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

SPRING 2009



Practicing for Slet 2009 in Texas

SOKOL OFFICERS: FOR THE YEAR 2009:

E-mail: sokolsf@gmail.com

President:	Frank Dlask
First Vice President:	Georgina Teyrovsky
Second Vice President:	Zdenek Vernak
Secretary:	Zelmira Zivny
Financial Secretary:	Paul Burda
Treasurer:	Jarmila Dlask
Men's Director:	Peter Linhart, Paul Burda
Women's Directors:	Jarka Dusatko, Ivanka Linhart
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,
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

Phone & E-mail List:

Name		Phone #	E-mail
Burda Paul	Home Cell	925.830.4542 415.203.3745	adrub1@earthlink.net
Dlask Frank & Jarmila	Home	650.327.8656	
Dusatko Milan & Jara	Home Cell	408.830.9310 650.327.8656	jmdusatko@gmail.com
Linhart Peter & Ivanka	Home	209.588.9259	ivankalinhart@sbcglobal.net
Teyrovsky Edmund & Georgina	Home Fax	510.582.6545 510.886.8465	teyrovsky@gmail.com
Vernak Zdenek	Home	650.341.8117	z.denak@sbcglobal.net
Zivny Zelmira	Home Cell	510.638.4723 510.710.4076	zelkaz@aol.com

"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 2009

Lunch and Music from CDs	May 16, Saturday	Dino's at Castro Valley 3600 Castro Valley Blvd, Castro Valley
Picnic	June 13, Saturday	Lake Chabot Park, Castro Valley
Picnic	September 12 Saturday	Lake Chabot Park, Castro Valley
Annual Meeting	December 5, 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 5 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 5, 2009 2:00 P.M. to 5:30 P.M.	20121 Santa Maria, Castro Valley, CA
End of the Year Dinner/Dance	December 26, Saturday	Tarragon, 140 S Murphy Ave Sunnyvale, CA 94086

No New Members:

Sokol dues and donation 2008 :

We are very thankful for your thoughtful contribution to American Sokol San Francisco Unit. We acknowledge $45 from attendees of film session in February 09 and $330 of individual donations up to date.
We are thankful to all of you for total of $375 up to date.

H. Husak $40;D.Crichton $10; F.Miksa in memory of Mirka Miksa $150;
G.Skoda $25; V. Machachek $25; K.& M. Snajbek $50; P.&I. Linhart $25; M & R. Prejda $5.
American Sokol is a Non-profit Organization;your donation are tax deductible. Keep your bank check as your receipt. Membership dues are not deductible. They are supporting expenses Headquarters ASO in Chicago to pay for whole American Sokol actions.
Paul A Burda, Sokol Financial Secretary
BROTHERS AND SISTERS: Please, finish your unpaid 2009 dues NOW! **See pages....16 & 17**
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:**
2009 Dues are $25	
Membership Dues $.....	**Sokol San Francisco Dues 2009**
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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P.O.BOX 4006, MENLO PARK, CA 94026-4006
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

Message from Greg Harris, ASO Executive Director

Hi Everyone,

I have been here almost 4 months now and have had the opportunity to do a bit of traveling to several Units/meetings and to observe a few of the amazing programs that we offer. Kudos should go out to the tireless efforts of those who are working so hard to keep Sokol moving forward. The organization is a hidden gem and we need to do everything we can to stop being the "best kept secret." Everyone, outside of Sokol, should know about us and what we do to make the world a better place....and we do indeed do that! Then, they need to become members of our organization!

In addition to the devotion that I have seen of our current members, I have seen a number of things that I feel are holding us back in our attempt to take Sokol to the next level. We must all realize that this is 2008, almost 2009, and we must make every attempt to move forward and assure the survival of our organization. That is what the Strategic Plan is all about. Here are my observations to date:

Every Unit follows the basic guidelines of the by-laws.....but most still do things on their own that vary greatly from Unit to Unit. Our goal is to have cohesion and consistency in order to create an environment that will allow new membership opportunities, new programming and opportunities for bringing in new people, etc. Here in the national American Sokol office, Jean and I are constantly looking for new ways to help each and every Unit excel...be it through programming, activities, international public awareness, and funding sources. With all of the Units operating in a consistent manner, it will allow us to be able to apply for larger funding based on universal practices. The goal would be to create a centralized pool of money that can be used equally by all of the Units.

Every Unit does something very well, but each Unit needs help in one way or another. Why don't we want to help each other? It seems like each Unit is very wrapped up in its own, protective, world. We must all start looking beyond our watts and seeing what we can do to help each other as one, national, organization. Only then can we truly move American Sokol into the future. Closing doors and losing members helps no one. What can we do to keep our young people from leaving? What Units need new, fresh faces to keep them going? Where do we need help with programming? Are all Units being run as efficient business models that have Sokol as the number one priority? Could some of our younger members take the reins, move up as officers, and help revitalize some of the Units? Are there members out there who are looking for new opportunities to start new Units? | certainty hope the answers are "YES!" We cannot afford to lose our young people and we should be doing everything we can to find new and exciting Sokol opportunities for them. It's what they want and they deserve to have a chance.

