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

FALL 2011

The Children Treasure Hunt Game in the Sokol Dinkey Creek Campground, July 2011



Photo by Jara Dusatko

SOKOL SAN FRANCISCO OFFICERS 2011

President	Jara Dusatko
1st Vice-president	Georgina Teyrovsky
2nd Vice-president	Zdenek Vernak
Recording Secretary	Zelmira Zivny
Financial Secretaty	Paul Burda
Treasurer	Jarmila Dlask
Vestnik Editors	Milan Dusatko, Paul Burda
Membership	Milan Dusatko, Paul Burda
Educational Director and Public Relations	Zdenek Vernak
Men's Director	Milos Zivny
Women's Director	
Auditing Committee	Jarmila Jancarik, Marta Sehnal, Jiri Jancarik
Budget and Finance Committee	Paul Burda, Zdenek Vernak, Jiri Jancarik, Milos Zivny
Entertainment Committee	Georgina Teyrovsky, Daniel Botha, Jara Dusatko, Paul Burda
Reconciliation Committee	Zdenek Vernak, Milos Zivny
Zupa Representatives	Jara Dusatko, Jiri Jancarik

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If you want to know the truth, listen to those who forbid to speak!

SOKOL UNIT CORNER

Sokol dues and donation 2011:

We are very thankful for your generous contributions and support to American Sokol San Francisco Unit. Up to date, we acknowledged donations from attendees of Czech films sessions $92.00 and $203.26 of individual danations as follows: B. Duffey $15.00, G. Skoda $15.00, K. Snajberk $65, G. Teyrovsky $31, M&R Prejda $30.00, P.Burda $22.26, Dr. Slavoj $5.00, J. Kucera $10.00, J. Kemr $10.00.

Paul A Burda, Sokol Financial Secretary

Brothers and Sisters:

Brothers and Sisters:

Our Unit currently stands for 37 women and 29 men. We gained one man, welcoming Ivan P. Sturman. We lost four members for non-payment of dues 2011. Dues were due by February 28th. 2011.

All members paid dues 2011. Thanks to all.

Sokol Gymnastics Association
Sokol San Francisco, P.O. Box 5252, Walnut Creek, CA 94596-9998
E-mail: **sokolsf@gmail.com**

Payment Dues 2012

SEND WITH YOUR PAYMENT	**KEEP FOR YOUR RECORDS**
2012 Dues are $35, late fee $5 after 2-28-12. **Membership reinstatement fee $5.** **Membership Dues sent $.....** **New members add $5 processing fee to American Sokol Headquarters in Brookfield, Illinois** **Donation/Contribution.....** **Name:.....** **Sent amount.....** **Address.....** **City.....State....Zip.....**	**Sokol San Francisco Dues 2012** **Date** **Check No**

SOKOL SAN FRANCISCO 2011 CALENDAR of EVENTS

DATE	ACTIVITY	EVENT	PLACE
December 3, Saturday	Annual Meeting	20121 Santa Maria church	Castro Valley
December 3, Saturday	St. Nicolas Party	20121 Santa Maria church	Castro Valley
December 30, Friday	Dinner-Dance	The End of The Year	Taragon , Sunnyvale

Programs of Czech movies 2011-2012 in the Series with the Special Language Program at Stanford are in progress and will be announced later of this year by E-mail.

DINKEY CREEK 2011

Where did the summer go and what kind of summer was it anyway. No heat waves and, for California, not that much of sun either, not only in San Francisco when you can expect such a weather but all around the Bay and inland.

Some of us got our share of real summer anyway. The good old Dinkey Creek Camp opened it's grounds for the Pacific District Sokol members from July 17 to July 24 and this year, six adults and seven children from our Unit used the opportunity. The summer of Southern Sierra Nevada could not disappoint us. All the granite rocks were warm from the sun and the air smelled of pines. The Dinkey Creek facilities are simple and old but how much do you really need in a beautiful mountain environment, more than 6,000 thousand feet high, with a good company, creek full of clear water and boulder all kids wanted to climb.



There was a program for children, Otto Notzl, the man in charge, organized an ever popular treasure hunt, a trip to the Dinkey Dome waterfall, ping pong competition and other actions we all enjoyed enormously. Thank you, Otto, you were such a good camp director.

And then, there was a "Ghost town" which is not a gold era ghost town at all, just a cluster of empty houses where employees of a large lumber company used to live and work from the thirties until the mid of fifties. There was a reunion of the children who lived there with their parents and we were lucky enough to talk to them and listen to their stories.

