American Sokol

Sokol San Francisco

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

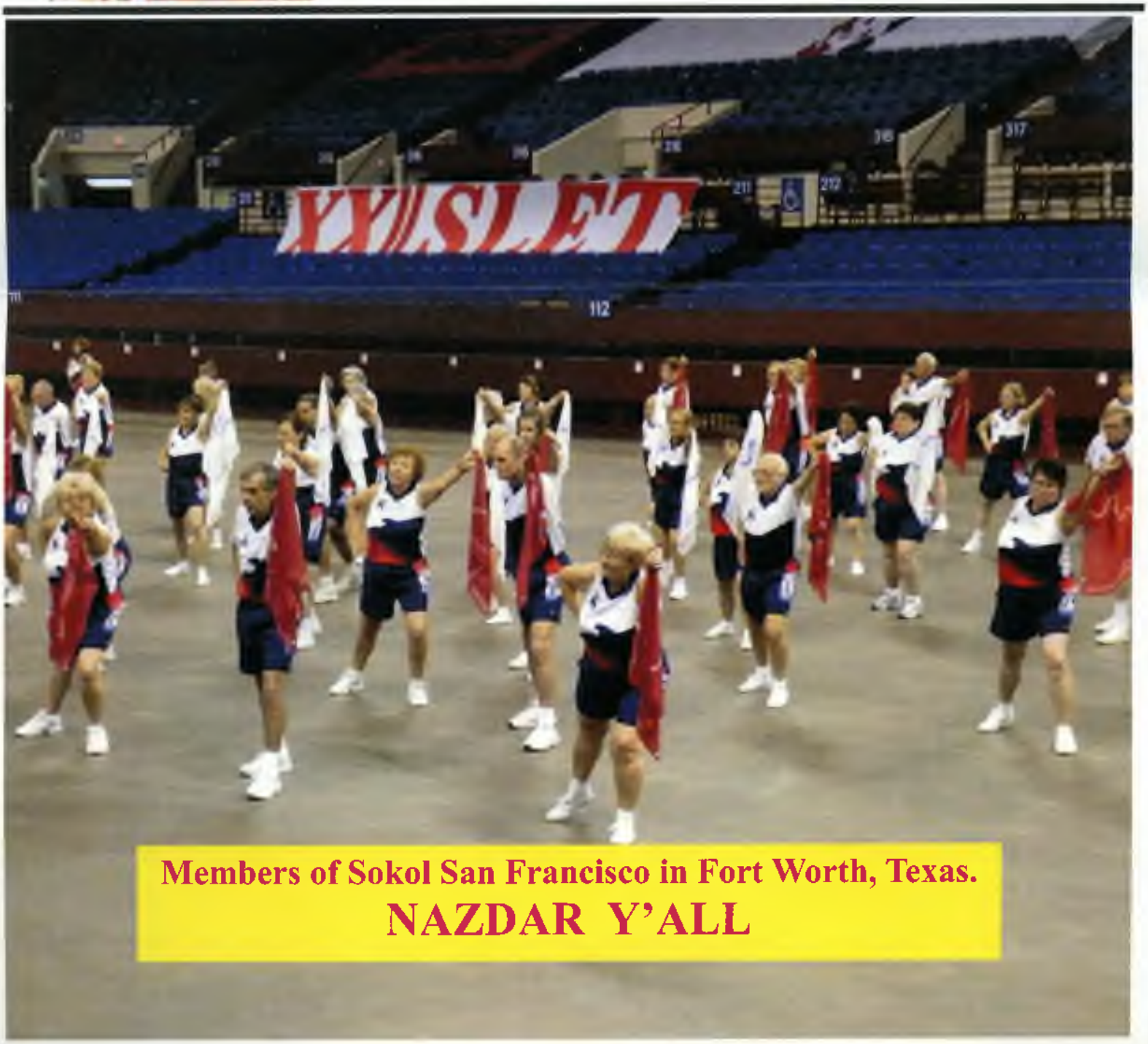


P.O. Box 4006, Menlo Park, CA 94026-4006
E-mail: sokolsf@gmail.com



VĚSTNÍK

SUMM ER 2009



Members of Sokol San Francisco in Fort Worth, Texas.

NAZDAR Y'ALL

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

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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 2009

September 12 Saturday	Picnic	Lake Chabot Park, Castro Valley
October will be anouced	Lunch with music	Dino's at Castro Valley
December 5, Saturday 10:30 A.M. to 12:30 P.M.	Annual Meeting	Unity Building Recreation Area, 20121 Santa Maria, Castro Valley, CA
December 5 12:30 P.M. to 1:30 P.M.	Lunch for all present Sokol members	Unity Building Recreation Area, 20121 Santa Maria, Castro Valley, CA
December 5, 2009 2:00 P.M. to 5:30 P.M.	St. Nicolas Childern's Party	20121 Santa Maria, Castro Valley, CA
December 26, Saturday	End of the Year Dinner/Dance	Tarragon, 140 S Murphy Ave Sunnyvale, CA 94086

New Members: Teresa L. O'Donnell (3/1/09)

Sokol dues and donation 2009 :

We are very thankful for your thoughtful contribution to American Sokol San Francisco Unit. We acknowledge $163 from attendees of film sessions and $405 of individual donation up to date.