That being said, older members MUST start mentoring and begin teaching the younger members how to run the Units as businesses, and give them more control. It is up to you to show the next generation how to keep your Units alive and well. If you wait until you are debilitated and too old to continue, no one will know how to take over, and we will be closing doors (many Units are on the brink of this happening now). I have heard from many older members that, "there is no one who is witting to take over" and when I talk to those people would like to "take over," they tell me, "I try to help but the older members won't let me take over, or have any responsibility for that matter, so I have bowed out and stay in the background, not saying anything." We need to change this....immediately.

Respect. or the lack thereof. We need to start respecting each other and the strengths that each of us brings to the organization. I am amazed at the amount of disrespect I have witnessed. Every single member of this organization is different, and brings a different set of skills to the table, which is a great benefit to American Sokol. Those skills may not be the same as yours, but that is ok. We need new, fresh, ideas. Just because something is, "not the way we've always done it" does not make it bad. If an idea is presented and I hear, "that's a great idea, BUT let me tell you why it won't work" then that tells me that it isn't a good idea in your

eyes. Why don't we say, "That's a great idea, how do we make it work?" If we don't respect each other, and what each of us brings to the organization, then we don't respect the organization or our mission or the people who have worked so hard to get us to where we are today. Everything we do should be for the betterment of the organization. "The way we've always done it" is not working any longer.

In-fighting and feuding must stop. I cannot believe how much of this is going on. There are so many more important things that we should be worried about than, "who said what" or "who did that to so-and-so" or "well that Unit did this and now we don't like them" etc.. etc.. etc. Most of the feuding started a very long time ago and it should be time to let by-gones be by-gones and move on. How can we move forward when we continually focus on the past...and the focus is usually on the bad things that have happened in the past? If we have earned nothing from the unfortunate incidents of the past, then shame on alt of us. We need to rise up, shake ourselves off and start marching forward. EVERYONE needs to work together as one, solitary, cohesive, national organization.

I should NEVER hear about issues, fighting, feuding, etc. from any young members. I have the great fortune of spending a lot of quality time with our some of our young members and I have had some very interesting conversations with them. From the amount of time they are attempting to give to Sokol, it appears as though they are very excited about being a part of the organization, and its future, and should be looking to that future through the eyes of someone who wants to eventually take over and help the organization survive and prosper. They should NOT be mired down in the muck that I hear a lot of older members talking about.

They should be excited about the good parts of our history and not be subjected to the bad. When a young person comes to me and says, "can you come to our Unit and help us...we have a lot of problems and no one seems to be able to help" that is not acceptable. These kids should be having fun with us and wanting their friends to join them and be a part of the greatness that is Sokol. Our young members should aspire to be our new leaders and not see the current leaders as stumbling blocks to our success and future.

The segregation of men and women must stop immediately. This is the year 2008 and att of the UNITS are a part of the National Organization, and quite frankly, segregation is against the [aw. Men and Women MUST work together in order to achieve success. The money that is brought in must be the collective UNIT'S money in order to survive. I am hearing that certain leaders in some of the Units are domineering and making others uncomfortable, creating animosity, and simply pushing people away, which in turn make them no longer want to be members. This is unacceptable and must stop. If a member is exhibiting this behavior it will documented and action will be taken. A member that is creating animosity and driving other members away is not effective for Sokol and therefore not needed within our organization. Sokol should be a happy and safe place for everyone. Younger people are leaving, and starting their own gyms, because they do not see a future with Sokol because of the politics that they see going on....this WILL change

ASO monthly page 4 & 5 June 23-29 2009 International Sports & Culture Festival in Fort Worth TX

Definition of terms

Whenever the Constitution and Bylaws shall employ the terms member, representative, officer, applicant, or any personal pronoun, etc., they shall be taken to mean both sexes, unless otherwise specified.
Whenever the term Convention is used, it shall be taken to mean the Convention of the American Sokol Educational and Physical Culture Organization.
A "Slet" is a gathering of Sokols to engage in competitions, exhibitions and celebrations.

SOKOL UNIT CORNER

The Rights of spring.

Taragon, March 28, 2009.

With the arrival of spring our swallows returned to Capistrano and a flock of Falcons (Sokols) landed in the hospitable hall of Sunnyvale's Taragon restaurant. Dancing to the familiar tunes, served to us by Mr. Domitrovich band, fifty old faithful (not as old as faithful, let me add) enjoyed the free flowing wine & beer, a good chat with rarely seen friends and an occasional swirl on the dance floor, a healthy exercise. By now, we know well the food, the spacious room, both bands and most of our guests, so it really feels like going home. But if it's all new to you, why not join us the next time in this fun-filled evening? You'll be glad you did. As a service to the Czech &Slovak community Sokol is subsidizing dances and some other events.

As Br. Burda mentioned, Sokol's contribution for this evening was to the tune of $1,100. The Raffle, planned for tonight, was cancelled due to a lack of interest.

