American Sokol

Sokol San Francisco

SOKOL SAN FRANCISCO INC.
GYMNASTIC ASSOCIATION
EDUCATIONAL-SOCIAL AND
CHARITY NON-PROFIT CULTURAL
ORGANIZATION

P.O. Box 4006, Menlo Park, CA 94026-4006
E-mail: sokolsf@gmail.com



VĚSTNÍK

FALL 2008



The Oakland Czech and Slovak ice hockey team has recently joined the Sokol San Francisco. Here, our guys are posing after winning the 2008 Championship in Silver C league.

SOKOL OFFICERS: FOR THE YEAR 2008:

E-mail: sokolsf@gmail.com

President:	Frank Dlask
First Vice President:	Georgina Teyrovsky
Second Vice President:	Zdenek Vernak
Vice President Emeritus:	George Spanek
Secretary:	Zelmira Zivny
Financial Secretary:	Paul Burda
Treasurer:	Jarmila Dlask
Men's Director:	Peter Linhart, Paul Burda
Women's Directors:	Ivanka Linhart, Jarka Dusatko
Educational Director:	Peter Linhart
Membership Directors and Committee for New Members:	Milan Dusatko, Paul Burda
Board member at Large:	Edmund Teyrovsky
Editors, Vestnik:	Milan Dusatko, Paul Burda
Budget & Finance Committee:	Edmund Teyrovsky , Paul Burda, Zdenek Vernak, Frank Dlask (ex-officio) Milos Zivny
Public Relations Director:	Peter Linhart, Zdenek Vernak
Film Committee:	Milan Dusatko, Jarka Dusatko, Paul Burda,
Committee to Correct some Czech Wrongs:	Edmund Teyrovsky, Zdenek Vernak, Georgina Teyrovsky, Frank Picha, Frank Dlask (ex-officio), Milos Zivny
Reconciliation Committee:	Edmund Teyrovsky, Zdenek Vernak, Milos Zivny
Entertainment Committee:	Georgina Teyrovsky, Paul Burda, Jarka Dusatko, Zdenek Vernak
Pac. District Representative:	Paul Burda, Frank Dlask (District VP), Peter Linhart, Ivanka Linhart Jara Dusatko
Auditing Committe:	Dagmar Rus, Marta Sehnal, Jara Dusatko
Legal Advisors:	James Frolik Jr., Atorney

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"A government big enough to give you everything you want, but is strong enough to take everything you have"
Thomas Jefferson

Calendar of Events and Sokol Dues 2008

Dinner-Dance	October 17th , 2008, Friday	Tarragon, Sunnyvale, CA
End of the Year Dinner/Dance	December 27, 2008 Saturday	Tarragon, Sunnyvale, CA
Mark your calendar for Sokol Party of Czech National Songs	November 14th, 2008 Friday 4:00 P.M. to 9:30 P.M.	Baywood Court of 21966 Dolores St. Castro Waley CA 94546. Residence of Georgina and Edmund Teyrovsky
Annual Meeting	December 6, 2008, Saturday 10:30 A.M. to 12:30 P.M.	Unity Building Recreation Area, 20121 Santa Maria, Castro Valley, CA
Lunch for all present Sokol members	December 6, 2008 12:30 P.M. to 1:30 P.M.	Unity Building Recreation Area, 20121 Santa Maria, Castro Valley, CA
St. Nicolas Childern's Party	December 6, 2008 2:00 P.M. to 5:30 P.M.	20121 Santa Maria, Castro Valley, CA

Welcome New Members: Walter Strach Jr.

Sokol dues and donation 2008 .

Your thoughtful contribution to the American Sokol San Francisco Unit is most appreciated. We are sincerely pleased to acknowledge your $605 individual plus $ 428 from film donations.
We are thankful to all of you for **total of $1033 up to end of September 2008.**

K.&M. Snajberk in memory of Mirka Miksa $100, E.&G. Teyrovsky $30, K.&M. Snajberk $50, J. Bochenek $25, J.&V.Cambus $25, A.Sieber $10, L.Mikes $25, E.Sullivan $25, F.Miksa $25, V.&E.Machacek $25, H.&M.Husak $100, P.& I.Linhart $35, L.O'Connel in mothers memory $25, B.Milner $10, H.Sredl $25, G.Smerhovska $10, Dr.K.Skapa $25, B.Lundeen $25 and M.Ruff $10.

For your information, American Sokol San Francisco is a Non-profit Organization; your donation is tax deductible. Keep your bank check as your receipt. I had been advised that Membership dues are not tax deductible. Donation for Sokol Non-profit organization however, is deductible.
Paul A Burda, Sokol Financial Secretary

BROTHERS AND SISTERS: Please, finish your unpaid 2008 dues NOW! **See pages....21 & 22**
Please send your check or Money Order to the address below with the stub below. Cut the end of this stub for your records. Your kind attention to this matter will be greatly appreciated.
We believe this form is self-explanatory. Please, discard it if your dues are already paid.

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

SEND WITH YOUR PAYMENT:	**KEEP FOR YOUR RECORDS:**
2008 Dues are $25	
Membership Dues $.....	**Sokol San Francisco Dues 2008**
New members add $5 processing fee to American Sokol Headquarters in Chicago.	
Donation/Contribution.....	
Name:.....	**Date**
sent:.....	
Address:.....	
City:.....State:....Zip:.....	**Check No:.....**

APPLICATION FOR MEMBERSHIP

ASO registration fee is $5.
Membership fee is $25 per year, should be paid on the end of each year for the next year.

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."

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E-mail: sokolsf@gmail.com

NAME:_____ DATE:_____

Address:_____ City:_____ State:____ Zip:_____

Phone 1: _____ Phone 2:_____

E-Mail:_____

Date of Birth: :____/_____/_____ Place of Birth:_____

US Citizen: Yes ☐ No ☐ If No, legal resident? Yes ☐ No ☐

Marital Status : Married ☐ Single: ☐ Other: ☐

Please, list other clubs, organizations to which you belong_____

_____

Sponsor:_____

MEMBERSHIP PLEDGE:

I,_____(new members name) as a condition of membership in Sokol Unit of San Francisco Inc. in San Francisco CA, agree to abide by the Bylaws of the American Sokol of the Pacific District and this Unit, Sokol San Francisco.I promise that in my speech and actions I will endeavor to strengthen The Sokol Organization. Further, when participating in Sokol activities, I will conduct myself in manner which honors Sokol goals.

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.

New member signature:_____

AMERICAN SOKOL CORNER

You are Cordially Invited to "Saddle UP!" and Attend
The 2009 International Sport and Cultural Festival
June 23 — 28,2009 in Fort Worth, Texas USA!

American Sokol has joined forces with USA Gymnastics, Pan American Gymnastics Union Gymnaestrada, Special Olympics, and others to create a wee] long extravaganza of sport, recreation, culture and fitness. Each organization will be holding its own competitions and activities for all to enjoy in the Fort Worth Convention Center. Flow between the various organization activities will bc encouraged. This will be a Sokol event like you have never seen before.

American Sokol Slet events will include artistic and rhythmic gymnastics, volleyball, basketball, bowling, team marching and calisthenics, a fun walk/run, fitness challenge, golf tournament and, of course, our demonstration of mass calisthenics.

Combined events will include the opening and closing ceremonies, an exhibition gala showcase, a parade in downtown Ft. Worth, socials, small group exhibition and vendor displays.

Housing Information:

Omni Fort Worth Hotel, l300 Houston Street, Fort Worth, TX 76102
Phone: 817-535-6664 Fax: 817-882-8140

Rooms can be booked by individuals by going to the website. The special code needed for our rate will be automatically entered when booking here.

http://www.omnihotels.com/404.html?item=%2ffind+a+hotel%2ffort+worth%2fmeetingfacilities%2f2009internationalsporttandculturalfestival6&user=extranet%5cAnonymous&login=

The hotel is located directly across the street from the Convention Center.

You may visit our website, www.slet2009.com , to view updated information on the event and view a wonderful promotional video.

This event promises to be a dynamic international gathering where bonds of friendship will be strengthened or forged a new.

We look forward to having you "Saddle Up!" with us in June 2009.