H. Husak $40;D.Crichton S10; F.Miksa in memory of Mirka Miksa S150;
G.Skoda $25; V. Machachek $25; K.& M. Snajbek $50; P.&I. Linhart $25; M & R. Prejda S5. H.Sredel $25; K. Skapa $25; E.Sullivan $25;
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

Hello Parents, Participants and Friends:

A Sokol gathering of members is always a Highlight of each year. Gymnasts, participants and family members come together to share their enjoyment of fitness and support for each other. To the long time Sokol member, these events are known as "Slets" (Festivals). Sokol is a family oriented recreation club providing members with activities for all ages for the whole family.

This year is especially a memorable year. We in the Southern District are fortunate to host not just a Slet but a National Slet. This gathering of Parents, Gymnasts, participants and friends come from all over the Country and beyond. Look around this week, experience the camaraderie, and witness the smiles that children and seniors alike are sharing. This is not a simple sporting event; it is truly a life event. From Five year olds to eight-five years young, they will all be participating. Applaud their efforts and be proud of their spirit. A Slet is a true celebration of Life and Family. As in the Olympic Creed, ***"The important thing is not winning but taking part. The essential thing in life is not conquering but fighting well".***

If you are an adult member and you are not participating closely in a program at your local Sokol club, then I challenge you to prepare for next years Festival. Be a part of it. Take part with your other family members. The benefit is yours. Cherish your children and share this excitement with them.

The American Sokol had its beginning nearly 144 years ago in St. Louis, MO. In that time thousands of leaders, gymnasts, athletes, educators, artists, entertainers and mostly the many thousands of outstanding citizens has come from Sokol training.

For the first time American Sokol has invited other fine groups to share this spirit and be a part ofthe Sokol Family. USA Gymnastics Group and Team Gym, Special Needs athletes of Mustang Basketball, the Pan American Gymnastics Union, Gymnastics Association of Texas, SPJST Fraternal Insurance as well as some local High Schools and clubs are joining in some of the 22 activities this week. With their participation the umbrella Title of **"2009 International Sport and Cultural Festival"** was created. Make it a point to visit these fine groups in their activities. Share with them enthusiasm for their participation. We welcome them and hope that continued partnerships will strengthen bonds in our organizations future.

This event could not be possible without the beliefs and dedication of the local organizing committee. Many have contributed countless hours, monetary contributions and physical labor to bring all the facets together. This committee dared to extend promotions so extensively, the first to use new technologies, the first to seek corporate sponsorships, the first to share with outside groups. I know that you enjoyed the week.

I give a special Thank you to the City of Fort Worth and Mayor Mike Moncrief for the great support to the American Sokol. Sokol Fort Worth has been instrumental in creating part of the cultural and cowboy mystique of the City. I am proud to live in the City of Fort Worth. I hope that all of you gain pleasurable memories on your visit here and plan to return someday. "Y'all come back now, ya'here"!

Nazdar Y'all, (On to success)

Rome Milan, Southern District Director of Men, PO BOX 205 Ennis, Texas 75120-0205

SOKOL UNIT CORNER

Board of Sokol San Francisco Unit

is thankful to our members for representing Unit during XXII American Sokol Slet.
Their personal expenses and time devoted to this event were contributions to the American Sokol family. Our Unit voted to partially cover their expenses and it was money well spent. It was first time when our Unit was actively represented in the American Slet outside of San Francisco area. It helped to rebuild the reputation, positive attitude and friendship of our Unit with ASO Executive Board and Pacific District members.
The Board appreciates all the participating volunteers who helped to promote the Sokol spirit at a such an international event.

Thank you, all best and many happy and healthy returns.

San Francisco Sokols Fly to Texas for XXII American Sokol Slet

The XXII Slet of the American Sokol Organization took place in Forth Worth, Texas, June 23 - 28, 2009. This National Slet was a part of an even larger festival with the umbrella title of "International Sport & Cultural Festival 2009" and included non-Sokol groups of gymnasts from around the world.
Members of American Sokol Organization came from all parts of the United States, especially the many cities and towns in Texas where Sokol heritage goes back for several generations. More than 100 Sokols came from the Czech Republic. Other countries represented were Mexico, Venezuela, Surinam, Denmark, Germany, and Switzerland.
Sokol San Francisco participated in the "Senior Calisthenics II" and was represented by: Paul Burda, Jara Dusatko, Ivanka Linhart, Lida O'Donnell, Teresa O'Donnell (our dedicated youngest member), Milos Zivny and Zelka Zivny. Peter Linhart had practiced the routine from the beginning but unfortunately was not able to attend the Slet and we missed him. Otto Notzl from Los Angeles joined us to fill his spot but we were still one short. Otto had instructed us in Oakland in May and directed our practice in Forth Worth.
There were Sokol activities all week. Our performance was scheduled for the last day of the festival as part of the closing ceremony, and we appreciated the several days we had together to polish our routine. We practiced wherever we could - in our hotel rooms, in the small hotel fitness center and in the huge halls and corridors of the Convention Center. Under the banner of the Pacific District, San Francisco together with Los Angeles Sokols marched in the parade through downtown along Main Street. And even if we not get any medals, we had a perfect attendance at the half-hour "Daily Good Morning Fitness" every day at 7 a.m. At least three members of Sokol San Francisco were there each day and sometimes it was the only unit represented there.
Also the festival and the city of Forth Worth offered much to see and to do. There were the opening ceremonies, many gymnastic competitions and exhibitions and tournaments in volleyball and basketball. Sokol Forth Worth organized a social evening in the old Stockyards with dancing to a polka band. Even in this big, noisy and happy place people connected with old friends and made new ones. Sokols from San Francisco and from Forth Worth had performed next to each other at the Slet in Prague in 2006. Here we met again, all wearing cowboy hats and red bandanas.
In the Cultural District of Forth Worth, we visited the Kimbell Art Museum, the Amon Carter Museum, and the Modern Art Museum of Forth Worth. We viewed exquisite pieces from the Asian and European collections, studied the extensive exhibition of paintings and bronzes from the American West by Russell and Remington, and were puzzled by some installations of modern art. We marveled at the unfamiliar plants at the Botanical Gardens. In the Stockyards we learned about Fort Worth's past as a Western livestock market and railroad shipping center. We stood a few feet from the great longhorn cattle as cowboys drove them along the street.
The last day we visited the hall of Sokol Forth Worth. A big, functional and friendly hall with gymnastic equipment, old theater decorations on the walls, an extensive collection of Sokol memorabilia . Large kitchen with volunteers helpers serving southern breakfast to all participants. We embraced again with Sokols from Los Angeles, met more Sokols from the Czech Republic but could not stay for the barbeque planned for the middle of the day. We had to go on to the airport to go home.
Nobody from Sokol San Francisco seems to recall when - if ever - the unit participated in a Slet of the American Sokol Organization. This may very well be our first American Slet. We are thankful for all of our Unit members who voted proxy to partially cover of our expenses
The Sokols made us feel welcome and the people of Forth Worth were friendly. The promotion video for the Slet had announced, "It's gonna be fun!" It was, indeed.
As they say in Texas, "Nazdar Y'all!"