Our March dance has a long tradition, its timing was inspired by celebration of our first president's – T.G. Masaryk's birthday, falling on the seventh of this month. T.G.M. was a living legend, both worshiped and vilified as time went by. His conduct set standards high for the motley bunch of Hradcany Castle dwellers that followed him. Masaryk's character, humanity and statesmanship created a role model none of his followers in this honorary office was able to match. Br. Petr Linhart, in a short speech, brought our attention to Masaryk's role in the birth of Czechoslovak Republic in 1918 that, like Phoenix, rose from the ashes of the Austro-Hungarian Empire.

During the obligatory "snake dance", when we were dance stepping around the tables, the level of fun raised visibly by another notch, a jolly din bore a witness to it. The following "Chicken dance" mixed the participants very thoroughly, pairing people who never before held each other's arms. Who could arrange a couple more odd than two mucho men, dancing together? Good sports, perfect sense of humor!

On a more serious note: Ms. Xiaoli Chen of Xiaoli Flying Fiddlers Violin Studio treated us to a musical intermezzo. She is an accomplished concert violinist and violin teacher. Sweet tone, solid technique, prefect pitch, what more can we ask for? She can interpret a wide selection of genres: from a popular song "You Beautiful Gypsy" that we hummed along, to Schubert's Serenade, Monti's Czardasz, even a melodic Chinese opus.

A funny thing happened on our way home: when I was leaving with the portrait of our first president (an oil painting by Sister Teyrovsky), an alert waiter took off in hot pursuit of me – a thief suspect. He was not entirely convinced by my friend's explanation and only reluctantly gave up the chase; so now I can look at the painting on our home's wall instead of surveying graffiti on a prison wall.

All in all it was a pleasant evening and we should not forget: only Sokol gives us this kind of Old country entertainment. Enjoy it and support the organization as much as you can.

Zdenek Vernak

Dear Sokol Unit Members and those who want to understand how American Sokol is organized:

Our Sokol Unit is part of **American Sokol Organization**, headquarters located in 122 W. 22nd St. Oak Brook, IL 60523-1557, Telephone: Voice: (630) 368-0771 Fax: (630) 368-0758 E-mail: aso@american-sokol.org , ASO is responsible for directing all Units around The United States, founded in 1865 by Czech immigrants and subject to By-laws as a non-profit organization.

Obviously, membership is voluntary and subject to yearly dues. Our Unit dues are $25/year, one of the lowest of Units in the US. It was a good rule in our Unit to pay dues by the end of January of every year, preferably by the end of December of the previous year.

The Board, however, tolerates payment to the end of the first quarter, before we have to send a quarterly membership report and Unit dues to our ASO headquarters. You can keep records about it, as specified on page 3 of our Vestnik. ASO is using the unit's dues for supporting all of the American Sokol actions around the US.

For your information, the Unit is not making any money from the membership dues. It is functioning only from investment interest of principle, left to us by founders of the Unit, recorded in the State of California as Incorporation on January 31, 1911. Lately, the Unit has not made any income from any of our actions, organizing the community, and especially in the present hardship investment times suffering losses.

The first duty as a member is to be current with membership obligations to the organization. Many members are following the rules and the Unit is very thankful for it. For those who are still behind (look in the last page of Vestnik), please stay current in order to avoid future administrative losses for the Unit. Reinstatement of membership includes a $5 penalty and creates extra paperwork. ASO is charging our Unit and a reinstated member has to pay it as reinvestment fee. For those who are not interested, let us know and do not wait to be terminated for non- payment of your dues.

Thank you for your understanding and your cooperation.

Paul A Burda, Unit Financial Secretary

From Sokol By-laws

Article 76. Sokol Membership I. Members
Membership categories and eligibility requirements are:
1. Youth Member (Non-voting) — a person who:
a) is 17 years of age or younger; and
b) has good character and habits; and
c) has met the requirements established by the Unit and the Bylaws of the American Sokol; and
d) is a citizen of or legal resident of the United States.
2. Associate Member (Non-voting) — an adult who:
a) is at least 17 years of age; and
b) has good character and habits; and
c) has met the requirements established by the Unit and the Bylaws of the American Sokol; and
d) is a citizen of or legal resident of the United States.
3. Regular Member (Voting) — an adult who:
a) is at least 17 years of age; and
b) has good character and habits; and
c) has an appreciation of the Sokol principles; and

d) has been a youth or associate member for a period of at least six (6) months or is joining a Unit which is less than one (1) year old; and
e) has met the requirements established by the Unit and the Bylaws of the American Sokol; and
f) is a citizen o for legal resident of the United States.

4. Honorary Member — an adult who:
a) has made exemplary contributions to the Sokol Movement; and
b) has been nominated in a regular meeting of the Unit and received a two-thirds (2/3) majority of the ballots cast in the Unit's Annual Meeting.

Units may establish sub-categories of the above, according to their needs.
Every youth participating in a Board of Instructors sanctioned activity must have at least one parent or guardian registered as a member.

To all fellow members of Sokol San Francisco,

On behalf of CSA Fraternal Life local chapter Golden Gate (Zlata Brana) #252, and their president Pat Mastalir, we would like to invite all members of Sokol San Francisco to the CSA get together on May 8th. We will be traveling to Golden Gate Park in San Francisco to visit the statue of T. G. Masaryk. We will be bringing flowers and sing some Czech songs. Those who have a Kroj, are encouraged to wear it. We will meet at 11:00 am for lunch at Schroeder's German Restaurant, 240 Front Street, San Francisco. Those wishing to carpool with us from San Mateo can meet at the home of Blanche Duffey 249 W Poplar Ave, San Mateo. Please call her at 650-344-5015 if you wish to meet at her home. After lunch we will proceed to the statue.