"Saddle Up" Y'all! I'm "Sokol Slim" here to tell you about thc American Sokol's 2009 International Sport and Cultural Festival (including the "Slet") and "It's gonna be Fun!"

The time is right now to start your preparations for destination Fort Worth. That's in Texas! It's a Big State with a lot of Big things to do and see. There are already big groups front thc Czech and Slovak Republics who are rnaking their plans now. Our Slet Committee wants to help you make your plans as well.

First you gotta figure out "Who's going on the Trail Drive with ya?" Start talking now with your friends, your parents, members of your group, Coaches, Chaperones, SHOOT! Talk with everybody about the Slet! See who wants to go. The bigger thc group the more FUN!

Next, When is it gonna be? Well, June 23rd –28th next year - 2009, most everybody is done from school by then! Perfect for Vacation time, so plan your vacation to Texas and be sure to include the Slet. Talk to your boss, schedule your time for vacation and then High Tail it to Texas!

Where Ya gonna stay? That's no problem! The Slet--Comittee has over 1300 rooms available right next to the Convention Center. The Omni Hotel is the Sokol Headquarters Hotel. It's the closest - being right across the Street and the Omni has taken $100 off their regular Convention rate. You can reserve rooms with as many as four people to a room. It's available now from our Website www.slet2009.com , just go to the accommodations page and click where it says "here"

OK, How are you gonna get there? Plane? Car? Well, I think your best bet is to put your group on a Charter bus!

Oh my! I remember some of my best times was traveling with my buddies across America on that bus to the Slets in Chicago. You can check, there may even be a train that comes into Fort Worth. The Bus and Train Station is only three blocks from the Convention Center. You Know What? We always started in September and raised money all year long just to go on those great trips to the Slets. It was fun! We had Dances, Overnights, Bingo, Raffles, why we even sold Pizzas and Yo-Yos. Once We collected enough money to pay for the entire trip. It was Fun! And it's gonna be Fun again in 2009, at Fort Worth, Texas. We'll see you there!

Nazdar! Y'all! That means "Saddle Up!"

Expect distribution of Slet materials (text CD,audio-CD, and DVD)
to all unit/district/lodge directors in late September

Tentative schedule for the 2009 International Sport and Culture Festival:

Monday 22, 2009
7PM Coaches/VJP reception

Tuesday 23, 2009
12PM Coaches Meeting
3PM Fun Run/Walk
5PM Opening Ceremony Rehearsal
7PM Opening Ceremonies
10PM Evening Social

Wednesday 24,2009
8AM Volleyball
lOAM Team Marching
5PM Sokol/ USAG Gala Rehearsal
7PM SOKOL/USAG Gala
10PM Awards Ceremony Social.

Thursday 25, 2009
7AM Golf Tournament
7AM Artistic Gymnastics Comp. Children
11AM Artistic Gymnastics Comp. Jr/Sr
3PM Artistic Gymnastics comp.Opt. Lvs
5PM Pan American Gymnastics Rehearsal
5PM Archery Competition
7PM Junior/Children Social
7PM Pan American Gymnastics. Gala.
10PM Awards Ceremony Social

Friday 26, 2009
8AM Downtown Main Street Parade
12PM Fitness Challenge, Female
12PM Archery Competition
12PM 3 on 3 Basketball
12PM Artistic Gymnastics Special Olympics
2PM Fitness Challenge, children
4PM Fitness Challenge, Male
7PM Slet Program Rehearsal
10PM Awards Ceremony Social

Saturday 27, 2009
8AM Artistic Gymnastics Comp. Children
8AM Archery Competition
12PM Bowling Championships
7PM Slet Program Performance
10PM Final Awards Ceremony Social

Sunday 28, 2009
8AMFarewell Texas Social Sokol Ft. Worth

SOKOL UNIT CORNER

AN IMPORTANT NOTICE TO ALL SAN FRANCISCO SOKOL MEMBERS
from
MEN'S AND WOMEN'S UNIT DIRECTORS

YOU ARE INVITED TO PARTICIPATE IN THE AMERICAN SOKOL SLET

Our San Francisco Sokol Unit is already looking ahead to next year to be a part of the American Sokol Slet to be held in Fort Worth, Texas on June 23 through 28, 2009. We are gathering all the pertinent information in order to have enough time to plan and practice for a successful Slet. In the next few pages you will find all the relevant information needed to help you make a decision about your participation and personal plans. Included is the Housing Information and all the scheduled events, cultural as well as sporting events.

San Francisco Unit is planning to go, and so far we have about 12 members who are very interested to participate in the Senior Sokol Program. The exact performance numbers will be decided upon very soon by our committee in order to start practising and getting ready. All the Sokol members of any age are invited to join us and participate in any capacity, i.e. either as participants, spectators of the events or helping in the planning stages. If the younger members wish to be a part of the Slet they too are invited to participate together with the seniors or as apart of the younger group. If any member wishes to step up and direct the junior group, please let us know as soon as possible.

We are planning to show the DVD of the Senior Sokol Program to the interested members. The level of activity is moderate and will be fun to do. If you are planning to join us, it is important to be committed and serious as we will have scheduled times to get together and practice as well as decide together on the accommodations in Fort Worth, Texas. For further information or to join our team please kindly call or E-mail any of the Unit Directors as follows:

Peter and Ivanka Linhart: (209) 588-9259 or ivankalinhart@sbcglobal.net
Jarka Dusatko: (408) 830-9310 or jmdusatko@gmail.com
Paul Burda: (925) 830-4542 or adrub@arthlink.net

THANK YOU ALL and NAZDAR!

Peter and Ivanka Linhart

September 6, 2008: Fun in the park.

What do you get when you mix eighty degrees Fahrenheit, forty people and seven fun-filled hours as Chabot Lake Park? Try Sokol Picnic - now already traditional gathering of Sokol members and their friends of all ages. Half a dozen visitors from Czech Republic tasted the atmosphere of typically American pastime – outdoor gathering around the barbecue pit crowded with meats and veggies, all soaked in marinades, spices, love & care. The cloud of tempting aroma attracted a swarm of wasps; they challenged us to a duel of wills. We won, to some degree, but, as the Ranges apologetically explained: these critters were here much longer than humans were. The warm breeze extinguished our desire to engage in the activities that gave Sokol organization its name - gymnastics. But nothing could keep us from our even more favored pastime: singing. For a couple of enjoyable hours Daniel Botcha, playing his accordion, led our voices through two dozens of folk songs of the old country. I do not think the birds were afraid of this competition, but a number of passerby's stopped and listened to melodies, strange to them, and the Rangers learned to refer to us as to the „singing party". No one could have missed the silver voices of three Graces – young ladies brought in by our hockey team members.

They won't have many similar opportunities to exercise their vocal cord on those lovely, simple, and emotional tunes of folk songs, upon their return to Czech Republic.
There must be something for everyone in this cozy little place in the park, the ever-increasing numbers of participants prove that. If you still hesitate to join us, give it a try, you can stay for a couple of hours and see what it is that brings us back, year after year.
Nazdar, Zdenek Vernak.



American Sokol Development Conference Schedule in Omaha Nebraska

Br. Frank Dlask and Paul Burda attended this meeting on 10/18 and 10/19. ASO Headquarters organizes this meeting every year in October.
Leaving on overnight flight from San Francisco, returning late Sunday night and participating in active two day conference schedule was very exhausting. Information Units obtained was mostly adjusted by organizers toward preparation of aerobical numbers of 2009 American Sokol Slet in Texas.
Frank's attended presidential meetings discussing general organizational questions and hints. I attended aerobics sessions learning very nicely prepared Slet numbers for seniors and finale exercises.
Both numbers will be very attractive on the large scale. Br. Pajer and Br. Kalat did a very good job preparing it. Our DVD's are prepared and is up to us to start routines and get really involved.
Financial side of whole issue like registration fee and fees fro some specific day numbers are still in preparation and in will be finalized by the end of the year.
We will keep you informed, as they will be available.
For our involvement we need minimum 6 ladies and 3 men. It's time to make serious commitments.

Paul A Burda

Easy ways to stay limber for life

By about age 40, the tissue around your joints begins to thicken and the muscles become less elastic. But those age-related changes can be countered by routine stretching, which can make everyday movement easier.

Staying flexible also improves balance, promotes good posture, and relieves muscle tension. It might also reduce your overall risk of activity-related injury.

