American Sokol
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
2006

Pacific District in Prague July 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

CALENDAR OF EVENTS AND SOKOL DUES 2006

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 30, Saturday 2006,	End of the Year Dinner/Dance	Basque Cultural Center 599 Railroad Ave. South San Francisco, CA

Donations:
Your thoughtful contribution to the Sokol Organization for our Vestnik publication is most appreciated.
Up to date, we are sincerely pleased to acknowledge **your $594 contributions**. We are thankful to our growing donors:
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, J. Smerhovska-20, Z.Rashkin-45, L.& K.Mikes-$20,
V. Horn- $10, G.Teyrovsky-$50, D.&R. Russ-$10, B. Hegeman-$25, from Sokol picnic 5/06-$54.

September 30,2006, Paul A Burda-Financial Secretary

BROTHERS AND SISTERS: 2006 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, check last page of the Věstník

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

What Sokol Meant To Our Family When I Was Growing Up In Czechoslovakia In Prewar Years

The Sokol Gymnastic Organization had a meaningful impact on the newly created Czechoslovakia on social, physical and moral level in the new republic.

I remember when our family moved to a new family home (when I was 8 years old in 1933) to near Prague then (Prague 9 now) in Jahodnice- Dolni Pocernice area.

Since we wanted to integrate into the local social life the number one step was to attend Sokol gymnastic sessions for all family members. Right away, the whole world of activities opened to us. There was already a large Sokol building in Dolni Pocernice, which was buzzing with activities.

On designated evenings every age group on such evenings had its own cooperative team, which started with calisthenics, then gymnastics on apparatuses (like rings, beams, horizontal bar), and leapfrogging over the buck. Afterward followed competitive or non-competitive games. The evening was concluded with a march around the hall and the singing of national songs, loud and enthusiastically.

Usually, on different days of the week, the Sokol hall belonged to both the men and boys, or to the women and girls, as there were hundreds of participants.

Besides the gymnastic sessions for every age group, there were played daily matches of basketball on the Sokol grounds. Tall, young Sokols were vigorously beating the ball while young maidens gathered around with great admiration of the young Sokol players. The large Sokol field was always busy with practicing young athletes, jumping high, far, and running around the field (about 5 acres in size). Our family's great passion was for tennis playing, and we drove to the courts daily in the summers. We not only played passionately, but stayed for a simple dinner shared by all tennis participants, right on the grounds in a little tennis building.

In the Sokol building contemporary Czech movies were presented every Friday and Saturday, to increase Sokol income.

In summer, there were Sokol festivals held on the grounds, which presented gymnastic exhibitions, teenage dances, and games. There were competitions on all of the gymnastic equipment.

On the basketball field, there were fierce competitions with Sokol units from city units near and far. The victorious team was held in high esteem for the whole year. There were vendor's stalls with numerous tempting souvenirs, merchandise, and kiosks with food, sweets and ice cream. It was a life festival full of people from all walks of life and places. No one wanted to miss it.

In the Sokol building, there were practicing groups with the puppet shows, adult theatre groups and dancing groups. About twice a year, there were Sokol balls with food and snacks. Every age group found some exciting and tempting activities in Sokol to attend and to practice.

I never forgot "Secret Night Expeditions" in which I participated at age 10. It was supervised and directed by Sokol leaders only. At the commencement, we children created a long chain by holding hands and thus we advanced through the pathways, meadows, forests, and hills. At an appointed destination, when the darkness covered the scene, we 10 year olds felt it was the most adventurous undertaking ever. It was very exciting to be without parents in the darkness of the forest.

Even on the way back, there was a lot of giggling, laughing and screaming, mainly when our hands lost the grip of our neighbor, which happened often.

In the summertime there were many camps in the national parks and various locations, where youngsters could spend several weeks in nature, emphasizing physical fitness and healthy way of living through gymnastics.

In winter, I remember participating in the competition on skis, running through snow covered fields and meadows for many kilometers. Though new to this sport I placed myself third, thanks to using the correct breathing system.

On the frozen Dolno-Pocernickem Lake, the winter hockey games were held, always with some neighboring town teams. The spectators surrounded the ice fields, 2-3 persons strong. The enthusiasm for this sport in Czechoslovakia, even now when it is Czech Republic, is well known all over the world. We experienced an interesting episode one day there, thanks to our curious and daring dog, which would make another chapter.

There was also a sale of the tall, young trees. For something like 10 crowns a Sokol member could purchase a new tree and plant it on the Sokol ground. The name of the proud owner was engraved on a brass label and attached to the tree. We were so proud of "our trees" when they were growing.

