American Sokol

Sokol San Francisco

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

http://www.sokolsf.org

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VĚSTNÍK

SUMMER
2012





Sokols
in the
Golden Gate Park,
in the
Rose Garden
Celebrating
TGM Bust
May 4, 2012



Director of movie
"Rytmus v patách"
Andrea Sedláčková,
Actors
Berenika
Kohoutová,
Marika Soposká,
Jan Maxian,
Margareta Hruza
and
pianist
Emil Viklicky
May 28, 2012



Relax, enjoy,
it's
Sokol
Picnic time!
Lake Chabot
Castro Valley,
CA
June 9, 2012

American Sokol

Sokol San Francisco

California, 1. září 2017

Vážený pane Gruntorád,

omlouvám se za lehce zpožděnou odpověď - léto je doba dovolených a Váš dopis ke mně dorazil až teď.
Potěšil nás Váš zájem o náš sokolský „Věstník" i Vaše důslednost mít časopisy kompletní!
Vysoce si vážíme Vaší zasluzné práce a založení Knihovny Libri Prohibiti vúbec.

S radostí Vám posíláme Věstník Summer 2012 a doufáme, že je to právě ten, který Vám chyběl?
I pro nás je toto číslo důležité, šest členů - seniorů naší jednoty se zúčastnilo XV. Všesokolského sletu v Praze v roce 2012.

Přikládám ještě speciálni publikaci k oslavám 110. výročí založeni Sokola v San Francisku z roku 2014.
A opětujeme pozdrav "Jindřišské věže" z druhého konce Pacifiku!

Nazdar!

S úctou

Jara Dusatko
President
Sokol San Francisco

P.S. Už asi víte o náhlém a tragickém odchodu Zdeňka Verňáka, Vašeho věrného propagátora, úžasného a obětavého, ryzího člověka! Moc a moc nám chybí!

XV. VŠESOKOLSKÝ SLET
150 YEARS IN MOTION
PRAHA 2012







Pacific District Participants ready for Performance "Jen pro ten dnešní den"



Figure 1



Figure 2



Figure 3



Figure 4



Figure 5



Figure 6



Figure 7



Figure 8

See text on page 8.

SOKOL SAN FRANCISCO OFFICERS 2012

President	Jara Dusatko
1st Vice-president	Georgina Teyrovsky
2nd Vice-president	Zdenek Vernak
Recording Secretary	Zelmira Zivny
Financial Secretaty	Paul Burda
Treasurer	Jarmila Jancarik - assumed position
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	Marta Sehnal, Jiri Jancarik
Budget and Finance Committee	Paul Burda, Zdenek Vernak, Jiri Jancarik, Milos Zivny
Entertainment Committee	Georgina Teyrovsky, Daniel Botcha, Jara Dusatko, Paul Burda
Reconciliation Committee	Zdenek Vernak, Milos Zivny
Zupa Representatives	Jara Dusatko, Jiri Jancarik

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SOKOL SAN FRANCISCO 2012 CALENDAR of EVENTS

DATE	ACTIVITY	PLACE	LOCATION
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

If you feel better today, don't worry. It will go away soon.

SOKOL UNIT CORNER

Please pay attention to Sokol news and information on our unit new website: http://www.sokolsf.org/

Sokol dues and donation 2012:
We are very thankful for your generous 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 $125.22, Kucera $50, J. Strolena $40 copy 8mm film to DVD, V. Machacek $25, J. Bochenek $20, H. Sredl $25, D. Vernak $30, B.Lundeen $10(for Vestnik)

Total: . $394.22

Paul A Burda, Sokol Financial Secretary

Brothers and Sisters:
Brothers and Sisters:
Our Unit currently stands for 34 women and 26 men. All members have paid 2012 dues.

Half a Century of T.G.Masaryk's Statue in San Francisco Remembered. See figure on page 2