Lida O'Donnell

Here is a promotional video to get a glimpse of Forth Worth and the festival during the planning stage:
http://www.youtube.com/watch?v=F8K76sDj8bs



Smiles after good work of representation with mama Rose in Czech original costume



PACIFIC DISTRICT IN TEXAS

Thanks for your vote in Proxy

As you remember you were contacted to vote to support partial expenses of participants attending of XXII American Sokol Slet 2009 according to American Sokol By-Laws article 34-Special issue.

Here are the results:
40 valid votes we received.11 votes not valid received (non payment of dues or late delivery).
Article 1 of Proxy. 25 yes; 9 No; 6 abstained.
Article 2 of proxy.
50% expenses cover-22 valid votes; 25% -12 valid votes; 6 abstained.
Results were evaluated by Financial Committee, recorded by Unit Secretary and agreed to during Unit monthly meeting in June 2009. Most economical expenses were documented (Airfare,lodging and registration);
50% of those expenses according to Article 33 for 6 days attendance were agreed to not to exceed $300.
Total Unit expense for 6 attending members is $ 1,800. Money well spent to support our members.

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

By-Laws continue Article 76 Sokol Membership I (first part in Vestnik Spring 09)

II . Dual Membership

A member may hold membership simultaneously in more than one Unit of the American Sokol. The right of a regular member to vote and hold elected office is limited to one (1) Unit or District only.
For regular members, the concerned units, District and the American Sokol Executive Board must be sent notification of such dual membership, indicating in which Unit voting privileges will be honored.

III. Members at Large

Individuals not residing in the vicinity of an American Sokol Unit may become Members at Large. Members at Large shall be assigned to Sokol T.G. Masaryk which shall be administered by the American Sokol Executive Board. Dues shall be determined by the Convention. Members at Large shall have no voting rights but shall receive the official American Sokol publication.

Cross-Czech Hockey Schedule played by our members
Please check http://www.oaklandice.com/index2.html

MOVIE CORNER
Sokol intends to continue with movie presentations in September 09. You will be notified by E-mail about this arrangement.

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. ■



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. ■

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

INFORMATION CORNER

Information



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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/

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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

Čtete česky? Znáte někoho kdo ještě čte česky?

Czech written newspaper Hospodář was founded in 1890 in Omaha, Nebraska by Jan Rosický for newly arrived immigrants from Europe. Later Jan Rosicky informed readers about fraternal and mutual insurance agencies, cultural, social and festival events. For 119 years of existence Hospodař has adjusted content of articles to reader's interests. Hospodář has to find new subscribers and supporters in order to continue offering news as one of the few Czech language newspapers published in North America and only one of two newspapers currently published in Texas.
Readers of Hospodář can tell you how this paper is interesting and enjoyable to them. You may even start to learn Czech or improve your Czech by reading. Hospodař give a gift subscription to your relatives in the Czech Republic and Slovak Republic.
Předplatíte sobě anebo někomu Hospodáře? Přečtete si zajímavé články a zprávy o nejdůležitějších historických a současných událostech po celém světě, zejména v České republice. Mnozí krajané uveřejňují svoje zážitky a zkušenosti v rodišti svých předků a jaké pocity ovládají jejich srdce při pohledu na rodnou chalupu svých pradědů. Svoje názory můžete vyjádřit svobodně na stránkách Hospodáře, pokud jsou slušně vyjádřeny, protože redaktor slouží jako prostředník a Hospodář Vás tak spojí s jinými Čtenáři po celém světě.

HOSPODÁŘ P.O. Box 301 WEST TEXAS 76691 USA, TELEPHONE: (254-826-3838
EMAIL: JAN_VACULIK@HOTMAIL.COM Translators of Czech Documents
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Tel: cell 011 420 607940630 or 011420257922971

Čekal 4 dny, seděl 4 roky

Jiří Gruntorád šel kvůli přepisování zakázaných knih do vězení. Když ho pustili, přepisoval je dál

Je to opravdu pořádná náhoda. V pražském bytě manželů Bendových — známé disidentské rodiny — se opravuje instalace. Je povolán i zedník, který pracuje pro OPBH (obvodní podnik bytového hospodářství).

