American Sokol

Sokol San Francisco

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

P.O. Box 5252, Walnut Creek, CA 94596-9998
E-mail: sokolsf@gmail.com



VĚSTNÍK

WINTER 2009



SOKOL OFFICERS FOR YEAR 2010
E-mail: sokolsf@gmail.com

President:	Jara Dusatko
First Vice President:	Georgina Tcyrovsky
Second Vice President:	Zdenek Vernak
Secretary:	Zelmira Zivny
Financial Secretary	Paul Burda
Tresurer:	Jarmila Dlask
Treasurer's Assistant:	Milos Zivny
Bylaws and Educational Director:	Zdenek Vernak, Paul Burda
Editors Vestnik:	Milan Dusatko, Paul Burda
Membership Directors:	Milan Dusatko, Paul Burda
Public Relation Directors:	Zdenek Vernak, Milos Zivny
Auditing Committee:	Marta Sehnal, Jarmila Jancarik
Budget and Finance Committee:	Paul Burda, Zdenek Vernak, Jiri Jancarik, Milos Zivny
Reconciliation Committee:	Zdenek Vernak, Milos Zivny
Men's Director	Milos Zivny
Women's Director	Eva Folke
Zupa Representatives	J. Dusatko (District VP), P. Burda, F. Dlask, Z. Vernak
Entertainment Committee:	G. Tcyrovsky, P. Burda, D. Botcha, J. Dusatko
Film Committee:	Jara Dusatko
Unit Legal Advisor	James Frolik, Jr., Attorney

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Tcyrovsky Georgina	Home	510.582.6545	tcyrovsky@gmail.com
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Zivny Zelmira & Milos	Home	510.638.4723	zelkaz@aol.com

A government which robs Peter to pay Paul can always depend on the support of Paul.

George Bernard Shaw

Members reinstated: J.Kemr, L.Mlynek. Z.Rashkin.

Sokol dues and donation 2009 :

We are very thankful for your thoughtful contribution to American Sokol San Francisco Unit. We acknowledge S241 from attendees of film sessions and $453.77 of individual donation 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 S50; P.&I. Linhart $25; M & R. Prejda $5; H. Sredel $25; K. Skapa $25; E.Sullivan $25; L.Benesh $20; P.Burda $8.77; Z.Rashkin $20.
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 of Headquarters ASO in Chicago to pay for whole American Sokol actions.
Paul A Burda, Sokol Financial Secretary

BROTHERS AND SISTERS: Unit has actively registred 41 women and 40 men up to date. All dues 2009 were paid. See pages ...16 & 17.
Below you see coupon for 2010 dues. Please, pay it now.

Please note new Sokol Unit address:

Sokol Gymnastics Association Sokol San Francisco, P.O. Box 5252, Walnut Creek, CA 94596-9998

SEND WITH YOUR PAYMENT:	**KEEP FOR YOUR RECORDS:**
2010 Dues are $30; Add processing fee $5 after 2-28-10	
Membership Dues $.....	**Sokol San Francisco Dues 2010**
New members add $5 processing fee to American Sokol Headquarters in Chicago.	
Donation/Contribution.....	
Name:.....	**Date**
sent:.....	
Address:.....	
City:.....State:....Zip:.....	**Check No:.....**

SOKOL SAN FRANCISCO 2010 CALENDAR of EVENTS

February 26 Friday	Czech Movie Series	Stanford Universit	Palo Alto
March 13, Saturday	Spring Dinner and Dance Remember T.G. Masaryk	Tarragon Restaurant	Sunnyvale
March 26, Friday	Czech Movie Series	Stanford University	Palo Alto

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April 9, Friday	Czech Movie Series	Stanford University	Palo Alto
April 17, Saturday	Czech National Songs Singing Party	Baywood	Castro Valley
May 7 Friday	Czech Movie Series	Stanford University	Palo Alto
June 4, Friday	Czech Movie Series	Stanford University	Palo Alto
June 12, Saturday	Picnic	Lake Chabot Park	San Leandro
September 11, Saturday	Picnic	Lake Chabot Park	San Leandro
October 23, Saturday	Lunch Remembering October 28)	Dino's,	Castro Valley
October, Friday	Czech Movie Series	Stanford University	Palo Alto
November Friday	Czech Movie Series	Stanford University	Palo Alto
December 4 Saturday Morning	Annual Meeting	20121 Santa Maria Ave	Castro Valley
December 4 Saturday Afternoon	St. Mikulas Party	20121 Santa Maria Ave	Castro Valley
December Friday	Czech Movie Series	Stanford University	Palo Alto
December 29 Wednesday	End of Year Dinner and Dance	Tarragon Restaurant	Sunnyvale

Sokol friends,
also we have a higher hockey league with more Czech-Slovak players and we play on Thursdays. Cross Czechs (Silver Legue) and Cross Czechs 2 on Sundays.(Bronze Legue)
Thank you for your support and please also come Thursdays to support our games.
David Folke
Here are schedules for Thursdays and Sundays. I'll let you know when ever we BBQ.
Thanks and see you soon in Oakland Hockey Arena, 519 18th street, Oakland, CA.

