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

SPRING 2010



SOKOL OFFICERS FOR YEAR 2010

E-mail: sokolsf@gmail.com

President:	Jara Dusatko
First Vice President:	Georgina Teyrovsky
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. Teyrovsky, P. Burda, D. Botcha, J. Dusatko
Film Committee:	Jara Dusatko
Unit Legal Advisor	James Frolik, Jr., Attorney

Phone & E-mail List:

Name		**Phone #**	**E-mail**
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Zivny Zelmira & Milos	Home	510.638.4723	zelkaz@aol.com

A government is a great fiction, through which everybody endeavors to live at the expense of everybody else.

Frederic Bastiat, French Economist (1801-1850)

SOKOL UNIT CORNER

Members reinstated: Patti Buckley, Jindra Stroleny.
New members: E.Brezula, B. Soltys, P. Soltys.

Sokol dues and donation 2010 :

We are very thankful for your thoughtful contribution and support to American Sokol San Francisco Unit. Up to date, we acknowledge donations from attendees of films sessions $110 and 375.96 of individual donations.

In memory of E.Teyrovsky-L. Zrzavy $40; V.&J. Cambus $40.
H. Sredl $20; G.Teyrovsky $20; F.Miksa $50; P. Burda $38.96; K&M. Snajberk $60; H.Husak $50; V. Vernak $2; B. Duffey $25; V. Machacek $30.
American Sokol is a Non-profit Organization; your donation is tax deductible. Keep your bank check as your receipt. Membership dues are not deductible. They are supporting Headquarters ASO in Chicago paying whole American Sokol actions across US.
Paul A Burda, Sokol Financial Secretary

BROTHERS AND SISTERS: Unit has actively registred 43 women and 41 men up to date. Dues 2009 were paid and reported to ASO. Following 8 members still did not paid dues 2010: Please, pay it now. See pages ...16 & 17.
See coupon for 2010 dues below

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 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.
Thanks and see you soon in Oakland Hockey Arena, 519 18th street, Oakland, CA.
David Folke

SOKOL SAN FRANCISCO 2010 CALENDAR of EVENTS

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

Thanks from Geogina Teyrovsky: March 11, 2010

I would like to express my thanks to San Francisco Sokol Unit for all the years since 1957 we arrived to California and became Sokol members. Sokol association helped us to meet our countrymen to make new friends and assimilate in this new homeland. It meant so very much for us! We were lonely and poor and in such different new land and Sokol world offered us friendship and joyful activities. It created the extended family for us and our little daughters Vera and Helenka. We will be forever grateful for it all.

The second thanks are for Sokol contribution to "The celebration of Edmund's Life" (held on 01-16-10) with its parting speech, with charming flag and glorious flowers and with Sokol Choir singing Czech national songs.

Also for the great participation on the whole funeral ceremony. And for the great love it was felt and visible on every step.

I realize now, how much we are in debited to Sokol for our success for (since 1955 arrival) 55 years in California. It helped us to feel at home, to enjoy new life here, to make friends and to feel happier, more welcome and to desire to achieve.

For our daughters it created extended family, Sokol members became their uncles and aunties, we otherwise did not have. I think through their childhood they really believed that Sokol members were their real uncles and aunties!

With great thanks, yours forever grateful!

Sis. Georgina

Slovak Sokol's Celebration

The Sokol in Slovakia is getting ready for The Third Sokol's Celebration of Sport to be held in Trencin from June 24 to June 27, 2010. Our Brothers and Sisters in Slovakia are preparing a rich program of many different sport and cultural activities. Sokol members from Czech Republic and all the member organizations of the World Sokol Federation are invited. If you are traveling to the Czech Republic or Slovakia this summer you might be interested in this great Sokol action. More information on http://www.sokolnaslovensku.sk/

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:_____

Another spring dance at Taragon restaurant.

Taragon, March 13, 2010

On March 13th we were dancing to the familiar tunes, and were being entertained by Joe Domitrowich band Alpiners USA at another annual spring dance. All 44 guests enjoyed music, food, an open bar, and flowing wine with dinner. This event, which was advertised also in Joe's e-mail, brought together dancers and guests from Czech & Slovak communities who were mingling nicely together. American Sokol Unit San Francisco is serving Bay Area community as a non-profit Organization and is proudly contributing to such successful events. Many happy and healthy returns.

Our spring dances have a long tradition. Their timing was inspired by celebrating the birthday of our first president, Tomas Garrigue Masaryk, falling on the seventh of March. In her short speech, sister Dusatko, our Unit President, brought our attention to Masaryk's role in the birth of Czechoslovak Republic in 1918 when Austro-Hungarian Empire fell. His character, humanity, and statesmanship created a role model for a politician much needed now, in our present difficult times. Sadly, his statue in Rose Garden of Golden Park in San Francisco looks somewhat lonely in the shade of grown trees without even small bouquet of flowers on his birthday.



Our Organization's token of appreciation went to our long time supporter and former secretary sister Shirley Gangelhoff. "Shirley, please accept a small diploma with our sincere appreciation of your tireless work especially in difficult times for our Sokol Unit. We are all wishing you and your family good health and life with happiness. We look forward to seeing you at our future events".
Our appreciation goes also to our active Treasurer sister Jarmila Dlask. We will be honoring her at a future event.