Fifty two years ago the Golden Gate Park was a scene of celebration honoring our first president, T.G. Masaryk. At the time when the country, he cared so much for and devoted his life to serve, was systematically removing everything that would remind the nation of his greatness, San Francisco Unit of Sokol Organization erected and unveiled a monument dedicated to the very best president of Czechoslovakia. Tomas Garigue Masaryk's bust, located at the entry to the Rose Garden, is a life-size marble mounted on pedestal, against a backup of rose bushes, as if it was meant for him to walk on a carpet of roses. T.G.Masaryk was the first president of Czechoslovakia, a statesman, philosopher, liberator and humanitarian. The bust was sculpted in 1926, by Josef Mařatka and exhibited at the 1939 Golden Gate International Exhibition on Treasure Island. It was unveiled at it's present location in 1962, a generous gift by the San Francisco Chapter of Sokol, a Czechoslovak gymnastic association. (Part of this paragraph is copied from an article on the Internet)
On a sunny afternoon of May 4, 2012, twenty Sokol "Old Faithfuls" gathered at the Masaryk's bust to remember the glorious celebration, half a Century ago. This time only Sister Georgina Teyrovsky came dressed in an Old Country folk costume, a faint reminder of the kaleidoscope of colorful dresses many participants were wearing then. A short, but emotional speech by our Sokol president, Jarka Dusatko and presence of four original attendants - Georgina Teyrovsky, Frank Cuda, Lada Zrzavy and a gentleman whose name we failed to remember, added authenticity to our nostalgic little event. Picture taking could not be avoided, yet, none of us expects to look at them 52 years hence. Flags, picture taking and music, form the substance of celebrations. With no brass band around, we fell back on the instruments we all carry around with us- voices. Our devoted musician, Sister Jarka Dusatko, was ready for the occasion, she brought and distributed to all willing singers sheet music to help the fading memories.
And here we were - old-timers with cracked up voices, short of breath, but full of enthusiasm belting out one folk song after another. Little did we care that the passer-bys had to walk in a wide circle around us, for we were brazenly blocking the path and attracting attention of everyone within the reach of our voices. Few curious people sat down on the benches nearby, listening to the melodies, that certainly sounded strange to them. A group of Vietnamese exchange students engaged us in a conversation, one cute girl insisted on having her picture taken with the "exotically" dressed Georgina. One Vietnamese kid claimed he knew who T.G. Masaryk was. So here we were, sharing the legacy of our first president across the cultures.
On such a note ended our trip to the memory lane, a satisfying and emotional get-together of people with common culture, language and history.

Brother Zdenek Vernak, glad to have been there.

Tribute to Josef Škvorecký. See picture on page 2

In order to commemorate the late, great novelist Josef Škvorecký "The Tribute to Josef Škvorecký" took place on May 29th, 2012 at Tresidder Memorial Building at Stanford University. It was organized by Michal Sedlacek, Czech Republic Consul General* in close collaboration with the Stanford University and American Sokol San Francisco.

The feature length movie "Rhythm on My Heels", based on Josef Skvorecky novel, was introduced by its director Andrea Sedlackova. Immediately following the screening was a musical performance, featuring 8 jazz songs performed by the movie actors: Berenika Kohoutova, Marika Soposka, Margareta Hruza and Jan Maxian, under the accompaniment of the exceptional and internationally celebrated contemporary jazz pianist, Emil Viklicky, who also composed some movie's original songs.
The movie, concert, and light refreshment were very positively received by an audience of about 100 spectators.

"Thank you for a really wonderful evening yesterday! I still have all of that great music ringing in my ears. What an amazing event - many congratulations!

All very best wishes, Anna"

"The film educated me on a deeper level of the injustices done to the people of Czechoslovakia. I'm glad the evening was ended in music to lift my heart after such serious subject matter. I'm glad Stanford hosted the event.

Best Regards, Janet Vrba"

The director and all five performers enjoyed visiting the Bay Area. They appreciated spending several days in an old, historical San Francisco building on Fell Street with a priceless view of the city, as well as performing at the beautiful campus of Stanford University.
They will certainly never forget their ride through the steep streets of San Francisco, and their exotic lunch at a Mexican restaurant, both at the invitation of Mr. and Mrs. Zivny.

Consulate General of the Czech Republic
in Los Angeles

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June 13, 2012

Jarka Dušátková
1700 Botelho Dr., #409
Walnut Creek, CA 94596

Vážená paní Dušátková,

dovolte mi, abych Vám touto cestou poděkoval jménem celého Generálního konzulátu České republiky v Los Angeles za spolupráci a vynikající organizaci promítání filmu „Rytmus v patách" a následném koncertu na Stanfordské univerzitě. Setkávám se s velmi pozitivními ohlasy na tato představení ze stran krajanů i přátel české kultury.

Těším se na další spolupráci s Vámi.