50158	Sun Feb 7	6:30 PM	Oakland NHL	SIAHL@OK	Bronze	Cross-Czechs 2	Gulag	Regular 18
50164	Sun Feb 14	9:30 PM	Oakland NHL	SIAHL@OK	Bronze	Cross-Czechs 2	Kwyjibo	Regular 19
50240	Sun Feb 21	9:45 PM	Oakland Olympic	SIAHL@OK	Bronze	Arctic Blast	Cross-Czechs 2	Regular 20
50172	Sun Feb 28	9:30 PM	Oakland NHL	SIAHL@OK	Bronze	Cross-Czechs 2	Gang Green	Regular 21
50173	Sun Mar 7	5:00 PM	Oakland NHL	SIAHL@OK	Bronze	Cross-Czechs 2	Kwyjibo	Regular 22
50245	Sun Mar 14	8:15 PM	Oakland Olympic	SIAHL@OK	Bronze	Polar Bears	Cross-Czechs 2	Regular 23
50184	Sun Mar 21	9:30 PM	Oakland NHL	SIAHL@OK	Bronze	Arctic Blast	Cross-Czechs 2	Regular 24

49904	Thu Feb 4	9:15 PM	Oakland NHL	SIAHL@OK	Silver B	Sar Dogs SB	Cross-Czechs	Regular 17
49677	Thu Feb 11	10:15 PM	Oakland Olympic	SIAHL@OK	Silver B	Cross-Czechs	Gooch	Regular 18
49368	Mon Feb 15	8:45 PM	Oakland NHL	SIAHL@OK	Silver B	Black Dogs	Cross-Czechs	Regular 19
49912	Thu Feb 25	7:45 PM	Oakland NHL	SIAHL@OK	Silver B	Cross-Czechs	Switchblades	Regular 20
49916	Thu Mar 4	9:15 PM	Oakland NHL	SIAHL@OK	Silver B	Iceholes	Cross-Czechs	Regular 21
49770	Tue Mar 9	10:30 PM	Oakland NHL	SIAHL@OK	Silver B	Moneyshot	Cross-Czechs	Regular 22
49687	Thu Mar 18	10:15 PM	Oakland Olympic	SIAHL@OK	Silver B	Cross-Czechs	Mighty Owls	Regular 23
49688	Thu Mar 25	8:45 PM	Oakland Olympic	SIAHL@OK	Silver B	Sar Dogs SB	Cross-Czechs	Regular 24

SOKOL UNIT CORNER

In loving memory of Edmund Teyrovsky

In a traditional Czech children's story a pauper, named Honza, leaves his wretched little house to search the whole wide world for a fair princess to marry, and to receive the kingdom as a dowry. Our story is no fairytale but a reality, sometimes harsh, and it's outcome is a total reverse of the above story.

Our hero is well known to all of us: Brother Edmund Teyrovsky, who was born into a wealthy Prague family on June 6, 1921 with reasonably certain bright future ahead of him. His father, a chemical engineer, owned a chain of 100 dry cleaning establishments in Prague, so he could easily finance Edmund's higher education.

Unfortunately, Mr. Teyrovsky, sr. perished in a fire and explosion at his plant when his youngest son, Edmund, was only 13 years old.

After finishing the Secondary School at Smetanka, Prague,he applied for admittance at Charles University, with major in Business Administration. Being the first student in Prague who never brought home a lower grade than an A, he qualified without any problem. Under the clouds of WWII he could finish just the first year when Hitler ordered all institutes of higher education closed. Some students were arrested and all others were forced to work for the Nazi war machine. Not having a lazy bone in his body, Edmund was never afraid of physical work and soon found his place at late father's plant in Vinohrady. A minor, at 17 years of age, he was the only one of his family willing and able to manage the factory, after being granted adult status by a court.

Following the end of war, Edmund headed back to school, where he met the love of his life and married Georgina in 1947.

Then the Communist Party grabbed the political power, nationalized Teyrovsky's dry cleaning and dyeing factory and 100 shops on February 25, 1948, as were all the plants with more than 50 employees. Barely nine months after their wedding day they decided there was no future for them and a Damocles' sword of likely incarceration hanging over their heads.

March 11, 1948 was the day when all the securities and comfort of their former life disappeared into thin air. Dramatic border crossing, shock of living conditions they were thrown into required strong will and deep sacrifices. No money, no prospect of work, housing in the former concentration camps, cold showers, scarce food of substandard quality available once a day at best, no privacy, eating utensils nonexistent, empty cans served as cups and plates. This was the bottom of misery, and any way out was a good way.

The political situation was not encouraging, either. The Soviets closed access to Berlin, tensions were growing, they were in the midst of dramatic actions - every minute an US plane, loaded with supplies for Berlin, flew over their heads, the Third World War III and invasion of Germany by the Red Army seemed ever more possible. It was an easy guess what would have happened to the refugees from behind the Iron Curtain. Teyrovskys were faces with a difficult choice of emigrating to Brazil, Argentina, Equator or Australia. English speaking Australia offered them the best opportunity for starting a new life.
So they sailed across the ocean, bound by a two year contract to accept any menial, hard work offered to them. Edmund landed a back breaking job - hauling heavy carts of freshly made bricks.
After this experience the new job at a Melbourne Mental Asylum seemed almost heavenly. Knowledge of chemistry landed him logically in the laundry room, now a boss over twenty helpers, mental patients. Edmund jokingly referred to himself as "the top nut".
Ever industrious, Teyrovskys decided to tempt their luck and try to emigrate to the United States. Moving to Sydney seemed to offer the best chance for faster processing of emigration papers, but the move replaced one set of problems with another. The strict rent control had a devastating effect on the housing supply in Sydney, there were no apartments available for rent, but Teyrovskys found a solution for this problem too: they bought a small store with living quarters on the second floor. The apartment went for a ridiculously low monthly payment - just 1 $!
First daughter, Veruska, was born in Sydney, the year was 1954. After, two, three moves from store to store, in April 1955 they were on the way to the promised land - U.S.A and Helenka made her parents happy being born in San Francisco, 1956.
A good fabric dyer needs a lot of expertise to be the best in business and Edmund, being a perfectionist, wanting to do his job as well as it can be done, enrolled for study at the San Francisco University. Despite the grueling schedule - three years of 7AM to 3PM at work, 4 to 10PM in school, Edmund graduated "Suma cum laude" in 1963, now a fresh engineer of Chemistry.
With another hard start under their belt; for Edmund - ten years of work in a fabric- dyeing factory and for the family - frugal living with every spare dollar going in the bank so they could finally buy their own factory, Alvarado Dye House, in Union City. Their dream came true.
Diligent work and a lot of expertise help them to grow from 2 to 35 employees, prospering until 1986 when they decided to set themselves free to travel and sold their business.
Almost two years ago Georgina & Edmund moved to the Independent living place at Baywood Court in Castro Valley, where they spent happy time together without having to worry about shopping, cooking and gardening.
Whether they lived in Australia or in the U.S.A., their first steps always led to the Sokol Hall. Not just too passively participate in the activities, but frequently they were the driving force of our organization. Volunteer work, event organizing, serving on the Board of Directors and substantial financial contributions, all were Teyrovsky's way of saying 'thank you' for the opportunity to keep alive and well the "Home away from home" for Czech & Slovak emigrants.
Let us use this opportunity to express our thanks to a man, which lived by the ideals of Sokol, as formulated by the "Founding fathers" - Tyrs & Fugner many generations ago. We shall not forget his contribution to the smooth running of our Sokol Unit and hope that his example will inspire our younger members to follow in his steps and find their reward in working for the common good.
Zdeněk Vrňák with thanks to Mrs. Georgina Teyrovsky for sharing the story of their lives.