When we see or hear or read about "gangs on the streets of U.S. cities" doing only mischiefs, we say, "They are missing a Czech Sokol Organization!"

Sokol grounds were in each town, where young people with time on their hands drifted. Sooner or later they became interested in one of these sports. They started to practice and compete. In order to achieve, they stopped smoking and drinking and mostly became enthusiastic Sokols, and athletes.

That's why I say "Hurrah for Sokol!"

Once every 6 years, since 1882, Sokol Organization creates its own unique Slets (gatherings of birds, since Sokol means Falcon). They grew to be an unmatched exhibition of vigor, gymnastics and beauty; a discipline of ten of thousands of gymnasts performed in unison. I had an unforgettable experience as a 6-year-old girl (in 1930). How proud we were of our Sokol Association and of our nation! How excited and elated we all were to be part of such a historical exhibition.

I performed again at 12 as a student in a rhythmical dance performance with big rings. What I remember most from Slet in 1936 is myself marching in the long procession through the streets of Prague. Since every city had its representatives, the procession took many long hours to cover. Since Prague was the host city, we marched last. The spectators spent their energy on enthusiastically welcoming the Sokol participants from far away cities and locations. The spectators along the streets became tired and weary when we walked so their welcoming shouts and yells were weary and tired, but we the young marchers were full of pep, enthusiasm and vigor, so we yelled our "Hurrah" from our full lungs. At the end, of the day, I lost my voice, but I considered that day the most exciting day of my life so far! We were so lucky in our youth to be growing up with the help of the enthusiastic and wonderful movement of Sokol in our old country!

Georgina Teyrovsky



Observations, Reflections and Opinions.

XIV. VŠESOKOLSKÝ SLET 2006

Theme: TUŽME SE
Peter and Ivanka Linhart
Directors of Men and Women, San Francisco Unit

The XIV. all Sokol Slet was held in Prague, Czech Republic on July 1 7, 2006. It was a successful rally of 20,000 Sokol members from 20 countries. The majority of the participants, about 17,000 were from the Czech Republic, the rest came from abroad. The Slet commenced on July 1, with a Sokol Gala featuring various sports activities, and it culminated on July and 6th and 7th at the Evzen Rošický Stadium with some 17,000 gymnasts performing on both days.

For some of us the XIV. all Sokol slet was a golden opportunity to reconnect with Sokol friends who we have the opportunity to see only every few years. Never before has our San Francisco unit sent a contingent of participants to the slet in Prague. This time eight members from our Pacific District traveled and participated. Five were from San Francisco, including Sister Ludmila O'Donell from Oregon, two came from Los Angeles and our District President Cherri Riddle who traveled from Fresno. We proudly upheld our unit by mastering the required routines. Brother Otto Nottzl from Los Angeles did double duty as he performed in Mens Calisthenics as well as with all of us in Věrná Garda, i.e." Ta Naše Písnička Česká". Bravo! What a challenge.

Several members from our Unit chose to stay with relatives, but four of us from San Francisco stayed at the Hotel Dům. The accomodations were clean and comfortable and provided us with a place to sleep and rest between our many practices and performances. When we weren't using the efficient public transit system, we rode the bus that was engaged by the Canadian Sokols to drive the participants to and from all the practices. We are grateful for their willingness to accommodate us, and to share their bus at no extra charge. They were helpful and friendly to us on many occasions. Thank you dear brothers and sisters from Canadian Sokol.

The highlights of the Slet for all of us were the performances held on Wednesday and Thursday. We performed in unison"Ta naše písnička česká" (Věrná Garda), with 2,500 other members. Based on the audience's enthusiastic and welcoming reaction, the sight of so many people performing to the tune of the beloved Czech song by Hašler was very emotional and moving. It inspired both the audience and participants to sing along to the words of the song. The applause we received at the conclusion was thunderous, and it drew all the spectators to their feet, including the President of the Czech Republic Václav Klaus and the writer Ludvik Vaculik. They addressed the entire stadium at the end ofthe slet with their inspiring speeches.

It was unfortunate that so much time was spent on repeated practices, and not enough time was allotted for the participants to take part in the many cultural and other sokol events offered during the slet week. The long and many hours of waiting and standing in the heat sapped our strength. It was especially difficult for many Sokols much older than our group. They courageously endured the hardships for the sake of Sokol and its enduring ideals. Each day we admired their courage, resilience, dedication and good humor. Some even made hats out of newspapers, to shade their heads from the blazing sun. What an example to all of us they were. I thought with pride of my own birth family, many of them Sokols. Some came to watch us perform; I wished that they could all have been there to see me and my wife take part in the slet.

