html**) pro Věstník vybral, volně upravil a závěrečnými paragrafy doplnil František Pícha

Dne 26. ledna 1347 bylo vydáno ustanovení papeže Klimenta, povolující Karlu IV. založit v Praze universitu a Karel IV. ji pak listinou ze 7.dubna 1348 zakládá. Díky ní bylo u nás ve 14. století nepoměrně víc vzdělanců_ než jinde ve střední Evropě. Bohužel další osudy university už nebyly tak slavné. Jeden ze zlomů byl zřejmě Dekret kutnohorský , kdy po jeho vyhlášení 18. ledna 1409 odešlo z pražské university "čtyř národů"(českého, polského, saského a bavorského, kde měl každý národ jeden hlas), z protestu na 60 profesorů a asi 1000 studentů. Češi tím získali tři hlasy a cizincům zůstal jen jeden hlas. V porovnání se zakládající listinou Karla IV, nebo listinou papeže Klimenta, byl Dekret kutnohorský Václava IV document krátkozraký, motivovanýtehdejsími politickými a nabozenskymi spory spíše než dlouhodobými perspektivami university. Jeho iniciátoři, Jan Hus, Jeroným Pražský a Jan z Jesenice ztratili za těchto okolností náboženské i národnostní oponenty, ale z university vymizela myšlenková soutěživost. Pro posouzení, plné znění všech tří dekretů v českém překladu lze nalést na internetu (**http://www.blisty.cz/2006/1/19/art26624.html**).

Období husitské revoluce a dalších historických turbulencí vedlo na universitě ke ztrátě kontinuity. V roce 1417 papež zakázal pražské universitě činnost, protože se přihlásila ke kališnické konfesi a vlastně až do počátku 17.století živořila. A zatímco na Karlově universitě od té dobye xistuje jediná artistická fakulta, university, založené později v okolních zemích, se rozvíjejí. Po porážce protestantských stavů (1620) podstatná část českých vzdělanců ze země odešla. V dobe baroka byla Karolinská universita předána Jezuitům. Roku 1717 byla v Praze založena také technická (inženýrská) studia nejdříve pro vojenské odborníky. Od roku 1784 je na Karlově universitě místo latiny jako vyučovací jazyk zavedena němčina (pro lepší přístupnost německy hovořícím studentům neovladajícím latinu) a omezený počet české inteligence je vzděláván pouze německy. Za těchto okolností není divu, že širší česká vzdělanost po nějaké době zřetelně začala pokulhávat za vzdělaností německou. Až nařízením Františka Josefa I. byla na universitě zavedena čeština. Zákonem č. 24/1882 byla pražská universita rozdělena na dvě části: "Českou universitu Karlo-Ferdinandovu" a "Německou universitu Karlo-Ferdinandovu". Bylo to mimo jiné i díky neutuchajícím snahám našich prapradědů, kteří dobře chápali, že ve vzdělání je síla. Masarykova věta "Chceme-li mít jednu (rozuměj českou) universitu, musíme mít dvě", je bezprostředním dokladem těchto snah.

Všeobecný rozvoj českého vysokého školství po vzniku Československé republiky byl přerušen Druhou sětovou válkou. Uzavření českých vysokých škol (ale i pražské německé university) nacisty v roce 1939 bylo směrováno nejen proti politickému odporu, ale i pro omezení vzdělanosti českého národa. Nevzdělaný národ je odsouzen k druhořadé roli a lze jej i snadněji ovládat. V období komunismu byla Karlova universita, tak jako celé Československo, isolována od Západního světa. Ideologicka omezení postihla především humanitní směry, filosofii, filologii a historii. Přírodní vědy byly komunisty méně dirigovány, ale i u nich dlouhodobá isolace a po ruské okupaci v roce 1968 i násilná sovětizace vedla k postupné degradaci. Vědecká činnost university byla rovněž oslabena zřízením československé akademie věd, která se podle sovětského vzoru měla stát hlavním vědeckým pracovištěm, kde mohli působit i "méně spolehliví" odbornici, jímž nebylo dovoleno vyučovat na universitách.