In loving memory of Jirina Smerhovska

Sister Smerhovska was long time Sokol suporting member. She passed away December 16th , 2009 in hers 90. She kept her life very private.

APPLICATION FOR MEMBERSHIP

ASO registration fee is $5.
Membership fee is $30 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 5252, Walnut Creek, CA 94596-9998
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:_____

Good –by to 2009!

On last Saturday of 2009, 52 guests treated parquet at the Taragon restaurant in Sunnyvale. All mostly in "golden age" enjoyed dance and chat with their friends. Unfortunately without our "mentor" Edmund Teyrovsky we celebrated not very prosperous year behind. We were very happy to see Edmund's wife Georgina and Jarmila Dlask with her husband Frank in full spirit again with us.
Crown of evening celebration besides raffle, was honoring our long time members Br.& Sister Georgina Teyrovsky and Frank & Jarmila Dlask for their voluntary and dedicated work for American Sokol Organization. We had to apologize on behalf of Santa to Jarmila for not having price delivered. Responsible Company's Customer Service apologized and delivered on January 6th, (Three Kings holiday) with only two weeks delay. Well, at least on some Holiday.
Besides of this –dinner was excellent with plenty wine on the tables from open bar. At the event we were treated by Alpiners USA band music with guest "Lianka Braunova, who immigrated to this area from Czech Republic. She has performed in classical, pop and jazz and studied voice and music theory at Prague Conservatory University. Lia captured audience's attention as she sang traditional Czech Christmas Carols and songs-she also performed "Ave Maria" and these Boots Were Made for Walkin", all in Czech language. Hope we will see her again performing with Alpiners USA in the future. Our traditional "chicken and sneak" dances, were again led by Georgina . Many happy returns Georgina with all of your great family! Mood was very good and many people were ready to stay behind our closing hour singing happily.

For New Year 2010 we wish you all well, good spirit and health with cautious optimisms,
Nazdar to all, Paul Burda.

AMERICAN SOKOL CORNER

Pacific District
American Sokol
January 17, 2010

Dear Sokol Brothers and Sisters;

A district meeting will be held in Fresno on **February 6, 2010**. The purpose of this meeting is to elect new officers to represent the district. Since this is a convention year, Pacific District needs to be represented at convention. Please meet with your unit to prepare a list of candidates who would be willing to represent the Pacific District at convention. There are also a number of items on the agenda that are critical to our units, and our district, that must be resolved. Your attendance and input are extremely important.

The location of the meeting will be at **Sister Helen Holecek's** residence. Her address is **10716 N. Windham Bay Circle**, Fresno 93720. Phone number is **559-434-0913**. A light lunch will be served at **12:00**. The meeting will follow. One can use Mapquest or Google to find directions to Sister Helen's residence.

Please respond as to your attendance by February 2.

NaZdar,

Sister Cheri Riddle

SOKOL SAN FRANCISCO
MINUTES of ANNUAL MEETING
20121 Santa Maria Avenue, Castro Valley, December 5, 2009

The meeting was called to order at 10:05 a.m. There were 25 members present, Sister Georgina Teyrovsky, our Acting President, presided. All members present recited the Pledge of Allegiance. Officers' roll call was taken.

Sister Zelmira Zivny read the minutes from the Annual Meeting of 2008. Brother Pavel Burda made a motion to approve, Sister Teyrovsky seconded. The minutes were unanimously approved as read.

Sister Georgina Teyrovsky welcomed the hockey team Sokol members present at the meeting.

Brother Burda than explained why is a reinstallment fee $5.00 charged to the members who did not pay their dues before the end of February and asked everybody to pay our Sokol membership dues on time to avoid the unnecessary expense.

Sister Georgina Teyrovsky thanked Brother Frank Dlask who served as our Unit President for many years and has resigned for health reason in September 2009. She presented him with small gifts of wine and chocolate.

Brother Burda made a motion based on prevous meetings' discussions to award our long time Sokol members Brother Frank Dlask and Sister Jarmila Dlask, Brother Edmund Teyrovsky and Sister Georgina Teyrovsky and Sister Shirley Gangelhoff for dedicated long voluntary work and Sokol Unit support. Br. Zdenek Vernak seconded and the motion was approved unanimously. Br. Burda is already working on this issue and the awards will be presented at the end of the Year Dinner and Dance on December 26.