If you like group exercise, consider a tai chi or yoga class, which emphasizes flexibility and balance, or "assisted stretching," in which a person or piece of equipment helps you stretch. That can be particularly useful for people who can't manage certain movements because of inactivity or obesity. Do assisted stretching with a personal trainer or physical therapist to reduce the risk of injury.

But most people can effectively stretch on their own. To maintain overall flexibility, plan to stretch major muscle groups at least three times a week, more if possible, and follow these basic rules:

Don't bounce. Stretch slowly until you feel a comfortable tension, not pain.

Hold for 30 seconds. Beginners should build up gradually from 10 seconds; those age 60 and over should aim for 60 seconds.

Don't hold your breath. Relax and breathe freely throughout the stretch.

FIVE FOR FLEXIBILITY

The exercises pictured here, adapted from "Age-Defying Fitness" (Peachtree Publishers, 2006) by the physical therapists Marilyn Moffat, Ph.D., and Carole B. Lewis, Ph.D., can help you stay supple and stand tall. Contrary to popular belief, you don't have to stretch before exercise. In fact, it's best to stretch after you work out, when muscles are warm, or at least after a 5-minute warmup. Begin each stretch by tightening your stomach and tucking in your chin. If you hold a stretch for 60 seconds, once is enough. If you hold it for 30 seconds, do it twice. ■

*AGE-DEFYING FITNESS" (PEACHTREE PUBLISHERS, 2006)



1. Neck side stretch. Sit straight in a supportive, armless chair, grasping its edge with your left hand. Tilt your head toward your right shoulder and rest your right hand above your left ear. Hold the stretch, breathing deeply. Repeat the stretch on the left side.

2. Wall reach. Stand facing a wall with your toes nearly touching it and your feet hip-width apart. Stretch both arms upward along the wall, reaching high to lengthen your spine. Hold, lower your arms, and relax.

3. Back-scratch shoulder stretch. Move your right arm up and over your right shoulder, palm down, and slide it as far down your back as possible. Move your left hand, palm facing out, behind and up your back. Hold, then start over, reversing the position of your arms.

4. Back and hip stretch. Lie on your back with one knee bent and the other leg flat on the floor. Grip your bent leg just behind the knee, pull it gently toward your chest, and hold. Repeat steps with other leg.

5. Hamstring extension. Lie on your back with knees bent and feet flat on the floor. Straighten and raise one leg as high as possible, with your foot flexed, and hold. Repeat with your other leg. To do this in a chair, sit toward the edge with one knee bent and the other leg extended straight. Then flex from the hips, keeping your back straight, and reach forward along the extended leg. ■

Scoring High

In Helpful Hints and Tips For All Gymnasts E-Newsletter
Of course, we all know that the most obvious component is hitting your routine, meaning each skill is completed smoothly and without falling.

I saw many routines where the gymnasts simply went through the motions of their routine, without that "spark" aforementioned. Often, people underestimate the essential component of having an attitude that tells the judge, "Look at me! I'm confident at what I'm doing, and I'm having fun!"
What does a confident routine look like? Especially on beam and floor for the girls, it means having sharp and sure movements, a smile on your face, keeping your chin up, straight legs, and extension all the way through your fingers and toes. If all these components are present at the same time, it will leave a positive impression.

And this confidence comes from many repetitions in practice. When you've practiced welt and to your full potential, you know that's the best of what you're capable of, and that should give you reason to be confident. Of course, we can't be sure of everything we do all the time, so once in a white you may have a new skill you haven't quite mastered, or one that's been giving you trouble. But even so, you shouldn't Let that take away from confidence from the.. rest of the routine.

So, if you've been hitting your routines, but are wondering why your scores are only in the mid eight range, have someone carefully evaluate your routine, or even better yet, have someone videotape your routine, and see what you can do add a little "sparkle" to it.

Remember, have fun, and good tuck!

Remember, you can only score high if you PRACTICE! Concentrate on straight knees and pointed toes- extend from your fingertips to your toe nails ! You should visualize your routines in your head and practice physically to perfection. If you believe in yourself you can go farther than you ever dreamed!

Cross-CZECHS Hockey

The Oakland Czech and Slovak ice hockey team has recently joined the Sokol San Francisco. Here, our guys are posing after winning the 2008 Championship in Silver C league.

Last Winter season proceeded from Bronze League to Silver C League. During the 2008 Summer League lost only one game a tight one out of 20 games. Since we won this Silver League, we were moved to Silver B League, which is much more competitive. We lost both pre-season games, but the results were pretty close.

Schedule for the 1st part of the 08/09 Winter season:

37770	Thu Nov 6	10:15 PM	Oakland Olympic	SIAHL@OK	Silver B	Black Dogs		Cross-Czechs		Regular 7		
37691	Thu Nov 13	9:15 PM	Oakland NHL	SIAHL@OK	Silver B	Cross-Czechs		Mighty Owls		Regular 8		
37401	Tue Dec 2	10:30 PM	Oakland NHL	SIAHL@OK	Silver B	Iceholes		Cross-Czechs		Regular 9		
37779	Thu Dec 11	8:45 PM	Oakland Olympic	SIAHL@OK	Silver B	Cross-Czechs		Switchblades		Regular 10		
37481	Tue Dec 16	8:45 PM	Oakland Olympic	SIAHL@OK	Silver B	Puck Ups		Cross-Czechs		Regular 11		

INFORMATION CORNER

Information



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Honorable Consul for Slovak Republic Barbara Pivnicka
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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

American Sokol Headquarters new address:
9126 Ogden Ave., Brookfield IL 60513, phone: 630.368.0771, fax 630.368.0758
E-mail: ASO@American-Sokol.org

Sokol & Czech related WEB Pages:

http://www.csplanet.com/
http://www.columbia.edu/~js322/czech.html
http://www.sokol-cos.cz/cos/testweb.nsf
http://www.american-sokol.org/
http://www.sokolunderground.com/
http://www.slovakcatholicsokol.org/who.htm
http://www.csuzkrajane.cz/
http://archiv.radio.cz/krajani/spolky/
http://www-scf.usc.edu/~tlrobins/taborinda/
http://canadianczech.com/NovyDomov/

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Věstník Schedule:

Deadline for contributions WINTER December 31 with a publication date January 31
Deadline for contributions SPRING February 28 with a publication date March 31
Deadline for contributions SUMMER May 31 with a publication date June 30
Deadline for contributions FALL September 30 with a publication date October 31

Did you know about Mercedes?
After the Benz organization begun by Karl Benz and the Company of fellow automotive pioneer Gottrieb Daimler merged to form Daimler-Benz, the company's largest distributor, Emil Jellinek, asked the company to design a car more advanced than any other. They named the resulting 1901 automobile after Jellinek's daughter, Mercedes.