Se srdečným pozdravem,

Michal Sedláček
Consul General

*Mr. Michal Sedlacek has been holding the position of a Czech Consul General in Los Angeles since the beginning of 2010. He has been very active in various Czech related educational and cultural events. Mr. Sedlacek founded the Annual Czech Filmfest at Roxie Theater in San Francisco, organized a Tribute to Josef Skvorecky and has strongly supported the Czech School in California in Bay Area, just to mention a few.

Jara Dusatko

Consulate General of the Czech Republic in Los Angeles

American Sokol

Sokol San Francisco

Relax, enjoy, it's Sokol picnic time! See picture on page 2

How lucky we were to make our spring picnic reservations a year ahead of time! Thanks, Sister Georgina! The very popular Chabot Lake Park that we know so well by now, was full to overflow. Yet our shady area was far from "the maddening crowd". We could accommodate more than the 33 Sokols who came on this sunny June day. The more, the merrier. And, again - what a range of ages made it down and up to the Mallard hill site. Two teenagers, well behaved, not bored (they claimed), a lot of us in-betweens, and two ladies who put to shame our excuses why we cannot come: one was 93 the other 101, believe it or not! We welcomed a number of new visitors, thanks for coming, we hope you all had a good time.

The fire glowing, meat sizzling, the chatter running, time was passing by very fast. To prove that Sokol is a "gymnastic" organization, a group of able-bodied members took off for a walk around a part of the lake. Not on bread (and BBQ and cake and fruit and coffee) alone lives a man. Brother Botcha took a good care of the cultural part of our outing. For couple of hours he played ukulele and a concertina, "zednicke varhany" ("the bricklayer's organ" in Czech) while our motley choir was following his lead until complete exhaustion.

With such a respectable number of newcomers we hope more of potential visitors shall be inspired to overcome whatever qualms stop them from trying at least once what our picnics have to offer and more of you will remember that lovely place from personal experience instead of only from my amateurish description. Won't you try to join us on September 15, same place, same time?

Till' we meet there, Zdenek Vernak.

Memories from XV. Slet 2012 in Prague

Slet Pictures

See figures 1-4 on page 4

Figure 1: Before the Slet in Fresno. From left: Jara Dusatko, Karen Miller, Cheri Riddle, Yvonne Masopust, Elisabeth Balini, Teresa O'Donnell, Lillian Roter, Lida O'Donnell, Iva Prochazka, Zdenka Svitek, Mike Vondrus, Paul Burda, Ellie Babka, Milos Zivny, Zelmira Zivny, Otto Notzl, Brigit Otero.

Figure 2: Training with Sister Ellie Babka in Fresno.

Figure 3: Drilling our calisthenics in Portland. From Left: Teresa O'Donnell, Milos Zivny, Jara Dusatko, Zelmira Zivny, Paul Burda, and our host Lida O'Donnell.

Figure 4: Complete San Francisco and Los Angeles group. In the middle of the front row are Blanka and Lenka Kocmich, authors of "Jen pro ten dnesni den" calisthenics. They came for our last training and said we were really well prepared.

Figure 5: American Sokol at the Sokol Parade in Prague.

Figure 6: Otto Notzl leads us in exercise at the street car stop in Prague. Behind Otto are Lida, Paul, Abel,Elisabeth, Jara, Zelmira, Yvonne, Mike, Brigit, and Teresa.

Figure 7: At the Jindrich Fugner's and Miroslav Tyrs' Memorial at Olsanske Hrbitovy in Prague.

Figure 8: This is how we performed: Final scene of "Jen pro ten dnesni den" calisthenics.

Before the Slet.

It was a busy time, the first half of the year of 2012, the six months before the XV Sokol Slet in Prague. We have received the Slet routine written instructions and a DVD at the beginning of the year and as of that time, we have to push ourselves to more or less regular learning sessions. There were six of us from our Unit: Jara Dusatko, Paul Burda, Milos and Zelmira Zivny and from Portland Oregon, our members Lida and Teresa O'Donnell.

At the beginning, everybody had to learn at home, in front of the TV set and with the instruction within the reach. "Jen pro ten Dnesni Den" brought us some old melodies, the music from the Czech movies way back from the thirties. The authors, sisters Blanka and Lenka Kocmich led the DVD group in training and their bubbly personalities made our learning more pleasant even if not less complicated. Believe me, we tried hard. I am now describing that time as nice memories for the participants and as a report of our activities to all Brothers and Sisters in the San Francisco Unit.