Brother Dlask then read a letter from the Eastern District in Baltimore expressing the Baltimore Sokol members' disagreement with the Strategic Plan Task Force created at the 2005 Sokol Convention. There was a discussion regarding this subject since there will be a Convention in the year 2010. At the end, Brother Burda made a motion to create a temporary By-Laws committee to summarize our Unit members' opinion regarding the Strategic Plan Task Force. Our delegates to the Convention should then present the results of the Committee work and therefore our members' opinion there.

Brother Lada Zrzavy seconded, the motion was accepted unanimously. Brother Edmund Teyrovsky suggested that Br. Burda be a chairman of the temporary Committee. Br. Dlask seconded and the motion was approved unanimously.

Sister Teyrovsky announced that our Board meeting place at Baywood in Castro Valley has been secured and she has a signed contract for the year 2010. As it was In the last year, we can use the facility for free.

Financial Report:

Brother Burda said he expects that we will not exceed $20,000 spending for the year 2009 which is a good result. Our investment loss equals 6.3% but since this is balanced by the money market, our whole budget is in balance.

According to the California law, the Financial Committee should meet in January or February to prepare a budget for the year 2010.

Brother Edmund Teyrovsky said that for serious health reasons he could not participate in the Financial Committee work any more and recommended Brother Jiri Jancarik as his replacement.

Sister Georgina Teyrovsky reported that within the year 2009 we have organized two dinners with dance, two picnics and a singing party.

Small changes were then made to the list of candidates for the officers' Board since Brother Teyrovsky and Sister Dagmar Rus will not be able to sit on the Financial Committee and Auditing Committee subsequently. Sister Zivny made a motion to approve our candidates list, which every present member has received, with the changes just made. Brother Edmund Teyrovsky seconded and the new Board of officers was approved unanimously. Sister Teyrovsky welcomed Sister Jara Dusatko as our Unit new President.

Brother David Folke presented short information regarding the *Cross* Check Sokol ice hockey team. There are right now two teams already and the expenses are $ 14,000 per year which the players are paying by themselves. Sister Helenka Livingston suggested that the ice hockey team prepares a presentation, possibly at a Sokol picnic, so we can learn more about them. Brother Teyrovsky made a motion to contribute $2,000.00 to the ice hockey team expenses. Brother Zivny seconded and the motion and it was approved unanimously.

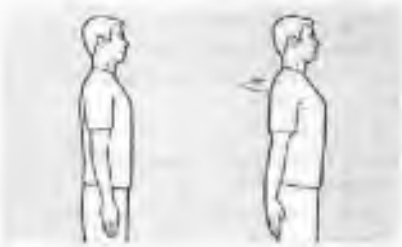
Brother Burda said: Cooperation actions with other peoples groups will be contracted with regards to Sokol expenses. New membership will be judged to eliminate any conflict of interest resulting from this membership. Financial committee will draft contracts subject to vote by Sokol Executive Board specified in By-laws. He made a motion and Br. Vernak seconded. The motion was approved by 20 votes, 5 members abstained.

In a short discussion Brother Frank Picha said there are more elderly Sokol members now who could not participate in our activities because of mobility or driving problem and we should do something for them.

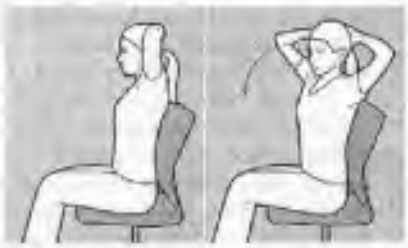
The meeting was adjourned at 11:35

3 exercises to ease chair fatigue

Sitting for hours in front of a computer at work or TV at home can do a surprising amount of damage to your hips, back, shoulders, and neck. But you can prevent the discomfort by spending a few minutes a day on these exercises from Scott Quill, a Boston-based certified strength and conditioning specialist.



1 Problem: Hunched shoulders
Fix: Stand or sit with your arms at your sides, your feet shoulder-width apart, and your head up, facing forward. Then breathe deeply, lift your chest, and pull your shoulders back, squeezing your shoulder blades together for 3 seconds. Relax, and then repeat eight to 10 times.



2 Problem: Stiff upper back
Fix: Sit with your feet flat on the floor and your hands interlocked on the back of your head so that your elbows are in line with your ears. Rotate your trunk to the left as far as possible, keeping your hips still and posture rigid. Then, keeping your back straight and chest up, tip your right elbow downward. Return to the starting position and reverse the direction. Perform three reps on each side, rotating a bit further each time.



3 Problem: Neck pain
Fix: While sitting in a chair, place your elbows on your knees and keep your hands wherever they are most comfortable. Tuck your chin into your chest so that your back is rounded. With your knees, elbows, and chin still in the same positions, reverse the curve in your back by arching your spine. Hold, and then return to the starting position and repeat eight times.

ILLUSTRATIONS BY JASON LEE

One-minute consult

What you can learn from a pro



Jim Ramsay is head athletic trainer for the New York Rangers and owner of Professional Sports Care & Rehab in Elmsford, N.Y.

What types of injuries do you commonly treat?
Professional hockey players are amazing examples of how much the human body can be pushed. Hockey involves physical contact with other players, sticks, and the puck—which can travel at over 100 miles per hour—so the most common injuries I treat are bruises. I also deal with knee and shoulder sprains. Because hockey is a very fast, aggressive sport, it's critical for players to have good balance, strength, flexibility, anaerobic and aerobic fitness and, more importantly, the ability to recover quickly from injury.