The consensus among all,was that this Slet was very successful. It started with the opening Gala ceremonies at the brand new Sazka Arena, and the slet was ushered in as is customary with the downtown parade. All the Sokols flowed through the main streets of Prague cleared of traffic for the event. People lined the streets as they cheered, wept, and greeted us all, both from the streets as well as from the windows. Many small American flags were given to the people and were graciously and eagerly accepted. What a thrill for us personally when a mother of a Czech exchange student whom we had just met in our town of Sonora recognized us from our meeting in California and came running to congratulate us on our way.

The parade lasted over four hours, ending in the Old Town Square for a final gathering and fellowship of all Sokols. Surprisingly, I observed that there were no flags festooning the buildings to acknowledge this special sokol parade.

After the Slet there was a final event at the Tyršův Dům for all the participants. Merriment and fellowship abounded as we listened to the bands playing beautiful Czech melodies. Many Sokols danced and admired the costumes and musicians. The beer was served and the food was available for those who were able to be there early. Hard to do after our slet performance.

What a thrill to fellowship with our old and new friends on that occasion. A special moment was captured on our photo when we personaily met with the mother and two daughters who introduced us all to the slet practice routines on the video. They were gracious and humble, but proud oftheir achievement and the reception of their work by us who needed their help so much. They were a true inspiration.

We regretted a disregard by COS Executive, at this post-slet social at Tyršův Dům, for the many Slet participants that came from abroad. It may baye been appropriate to recognize their contribution to the slet and to wish them a safe journey home. However, some of us were interviewed and had an opportunity to share our views and impressions on this important event. We also received a gift for San Francisco Sokol in a form of a special book. Thank you.

The Slet is over and flow a fantastic and treasured memory. It was a memorable experience. We have our favorite moments and photos to remind us of yet another slet in our lives. We became closer to many sokols especially those of our own Pacific District. We learned together as the more experienced ones encouraged those of us in new positions and activities. There are awaiting us other slets in USA and lots of sweat, work, and joy before the next XV. Slet in Prague in 2012. The next Slet of American Sokol to be held in Texas in 2009; is already being prepared and beckons us. It is now that we can already decide to participate and make it happen.
We invite all present sokol members ,as well as those who would like to become new members, to be more active and physically fit in mind and body in order to learn well new routines. Our aim is to pass the Sokol torch on to the next generation.

In conclusion we would like to thank the San Francisco Executive Board for their encouragement and support. We could not have done it without them.

NAZDAR!



Another Sokol Memories:

Sokol remembrance of student 4b public school in Prague, who does not like to be named.
(from J. Škvorecký-„ Life of Czech Society", Naše vojsko 1994).
Note: translation of this article in to the English Language will lost its humoristic impression.

V zdravém těle zdravý duch" učil Dr. Miroslav Tyrš, a též můj otec soudí v tom smyslu. Tělo má veliké a velmi zdravé, měřící jedno sto devadesát sedm centimetrů a vážící sto patnáct kilogramů. I zaplál v útlém již věku pro myšlenku sokolskou.

Též já jsem zaplál, avšak zlomíce si nohu při přeskoku roznožmo přes kozu, nemám již tak zdravého těla. Bratr pak, když byl dospěl, odmítl býti více Sokolem. Neboť dorostenci sokolští nuceni jsou vystupovati v krátkých kalhotkách s třásněmi, pro něž Petrovi, jenž jest potápkou, nebo též dle jiných gejblíkem, bylo vytrpěti četná příkoří od Jaroslavy Cuceové, která jest označována za jeho sajdu. Poté odepřel nositi sokolský kroj, řkouce: „Jsem potápkou, a myšlenka sokolská nesnáší se s myšlenkou naší." „Vaší myšlenkou jest chlast," prohlásil otec, jenž ustrojen byl již v kroji, zchystán na župní sokolské cvičení. „Jiné myšlenky nemáte. Kdežto slavnosti naše sokolské jsou reji zdravého ducha."

Poté odebrali jsme se s průvodem na župní cvičení, kde zúčastnil jsem se závodů v pojídání koláče. Nezúčastnil jsem se závodů ve šplhu za vuřty následkem dosud zcela nezhojené nohy. Závod ten konal se na tlusté tyči namydlené mýdlem, již bylo závodícím zlézti. Načež povoleno měli strhnouti zuby jeden z velikého množství vuřtů nahoře zavěšených. Avšak pouze jeden. Avšak když Vocenil dospěl k vuřtům, jsouce synem chudé vdovy, počal trhati a pojídati oproti zákazu větší počet vuřtů. Takže bratr Pořízek, jenž jest sokolníkem, musel vylézti za ním a donutiti ho sestoupiti. Tou dobou však již byl požil sedm vuřtů. Rovněž se konal závod v pití piva, k němuž však Vocenil pro přílišnou nezletilost připuštěn nebyl. Zde pak vavřín vítěze odnesl si bratr Buližník, jenž jest nejtěžším sokolem Jiráskovy župy podkrkonošské, vážíce sto třicet pět kilogramů brutto (bez oděvu).

