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
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VĚSTNÍK

SPRING 2012



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Our Board continues to work very hard in keeping our aging, non-profit organization vibrant.

We would appreciate your positive inputs about how you visualize the future of our organization in these changing and multicultural times of the American Society. Your ideas are very important to us. Please send your comments via e-mail or postal mail.

Thanks to all interested and concerned members.

SOKOL UNIT CORNER

Sokol dues and donation 2012:

We are very thankful for your general contribution and support to American Sokol San Francisco Unit, non-profit Organization of individual donations as follows:

K. Snajberk $65, G. Teyrovsky $14, P. Burda $25.84, J. Kucera $50, J. Strolena $40 copy 8mm film to DVD, V. Machacek $25, J. Bochenek $20, H. Sredl $25, D. Vernak $30, Total: . $294.84

Paul A Burda, Sokol Financial Secretary

Brothers and Sisters:

Brothers and Sisters:

Our Unit currently stands for 35 women and 28 men.

BROTHERS AND SISTERS: Please, finish your unpaid 2012 dues NOW! See pages....17 & 18

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 2012 CALENDAR of EVENTS

DATE	ACTIVITY	PLACE	LOCATION
April 19, Thursday	Sokol Lunch	El Torito Restaurant	San Leandro,
April 28-29	Slet practising	Will be specified	Fresno
April - will be announced	Havel Tribute	Will be specified	Davis
May - will be announced	Walk	TGM bust with Frat. Life	GG Park, SF
May 29, Tuesday	Tribute Skvorecky	Stanford	Palo Alto
June 9, Saturday	Picnic	Lake Chabot Park.	Castro Valley
September 15, Saturday	Picnic	Lake Chabot Park.	Castro Valley
October 20, Saturday	Sokol Lunch	El Torito Restaurant	San Leandro,
November 10, Saturday	Walk for Health	Sunol Regional Wilderness.	Sunol
December 8, Saturday	Annual Meeting.	Christmas Carols singing	Castro Valley.
December 29, Saturday	Dinner, Dance	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 by E-mail.

Our two last walks for health

It was our **first** Walk for Your Health action in the year of 2012 and was it a good start, really. The spring like February weather was great for us and, more important, great for the butterflies.

Each winter, monarch butterflies (Danaus plexippus) from the western part of the U.S. and Canada migrate hundreds of miles to the south. Mild winter in coastal California and Baja California in Mexico creates good environment for these beautiful guests. They fly to temperate forest groves along the Pacific coast seeking protection from freezing temperatures and winter storms. We are lucky to have some of their overwintering sites around San Francisco Bay, in places some of us drive around every day. On January 26, we went to visit the monarchs at the Ardenwood Historic Farm in Fremont.



The day was not as sunny as we expected but still warm enough for the butterflies to leave their clusters and dance in the air over our heads. More than twenty of us met at the Farm and enjoyed the guided tour and some explanation of monarch butterflies lives and migration.

Little is known about some part of their moving over the continent and the scientists are only guessing why we are seeing more of them every year. With binoculars and cameras, we were walking under the eucalyptus trees. Why are the monarchs coming here, what attracts them to this particular grove? They need the eucalyptus trees, they need the grove to be sunny enough and sheltered from wind. To survive, they also need a plant called milkweed into which the females deposits their eggs.

The science was interesting but it was the monarchs, the beautiful, fire colored butterflies with a dark lace design around their wings what kept us in that grove for a long time. The monarchs were hanging in heavy clusters from the trees, flying over our heads, dancing in the air. When we came back to the cute old Arden train station which serves as a Visitor Center, we had something to talk about. It was a wonderful afternoon.

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Spring was just around the corner when we met for our **second** 2012 walk on Saturday March 10. This time we were hiking in the Mount Diablo State Park. The usual trip there (especially if you have guests from abroad) would be driving to the top while enjoying broader and wider view of the land below. The panorama from the top of the mountain is incredible, from Pacific Ocean to the Sierra and Central Valley. Well, we missed all of this because we were familiar with the view already and because hiking, not driving was on our minds.



We met at the northern side of Mount Diablo, at the Mitchell Canyon staging area. Again, this was a well attended walk, twenty six Sokols and friends gathered at the parking lot.

The ranger at the small Station went out of his way to bring us pelts of all animals living in the area. After admiring and touching them and enjoying a small exposition of rocks, cones and plants, we finally hit the trail.

We walked up the Mitchell Canyon which is also the main access to other trails going as far and as high as the Mount Diablo peak. Brother and Sister Frank and Alena Picha visited the canyon earlier and recommended to hike the lower part only. We were lucky enough to have Brother Frank with us. As a geologist and a long time Walnut Creek resident he knew the area well and every now and there stopped and explained the surrounding layers of rocks, the whole complicated Mount Diablo geology and even the history of the mountain's name. The pines and oaks filtered the sunlight over our heads as we were slowly going up. Small forest picnic area was as far as most of us get. As always, Brother Josef Trauc was the fastest (but he has a new hip*) and went farer ahead. After he returned to the picnickers, we began descending back.

We came back to the Ranger Station happy, tired and touched by the sun.

* editor note

Zelmira Zivny

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Honoring the Senior Sokol Members.

This year the Sokol Organization in the Czech Republic shall celebrate 150th anniversary of its founding. But Sokol San Francisco is not far behind, for it will reach a blessed age of 110 in 2014. Who would think of our organization as an anciet entity? Well - young in heart..... And that's true also about our members, who may be up in age, but who keep roling along - meetings, organizing dances, hikes, film projections, while ignoring the limitations their bodies impose on them. For this year's Sokol Slet in Prague six seniors from our Unit are bussy practicing the Slet's program. We are glad San Francisco will be represented and we wish all participants good luck in their endevour, and a safe and pleasant trip.

Of course, we still have our Unit today only because the previous generations of Sokols have collected the capital, necessary for running the organization, through hard work and frugal mangement of Sokol's property. Sokol halls on Page Street in San Francisco and San Mateo Drive served us for many years until the mandated upgrades and maintenance expences grew too great to finance from the available income. The struggles to keep and finaly having to sell the Hall, are well documented.