Po pádu komunizmu a sovětské nadvlády se otevřely nové možnosti pro rozvoj Karlovy university. Bohužel, rezistence zavedených struktur přibrzdila příliv nových pedagogů z řad emigrantů, cizinců i domácích odborníků. Karlova universita tak opět propásla vzácnou příležitost, přiblížit se světové úrovni jak ve vzdělavacím procesu tak ve vědecké činnosti. Dnes, 16 let po nabyti svobody, je Karlova universita ve světovém pořadí řazena do rozmezí mezi 200-300. I v evropskem měřítku je Karlova universita v podstatě provinční institucí, jejíž význam, s výjimkou několika málo oborů, příliš nepřesahuje hranice české republiky. Po většinu své historie tak zůstala daleko od představ jejího zakladatele Karla IV, krále českého a císaře římského, který ve 14. století v Praze vytvořil centrum středoevropské vzdělanosti.

Wolfgang Amadeus Mozart 2006 - 250th Anniversary

Wolfgang Amadeus Mozart (baptized as **Joannes Chrysostomus Wolfgangus Theophilus Mozart**; January 27, 1756 – December 5, 1791) is among the most significant and enduringly popular composers of European classical music. His enormous output includes works that are widely acknowledged as pinnacles of symphonic, chamber, piano, operatic, and choral music. Many of his works are part of the standard concert repertory and are widely recognized as masterpieces of the classical style.

Life

Mozart is said to be one of **the most incredible composers ever.** He began to compose when he was three, and over his life composed roughly 50 different musical pieces.

Family and early years

Mozart was born in the city of Salzburg, the capital of the archbishopric of Salzburg to Leopold and Anna Maria Pertl Mozart. Mozart's musical ability became noticeable when he was about three years old. His father Leopold was one of Europe's leading musical pedagogues (teachers), whose influential textbook *Versuch einer gründlichen Violinschule* ("Essay on the fundamentals of violin playing") was published in 1756, the year of Mozart's birth. Mozart received intensive musical training from his father, including instruction in clavier, violin, and organ.

The years of travel

He extensively traveled through the Europe in 1762-1778

During his trips, Mozart met a great number of musicians and acquainted himself with the works of other great composers. A particularly important influence was Johann Christian Bach, who befriended Mozart in London in 1764–65. Bach's work is often taken to be an inspiration for Mozart's music.

Even non-musicians caught Mozart's attention. He was so taken by the sound created by Benjamin Franklin's glass harmonica that he composed several pieces of music for it.

Mozart in Vienna

In 1781 Mozart visited Vienna in the company of his employer, the harsh Prince-Archbishop Colloredo, and soon fell out with him. According to Mozart's own testimony, he was dismissed - literally - "with a kick in the seat of the pants." Mozart chose to settle and develop his career in Vienna after its aristocracy began to take an interest in him.

Mozart was influenced by the ideas of the eighteenth century European Enlightenment as an adult, and became a Freemason (1784). His lodge was a specifically Catholic rather than a deistic one and he worked fervently and successfully to convert his father before the latter's death in 1787. He was in the same Masonic Lodge as Haydn.

Mozart's life was occasionally fraught with financial difficulty, though the extent of this difficulty has often been romanticized and exaggerated.

Mozart and Prague

Mozart had a special relationship with Prague and its people. The audience here celebrated their Figaro with the much deserved reverence he was missing in his hometown Vienna. His quote "Meine Prager verstehen mich" (*My Praguers understand me*) became very famous in the Bohemian lands. Many tourists follow his tracks in Prague and visit the Mozart Museum of the Villa Bertramka where they can enjoy a chamber concert. In Prague, *Don Giovanni* premiered on October 29, 1787 at the Theatre of the Estates. In the later years of his life, Prague provided Mozart many financial resources from commissions (citation needed).