What can the average person learn from professional athletes about injury prevention?
It doesn't matter what stage of life you're in or what performance level you've reached, a warm-up is vital. Start with a light activity such as jogging, followed by some flexibility exercises. One of the toughest things to do after playing a sport, or going for a run, or even just a vigorous walk, is to take the time to cool down. That can help prevent injuries. But not all injuries are avoidable, so when they do happen you have to take the time to look after them. Use ice, rest, and consider seeing your doctor if it's serious. All too often people ignore the aches and pains of a sport or exercise injury, and as a result cause even more damage.

What mistakes do nonathletes make when they are just starting an exercise program?
We all want to feel like we did back in high school or college and just jump into that pick-up basketball game, get back on the tennis court, or hoist that heavy weight. But if you haven't stayed in shape over the years, you're at a greater risk for injury. So start slowly and set goals along the way that are attainable. As your fitness level increases, so should your goals. If you've been inactive for a long time, or have a chronic disease, it's a good idea to get checked out by your doctor first, too.

INFORMATION CORNER

Information

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NEW PLACE FOR MEETINGS:
Sokol Committee Meeting is every second Tuesday, every month at 7:15 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

The Commonwealth Club International Relations Member-Led Forum is pleased to present the following panel discussion. Kindly forward this e-mail to those who share our interest. PLEASE DO NOT RESPOND TO THIS E-MAIL. FOLLOW THE RESERVATION PROCEDURE STATED BELOW.

Tuesday, February 2, 2010: Eyewitness Accounts: The Prague Spring and Russian Occupation of 1968

Panelists:
Petr Palecek, International Management Consultant
Robert Koran, Director, Business and Management Department, UC Berkeley Extension
Alois Strnad, Venture Capitalist and Fund Manager
John Connelly, Associate Professor, UC Berkeley History Department
Moderator: Richard Pivnicka, Honorary Consul General of the Czech Republic

Liberalization blossomed during the few short months of the Prague Spring, followed by the dramatic repression of the Soviet occupation. Our panelists, including academic specialists and former Czech citizens who lived through the events, will discuss the historic significance, including the kidnapping of the leaders of the Prague Spring by the Soviet Communist Party's Politburo to force their signatures to the Moscow Protocol. The presentation is in conjunction with The Club's exhibit of Prague 1968 photos by Paul Goldsmith documenting the Soviet Invasion.

Networking reception 5:30 p.m., program 6:00 p.m.
$8 for Commonwealth Club members, $15 for non-members, $7 for students with current school ID

Reservations are not required but recommended - phone (415) 597-6705 or (800) 847-7730. Reservations can also be made via website: https://tickets.commonwealthclub.org/open.asp?show=1621

Location: Commonwealth Club headquarters,
595 Market Street-Mezzanine, San Francisco (at Montgomery St. BART/Muni station)



Heads up....California needs money, so pay close attention to the rules of the road!

Traffic Tickets Fines (01/06/2010)

Violation	TOTAL FINE DUE
VC 12814.6 Failure to obey license provisions.	214
VC 14600(A) Failure to notify DMV of address change within 10 days *Note:* The fine may be reduced with valid proof of correction.	214
VC 16028(A) Failure to provide evidence of financial responsibility (insurance) *Note:* This fine may be reduced with proof of insurance on or after the violation date.	796
VC 21453(A) Failure to stop at a red signal.	436
VC 22350 VC 22349 Unsafe Speed, 1 to 15 miles over the limit.	214 214
VC 22350 VC 22349 Unsafe Speed, 16 to 25 miles over the limit.	328 328
VC 22450 Failure to stop at a stop sign.	214
VC 22454(A) Passing a school bus with flashing red signals.	616
VC 23123(A) Drive using wireless phone not hands free, First offense	148
VC 23123(A) Drive using wireless phone not hands free, For each subsequent offense.	256
VC 23123.5(A) Drive while wireless device to send, read or write text.	148
VC 23124(B) Minor drive using wireless phone.	148
VC 22500(I) Parking in a bus loading area.	976
VC 22507.8(A through C) Violation of disabled parking provisions, first offense.	976
VC 22507.8(A through C) Violation of disabled parking provisions, second offense.	1876
VC 26708(A) Unlawful material on vehicle windows.	178
VC 27150(A and B) Adequate muffler required	178
VC 27315(D and E) Mandatory use of seat belts.	148
VC 27360(A and B) Mandatory use of child passenger restraints *Note:* This fine may be reduced by completing a court authorized child seat diversion program.	436
VC 27400 Headsets/Earplugs over both ears.	178
VC 27803 (A through C) Motorcycle safety helmet requirements.	178
VC 34506.3 Commercial Driver - Log book violation	616
VC 4000(A) No evidence of current registration. *Note:* The fine may be reduced with valid proof of correction.	256
VC 4159 Notify DMV of change of address within 10 days. *Note:* The fine may be reduced with valid proof of correction.	78
VC 5200 Display of license plates. *Note:* The fine may be reduced with valid proof of correction.	178
VC 9400 (A through C) Commercial weight fees due. *Note:* The fine may be reduced with valid proof of correction.	178

Čestmír Císař se ohlíží za svou kariérou http://www.radio.cz/en/article/123879

08-01-2010 15:28 | Vilém Faltýnek

Čestmír Císař patřil ke klíčovým osobnostem Pražského jara, dvakrát se o něm uvažovalo jako o prezidentském kandidátovi. V 60. letech byl ministrem školství, osobně se zúčastnil moskevských jednání mezi ČSSR a SSSR v roce 1968. Později ho strana vyloučila a Císař se živil jako vědecký pracovník. Při příležitosti jeho životního jubilea ho přijal předseda poslanecké sněmovny Miloslav Vlček.