It should come as no surprise that the "oldtimers" were not forgotten. To express our gratitude to them, the Board of Director organized a get-together for 13 members who were participating in the „Golden Age" of Sokol activity. Who were they? Sisters & Brothers B. & F. Cuda, J. & F. Dlask, F. Miksa, Dagmar Russ, D. E. Slavoj, J. Stroleny, L. Sikl, G. Teyrovsky and A. & L. Zrzavy. We missed Lida Mikes and Rudy Russ, who are too sick to join us; our prayers are with them. Joining them were eight members of the Board, who were awarded for their work for Sokol in 2011, per an approved motion at the last year's Annual meeting.

March 1st, 2012

Dear Sokol

What a delightful time we had, a very good lunch and especially in seeing old friends again.

It was a great idea from Sokol and we thank you.

Gratefully

Frank & Birgit Cuda



We met on February 29, 2012 at the Crown Plazza Hotel in Foster City. With some members of the Board present, we filled the room to capacity, 21 of us around one table. President, Sister Jarka Dusatko had the pleasant task to welcome all guests and invite us for a meal. Then she read a very informative essay on the history of Sokol in the fifties and sixties, compiled by an eyewitness - Lada Zrzavy. Sister Jindra Stroleny brought a silent movie, made by her late husband, about installing the bust of T.G. Masaryk and planting a Czech linden tree in the Golden Gate Park. Brothers Dusatko and Zivny took care of the technical part of running this movie. Sumptuous dlunch interupted for just a short time all the discussions, reminiscences, remembering old friends, reviving memories sunk in the fog of fading memories.

Old pictures presented a challenge of indentifying the young, so young, faces. The talk about many dances and programs organized then, inspired Lada Zrzavy and Frank Cuda to singing a few old songs, just like in the old times. Nostalgy was the theme of the day, we saw some tears of emotion, everybody was going home with renewed contacts, sweet memories brought to life.

The complimentary comments were sounded like heavenly music to the ears of the event's organizers, and we believe the success requires a repeat. Many thanks to the old members who made it possible for our Unit to prosper.

For the Board of Directors, Zdenek Vernak.

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Sokol Spring 2012 Dinner Dance

It was such a pleasure to attend the Sokol Spring Dinner Dance at the Tarragon Restaurant in Sunnyvale, California. The date was Saturday, March 24, 2012. It actually celebrated the birth date of the first CSR President Masaryk, whose painting decorated the hall.

Sokol San Francisco President, Sis. Jara Dusatko opened the evening with commemorative speech of life and achievements of the first Czechoslovakian president, Tomas G. Masaryk, who was very much admired and loved by its people. She also mentioned the 150th anniversary of the existence of Sokol organization, the 15th All-Sokol Slet this July in Prague and the participation of the members of our Sokol San Francisco Unit there.

Br. Burda informed the 54 guests about some interesting historical details from the life of T.G. Masaryk.

There was live music of Joe Domitrowich's Alpines band, which took over, filling the dancing hall on the elegant second floor with joyful Czech music and other amusing musical pieces.

For dinner was served the selection of prime Tri-Tip, Roasted Vegetables Lasagna, Chicken Breast Marsala or Seared Salmon and all other goodies. Guests enjoyed wine, beer and drinks or coffee & tea, topped with delicious many layered chocolate cake.



The music was interrupted only to give away prizes to winners of the raffle, as every guest received one raffle ticket with their dinner ticket.

The highlights of the evening were the songs of charming Liana Brown-Derner from Los Gatos. She delighted us with songs like Tancuj, Tancuj and Black Eyes to which so many country men joined in singing. Then she added President Masaryk's favorite songs Tece Voda Tece, and Ach, Synku, Synku Oral-li jsi. Mrs. Liana Brown also added French song, Non Je Ne Regrette Rien (sang by Edith Piaff) and songs from Carmen by Bizet.

Judging from the exciting mood of all the guests, everybody present enjoyed the dancing and the evening to the fullest. It was a lovely evening!

By Georgina Teyrovsky

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Obituary



In Memory of Brother Desider Evzen Slavoj - Strauch.
Dr. Ing. Desider Slavoj, and his wife Vera, have been Sokol members longer than I can remember. He was always smiling, happy, and full of life. And then the sad news stunned us when we heard of his passing away on Saturday, March 17, 2012. His goal of reaching and celebrating one-hundredth birthday thus stays unfulfilled. Desider played a significant role in the lives of many people around him and his memory shall live on, his life story reads like a script of an adventure movie.

Born in Spisska Nova Ves, there he completed High School, he graduated in Engineering at the Czech Technical University in Prague, postgraduate study of Aerial Photogrammetry he completed in Zurich, Switzerland.

After a special training he was awarded Doctorate in Engineering at the Tech. Univ. in Vienna, Austria.

Then he decided not to return to the Communist Czechoslovakia, where there was no chance for him to continue running his private Engineering Office in Piestany, Slovakia. His wife, Vera, managed to follow him shortly, after an adventurous journey across the heavily guarded borders. Together they emigrated to Australia where Eugene quickly proved his mantle and the official recognition soon followed. In March 1954, when he was employed as City Engineer, he received an invitation from the visiting Her Majesty the Queen and His Royal Highness, The Duke of Edinburg, to be present at the Royal Music Festival. Then in October of the same year the local paper published a highly complementary article titled: "City Engineer is a Man of Wide Experience". After 1 1/2 years they left Port Pirie and Desider took position as a lecturer in Photogrammetry at the University of Melbourne.

During his first term of his teaching Slavojs were surprised by a letter from US Consul informing them that, after a five year wait, they finally got the immigration visa. A fast decision put them on a ship and after a four week of rough sailing they landed in San Francisco. In 1959 Eugene started teaching at the City College of S.F. full time and part time at the Universities in Honolulu, Berkley and Fresno. Steady income from a lot of overtime work and frugal life allowed Slavojs to accumulate a reasonably decent wealth for a comfortable retirement. Half a century of absence failed to sever Eugene's bond to his native Spis District of Slovakia, so he decided to build a Basic Art School in Smižany. Eugene's investment of over $ 400,000 and an inspired selection of an excellent purveyor, Ing. Architect Dusan Burak's architectural firm Atrium, resulted in a significant and positive change in the cultural life of Smižany. The Basic Art School (ZVS) was open on Br. Slavoj's ninetieth birthday, 22nd of June, 2004. The same year Slovak Architectural Society awarded the building design the country's highest architectural award - Dusan Jurkovic Price. During celebrations of the fifth anniversary of school's opening, Ing. Dusan Burak donated a valuable book to the Town of Smižany - The World Atlas of Architecture of Twenty-First Century. In 800 pages with 4,600 photos, presented with more than thousand architectural items that were selected from a field of 10,000 works built in the last nine years, by the world's best architects. On page 552 you'll find 'our' school, the only one representing Slovakia. What a success story! And a sliver of all the glory falls on our San Francisco Unit, proud to have had Brother Desider as a member for so many years.