Též otec cvičil v cvičeních prostných, při nichž ráznými rozmachy paží i nohou ukazovali sokolští muži tělesnou zdatnost, ku konci sborově skandujíce báseň znějící:

Po zemi české slyšet čilý ruch, jenž jaře proudí z vesnic, měst.
Jest v těle zdravém zdravý duch, Hip hurá! Nazdar! Vlasti čest!

V podvečer pak konal se zmíněný již závod v pojídání koláče, jímž slavnost sokolská vyvrcholila. Za tím účelem upekly sokolské dámy koláč borůvkový zvící téměř dvou metrů v průměru. V pečivu tom skryly více než dvacet kovových korun, poblíže středu pak jednu stříbrnou pětikorunu. Cílem závodu byla tato mince, k níž bylo se závodícím projísti. Bohužel sám odpadl jsem záhy, nebot požívši toho dne větší množství tureckého medu, zmrzliny, suku, sladké vaty, párků, vuřtů a okurek, byl jsem již přiliž sytým a projedl jsem se na vzdálenost pouhých dvaceti centimetrů od okraje. Jiní borci projedli se dále. Tak Alois Wagner, syn kováře, projedl se na vzdálenost šedesáti centimetrů, spolknouce při výkonu tom tři kovové koruny a vylomivši si zub. Ještě dále projedl se Pavel Bošek, ten však počal se dusiti mincí, jež zaskočila mu do dírky tzv. koláčové, a musel proto býti dopraven na ošetřovnu, kde ranami do zad byla z něho vypuzena.

Tak jeden po druhém borci vzdávali závod, až setrvali v něm toliko dva, kteří projídajíce se z opačných stran, ocitli se již zcela blízko středu. Tito pak byli Berta Minz, syn velkoobchodníka, a uvedený již Vocenil, syn chudé vdovy. Nepatrný toliko prostor, vyplněný borůvkami, dělil oba soupeře od stříbrné pětikoruny, když tu Vocenil počal jeviti známky únavy, též majíce vztek, neboť po celé délce projedené dráhy nebyl dosud narazil na jedinou minci. Naproti tomu Berta Minz narazil již na sedm, a vidouce soupeře umdlévati, počal se projídati zvýšenou rychlostí, nezdržujíce se již polykáním mincí, nýbrž plivajíce jimi okolo sebe. Již již se zdálo se, že syn obchodníkův odnese si palmu vítězství, když tu Vocenil v posledním úsilí udeřil jej pod koláčem pěstí do žaludku. Ihned Berta Minz, zezelenavši, počal vrhnouti, a zdržení toho využil zákeřně Vocenil, projedl se k středu a pozřel stříbrnou pětikorunu.

Avšak bratr Minz, jenž jsouce otcem vyřazeného závodníka, protestoval proti výsledku, vskutku rozhodnutím starosty bratra Vévody byl vítězem prohlášen poražený Berta Minz. Pětikoruna však nebyla již po ruce, i nařízeno Vocenilovi, by minci tu, až z něho vyjde, předal pravoplatnému držiteli.

A tu druhého dne, když Berta dožadoval se stříbrné pětikoruny, odevzdal jemu Vocenil z nařízení pana učitele Picka dvě kovové koruny a padesát haléřů, řkouce, že více z požité pětikoruny z něho nevyšlo.

Pan učitel udeřil naň velmi, včetně rákosky, avšak Vocenil stál na svém. Pakliže mluvil pravdu, nemá, tuším, tento pozoruhodný jev chemický obdoby v historii sokolských závodů v pojídání koláče.

Picnic September 2006 at Lake Chabot



All Happy Attendees

From George Spanek Vice President Emeritus:

To all Sokol San Francisco members.

Dear President Dlask, brothers and sisters.

I hope you all have spent excellent vacation and are ready to resume another Sokol year 2006-2007.Some of you may not know that I was operated 2 years ago with a infection in my left ear. This procedure left me with a permanent imbalance called Vertigo which forces me to get around with the help of a walker.

I am also residing in a community for seniors named Sterling Court located at 850 North El Camino Real in San Mateo Ca. 94401. My telephone number is 650 340 8737 and my Email is georgespanek@comcast.net . Sterling Court is like a hotel community for seniors, situated in a great location in the center of San Mateo, Burlingame and Hillsborough.