The men are in their sixties now and remember coming up to the mountains every spring after the snow melted, to stay until late fall, attending a tiny one room school built for them.

One week was a short time but we all managed to make new friends, get a great tan, swim in a Shaver Lake and get all the kids from the creek and down from the rocks.

That was the 2011 Dinkey Creek. The 2012 is on the horizon. Looking forward to it.

Zelmira Zivny, photos by Milos Zivny



Good Bye, Summer!

Later than any other year we have gathered at our good old Mallard picnic site. Two days into the Fall, yes it was a little cooler today, buy still sunny and calm. Twenty three picnickers of all ages had no reason to regret braving the calendar, we were all having fun. Once in a while a small group left for a short hike through this beautiful valley, half-a-dozen voice endowed Sokols found satisfaction in singing our folk songs or just listening to Brother Botcha's accordion playing. Occasional warming hands over the glowing coals was not frown upon, who would not remember the happy times around the camp fire in the distant past. Where have all the fires gone....? I speak for us, the more senior members.

The charcoal pit was at the center of our attention, the fresh air made us all hungry. You could sample almost any piece of meat, quietly sizzling over the charcoal, for Sokols are a generous bunch of people and they love to share. As I could observe, there were not too many vegetarians in our group, but chicken thighs and breast strips, hamburgers, sausages, even fillet mignon were there to satisfy the hungry crowd.



An intermezzo: Mr. Jiri Moudry, once a Sokol member, an amateur photographer, told us stories of his travels to the American National Parks. His narration was well documented by artistic pictures that can also be viewed on Jiri's Web Page at www.picasaweb.google.com/jjmoudry

I love our twice-a-year picnics at the Lake Chabot. The lake looks like a small scale Slapy dam on Vltava, the hilly terrain is pleasant to the eye, our Mallard site is not too far from parking. Yet, it's position, above the din of other picnicking groups, gives it a feeling of privacy.

Sometimes I wonder what could Sokol do to attract more of our members to come at least once, maybe just for a couple of hours. Will we see you there next year?



Zdenek Vernak

Photo by Milos Zivny

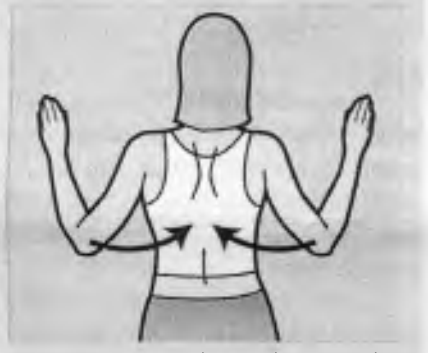
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How to shrug off shoulder pain

Exercises that can help



STRETCH: Bring your arm across your body and press gently with the opposite arm either above or below the elbow. Hold for 30 seconds.



STRENGTHEN: Stand erect, feet shoulder-width apart. Place your arms in a "W" position, keeping shoulders relaxed. Bring elbows back as far as you can, pinching shoulder blades together. Hold for a count of 3. Release.

ILLUSTRATIONS BY JASON LEE

From an engineer's perspective, the shoulder is an enviable combination of flexibility and strength. It's flexible because the rounded top of the upper-arm bone fits loosely into the shallow cup at the end of the shoulder blade. It's strong because many muscles, tendons, and ligaments stabilize the joint. Together, those features allow movements as varied and vigorous as serving a tennis ball, reaching a top shelf to put away groceries, and playing the piano.

But all that activity also makes the shoulder prone to injury. Indeed, such injuries account for about 14 million visits to doctors each year in the U.S. Something as simple as reaching for the backseat of your car sometimes leads to adhesive capsulitis, which causes scar tissue to build up. Car crashes, falls, and sports-related collisions can also damage the joint. But most often, shoulder pain is a result of everyday activities that lead to wear and tear on the joint. Specifically, those accidents and activities can damage:

• The rotator cuff the tendons and muscles that stabilize the shoulder, causing weakness and pain in especially at night.

• The ligaments that hold the joint in place, causing it to become loose or even dislocated.

• The cartilage that protects the ends of the bone, causing osteoarthritis.