Did you know about Oil?
1/ This list is about black gold. Texas tea. Petroleum, or crude oil. Which is in no way related to the oils we eat or excrete.
2/ If you are a creationist, crude oil was formed by thousands of years of heat and pressure applied to the carcasses of plants and animals that died in the Great Flood. If you're not, you think oil comes from dinosaurs, right?
3/ Wrong. Almost all oil comes from pressure-cooking dead zooplankton and algae—pond scum, in otherwords- which are among the oldest and most abundant life forms on earth.
4/ Don't blame the Hummers. That pond scum ultimately produced triliions upon trillions of gallons of oil. But most of it bubbled up to the surface long ago and was consumed by greedy bacteria.
5/ Oil companies seek the small fraction that remains, spending more than $150 billion a year hunting for new reserves.
6/ Fashion march of the penguins: Thousands of tiny, colorful sweaters have been knit for these flightless birds, to keep them from preening themselves if they are doused in oil from a spill.
7/ When you buy gasoline, you might want to make your purchase at night—it will be cheaper. Gasoline becomes more dense in cooler temperatures, and gas pumps measure gas by volume.
8/ A tip for trippers: Keep your windows closed at high speeds—drag from open windows can reduce a car's fuel efficiency by 10 percent.
9/ Neatness counts too:
Cleaning 100 pounds of junk from your car will get you up to 2 percent more miles per gallon.
10/ Another trip tip:
lnstead of taking a break for lunch at a restaurant, cook food on your engine. Find out how (and get a recipe for Hyundai Halibut With Fennel) in the classic book *Manifold Destiny.*
11/ The recipe for gasoline itself is complex. Depending on the blend, it can contain between 150 and 1,000 different chemical compounds.
12/ Tighten your gas cap. A leaking or missing cap can release 30 gallons of fuel per year into the atmosphere.
13/ In California alone, vapors from gas stations account for enough gasoline to fill two tanker trucks everyday .
14/ Speaking of tankers, that truck you're trying to pass may be carrying 4,000 gallons of gas, which, If in a crash, can explode with the energy of 200 tons of TNT.
15/ By the eighth century, a petroleum industry already existed in the Middle East. The streets of Baghdad were paved with tar derived from petroleum.
16/ In oil-rich Baku, Azerbaijan, north of Iran, villagers could once dig a hole in the ground with their hands, drop in a live coal, and start a fire.
17/ In the United States, when people first noticed oil, they didn't quite grasp the energy angle. Instead they did what any industrious American would do: They bottled it, slapped a label on, and sold it as a health tonic.
18/ Several hundred thousand bottles of the stuff are said to have been purchased and, perhaps, consumed.
19/ Since they moved on from the health drink angle, Americans have laid down 161,000 miles of fuel pipeline in the United States. That's more than half the distance to the moon.
20/ Spies like pipelines. Engineers use a robotic device known as a smart pig to inspect pipelines from the inside. Two James Bond movies so far have made oil pipelines and pigs part of the plot:
The Living Daylights and *The World Is Not Enough.*
You will have to wait until November to see if the pattern is repeated in the next Bond installment,
Quantum of Solace. **Susan Kruglinski**

Sokol Obituary

Mildred Forsythe

Long time Sokol member and supporter, active contributor to Czech Mission church, left us in peace. Having many friends in her life passed away in retirement care home. Thanks to information of her friend Shirley Gangelhoff, Sokol members were able to attend her mass served to her honor and memory.
Good bye Mildred and God bless your soul!

Shoemaker Thomas Bata dies at 93

Thomas Bata, the Czech-born head of the worldwide family shoe empire that bears his name, died today in Canada, an official said. He was 93.
Bata's father, Tomas, founded the shoe empire in Zlin in 1894, which later became the giant Bata Shoe Organization.
The rise of Nazism forced him to flee his homeland in 1938, and he exiled himself in Canada.
Seven years later, he returned to his newly liberated birthplace, but not for long, as the communists who took over the country after World War II, seized his factory and declared Bata a capitalist evil.
Finally, in 1989 Czech dissident leader and playwright turned president, asked Bata to come back.
Havel awarded him the country's top decoration, the Tomas Garrigue Masaryk Order, in 1991, and he also received high Slovak and Canadian decorations.
Bata also served as chairman of the Organization for Economic Cooperation and Development's business and advisory committee on non-members.
His son Thomas George Bata took over the shoe company from him in 2001, serving also on the Board of American Sokol. He is American Sokol supporting and contributing member.

Thomas Bata was born on September 17, 1914. He died in a hospital in Toronto, just weeks before his 94th birthday.
He is survived by his wife, Sonja, his son and three daughters.

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POLITICAL CORNER

The 545 People Responsible For All Of U.S. Woes

By Charley Reese

Politicians are the only people in the world who create problems and then campaign against them. Have you ever wondered why, if both the Democrats and the Republicans are against deficits, we have deficits? Have you ever wondered why, if all the politicians are against inflation and high taxes, we have inflation and high taxes?

You and I don't propose a federal budget. The president does. You and I don't have the Constitutional authority to vote on appropriations. The House of Representatives does. You and I don't write the tax code. Congress does. You and I don't set fiscal policy. Congress does. You and I don't control monetary policy. The Federal Reserve Bank does.

One hundred senators, 435 congressmen, one president and nine Supreme Court justices - 545 human beings out of the 235 million - are directly, legally, morally and individually responsible for the domestic problems that plague this country.

I excluded the members of the Federal Reserve Board because that problem was created by the Congress. In 1913, Congress delegated its Constitutional duty to provide a sound currency to a federally chartered but private central bank.

I excluded all but the special interests and lobbyists for a sound reason. They have no legal authority. They have no ability to coerce a senator, a congressman or a president to do one cotton-picking thing. I don't care if they offer a politician $1 million dollars in cash. The politician has the power to accept or reject it.

No matter what the lobbyist promises, it is the legislation's responsibility to determine how he votes.

A Confidence Conspiracy

Don't you see how the con game that is played on the people by the politicians? Those 545 human beings spend much of their energy convincing you that what they did is not their fault. They cooperate in this common con regardless of party.

What separates a politician from a normal human being is an excessive amount of gall. No normal human being would have the gall of Tip O'Neill, who stood up and criticized Ronald Reagan for creating deficits. The president can only propose a budget.

He cannot force the Congress to accept it. The Constitution, which is the supreme law of the land, gives sole responsibility to the House of Representatives for originating appropriations and taxes.

Mrs. Pelosi is the speaker of the House. He is the leader of the majority party. He and his fellow Democrats, not the president, can approve any budget they want. If the president vetos it, they can pass it over his veto.

Replace Scoundrels.

It seems inconceivable to me that a nation of 235 million cannot replace 545 people who stand convicted -- by present facts - of incompetence and irresponsibility.

I can't think of a single domestic problem, from an unfair tax code to defense overruns, that is not traceable directly to those 545 people.

When you fully grasp the plain truth that 545 people exercise power of the federal government, then it must follow that what exists is what they want to exist.

If the tax code is unfair, it's because they want it unfair. If the budget is in the red, it's because they want it in the red. If the Marines are in Lebanon, it's because they want them in Lebanon.

There are no insoluble government problems. Do not let these 545 people shift the blame to bureaucrats, whom they hire and whose jobs they can abolish; to lobbyists, whose gifts and advice they can reject; to regulators, to whom they give the power to regulate and from whom they can take it.

Above all, do not let them con you into the belief that there exist disembodied mystical forces like "the economy," "inflation" or "politics" that prevent them from doing what they take an oath to do.

Those 545 people and they alone are responsible. They and they alone have the power. They and they alone should be held accountable by the people who are their bosses - provided they have the gumption to manage their own employees.

This article was first published by the Orlando Sentinel Star newspaper

Liquidating the Empire
by Patrick J. Buchanan
10/14/2008
"Liquidate labor, liquidate stocks, liquidate the farmers."
So Treasury Secretary Andrew Mellon advised Herbert Hoover in the Great Crash of '29.
Hoover did. And the nation liquidated him -- and the Republicans.

In the Crash of 2008, 40 percent of stock value has vanished, almost $9 trillion. Some $5 trillion in real estate value has disappeared. A recession looms with sweeping layoffs, unemployment compensation surging, and social welfare benefits soaring.

America's first trillion-dollar deficit is at hand.In Fiscal Year 2008 the deficit was $438 billion.
With tax revenue sinking, we will add to this year's deficit the $200 to $300 billion needed to wipe the rotten paper off the books of Fannie and Freddie, the $700 billion (plus the $100 billion in add-ons and pork) for the Wall Street bailout, the $85 billion to bail out AIG, and $37 billion more now needed, the $25 billion for GM, Chrysler and Ford, and the hundreds of billions Hank Paulson will need to buy corporate paper and bail out banks to stop the panic.

As Americans save nothing, where are the feds going to get the money? Is the Fed going to print it and destroy the dollar and credit rating of the United States? Because the nations whose vaults are full of dollars and U.S. debt -- China, Japan, Saudi Arabia, the Gulf Arabs -- are reluctant to lend us more. Sovereign wealth funds that plunged billions into U.S. banks have already been burned.
Uncle Sam's VISA card is about to be stamped "Canceled."
The budget is going to have to go under the knife. But what gets cut?

Social Security and Medicare are surely exempt. Seniors have already taken a huge hit in their 401(k)s. And as the Democrats are crafting another $150 billion stimulus package for the working poor and middle class, Medicaid and food stamps are untouchable. Interest on the debt cannot be cut. It is going up. Will a Democratic Congress slash unemployment benefits, welfare, education, student loans, veterans benefits -- in a recession?