If you would like to attend, please contact Pat Mastalir at 650-345-3612 no later than May 2nd. We need to make lunch reservations at Schroeder's. They will be preparing a special meal for us of pork, sauerkraut and dumpling @$12.95 each.

Hope you can join us.

Nazdar, Walt Strach

MOVIE CORNER

Stanford Czech Movie Schedule:
May 8th; June 5th. You will be reminded by E-mail before presentation.

Many thanks to Jara.

Cross-Czechs Hockey played by our new members

44758	Thu Apr 9	8:45 PM	Oakland Olympic	SIAHL@OK	Silver B	Cross-Czechs	Mighty Owls	Preseason
44696	Thu Apr 16	9:15 PM	Oakland NHL	SIAHL@OK	Silver B	Iceholes	Cross-Czechs	Preseason

Download Schedule: iCal Outlook Excel

CONSULTANTS

Every month we contact health authorities and medical researchers from across the country and around the world. Here are some of the experts we consulted this month:

PAUL AISEN, M.D., director, Alzheimer's Disease Cooperative Study; professor of neurosciences, University of California, San Diego.

ALIREZA ATRI, M.D., PH.D., assistant in neurology, Massachusetts General Hospital, Harvard Medical School; associate director, Center for Translational Cognitive Neuroscience, Geriatric Research Education and Clinical Center, Veterans Association Medical Center, Bedford, Mass.

ROBERT S. BARATZ, M.D., PH.D., D.D.S., president, National Council Against Health Fraud; medical director, South Shore Health Care; clinical assistant professor, department of medicine, Boston University School of Medicine, Newton, Mass.

WOJTEK CHODZKO-ZAJKO, PH.D., professor and head, department of kinesiology and community health, University of Illinois at Urbana-Champaign.

EDZARD ERNST, M.D., PH.D., professor of complementary medicine, Peninsula Medical School, Exeter, Devon, England.

SAMUEL E. GANDY, M.D., PH.D., Mount Sinai Professor of Alzheimer's Disease Research and professor of neurology and psychiatry; associate director, Mount Sinai Alzheimer's Disease Research Center, Mount Sinai School of Medicine, New York.

MARK HELFAND, M.D., M.P.H., director, Oregon Evidence-based Practice Center; professor, department of medical informatics and clinical epidemiology, Oregon Health and Science University, Portland.

GARY J. KENNEDY, M.D., director, division of geriatric psychiatry, Montefiore Medical Center, New York.

MICHELE S. OLSON, PH.D., professor of exercise science, Auburn University, Montgomery, Ala.

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The surprising power of gentle exercise

Yoga, tai chi, and Pilates are well known for their ability to improve balance, flexibility, and mood. And because they put minimal pressure on the hips and knees, they're good for older people or those with joint problems. But growing research shows that they offer other benefits as well. Each technique has unique strengths, so choose the one that meets your needs.



For Pilates, start with mat-based classes to learn proper form and breathing.

YOGA

Hatha yoga, the most common form in the U.S., uses controlled breathing and a series of poses, called asanas, that can:

- **Protect the heart.** Yoga practitioners in one study had lower blood-pressure, blood-sugar, and triglyceride levels, and higher levels of HDL (good) cholesterol.
- **Promote healthy eating.** Women who practice yoga have healthier eating patterns and are less likely to gain weight, according to some research.
- **Control pain** in people with arthritis, back pain, and carpal tunnel syndrome.
- **Ease asthma** and chronic bronchitis.
- **Improve sleep** in older people.

Recommendation: Check with the Yoga Alliance *(www.yogaalliance.org)* to find a certified teacher. Aim for at least two weekly sessions. For a strenuous workout, try Ashtanga yoga (also called vinyasa, flow, or power yoga), which involves moving through poses quickly. For a gentler version, try Iyengar yoga, in which teachers help you achieve the positions.

TAI CHI

This slow-motion martial art improves stability and balance while walking. Other research suggests it might:

- **Slow bone loss** in postmenopausal women.
- **Boost immunity.** Tai chi volunteers in one study showed greater immune response to the shingles vaccine.
- **Ease the pain** of arthritis.
- **Aid cancer patients.** One study found that tai chi helped breast-cancer patients cope with the psychological effects of treatment.

Recommendation: Practice in 30-minute stints, preferably in the morning and at night. To find a teacher, contact the Tai Chi Network *(www.taichinetwork.org)*. Beginners might excel at Wu tai chi, while those who want a more vigorous workout can try Chen tai chi, which uses more explosive movements. For a more meditative experience, try Yang tai chi.

PILATES

These exercises, practiced on floor mats or on special equipment, focus on the body's core abdominal muscles. In addition, they might:

- **Ease chronic back pain** for up to a year, according to one study.
- **Burn calories and boost fitness.** An intermediate-level Pilates workout uses about the same amount of energy as walking 4 to 4.5 miles per hour.
- **Improve mental focus.** The exercises emphasize deep breathing and body awareness, and require small, precise movements that demand concentration.