The two exercises illustrated here might help to prevent injuries by keeping the joint supple and strong. But when the joint is already injured, you usually shouldn't try to work through the pain, which could cause further damage. Instead, ice the area and try an over-the counter pain reliever, such as acetaminophen (Tylenol and generic) or isobuprofen (Advil and generic), if need it. See the doctor if your pain doesn't improve after few days or if shoulder pops in and out, is inflamed, or loses its range of motion. In those cases, the doctor might refer you to a physical therapist for special exercises or, if the pain is severe, to an orthopedist. Cortisone injections sometimes help, but be cautious if your doctor recommends frequent shots, because they might mask more serious problems and may actually weaken tendons and ligaments. The good news is that when surgery is required, it can now usually be performed arthroscopically, which involves just a few small incisions.

FROM MY LIFE, Jiří Jan Špánek

Continues from Vestnik Summer, 2011, page 16.

In the Dejvice suburb of Prague, Ludvík Otčenášek had a villa, "Demartinka," over which were suspended telephone wires leading from Vienna to Berlin. With the help of a fishing pole, he hooked his wire-tapping instrument on the line and was able to intercept Vienna-Berlin military dispatches. I was bringing him fishing poles and often wondered where he went fishing. Unknowingly, I served as a courier by delivering dispatches to the Czech Mafia, to Dr. Steiner a pastor in Pankrác prison, who in turn was disseminating them to the political prisoners.

These were not easy times. To learn a trade it took four long years and then earn 20 hellers per hour. That is why I went to school at night and on Saturdays to secure a better future.

In Sokol I started to compete. I trained the school children and when I turned eighteen I became a leader. Augustin Otčenášek was my Sokol teacher and he captivated me with his modern approach to physical education; it was he who started doing rhythmical exercises with music. As a leader, at the meeting of the unit I requested to have a piano in the gym. The first one who stood up against me was my Sokol "brother," my own father. He wanted to me to shush like at home. I don't know where I found the courage to say: "Brother Špánek, now it is my turn to speak". They voted successfully to get me the piano, but teased me about "getting it" at home from my father. Father was not mad, and told my mother how I defeated him.

Augustin Otčenášek asked me to attend physical education courses. I started in the local unit, then progressed to take the regional six-week course of the Czech Sokol unit, then State courses of physical education. I wanted to be a teacher of physical education, since it was still possible to get a state certificate without graduation. However, fate was not aligned with my hopes and when I was not able to get a job, I started to contemplate relocating to France, to get more experience.

In addition to Sokol, in 1922 I became the youth chair of the Czechoslovak National Socialists and I organized a series of lectures and election meetings with brother František Klátil. But I came to dislike the political machinations of the older party members and devoted myself more to Sokol.

At that time I was working as a pioneer in radio, which started its existence in the young republic. I worked for the Bezdra firm, where we manufactured the first crystal radio receivers, and where I became a Master. When this field of work was going through a kind of crisis, I found a position with the Podhajský firm as a machinist. Podhajský was a member of my Sokol unit.

Often, when young Podhajský came to the Sokol exercise class and was not doing something right, I hollered at him: "Brother Podhajský, you can't do that!"

My buddies were taken aback and could not get that I was yelling at my boss.

But even the work at Podhajský's was not what I was looking for and I looked for something in my field, working on radios. In Malá Strana, I happened to see posters announcing that France was looking for electricians. I applied, the company paid travel expenses and I was in. For me this was an easy decision by a young man.

My mother was surprised to lose my help, because Father died and she had her hands full to support the family. Also, my brother Jaroslav who was learning to be a plumber, died of lead poisoning, the result of exposure at work.

I remember that when my father was dying in the hospital, at the same time my brother was dying in the next room. Today, I cannot even fathom how I courageously overcame all these challenges.

My sisters Zdenka and Libuše began to earn their own keep. Only my brother Miroslav was still in school. It was at that time that I announced with a degree of carefreeness that I was leaving for France to experience the world. Mother was very surprised, as a Sokol leader, that she was losing another leader, and I promised my girlfriend Marie that as soon as I found ajob she would come to join me. At the Sokol Hall they prepared a big goodbye feast. Tables were full of kolaêe and food. It was a very difficult parting with my family and the Sokol unit.

My last assignment with Sokol was to take the unit to the large Sokol Rally (Slet) in Prague in 1926. I was the leader and was responsible to train school-aged children and youth, and was preparing them for gymnastics using the apparatus as well as floor exercises. I had 150 school children, 50 youth, and 40 adult men. It was not a small unit. My girlfriend Marie had the same numbers in female teams. At the Rally I got a laurel wreath and our team placed very honorably. The next day I left for France.