I believe I speak for many of our Brothers & Sisters when I promise that Desider's good deeds and friendship shall not be forgotten.

Budiž mu země lehká!

For Sokol San Francisco, Zdeněk Verňák.

John Bochenek, grandson of our member Jarmila Bochenek took a commanding lead in ski professional races at Lake Tahoe.

John won very difficult race called KT-22 Banzai at Squaw Valley. Former Olympic alpine ski racer Daron Rahlves, founder of professional ski series called Rahlves Banzai Tour, created and designed very challenging race ski venues at Kirkwood, Alpine Meadows and Squaw Valley rough tracks. There were a lot of International and US competitors, who were backing of while seeing difficult slope set-ups.
Bochenek did not give up and showed a lot of power in his legs. Skied smartly and conservatively through first two rounds before winning semifinals in the group of world's best skiers. He and his biggest competitor Mr. Smaine will faith in the Super Final at Sugar Bowl. Winner takes all run worth $10 000. We wish you John our very best. We also congratulation to proud parents and grandparents.
Adjusted for Vestnik from "Lake Tahoe Action' newsletters March 8-14, 2012.

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AMERICAN SOKOL CORNER

2012 American Sokol Merit Award

FromEd and Ellen Jeanne Schnabl

The American Sokol Merit Award is being handled by the National Educational Committee. it is now accepting applications for the 2012 Awards from students who are planning a full time (at least 12 hours per semester or equivalent) course program n an accredited two-year or four-year college or who are already participating In such a course of study. The application process begins with the submission of the form below to obtain an an application form and instructions.

Failure to submit a transcript or grades to the American Sokol Merit Award Committee for the year Of the award and/or failure to complete the year's course oř full-time study will result in a request for repayment of the award.

The selections are made by the Merit Award Committee and approved by the American Sokol District Educational Directors and the American Sokol Executive Board. The following points will be considered by the Committee in selecting the award winning candidates:
1. Regular attendance in Sokol classes for at least 3 years prior to this application juniors may be included but must become adult Sokol members at age 17.
2. Successful completion of Sokol instructor school(s) - Unit, District and/or National.
3. Teaching or assisting experience In the Sokol gym classes.
4. Service to Sokol - Unit, District and/or National organization.
5. Recommendation of the Physical Director of the applicant's Sokol Unit and the Unit Educational Director.

Although physical education study will not be a criteria, more consideration will be given to those training in the physical education or related fields.
I desire to make an application for the American Sokol Merit Award. Please mail a form and other materials to: Merit Award Committee, c/o American Sokol, 9126 Ogden Ave., Brookfield, IL 60513.
Application request should be received no later than May Ist, 2012.
NAME:_____
Address:_____
City: State: Zip Code:_____
Phone: _____ Email:_____
My age is:_____years; I am a member or Sokol_____
Applications, fully filled out, are due by June Ist, 2012.

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:
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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.

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Czech Sokol - 150 years in Motion
Hana Moučková, President of the Czech Sokol Organization

Sokol is one of the oldest sports organizations in Europe having been established on 16 February, 1862. It means that we celebrate the 150th anniversary of its existence this year.

"Your slogan for the celebration is "150 years in Motion". What does this slogan indicate?"

Hana Moučková: Joy of movement, satisfaction from belonging together with such a large community of people with similar interests, with similar life values. The XVth All-Sokol Slet, which will be held in July at the football stadium in Prague - Vršovice and which will be the top of our celebrations, is not only a matter of those days. There will be many district and regional Slets, many sports and cultural events in many places of our republic. Unforgettable experience will be the marching parade through the centre of Prague, beautiful will be performance of the opera Prodaná Nevěsta by Bedřich Smetana performed by Sokol theatre ensembles, stage compositions in Tyršův dům and on other places in the city.

"Czech Sokol Organisations has existed during many and difficult political systems. What made it possible for the Czech Sokol Organisations to continue its work for 150 years?"

Hana Moučková: The general philosophy of Sokol was dangerous to the totalitarian regimes. Its democratic principles, the education to patriotism, care for all round development of the members, principles of antique Kalokagathie, its humanistic ideals. Sokol educated its members to social, racial, nationalistic and religious tolerance…

Therefore, after communist revolution in 1948 when Sokol was gradually cancelled and prohibited the Sokols who emigrated abroad founded the Centre of Sokols Abroad which allied Sokols in Western Europe, America and Australia. This organization kept Sokol ideal alive. They organized Sokol Slets in various venues of the world (7 Slets between 1962 –1990) but mainly carried out their every day activities. Thanks to them, Sokol survived and also today the Sokols from many countries play an important role in Sokol movement.

"Celebrating 150 years of anniversary naturally makes you look back on a long history of the organisation. However, it is also a good platform to consider the visions for the future. What are the vision and core mission of Czech Sokol Organisations in today's Czech Republic?"

Hana Moučková: The ideas and life philosophy born 150 years ago are in their essence still alive and present and should address the younger generations, too. The membership base of about 180,000 people of all ages it proves. Our history is really great; Sokol played an irreplaceable role in the history on the nation. Moreover Sokols themselves built up the unique network of Sokol gym halls – "Sokolovny"; many Sokols lost their lives in the struggle for freedom and democracy. Our task and mission is to develop that entire heritage but mainly develop modern programs for all age groups. Our special sections: Sport for All, Performance and Top Sport and Cultural sections are permanently working to this aim.

The last revival of Sokol rose in January 1990. Sokol of today continues old traditions but above all it builds the present and modern organisation meeting the requirements of healthy life style.

The present Czech Sokol Organisation (COS) associates almost 1200 physical fitness and sports clubs, called Sokol units, organized in 42 districts, having almost 180 000 members in total. In spite of the fact that Sokol is world known as the sport for all organization it also deals with top sport and cultural and art activities. 80 kinds of sports are represented in Sokol, tens of various theatre, musical, marionettes, folklore ensembles and choirs perform their activities within Sokol organization.