We enjoyed the traditional "snake dance", and were dancing around the tables lead by Helenka Livingston-Teyrovsky, followed by the "Chicken dance" that mixed the participants very thoroughly and paired people who never before held each other's arms. The question and answer quiz was very popular and well liked. The table that benefited from some help form the "brain" of Stanford won the first prize. Proud grandma Teyrovsky was joyfully surrounded by her family and guests. Happy and tired guests started picking up their coats at 10:30 PM ; worried that the daylight savings time was robbing them of one hour of sleep and would cut into their morning routine the next day.

We are wishing everyone good health, happiness and lots of dancing and exercising. We are looking forward to seeing you all next time with full strengths.

From your host Paul Burda

HISTORY OF THE SOKOL SAN FRANCISCO

The story as told by Georgina Teyrovsky.

Our little family, my husband Edmund and I and our 13-month-old daughter arrived to San Francisco in April 1955 from Australia.

After looking over Southern California we decided to settle down in the San Francisco Bay Area.

One of our first visits was to San Francisco Sokol Association. We knew it was the fastest way to find new friends and learn from our countrymen about the working and social conditions of the new area. Sokol was such a big part of our life, that we could not imagine our new life without attending the Sokol unit. At that time their activity was located in a big impressive building, built in 1912 for Sokol Association. It was located on Page Street near Steiner Street in San Francisco. Their huge main hall used for exercises as well as for ballroom dancing events. It also had a second floor with a balcony, bar, kitchen, dining area, showers, bathrooms, and an apartment for the custodian's family. On the ground floor were several smaller rooms for meetings and conferences. The walls of the main hall were covered with Czech national paintings in real sizes (of people) in Czech and Slovak folkloric costumes. The membership of San Francisco Sokol unit was around 400 members. The building was busy with daily activities. There were weekly exercises for men and women and children all on the same evening so the whole family could come together. Exercises were held for all various age groups simultaneously on the same gymnastic weeknight. Men held one corner, women the second corner and children the third corner, "Dorostenci," the teenagers usually exercised with the adults. The last corner was given to "equipment" like the horse for jumping over, rings, "kladina" or "bradla," on which the various groups exercised and took their turn. When the middle aged Sokol members performed their leaps over "horse" and "koza" (goat) they were very skillful, fast, and impressive. One can even call it acrobatic. Their gymnastic numbers on rings and parallel bars were also breathtaking! In years after 2000 one can see such gymnastics skill only at International Olympic Games! I have to say again that the exercise hall (or ballroom with hard floors) was really mighty large with the very large impressive stage and even dressing rooms.

We would come as a family every Friday with our two little daughters. The reason for such arrangement was that all gymnasts were working during the day. And children had to be driven downtown so they had to come at the same time anyhow! Dinners were served almost daily and many single members were coming there nearly daily for Pilsner beer and the friendly talk.

I remember and we have it also on our videos in that Sokol building ballroom dances, masquerade evening and little celebrations with Czechoslovakian songs by whole chorus were held. In those times San Francisco Sokol unit was flourishing and prosperous. Its activities were welcoming and full of joy. There was never a lack of musicians who accompanied them on the accordion, piano, violin or guitar. In those days Czech musicians played for free, Czech members cooked for free and women members volunteered to wash the dishes. The disadvantage however, was that the building did not have a parking lot nor any parking places.

We, the Czech newcomers felt that we found our new home atmosphere right there in San Francisco Sokol hall. Other languages were spoken there as well, such as English, Czech, Moravian or Slovak. No wonder that we felt like being home.

Since we wanted our two small daughters Vera and Helenka to be able to speak and practice the Czech language, we arrived every time we could for Sokol gymnastics or other activities. In a way it became our home and our daughters grew up there.

We also participated in little stage shows celebrating either President Masaryk's birthday on March 7th (who was born in 1850) or celebrated the beginning of Czechoslovakian Republic on October 28 (1918).
I remember myself participating on the stage by singing with the whole choir of singers. One of those celebrations we made the story into an "opera" in such a way, that every sentence was a beginning of a new Czech folk song sung in such melodies of well known Czech songs. (The sample of such "opera" is put together of national song and is enclosed).

During those days, (1957-60), we would also visit the San Francisco Sokol hall around December 6 to pay a visit to St. Nicolas (Santa Claus). Our daughters were 4 and 1 ½ years old at the time and sat on Santa's lap. Our older daughter Vera returned from St. Nicolas looking disappointed. "What's wrong?" I inquired. "What did you tell me, mother, about St. Nicolas (Santa)? You told me that St. Nicolas comes to visit us directly from heaven!" Claimed little Vera. "I said that because I believed it" I defended myself. "Well, what language do they speak in heaven!?" our little Vera demanded to know. "I would guess that they speak all languages of the world in heaven" I suggested modestly. "That is exactly what I expected!" proclaimed Vera. "And imagine that Santa could not pronounce Verushka, the Czech was of my name, nor speak Czech at all. Since that Santa is so old, how come he could not?" inquired Vera emphatically. "I have no idea!" I said. "Go ask Santa yourself!" but our Vera declined.

When it was time for our little Helenka to visit Santa, Vera grabbed her shoulder in a maternal gesture and said, "Speak to Santa in English, for that is all he knows!"