TO FRANCE

My first surprise was to read the invitation of a French company to come to the freight station Smíchov, instead of the main Wilson train station. At the train station was waiting a freight train full of Poles and Slovaks who were going to France to work. They added two passenger cars for us. We traveled a long time. A whole week. We stopped at every single train crossing. We finally arrived in France, where they goaded us like a herd into a quarantine station.

I immediately organized a group of folks from Prague, who, like myself were not content to sleep on dirty flea infested straw. After the first days we always climbed the camp fence and went to sleep in a hotel. At the end of two weeks, the most courageous guys from Prague went to the camp office and threatened the director, that if we were not given the promised employment we would set the camp on fire.

This helped and the next day the Czechs received travel permission for employment. Myself and another friend from Prague, who was an architect and was in France to gain some experience, were sent to iron mines in Lotrinsko. I was not too excited about this dirty and smoky town.

They sent us to a big hail, before we found lodging and the first evening was another surprise. We were told to keep our shoes and clothes next to our beds so they would not be stolen. We had to stow them under our bodies.

Since I did not yet speak French, I could not get the promised job of electrician, until I learned the trade. They put me on the floor in the machine room, to handle diesel machines that were filled with gas from the mines. Hopelessly, I was forced to accept the work.

The next day was the French national holiday, July 14, 1926. We did not work and I took the opportunity to take a walk through the city. On the lapel of my coat I proudly wore a "Na stráž" pin ("On guard") and I had the good fortune to meet one of my Prague compatriots, who when he saw my Sokol pin, said: "Nazdar! What are your doing here? Where do you work?" I told him that I would be working in a factory, and he in his Prague slang fired back: "Don't be stupid, every month they carry someone to the hospital from gas poisoning."

I decided right there and then that the next day I would let the boss know that I would not take that job. In the office, the boss welcomed me in a rather unfriendly way, threw my passport inside his desk, and said that I could go, but that my passport would stay there until I reimbursed the transportation that was paid by the company. I left, my spirits sagging. Outside, I ran into my architect friend, who had just gone through a similar experience.

We decided (Note: here is something missing in the manuscript; judging from the context, probably "to contact the Czechoslovak embassy in Paris"). After hearing our complaints, the ambassador suggested sending us home to Prague at the state's expense. In my head, like in a movie, I saw the Hostivař gym, the goodbye feast, the toasts of brothers who wished me good fortune, and now I should be returning like a worthless son. I explained to the ambassador that I did not want to return, that I wanted to stay in France, but needed my passport.

It will continue in the next Vestnik Winter 2011

Obituary

George Spanek (1931-10.11.2011)



After a long illness, our friend and a long time member of Sokol Organization George Spanek passed away. Everybody who knew him would agree that "another Sokol maverick died". George was always helpful and innovative, using his business connections to benefit and improve Sokol operations. His bold ideas were sometimes not easy to realize, but George's positive and instrumental attitude was welcomed by many. George inherited his father's confident spirit of devotion and loyalty to Sokol, collecting many historical Sokol materials and documents that he included in a collection of his father's memoirs. George left his personal materials in many boxes of his tiny room of a senior center. Life sometimes seems too short to accomplish all of one's life's visions.

Thank you, George, for your loyalty and your admirable, ongoing Sokol spirit, we will always remember you. God bless your soul and give us strength to carry your visionary optimistic spirit for years to come.

Paul A Burda

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.

THE MEMBERSHIP APPLICATION

SOKOL SAN FRANCISCO INC.

P.O.BOX 5252, WALNUT CREEK, CA 94596-9998

E-mail: sokolsf@gmail.com

American Sokol
Sokol San Francisco

GYMNASTIC ASSOTIATION EDUCATIONAL-SOCIAL AND CHARITY NON-PROFIT ORGANIZATION
MEMBER of AMERICAN SOKOL ORGANIZATION - ASO

NAME:_____ DATE:_____
mm/dd/year

ADDRESS:_____CITY:_____STATE:___ZIP:_____

E-MAIL: _____ PHONE: _____

DATE of BIRTH: _____ PLACE of BIRTH: _____
mm/dd/year

MARITAL STATUS: MARIED ☐ SINGLE ☐ OTHERS ☐

Please, list other clubs, organizations to which you belong: _____

_____

_____

SPONSOR: _____

ASO registration fee is $5.

Membership fee is $35 per year, should be paid on the end of each year for next year.

MEMBERSHIP PLEDGE:

I, _____ (new member name) as a condition of membership in Sokol Unit of San Francisco Inc. in San Francisco CA, agree to abide by Bylaws of the American Sokol of the Pacific District and this Unit, Sokol San Francisco, I promise that my speech and actions I will endeavor to strenghthen 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 a legal resident of the United States of America and loyal to the government. and 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 basis for and a part of any insurance contract issued.