Probably the most famous events of Sokols are the All-Sokol Slets, which means Sokol festivals that have always been the highlights of all Sokol activities.

This year the XVth All-Sokol Slet will be held in July as the top of our celebrations of the great anniversary. Every six years Sokol presents the results of its work at these Slets. Besides great mass compositions (calisthenics) the Slet programme always includes other activities where the best Sokol theatre, music, folklore and marionette ensembles present themselves, various sports and tourist events take place.

Czech Sokol Organization is the member of the World Sokol Federation together with Sokol organizations from Europe, America and Australia. Sokol organizations abroad were those where Sokol ideals were kept and survived during the totalitarian periods.

http://www.isca-web.org/english/news/czechsokol150yearsinmotion

Bay Area History 2011 Centennial Celebration

What happened on April 1st, 1912? Gilbert „Broncho Billy" Anderson and 52 of his players set foot in Niles to start the western division of the Chicago-based Essanay Film Manufacturing Company.
They arrived by tram to set up shop right here in historic Niles and make local movie history as the most prolific film studio in the entire San Francisco Bay Area during the silent era. Over the next four years, they filmed more than 350 one and two reel western comedies and dramas.



37417 Niles Blvd., Fremont, CA, 94536 (510) 494-1411 - http://www.nilesfilmmuseum.org/
This Museum is dedicated to the acquisition and historic preservation of the artifacts and local history as it pertains to film making in Niles. Furthermore, this board of directors is dedicated to the sponsorship of various activities, such as the annual Niles Silent Film Festival; to the establishment... more
Hours: Museum: Sat & Sun Noon-4pm; Movie Theater: Sat 7:30pm

Silent Movie Program: http://www.nilesfilmmuseum.org/movies.htm
History: http://www.nilesfilmmuseum.org/S&A_story.htm

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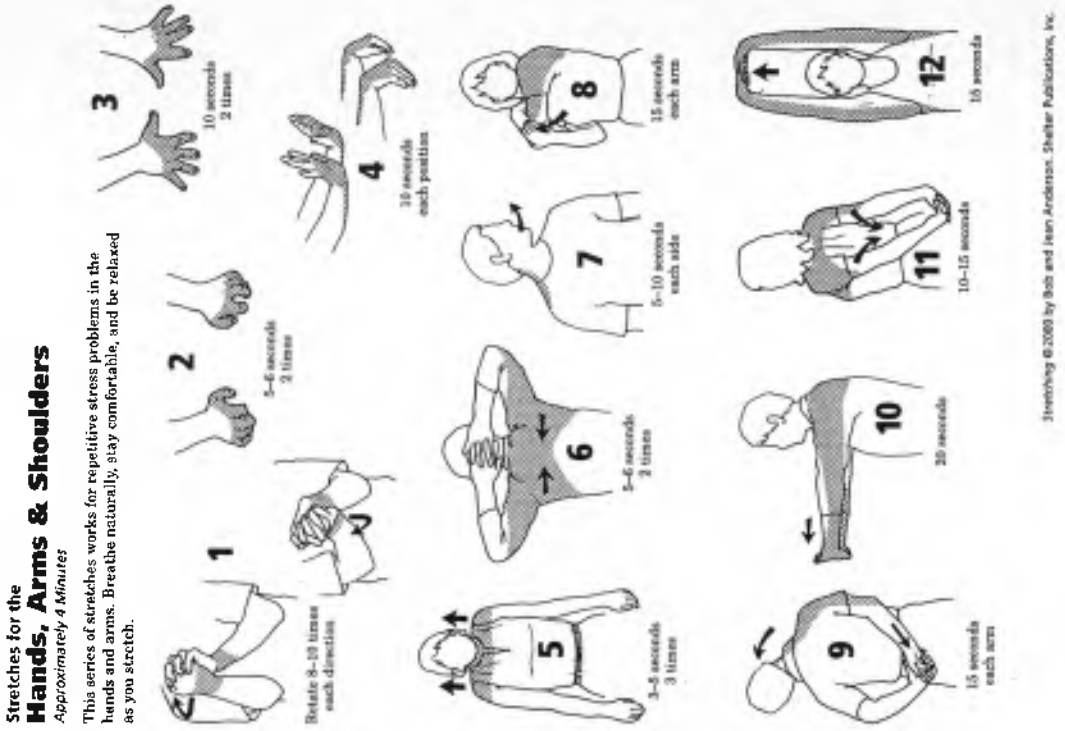
Hotel Key Cards
Important info when staying at a hotel
This is important and very helpful information to know when staying in motels or hotels..... really any place you are assigned a "key card".
Always take a small fridge magnet on your holiday; they come in handy at the end of it.
Thought you all needed to know this:
This is pretty good info. Never even thought about key cards containing anything other than an access code for the room! Ever wonder what is on your magnetic key card?
Answer:
A. Customer's name, B. Customer's partial home address, C. Hotel room number, D. Check-in date and out dates
E. Customer's credit card number and expiration date!

When you turn them in to the front desk your personal information is there for any employee to access by simply scanning the card in the hotel scanner. An employee can take a hand full of cards home and using a scanning device, access the information onto a laptop computer and go shopping at your expense.
Simply put, hotels do not erase the information on these cards until an employee reissues the card to the next hotel guest. At that time, the new guest's information is electronically 'over- written' on the card and the previous guest's information is erased in the overwriting process.
But until the card is rewritten for the next guest, it usually is kept in a drawer at the front desk with YOUR INFORMATION ON IT!
The bottom line is: Keep the cards, take them home with you, or destroy them. NEVER leave them behind in the room or room wastebasket, and NEVER turn them into the front desk when you check out of a room.