Zedník se jmenuje Jiří Gruntorád a už nějakou dobu sleduje náladu i politickou situaci kolem sebe. Není zrovna růžová — píše se rok 1978 — od sovětské okupace uplynulo právě deset let.

V bytě si Gruntorád všimne hromad průklepových papírů s dokumenty Charty. „To nešlo nevidět," říká. Tehdy vlastně poprvé uviděl samizdat. Tedy svépomocí přepisované a opisované texty, které nemohly vyjít knižně či časopisecky, protože byly komunistickým režimem zakázané.

Díky samizdatu se však dostaly do rukou mnoha lidem, kteří by si je jinak neměli šanci přečíst. Samizdaty přepisovali zpravidla dobrovolníci na psacích strojích přes průklepové papíry. Pak se šířily přes známé a kamarády a některé výtisky mnohokrát měnily své majitele. Přepisovala se například i poezie — tedy ta, které komunistický režim zrovna nepřál.

Gruntorád tehdy začal nad samizdatem sám přemýšlet. „Velice mne to oslovilo. Lidé, kteří opisují Seifertovy a Šiktancovy básně, pro to mají jistě velmi dobrý důvod. To byl pro mne velmi silný impulz," vzpomíná.

První přepsaná sbírka Zedník Gruntorád se tehdy rozhodl sám zapojit do přepisování samizdatu. První, co přepsal, byla sbírka poezie — Morový sloup od Jaroslava Seiferta.

„Psal jsem ji dvěma prsty, to si velmi dobře pamatuji," popisuje. Jeho první samizdat neskončil zrovna dobře. „Sbírky sice podepsal osobně Jaroslav Seifert, ale celý náklad (tedy všech deset kusů) zabavila tajná policie. Tak jsem to musel opsat podruhé," popisuje Gruntorád.

Přiznává, že to pro něj nebylo zrovna snadné. Na psacím stroji nikdy do té doby nepsal, takže přepisováním musel trávit mnoho hodin denně. „Je to složitá práce, člověk musel dávat pozor, aby tam nebylo moc překlepů," říká. Tehdy také zjistil, že ho ta činnost nesmírně uspokojuje. Přinášela totiž dvojí efekt: působila proti totalitnímu komunistickému režimu a současně byla prospěšná všem, kteří milovali knížky. Jako on sám.

„Mělo to pozitivní dopad vtom, že spoustě lidí udělala přepsaná knížka radosta současně prolamovala informační bariéru," dodává. Ostatně jaká byla za tehdejší éry informovanost veřejnosti, popisuje na vlastní zkušenosti: „Až do roku 1977 jsem si myslel, že Jaroslav Seifert nežije — pro mne to byl mrtvý klasik. Až ze zahraničního vysílán!, tedy z Hlasu Ameriky, jsem zjistil, že podepsal Chartu 77..."Kde je ten revolver?

Poprvé ho zatkli a odvezli k výslechu dva roky po Chartě. Důvod? Je prý podezřelý z příprav únosu letadla. Souvisela S tím i domovní prohlídka, při níž hledali revolvera našli... samizdatové knihy.' Samozřejmě. I

Ale odsoudili ho za nepovolené držení střelné zbraně. Dostal nejvyšší možný trest, takže ve vězení strávil tři měsíce. Byl to samozřejmě nesmysl, po roce 1989 jej soud rehabilituje.

Ale pozornosti Státní bezpečnosti se do pádu komunismu nezbaví. Tím spíš, že hned po návratu z vězení se snaží pracovat ještě usilovněji.

„Ten efekt dvou prstů nebyl zrovna velký. Hledal jsem profesionální písařky. To se mi podařilo. Měl jsem několik písařek, jedna vydržela až do roku 1989, ta opsala desítky knížek...," vypráví. Podařilo se mu najít i dobrého knihaře, důchodce, takže nakonec „vydával" téměř dokonalé publikace.

„Vybíral jsem knížky, po kterých byla poptávka, a dělal jakési reedice hotových knih: byly tam texty Bohumila Hrabala či Václava Havla. Ajak jsem se seznamoval s širším okruhem lidí, objevovaly se tam další autoři, kteří sami psali. Jarda Hutka, Vlasta Třešňák." Takže stihl vydat asi třicet knížek, než si pro něj StB přišla podruhé.

Zatčen v posteli Zatímco poprvé si pro něj přišli tajní policisté do práce, podruhé si pro něj přišli domů, přímo do bytu. Objevili se u jeho postele brzy ráno. Gruntorád ještě spal.

„Pro mne byla ještě hluboká noc a u postele najednou stáli dva pánové. Říkali: Půjdete s námi! Bylo to šokující, nevěděl jsem, zda se mi to nezdá," popisuje. Pak pochopil, že už dopředu si opatřili duplikáty klíčů Od vchodových dveří. Těmi si otevřeli.

Přesto si nemyslel, že ho čeká něco zvlášť nepříjemného. „Neboj, vrátím se za čtyři dny," řekl mamince. Trochu se spletl.

Vrátil se za čtyři roky a čekaly ho další tři roky ochranného dohledu. Soud dospěl k závěru, že se svou činností dopustil trestného činu podvracení republiky. Byl to jeden z těch tvrdších trestů, které tehdejší disidenti dostávali.