Recommendation: Aim for three sessions weekly. The Pilates Method Alliance *(www.pilatesmethodalliance.org)* lists certified teachers. Look for one who has at least several years of experience. To burn more calories, move steadily from one exercise to the next. ■

INFORMATION CORNER

Information



GENERÁLNÍ KONZULÁT ČESKÉ REPUBLIKY
CONSULATE GENERAL OF THE CZECH REPUBLIC
Los Angeles
10990 Wilshire Blvd., Suite 1100, Los Angeles, CA 90024-4879
Phone: 310.473.0889 Fax: 310.473.9813
http://www.mzv.cz/wwwo/?zu=losangelcs
E-mail: losangeles@embassy.mzv.cz

San Francisco
201 Filbert St., San Francisco, CA 94133 Phone: 415.394.0152
Fax: 866.224.1941
Honorable Consul General for Czech Republic Richard Pivnicka
Email: pivnicka@earthlink.net

CONSULATE GENERAL OF SLOVAK REPUBLIK
www.slovakembassy-us.org
Honorable Consul for Slovak Republic Barbara Pivnicka
Mobil phone: 650.996.7473 , Phone: 925.457.8380, Fax: 866.224.1941
Email: bpivnicka@earthlink.net

NEW PLACE FOR MEETINGS:
Sokol Committee Meeting is every second Tuesday, every month at 7:30 PM in Baywood Court, 21966 Dolores St. # 241, Castro Valley, CA 94546

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/

Our Address:

SOKOL SAN FRANCISCO
P O BOX 4006
MENLO PARK
CA 94026-4006

E-mail: sokolsf@gmail.com

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

§ Legal Advice in Czech & Slovak

by Attorney at Law in Czech Republic

JUDr. Jan Kerbach

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Please contact our office (in Czech, Slovak or English):
JUDr. Jan Kerbach, attorney, Spotrebitelska 483, 155 31, Praha, Czech Rep.
e-mail: jankerbach@seznam.cz

Tel: cell 011 420 607940630 or 011420257922971



If you have any comments or suggestions for our Vestnik, please write them to SOKOL SAN FRANCISCO, PO BOX 4006, MENLO PARK CA 94026-4006
Or E-mail: sokolsf@gmail.com

Thank you, EDITOR

POLITICAL CORNER

Pitchfork Time
by Patrick J. Buchanan
Posted 03/03/2009 ET

In his campaign and inaugural address, Barack Obama cast himself as a moderate man seeking common ground with conservatives.
Yet, his budget calls for the radical restructuring of the U.S. economy, a sweeping redistribution of power and wealth to government and Democratic constituencies. It is a declaration of war on the Right.
The real Obama has stood up, and lived up to his ranking as the most left-wing member of the United States Senate.
Barack has no mandate for this. He was even behind McCain when the decisive event that gave him the presidency occurred -- the September collapse of Lehman Brothers and the market crash.
Republicans are under no obligation to render bipartisan support to this statist coup d'etat. For what is going down is a leftist power grab that is anathema to their principles and philosophy.
Where the U.S. government usually consumes 21 percent of gross domestic product, this Obama budget spends 28 percent in 2009 and runs a deficit of $1.75 trillion, or 12.7 percent of GDP. That is four times the largest deficit of George W. Bush and twice as large a share of the economy as any deficit run since World War II.
Add that 28 percent of GDP spent by the U.S. government to the 12 percent spent by states, counties and cities, and government will consume 40 percent of the economy in 2009.
We are not "headed down the road to socialism." We are there.
Since the budget was released, word has come that the U.S. economy did not shrink by 3.8 percent in the fourth quarter, but 6.2 percent. All the assumptions in Obama's budget about growth in 2009 and 2010 need to be revised downward, and the deficits revised upward.
Look for the deficit for 2009 to cross $2 trillion.
Who abroad is going to lend us the trillions to finance our deficits without demanding higher interest rates on the U.S. bonds they are being asked to hold? And if we must revert to the printing press to create the money, what happens to the dollar?
As Americans save only a pittance and have lost -- in the value of homes, stocks, bonds and other assets -- $15 trillion to $20 trillion since 2007, how can the people provide the feds with the needed money?
In his speech to Congress, Obama promised new investments in energy, education and health care. Every kid is going to get a college degree. We're going to find a cure for cancer.
Who is going to pay for all this?
The top 2 percent, "the filthy rich", who got all those Bush tax breaks, say Democrats. But the top 5 percent of income earners already pay 60 percent of U.S. income taxes, while the bottom 40 percent pays nothing.
Those paying a federal tax rate of 35 percent will see it rise to near 40 percent and will lose a fifth of the value of their deductions for taxes, mortgage interest and charitable contributions.
Yet, two-thirds of small businesses are taxed at the same rate as individuals. Consider what this means to the owner of a restaurant and bar in Los Angeles open from noon to midnight, where a husband and wife each put in 80 hours a week.
At year's end, the couple finds they have actually made a profit of $500,000 that they can take home in salary. What is the Obama-Schwarzenegger tax take on that salary?
Their U.S. tax rate will have hit 39.6 percent.