No way. Yet, that is almost the entire U.S. budget -- except for defense, the wars in Afghanistan and Iraq, and foreign aid. And this is where the axe will eventually fall.

It is the American Empire that is going to be liquidated.

Retrenchment has begun with Bush's backing away from confrontations with Axis-of-Evil charter members Iran and North Korea over their nuclear programs, and will likely continue with a negotiated peace in Afghanistan. Gen. Petraeus and Secretary Gates are already talking "reconciliation" with the Taliban.

We no longer live in Eisenhower or Reagan's America. Even the post-Cold War world of George H. W. Bush, where America was a global hegemon, is history. In both relative and real terms, the U.S.A. is a diminished power.

Where Ike spent 9 percent of GDP on defense, Reagan 6 percent, we spend 4 percent. Yet we have two wars bleeding us and many more nations to defend, with commitments in the Baltic, Eastern Europe, and the Balkans we did not have in the Cold War. As U.S. weapons systems are many times more expensive today, we have fewer strategic aircraft and Navy ships than Ike or Reagan commanded. Our active-duty Army and Marine Corps consist of 700,000 troops, 15 percent women, and a far higher percentage of them support rather than combat troops.

With so few legions, we cannot police the world, and we cannot afford more. Yet, we have a host of newly hostile nations we did not have in 1989.

U.S. interests in Latin America are being challenged not only by Cuba, but Venezuela, Bolivia, Ecuador, Nicaragua and Honduras. Brazil, Argentina and Chile go their own way. Russia is reasserting hegemony in the

With a recession of unknown depth and duration looming, why keep borrowing billions from rich Arabs to defend rich Europeans, or billions from China and Japan to hand out in Millennium Challenge Grants to Tanzania and Burkina Faso?
America needs a bottom-up review of all strategic commitments dating to a Cold War now over for 20 years. Is it essential to keep 30,000 troops in a South Korea with twice the population and 40 times the wealth of the North? Why are McCain and Obama offering NATO memberships, i.e., war guarantees against Russia, to a Georgia run by a hothead like Mikheil Saakashvili, and a Ukraine, millions of whose people prefer their kinship to Russia to an alliance with us?
We must put "country first," says John McCain.
Right you are, Senator. Time to look out for America first.

During this political season let's be reminded of these wise words:
You cannot help the poor by destroying the rich.
You cannot strengthen the weak by weakening the strong.
You cannot bring about prosperity by discouraging thrift.
You cannot lift the wage earner up by pulling the wage payer down.
You cannot further the brotherhood of man by inciting class hatred.
You cannot build character and courage by taking away men's initiative and independence.
You cannot help men permanently by doing for them what they could and should do for themselves.

Abraham Lincoln

MOVIE CORNER

Sister Jara Dusatko arranged our movie presentation with Stanford building Management for year 2008-09. Please mark your calendar as follows: November 7th; December 5th. In 2009 January 9th; February 6th; March 6th; April 10th; May 8th; June 5th. You will be reminded by E-mail before presentation.
Many thanks to Jara.

CZECH CORNER

Říjen 1918
Říjnový vzduch byl nasycen jakoby jarním očekáváním. Byl však nasáknut i hrozivou epidemií chřipkovou; lidé houfně uléhali a umírali a s předtuchou velkých dějinných událostí se blížila i předtucha příští zimy ve vyhladovělé a chřipkovou nákazou zamořené Evropě. Tak to u nás vypadalo dvě tři neděle před převratem, jehož blízkosti jsme se přes všechny překotné události tak záhy nenadáli.

Nešlo už o záchranu staré monarchie, šlo již jen o nějakou likvidaci. V zahraničí byla naše situace rozhodnuta, ač se zprávy o tom české veřejnosti podávat ještě nemohly. Dne 14. října notifikoval dr. Beneš francouzské vládě zřízení zatímní vlády československé se sídlem v Paříži nazítří byl náš stát francouzskou vládou uznán. Za několik dní poté vydal Wilson svou slavnou odpověď Rakousku; její obsah se stal u nás známým v pondělí 21. října, načež rakouské úřady se uvolily vydat českým politikům cestovní pasy na jízdu do Ženevy, a to na schůzkus Benešem, tehdy už ministrem zahraničí. To již zasedal trvale Národní výbor v pražském Obecním domě za předsednictví Švehlova.
Doma se po tomto 21. říjnu mluvilo a psalo naplno, neboť události zahraniční dokonale připravily blízkost osvobození, šlo jen o včasnost jeho data. Národní listy, zastavené úřady po událostech květnových slavností divadelních, počaly nyní bez úředního povolení znova vycházet, a noviny ostatní psaly s nimi již bez ostychu o monarchii jako o nebožce.
„Národní výbor a s nimi bezvýminečně veškerý český lid trvá na stanovisku, že s Vídní není pro český národ žádného jednání o jeho budoucnosti', hlásala Národní politika, jež pak za nějaký den uveřejnila doslovnou zprávu o notě Benešově ze dne 14. října a o složení prozatímní vlády československé. A v touž dobu došla do Venkova přes Varšavu památná zdravice Benešova, zahraničního už ministra, počínající se slovy: „Bratři, v důstojném klidu očekávejte příchod dalších událostí!" Z vídeňské Arbeiterzeitung zvěděli jsme dne 24. října, že „Wilson nepokládá už Čechy a Jihoslovany za národy Rakouska, nýbrž za samostatné válčící moci", a nazítří napsal

Viktor Dyk do Národních listů, že notou Wilsonovou „po státu polském vstoupil v život stát Československý a jihoslovansky". Na čelnem místě Národnich listů byly v neděli dne 27 října podobizny Masaryka a Wilsona a úvodník Herbenův provázel je slovy: „Stojíme už oběma nohama na revoluční půdě, dýcháme prach bořících se budov.a překročujeme posledni pahorky před Jordánem za nímž lezi zaslíbená země mlade svobody" .
V ten čas byl dr. Rašín v denním či vlastně nočním telefonickém styku s Tusarem, od něhož se z Vídně dovídal zavčas všech světodejných novinek. Tusar oznamoval, že se italská fronta hroutí a zhroutí co nevidět a ve Vídni že se chystají na bezpodmínečnou kapitulaci. Pražské policejní ředitelství chtělo narychlo dopravit ještě svůj archiv do Vídně, ale bdělost našich železničářů to včas překazila. Přišel jsem v sobotu večer náhodou do redakce Národních listů, když tam Sokolové donesli zprávu, že vagon s policejním archivem byl na vršovickém nádraží zavezen na chybnou kolej a tam někde i převržen, aby nemohl dále. Dvanáctá hodina mohla udeřit co nevidět.
V noci z neděle na pondělek se dověděl Rašín od Tusara, že to prasklo a Vídeň že kapitulovata: Starosta Sokola doktor Scheider , který bděl po celou noc u svého telefonu, dostal ve tři hodiny ráno výzvu Rašínovu, aby sokolstvo bylo časně ráno pohotově. Přesto se ještě nepomýšlelo na to, aby nastávající den byl výbuchem; ten výbuch se dostavil docela živelně v tu chvíli, kdy v pondělí ráno vešla v známost nota Andrássyova oznamující Wilsonovi naprostou kapitulaci. Všechno to, co se dělo dotud a o čem došly zprávy z ciziny, zpravy ústním podáním namnoze ještě zvcličované, všechno to naplnilo zatím český vzduch tolika hořlavinami, že nota Andrassyova stačila je zapálit. Vím, že sám Rašín byl tím překvapen; ještě v deset hodin dopoledne, kdy již bylo Václavskénáměstí zaplaveno jásajícími zástupy, kdy vojáci strhávali rakouské odznaky ze svých čepic a ulicemi znělo nahlas a jásavě jméno Masarykovo, uvažoval Rášin vredakci Národních listů, zda to přece jen nevybuchlo předčasně. Ale obezřetnost, s níž za předchozí noci učiněna všechna opatření na ochranu veřejného pořádku, pohotovost, s níž se předsednictvo Národního výboru hned ujalo moci do všech důsledků, a nanejvýš ten zdravý smysl našeho národniho ducha, který bez úhony strávil všechny rozpaky i bludy svých politických vůdců za prvních let válečných a posílen jistotou o zdaru a vítězství našeho odboje zahraničního osvědčil i nyní v té závratné chvíli kázeň a rozvahu, to všehno se sjednotilo v tento slavný osmadvacátý říjen tak šťastně, žeuplynul bez zmatku a násilí jako nějaký svátek národní.