If you are interested, you can see it on their website: http://www.sterlingcourt.com/contact.htm

Any of you Brothers and Sisters wishing to visit Sterling Court, I will be more than happy to show you around I will also show you all the newspaper articles, photo albums and Vestniks my father George Spanek Sr. wrote since 1924 to 1987 when he was secretary of Sokol Paris France, President of Sokol Slavsky Chicago and Sokol San Francisco Brother Dusatko may find some interesting Sokol History to insert in our Vestnik.

Let me also invite you to have a meeting in Sterling Court on in the future Tuesday. We have a large meeting room at no cost to Sokol and refreshment could be served.

I hope to hear from you, especially from the members who attended the Slet in Prague.

Nazdar,

Brother George Spanek

John McCain's remark's about the Pledge of Allegiance !!!

In light of the recent appeals court ruling in California, with respect to the Pledge of Allegiance, the following recollection from Senator John McCain is very appropriate:

"The Pledge of Allegiance" - by Senator John McCain As you may know, I spent five and one half years as a prisoner of war during the Vietnam War. In the early years of our imprisonment, the NVA kept us in solitary confinement or two or three to a cell. In 1971 the NVA moved us from these conditions of isolation into large rooms with as many as 30 to 40 men to a room.

This was, as you can imagine, a wonderful change and was a direct result of the efforts of millions of Americans on behalf of a few hundred POWs 10,000 miles from home.

One of the men who moved into my room was a young man named Mike Christian.
Mike came from a small town near Selma, Alabama. He didn't wear a pair of shoes until he was 13 years old. At 17, he enlisted in the US Navy. He later earned a commission by going to Officer Training School. Then he became a Naval Flight Officer and was shot down and captured in 1967. Mike had a keen and deep appreciation of the opportunities this country and our military provide for people who want to work and want to succeed.
As part of the change in treatment, the Vietnamese allowed some prisoners to receive packages from home. In some of these packages were handkerchiefs, scarves and other items of clothing.
Mike got himself a bamboo needle. Over a period of a couple of months, he created an American flag and sewed on the inside of his shirt.
Every afternoon, before we had a bowl of soup, we would hang Mike's shirt on the wall of the cell and say the Pledge of Allegiance.
I know the Pledge of Allegiance may not seem the most important part of our day now, but I can assure you that in that stark cell it was indeed the most important and meaningful event.
One day the Vietnamese searched our cell, as they did periodically, and discovered Mike's shirt with the flag sewn inside, and removed it.
That evening they returned, opened the door of the cell, and for the benefit of all of us, beat Mike Christian severely for the next couple of hours. Then, they opened the door of the cell and threw him in. We cleaned him up as well as we could.
The cell in which we lived had a concrete slab in the middle on which we slept. Four naked light bulbs hung in each corner of the room.
As I said, we tried to clean up Mike as well as we could. After the excitement died down, I looked in the corner of the room, and sitting there beneath that dim light bulb with a piece of red cloth, another shirt and his bamboo needle, was my friend, Mike Christian. He was sitting there with his eyes almost shut from the beating he had received, making another American flag. He was not making the flag because it made Mike Christian feel better. He was making that flag because he knew how important it was to us to be able to Pledge our allegiance to our flag and country.

So the next time you say the Pledge of Allegiance, you must never forget the sacrifice and courage that thousands of Americans have made to build our nation and promote freedom around the world.

You must remember our duty, our honor, and our country "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."
PASS THIS ON... and on... and on! You can even send it back to me, I don't mind, because its worth reading again

Tena & John

It is hard to decide in November 2006 Election!

August 5, 1995, The New York Times published an article about New World Order by Keith Bradsher, in whitch he wrote:

In a small Swiss city sits an international organization so obscure and secretive. . . . Control of the institution, the Bank for International Settlements, lies with some of the world's most powerful and least visible men: the heads of thirty-two central banks, officials able to shift billions of dollars and alter the course of economies at the stroke of a pen.

In 1992 President Bush Sr. (Republican) and President Clinton (Democrat) supported NAFTA, they also supported GATT, passing Congress even though a majority of American public oppose them. Both Presidents supported „ New World Order". President Bush Sr. signing Agenda 21 document in Rio de Janeiro.

On ABC's television's "Nightline" (July 1, 1998), David Turecamo stated concerning certain international investors, that they can "topple politicians with the click of a mouse.....
who can move huge accounts of money into and out of markets in a nanosecond... . Money knows no allegiance. There is no patriotism." Host Ted Koppel's response to that was, "Wouldn't you know it, when we're the last remaining superpower, it doesn't count anymore. Is that what you're saying?" And Turecamo replied: "That's it. That's exactly it."