New member signature: _____

XV. VŠESOKOLSKÝ SLET 2012

Praha 1. - 7. červenec 2012

Nejvýznamnější akcí oslav 150. výročí vzniku Sokola bude XV. všesokolský slet.



To All Sokol San Francisco Members

Preparations for Sokol slet in Prague are in full swing for 2012. Our Unit has all materials for senior's performance and we would like to be an active participant. Time is almost running out for our personal commitments. We would like to hear from you with assurance, which of you is going to be obliged. We need your pledge as soon as possible, **to 15th of November at latest.**

Please, report **your decision** to the Sokol Board

Pro slet se v současné době připravují hromadné pohybové skladby.
První předvedení skladeb - cvičily pouze základní celky - se uskutečnilo v Praze,
v hale T.J. Sokol Královské Vinohrady dne 12. prosince 2010.
Hlavním důvodem byla nabídka bezplatného užívání areálu výše zmíněné T.J. a možnost zpřístupnění předvedení širší skupině zástupců žup.
Z ekonomických důvodů byla akce pořádána s omezeným počtem míst pro diváky, předvedení bylo určeno pro náčelnictvo žup, náčelnictvo ČOS, starosty žup a jmenovitě pozvané činovníky. Všechny předváděné skladby byly zaznamenány a videonahrávka distribuována do žup pro zájemce o nácvik na XV. všesokolský slet.
Propagace skladeb začala na podzimních ústředních srazech ženských složek a podzimních oblastních srazech mužských složek. Bylo provedeno představení skladeb autory s návaznou pohybovou průpravou.

Bližší informace podá náčelník ČOS Miroslav Vrána, e-mail: mvrana@sokol.eu.
dne: 23.02.2010 poslední změna: 09.06.2010 Michal Pávek,

2012 COS slet cals and clinic

COS is having clinics in Prague from April trough November, having training videos available from April. Our San Francisco Unit has those videos.

2013 American Sokol Slet

Dates had not been set yet. ASO is looking for expanding participation to outside group in various venues, having outsiders for gymnastic competitions. Sister Allison Gerber handles survey with District Directors to provide findings at next ASO Sokol Directors meeting.

BROTHER LARRY LAZNOVSKY (1945-2011)

Larry, past President of American Sokol (ASO), passed away unexpectedly on March 26, 2011. The Embassy of the Czech Republic has always valued Larry's substantial contribution to keeping Czech heritage in his home state of Texas and whole US, through his commitment to American Sokol Organization.
He manifested his passion for his Czech heritage as Vice President of the Czech Cultural Society, a Board Member of the Texas Cultural Partnership, a founding Board Member and District Representative for the Texans of Czech Ancestry, President of the National Polka Festival, and as one of the founding Board Members of the Texas Czech Heritage and Cultural Center. Larry was especially proud of the accomplishments of this group and if you get a chance to travel to La Grange, Texas, you should enjoy the Texas Czech History Museum and Amphitheater complex surrounded by restored houses and barns donated by Czech families.
Sokol was always an integral part of Larry's life. His father was Unit President of Sokol Karel Havlicek Borovsky, (KHB) for many years with his mother always directing the kitchen activities.

He became KHB's Director of Men's programs at age 17. Larry's involvement in Sokol gave him the opportunity to travel many places and meet many people. It was at a Sokol Slet in Chicago that he met Lilian, his future supporting wife.

Larry was never without a title (which in Sokol means job) serving as Unit Men's Director, Unit President, District Men's Director, District President, President of the American Sokol Organization and Vice President of the World Sokol Federation without taking a break. He served as President of Sokol KHB for the past twenty eight years.

As a Union representative he worked with several of Texas and national Congressmen and Senators. He rode in a limousine with Prime Minister Klaus of the Czech Republic on a trip from Dallas to Ennis. In 1989 he made a point to travel to Prague to witness the rebirth of the Czech Sokol Organization which had been suppressed by the communist Regime for forty years. He had the honor of accepting the Gratis Agit award on behalf of the American Sokol Organization which is awarded by the Czech Government to a select few persons and organizations each year for service to the Czech Community. He had the pleasure to meet and shake the hand to President Havel of the Czech Republic and was honored as President of American Sokol to lay a wreath on the tomb of the Unknown Soldier in Arlington Cemetery. Larry and Lil also had many opportunities to travel and were always on the go. There were Sokol Slets around the United States and two in Prague. They also attended Gymnastrada events In Berlin, Sweden, and Portugal. Larry's most recent honor, which was high on his list, was the opportunity to travel to New Brunswick Canada with daughter Lori to carry a torch bearing the Olympic Flame along Hopewell Cape on its journey from ancient Greece to the 2010 Winter Olympic Games in Vancouver Canada.
Neither for profit nor glory - Larry was always true to his volunteerism.