CZECH CORNER

Czech President Blasts Global Warming

Czech President Vaclav Klaus says many global warming advocates are more interested in money than they are in climate change.

Speaking at the opening session of the Second International Conference on Climate Change last week in New York, Klaus — who is also President pro-tem of the European Union — warned that politicians have "succeeded in creating incentives which led to the rise of a very powerful [profit]-seeking group.

"These people are interested neither in temperature, CO2, competing scientific hypotheses and their testing, nor in freedom or markets. They are interested in their businesses and their profits — made with the help of politicians."

They will profit, he said, from trading the licenses to emit carbon dioxide, and from constructing unproductive wind, solar and similar equipment able to generate electricity only with high levels of subsidies.

They will also make money from doing research, writing and speaking about global warming.

At the New York conference, sponsored by the Heartland Institute and attended by more than 700 scientists, Klaus declared that "there is no fixed and stable relationship between measured temperature and CO2 emissions.

"The believers in this hypothesis are not able to explain why the global temperature increased from 1918 to 1940, decreased from 1940 to 1976, increased from 1976 to 1998 and decreased from 1998 to the present, irrespective of the fact that people have been adding increasing amounts of CO2 to the atmosphere."

He said global warming alarmists "want to change us and our behavior. Their ambition is to control and manipulate us."

The global warming debate "has not made any detectable progress and the much needed, long overdue exchange of views has not yet started. All we see and hear are uninspiring monologues.

"It reminds me of the frustration people like me felt in the Communist era. Whatever you said, any convincing and well prepared arguments you used, any relevant data you assembled — no reaction. It all fell into emptiness. Nobody listened.

"They didn't even try to argue back. They considered you a naive, uninformed and confused person, an eccentric, a complainer, someone not able to accept their only truth. It is very similar now."

Recalling his experience at the recent World Economic Forum in Davos, Switzerland, he said he spent three hours at a closed session with about 60 people - heads of state and "experts" like Al Gore, Tony Blair and Kofi Annan.

"It was a discouraging experience. You looked around in vain to find at least one person who would share your views. There was no one.

"All the participants of the meeting took man-made global warming for granted, were convinced of its dangerous consequences, and more or less competed in one special discipline — whether to suggest a 20, 30, 50 or 80 percent CO2 emissions cut as an agreed-upon, world-wide project. It was difficult to say anything meaningful and constructive."

Newsmax reported earlier that during the Davos conference in January, Klaus said: "I'm very sorry that some people like Al Gore are not ready to listen to the competing theories. I do listen to them.

"Environmentalism and the global warming alarmism are challenging our freedom. Al Gore is an important person in this movement."

Klaus concluded in New York: "The environmentalists speak about 'saving the planet.' From what? And from whom? One thing I know for sure: We have to save it - and us — from them."

Insider Report from Newsmax.com

What Is a SLET? By Karel Čapek
July-August 2005 POSEL / Noviny Sokol Cedar Rapids Sept/Oct 2006

Karel Čapek (1890-1938) the great modem Czech writer, whose creations are internationally known, wrote a psychological analysis of the feelings of a spectator at a great Sokol Slet. It is moving in its simplicity and depth of feeling. He wrotc:

"I have been thinking about why the Sokol mass calisthenics are a typical climax of every Czech national celebration, while elsewhere it is the contest of individuals, teams or toreadors. At a Sokol Slet I see before me an immense rectangle of pure beach sand, framed by hundreds of thousands of heads. Into that blinding space flows a rhythmic wave of thousands of figures, with a natural movement like breathing or the flow of blood thru one's veins, but good Lord, what a breath, what a calm and immense flow. No unnerving drama is taking place. I feel no anguish or passionate heroism; I feel that I am breathing, but breathing with the breath of thousands; my heart Is peacefully beating, but it is the beat of thousands; thru my body flows a wave of movement and it is the movement of thousands, stronger than the flash of an sword; a movement that carries me, flows into me and overflows In me, not as If I were one of those on the field, but as it I were all of them; thirty thousand arms are expanding in me — what a breath, what a gigantic flow of blood pours thru me. I, a little figure among hundreds of thousands live for some hours the life of a giant. That which I see is not heroism, it is greatness; and I don't know which of the two is simpler and more beautiful; but greatness, I know is more liberating. Elsewhere the national ideal is the superb performance of individuals, but with us, ten, twenty, thirty thousand group together for one action; from those thousands each individual earnestly and attentively enrolls himself to the total, until they are lost in the mass; here success is only that, that belongs equally to all. So it could be said: The ideal is coordination, accumulated and democratic strength. The desire is for voluntary discipline, for order functioning collectively and smoothly. Not drama, but order. Not combat, but cooperation. Not adventure, but organization. We cannot say as yet that such is nation's character, but it is an ideal, that the nation is seeking for itself and already understands."