Pretty soon, we've got the feeling that our "left and right, up and down" moving requires company and even if we were unable to put together the whole nine people unit, at least four of us, the Board members, drove to Zivny's house after each board meeting and there, in the living room, drilled more of the movements.

Lida and Teresa in Portland were unhappy that they could not participate in these friendly and informal trainings but there were no doubts that they would be prepared well. Teresa was an active dancer since childhood through her teenage years and was for sure able to learn the routine fast. It did not hurt that she was more than a generation younger than most of us.

Our nearest Sokol unit, Sokol Los Angeles, was training as a group every week. This is a large unit and three of their members were ready to exercise in Prague with our unit, so we can complete our nine people square required for the routine. We needed some training together to be sure we are in harmony. This is why we met in Fresno, on the weekend of April 28 and 29. Fresno is half way between Los Angeles and San Francisco and Sister Cherri Riddle, former member of the Fresno unit, now with the Sokol Los Angeles, helped us with the logistics. She was able to secure a place with a large church where we could exercise, and housing at the local university hotel, for prices much lower than we would have to pay in the Bay Area or Los Angeles. To pamper us more, she brought us delicious home made kolacky. You can guess that they disappeared soon. Thanks for all of your help, Sister Cherri.

Finally, we met, all eighteen of us and welcomed Sister Ellie Babka, an instructor from the Sokol headquarters. The clinic could start. After eight hours of drilling and coordinating on Saturday and almost as long on Sunday, we felt much better and almost secure with our routine.

It was also great that Lida nad Teresa from Portland were with us since they flew to Fresno. To stay in shape and polish our performance, we from the Bay Area have decided to drive to Portland later on and work together a little more. So our next clinic was held in Portland, Oregon, in O'Donnells hospitable house were Jara and Pavel were also staying as guests. The Zivny's have a family in Portland. We left home on May 10, drove all day long, enjoying the view of the beautiful, green Oregon spring and came to O'Donnell's just at the twilight.

Next morning, to use our time, we were in Lida's living room at eight o'clock in the morning and worked, drilled and polished our skills. Lida's husband Barney is a real friend of Sokol and didn't mind hearing the same melodies throughout the house ten times a day and three days in a row. Or, maybe he did mind, but he definitely did not complain. Thank you, Barney.

On Monday morning, we were on Freeway 5 again with Milos and Paul driving us more than 600 miles back home. We have really improved our routine and we also had a wonderful time, being all friends and Sokols together. Maybe next time more of our members could join and get ready for the next Slet. It does not take that much and it is not too physically demanding, not for our category, at least. What it requires is certain discipline and the will to learn something new. The friendship, the travel and the fun we had all the time, were welcome bonuses to us.

Next place we met with Lida, Teresa, and the Los Angeles Sokol friends was in Prague and we were ready and eager to show what we learned.

Zelmira Zivny

Czech Olympic Club members in California.

At the end of March this year Sokol San Francisco received a message from the officers at the Ceska Obec Sokolska (COS) that a group of former Olympic competitors from the Czech Republic would be visiting California for two weeks in April. The Olympians were gold and silver medalists from Olympics in the fifties to eighties.

Despite their very packed program (SF, Yosemite NP, Sequoia NP, Las Vegas, Grand Canyon, LA) they expressed an interest in meeting American Sokol members. The only time open for a short meeting was the day of their arrival in the late afternoon. Just two of us, I and Vlasta Skruzny, who happens to be the junior athlete competitor in Rome in 1960, were available to greet those athletes in their San Francisco hotel.

Three of the visitors initiated a restoration of the Sokol movement in the Czech Republic in 1990 – J. Koptikova, Plzen, V. Ruzickova and Z. Janakova, Brno. All of them were pleased about the existence and activities of the American Sokol on the West Coast of USA, especially the participation of Sokol SF members in the XV. Vsesokolsky slet in Prague this summer.

One of the visitors turned out to be decathlete and a sport TV commentator for many years - Stepan Skorpil. He's an old friend of Vlasta Skruzny, and their reunion was unexpected and happy.

In Los Angeles the group was welcomed and hosted by Olga Connolly-Fikotova, a former Czechoslovakian Olympian gold medalist in Melbourne in 1956.