„Když odečteme deset měsíců vazby, tak jsem strávil dva roky v Minkovicích a čtrnáct měsíců ve Valdicích. Ale Minkovice byly horší, tam šlo o život," popisuje své chmurné zážitky.

Nezlomen vězením Jestliže komunistické vězení mělo vězně převychovat v socialistickém duchu, u Jiřího Gruntoráda se to nepovedlo. Vrátil se v roce 1984 a pokračoval tam, kde předtím přestal.

Nebyla to zrovna šťastná doba. Byl sice na svobodě, ale kvůli ochrannému dohledu nesměl opustit Prahu. Navíc celá země byla jeden obrovský koncentrák a spousta disidentů byla vyhnána ze země v rámci akce Asanace.

„Ale já jsem se nedíval napravo nalevo a vydával jsem knížky," vzpomíná.
Do roku 1989 jich vydal asi 130. Ty později, po pádu komunismu, skončí v knihovně zakázané literatury Libri prohibiti, kterou sám založil v Praze. Libri Prohibity, knihovna obsahující 38000 knižních publikací, stovky titulu časopisů, filmy, letáky,foto a novinový archive. Location-Senovážne Nám. No. 2, Prague.

Vzpomínka na Lidice + June, 1942

Historické události v létech 1939-1945 zasáhly Československo krutě. Okupace našich zemí německou armádou. Utvoření Protektorátu Čechy a Morava.

Podíl českého a slovenského národa na domácí frontě i v odboji zahraničním, v celkovém zápase spojených národů proti fašisticko-nacistickému násilí, nebyl opravdu malý. Národ, zatlačený do pasivity, ukázal, že není na světě moci, která by byla schopna potlačit v něm touhu po svobodě, touhu po demokracii. Ani nejbrutálnější násilí nacistických tyranů a zavilá zášť určité větve německého vedení, která se s průběhem věků přestěhovala na území Čech, Moravy a Slezska, nebyla schopna národ přesvědčit, ať už sliby, anebo zastrašováním, že území Čech, Moravy a Slezska je životním prostorem národa německého. Připojit Čechy k Říši a později vystěhovat, anebo snad dokonce vyhladit, to bylo cílem Hitlerovy politiky přpravene Himlerovou pravou rukou Heydrichem.

Všichni víme, jak se nacistický režim zachoval. Proto to nebudeme opakovat, jen stručně pár hrůzných, všeobecně známých, nacistických statistik, které nesmíme nikdy zapomenout.

Tisíce popravených, desetitisíce žalářovaných a statisíce zavlečených do smrtelných německých koncentračních táborů.

Avšak dnes jsme se sešli, abychom vzdali úctu těm, kteří byli zavražděni v Lidicích. Tito lidé se stali nejsilnějším a nejzávažnějším výkřikem celé války, neboť to byl výkřik samé lidské civilizace.

LIDICE, tato malá, prostá česká dělnická obec ve středních Čechách u Kladna,v srdci hornického kraje, stala se po celém světě symbolem utrpení celého československého národa, symbolem jeho vytrvalého odporu proti útlaku a věčnou pochodní boje za lepší budoucnost Československé Republiky.

Ministr Jan Masaryk tehdy prohlásil: Čím byl Pear Harbor pro Ameriku, tím jsou dnes Lidice pro celý svět. Měl pravdu. Když Němci dne 10. června 1942 oznámili ve zvláštním komuniké celému světu, s jakou chladnokrevností a uvážeností se dopustili strašlivého zvěrstva proti hornické obci u Kladna, zachvěl se celý svobodný a spojenecký svět.

Americký státník Wendell Wilkie prohlásil: Protože vrah Heydrich byl v Praze zabit, Lidice žijí. Protože lidické svítilny zhasly, rozsvítil se plamen, který nikdy nezhasne. Všude a zejména ve Spojených státech severoamerických roste vlna tvrdého, neúprosného odhodlání. Dokud se dějí v jiné zemi věci, jako bylo zničení Lidic, a zavraždění Lidických, nemůžeme se nad nimi zastavit, dokud si nebudeme jisti, že podobne akce se nebudou historicky znovu ve světě opakovat.

Plukovník F. Knox, státní sekretář amerického loďstva, řekl ve svém projevu: Zeptají-li se nás příští generace, proč že jsme bojovali v této válce, povíme jim zvěst o Lidicích. Minulý týden byly Lidice prostinkou hornickou vsí. Jako v tisíci ostatních vesnic a měst po celé Evropě, bydlil v ní lid, který se nestaral valně ani o nacistickou hrůzovládu, ani o Hitlerův „Nový Řád". A jakže promítl Hitler požehnání „Nového Řádu" na lidický lid? Pobil jej. Nevyhladil Lidice ba naopak, dal jim věčný život. Stal se z nich symbol boje za svobodu. A my Američané neustaneme v boji, dokud nesmeteme podobné snahy s povrchu zemského, jako tyto ktere smetli Lidice. O což se Amerika snaží dodnes (pozn.editora).

Za jeden měsíc po tomto proslovu, rozhodlo se Mexiko pojmenovat jedno ze svých míst LIDICE. A tak i v Mexiku žijí nové Lidice, jako pomník obdivu spojenců, nedaleko hlavního města Mexico-City.
Tisk celého světa se široce rozepsal o lidické tragédii. Anglie, Amerika, Afrika, Austrálie, Sovětské Rusko.
K tisku se připojil rozhlas zvláštními relacemi. Známá americká básnířka Edna St. Vincent Millay napsala o Lidicích dramatickou práci, kterou vysílaly největší americké rozhlasové stanice.
Anglický básník Lucio uveřejňuje v "Manchester Guardian" báseň "Lidice" už v červnu 1942. Doris Peel zveřejnuje svou básen „ Lidice" ve známém bostonském listě Christian Science Monitor. V říjnu 1942 je v Newyorské umělecké galerii odhalena socha Lidic, vytvořena americkým sochařem Davidsonem.