LAUGHING CORNER

Tree contractors are invitcd to fix thc broken fence at the White House.
All three go with a White House official to examine the fence. One contractor takes out a tape measure and does some measuring, then works some figures with a pencil. "Well, "he says, "I figure the job will run about $900: $400 for materials, $400 for my crew and $100 profit for mc. " Second contractor also does some measuring and figuring, then says, "I can do this job for $700: $300 for materials, S300 for my crew and $100 profit for me. " Third contractor doesn't measure or figure, but leans over to the White House official and whispers, "$2,700. " The official, incredulous, says, "You didn't even measure like the other guys! How did you come up with such a high figure? "The third contractor whispers back, "$1000 for me, $1000 for you, and we hire the second contractor guy to fix the fencc. " "Done! "replies the government official.
And that, my friends, its how the new stimulus plan will work.

A man and his ever-nagging wife went on vacation to Jerusalem. While they were there, the wife died. The undertaker told the husband, "You can have her shipped home for $5,000 or bury her here in the Holy Land for $150.
The man thought about it and told him he would just have her shipped home. The undertaker asked, "Why would you spend $5,000 to ship your wife home when it would be wonderful to be buried here and you would spend only $150?"
The man replied, "Long ago a man died and was buried here, and three days later he rose from the dead.
I just can't take that chance. "

How we have paid dues

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P=Paid, N= Not Paid

	B	C	D	E	F	G	H	I	L	M
1	**First Name**	**Last Name**	**Address**	**City**	**ST**	**Zip Code**	**F**	**M**	**P 08**	**P 09**
2	Anna	Bobb	5748 Parksite Pl.	Newark,	CA	94560	1		P	N
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	N
5	Ludvik	Brezula	3946 Wilson Ave.	Castro Valley,	CA	95546		1	Pnew	P
6	Marek	Brezula	3946 Wilson Ave.	Castro Valley,	CA	95546		1	Pnew	P
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	P
13	Daniel	Botcha	1160 Via Escondida	Novato	CA	94949		1		P new
14	Jana	Botcha	1160 Via Escondida	Novato	CA	94949	1			P new
15	Frank	Dlask	451 Santa Margarita Ave.	Menlo Park,	CA	94025		1	P	P
16	Jarmila	Dlask	451 Santa Margarita Ave.	Menlo Park,	CA	94025	1		P	P
17	Blanche	Duffey	249 W. Poplar Ave.	San Mateo,	CA	94402	1		P	P
18	Jaroslava	Dusatko	1001 Evelyn Ter. E. # 168	Sunnyvale,	CA	94086	1		P	P
19	Milan	Dusatko	1001 Evelyn Ter. E. # 168	Sunnyvale,	CA	94086		1	P	P
20	David	Folke	101 Kinros Dr.	Walnut Creek,	CA	94596		1	Pnew	P
21	Eva	Folke	18 Marques Pl.	Danvile	CA	94526	1		Pnew	P
22	Miloslav	Folke	18 Marques Pl.	Danvile	CA	94526		1	Pnew	P
23	Shirley A.	Gangelhoff	1319 Speers Ave.	San Mateo,	CA	94403	1		P	P
24	Tami M.	Gangelhoff	2151 Carlmont Dr., # 203	Belmont	CA	94002	1		P	P
25	George	Goupille	879 Partridge Ave.	MenloPark,	CA	94025-5215		1	P	P
26	Philip	Goupille	879 Partridge Ave.	Menlo Park,	CA	94025-5215		1	Pnew	P
27	Stephan	Goupille	879 Partridge Ave.	MenloPark,	CA	94025-5215		1	P	P
28	Vera	Goupille	879 Partridge Ave.	MenloPark,	CA	94025-5215	1		P	P
29	Vera	Horn	800 N. El Camino # 203	San Mateo,	CA	94401-3760	1		P	P
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	P
32	Jiri	Jancarik	154 Woodbury Ct.	Walnut Creek,	CA	94596		1	Pnew	P
33	Debra	Jakob	5656 Oceanview Dr.	Oakland,	CA	94618	1		Pnew	N
34	Bohumla	Janac	18955 Palo Oaks Ct.	Saratoga,	CA	95070	1		P	P
35	Jan	Janku	10 Villanova Ln.	Oakland,	CA	94611		1	P	N
36	Joan	Kemr	476 32nd Ave.	San Francisco,	CA	94121-1724	1		P	N
37	Helena	Kozler	176 Corte Anita	Greenbrae,	CA	94904	1		P	N
38	Eva	Kryska	1120 Newell Rd.	Palo Alto,	CA	94303	1		P	P
39	Jiri	Kucera	21901 Monte Ct.	Cupertino,	CA	95014		1	P	P
40	Ivanka	Linhart	P.O. Box 1172	Soulsbyville,	CA	95372	1		P	P
41	Petr	Linhart	P.O. Box 1172	Soulsbyville,	CA	95372		1	P	P
42	Alexander	Livingston	19617 Forest Ave.	Castro Valley,	CA	94546		1	P	P
43	David	Livingston	19617 Forest Ave.	Castro Valley,	CA	94546		1	P	P
44	Helenka	Livingston	19617 Forest Ave.	Castro Valley,	CA	94546	1		P	P
45	Dan	Livinsgton	19617 Forest. Ave.	Castro Valley,	CA	94546		1	P	P
46	Victor	Machacek	1655 Funston Ave.	San Francisco,	CA	94122		1	P	P
47	Lida	Mikes	115 Los Vientos Way	San Carlos,	CA	94070	1		P	P
48	Frank	Miksa	7 Royston Walk	Pleasant Hill,	CA	94523		1	P	P
49	Blanche	Milner	1500 Held Dr. # 67	Modesto,	CA	95355	1		P	P
50	Ludvik	Mlynek	1225 Warner Ct.	Lafayette,	CA	94549		1	P	N
51	Alena H.	Navarra	5452 Jonathan Dr.	Newark,	CA	94560	1		P	N
52	Charles M.	Navarra	5452 Jonathan Dr.	Newark,	CA	94560		1	P	N
53	Ludmila	O'Donell	3424 NE. 35th Ave.	Portland	OR	97212	1		P	P
54	Alena	Picha	650 Newhaven Ct.	Walnut Creek,	CA	94598	1		P	P
55	Frank	Picha	650 Newhaven Ct.	Walnut Creek,	CA	94598		1	P	P
56	Eva	Plachy	717 Best Ct.	San Carlos,	CA	94070-1544	1		P	P
57	Ivo	Plachy	717 Best Ct.	San Carlos,	CA	94070-1544		1	P	P
58	Zdena Derner	Rashkin	21780 Via Regina	Saratoga,	CA	95070	1		P	N
59	Jaroslav	Rosicky	16714 Selby Dr.	San Leandro,	CA	94578		1	P	P
60	Michelle	Ruff	324 Via La Paz	Greenbrae,	CA	94904	1		P	P
61	Dagmar	Rus	628 Newlands Ave.	San Mateo,	CA	94403	1		P	N