Osmadvacátého října

Naši byli už několik dní v Ženevě, kam odjeli na schůzku s Benešem za souhlasu c.a k úřadů; o brzkém zániku monarchie nebylo pochyby a platila jen slova Hamletova,že nebude-li to teď, přece to přijde, a být že je všechno. Bylo sychravé pondělní dopoledne; vydal jsem se ze svého letenskébo přlbytku až po jedenácté dolů do Prahy a spíš ze zvyku než účelně zastavil se cestou v Obchodní komoře u přítelc Matyse, u něhož bývalo hodně cizozemských časopisů. Tam jsem zvěděl, že prý došly nějaké náramné zprávy dokonce snad o kapitulaci; to mě hnalo dál.
Už na Příkopech zpívajíci davy a v nich se provolávala sláva Masarykovi! Na dolejším konci Václavského náměstí zastal jsem dr. Scheinera v živém hovoru s chotí dr. Jaroslava Preisse, sestrou to nezapomenutelného Václava Dostála, jednoho z našich prvních hrdinů na francouzské frontě. „Člověče, už je to tady!" zavolal na mne Scheiner, jedva mne zhlédl, a chvatně zopakoval, čeho se právě od něho paní Preissová dovídala: že Rakousko kapitulovalo a že to spustíme naplno. Scheiner už byl od časného rána, ba od noci v plném shonu, neboť už v noci dostal Rašín telefonickou zprávu Tusarovu o situaci a ještě v noci pobídl vůdce sokolstva k smluveným opatřením ačkoli sámješte uvažoval zda je včasné začít uz dnes.
Desateré myšlenky prohnaly se mi v tu chvíli hlavou, ale jak to v takových náhlých okamženích bývá, vynořil se z nich nápad, jenž ani neměl tolik naspěch: vzpomněl jsem si, že máme v ředitelně Národniho divadla drahocenný prapor, dar to našich amerických krajanů v roce 1885 za jejich první hromadné výpravy do staré vlasti. Praporem země Wilsonovy lze teď nejlépe pozdravit den, kdy se už bohdá nadobro kácejí staré řády evropské. Letěl jsem do Národního divadla, vběhl do ředitelny, svolal zřízence, aby sňali ze zdi americký prapor a donesli jej se mnou do divadelní loggie. Sotva žcamerický prapor zavlál v průčelí milované budovy národní, byl radostně pozdravován zástupem na ulici: kdekdo těmto barvám vzdálené země porozuměl
Z divadla jsem spěchal zpátky k Obecnímu domu, kde byly kanceláře Národního výboru. Byla asi hodina: ulice už se ozývaly jásotem, vojáci strhávali jablíčka z čepic a důstojníci poslušně uřezávali rakouská znamení ze svých uniforem. Po ulicích jezdily, kde se vzaly tu se vzaly, nákladní vozy, na nich stála zpívající mládež a mávala šátky. Tu a tam počaly se objevovat praporky. V Národním výboru, kam jsem zatím doběhl, udílel už

Švehla rozkazy. „Nějakou hudbu-do ulic kdybyste mohl sehnat", povídá mi, „aby to šlo všechno hodně zvesela! A vůbec do ulic, pánové, ať se nestane někde nějaká hloupost !" Opásali jsme se na rukávech běločervenými odznaky a rozešli se z Národního výboru do ulic.
Docházeje k německému kasinu Na příkopech zahlédl jsem mohutný zástup; táhl zpívaje od Václavského náměstí. V jeho čele populární Karel Hašler a několik vlajících praporů. Napadlo mě, že by každá demonstrace před kasinem vypadala teď hloupě, dal jsem se tedy zvednout na ramena několika studenty, kteří vidouce na mém rukávě odznak Národního výboru šli mi v patách, a promluvil jsem k blížícímu se zástupu. Rázem jsem vycítil, že všechny ovládá nadšení a nikoho pomstychtivost; Volal jsem tedy heslo: „Na Staroměstské náměstí!" Sotvaže jsme prošli Prašnou branou, hnal se proti nám Celetnou ulicí zástup jiný. Maďarské vojsko vtrhlo prý na Staroměstské náměstí, vytlačilo odtud obecenstvo a má namířeny zbraně...
Odcházeje z Národního výboru zvěděl jsem, že se už stala dohoda, aby vojsko bylo z ulic odvoláno, i pokládal jsem za vhodné uklidnit znepokojený zástup. Proto jsem dal pokyn, aby se na Staroměstské náměstí přece šlo, To bylo již liduprázdné a kolem dokola obklíčeno maďarskými vojáky s nasazenými bajonety. Šel jsem k veliteli stojícímu poblíž Týnského kostela, představil se mu jakožto člen Národního výboru á žádal, aby nedělal nějakých opatření, že ručím za zástupy mě provázející a že už by bylo zbytečné krveprolití, když je věc tak jako tak prohrána.
„Ale do mne tu někdo strčil, a stane-li se to ještě jednou, dám střílet!" povídá mi Maďar lámanou němčinou. „Nedáte, pane hejtmane; za chvilku vás odvolají!" A věru, vtom zazněl od ruského kostela trubačský signál a za chvíli bylo vidět, jak se vojsko tam rozestavené dává od staroměstské radnice na zpětný pochod; za chvilku už i můj pan hejtman velel k odchodu. Ze všech.ulic a uliček ústících na Staroměstské náměstí vyvalily se mžikem tisíce a tisíce lidí. V tu chvlli stáli už i na balkoně radničním členové Národního výboru a doktor Soukup počal odtud mluvit.
Vrátil jsem se, už za šera, do Národního výboru. Tam se zatím redigoval podle konceptu Rašínova manifest k národu a první zákon republiky. Kolem šesté přivezl bratr Scheiner zástupce zemského velitelství do Národního výboru k vyjednávání. Vše šlo jako na drátku...
Národní výbor, nemaje ve svých kancelářských mistnostech dost klidu, sestoupil se zatim o patro níže v místnostech Pánského klubu na první svou schůzí, jež měla schválit texty Rašínovy. Mnoho klidu nebylo ani tady: pořád někdo přicházel nebo odcházel, a prudký Rašín nepostačil jednotlivce docela neslavně okřikovat: "Necourejte se pořád a zavřete dveře!"

Veliké dějinné chvíle mívají někdy tuze civilní ráz...
Jaroslav Kvapil ve své knize „O čem vím"

Jak jsme zmagořili četaře!

Ladislav Frank Nykl
PTP (Pomocný technický prapor) - zvláštní vojenské jednotky zřízené v 50. letech ministerstvem obrany, do kterých zařazovala komunistická strana mladé muže nepohodlné režimu. Příslušníci PTP sloužili beze zbraně, byli ubytovaní v lágrech; pracovali na stavbách , v kamenolomech, dolech a lesích. Stálá persekuce byla vykonávána formou vojenských rozkazů nebo prodlužováním služby až na 4 roky. Výrazy "pétépáci" a "černí baroni" (byli označeni černými výložkami) byly i po roce 1953 běžně používány pro vojáky technických praporů (TP) a vojenských pracovních jednotek (VPJ), později dokonce i pro ženisty.
Odloučená část Komárenského praporu PTP v Bratislavě (1950), byla asi jedinečnou raritou mezi vojáky s černými výložkami. Začalo to tak, že po dlouhých lékařských procedurách nás asi 160 nemocných, neschopných důlních prací poslali do Komárna za trest, že jsme si dovolili marodit. Odtud nás rozeslali na stavby po celém Slovensku. Nakonec nás tak 20 mužů nemohlo dělat ani na stavbách a tak se tahle parta marodérů ocitla v kanonýrských kasárnách na kraji Bratislavy, kde jsem dělali ve skladech a dílnách. Tam se opravovaly vozy z celé republiky. Hlavní bylo, jak nám na velení posměšně řekli, že v baráku je marodka a tak budeme mít doktora při ruce.