We are still in contact with Vera Ruzickova, a gold medalist gymnast from London in 1948. (To be continued in the next issue of Vestnik)

Jara Dusatko

The 15th All-Sokol Festival, Prague July 1st – 6th, 2012

XV. Všesokolský Slet, Praha 1. – 6. července 2012

It is few minutes after 9 pm on July 5th, at the Synot TIP Arena (also known as Eden, the Slavia Stadium), in Prague. The Czech national anthem, the presentation of the Czech and the Sokol flags, the speeches often accompanied by sound of thunder are coming to an end. The first performance of this slet, All-Sokol Festival, is just about to start. The sky is black, occasionally pierced by lightning bolts. We are standing shoulder to shoulder facing the grandstand, waiting for the big moment.

Then we start the callisthenic composition we have been practicing for months. There is true joy in being able to move to the rhythm of music. There are smiles on the faces all around. And the rain is coming down in huge, heavy drops that sparkle in the sharp light of the floodlights.

There are some sixteen hundred people on the grassy field, men and women, mostly seniors, of the Věrná garda ("the loyal guard"), wearing the elegant red-white-and blue uniforms of traditional Sokol design. The people came from all corners of the Czech Republic and many countries of the world, Europe of course, but also United States, Canada, Australia, Russia.

The composition titled "Jen pro ten dnešní den" ("Only for This Day") has been choreographed by the sisters Blanka and Lenka Kocmich using music from popular Czech movies of the 1930's and 1940's. The moves are designed not only for enjoyment and challenge of the persons doing them but also for the admiration of the spectators in the stands. The ever-changing patterns on the field are remarkable. The spectators reward us with frequent applause.

We are soaked to the skin. When our eight-minute performance ends, we have been in the rain for one hour, first waiting at the staging area, then marching to the stadium, opening ceremony, and then finally performing. By the time the streetcar brings us home, the storm is over but we are chilled. We crawl into our beds and from under the comforters watch the rest of the program on TV.

Next day, after a good night's rest and a big breakfast, we shrug ourselves into the still damp uniforms. They dry out quickly on our bodies in the 88 degree heat under the glaring early-afternoon sun. July in Prague is usually a warm month with historically average temperature is 73 degrees Fahrenheit on this day but this time the temperature reached 88.

Why would anybody want to do this, voluntarily? Why did we do it?

"We" were the six members of Sokol San Francisco: Paul Burda, Jara Dušátko, Lida and Teresa O'Donnell and Miloš and Želmíra Živný. We had to borrow three members from Sokol Los Angeles to have the required basic formation of 9 people, three men and six women. The members of Sokol Los Angeles completing our formation were Brigit Otero, Darine Klega and Mirek Vondrus. Sokol Los Angeles had another formation of nine people and we moved in one seamless pattern, often holding hands. Otto Notzl, the Men's Director from LA, extended training and organization also to the Sokols from San Francisco.

The two performances, on the days of the Czech state holidays - Saints Cyril and Methodius (July 5th) and Jan Hus (July 6th) - are the traditional culmination of a week of celebration. The Sokol festival actually had started with a parade on the Sunday before.

And for the Sokols of the Pacific District it was even a day earlier, on Saturday evening. Many thanks to Otto for getting us a VIP treatment: we had an additional practice of our calisthenics routine directed by the Kocmich sisters, authors of the composition "Jen pro ten dnešní den", and creators of the instructional video we had been using to learn the routines. Lenka Kocmichová is also the Director of Women of the Czech Sokol Organization.

It was a great honor to shake the hand of their mother, Blažena Kocmichová. We knew her from the slet in 2006 and she inspired us from the instructional video where she was doing the calisthenics with her daughters. She told us she would also be participating in the two performances. We sang Happy Birthday to her – she had just celebrated her 90th birthday!

Starting on Monday, we had daily practices on the Synot TIP Arena. Only at this place it all started coming together: the entrance of 1,600 men and women onto the field and the elaborate moves. Every individual Sokol member is important, yet at the same time he or she is only one part of the basic formation of 9 people - and the bigger formations of 36 and of 144, till all 1,600 people work together. Personally, I have not experienced a stronger feeling of satisfaction with a job well done and for a more worthwhile cause.