Čestmír Císař se narodil 2. ledna 1920. Aktivní politickou kariéru ukončil po sedmdesátce. Jak se dnes jako důchodce na penzi cítí?

"Jako devadesátník, který je sice prolezlý různými chorobami v péči lékařů, ale na druhou stranu jsem spokojen, že ještě funguje hlava, že funguje mozek, myšlení a že jsem schopen ještě vnímat i něco málo tvořit."

Věnuje se psaní vzpomínkových a rekapitulačních knih.

"Mám za sebou jisté literární dílo ve dvou vydáních mých pamětí, ve vydání knížky o prezidentech a připravuje se ještě publikace mých samizdatových polemických příspěvků, které patří do normalizační éry."

Čestmír Císař byl v roce 1968 prvním předsedou České národní rady. Proto ho při příležitosti životního jubilea v Poslanecké sněmovně přivítal její předseda Miloslav Vlček:

Pozval jsem pana doktora v jeho 90. výročí narození, protože to byl první předseda Národní rady, který tady začínal. Je to tak?

Čestmír Císař, foto: ČTK

Ano, tuto budovu jsme tehdy dostali, abychom ji obývali..."

reagoval Císař. Prošel předúnorovým školstvím, mj. i slavným dijonským lyceem, a díky tomu vždy vkládal důvěru v intelektuální elity. Obrodný proces podle Císaře znamenal především obrodu české intelektuální obce. Dodnes považuje 60. léta za nejlepší období svého života.

"Byl jsem tehdy ještě v plné síle a duchovní potenci jsem měl značnou. Vzpomínám na to jako na dobu, kdy jsem snad přispěl svými myšlenkami a rozhodnutími k tomu, aby se Pražské jaro rozvinulo, tak jak se rozvíjelo. Takže nedivte se, že to pro mě je skutečně klíčové období, v celém mém životě nezapomenutelné."

Císaře říká, že tehdy vnímal z celého světa sympatie k československému politickému experimentu.

"A oni všichni říkali: ten váš program, to je i pro nás velká hodnota, kterou my sledujeme a která by do budoucna mohla být přínosná pro celou Evropu."

Císař je dodnes přesvědčen, že v roce 1989 bylo chybou odmítnout vše, co souviselo s předchozími lety, například existující sociální systém, včetně zahraničních kontaktů a renomé osmašedesátníků.

"Mě to trochu mrzelo, tak jsem sedl a pracoval jsem, psal jsem články do novin, působil jsem na besedách s občany, s vysokoškoláky. Až do nedávna, kdy mě postihly choroby stáří, které mi brání, abych v nějaké větší aktivitě mohl pokračovat."

POLITICAL CORNER

The Real War by Patrick J. Buchanan

Had he not proven incompetent to detonate his lap bomb, Umar Farouk Abdulmullatab would have carried off an air massacre to rival Lockerbie. We would all have ended Christmas day watching TV footage of 300 mangled bodies being picked up around Detroit.

The system breakdown was total. His father had reported to the U.S. embassy that Umar had gone extremist, disowned his family and vanished in Yemen. Though the 23-year-old Nigerian had been put on a U.S. terrorist watch list and denied a visa to enter Britain, his U.S. visa was not revoked.

Though he had been in Yemen for months, bought his plane ticket in cash and boarded without luggage, he was neither red-flagged nor screened or body-searched.

We were spared the horrible consequences of our incompetence, only because of his incompetence. The episode raises questions not only about airline security, but about how we are fighting the real war we are in.

Defeating al Qaeda calls for ways and means different from dealing with domestic crime families like the Gottis or Gambinos.

Organized crime is the province of police and prosecutors.

Crime bosses are read their rights and granted access to a lawyer. They come into court in suits to undergo a fair and equal contest to ascertain guilt or innocence. If acquitted, they walk free.

This 23-year-old Nigerian is an enemy combatant whose way of war is mass murder. Under the rules of war, he may be shot.

The immediate imperative was not to read him his Miranda rights or to phone Ron Kuby. It was to subject Abdulmullatab to intense and hostile interrogation so that U.S. forces can quickly find, fix, attack and kill his comrades and camp followers.

Unlike the war on crime, or the war on drugs, this is not a metaphorical war. There is no presumption of innocence, rather a presumption that Umar is a terrorist and did not act alone.

The questions he should have been asked as soon as he was pulled off the plane and hauled to a prison hospital are these: Who taught you to detonate a bomb? Who sewed the underwear in which you concealed the components? Who was with you in Yemen? What are the names of those you trained with? Who helped you get on that plane? Who did you stay with on your visits to the U.S.? Who gave you cash? Who paid your bills? Where is your computer? And if you want pain medicine for those burns, you will tell us.

A question arises after the lackadaisical way the administration first dealt with this potential horror. Are we governed by serious people? A second question is raised by the ideological journey of this 23-year-old from devout Muslim to extremist to terrorist, and by his sojourn from Nigeria to London to Yemen to America.

In Omar Bradley's comment on Korea, are we fighting the wrong war, in the wrong place, at the wrong time, with the wrong enemy?

Obama just ordered 30,000 more troops into Afghanistan. Yet, even if Gens. David Petraeus and Stanley McChrystal pull it off and pacify Kandahar, how does that protect the American homeland from suicide bombers hell-bent on blowing up airliners?

How does turning the tide in Afghanistan stop radical Muslim youth in Africa or Arabia from being trained to board planes with bombs and blow them up over the Atlantic? How do 130,000 U.S. soldiers in Iraq make us more safe from an al Qaeda that has moved into Waziristan, Baluchistan, Yemen, Somalia and North Africa?