Tak básněmi, písněmi, dramatickými a výtvarnými díly je vzpomínáno malé české havířské vesnice, za níž jsou slouženy bohoslužby ve všech jazycích a chrámech bez rozdílu náboženství. (podle I.J.K.)

Praha se rozloučila s Waldemarem Matuškou

V pražském paláci Žofín se lidé ve čtvrtek 18. června loučili se zpěvákem Waldemarem Matuškou. Dopoledního pietního aktu se zúčastnilo přes 500 pozvaných hostů, mezi nimiž byli rodinní příslušníci, umělci a kamarádi. Přítomen byl také prezident Václav Klaus.
„Tvoje publikum tě milovalo pro lidskost, s jakou jsi vystupoval," uvedla ve svém proslovu zpěvačka Helena Vondráčková. Slzy neskrýval ani Gott, který připomněl, že k Matuškovi vzhlížel jako ke svému idolu. „Tolik jsme si toho nedořekli," podotkl zpěvák. Podle něj jsou Matuškový písně národní poklad.
Matuškovo pouto k Praze připomněl jeho syn Waldemar. „Chápu až teď, čeho se musel vzdát, abych musel vyrůstat ve svobodné zemi. Tatínku, děkuji," řekl se slzami v očích.
V čestné stráži u katafalku se vystřídali členové skupiny K.T.O, s níž Matuška spolupracoval od roku 1972. Spolu s manželkou zesnulého Olgou se pak s Matuškou rozloučili písněmi Aby nás pánbůh miloval, Už se ten tálinskej rybník a hitem Sbohem, lásko, při kterém se neubránila dojetí většina přítomných.

AMERICKE LISTY

POLITICAL CORNER

A reading from the Book of Ecclesiastes 3

There is an appointed time for everything.
And there is a time for every event under heaven.
A time to give birth and a time to die;
A time to plant and a time to uproot what is planted.
A time to weep and a time to laugh;
A time to mourn and a time to dance.
A time to tear apart and a time to sew together;
A time to be silent and a time to speak.

California's Utopian Renewable Energy Mandates Already Threatening Power Shortages and Higher Utility Bills

If it's true that "as California goes, so goes the nation," Americans should be very afraid.

While Al Gore ridiculously compares his global warming crusade to the battle against Nazism and Congress hastily debates a behemoth 1,200-page climate change bill, recent news from the test laboratory known as the state of California presages troublesome times ahead for American power consumers.

Liberalism's Long, Hot Summer

If you're not on board with the agenda of the Democratic Party's hard left, chances are you've spent the last six months or so in despair.

The current President of the United States' previous day job was serving as the most liberal member of the United States Senate. The Senate Majority Leader who once shepherded him, Harry Reid, prattles on about bipartisanship during a Monday press conference, then tells the Senate Finance Committee chairman not to bother seeking Republican support for health care reform on Tuesday.

The Speaker of the House, Nancy Pelosi, prefaces a vote on the lower chamber's cap and trade bill by saying "just remember these four words for what this legislation means: jobs, jobs, jobs, and jobs." Meanwhile, a recent study out of Spain - a nation that has already indulged in public subsidies for a new "green economy" - shows that for every four jobs created, nine were lost.

Broken Political Promises Mean Tax Hikes

It is one of the most iconic broken promises in politics: "Read my lips, no new taxes."

After breaking that campaign promise, President George H.W. Bush effectively destroyed any political capital he had with conservatives and everyone else who was slapped with Bush's higher tax rates. Yet despite that political lesson, little has changed as promise-breaking seems still to be the norm in Washington.

Take Action: Sotomayor Hearings Begin Monday

The Senate Judiciary Committee will begin its confirmation hearings on Judge Sonia Sotomayor nomination to be the next Associate Justice of the U.S. Supreme Court on Monday, July 13.

Serious issues of concern have already been raised about Judge Sotomayor's ability to impartially serve on the High Court: Her judicial philosophy on the 2nd Amendment and property rights, and whether she will judge with "empathy" rather than treating all litigants fairly, are just a few.

Your Senators need to hear from you today. Remind them of their constitutional responsibility to thoroughly examine Judge Sotomayor's record and temperament and *not* simply act as a rubber stamp for the President's nominee.

ObamaCare 101: How President Obama's Healthcare Reforms Will Impact Patients and Doctors

As the White House and Congress intensify their efforts to revamp the nation's healthcare system, the American people seem to have more questions than answers. How will "reform" impact access to care and physicians? How will "reform" be paid for?

Others are questioning why we are rushing into a government-run healthcare system before those questions are answered. Paul Howard, Ph.D., a Senior Fellow and the Director of Manhattan Institute's Center for Medical Progress, is among the inquisitive.

Recently, Dr. Howard joined CFIF's Renee Giachino to discuss the various proposals, the impact of each on patients and doctors, Congress' timetable and proposed tax increases.