Byli jsme opravdu extra parta, revmatici, astmatici, jeden měl kratší nohu, další chromou ruku, jeden byl hluchý a další koktavý a ten když vyprávěl jak se dostal k PTP, bylo veselo: " Ttto měmě tty vvoli, ssstarrrosta aa tttajemmmník, chchtělli přepřessvěčičit do JJZZDé a jjá jjim chchtěl říct žeže ssou blbý, aale ppři ttom - bbb - ssem se zzasssek a nnemoh ddál, ttak ssemm jjim ddal potřes dddržku a vloni zz ttohho ppak mmarroddovalli." Dál tu byl nervák Eman, postrach důstojníků od bojových jednotek. Když ho zastavili, že je nepozdravil, chytil jednoho z nich za klopy, vyzvedl ho do vzduchu a začal s ním třást : " Neser mě, já mám papíry na hlavu, že jsem blázen a když tě tady ztřískám, nic se mi nestane!" Možná mezi námi bylo i pár šikovných simulantů, ale to bylo vojenské tajemství. Horší bylo, že se dělalo za malý žold a cigarety, tehdejší nejlacinější Detvy. Říkali jsme jim hřebíky do rakve. Byl hrozná bída, byli jsme nejchudší PTPáci v republice. Odpovídalo tomu i oblečení. Měli jsme jen jedny vycházkové šaty pro dva lidi a pracovní hadry z různých kusů sešité. Košile byla šedá, tričko, kabát a lodička byla modrá, plátěná po německém wehrmachtu. Kalhoty byly rajtky, nebo šortky po německém Afrikakorpsu, šněrovací boty a spinky přes kalhoty.
Ale mělo to jednu výhodu. Když jsme vykládali rozbité vozy z vagónů na nádraží, kolemjdoucí si mysleli, že jsme trestanci a házeli nám potajmu cigarety a svačiny. Byl tam také s námi důstojník, co přebíral papíry od nákladů a lidi si mysleli, že nás hlídá. Taky jsme svého času obdělávali posádkovou zahradu, vytvořenou z fotbalového hřiště, ale měli jsme malé výnosy. Zelenina se totiž prodávala přes plot paničkám, co si pro ni jezdily s kočárky. Hlavní zahradník to zažaloval a bylo po kšeftu.
Také se tam přerovnávaly a skladovaly postroje na koně, sedla, opratě a podkovy. Jeden selský synek z Hané, když se dostal na dovolenou domů, táhnul sebou vždy do vlaku balík, div mu to ruku neutrhlo. Stejně to nebylo na nic, protože je i s rodiči za čas vystěhovali jako kulaky. Ty vagóny jsme vykládali hlavně v neděli a tak jsme šli za doktorem, aby nám vymohl, že když děláme v neděli, máme mít volno v pondělí. Před okny naší světnice bylo komandýrské cvičiště, kde ještě učili nováčky jezdit na koních. Vypozorovali jsme, jak jeden četař - instruktor zařizoval, že ti mlíčňáci padali do vodního příkopu. Měl na to vycvičenou kobylu tak, že na tiché hvízdnutí prudce zastavila a bažant ji přeletěl přes hlavu do vody a ještě dostal vynadáno. Četař se pak předváděl v sedle a ukazoval jak se správně jezdí. Tak jsme pootevřeli okno a když se zase předváděl na kraji příkopu, hvízdlo se a byl ve vodě. Vylezl ven s vytřeštěnýma očima, nakopl koně, ale hrdinně nasedl a po dalším hvízdnutí byl ve vodě zase. To už mu došlo, že to není jen tak, přiběhl k vyjeveným vojákům a strašně se na ně rozeřval, až z toho začal chraptět. Oni neměli ani tušení co se děje. Byli z toho ježdění stejně úplně nešťastní, protože byli v civilu buď krejčí, ševci, nebo úředníci. Když jsme se pak ptali důstojníka, proč nedají ke koním raději sedláky, řekl nám, že kdyby tihle za války padli nic se nestane a sedláky pak můžou dát ke kobylám od pěšáků vždycky.

Druhý den měl už četař od jezdectva jinou partu a my jsme čekali u přivřeného okna. Když zase na naše písknutí dvakrát spadl, ztratil hlas úplně. Nechal si přivést jiného koně a nováčci už do vody nepadali. Takže my, nespolehliví PTPáci, jsme pomohli vojákům ve zbrani k lepší vojně!

(Podle barvitého vyprávění starého pána, kamaráda Honzy Placka (Ledňáčka) - sepsal L.F. Nykl)

LAUGHING CORNER

A joke about politics:
A little boy goes to his dad and asks, 'What is Politics?' Dad says, 'Well son, let me try to explain it this way: I am the head of the family, so call me The President. Your mother is the administrator of the money, so we call her the Government. We are here to take care of your needs, so we will call you the People.
The nanny, we will consider her the Working Class. And your baby brother, we will call him the Future. Now think about that and see if it makes sense.' So the little boy goes off to bed thinking about what Dad has said.
Later that night, he hears his baby brother crying, so he gets up to check on him.
He finds that the baby has severely soiled his diaper. So the little boy goes to his parent's room and finds his mother asleep. Not wanting to wake her, he goes to the nanny's room. Finding the door locked, he peeks in the keyhole and sees his father in bed with the nanny. He gives up and goes back to bed. The next morning, the little boy say's to his father, 'Dad, I think I understand the concept of politics now.' The father says, 'Good, son, tell me in your own words what you think politics is all about.' The little boy replies, The President is screwing the Working Class while the Government is sound asleep. The People are being ignored and the Future is in deep shit.