As he became President of the American Sokol in 2000, he was a master at calmly steering our lodge old ship through changing waters, and he stayed the course to prepare the organization for the next generation of growth. Larry passed away as relatively young man, but had accomplished so much. His contributions to society and the organizations are beyond compare.
Unfortunately, one goal that Larry didn't quite have time to complete was retiring the mortgage on the Sokol KHB facility built in 1991 - a goal he worked on for 20 years.

INFORMATION CORNER

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Sokol Members and Committee Meeting is every second Tuesday each month at 7:15 PM (except July and August) in Baywood Court, 21966 Dolores St. # 243, Castro Valley, CA 94546.

Věstník is published by Sokol San Francisco, Four isues per Year. Your typed contributions send to our Unit or editor's e-mails, or by mail.

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.

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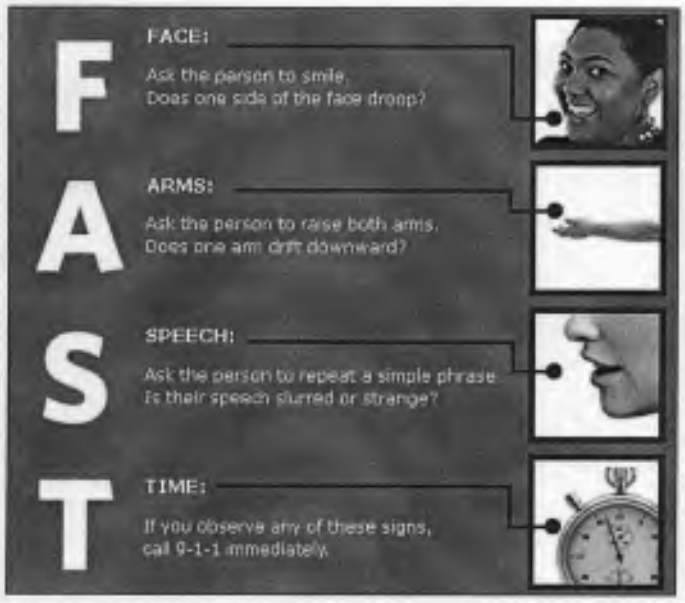
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Stroke Symptoms



Stroke symptoms include:

- SUDDEN numbness or weakness of face, arm or leg - especially on one side of the body.
- SUDDEN confusion, trouble speaking or understanding.
- SUDDEN trouble seeing in one or both eyes.
- SUDDEN trouble walking, dizziness, loss of balance or coordination.
- SUDDEN severe headache with no known cause.

Call 9-1-1 immediately if you have any of these symptoms

NOTE THE TIME WHEN ANY SYMPTOMS FIRST APPEAR. If given within *three hours* of the first symptom, there is an FDA-approved clot-buster medication that may reduce long-term disability for the most common type of stroke. There are also two other types of stroke treatment available that might help reduce the effects of stroke.

Learn those above stroke symptoms as possible, so you can recognize stroke as **FAST** as possible.



The History of Thanksgiving

The first Thanksgiving in America was celebrated less than a year after the Plymouth colonists settled in the New World. The corn harvest brought celebration and Governor William Bradford decreed that a three day feast be held.
Thanksgiving Day is a day set aside in the United States and Canada for giving thanks. People give thanks with feasting and prayer for the blessings that they have received during the year.

The first Thanksgivings were harvest festivals, or days for being thankful for plentiful crops. For this reason, the holiday is associated with fall - a time of harvesting the crops.

In the United States, Thanksgiving is usually a day celebrated with big dinners and family reunions. Thanksgiving is also a time for religious reflection, church services and prayer. The last Thursday in November was proclaimed the National Thanksgiving holiday by Abraham Lincoln in 1863. He proclaimed it "a day of thanksgiving and praise to the beneficent Father." Thanksgiving was celebrated on that date for 75 years until President Roosevelt set the day one week earlier in 1939. He wanted to lengthen the shopping period between Thanksgiving and Christmas to help businesses. Congress finally ruled in 1941 that the fourth Thursday in November would be the legal National Thanksgiving Day holiday.