The 15-Year Legal Farce Known as the Anna Nicole Smith Case May Finally Be Nearing Its End

magine a baseball game that appears almost over, but then goes into extra innings for almost 15 years. With that image in mind, one can begin to understand the nature of *Marshall vs. Marshall*, the endless Anna Nicole Smith inheritance litigation, which has become the farcical World Series of legal system abuse.

Center for Individual Freedom, Non- Profit Organisation
917-B King Street
Alexandria, VA 22314
info@cfif.org
http://www.cfif.org

How we have paid dues

Sokol San Francisco Membersip

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	Ludvik	Brezula	3946 Wilson Ave.	Castro Valley,	CA	95546		1	Pnew	P
5	Marek	Brezula	3946 Wilson Ave.	Castro Valley,	CA	95546		1	Pnew	P
6	Paul A.	Burda	213 Westvale Court	San Ramon,	CA	94583		1	P	P
7	John	Cambus	121 Lakewood Rd.	Walnut Creek,	CA	94598-4720		1	P	P
8	Vladka	Cambus	121 Lakewood Rd.	Walnut Creek,	CA	94598-4720	1		P	P
9	Evelyn	Cheever	37653 Glenmoor Dr.	Freemont,	CA	94536	1		P	P
10	Stanley	Cheever	37653 Glenmoor Dr.	Freemont,	CA	94536		1	P	P
11	Dagmar	Crichton	1873 Greenwitch St.	San Francisco,	CA	94123	1		P	P
12	Daniel	Botcha	1160 Via Escondida	Novato	CA	94949		1		P new
13	Jana	Botcha	1160 Via Escondida	Novato	CA	94949	1			P new
14	Frank	Dlask	451 Santa Margarita Ave.	Menlo Park,	CA	94025		1	P	P
15	Jarmila	Dlask	451 Santa Margarita Ave.	Menlo Park,	CA	94025	1		P	P
16	Blanche	Duffey	249 W. Poplar Ave.	San Mateo,	CA	94402	1		P	P
17	Jaroslava	Dusatko	1001 Evelyn Ter. E. # 168	Sunnyvale,	CA	94086	1		P	P
18	Milan	Dusatko	1001 Evelyn Ter. E. # 168	Sunnyvale,	CA	94086		1	P	P
19	David	Folke	101 Kinros Dr.	Walnut Creek,	CA	94596		1	Pnew	P
20	Eva	Folke	18 Marques Pl.	Danvile	CA	94526	1		Pnew	P
21	Miloslav	Folke	18 Marques Pl.	Danvile	CA	94526		1	Pnew	P
22	Shirley A.	Gangelhoff	1319 Speers Ave.	San Mateo,	CA	94403	1		P	P
23	Tami M.	Gangelhoff	2151 Carlmont Dr., # 203	Belmont	CA	94002	1		P	P
24	George	Goupille	879 Partridge Ave.	MenloPark,	CA	94025-5215		1	P	P
25	Philip	Goupille	879 Partridge Ave.	Menlo Park,	CA	94025-5215		1	Pnew	P
26	Stephan	Goupille	879 Partridge Ave.	MenloPark,	CA	94025-5215		1	P	P
27	Vera	Goupille	879 Partridge Ave.	MenloPark,	CA	94025-5215	1		P	P
28	Vera	Horn	800 N. El Camino # 203	San Mateo,	CA	94401-3760	1		P	P
29	Henry	Husak	19447 Victona Court	Sonoma,	CA	95476-3847		1	P	P
30	Jarmila	Jancarik	154 Woodbury Ct.	Walnut Creek,	CA	94596	1		Pnew	P
31	Jiri	Jancarik	154 Woodbury Ct.	Walnut Creek,	CA	94596		1	Pnew	P
32	Bohumla	Janac	18955 Palo Oaks Ct.	Saratoga,	CA	95070	1		P	P
33	Jan	Janku	10 Villanova Ln.	Oakland,	CA	94611		1	P	P
34	Joan	Kemr	476 32nd Ave.	San Francisco,	CA	94121-1724	1		P	N
35	Helena	Kozler	176 Corte Anita	Greenbrae,	CA	94904	1		P	N
36	Eva	Kryska	1120 Newell Rd.	Palo Alto,	CA	94303	1		P	P
37	Jiri	Kucera	21901 Monte Ct.	Cupertino,	CA	95014		1	P	P
38	Ivanka	Linhart	P.O. Box 1172	Soulsbyville,	CA	95372	1		P	P
39	Petr	Linhart	P.O. Box 1172	Soulsbyville,	CA	95372		1	P	P
40	Alexander	Livingston	19617 Forest Ave.	Castro Valley,	CA	94546		1	P	P
41	David	Livingston	19617 Forest Ave.	Castro Valley,	CA	94546		1	P	P
42	Helenka	Livingston	19617 Forest Ave.	Castro Valley,	CA	94546	1		P	P
43	Dan	Livinsgton	19617 Forest. Ave.	Castro Valley,	CA	94546		1	P	P
44	Victor	Machacek	1655 Funston Ave.	San Francisco,	CA	94122		1	P	P
45	Lida	Mikes	115 Los Vientos Way	San Carlos,	CA	94070	1		P	P
46	Frank	Miksa	7 Royston Walk	Pleasant Hill,	CA	94523		1	P	P
47	Blanche	Milner	1500 Held Dr. # 67	Modesto,	CA	95355	1		P	P
48	Ludvik	Mlynek	1225 Warner Ct.	Lafayette,	CA	94549		1	P	N
49	Alena H.	Navarra	5452 Jonathan Dr.	Newark,	CA	94560	1		P	N
50	Charles M.	Navarra	5452 Jonathan Dr.	Newark,	CA	94560		1	P	N
51	Ludmila	O'Donell	3424 NE. 35th Ave.	Portland	OR	97212	1		P	P
52	Alena	Picha	650 Newhaven Ct.	Walnut Creek,	CA	94598	1		P	P
53	Frank	Picha	650 Newhaven Ct.	Walnut Creek,	CA	94598		1	P	P
54	Eva	Plachy	717 Best Ct.	San Carlos,	CA	94070-1544	1		P	P
55	Ivo	Plachy	717 Best Ct.	San Carlos,	CA	94070-1544		1	P	P
56	Zdena Derner	Rashkin	21780 Via Regina	Saratoga,	CA	95070	1		P	N
57	Jaroslav	Rosicky	16714 Selby Dr.	San Leandro,	CA	94578		1	P	P
58	Michelle	Ruff	324 Via La Paz	Greenbrae,	CA	94904	1		P	P
59	Dagmar	Rus	628 Newlands Ave.	San Mateo,	CA	94403	1		P	P
60	Ruda	Rus	628 Newlands Ave.	San Mateo,	CA	94403		1	P	P
61	**First Name**	**Last Name**	**Address**	**City**	**ST**	**Zip Code**	**F**	**M**	**P 08**	**P 09**