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62	**First Name**	**Last Name**	**Address**	**City**	**ST**	**Zip Code**	**F**	**M**	**P 08**	**P 09**
63	Ruda	Rus	628 Newlands Ave.	San Mateo,	CA	94403		1	P	N
64	Jaroslav	Sedivy	1289 Kentucky Dr.	Concord	CA	94520		1	Pnew	P
65	Marta	Sehnal	7415 Alpine Road	La Honda,	CA	94020	1		P	P
66	Albert	Sieber	231 Auburn Ave.	Santa Cruz	CA	95060		1	P	N
67	Libuse	Sikl	418 Patricia Ave.	San Mateo,	CA	94401	1		P	P
68	Kamil	Skapa	894 S. Flamingo Court	Denver,	CO	80246-2323		1	P	N
69	George I.	Skoda	3400 Princeton Way	Santa Clara,	CA	95051-5526		1	P	P
70	Marcelle	Skubna	4181 E. 3rd Ave	Napa,	CA	94558-4012	1		P	P
71	Desider E.	Slavoj	22 Ord Ct.	San Francisco,	CA	94114-1417		1	P	N
72	Marcela A.	Sleep	7405 Hacienda Way	Felton	CA	95018	1		P	N
73	Jirina	Smerhovska	2440 15 th St.	San Francisco,	CA	94114	1		P	N
74	Karel	Snajberk	916 Regal Road	Berkeley,	CA	94708		1	P	P
75	Milena	Snajberk	916 Regal Road	Berkeley,	CA	94708	1		P	P
76	Henry J.	Sredl	P.O. Box 1029	Center Harbor,	NH	03226-1029		1	P	N
77	Radek	Stalcik	255 Coggins Dr. # F15	Pleasant Hill,	CA	94523		1	Pnew	P
78	Karel	Stipek	22420 A Walnut Cir.N.	Cupertino,	CA	95014		1	P	N
79	Martha	Stipek	22420 A Walnut Cir.N.	Cupertino,	CA	95014	1		P	N
80	Walter	Strach	783 Ajax Dr.	Sunnyvale,	CA	94086		1	Pnew	P
81	Petr	Sulek	570 El Camino Real # 150	Redwood City	CA	94063		1	Pnew	P
82	Eugenia	Sullivan	P.O.Box 9651	So. Lake Tahoe,	CA	95731	1		P	N
83	Edmund	Teyrovsky	21966 Dolores St. # 241	Castro Valley,	CA	94546		1	P	P
84	Georgina	Teyrovsky	21966 Dolores St. # 241	Castro Valley,	CA	94546	1		P	P
85	Petr	Vacek	5138 Golden Gate Ave.	Oakland,	CA	94618		1	Pnew	P
86	Helena	Vernak	2724 Mason Lane	San Mateo,	CA	94403-2613	1		P	P
87	Zdenek	Vernak	2724 Mason Lane	San Mateo,	CA	94403-2613		1	P	P
88	Milos	Zivny	10815 Breed Ave.	Oakland,	CA	94603		1	P	P
89	Zelka	Zivny	10815 Breed Ave.	Oakland,	CA	94603	1		P	P
90	Ashka	Zrzavy	654 Oregon St.	Sonoma,	CA	95476	1		P	P
91	Lada	Zrzavy	654 Oregon St.	Sonoma,	CA	95476		1	P	P
92										
93	TOTAL						44	45		
94										
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