Briefly, some Sokol statistics:

10,490 athletes at the 2012 Olympic Games in London

10,500 people performing at the All-Sokol Festival
3 to 93 years ages of performers
12 compositions of the Czech Sokol Organization (plus additional guest performances)
2,000 women performing the composition "Česká suita
1,600 seniors performing the composition "Jen pro ten dnešní den"

On Sunday morning, the parade started at the bottom of Václavské náměstí (Wenceslas Square), moved past the National Theater, along the Vltava River and ended at the Staroměstské náměstí (Old Town Square). There were the traditional Sokol flags for each district and each unit, a brass band from Kolín, traditional Sokol uniforms and national costumes..... Sokol San Francisco for the very first time displayed the new unit flag ! Paul had it made in Pilsen, complete with a collapsible pole and a cover, and Miloš was the flag-bearer. People watched from the sidewalks, cheering and waving to us. There was a lot of joy and excitement.

At the same time, many older women were openly crying; they remembered well the years after 1948 till 1990 when the Sokol organization was disbanded, its property confiscated by the state, its flags hidden. Some young foreign tourist stopped and wondered what this was all about. When they were told, they thought it must be "cool" to be a Sokol.

Cardinal Dominik Duka, the Archbishop of Prague, on Sunday afternoon, celebrated a mass for the slet participants. At the magnificent St. Vitus Cathedral at the Prague Castle all seats were taken and crowds were standing in the aisles. The traditional Roman Catholic mass started with a Sokol march Lví silou: "With the strength of a lion, with the soaring of a falcon, let us march forward." In his moving and beautiful homily Cardinal Duka spoke of the important contributions Sokols made to history and exhorted not only Sokol members, but all honest and sincere people, to continue the resistance to dishonesty, intolerance, and lack of interest in fellow human beings, and to care for young generations, teaching them - through sport - courage, patience and friendship. Addressing Sokols gathered in the Cathedral he said, "Every time when in the public life your uniforms were absent, it was a signal that our homeland was not well, that she had been robbed of freedom and sovereignty."

We met many people during the festival. Most of the time we didn't learn their names and some meeting were brief. But we recognized each other by the traditional Sokol uniforms and by the modern t-shirts with names of units and countries worn at rehearsals. We were proud and knew that we belong together.

This 15th slet took place in the year when we celebrated the 150th anniversary of founding of the Sokol organization. Given the history of the Czech Republic, and Czechoslovakia and Bohemia before it, Sokol is a remarkable social phenomenon. I do hope that we will all be together again at the next All-Sokol Festival in 2018, the year of the 100th anniversary of founding the Czechoslovak Republic.

Would anybody like to join us? Sokol San Francisco welcomes new members.

Sources:

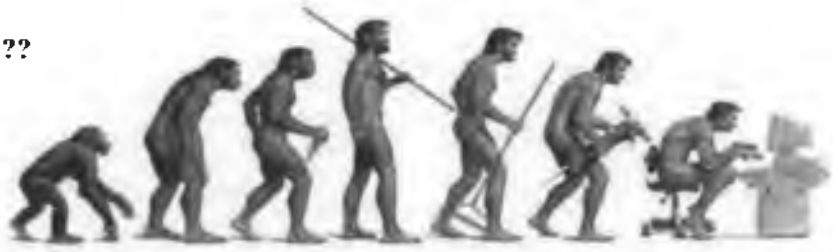
1. Number of athletes at the Olympic Games in London
American Sokol, June 2012, Volume 135, Issue 5, front page.

2. Numbers at the Sokol Festival in Prague
Miroslav Vrána, Director of Men of the Czech Sokol Organization.
http://www.radio.cz/cz/rubrika/udalosti/xv-vsesokolsky-slet-skoncil-pripravuje-se-dalsi-v-r-2018#0

3. Text of Cardinal Duka's homily
http://skopal-jaroslav.blog.cz/1207/kardinal-dominik-duka-promluvil-k-sokolum

Lida O'Donnell

EVOLUTION ???



Computer & Desk Stretches

Approximately 4 Minutes

Sitting at a computer for long periods often causes neck and shoulder stiffness and occasionally lower back pain. Do these stretches every hour or so throughout the day, or whenever you feel stiff. Photocopy this and keep it in a drawer. Also, be sure to get up and walk around the office whenever you think of it. You'll feel better!



10–20 seconds
2 times



10–15 seconds



8–10 seconds
each side



15–20 seconds



3–5 seconds
3 times



10–12 seconds
each arm



10 seconds



10 seconds



8–10 seconds
each side



8–10 seconds
each side



10–15 seconds
2 times



Shake out hands
8–10 seconds

From *Stretching* © 2000 by Bob and Jean Anderson. Shelter Publications, Inc.