Here are the facts how „New World Order" is forming and changing structure of our country.

WHY IT MATTERS: LESS SPACE, MORE DIVERSITY

In January 2000 before the 2000 Census data were collected, the Census Bureau released a new projection for a full century in the future. That projection offered a vast range from a high of nearly 1.2 billion residents in 2100 to a low of about 283 million. The mid-level projection was for a population in 2100 of 571 million persons. The difference was, naturally, a result of the difference in the assumptions used. The highest projection used an increasing total fertility (from 2.059 to 2.737) and an increasing average life expectancy (from 74.1 years for men and 79.8 years for women to 92.3 years for men and 95.2 years for women). The immigration assumptions were for a net addition from about 1.2 miliion to over 3 million persons each year. The mid-range projections were for fertility to increase moderately, and the low projection had fertility decreasing. The mid-range life expectancy had the average for males increasing to 88 years and to 91.8 years for women, while in the low projection average male life expectancy also increased, but to 85 years and for females to 89.3 years. The immigration assumptions in the midrange projection were for a varying rate that began at 954,000 per year, decreased to 912,000 by 2025, then increased to 984,000 by 2050, and then decreased again to 926,000 per year to 2100. The low projection had a major drop-off in immigration from 739,000 at the start to 183,000 followed by 169,000, and 117,000 net additions per year.

This projection also included an immigration stability projection (zero-net) in which itassumed that immigration would match emigration. The assumption also used the mid-range assumptions for fertility and life expectancy. The resulting projection was for a significantly lower population than the mid-range projection, but not as low as the low projection because of the latter's assumptions of much lower fertility and life expectancy.

We show the 2000 projection only out as far as the year 2050 because that is the range of our new projection, but it should be kept in mind that it is not inconceivabie that our population could reach one billion residents as early as 2090, if the assumed immigration ievels and other high assumptions were to occur.

What should be learned from this projection is that the difference in population in 2050 between the mid-level and the immigration stability projections is 76.1 million residents. Remember that the immigration stability projection is not based on zero immigration but, rather, on having immigration at a low level where it balances emigration.

The 2000 Census Bureau projection was updated in March 2004 because the 2000 Census revealed that the assumed size of the 2000 U.S. population — upon which the projection had been based — was underestimated by about 6.8 million persons. A minimal revision was issued for the midlevel projection that raised the population starting point for the finelings of the 2000 Census. This projection update also slightly decreased the fertility assumprion and slightly increased the immigration assumption (from 912,000 to 996,000 in 2025 rising in 2050 from 984,000 to 1,097,000).

The resulting mid-level projection for 2050 by the Census Bureau is for a population of 419.9 million residents. This projecrion raises the midlevel population projection in 2050 by 17.6 million people from the projection four years earlier.

The Census Bureau has often underestimated the rate of increase in the U.S. population in the mid-level projection, and subsequent projections have adjusted the projection higher. If this pattern holds true, we can expect the next projection of the Census Bureau to reflect a still higher mid-range projection for 2050 than the 420 million residents projected in 2004.

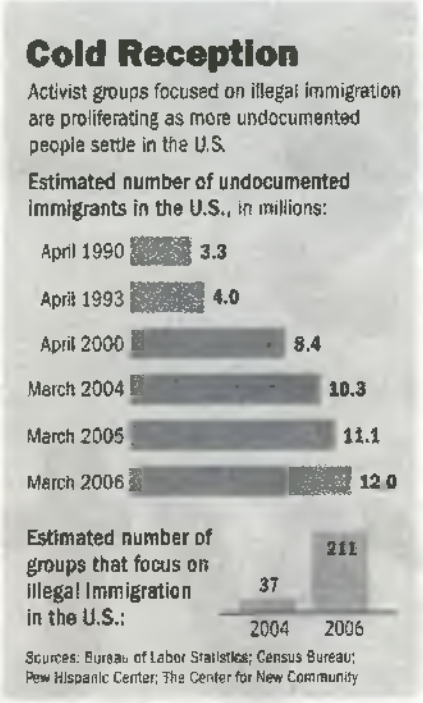
In the 2000 Census, more than 13 million residents said they had arrived to live in the United States since 1990 —an average increase of more than 1.3 million per year. Those who avoided being counted because they were here in violation of the law would add additional millions. Nearly 18 percent of those who were counted said they spoke a language other than English at home, and nearly half of them acknowledged that they spoke English „less than very well."