In Canada, the day used to be celebrated on the last Monday in October. In 1957, the Canadian government proclaimed the second Monday in October for the national holiday.

CZECH CORNER

Jan Waldauf remembered

TORONTO (CAN) – LAUSANNE (SUI), FIG Office, September 15, 2011: On Thursday, September 8, 2011, in Toronto (CAN), Jan Waldauf, a remarkable member of the Sokol gymnastic movement, and a truly remarkable human being, died - at the age of 82.
Executive of Sokol Toronto, Member of Czech Sokol Overseas Committee and member of an Advisory Board of Canadian Government for Sport and National Programs of Physical Exercises".

He is an author of famous trilogies books of "Sokol-malé dějiny velké myšlenky", (History of Sokol Organizations all Around the World) published by Atelier IM Luhačovice, Czech Republic; 1st part(History of Sokol Thoughts) 381 pages 2007; 2nd Part (History 1952-1975) 652 pages 2010 and 3rd part (History 1976-1995) 788 pages 2010.



Jan Waldauf, was born April 8, 1929 in Nové Hrady and was one of the youngest refugees to come to Canada in 1949. His professional career was with Dunwoody and Company and he retired from Mitusi Canada as their Vice President. He disliked pomp and ceremony but his contribution to the development of gymnastics in Canada and the Sokol Movement Abroad is recognized by everyone. This was his passion.

He inherited this dedication for Sokol from his father and was already organizing Sokol Festivals in Czechoslovakia and continued this with a great energy for Sokol Canada and for Sokol Abroad. He devoted time to the Canadian gymnastics community and was President of Gymnastics Ontario from 1969-75.

It is most regrettable that after the fall of communism in Czechoslovakia, he was not able to integrate Sokol Abroad into the Czech Sokol Organization and play a leading role. He fought so hard to keep that flame alive for over 40 years.
Josef Cermak, a close friend remembers, "His toughest fight was for his life. The cancer diagnosis was not good news. He told me, he accepted that he cannot win this fight. He said it as calmly as if he was talking about the weather. Only his eyes lost some of their spark. "His dedication to the Sokol ideals of "a sound mind in a sound body" went beyond responsibility, it was real.
Jan was a gentle, peaceful man, who avoided argument at all cost. He was the epitome of the Sokol Movement. He really did "walk the talk". His integrity, belief in human rights and freedoms and overall respect for people was incredible. He was the kind of leader we all want to be, inspiring, totally committed, kind, compassionate yet strong. Sokol in Canada and Abroad has lost an icon and we have all lost a great friend.
Jan was a dedicated family man and our condolences and thoughts are with his wife Vlasta, also a very hard working Sokol member and daughters Eva and Mila.

By Josef Cermak and Slava Corn

LAUGHLING CORNER

Nová choroba ???
Nedávno nám byla objevena následující choroba - VPDSP:
Věkem Podmíněný Deficit Soustředění Pozornosti.
Projevuje se například takto: Rozhodnu se zalít zahradu.
Když jdu k hadici na zdi garáže, všimnu si, že i auto potřebuje opláchnout.
Jdu si pro klíč od auta, abych ho vyvezl na prostor před garáží.
Ovšem přitom uvidím na stolku v předsíni neotevřenou poštu.
Asi bude rozumné se podívat, jestli tam nejsou nějaké složenky k zaplacení.
Položím klíče od auta na stolek a začnu probírat poštu.
Přitom vidím řadu reklamních letáků a jdu je hodit do odpadkového koše v kuchyni.
Vidím, že je plný, takže letáky položím na kredenc a jdu vyhodit odpadky z koše do kontejneru na ulici.
Přitom si uvědomím, že vedle kontejnerů je schránka na dopisy, takže by bylo dobré hned dát do schránky i ten dopis, co jsem večer psal.
Jdu si tedy pro něj do pokoje.
Na stole u dopisu leží hrnek s kávou, kterou jsem před chvílí pil.
Vezmu ho do ruky a cítím, že káva už vychladla.
Nevadí, uvařím si nový hrnek kávy. Vezmu hrnek a jdu do kuchyně.
Cestou vidím, že kytka ve váze začíná uvadat.
Tak položím hrnek na parapet a chci vzít vázu a napustit do ní čerstvou vodu.
Přitom uvidím na parapetu své brýle , které jsem hledal ráno.
Musím si je dát na svůj pracovní stůl, abych o nich věděl.
Ale nejdříve přece jen doleju vodu do vázy.
Položím brýle, vezmu vázu do ruky a vidím, že za vázou leží dálkové ovládání od televize.
Proboha, zase ho budeme večer hledat.
Musím ovladač položit k televizi v obýváku.
No, ale to počká, napřed je přece nutno dolít vodu do vázy.
Jdu do kuchyně a napouštím vodu. Přitom mi vyšplouchne na kuchyňskou linku.
A trochu i na podlahu.
Jdu do koupelny pro hadr, abych to utřel.
Pak se vracím do předsíně a přemítám, co jsem chtěl udělat.
K večeru: zahrada není zalitá, auto není umyté (a nemůžu k němu najít klíče), na okně je hrnek se studenou kávou, kytky ve váze jsou už úplně zvadlé, dopis není vhozený do schránky (a taky ho nemůžu najít), ztratily se mi brýle a televizi musíme ovládat ručně, ovladač je bůhví kde.
Jdu si zkontrolovat došlé e-maily. Moc se nesmějte, jestli tyhle stavy neznáte, váš den se blíží.