Obituary



Jeannette Chambers (Nee Bosakova)
Born July 26, 1926

Board of our Unit is distributing sad news that beloved mother, grandmother, great-grandmother and caring friend to many passed away peacefully, and finally pain free, July 27th 2011, one day following her 85 birthday due to complications involving a massive brain stroke and congestive heart failure.



Note: Unfortunately we received this news from her friends this year.
She was devoted "old timer" of our Unit. She lived for Sokol, Glen Miller music and the mail. We know she is teaching everyone in heaven how to jitter-bug!!!!

God bless her soul.

We are sorry to loose another Sokol member.

INFORMATION CORNER

Sokol Members and Committee Meeting
is every second Tuesday each month at 1:15 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.

Sokol Exhibition

"Pod křídly Sokola", výstava ke 150 výročí založení nejvýznamější spolkové organizace v českých dějinách, v Armádním museu Vojenského historického ústavu Praha, U Památníku 2, 130 05 Praha 3-Žižkov.

Unikátní a velmi hodnotná výstava provádí návštěvníky historií Sokola od jeho vzniku až do současnosti.

June 19, 2012 to December 31, 2012
Free entrance, see more www.vhu.cz

American Sokol

American Sokol Los Angeles

and

Consulate General of the Czech Republic
in Los Angeles

Invite You and Your Guests to a

Czech National Day Celebration

Sunday, October 28, 2012 * * * 11:00 am to 5:00 pm

Sokol Luncheon Served at Noon -- Banquet Style

Czech Consulate Reception 3:00 pm to 5:00 pm

Knollwood Country Club, 12024 Balboa Blvd., Granada Hills
Sokol/CSA Members $15.00; Non-members $25.00
Wear Your Kroj and Receive $15.00 off

Children 12 and Under Receive Free Special Child's Meal

Free Valet Parking Available

Music by Phil Anthony Band * Spacious Dance Floor**

Tombola-Raffle: Cash prizes and more

Menu Choices. **Beef, Chicken Marsala or Salmon**
Includes Salad, Garlic Mashed Potatoes, Vegetable, Dessert, Tea or Coffee
No Host Bar

Reservations for Luncheon Required and Must Be Received by October 12, 2012

Directions to Knollwood: 405 Freeway (north or south) to the 118 Freeway West
Take Balboa Blvd Exit and go north to Knollwood Country Club on the right

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Members @ $15.00 each: ___ Non-Members @ $25.00 each: ___ Total Enclosed: _____
Children 12 & under: ___

Name: _____ Phone No.: _____ E-mail: _____

Address: _____ City: _____ Zip: _____

Please indicate total number of dishes ordered: Beef (__) Chicken (__) Fish (__)
Child's Plate: (__) Special Meal Requirements _____

Make check payable to **American Sokol Los Angeles** and send reservation to:
Lillian Roter, 22542 Chaparro Dr, Saugus, CA 91350-1501
For more information please call 661-297-8110

Bay Bridge - State must ensure safety of new span

When the new eastern span of the Bay Bridge opens next year, some 100 million cars will drive across it annually. The bridge will cost an estimated $6.5 billion, making it the most expensive public-works project in the history of California. The point of this new span, as everyone knows, is to make sure there will be no repeat of the Loma Prieta earthquake, in which a section of the bridge collapsed. That is why the reports from the Sacramento Bee are so troubling.

According to a recent series of investigative stories from the newspaper, Caltrans records indicate that of the 13 foundation piles holding up the bridges main tower, one is embedded in concrete that had not hardened according to industry standards. A second pile was never adequately tested, and those tests that were done suggest that it, too, may be structurally unsound, the Bee reported.

In addition, the newspaper discovered, tests that cleared many of the remaining piles were riddled with so many factual errors that independent consultants could not state with certainty that those piles have been reliably declared safe.

Finally, the Bee has reported that one of the Caltrans employees responsible for testing the piles structural integrity has falsified the results of tests on similar Caltrans structures, and did not make sure that his equipment was functioning before the tests, even though this is supposed to be standard operating procedure.

These reports raise the very troubling possibility that despite the billions California has spent, certain key parts of the new span may be vulnerable to a major quake, the very problem it was built to resolve.

So far, the private contractors have refused to respond to public inquiries, referring all questions to Caltrans. Gov. Jerry Brown's office likewise referred all questions to the state Transportation Department. Caltrans has insisted that despite these irregularities, substantial evidence indicates that the tower, and the span will be just fine in an earthquake.