As the immigrant population surges, income inequality increases with both the well-off and the poor increasing and the middle-class shrinking. Increasingly, low-skilled American workers are losing jobs to foreign workers willing to work for lower wages, and wage rates are failing or stagnating in those sectors of the economy so that American workers become less able to support a family.

In 2005, the United States may have become a net food importer for the first time in 44 years. As the population expands and food needs increase, the country is steadily paving over productive crop lands to provide housing, schools, hospitals, job sites, retail outlets and for other uses. We are already dependent on imports of petroleum to keep our cars running, our factories humming and for producing the fertilizers that produce our crops. Every year as our population increases and our imports grow to keep up, we become more dependent on foreign suppliers.

Our leaders have gotten the nation on a dangerous treadmill. As our population surges — fueled by immigration — the real estate industry insists it needs more foreign workers to build homes for the growing population, more schools have to be built to accommodate the children who are increasingly the children of immigrants, shortages of teachers and nurses

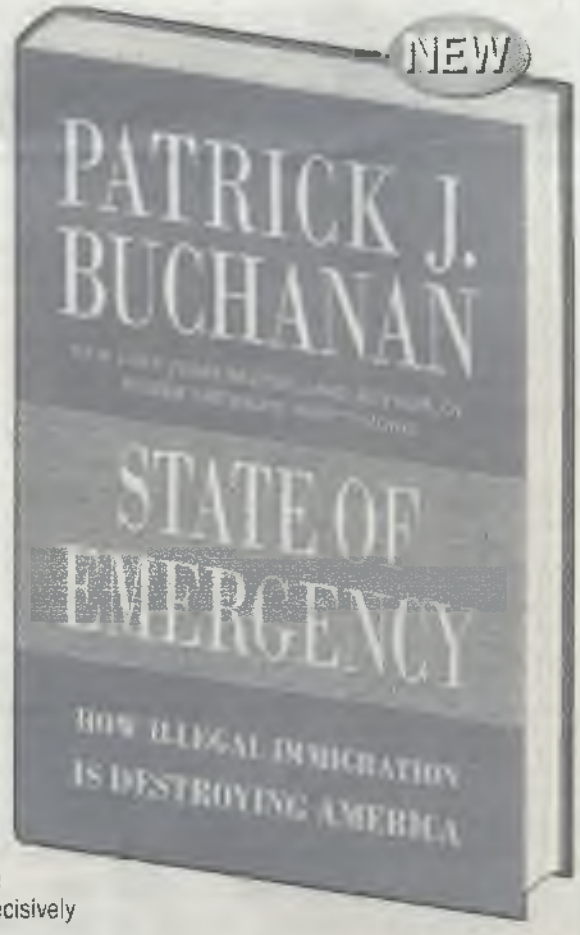
— especially ones who speak foreign languages — are asserted as a reason to hire additional foreign workers. And these additional foreign workers need places to live, so the treadmill grinds inexorably onward.



A Wake-Up Call to America

When Pat Buchanan sounds an alarm, there's reason for all of us to be concerned. Well, he's sounding one now. Just consider the following facts: The United States of 1960 was a First World nation, 90% of whose people traced their ancestry to Europe, 97% of whom spoke English. We studied the same history and literature in school, went to the same movies, read the same books, listened to the same radio and TV, and cherished the same heroes. We were one nation and one people. "That America," he writes, "is dead and gone."

You may disagree with the conclusion–that the Melting Pot is broken and beyond repair–but we cannot ignore the analysis. And despite his apparent pessimism, Pat has hope. We can save America from Balkanization and break-up...if we are willing to act now–intelligently and decisively and with courage.



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Back savers

To Strengthen Back Muscles
On all fours, extend your left arm straight out in front and extend your right leg straight back, both as high as possible. Bring them slowly to the floor and repeat with your right arm and left leg. Repeat on each side.



To Strengthen Abdominal Muscles
Lie on your back with knees bent and feet flat on floor. Place your hands under your right knee and pull it to your chest. Alternate knees and repeat.





To Restore Curvature Of The Lower Back
Stand with your feet slightly apart and place your hands on your hips at the small of your back. Slowly bend your trunk backward at the waist as far back as is comfortable. Keep knees straight. Return to the neutral position and repeat.

To Strengthen Back, Hip, And Leg Muscles
Stand with your back against a wall and feet slightly apart. Slide down slowly with your knees bent into a half-sit. Count to five and slowly slide back up. Repeat.