The Sept. 11 massacre may have been decided upon in Afghanistan. But the perpetrators were Saudis and Egyptians who plotted, planned and trained in Germany, Boston, Delray Beach and Northern Virginia.

How has occupying two nations at a cost of 5,000 dead, 35,000 wounded and a trillion dollars made us safer from an enemy that more resembles the Apache of Geronimo than the panzers of Rommel?

If protection of the homeland against another Sept. 11 is the goal of this war, how relevant to that goal is the building of clinics and schools in Kabul and keeping the Taliban at bay in Helmand?

Are we fighting other people's wars, rather than our own war?

We Americans are today widely hated in the Arab and Islamic world by scores of millions, out of whom al Qaeda need but recruit a few hundred suicide bombers to wreak havoc on our country.

Does having 200,000 U.S. troops in their part of the world, fighting and killing Muslims, make our country more secure than defending our borders, keeping radicals out, running al Qaeda down, and tracking and killing them where they are?

To win the war we are in, we have to fight the war we are in, not the war we prefer to fight because no one else is so good at it. http://www.humanevents.com/

How we have paid dues

Sokol San Francisco Membersip

P=Paid, N= Not Paid

	B	C	D	E	F	G	H	I	K	M
1	**First Name**	**Last Name**	**Address**	**City**	**ST**	**Zip Code**	**F**	**M**	**P 09**	**P 10**
2	Jarmila	Bochenek	755 Raymundo Ave.	Los Altos,	CA	94024-3139	1		P	P
3	Ludvik	Brezula	3946 Wilson Ave.	Castro Valley,	CA	95546		1		P
4	Edita	Brezula	3946 Wilson Ave.	Castro Valley,	CA	95546	1			Pnew
5	Marek	Brezula	3946 Wilson Ave.	Castro Valley,	CA	95546		1		P
6	Daniel	Botcha	1160 Via Escondida	Novato		94949		1	P new	P
7	Jana	Botcha	1160 Via Escondida	Novato		94949	1		P new	P
8	Paul A.	Burda	213 Westvale Court	San Ramon,	CA	94583		1	P	P
9	John	Cambus	121 Lakewood Rd.	Walnut Creek,	CA	94598-4720		1	P	N
10	Vladka	Cambus	121 Lakewood Rd.	Walnut Creek,	CA	94598-4720	1		P	N
11	Evelyn	Cheever	37653 Glenmoor Dr.	Freemont,	CA	94536	1		P	N
12	Stanley	Cheever	37653 Glenmoor Dr.	Freemont,	CA	94536		1	P	N
13	Dagmar	Crichton	1873 Greenwitch St.	San Francisco,	CA	94123	1		P	P
14	Frank	Dlask	451 Santa Margarita Ave.	Menlo Park,	CA	94025		1	P	N
15	Jarmila	Dlask	451 Santa Margarita Ave.	Menlo Park,	CA	94025	1		P	N
16	Blanche	Duffey	249 W. Poplar Ave.	San Mateo,	CA	94402	1		P	N
17	Jaroslava	Dusatko	1700 Botelho Dr. #409	Walnut Creek,	CA	94596	1		P	P
18	Milan	Dusatko	1700 Botelho Dr. #409	Walnut Creek,	CA	94086		1	P	P
19	David	Folke	101 Kinros Dr.	Walnut Creek,	CA	94596		1		P
20	Eva	Folke	18 Marques Pl.	Danvile	CA	94526	1			P
21	EvMiloslav	Folke	18 Marques Pl.	Danvile	CA	94526		1		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	Stephan	Goupille	879 Partridge Ave.	MenloPark,	CA	94025-5215		1	P	P
26	Vera	Goupille	879 Partridge Ave.	MenloPark,	CA	94025-5215	1		P	P
27	Vera	Horn	800 N. El Camino # 203	San Mateo,	CA	94401-3760	1		P	N
28	Henry	Husak	19447 Victona Court	Sonoma,	CA	95476-3847		1	P	N
29	Jarmila	Jancarik	154 Woodbury Ct.	Walnut Creek,	CA	94596	1			P
30	Jiri	Jancarik	154 Woodbury Ct.	Walnut Creek,	CA	94596		1		P
31	Bohumla	Janac	18955 Palo Oaks Ct.	Saratoga,	CA	95070	1			N
32	Jan	Janku	10 Villanova Ln.	Oakland,	CA	94611		1	P	N
33	Joan	Kemr	476 32nd Ave.	San Francisco,	CA	94121-1724	1		P	N
34	Eva	Kryska	1120 Newell Rd.	Palo Alto,	CA	94303	1		P	P
35	Jiri	Kucera	21901 Monte Ct.	Cupertino,	CA	95014		1	P	N
36	Ivanka	Linhart	P.O. Box 1172	Soulsbyville,	CA	95372	1		P	N
37	Petr	Linhart	P.O. Box 1172	Soulsbyville,	CA	95372		1	P	N
38	David	Livingston	19617 Forest Ave.	Castro Valley,	CA	94546		1	P	P
39	Helenka	Livingston	19617 Forest Ave.	Castro Valley,	CA	94546	1		P	P
40	Victor	Machacek	1655 Funston Ave.	San Francisco,	CA	94122		1	P	N
41	Lida	Mikes	115 Los Vientos Way	San Carlos,	CA	94070	1		P	P
42	Frank	Miksa	7 Royston Walk	Pleasant Hill,	CA	94523		1	P	N
43	Blanche	Milner	1500 Held Dr. # 67	Modesto,	CA	95355	1		P	N
44	Ludvik	Mlynek	1225 Warner Ct.	Lafayette,	CA	94549		1	P	N
45	Ludmila	O'Donell	3424 NE. 35th Ave.	Portland	OR	97212	1		P	N
46	Teresa	O'Donell	3424 NE. 35th Ave.	Portland		97212	1		Pnew	N
47	Alena	Picha	650 Newhaven Ct.	Walnut Creek,	CA	94598	1		P	P
48	Frank	Picha	650 Newhaven Ct.	Walnut Creek,	CA	94598		1	P	P
49	Eva	Ptachy	717 Best Ct.	San Carlos,	CA	94070-1544	1		P	P
50	Ivo	Ptachy	717 Best Ct.	San Carlos,	CA	94070-1544		1	P	N
51	Zdena Derner	Rashkin	21780 Via Regina	Saratoga,	CA	95070	1		P	N
52	Jaroslav	Rosicky	16714 Selby Dr.	San Leandro,	CA	94578		1	P	N
53	Michelle	Ruff	324 Via La Paz	Greenbrae,	CA	94904	1		P	N
54	Dagmar	Rus	628 Newlands Ave.	San Mateo,	CA	94403	1		P	N