They will not charge you for the card (its illegal) and you'll be sure you are not leaving a lot of valuable personal information on it that could be easily lifted off with any simple scanning device card reader.
For the same reason, if you arrive at the airport and discover you still have the card key in your pocket, do not toss it in an airport trash basket. Take it home and destroy it by cutting it up, especially through the electronic information strip!
If you have a small magnet, pass it across the magnetic strip several times. Then try it in the door, it will not work. It erases everything on the card.
Information courtesy of: Metropolitan Police Service. PLEASE FORWARD to family & friends

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Is this finally proof we're NOT causing global warming? The whole of the Earth heated up in medieval times without human CO2 emissions, says new study. By Ted Thornhill
Evidence was found in a rare mineral that records global temperatures.
Warming was far-reaching and NOT limited to Europe.
Throws doubt on orthodoxies around 'global warming.
Published: 07:21 EST, 26 March 2012 | UPDATED: 07:52 EST, 30 March 2012
Current theories of the causes and impact of global warming have been thrown into question by a new study which shows that during medieval times areas as far apart as Europe and Antarctica both warmed up.It then cooled down naturally and there was even a 'mini ice age'.
A team of scientists led by geochemist Zunli Lu from Syracuse University in New York state, has found that the 'Medieval Warm Period' approximately 500 to 1,000 years ago wasn't just confined to Europe.
In fact, it extended all the way down to Antarctica.
Cold facts: Antarctica actually warmed up during medieval times, contrary to what climate scientists believe.
At present the Intergovernmental Panel on Climate Change (IPCC) argues that the Medieval Warm Period was confined to Europe.http://www.dailymail.co.uk/sciencetech/article-2120512/Global-warming-Earth-heated-medieval-times-human-CO2-emissions.html#ixzz1gQDRTgOy



What is Easter?
Easter is the time for holidays, festivals and a time for giving chocolate Easter eggs. But Easter means much more....
Easter is the oldest and the most important Christian Festival, the celebration of the death and coming to life again of Jesus Christ. For Christians, the dawn of Easter Sunday with its message of new life is the high point of the Christian year.
What is the Easter story ?
Easter is the story of Jesus' last days in Jerusalem before his death. The Easter story includes Maundy Thursday (the Last supper leading to the Eucharist), Good Friday (the day on which Jesus was crucified) and Easter Day (the day on which Jesus came back to life).
It is a sad story because Jesus was killed. But the story has a very happy ending, because Jesus came back to life and visited his friends and followers once more. He did not die at all, but went back up to Heaven to be with God, his father.
Where does the name 'Easter' come from?
Pagan traditions give us the English word "Easter" which comes from the word "Eostre". The Anglo-Saxon word for April was "Eostre-monath" (the month of openings). However, it should be remembered that Christians celebrated the resurrection of Christ long before the word "Easter" was used, and the word they used for the celebration was "Pascha", which is derived from and linked to the Jewish festival of Passover.
Rituals related to the Anglo-Saxon goddess Eostre focus on new beginnings, symbolized by the Easter egg, and fertility, which is symbolized by the hare (or Easter bunny).

CZECH CORNER

The 420 Anniversary of John Amos Comenius birth.



John Amos Comenius, Czech Jan Ámos Komenský (born March 28, 1592, Nivnice, Moravia, Habsburg domain [now in Czech Republic]—died Nov. 14, 1670, Amsterdam, Neth.), Czech educational reformer and religious leader, remembered mainly for his innovations in methods of teaching, especially languages. He favoured the learning of Latin to facilitate the study of European culture. *Janua Linguarum Reserata* (1632; *The Gate of Tongues Unlocked*) revolutionized Latin teaching and was translated into 16 languages.Comenius was the only son of respected members of a Protestant group known as the Bohemian Brethren. His parents died when he was age 10, and after four unhappy years spent living with his aunt in Strážnice, he was sent to a secondary school at Přerov. Though the teaching methods there were poor, he was befriended by a headmaster who recognized his gifts and encouraged him to train for the ministry. Following two years at the Herborn Gymnasium in the Nassau region (now part of Germany), he entered the University of Heidelberg (1613). While there he came under the influence of Protestant millennialists, who believed that men could achieve salvation on earth. He also read with enthusiasm the works of Francis Bacon and returned home convinced that the millennium could be attained with the aid of science. As a young minister Comenius found life wholly satisfying, but the outbreak of the Thirty Years' War in 1618 and the emperor Ferdinand II's determination to re-Catholicize Bohemia forced him and other Protestant leaders to flee. While in hiding, he wrote an allegory, *The Labyrinth of the World and the Paradise of the Heart,* in which he described both his early despair and his sources of consolation. With a band of Brethren he escaped to Poland and in 1628 settled in Leszno. Believing that the Protestants would eventually win and liberate Bohemia, he began to prepare for the day when it would be possible to rebuild society there through a reformed educational system.

He wrote a "Brief Proposal" advocating full-time schooling for all the youth of the nation and maintaining that they should be taught both their native culture and the culture of Europe.
http://slovacky.denik.cz/tydenik_slovacko/oslavy-vyroci-narozeni-komenskeho-budou-trvat-tyden-20120421.html

oooooooooooooooooooooooooo

Sokol slaví 150 let. Nezničily ho ani totalitní režimy 20. století .

Sokol si letos připomíná 150. výročí svého vzniku. Za jakých okolností právě před těmi 150 lety vznikal?

"Přelom 50. a 60. let 19. století znamenal v české společnosti určité uvolnění. Nevznikl jenom Sokol, ale před tím například Hlahol. A v Praze se samozřejmě cvičilo i před tím, než byl Sokol založen. Češi nejvíc chodili do tzv. Malypetrova tělovýchovného spolku, kde cvičili dohromady i s Němci. Tam chodila cvičit obrozenecká společnost, chodili tam bratři Grégrové, samozřejmě Tyrš, Náprstek, bratr Vojty Náprstka pivovarník Fingerhut. A tam vznikl nápad, že by Češi měli mít svůj vlastní spolek. Grégr tenkrát sepsal stanovy, které poslal na pražské místodržitelství. A když se na začátku r. 1862 ty stanovy potvrdily, tak už nic nestálo v cestě a Sokol byl právě v místnostech Malypetrova ústavu v Panské ulici založen." Tato tělovýchovná organizace měla mimořádný význam nejen v posledních desetiletích 19. století, kdy posílila sebevědomí české společnosti. Velmi výrazně ale přispěla i ke vzniku samostatného Československa. Vlastenecky zaměřené sdružení bylo oporou meziválečné republiky. Organizace se zapojila do odboje i za druhé světové války, a díky zahraničním sokolským jednotám vlastně Sokol přežil i období komunistické totality. Během komunismu byla zakázana.
Po roce 1989 tak mohla být jeho činnost znovu obnovena i v České republice. Historií Sokola se jako historik zabývá i senátor Tomáš Grulich.
Tradice všesokolských sletů začala v roce 1882. Na začátku července letošního roku v Praze proběhne patnáctý slet. *Cvičení dvanácti skladeb se zúčastní 13 až 15 tisíc lidí.* Ke 150. výročí založení, které připadlo na 16. února, vydala Česká národní banka stříbrnou minci a Česká pošta známku.
Hana Moučková se stala starostkou České obce sokolské loni v květnu a je *první ženou v čele této organizace.* Před tím v Sokole vedla majetko-správní oddělení. S utaženým opaskem, ale ve slavnostní náladě prožívá Sokol rok 2012. Kvůli problémům Sazky ale má ani ne poloviční rozpočet. "Chceme letos ukázat, že jsme moderní organizace," říká v rozhovoru pro iDNES.cz nova starostka České obce sokolské Hana Moučková.
Sokol je po ČSTV druhý největší akcionář Sazky, drží 13,5 procent akcií. Po celém zemi *vlastní nemovitosti v hodnotě zhruba 10,5 miliard Kč.*