Our old Czech countrymen, who filled the Sokol hall were, however, a different kind of people. They mostly arrived from the old homeland in 1913 and before. They were mostly blue collar workers or artisans, like carpenters, furriers, tailors, masons, bookbinders and such. Female groups were domestic help and seamstresses, hat makers and housekeepers. They were people who left for the overseas for their existence or for better earnings-without higher education as their parents could not afford it. They loved their old homeland and lived through San Francisco Sokol activities diligently and devotedly. They mostly never learned the proper English and had half-forgotten the Czech language or spoke in Moravian, or Silesian accent or something close to it. In other words they confused the pronunciation of both languages Czech and English, simultaneously.

When we first attended Sokol events the San Francisco Sokol president was then brother Kohoutek, who loved to speak at opening speeches before the celebration theatrical or singing performances as much as he could. His pronunciation of both languages was so unique and far fetched from proper words, that we did not know whether we should laugh or cry after hearing it. Stories about it became quips. San Francisco president
Mr. Kohoutek kept saying for example, "he is such a natural gymnastics talent" he would pronounce it "nacural gymnastic" meaning he peed on gymnastics. While the Los Angeles president liked to say to the Sokol audience listeners that the outstanding women gymnast has "prsa nality"meaning (personality) which in Czech meant that she has "swollen breast."

Most of these older Sokol members left our old country before Austria-Hungarian Empire was changed into independent free Czechoslovakia in 1918. They did not live through the boom of new freedom, new prosperity, and the economic and personal expansion, through the psychological equality, independence, growth of personality, and the mental growth. Old members somehow retained inside their personalities the mentality of an oppressed nation.

Newcomers, Czechs from the Czechoslovakian Republic were on the contrary mostly of the top strata of the society, mostly educated and successful industrialists, business owners, or most daring and courageous individuals. It was no wonder, since the communism, which gained power in Prague in March 1948, was claiming the victory of blue-collar workers over capitalists (owners of plants, businesses and farms) people who they wished to destroy.

Though, it was never discussed openly at Sokol meetings however, there was always something in the air. Old Czechs, as we called them. They were mostly over 65 old and we new Czech were under 30 or around years of age mostly just starting our existence in USA. We had mostly some years with higher education behind us. But whatever we brought from Europe or from Australia did not have much value in California. Therefore we had to start economically from the very beginning.

So there were some difference between "old Czechs" and "new Czechs", like a wall between us, though we were respectful and they were kind and smiling at us.
It crystallized one day. We were just at the point of asking to become members of San Francisco Sokol unit. Edmund and I (in 1960 or so), we were waiting in the Sokol hallway (on Page street Sokol building) when Mr. Kohoutek, the Sokol president approached us. And sort of in a friendly way in a neighborly intimate voice said; "You two do not need to become members of San Francisco Sokol Unit to participate in our ballroom dancing, gymnastics, or social events. You can participate in all as our quests and save yourselves $50 yearly on the membership fees for two!" It was more money in 1960 than now, believe me! We stayed there standing surprised without being about to explain to ourselves what prompted the president of San Francisco Sokol so say that!

(It will continue in our Summer Vestnik)

Strengthen your ankles to prevent falls

Older people with a history of falls typically have less than half the ankle strength of others, research suggests. But doing exercises similar to those described below for six weeks can improve your balance, according to a recent European study of nearly 50 adults ages 70 and older.

The exercises stretch and strengthen the muscles that flex and extend the ankles. Do the exercises three times a week, building up to three sets of 10 repetitions for each leg. The exercises use resistance bands, available at many sporting goods stores for about $10 to $15 each.



EXERCISE 1
1. Have a partner hold both ends of the band, or tie them to a secure object.
2. Sit on the floor or a stable chair, with your legs extended straight in front of you.
3. Loop the middle of the band around one foot.
4. Pull your foot back toward your shin; slowly return.



EXERCISE 2
1. Sit on the floor or a stable chair, with your legs extended straight in front of you.
2. Hold the ends of the band in your hands, and loop the middle of the band around one foot.
3. Push your foot forward as far as you can; slowly return.



EXERCISE 3
1. Have a partner hold both ends of the band, or tie them to a secure object.
2. Sit on the floor with one leg extended straight in front of you, with the band at a 90-degree angle pointing away from the outside of your foot.
3. Loop the middle of the band around your foot.
4. Turn your foot inward as far as



EXERCISE 4
1. Have a partner hold both ends of the band, or tie them to a secure object.
2. Sit on the floor with one leg extended straight in front of you, with the band at a 90-degree angle pointing away from the inside of your foot.
3. Loop the middle of the band around your foot.
4. Turn your foot outward as far as

Meeting of Budget and Financial Unit Committee

Br. J. Jancarik, Paul Burda, Z. Vernak and M.Zivny met and discussed fiscal responsibilities of Unit for 2010. They considered some changes in our portfolio considering new situation in the global financial markets. In 2009 we used $12,500 out of our base investment for spending. Unit spending in 2009 was in the limits approved by Unit Annual membership meeting. They are no emergency spending on horizon in 2010. Br. Jancarik was elected as Chairman of this Committee. Committee will meet as necessary, minimally once per quarter.