Final illness and death

Mozart's final illness and death are difficult topics of scholarship, obscured by romantic legends and replete with conflicting theories.
Mozart died around 1 a.m. on December 5, 1791 in Vienna. Some days earlier, with the onset of his illness, he had largely ceased work on his final composition, the Requiem. He was not buried in a "mass grave" but in a regular communal grave according to the 1784 laws.



W. A. Mozart drawing by
Doris Stock 1789

MOZART PRAGUE 2006

Under the auspices of the President
of the Czech Republic
VÁCLAV KLAUS

Under the auspices of the Mayor
of the City of Prague
PAVEL BÉM

The project is supported by
the ministry of culture of the Czech Republic

In 2006 the whole cultural world will remember 250 years from the birth of W. A. Mozart whose life and work are essentially connected, among other places, to Prague. The exceptional position of Prague in the life of W. A. Mozart is proved by his saying "My orchestra is in Prague."

To commemorate this anniversary the project **MOZART PRAGUE 2006** is being prepared. A great number of cultural events held within the regular programmers of the individual organizers as well as unique cultural and social projects will take place during 2006. Mozart of the year 2006 is a musician both classical and modern. His brilliant work will come to life thanks to the performances of leading orchestras and soloists from the Czech Republic and abroad. In order to carry out such an extensive project, major cultural institutions and organizations united, guaranteeing high cultural and professional quality.

The MOZART PRAGUE 2006 project aims to make Mozart's work more than an empty symbol or a superficial knowledge of some of his most popular compositions. In Prague Wolfgang Amadeus Mozart and his music found inspirational acceptance, friendship and admiration. The late 18th century performers devoted their art to his music, which at the same time enriched them as well as the listeners. In 2006 Prague and its visitors will have an opportunity to get to know all Mozart's works connected with Prague and to gain insight into the richness of his music. With this comprehensive project of concerts, theatrical performances, exhibitions and social events Prague will join the other European cities that will remember the anniversary of Mozart's birth and his musical legacy.

New Czech Ambassador Arrives in Washington

Petr Kolar, the new Czech Ambassador to the United States, officially assumed his duties on December 2, 2005. On that day, Dr. Kolar presented his letter of credentials to the President of the United States, George W. Bush.

Ambassador Kolar previously served in Prague as the Deputy Foreign Minister for Bilateral Relations (2003-05), bis postings as Ambassador in the past include Ireland (1999—03) and Sweden (1996-98). In the early nineties, he participated in a training program at the Woodrow Wilson International Center for Scholars.

The new Ambassador is very aware of the special importance and high standards of Czech-American relations and plans to further enhance the already flourishing relationship between both countries.

Message from the Ambassador

Dear Friends,

Let me introduce myself for the first time through our Embassy's "media outlet.' My name is Petr Kolar, and I recently arrived in Washington to serve as the Czech Republic's Ambassador to the United States. As you can read on the cover page, I felt priviledged to be able to hand over my credentials to
President George W. Bush on December 2, thus becoming a full-fledged Ambassador capable of performing my duties in an official manner.

Allow me to sincerely thank my predecessor and friend, Martin Palous, for all he has done during his tenure as Czech Ambassador to the US. I am certain that he has become quite famous in Washington for his personal charm and his passion in advocating issues of importance, such as democracy and human rights. His achievements in fostering Czech - American bilateral relations are numerous, and the result is a remarkably successful and well functioning alliance between the Czech Republic and the United States. I certainly wish Martin Palous all the best in his future endeavors and good luck on whatever his next mission will be.

During my first month in the US, I familiarized myself with my agenda and I also had the opportunity to meet many US citizens (including senior government officials), Czechs living in this country as well as Czech-Americans who found their second homeland in America. Having observed the current state of relations between our two countries. I have a strong feeling that there is one aspect that still needs to be addressed. We have to build on the already excellent relations of the US and the Czech Republic by extending people-to people contacts between the citizens of our countries. This is the best way, in my view, to get to know each other and make the relationship really "personal." I find this task rather challenging. Therefore, I am looking forward to pursuing it as vigorously as I can. In addition to this, I will do my best to further enhance the relations between our countries and work hard for deeper transatlantic relations. I appreciate any assis-stance as well as suggestions that you might have. Last but not least, let me wish you a Merry Christmas and good luck, strong health and prosperity in the New Year.