How we have paid dues

Sokol San Francisco Membersip

P=Paid, N= Not Paid

	B	C	D	E	F	G	H	I	K	M
55	Ruda	Rus	628 Newlands Ave.	San Mateo,	CA	94403		1	P	N
56	Jaroslav	Sedivy	1289 Kentucky Dr.	Concord	CA	94520		1	P	P
57	Marta	Sehnal	7415 Alpine Road	La Honda,	CA	94020	1		P	P
58	Albert	Sieber	231 Auburn Ave.	Santa Cruz	CA	95060		1		Pnew
59	Libuse	Sikl	418 Patricia Ave.	San Mateo,	CA	94401	1		P	N
60	Kamil	Skapa	894 S. Flamingo Court	Denver,	CO	80246-2323		1	P	P
61	George I.	Skoda	3400 Princeton Way	Santa Clara,	CA	95051-5526		1	P	P
62	Marcelle	Skubna	616 Eve St.	Napa,	CA	94559	1		P	N
63	Desider E.	Slavoj	22 Ord Ct.	San Francisco,	CA	94114-1417		1	P	N
64	Marcela A.	Sleep	7405 Hacienda Way	Felton	CA	95018	1		P	N
65	Karel	Snajberk	916 Regal Road	Berkeley,	CA	94708		1	P	N
66	Milena	Snajberk	916 Regal Road	Berkeley,	CA	94708	1		P	N
67	Henry J.	Sredl	P.O. Box 1029	Center Harbor,	NH	03226-1029		1	P	P
68	Karel	Stipek	22420 A Walnut Cir.N.	Cupertino,	CA	95014		1	P	N
69	Martha	Stipek	22420 A Walnut Cir.N.	Cupertino,	CA	95014	1		P	N
70	Jindra	Stroleny		Concord	CA	94518	1			Pnew
71	Walter	Strach	783 Ajax Dr.	Sunnyvale,	CA	94086		1	P	N
72	Petr	Sulek	570 El Camino Real # 150	Redwood City	CA	94063		1		P
73	Georgina	Teyrovsky	21966 Dolores St. # 241	Castro Valley,	CA	94546	1		P	P
74	Angie	Tomanek	26612 Durham Way	Hayward,	CA	94542	1		P	P
75	Tomas	Tomanek	26612 Durham Way	Hayward,	CA	94542		1	P	P
76	Petr	Vacek	5138 Golden Gate Ave.	Oakland,	CA	94618		1	P	P
77	Helena	Vernak	2724 Mason Lane	San Mateo,	CA	94403-2613	1		P	P
78	Zdenek	Vernak	2724 Mason Lane	San Mateo,	CA	94403-2613		1	P	P
79	Milos	Zivny	10815 Breed Ave.	Oakland,	CA	94603		1	P	P
80	Zelka	Zivny	10815 Breed Ave.	Oakland,	CA	94603	1		P	P
81	Ashka	Zrzavy	654 Oregon St.	Sonoma,	CA	95476	1		P	N
82	Lada	Zrzavy	654 Oregon St.	Sonoma,	CA	95476		1	P	N
83										
84	TOTAL						41	40		

SOME PEOPLE ARE VERY CLEVER

Dear Abby, a couple of women moved in across the hall from me. One is a middle-aged gym teacher and the other is a social worker in her mid twenties. These two women go everywhere together, and I've never seen a man go into or leave their apartment. Do you think they could be Lebanese?
Dear Abby, what can I do about all the Sex, Nudity, Fowl Language and Violence on my VCR?
Dear Abby, I have a man I can't trust. He cheats so much, I'm not even sure the baby I'm carrying is his.
Dear Abby, I am a twenty-three year old liberated woman who has been on the pill for two years .It's getting expensive and I think my boyfriend should share half the cost, but I don't know him well enough to discuss money with him.
Dear Abby, I've suspected that my husband has been fooling around, and when confronted with the evidence, he denied everything and said it would never happen again
Dear Abby, our son writes that he is taking Judo. Why would a boy who was raised in a good Christian home turn against his own?
Dear Abby, I joined the Navy to see the world. I've seen it. Now how do I get out?
Dear Abby, my forty year old son has been paying a psychiatrist $50.00 an hour every week for two and a half years. He must be crazy.
Dear Abby, I was married to Bill for three months and I didn't know he drank until one night he came home sober.
Dear Abby, my mother is mean and short tempered I think she is going through mental pause.
Dear Abby, you told some woman whose husband had lost all interest in sex to send him to a doctor. Well, my husband lost all interest in sex and he is a doctor. Now what do I do?
Remember, these people can vote!!

Sokol San Francisco Inc.
P.O. Box 5252, Walnut Creek, CA
94596-9998

0013850001