Paul A Burda

AMERICAN SOKOL CORNER

Pacific District, Special Meeting of the District

Fresno, California, Minutes

Cheri Riddle

February 6, 2010

American Sokol Organization

The meeting was held at the home of Sokol Fresno member, Helen Holecek. The meeting was called to order by Sister Helen Holecek, Vice President of Sokol Fresno. Sister Holecek was acting in place of President of Sokol Fresno, the Vice President of Pacific District. The purpose of this meeting called by the Executive Board ofthe Pacific District as a Special Meeting.

Members present:
From Sokol Fresno: Helen Holecek, John Pokorney, Cheri Riddle, Barbara Lundeen.
From Sokol San Francisco: Jara Dusatko, Zelmira Zivny, Milos Zivny .Zdenek Vernak, Paul Burda, Jiri and Jaru Jancarik..
From Los Angeles via teleconference: ~~Luhan~~ Lillian Roter, Tim Kis, Bill Zelenka, Marvin Roter, Natalie Zelenka, Robert Zelenka, and Don Hauser.
After introductions were made Sister Holecek and Sister Riddle gave an explanation as to why the special meeting was called. The President is no longer available as an officer of the District, and the Treasurer is in absenteeism, so we found it necessary to elect new officers. Sister Holecek read the by-laws special meeting article as an explanation. A brief explanation was given to the president's past role in the district. Also, the treasurer in absentee, does not have access to the books. The member's present agreed to continue on with the special election.

Brother Paul Burda called for an audit of the books. We explained that, at present, the books were not available to audit. Brother Burda explained that, according to the by-laws, 3 or more members of the district will examine the books annually. It was agreed that, starting with this year and in the future, the treasurer from each of the 3 units will audit the books annually.
A suggestion was made that, in order to acquire the books, a registered letter be sent to Richard Miller and copied to Lynn Miller, requesting the books be turned over to the District. It was decided that the new District President will send the letter and the Treasurer from Sokol Fresno will receive or retrieve the books from the Millers. The books will then be transferred to the new treasurer.
Nomination of officers:
President: ~~Luhan~~ Lillian Roter
Vice President: 3 Presidents ofeach of the 3 units (Presently: Tim Kis, Sokol LA; Tony Maslowski, Sokol Fresno and Jara Dusatko, Sokol SF).
Secretary: Cheri Riddle and Helen Holecek Treasurer: Jiri Jancarik,Sokol SF, Educational Director: Jara Dusatko.
The nominations were closed and by unanimous vote, they were elected as the new slate of officers of the Pacific District for 2010.
Old Business: The District camp will be directed by Brother Otto Notzl from Sokol Los Angeles. The final payment of the camp is due now. The Secretary will contact the former Treasurer and ask her to send a check out as soon as possible. If that is not possible, Sokol Los Angeles agreed to make the payment and then, the District would pay them back.
New Business: Sister Barbara Lundeen turned in her written resignation as Education Director.
Sister Roter requested the minutes of this meeting be sent to her as soon as possible. She will need the bank account number which we will furnish it as soon as it is available..
Delegates to the convention will be Sister Roter as District President and Sokol Los Angeles representative and Jara Dusatko as District Educational Director.
The board thanked Sister Holecek for the food and her hospitality.
The meeting was adjourned.
Respectfully submitted,
Sister Cheri Riddle

XIX GENERAL CONVENTION APRIL 2010

Dear Sokol Presidents and Convention Delegates, February 20, 2010

Enclosed please find the report of the American Sokol Committee for Constitution and Bylaws to share with your membership. The report contains the recommendations submitted by our Units, Committees and individual members. Please note the foliowing:

1. The bylaws committee considered all recommendations submitted through oficial channels as prescribed by the current by-laws.
2. The committee evaluated each recommendation for merit as well as whether the recommendation was appropriate for inclusion in the bylaws. Items considered Unit or District specific and items deemed standard operating procedures were not included.
3. The committee has prepared a marked up version of the bylaws with the changes that are planned to be submitted to the convention for consideration. Additions to the text are indicated by underline, deletions are indicated using the strikeout.
4. A second document has been prepared listing all submitted items the committee did not include in the bylaws markup. Several of the items are being referred to the standing committees who have knowledge of the topic for further recommendation.
5. There will be a means available to bring to the floor of the Convention any of the recommendations not included if the delegates of the convention choose to do so.

6. The inelusion of a recommendation in this list does not imply a unanimous or even a majority opinion of the bylaws committee.
7. These recommendations are being provided two months prior to the convention to allow the delegates and committee members to be better informed and to seek input from the membership. Comments are welcomed and should be submitted to the Committee Prior to the convention through your District bylaws chairman.
8. In the days prior to and during the convention the bylaws committee will be meeting and discussing comments and recommendations. The committee reserves the right to add, change, or withdraw any element of these recommendations.

I request each of the delegates to spend some time reviewing the attached documents prior to the convention in order to be prepared for discussion. The committee will make every effort to bring recommendations to the floor that are beneficial to the organization and acceptable to the majority.

I would personally like to thank the members of the committee for making themselves available to meet by teleconference and for their willingness to contribute in a constructive manner.

Nazdar!