Very trully yours Petr Kolar

The Czech language Course in Dobruska 2006

If you are interested in learning the Czech language, please be advised that a fourweek course in Dobruska (Czech Republic) will be organized also in the summer of 2006. 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 contribute 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.

Applicants should decide before submitting their final applications whether or not they would like to apply for the self-payers course, as well. The deadline for the applications to reach the Embassy will be the middle of March 2006. For more information, feel free to contact the Cultural Section
of the Czech Embassy in Washington, D.C.
3900 Spring of Freedom St. NW, Washington, D.C. 20008.
fax no. 202.966.8540,
phone no. 202.274.9 127,
E-mail: broskevic@yahoo.com

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Sokol Committee Meeting is every second Tuesday, every month at 7:30 PM in Bay Area Executive Offices, 533 Airport Blvd. Suite 400, 4th floor Burlingame, CA 94010

Sokol & Czech related WEB Pages:

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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



Bill Cosby....what a guy

HE COULDN'T HAVE SAID IT ANY BETTER . . .

Words to Live By (Bill Cosby)!!
Looks like New Orleans is waking people . Cosby is shaking their bed again.
"We Can't Blame White People"
Wed, 7 Sep 2005 15:23:29 EDT
by BILL COSBY
"They're standing on the corner and they can't speak English. I can't even talk the way these people talk:
Why you ain't,
where you is,
what he drive,
where he stay,
where he work,
who you be...
And I blamed the kid until I heard the mother talk. And then I heard the father talk.
Everybody knows it's important to speak English except these knuckleheads. You can't be a doctor with that kind of crap coming out of your mouth. In fact, you will never get any kind of job making a decent living.

People marched and were hit in the face with rocks to get an education, and now we've got these knuckleheads walking around. The lower economic people are not holding up their end in this deal.
These people are not parenting. They are buying things for kids. $500 sneakers, for what? And they won't spend $200 for Hooked on Phonics. I am talking about these people who cry when their son is standing there in an orange suit. Where were you when he was 2? Where were you when he was 12?

Where were you when he was 18 and how come you didn't know that he had a pistol?
And where is the father? Or **who** is his father?
People putting their clothes on backward: Isn't that a sign of something gone wrong?
People with their hats on backward, pants down around the crack, isn't that a sign of something? Or are you waiting for Jesus to pull his pants up?
Isn't it a sign of something when she has her dress all the way up and got all type of needles [piercing] going through her body?
What part of Africa did this come from? We are not Africans. Those people are not Africans; they don't know a thing about Africa. With names like Shaniqua, Taliqua and Mohammed and all of that crap, and all of them are in jail.
Brown or black versus the Board of Education is no longer the white person's problem.
We have got to take the neighborhood back. People used to be ashamed. Today a woman has eight children with eight different 'husbands' -- or men or whatever you call them now.
We have millionaire football players who cannot read. We have million-dollar basketball players who can't write two paragraphs.
We as black folks have to do a better job. Someone working at Wal-Mart with seven kids, you are hurting us.
We have to start holding each other to a higher standard. We cannot blame the white people any longer."

Dear American Sokol Member,
please see below how are your dues paid up to March 2006