How we have paid dues

Sokol San Francisco Membersip

P=Paid, N= Not Paid

	B	C	D	E	F	G	H	I	L	M
62	Jaroslav	Sedivy	1289 Kentucky Dr.	Concord	CA	94520		1	Pnew	P
63	Marta	Sehnal	7415 Alpine Road	La Honda,	CA	94020	1		P	P
64	Albert	Sieber	231 Auburn Ave.	Santa Cruz	CA	95060		1	P	N
65	Libuse	Sikl	418 Patricia Ave.	San Mateo,	CA	94401	1		P	P
66	Kamil	Skapa	894 S. Flamingo Court	Denver,	CO	80246-2323		1	P	P
67	George I.	Skoda	3400 Princeton Way	Santa Clara,	CA	95051-5526		1	P	P
68	Marcelle	Skubna	4181 E. 3rd Ave	Napa,	CA	94558-4012	1		P	P
69	Desider E.	Slavoj	22 Ord Ct.	San Francisco,	CA	94114-1417		1	P	P
70	Marcela A.	Sleep	7405 Hacienda Way	Felton	CA	95018	1		P	P
71	Jirina	Smerhovska	2440 15 th St.	San Francisco,	CA	94114	1		P	N
72	Karel	Snajberk	916 Regal Road	Berkeley,	CA	94708		1	P	P
73	Milena	Snajberk	916 Regal Road	Berkeley,	CA	94708	1		P	P
74	Henry J.	Sredl	P.O. Box 1029	Center Harbor,	NH	03226-1029		1	P	P
75	Radek	Stalcik	255 Coggins Dr. # F15	Pleasant Hill,	CA	94523		1	Pnew	P
76	Karel	Stipek	22420 A Walnut Cir.N.	Cupertino,	CA	95014		1	P	P
77	Martha	Stipek	22420 A Walnut Cir.N.	Cupertino,	CA	95014	1		P	P
78	Walter	Strach	783 Ajax Dr.	Sunnyvale,	CA	94086		1	Pnew	P
79	Petr	Sulek	570 El Camino Real # 150	Redwood City	CA	94063		1	Pnew	P
80	Eugenia	Sullivan	P.O.Box 9651	So. Lake Tahoe,	CA	95731	1		P	P
81	Edmund	Teyrovsky	21966 Dolores St. # 241	Castro Valley,	CA	94546		1	P	P
82	Georgina	Teyrovsky	21966 Dolores St. # 241	Castro Valley,	CA	94546	1		P	P
83	Petr	Vacek	5138 Golden Gate Ave.	Oakland,	CA	94618		1	Pnew	P
84	Helena	Vernak	2724 Mason Lane	San Mateo,	CA	94403-2613	1		P	P
85	Zdenek	Vernak	2724 Mason Lane	San Mateo,	CA	94403-2613		1	P	P
86	Milos	Zivny	10815 Breed Ave.	Oakland,	CA	94603		1	P	P
87	Zelka	Zivny	10815 Breed Ave.	Oakland,	CA	94603	1		P	P
88	Ashka	Zrzavy	654 Oregon St.	Sonoma,	CA	95476	1		P	P
89	Lada	Zrzavy	654 Oregon St.	Sonoma,	CA	95476		1	P	P
90	Tomas	Tomanek							P	P
91	TOTAL	Tomanek					42	45		
92	Angie									
93			ROSTER FOF ORGANIZATION USE ONLY							

LAUGHINGCORNER

'OLD' IS WHEN...

1. Your sweetie says, 'Let's go upstairs and make love,' and you answer, 'Pick one; I can't do both!'

2. Your friends compliment you on your new alligator shoes and you're barefoot.

3. A sexy babe or hunk catches your fancy and your pacemaker opens the garage door,

4. Going braless pulls all the wrinkles out of your face.

5.You don't care where your spouse goes, just as long as you don't have to go along.

6. You are cautioned to slow down by the doctor instead of by the police

7. Getting a little action' means you don't need to take any fiber today.

8. Getting lucky' means you find your car in the parking lot.

8. An 'all nighter' means not getting up to use the bathroom.

9.You are not sure these are jokes?

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