American Sokol Committee for Constitution and By-laws:
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Irene Wynnyczuk - Eastern District - irenew@nycap.rr.com
Allen Cushing - Northeastern District - acush47@comcast.net
Ed Schnabl - Central District - edandcj@verizon.net
Jolene Dalton - Western District - mjdalton5@windstream.net
Lillian Roter - Pacific District - GemLil@aol.com

Unit representatives for XIX US American Sokol Convention

Sister Jara Dusatko is representing Pacific District on Educational Committee.
Paul A Burda is Unit representative on American Bylaws Committee.

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:
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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



Slavek's Handyman Service
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Sokol Camp Dinkey Creek, July 18th 2010 to July 24th

Contact brother Otto Notzl-Director of camp from Sokol Los Angeles, for more information.
For registration package send **ASAP** E-mail: ottonotzl@yahoo.com
Or a letter to Otto Notzl, 8891 WATSON ST STE 101 CYPRES, CA 90630-2260(**ASAP**)

Dinkey creek info:
Dinkey Creek is a beautiful area in Sierra National Park, between Yosemite National Park and Kings Canyon National Park.
Members of Sokol and – parents or grandparents with their children and other friends camped there. There are 3 cabins for families with small children and 2 barracks, so called dormitories for approximately 90 people. Accommodation is simple, but practical: hot showers, flushing toilets, washing machine, full range kitchen with gas stove/oven, microwave, cooking and eating utensils, large walk–in refrigerator and standing freezer. Campers bring and prepare their own food. A variety of groceries are available at a store within walking distance.

The atmosphere in the camp is always very friendly with lots of activities every day. A couple of miles are an area of Courtright Reservoir with good size of good trout. Deserted "Ghost Town", where was a 1950's lumber company that ones supported the entire village. A big hike is to the Dinkey Creek Dome, where there are lots of natural pools.

Thanks for regards letter from past President of Sokol San Francisco Unit Blanche Duffey to all sokol members wishing all the best and also thanks for her donation. We are wishing you all the best and good health..

If you have any comments or suggestions for our Vestnik, please write them to
SOKOL SAN FRANCISCO, PO BOX 5252 WALNUT CREEK, CA 94596-9998
Or E-mail: sokolsf@gmail.com

Thank you, EDITOR

CZECH CORNER

Is a president allowed to slouch?

Last weekend Czechs marked the 160th anniversary of the birth of the co-founder of Czechoslovakia and the country's first president T.G. Masaryk. Although Czechs fondly refer to him as "tatíček Masaryk" or papa Masaryk, there is no doubt at all that they have enormous respect for the statesman and philosopher who in 1918 laid the founding stone of a new state and gave Czechs and Slovaks their first lessons in democracy.

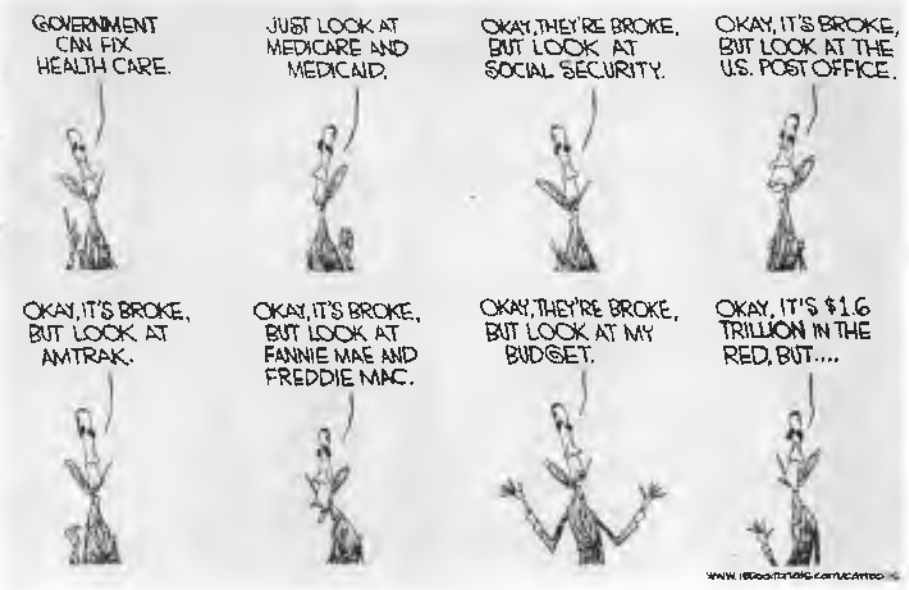
There is probably no one that Czechs revere as much as they do their first leader. On the 160th anniversary of his birth there seemed to be general consensus about the need to make this icon more human. An exhibition that opened at Prague Castle was intended to portray Masaryk not just as a great leader but as a man of flesh and blood, someone who wrote amusing letters, griped, cracked jokes and was not ashamed to take his wife's name as a show of respect at a time when such a thing was unheard of. A TV documentary showed footage of the president playing with his grandchildren in the garden, his head stuck down a hole to try and fish out some toy they had dropped. Statue of President Masaryk, unveiled outside his museum in the town of Hodonín – his birthplace –turned out to be more than informal. Masaryk was an excellent rider, often seen on a horse, straight-backed and dignified. His statue caused consternation among those who expected the typical Masaryk pose. The horse was grazing, clearly not in a hurry to get anywhere and the president, slouching on the horse's back, appeared to be in a similar state of mind – pensive to the point of being depressed. It could have been a photo that someone had snapped at a time when the president was unaware he was being watched. It was definitely Masaryk the man, but some people were shocked. He was wearing a legionaries' uniform but it might as well have been a track suit. Where's his cap – some people asked. The president had done the unthinkable –he'd taken it off. His head looks too round, others pointed out. The horse also came under fire. What's he doing - grazing or drinking from a puddle? Does the puddle look like a map of Czechoslovakia? Clearly there was a lot missing. People expected a man whose eyes looked into the distance, radiating wisdom. A man sitting ramrod straight on a horse he was fully in control of. Instead they saw a man slouching on a grazing horse, enjoying a moment of quiet solitude– such as there must have been few of in Masaryk's life. Personally, I find it enormously refreshing and say the president has the same right to slouch as anyone else.