O kolik milionů korun ročně Sokol přichází kvůli potížím Sazky?

Jedná se o 80 až 100 milionů korun ročně, které nám náležely dle výše akciového podílu České obce sokolské. Záleželo na výtěžku Sazky. Po prohlášení konkurzu na Sazku jsme o tento silný zdroj příjmů zcela přišli.

Proč se slet přesune z původně plánovaného strahovského stadionu Evžena Rošického do vršovické Synot Tip Arény?

Bohužel s minulým vedením ČSTV v čele s panem Kořánem nebyla dohoda možná. Rošického stadion nevyhovoval pro svou zastaralost a především pro stavebnětechnický stav. Požadovaná cena navíc neodpovídala kvalitě pronajímaných prostor. Stadion v Edenu je v nesrovnatelně lepším stavu. Propojení 150 let existence Sokola a pěkného moderního stadionu vidím jako určitou symboliku, že jsme moderní organizací na tradičních základech.

Předpokládám, že 150. výročí je pro vás vhodná příležitost, jak se ukázat veřejnosti.

Samozřejmě tuto příležitost takto chápeme. Právě teď máme vhodný čas ukázat, že Sokol skutečně není zkostnatělý a je pro všechny věkové kategorie. Více než polovinu členů tvoří lidé do 26 let. Máme zhruba osmdesát sportů, mezi nejoblíbenější patří florbal, bojová umění a klasické míčové sporty. Organizace dnes *sdružuje zhruba 1 150 jednot a téměř 180 tisíc členů.*

Zdroj: http://zpravy.idnes.cz/rothovor-se-starostkou-sokola-dmf-/domaci.aspx?c=A120311_212115_domaci_ij

Pro Vestnik upravil Pavel Burda

Continues Reading from J. J. Spanek: From my Life. Continues from Vestnik Winter, 2011, page 16.

We needed a newspaper that was not afraid to speak the truth and was not dependent on political parties or on our embassy that always took a cautious stand. Before the Slet in Prague, we needed to inform people about the Slet. To call membership meetings in Paris was always problematic, no matter where the meetings took place. It was always at some distance for many of our compatriots, and attendance was therefore not too strong. For the Paris Sokol, publishing our own newspaper was a big financial challenge. It took a great deal of courage to overcome it. I was helped the most by the Sokol associate director, Brother Milec. He had lots of contacts among the French as well as among compatriots, and in our meetings he was supportive of my idea. And so it happened that the good idea came to pass in spite of many concerns of the membership.

Brother and Leader Augustín Smutný already had French citizenship, and he became the executive editor responsible to deal with the officials. I was the editor, printer, administrator, in charge of addressing, duplicating, and mailing the news. There were only few co-workers interested in this idea, and so, as usually happens in the life of a community, there were more than enough critics.

The first issues of "Věstník" were mimeographed, but when we saw that the newspaper resonated well, and that contributions were coming in not only from our membership but also from our countrymen abroad, we were able to secure financial support to mail the journal in a nice envelope.

Even that was not an easy task. We were running to the only Czech printer in Paris, who was less than reliable and did not keep his word. Lots of corrections were needed, and even after it was printed, there was a deluge of errors. Of course, there immediately emerged many critics who were quick to find the errors but unwilling to help. Often I had to work into the wee hours of the morning to assure that Věstník was out on time.

After a day job, it was exhausting to work on the newspaper, and then be drilled by our Leader with physical exercises to prepare for the Slet and to compete in Prague. At that time the American compatriots were traveling though Paris on their way to Prague. In the gym we were also getting ready, and the festive pre-Slet mood made us forget the impending danger of Hitler.

General mobilization in Czechoslovakia proved that the army was ready. We left for Prague with enthusiasm. Everywhere in the old country we saw trust and courage to defend the Republic, and the success of the Slet was only strengthening that determination. As soon as the last chords of the Slet music died down and the ink on the articles celebrating the Slet had dried, we saw that danger still remained.

When we drove back through Germany to Paris, we could see the frowning faces of the Germans, their eyes flashing with hatred. In Germany we recognized not so covert preparations for war. Everywhere near the German-French border, the Germans were conducting military maneuvers.

In Paris, we realized that the Nazy propaganda was raging with increasingly greater force. We said good bye to our American compatriots who were returning home to the United States from Paris, while we stayed, seriously worried.

Needless to say, we had a different perspective on the evolving situation in Europe. Our American compatriots were suffering from a sense of isolationism, and they bitterly complained about the state of Europe with its everlasting wars. Unsuspecting at that time, they had no idea that treacherous Japan was waiting, and that the fate of Europe could be the sad end of American democracy.

After that, relieved from the pre-Slet work, we renewed our fight against the German propaganda. We were sending our "Věstník" to our compatriots in the entire world. American compatriots read it with avid interest. We received passionate letters from all corners of the world—South America, Belgium, London, Yugoslavia—encouraging us and fortifying us in our work.

Then came a terrible blow: Munich. We did not trust the French officials, because we saw how they were giving in to the Nazy propaganda, and we were taken by surprise by the betrayal committed by the French minister Daladier and his English counterpart Chamberlain. After Munich our resistance became an open resistance.