	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	P	NP
Bochenek	Jarmila	755 Raymundo Ave.	Los Altos,	CA	94024-3139	P	P	P
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	P
Cambus	John	121 Lakewood Rd.	Walnut Creek,	CA	94598-4720	P	P	P
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	P
Dlask	Frank	451 Santa Margarita Ave.	Menlo Park,	CA	94025	P	P	P
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	P
Frolik	Ashka	654 Oregon St.	Sonoma,	CA	95476	P	P	P
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	P
Goupille	George	879 Partridge Ave.	Menlo Park,	CA	94025-5215	P	P	P
Goupille	Stephan	879 Partridge Ave.	Menlo Park,	CA	94025-5215	P	P	P
Hackworth	Arthur	21741 Santa Bella Place	Cupertino,	CA	95014	P	P	P
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. # 1	Sunnyvale,	CA	94086	P	P	NP
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	P
Husak	Henry	19447 Victona Court	Sonoma,	CA	95476-3847	P	P	P
Jacob	Debra	5656 Ocean View Dr.	Oakland,	CA	94618		P	NP
Janku	Jana	10 Villanova Ln.	Oakland,	CA	94611	P	P	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	P
Kucera	Jiri	21901 Monte Ct.	Cupertino,	CA	95014	P	P	P
Kucera	Vlasta	539 Hillcrest Rd.	San Carlos,	CA	94070-1920	P	P	P
Kucera Jr.	Jan	21917 Oakview	Cupertino,	CA	95014	P	P	P
Linhart	Pete	P.O. Box 1172	Soulsbyville,	CA	95372	P	P	P
Linhart	Ivanka	P.O. Box 1172	Soulsbyville,	CA	95372	P	P	P
Livingston	Helenka	19617 Forest Ave.	Castro Valley,	CA	94546	P	P	P
Livingston	David	19617 Forest Ave.	Castro Valley,	CA	94546	P	P	P
Livinston	Dan	19617 Forest. Ave.	Castro Valley,	CA	94546	P	P	P
Machacek	Victor	1655 Funston Ave.	San Francisco,	CA	94122	P	P	P
Mikes	Karel	115 Los Vientos Way	San Carlos,	CA	94070	P	P	P
Mikes	Lida	115 Los Vientos Way	San Carlos,	CA	94070	P	P	P
Miksa	Frank	7 Royston Walk	Pleasant Hill,	CA	94523	P	P	P
Miksa	Miroslava	7 Royston Walk	Pleasant Hill,	CA	94523	P	P	P

Last Name	First Name	Address	City	ST	Zip Code	Dues 2004	Dues 2005	Dues 2006
Mikus	Helen	P.O. Box 94	Fayetteville	TX	78940	P	P	P
Milner	Blanche	1500 Held Dr. # 67	Modesto,	CA	95355	P	P	NP
Mlynek	Ludvik	1225 Warner Ct.	Lafayette,	CA	94549	P	P	P
Mrowka	Helena	P. O. Box 620576	Woodside,	CA	94062-0576	P	NP	NP
Nemec	Rita	1521 Saint Alphonsus Way	Alamo,	CA	94507-1570	P	P	P
Nemec	Jan	1521 Saint Alphonsus Way	Alamo,	CA	94507-1570	P	P	P
O'Donnell	Ludmila	3424 NE. 35th Ave.	Portland,	OR	97212			P
Picha	Alena	650 Newhaven Ct.	Walnut Creek,	CA	94598	P	P	P
Picha	Frank	650 Newhaven Ct.	Walnut Creek,	CA	94598	P	P	P
Rosicky	Jaroslav	16714 Selby Dr.	San Leandro,	CA	94578	P	P	P
Ruff	Michelle	324 Via La Paz	Greenbrae,	CA	94904			P
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	P
Sikl	Libuse	418 Patricia Ave.	San Mateo,	CA	94401	P	P	P
Skapa	Kamil	894 S. Flamingo Court	Denver,	CO	80246-2323	P	P	P
Skoda	George I.	3400 Princeton Way	Santa Clara	CA	95051-5526		P	P
Skubna	Marcelle	616 Even St.	Napa	CA	94559		P	P
Slavoj	Desider E.	22 Ord Ct.	San Francisco,	CA	94114-1417	P	P	P
Smerhovska	Jirina	2440 15 th St.	San Francisco,	CA	94114	P	P	P
Snajberk	Milena	916 Regal Road	Berkeley,	CA	94708	P	P	P
Snajberk	Karel	916 Regal Road	Berkeley,	CA	94708	P	P	P
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	P
Stipek	Martha	22420 A Walnut Cir.N.	Cupertino,	CA	95014		P	P
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	P
Teyrovsky	Edmund	26563 Durham Way	Hayward,	CA	94542	P	P	P
Teyrovsky	Georgina	26563 Durham Way	Hayward,	CA	94542	P	P	P
Tomanek	Tomas	26612 Durham Way	Hayward,	CA	94542	P	P	NP
Tomanek	Angie	26612 Durham Way	Hayward,	CA	94542		P	NP
Tupy	Dana	13118 La Cresta Dr.	Los Altos Hills	CA	94022			P
Tupy J.	George	13118 La Cresta Dr.	Los Altos Hills	CA	94022			P
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	P