The King of Cambodia, Norodom Sihamoni,

arrived in Prague on Sunday for a private visit, the news agency CTK reported quoting unofficial sources. During his week-long visit, the Cambodian head of state is scheduled to meet Czech President Vaclav Klaus, and receive an honorary degree at Prague's Academy of Performing Arts.



The Cambodian king lived in Prague between 1962 and 1975, and has called the Czech Republic his second home. He came to the Czech capital as a nine-year-old to study ballet, and speaks fluent Czech. During his last visit to Prague in 2006, he became the first royal to be awarded the freedom of the city.
On the picture: his Prague teacher, King Sihamoni, his schoolmate and far right is Vlastimil Harapes



LAUGHING CORNER

1. My wife sat down on the couch next to me as I was flipping channels. She asked, 'What's on TV?'I said, 'Dust.' And then the fight started...
2. My wife was hinting about what she wanted for our upcoming anniversary. She said, 'I want something shiny that goes from 0 to 160 in about 3 seconds.' I bought her a scale. And then the fight started...
3. When I got home last night, my wife demanded that I take her someplace expensive... so, I took her to a gas station. And then the fight started...
4. After retiring, I went to the Social Security office to apply for Social Security. The woman behind the counter asked me for my driver's license to verify my age.

I looked in my pockets and realized I had left my wallet at home. I told the woman that I was very sorry, but I would have to go home and come back later. The woman said, 'Unbutton your shirt'. So I opened my shirt revealing my curly silver hair. She said, 'That silver hair on your chest is proof enough for me' and she processed my Social Security application.
When I got home, I excitedly told ;my wife about my experience at the Social Security office. She said, 'You should have dropped your pants. You might have gotten disability, too.' And then the fight started...
5. My wife and I were sitting at a table at my high school reunion, and I kept staring at a drunken lady swigging her drink as she sat alone at a nearby table. My wife asked, 'Do you know her? "Yes,' I sighed, 'She's my old girlfriend. I understand she took to drinking right after we split up those many years ago, and I hear she hasn't been sober since. "My God!' says my wife, 'who would think a person could go on celebrating that long?' And then the fight started...
6. I took my wife to a restaurant. The waiter, for some reason, took my order first. I'll have the strip steak, medium rare, please. "He said, "Aren't you worried about the mad cow? "Nah, she can order for herself." And then the fight started. ..
7. A woman is standing nude, looking in the bedroom mirror. She is not happy with what she sees and says to her husband, 'I feel horrible; I look old, fat and ugly. I really need you to pay me a compliment. The husband replies, 'Your eyesight's damn near perfect.' And then the fight started.....
8. I tried to talk my wife into buying a case of Miller Light for $14.95. Instead, she bought a jar of cold cream for $7.95. I told her the beer would make her look better at night than the cold cream. And then the fight started....
9. My wife asked me if a certain dress made her butt look big. I told her not as much as the dress she wore yesterday and then the fight started.....
10. A man and a woman were asleep like two innocent babies. Suddenly, at 3 o'clock in the morning, a loud noise came from outside. The woman, bewildered, jumped up from the bed and yelled at the man 'Holy crap. That must be my husband!' So the man jumped out of the bed; scared and naked jumped out the window. He smashed himself on the ground, ran through a thorn bush and to his car as fast as he could go. A few minutes later he returned and went up to the bedroom and screamed at the woman, 'I AM your husband!' The woman yelled back, 'Yeah, then why were you running?'
And then the fight started.....
11. Saturday morning I got up early, quietly dressed, made my lunch, grabbed the dog, and slipped quietly into the garage. I hooked up the boat up to the truck, and proceeded to back out into a torrential downpour. The wind was blowing 50 mph, so I pulled back into the garage, turned on the radio, and discovered that the weather would be bad all day. I went back into the house, quietly undressed, and slipped back into bed. I cuddled up to my wife's back, now with a different anticipation, and whispered, 'The weather out there is terrible.'
My loving wife of 10 years replied, 'Can you believe my stupid husband is out fishing in that?' And then the fight started ...
12. I asked my wife, "Where do you want to go for our anniversary? " It warmed my heart to see her face melt in sweet appreciation. "Somewhere I haven't been in a long time!" she said. So I suggested, "How about the kitchen?"
And that's when the fight started....
13. My wife and I are watching Who Wants To Be A Millionaire while we were in bed. I turned to her and said, "Do you want to have sex?" "No," she answered. I then said, "Is that your final answer?" She didn't even look at me this time, simply saying "Yes." So I said, "Then I'd like to phone a friend." And that's when the fight started....