SOKOL PART IN FOREGN RESISTANCE

From our emotional pain, when we did not know what to do, we staged a big counter campaign against his planned action, as it would result in great embarrassment and shame, and he would lose all credibility among the French.

Parish Sokol Organization, I was Secretary on its Committee at that time, was one of the first organizing resistance regardless of a very difficult and complicated political environment not only between Czech emigration leadership, unfortunately also suffering fro difficult political disagreements of some Czech government people.

President Benes was under the pressure from fascist mob, also a lot of right wing Czech politicians were in naïve sympathy with Nazis. According to French press at that time Czech Ambassador Stefan Osuzky was ready to transfer to Czech Embassy I Paris into German fascists hands. Paris Sokol had big influence that this did not get through.

The relationship of the minister with the Czech compatriots in Paris, who supported Benes's policies, was for some time not too friendly. He did not care much for agreements that secured the social standing of the Czech residents in France. Many other countries had these agreements with France, but not Czechoslovakia. Minister Osuzsky always responded to our complaints rather naively: "We missed the bus, and now it is too late". France offered us a reciprocity agreement, but the embassy, for whatever reason, refused.

Osuzsky's character was well exemplified through the speech he gave at the October 28th festivities, from which we left upset and irritated. In each sentence he used "I": "I and president Masaryk", "I told him", "I and general Stefanik". We often made check marks with how many times he used "I" during his speech. He was counting on a lifelong position of being a minister (an envoy) at the embassy in Paris, or possibly he was even hoping that one day he could become president of Czechoslovakia. Even before Munich, the Czechoslovak authorities did not quite know what to do with him.

French journalists frequently brought to our attention his remarks in the French salons. They sensed that something was off between him and president Benes. This did not make our work any easier.

Osuzsky's position made it more difficult. The French could not fully understand how a state envoy or minister could be politically opposed to his president.

March 15 1939. Amidst this difficult work we arrived at the fateful date of March 15. What we went through on that fateful day! With our radios we followed the flow of events in Czechoslovakia. We will never forget the desperate voice from Prague radio, when neither Paris nor Moscow were responding to its calls. 'Prague calls Paris, Prague calls Moscow. They were terrible, desperate calls for help. The only contact was an SOS with the world, since Prague was already occupied by the Germans. Paris was not responding, nor Moscow either.

Betrayal—the word painfully settled into our souls. There were outbursts of crying and the clenching of fists. In that moment we hated the whole world, because it allowed such an injustice to take place. We were shaken out of our emotional suffering by our French friends who stood up against the politics of the French government, and were encouraging us not to give up our struggle.

On the suggestion of our French friends, we organized a march through the Parisian boulevards, carrying our flags veiled in black. The Parisian police did not dare cancel the march, worried as they were about the French public opinion against the politics of Daladier, the French premier, since French public opinion was like an avalanche falling to our side. The march concluded in the Czechoslovak tourism office at Place de la Madeleine, which became our headquarters. On the front facade of the building we hung up a map of Czechoslovakia in a black frame. The whole day, the French kept coming in one continuous stream to sign our protest book.

Famous politicians, from leftists to rightists, journalists, writers, and ordinary people came to show us their support. We organized this together with the Czech colony, which was led by Karel Hanus, without the support of our embassy. At the embassy, they were still waiting; for them the resistance had yet to start.

Every day we had consultations and meetings. We sent a letter to president Benes, to assure him of our loyalty and our allegiance to the principles of Tomas Garrigue Masaryk, and to our old homeland. Not long after that, Dr. Hubert Rybka, a representative of the president, came to Paris from London, along with Ivo Ducháček, to discuss with us the best way to proceed.