Visit by the Committee for European Affairs of the Chamber of Deputies of the Czech Republic in San Francisco

Circumstances of the recent visit on April 1st by the Committee for European Affairs (named above) left the majority of those who attended—including Sokol members—feeling angry, disappointed and helpless. Apparently, the group of almost 30 people present was very critical about the hideout atmosphere of Café Prague near the former "red-light" district of San Francisco, a place absolutely not suitable for such an event. The criticism is that the event was unworthy for representation of Czech Republic, and many actually felt insulted. Some are also wondering why the new Consul General, replacing our friend Ms. Margita Fuchsova, is not fluent in English and needs a translator to communicate. The "golden nail" of the evening, apparently, was at the end, when guests from Czech Republic were asked to swiftly pay for their meals, for which they had to wait one hour like everybody else present. Interestingly, the organizers quietly left the small room after the introduction and disappeared.

The editor of Sokol Vestnik would like to make it clear that Sokol San Francisco had nothing to do with the failure of this event. We feel compelled to state this in order to protect the reputation of Sokol from any rumors that might be spreading around by those who have assumed that we were the organizers. We were not. Ms. Lenka Leon from San Francisco solicited participation in this event. Because of the traditionally short time for organizing similar actions, American Sokol Organization had been contacted for help to provide e-mail addresses of Sokol members and its friends. Because we are always trying to keep a good cooperation with the General Consulate of Czech Republic with similar events, some visitors wrote to us with complaints, assuming that we were the organizers. Again, we were not.

Officially, the event was organized by the General Consulate of Czech Republic in Los Angeles and by Honorary Consul General of Czech Republic in San Francisco, Richard Pivnicka. His address is in this Vestnik. Group members of the Committee from Czech Republic was as follows: Pavel Svoboda-Chairperson; Sona Markova-Vice-Chairperson; Milan Ekert, Josef Polacek-Members of the Committee; Olga Overdevest-Secretary; Alena Brozkova-Translator. One person on this Committee also represented the Communist Party of Czech Republic.

Please forward all of your valuable comments to General Consulate of Czech Republic in Los Angeles. The address is on the previous page of this Sokol Vestnik.

Thank you. Editor of Sokol Věstník

POEM - Illegal? Immigrants

I cross ocean, poor and broke,
Take bus, see employment folk.
Nice man treat me good in there,
Say I need go see Welfare.
Welfare say, "You come no more,
We send cash right to your door."
Welfare checks, they make you wealthy,
Medicaid it keep you healthy!
By and by, Got plenty money,
Thanks to you, TAXPAYER dummy.
Write to friends in motherland,
Tell them 'come, fast as you can'
They come in turbans and Ford trucks,
I buy big house with welfare bucks.
They come here, we live together,
More welfare checks, it gets better!
Fourteen families, they moving in,
But neighbor's patience wearing thin.

Finally, white guy moves away,
I buy his house, and then I say,
"Find more aliens for house to rent."
In my yard I put a tent.
Send for family they just trash,
But they, too, draw welfare cash!
Everything is very good,
Soon we own whole neighborhood.
We have hobby it called breeding,
Welfare pay for baby feeding.
Kids need dentist? Wife need pills?
We get free! We got no bills!
TAXPAYER crazy! He pay all year,
To keep welfare running here.
We think **America** darn good place!
Too darn good for white man race.
If they no like us, they can scram,
Got lots of room in Pakistan.

SEND THIS TO EVERY TAXPAYER YOU KNOW !

Sokol San Francisco Inc.
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