How we have paid dues

Sokol San Francisco Membersip

P=Paid, N= Not Paid

	B	C	D	E	F	G	H	I	K	L
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	Lubomir	Brezula	3946 Wilson Ave.	Castro Valley,	CA	95546		1		P
4	Edina	Brezula	3946 Wilson Ave.	Castro Valley,	CA	95546	1			Pn
5	Marek	Brezula	3946 Wilson Ave.	Castro Valley,	CA	95546		1		P
6	Daniel	Botcha	1160 Via Escondida	Novato	CA	94949		1	P n	P
7	Jana	Botcha	1160 Via Escondida	Novato	CA	94949	1		P n	P
8	Patti	Buckley	6414 76th St. Ct. W.	Lakewood	WA	98499-3441	1			Pr
9	Paul A.	Burda	213 Westvale Court	San Ramon,	CA	94583		1	P	P
10	John	Cambus	121 Lakewood Rd.	Walnut Creek,	CA	94598-4720		1	P	P
11	Vladka	Cambus	121 Lakewood Rd.	Walnut Creek,	CA	94598-4720	1		P	P
12	Evelyn	Cheever	37653 Glenmoor Dr.	Freemont,	CA	94536-6628	1		P	P
13	Stanley	Cheever	37653 Glenmoor Dr.	Freemont,	CA	94536-6628		1	P	P
14	Dagmar	Crichton	1873 Greenwitch St.	San Francisco,	CA	94123	1		P	P
15	Frank	Dlask	451 Santa Margarita Ave.	Menlo Park,	CA	94025		1	P	P
16	Jarmila	Dlask	451 Santa Margarita Ave.	Menlo Park,	CA	94025	1		P	P
17	Blanche	Duffey	249 W. Poplar Ave.	San Mateo,	CA	94402	1		P	P
18	Jaroslava	Dusatko	1700 Botelho Dr. #409	Walnut Creek,	CA	94596	1		P	P
19	Milan	Dusatko	1700 Botelho Dr. #409	Walnut Creek,	CA	94086		1	P	P
20	David	Folke	1839 Ygnacio Valley	Walnut Creek,	CA	94598		1		P
21	Eva	Folke	18 Marques Pl.	Danvile	CA	94526	1			P
22	Miloslav	Folke	18 Marques Pl.	Danvile	CA	94526		1		P
23	Shirley A.	Gangelhoff	1319 Speers Ave.	San Mateo,	CA	94403	1		P	P
24	Tami M.	Gangelhoff	2151 Carlmont Dr., # 203	Belmont	CA	94002	1		P	P
25	George	Goupille	879 Partridge Ave.	MenloPark,	CA	94025-5215		1	P	P
26	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			P
31	Jiri	Jancarik	154 Woodbury Ct.	Walnut Creek,	CA	94596		1		P
32	Bohumila	Janac	18955 Palo Oaks Ct.	Saratoga,	CA	95070	1			P
33	Jan	Janku	10 Villanova Ln.	Oakland,	CA	94611		1	P	N
34	Joan	Kemr	476 32nd Ave.	San Francisco,	CA	94121-1724	1		P	N
35	Eva	Kryska	1120 Newell Rd.	Palo Alto,	CA	94303	1		P	P
36	Jiri	Kucera	21901 Monte Ct.	Cupertino,	CA	95014		1	P	N
37	Ivanka	Linhart	P.O. Box 1172	Soulsbyville,	CA	95372	1		P	P
38	Petr	Linhart	P.O. Box 1172	Soulsbyville,	CA	95372		1	P	P
39	David	Livingston	19617 Forest Ave.	Castro Valley,	CA	94546		1	P	P
40	Helenka	Livingston	19617 Forest Ave.	Castro Valley,	CA	94546	1		P	P
41	Victor	Machacek	1655 Funston Ave.	San Francisco,	CA	94122		1	P	P
42	Lida	Mikes	115 Los Vientos Way	San Carlos,	CA	94070	1		P	P
43	Frank	Miksa	7 Royston Walk	Pleasant Hill,	CA	94523		1	P	P
44	Blanche	Milner	1500 Held Dr. # 67	Modesto,	CA	95355	1		P	N
45	Ludvik	Mlynek	1225 Warner Ct.	Lafayette,	CA	94549		1	P	P
46	Ludmila	O'Donell	3424 NE. 35th Ave.	Portland	OR	97212	1		P	P
47	Teresa	O'Donell	3424 NE. 35th Ave.	Portland		97212	1		Pn	P
48	Alena	Picha	650 Newhaven Ct.	Walnut Creek,	CA	94598	1		P	P
49	Frank	Picha	650 Newhaven Ct.	Walnut Creek,	CA	94598		1	P	P
50	Eva	Plachy	717 Best Ct.	San Carlos,	CA	94070-1544	1		P	P
51	Ivo	Plachy	717 Best Ct.	San Carlos,	CA	94070-1544		1	P	P
52	Zd. Derner	Rashkin	21780 Via Regina	Saratoga,	CA	95070	1		P	N
53	Jaroslav	Rosicky	16714 Selby Dr.	San Leandro,	CA	94578-1264		1	P	P
54	**First Name**	**Last Name**	**Address**	**City**	**ST**	**Zip Code**	**F**	**M**	**P 09**	**P 10**