It will continue in the next SummerVestnik 2012

How we have paid dues **Sokol San Francisco Spring 2012 Membersip**

	B	C	D	E	F	G	H	I	K	L
1	Pn=paid,ne	P=paid	Pt= paid, trasferred	Pr=reinstated		N=not paid				
2	**First Name**	**Last Name**	**Address**	**City**	**ST**	**Zip Code**	**F**	**M**	**D 11**	**D 12**
3	Tami M.	Bannister	3421 Carlmont Dr., # 15	Belmont	CA	94002	1		P	P
4	Jarmila	Bochenek	755 Raymundo Ave.	Los Altos,	CA	94024-3139	1		P	P
5	Daniel	Botcha	1160 Via Escondida	Novato	CA	94949		1	P	P
6	Jana	Botcha	1160 Via Escondida	Novato	CA	94949	1		P	P
7	Patti	Buckley	7442 S. Warner St.	Tacoma	WA	98409-3924	1		P	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	Pr
10	Vladka	Cambus	121 Lakewood Rd.	Walnut Creek,	CA	94598-4720	1		P	Pr
11	Jeannette	Chambers	3220 Lake Johanna Blvd.	Arden Hills	MN	55112	1		Pt	N
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	Jaroslava	Dusatko	1700 Botelho Dr. #409	Walnut Creek,	CA	94596	1		P	P
18	Milan	Dusatko	1700 Botelho Dr. #409	Walnut Creek,	CA	94596		1	P	P
19	Shirley A.	Gangelhoff	1319 Speers Ave.	San Mateo,	CA	94403	1		P	P
20	George	Goupille	879 Partridge Ave.	MenloPark,	CA	94025-5215		1	P	P
21	Vera	Goupille	879 Partridge Ave.	MenloPark,	CA	94025-5215	1		P	P
22	Vera	Horn	800 N. El Camino # 203	San Mateo,	CA	94401-3760	1		P	P
23	Bohumila	Janac	18955 Palo Oaks Ct.	Saratoga,	CA	95070	1		P	P
24	Jarmila	Jancarik	154 Woodbury Ct.	Walnut Creek,	CA	94596	1		P	P
25	Jiri	Jancarik	154 Woodbury Ct.	Walnut Creek,	CA	94596		1	P	P
26	Joan	Kemr	476 32nd Ave.	San Francisco,	CA	94121-1724	1		P	N
27	Eva	Kryska	1120 Newell Rd.	Palo Alto,	CA	94303	1		P	P
28	Jiri	Kucera	21901 Monte Ct.	Cupertino,	CA	95014		1	P	P
29	Ivanka	Linhart	P.O. Box 1172	Soulsbyville,	CA	95372	1		P	N
30	Petr	Linhart	P.O. Box 1172	Soulsbyville,	CA	95372		1	P	N
31	David	Livingston	19617 Forest Ave.	Castro Valley,	CA	94546		1	P	P
32	Helenka	Livingston	19617 Forest Ave.	Castro Valley,	CA	94546	1		P	P
33	Victor	Machacek	1655 Funston Ave.	San Francisco,	CA	94122		1	P	P
34	Frank	Miksa	7 Royston Walk	Pleasant Hill,	CA	94523		1	P	P
35	Blanche	Milner	1500 Held Dr. # 67	Modesto,	CA	95355	1		P	P
36	Ludvik	Mlynek	1225 Warner Ct.	Lafayette,	CA	94549		1	P	P
37	Ludmila	O'Donell	3424 NE. 35th Ave.	Portland	OR	97212	1		P	P
38	Teresa	O'Donell	3424 NE. 35th Ave.	Portland		97212	1		P	P
39	Alena	Picha	650 Newhaven Ct.	Walnut Creek,	CA	94598	1		P	P
40	Frank	Picha	650 Newhaven Ct.	Walnut Creek,	CA	94598		1	P	P
41	Milan	Prejda	110 Ballatore Ct.	San Jose	CA	95134	1		P	P
42	Regina	Prejda	110 Ballatore Ct.	San Jose	CA	95134		1	P	P
43	Zdena D.	Rashkin	21780 Via Regina	Saratoga,		95070	1		P	Pr
44	Jaroslav	Rosicky	16714 Selby Dr.	San Leandro,	CA	94578-1264		1	P	P
45	Michelle	Ruff	324 Via La Paz	Greenbrae,	CA	94904-1246	1		P	N
46	Dagmar	Rus	628 Newlands Ave.	San Mateo,	CA	94403	1		P	P
47	Ruda	Rus	628 Newlands Ave.	San Mateo,	CA	94403		1	P	P
48	Marta	Sehnal	7415 Alpine Road	La Honda,	CA	94020	1		P	P
49	Albert	Sieber	231 Auburn Ave.	Santa Cruz	CA	95060		1	P	P
50	Libuse	Sikl	418 Patricia Ave.	San Mateo,	CA	9440-3044	1		P	P
51	George I.	Skoda	3400 Princeton Way	Santa Clara,	CA	95051-5526		1	P	P
52	Marcelle	Skubna	1333 Singingwood Ct. # 2	Walnut Creek,	CA	94595	1		P	P
53	Karel	Snajberk	916 Regal Road	Berkeley,	CA	94708		1	P	P
54	Pavel	Soltys	1175 Covington	Walnut Creek,	CA	94596		1		N
55	Henry J.	Sredl	P.O. Box 1029	Center Harbor,	NH	03226-1029		1	P	P
56	Walter	Strach	783 Ajax Dr.	Sunnyvale,	CA	94086		1	P	P
57	Jindra	Strolena	780 Oak Grove Rd. apt. 312	Concord	CA	94518	1		P	P
58	Ivan P.	Sturman	7 Arlington Ln.	Kensington	CA	94707		1		N

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59	Pn=paid,ne	P=paid	Pt= paid, trasferred	Pr=reinstated		N=not paid				
60	**First Name**	**Last Name**	**Address**	**City**	**ST**	**Zip Code**	**F**	**M**	**D 11**	**D 12**
61	Georgina	Teyrovsky	21966 Dolores St. # 241	Castro Valley,	CA	94546	1		P	P
62	Helena	Vernak	2724 Mason Lane	San Mateo,	CA	94403-2613	1		P	P
63	Zdenek	Vernak	2724 Mason Lane	San Mateo,	CA	94403-2613		1	P	P
64	Milos	Zivny	10815 Breed Ave.	Oakland,	CA	94603		1	P	P
65	Zelka	Zivny	10815 Breed Ave.	Oakland,	CA	94603	1		P	P
66	Ashka	Zrzavy	654 Oregon St.	Sonoma,	CA	95476	1		P	P
67	Lada	Zrzavy	654 Oregon St.	Sonoma,	CA	95476		1	P	P
68										
69	**TOTAL**	**63**					35	28		

Message from the National Financial Secretary, Barb Vondra:

Just a friendly reminder that it's time to report and pay your annual membership and convention dues! (On 3/20 the unit presidents, treasurers, financial secretaries and membership directors were sent via email the required report forms and instructions.) Please mail the completed reports and dues to 9126 Ogden Ave., Brookfield, IL 60513 and be sure to postmark no later than April 30, 2012 to avoid late fees – *no exceptions*! Also, please verify your roster of members – names, addresses, voting & non-voting, etc. – so that the office has the most current and correct information. (Each unit should have received a copy of their roster either at the Administrative Conference or by mail.) If you have not received the report forms or if you have any questions please contact the office either by phone - 708-255-5397 – or email aso@american-sokol.org no later than April 10. We appreciate your efforts! Thank you and Nazdar!

The American Sokol presents Articles and Contributions in the DN to advance the reader's knowledge and exposure to different ideas and thinking without necessarily supporting the concepts and ideas presented.

Cardiologist and Motorcycle Mechanic

A motorcycle mechanic was removing a cylinder head from the motor of a BMW M3 when he spotted a well-known cardiologist in his shop.

The cardiologist was there waiting for the service manager to come and take a look at his car when the mechanic shouted across the garage, "Hey Doc, want to take a look at this?" The cardiologist, a bit surprised walked over to where the mechanic was working on the motorcycle.

The mechanic straightened up, wiped his hands on a rag and asked, "So Doc, look at this engine I opened its heart, took the valves out, repaired or replaced anything damaged, and then put everything back in, and when I finished, it worked just like new. So how is that I make $24,000 a year and you make $1.7M when you and I are doing basically the same work?"

The cardiologist paused, leaned over, and then whispered to the mechanic. ..

"Try doing it with the engine running."

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Super rychlý recept:

Všem ženám, a nejen jim, protože - většinou - jsme v práci až do večera a partneři jsou nároční, posílám báječný recept na rychlou svíčkovou. Věřím, že doma nevyvolá velké zděšení.

P.S.: A s knedlíkem si nehrajte, KUPTE HO!!!