INSIGHT GALLERY



How we have paid dues

Sokol San Francisco Membersip

P=Paid, N= Not Paid

	B	C	D	E	F	G	H	I	K	M
1	**First Name**	**Last Name**	**Address**	**City**	**ST**	**Zip Code**	**F**	**M**	**P 07**	**P 08**
2	Anna	Bobb	5748 Parksite Pl.	Newark,	CA	94560	1		P	P
3	Jarmila	Bochenek	755 Raymundo Ave.	Los Altos,	CA	94024-3139	1		P	P
4	Patricia	Buckley	6414 76th St. Ct. W.	Lakewood	WA	98499-3441	1			Pnew
5	Ludvik	Brezula	3946 Wilson Ave.	Castro Valley,	CA	95546		1		Pnew
6	Marek	Brezula	3946 Wilson Ave.	Castro Valley,		95546		1		Pnew
7	Paul A.	Burda	213 Westvale Court	San Ramon,	CA	94583		1	P	P
8	John	Cambus	121 Lakewood Rd.	Walnut Creek,	CA	94598-4720		1	P	P
9	Vladka	Cambus	121 Lakewood Rd.	Walnut Creek,	CA	94598-4720	1		P	P
10	Evelyn	Cheever	37653 Glenmoor Dr.	Freemont,	CA	94536	1		P	P
11	Stanley	Cheever	37653 Glenmoor Dr.	Freemont,	CA	94536		1	P	P
12	Dagmar	Crichton	1873 Greenwitch St.	San Francisco,	CA	94123	1		P	N
13	Frank	Dlask	451 Santa Margarita Ave.	Menlo Park,	CA	94025		1	P	P
14	Jarmila	Dlask	451 Santa Margarita Ave.	Menlo Park,	CA	94025	1		P	P
15	Blanche	Duffey	249 W. Poplar Ave.	San Mateo,	CA	94402	1		P	P
16	Jaroslava	Dusatko	1001 Evelyn Ter. E. # 168	Sunnyvale,	CA	94086	1		P	P
17	Milan	Dusatko	1001 Evelyn Ter. E. # 168	Sunnyvale,	CA	94086		1	P	P
18	David	Folke	101 Kinros Dr.	Walnut Creek,	CA	94598		1		Pnew
19	Eva	Folke	18 Marques Pl.	Danvile	CA	94526	1			Pnew
20	Miloslav	Folke	18 Marques Pl.	Danvile	CA	94526		1		Pnew
21	Shirley A.	Gangelhoff	1319 Speers Ave.	San Mateo,	CA	94403	1		P	P
22	Tami M.	Gangelhoff	248 C 36th Ave.	San Mateo,	CA	94403	1		P	P
23	George	Goupille	879 Partridge Ave.	MenloPark,	CA	94025-5215		1	P	P
24	Philip	Goupille	879 Partridge Ave.	Menlo Park,	CA	94025-5215		1		Pnew
25	Stephan	Goupille	879 Partridge Ave.	MenloPark,	CA	94025-5215		1	P	P
26	Vera	Goupille	879 Partridge Ave.	MenloPark,	CA	94025-5215	1		P	P
27	Petr	Hancik	509 Camelback	Pleasant Hill,	CA	94523		1		Pnew
28	Vera	Horn	800 N. El Camino # 203	San Mateo,	CA	94401-3760	1		P	P
29	Vaclav	Hrdina	20287 John Dr.	Castro Valley,	CA	94546		1	P	N
30	Henry	Husak	19447 Victona Court	Sonoma,	CA	95476-3847		1	P	P
31	Jarmila	Jancarik	154 Woodbury Ct.	Walnut Creek,	CA	94596	1			Pnew
32	Jiri	Jancarik	154 Woodbury Ct.		CA	94596		1		Pnew
33	Debra A.	Jacob	5656 Oceanview Dr.	Oakland,	CA	94618	1			Pnew
34	Bohumila	Janac	18955 Palo Oaks Ct.	Saratoga,	CA	95070	1		Pnew	P
35	Jan	Janku	10 Villanova Ln.	Oakland,	CA	94611		1	P	P
36	Joan	Kemr	476 32nd Ave.	San Francisco,	CA	94121-1724	1		N	P
37	Helena	Kozler	176 Corte Anita	Greenbrae,	CA	94904	1		P	P
38	Eva	Kryska	1120 Newell Rd.	Palo Alto,	CA	94303	1		P	P
39	Jiri	Kucera	21901 Monte Ct.	Cupertino,	CA	95014		1	P	N
40	Vlasta	Kucera	539 Hillcrest Rd.	San Carlos,	CA	94070-1920	1		P	N
41	Jan	Kucera Jr.	21917 Oakview	Cupertino,	CA	95014		1	P	N
42	Ivanka	Linhart	P.O. Box 1172	Soulsbyville,	CA	95372	1		P	P
43	Petr	Linhart	P.O. Box 1172	Soulsbyville,	CA	95372		1	P	P
44	Alexander	Livingston	19617 Forest Ave.	Castro Valley,	CA	94546		1		P
45	David	Livingston	19617 Forest Ave.	Castro Valley,	CA	94546		1	P	P
46	Helenka	Livingston	19617 Forest Ave.	Castro Valley,	CA	94546	1		P	P
47	Dan	Livinsgton	19617 Forest. Ave.	Castro Valley,	CA	94546		1	P	P
48	Victor	Machacek	1655 Funston Ave.	San Francisco,	CA	94122		1	P	P
49	Lida	Mikes	115 Los Vientos Way	San Carlos,	CA	94070	1		P	P
50	Frank	Miksa	7 Royston Walk	Pleasant Hill,	CA	94523		1	P	P
51	Blanche	Milner	1500 Held Dr. # 67	Modesto,	CA	95355	1		P	P
52	Ludvik	Mlynek	1225 Warner Ct.	Lafayette,	CA	94549		1	P	P
53	Alena H.	Navarra	5452 Jonathan Dr.	Newark,	CA	94560	1		P	P
54	Charles M.	Navarra	5452 Jonathan Dr.	Newark,	CA	94560		1	P	P

How we have paid dues

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55	**First Name**	**Last Name**	**Address**	**City**	**ST**	**Zip Code**	**F**	**M**	**P 07**	**P 08**
56	Jan	Nemec	1521 Saint Alphonfus Way	Alamo,	CA	94507-1570		1	P	N
57	Rita	Nemec	1521 Saint Alphonsus Way	Alamo,	CA	94507-1570	1		P	N
58	Ludmila	O'Donell	3424 NE. 35th Ave.	Portland	OR	97212	1		P	P
59	Alena	Picha	650 Newhaven Ct.	Walnut Creek,	CA	94598	1		P	P
60	Frank	Picha	650 Newhaven Ct.	Walnut Creek,	CA	94598		1	P	P
61	Eva	Plachy	717 Best Ct.	San Carlos,	CA	94070-1544	1		P	P
62	Ivo	Plachy	717 Best Ct.	San Carlos,	CA	94070-1544		1	P	P
63	Zdena Dern	Rashkin	21780 Via Regina	Saratoga,	CA	95070	1		P	P
64	Jaroslav	Rosicky	16714 Selby Dr.	San Leandro,	CA	94578		1	P	P
65	Michelle	Ruff	324 Via La Paz	Greenbrae,	CA	94904	1		P	P
66	Dagmar	Rus	628 Newlands Ave.	San Mateo,	CA	94403	1		P	P
67	Ruda	Rus	628 Newlands Ave.	San Mateo,	CA	94403		1	P	P
68	Jaroslav	Sedivy	1289 Kentucky Dr.	Concord	CA	94520		1		Pnew
69	Marta	Sehnal	7415 Alpine Road	La Honda,	CA	94020	1		P	P
70	Albert	Sieber	231 Auburn Ave.	Santa Cruz	CA	95060		1	P	P
71	Libuse	Sikl	418 Patricia Ave.	San Mateo,	CA	94401	1		P	P
72	Kamil	Skapa	894 S. Flamingo Court	Denver,	CO	80246-2323		1	P	P
73	George I.	Skoda	3400 Princeton Way	Santa Clara,	CA	95051-5526		1	P	P
74	Marcelle	Skubna	616 Eve St.	Napa,	CA	94559	1		P	P
75	Desider E.	Slavoj	22 Ord Ct.	San Francisco,	CA	94114-1417		1	P	P
76	Marcela A.	Sleep	7405 Hacienda Way	Felton	CA	95018	1		Pnew	P
77	Jirina	Smerhovska	2440 15 th St.	San Francisco,	CA	94114	1		P	P
78	Karel	Snajberk	916 Regal Road	Berkeley,	CA	94708		1	P	P
79	Milena	Snajberk	916 Regal Road	Berkeley,	CA	94708	1		P	P
80	George	Spanek	1425 Broadway Sw. # 11	Burlingame,	CA	94010		1	P	N
81	Henry J.	Sredl	P.O. Box 1029	Center Harbor,	NH	03226-1029		1	P	P
82	Radek	Stalcik	255 Coggins Dr. #F15	Pleasant Hill,	CA	94523		1		Pnew
83	Karel	Stipek	22420 A Walnut Cir.N.	Cupertino,	CA	95014		1	P	P
84	Martha	Stipek	22420 A Walnut Cir.N.	Cupertino,	CA	95014	1		P	P
85	Walter	Strach	783 Ajax Dr.	Sunnyvale,	CA	94086		1		Pnew
86	Petr	Sulek	570 El Camino Real#150	Redwood City	CA	94063		1		Pnew
87	Eugenia	Sullivan	P.O.Box 9651	So. Lake Tahoe,	CA	95731	1		P	P
88	Edmund	Teyrovsky	21966 Dolores St.	Castro Valley,	CA	94546		1	P	P
89	Georgina	Teyrovsky	21966 Dolores St.	Castro Valley,	CA	94546	1		P	P
90	Angie	Tomanek	26612 Durham Way	Hayward,	CA	94542	1		P	N
91	Tomas	Tomanek	26612 Durham Way	Hayward,	CA	94542		1	P	N
92	Dana	Tupy	13188 La Cresta Dr.	Los Altos,	CA	94022-1941	1		P	N
93	George	Tupy	13188 La Cresta Dr.	Los Altos,	CA	94022-1941		1	P	N
94	Petr	Vacek	5138 Golde Gate Ave.	Oakland,	CA	94618		1		Pnew
95	Helena	Vernak	2724 Mason Lane	San Mateo,	CA	94403-2613	1		P	P
96	Zdenek	Vernak	2724 Mason Lane	San Mateo,	CA	94403-2613		1	P	P
97	Milos	Zivny	10815 Breed Ave.	Oakland,	CA	94603		1	P	P
98	Zelka	Zivny	10815 Breed Ave.	Oakland,	CA	94603	1		P	P
99	Ashka	Zrzavy	654 Oregon St.	Sonoma,	CA	95476	1		P	P
100	Lada	Zrzavy	654 Oregon St.	Sonoma,	CA	95476		1	P	P
101										
102	TOTAL						47	51		



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