How we have paid dues

Sokol San Francisco Membersip

P=Paid, N= Not Paid

	B	C	D	E	F	G	H	I	K	L
55	Michelle	Ruff	324 Via La Paz	Greenbrae,	CA	94904-1246	1		P	P
56	Dagmar	Rus	628 Newlands Ave.	San Mateo,	CA	94403	1		P	P
57	Ruda	Rus	628 Newlands Ave.	San Mateo,	CA	94403		1	P	P
58	Jaroslav	Sedivy	1289 Kentucky Dr.	Concord	CA	94520		1	P	P
59	Marta	Sehnal	7415 Alpine Road	La Honda,	CA	94020	1		P	P
60	Albert	Sieber	231 Auburn Ave.	Santa Cruz	CA	95060		1		Pr
61	Libuse	Sikl	418 Patricia Ave.	San Mateo,	CA	9440-3044	1		P	P
62	Kamil	Skapa	894 S. Flamingo Court	Denver,	CO	80246-2323		1	P	P
63	George I.	Skoda	3400 Princeton Way	Santa Clara,	CA	95051-5526		1	P	P
64	Marcelle	Skubna	4181 East 3rd Ave.	Napa,	CA	94558-4012	1		P	P
65	Desider E.	Slavoj	22 Ord Ct.	San Francisco,	CA	94114-1417		1	P	P
66	Marcela A.	Sleep	7405 Hacienda Way	Felton	CA	95018	1		P	N
67	Karel	Snajberk	916 Regal Road	Berkeley,	CA	94708		1	P	P
68	Milena	Snajberk	916 Regal Road	Berkeley,	CA	94708	1		P	P
69	Barbora	Soltys	1175 Covington Ct.	Walnut Creek,	CA	94596	1			Pn
70	Pavel	Soltys	1175 Covington Ct.	Walnut Creek,	CA	94596		1		Pn
71	Henry J.	Sredl	P.O. Box 1029	Center Harbor,	NH	03226-1029		1	P	P
72	Karel	Stipek	22420 A Walnut Cir.N.	Cupertino,	CA	95014		1	P	N
73	Martha	Stipek	22420 A Walnut Cir.N.	Cupertino,	CA	95014	1		P	N
74	Jindra	Stroleny	780 Oak Grove Rd. apt. 312	Concord	CA	94518	1			Pr
75	Walter	Strach	783 Ajax Dr.	Sunnyvale,	CA	94086		1	P	P
76	Petr	Sulek	570 El Camino Real # 150	Redwood City	CA	94063		1		P
77	Georgina	Teyrovsky	21966 Dolores St. # 241	Castro Valley,	CA	94546	1		P	P
78	Angie	Tomanek	26612 Durham Way	Hayward,	CA	94542	1		P	P
79	Tomas	Tomanek	26612 Durham Way	Hayward,	CA	94542		1	P	P
80	Petr	Vacek	5138 Golden Gate Ave.	Oakland,	CA	94618		1	P	P
81	Helena	Vernak	2724 Mason Lane	San Mateo,	CA	94403-2613	1		P	P
82	Zdenek	Vernak	2724 Mason Lane	San Mateo,	CA	94403-2613		1	P	P
83	Milos	Zivny	10815 Breed Ave.	Oakland,	CA	94603		1	P	P
84	Zelka	Zivny	10815 Breed Ave.	Oakland,	CA	94603	1		P	P
85	Ashka	Zrzavy	654 Oregon St.	Sonoma,	CA	95476	1		P	P
86	Lada	Zrzavy	654 Oregon St.	Sonoma,	CA	95476		1	P	P
87										
88	TOTAL						43	41		

ADITIONAL INFORMATIONS:

Some pictures from Edmund I. Teyrovsky Memorial are available:
http://picasaweb.google.com/CeskySokol/EdmundITeyrovskyMemorial#







Invitation to
Dinkey Creek Sokol Camp

Are you looking for getting away from the stress of your work or getting away from the summer heat of the city? Would you like to spend a nice vacation with you children or grandchildren in the heart of High Sierras? Would you like to make one-day hike of your dream? Do you like to swim or fish in mountain lakes or streams?

If you won't mind that your children will be begging you every year to come again to Dinkey Creek, plan to come spend one week in High Sierra right in between Yosemite and Sequoia National Parks! The date is:
July 18 - July 25 (Sunday to Sunday).

The camp has unbelievably nice weather, cooler nights and warmer days, which will allow you to sleep well and you will be looking for refreshing moments in the creek or lake. Included in the camp are hot water/showers, large kitchen, walk in freezer, and flush toilets with daily service. You will be accommodated in one of two dormitories or if you have very small children you will be in one of 3 cabins.

Registration packages will be sent to you in April upon request.

If you wish to get more information, please e-mail me atottonotzl@yahoo.com ,
or call at **714-785-9929.**

This year director brother Otto Notzl