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	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
Bobb	Anna	5748 Parksite Pl.	Newark,	CA	94560			P
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	John	121 Lakewood Rd.	Walnut Creek,	CA	94598-4720	P	P	P
Cambus	Vladka	121 Lakewood Rd.	Walnut Creek,	CA	94598-4720	P	P	P
Cheever	Evelyn	37653 Glenmoor Dr.	Freemont,	CA	94536	P	P	P
Cheever	Stanley	37653 Glenmoor Dr.	Freemont,	CA	94536	P	P	P
Chromy	Henrietta	1319 Speers Ave.	San Mateo,	CA	94403	P	P	P
Crichton	Dagmar	1873 Greenwitch St.	San Francisco,	CA	94123	P	P	P
Diask	Frank	451 Santa Margarita Ave.	Menlo Park,	CA	94025	P	P	P
Diask	Jarmila	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	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
Goupille	Vera	879 Partridge Ave.	MenloPark,	CA	94025-5215	P	P	P
Hackworth	Arthur	21741 Santa Bella Place	Cupertino,	CA	95014	P	P	P
Holubar	Marie	300 5th St.	Petaluma,	CA	94952	P	P	P
Horn	Standa	158 N. Sunnyvalle Ave. # 16	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	Jan	10 Villanova Ln.	Oakland,	CA	94611	P	P	P
Janku	Jana	10 Villanova Ln.	Oakland,	CA	94611	P	P	P
Kemr	Joan	476 32nd Ave.	San Francisco,	CA	94121-1724	P	P	P
Kozler	Helena	176 Corte Anita	Greenbrae,	CA	94904	P	P	P
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	Ivanka	P.O. Box 1172	Soulsbyville,	CA	95372	P	P	P
Linhart	Pete	P.O. Box 1172	Soulsbyville,	CA	95372	P	P	P
Livingston	David	19617 Forest Ave.	Castro Valley,	CA	94546	P	P	P
Livingston	Helenka	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
Mikus	Helen	P.O. Box 94	Fayetteville	TX	78940	P	P	P
Milner	Blanche	1500 Held Dr. # 67	Modesto,	CA	95355	P	P	P
Mlynek	Ludvik	1225 Warner Ct.	Lafayette,	CA	94549	P	P	P
Navarra	Alena	5452 Jonathan Dr.	Newark,	CA	94560			P
Navarra	Charles	5452 Jonathan Dr.	Newark,	CA	94560			P
Nemec	Jan	1521 Saint Alphonsus Way	Alamo,	CA	94507-1570	P	P	P

Last Name	First Name	Address	City	ST	Zip Code	Dues 2004	Dues 2005	Dues 2006
Nemec	Rita	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
Rashkin	Zdena Derner	21780 Via Regina	Saratoga,	CA	95070			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	P
Rus	Ruda	628 Newlands Ave.	San Mateo,	CA	94403	P	P	P
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	4181 E. 3rd. Ave.	Napa	CA	94558-4012		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	Karel	916 Regal Road	Berkeley,	CA	94708	P	P	P
Snajberk	Milena	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	Angie	26612 Durham Way	Hayward,	CA	94542		P	NP
Tomanek	Tomas	26612 Durham Way	Hayward,	CA	94542	P	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	Helena	2724 Mason Lane	San Mateo,	CA	94403-2613	P	P	P
Vernak	Zdenek	2724 Mason Lane	San Mateo,	CA	94403-2613	P	P	P
Zrzavy	Lada	654 Oregon St.	Sonoma,	CA	95476	P	P	P

NEWS

When journalist Josef Schrabal appeared in the New York City Czech National Hall on Tuesday Sept. 26th evening, ready to set up television cameras for recording of a presentation by Alex/Sasa Vondra, the new, not confirmed yet foreign minister of the Czech Republic, he was asked if he registered for the event. Schrabal replied that he left a message on the special telephone number stated on the invitation for that event (646 981 4006) but that he is here as a journalist. He was asked to write his name on the list.

Upon request, Schrabal presented voluminous press credentials (up to the White House) including a Special Accreditation for meeting of the NATO Foreign Ministers in NYC, the event for which Vondra was admitted as a diplomat to the US on 9/19. Schrabal also stated to the inquiring employee of the Czech Consulate, totally controlling the access to the building, that he received also a confirmation about Vondra's visit from his Press spokesman Krpac, long before detailed schedule of Vondra in NYC was made.

About 20 minutes later Schrabal was informed by the consulate employee that based upon orders of Halka Kaiserova, the new Czech consul since 8/7/2006, that the invitation Schrabal got did not originate by the consul, that only the invitations issued by the Czech consul are valid, that the consul would not admit press for this event and Schrabal was directed to take his tripod with a TV camera and leave, which Schrabal did. Representative of any Czech organization was not present.



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