Ženská nepatří za volant!

Kdyz jsem se dnes ráno při jízdě po dálnici podíval do levého jízdního pruhu, viděl jsem v něm za sebou ženskou v posledním modelu BMW, která to frčela 160-kou, a při tom si ve zpětném zrcátku malovala oči !!! Kdyz jsem se po ní za chvíli znova ohlédl, byla už napůl v mém jízdním pruhu a pořád si malovala ten ksicht.
Já teda něco vydržím, ale tohle mě tak vyděsilo, že jsem upustil holicí strojek, který mi při pádu vyrazil z druhé ruky koblihu. Jak jsem se ve zmatku snažil vyrovnat vůz koleny opřenými o volant a zároveň zachytit koblihu, vyklouzl mi mobil od ucha a spadl do kelímku s kávou, který jsem měl mezi koleny, Kafe se vylilo, popálilo mě na koulích, zničil se mi mobil a přerušil důležitý hovor.....
Zatracené baby za volantem !!!!

Julie Andrews

To commemorate her birthday, actress/vocalist, Julie Andrews made special appearance at "Manhattan's Radio City Music Hall for the benefit of AARP.
One of musical numbers she performed was "My Favorite Things" from the legendary movie "Sound Of Music". Here are the lyrics she used:
(Sing It) If you ding it, its especially hysterical!!!

Botox and nose drops and needles for knitting,
Walkers and handrails and new dental fittings,
Bundles of magazines tied up in string,
These are a few of my favorite things.
Cadillacs and cataracts, hearing aids and glasses,
Polident and Fixodent and false teeth in glasses,
Pacemakers, golf carts and porches with swings,
These are my favorite things.
When the pipes leak, When the bones creek,
When the knees go bad.
I simply remember my favorite things,
And then I don't feel so bad.

Hot tea and crumpets and corn pads for bunions,
No spicy hot food cooked with onions,
Bathrobes and heating pads and hot meals they bring,
These are a few of my favorite things…

Back pain, confused brains and no need for sinnin',
Thin bones and fractures and hair that is thinnin',
And we won't mention our short shrunken frames,
When we remember our favorite things.

When the joints ache, When the hips break,
When the eyes grow dim,
Then I remember the great life I've had.

Ms Adrews received for her clever wit and humor a standing ovation from the crowd that lasted over four minutes and repeated encores….

Vážený pane řediteli,
děkuji Vám za Vaši ochotu aktivovat mi internetové zvýhodnění Surf+ na dva měsíce zdarma. Bohužel Vám ale musím sdělit, že jsem si žádnou takovou službu neobjednala, nevyužívám jí a ani v budoucnu ji využívat nehodlám. Proto tímto prosím o deaktivaci této služby. Bohužel mám problémy s telefonem, proto deaktivaci řeším e-mailem a ne požadovanou SMSkou. Jako vstřícnost z mojí strany za Vaši nabídku bych vám tímto ráda také něco nabídla. Jsem tři měsíce matkou a zbývá mi část mateřského mléka.

Nabízím vám tímto zbylé mateřské mléko, které moje dcera nespotřebuje, po dva měsíce zdarma. Mléko je Vám kdykoli k dispozici na adrese, na kterou zasíláte vyúčtování za vaše služby. Věřím, že Vám mateřské mléko chutná a že budete stejně spokojen, jako když pijete bežné mléko z obchodu.

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