This assurance is simply not enough to satisfy a public. If Brown isn't interested in getting to the bottom of these questions, then the state Legislature must. We urge members of the state Assembly and Senate to convene hearings to determine what went wrong during the testing, retest the piles and discover once and for all whether the new Bay Bridge will be safe during a major temblor.

Independent investigations into the testing and safety are a must, and state lawmakers must do what Caltrans is clearly unwilling to do: get to the bottom of these questions before the next quake strikes

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National Czech & Slovak Museum & Library

1400 Inspiration Pl. SW, Cedar Rapids, IA 52404
Phone : 319-362-8500
http://www.ncsml.org/Content/Visit/Hours.aspx

Admission also includes the exhibit *Rising Above: the Story of a People and the Flood* located in the Kosek building, 87 Sixteenth Ave. SW. Special group tour rates available.

Grand opening took place on Saturday July, 14, and Sunday July, 15 at the Festival celebrating the opening of our renovated and expanded National Czech & Slovak Museum & Library. The Building is now nearly 50,000 sq.ft. Visit www.NCSML.org for complete details. A clear blue sky with no precipitation greeted Expert House Movers on Monday, Nov. 28, when they began the process of placing steel beams under the immigrant home in preparation for the move to its new location. Measuring just 540 sq. ft the home housed five generations of the Sleger family beginning in the 1880s through 1984. On Tuesday, Nov. 29, the 22-ton wood framed house made the journey and elevation next to the expanded museum. It was placed via crane onto the new foundation. The house now sits 11 feet higher than before the flood of 2008.

Hours: Monday- Saturday 10 a.m. to 5 p.m.
Sunday Noon to 4 p.m.
Closed: Thanksgiving,
Christmas and New Year's Day.

Special Exhibition Fees*

Members	FREE**
Adults	$12
Seniors	$10
Students 13 and older (w	
Active Military (with ID)	$5
Ages 6-12	$3
5 and under	FREE

CZECH CORNER

České školy bez hranic se znovu setkaly v Praze

28-08-2012 Milena Štráfeldová

Paříž, Berlín, Brusel, Londýn, Mnichov nebo Ženeva - to je jen neúplný výčet Českých škol bez hranic, které ve světě působí v současné době. Děti zahraničních Čechů i ze smíšených rodin se v nich učí češtinu a základní vlastivědné reálie o České republice. První taková škola vznikla v Paříži před sedmi lety.
K současnému počtu Českých škol bez hranic je ale nutné přičíst i víc než dvě desítky škol přidružených a spřátelených, které vyučují podobným způsobem a které se v budoucnu mohou stát součástí této stále se rozšiřující sítě. Jsou nejen v Evropě, ale i v Severní nebo Jižní Americe, v Austrálii a na Novém Zélandě. Zakladatelkou první České školy bez hranic v Paříži a později i celé jejich sítě ve světě je lékařka Lucie Slavíková - Boucher. Další školy podle ní nyní vznikají i ve Spojených státech.

"V tomto školním roce proběhl projekt, který měl za úkol zmapovat zájem o výuku češtiny na území USA a Kanady. Tento projekt byl částečně podpořen ministerstvem zahraničních věcí. Ukázalo se, že zájem na tomto území je velký. Samozřejmě není nový, protože česko-slovenská komunita je tam historicky největší. Je tam spousta česko-slovenských spolků, které vždy do určité míry udržovaly jazyk a tradice. Vždycky měly vazbu k Československu a České republice." ....
"Například v New Yorku se vyučuje už tradičně, velice dlouho. Ve Filadelfii se učí už asi tři roky. Dále je to Baltimore, Chicago, kde je velká česká komunita. Pak by tam ale byli úplní nováčci, jako například Dallas v Texasu, kde se malá skupinka zorganizovala v rámci Sokola. Na západním pobřeží je velká skupina v Silicon Valley, ...dále skupina lidí v Portlandu, Los Angeles, Orange County a v San Diegu."

Česká škola v Kalifornii

Sobotní škola s výukou českého jazyka v Bay Area zahajuje svou činnost v sobotu 8. září 2012 v Palo Alto s rekordním počtem studentů -71.
Kromě češtiny budou studenti všech věkových kategorii (od 2 let až po dospěle) seznamováni zábavnou formou i s českou kulturou, , historii a zeměpisem.
Škola v oblasti Bay Area vznikla díky obětavému úsilí její zakladatelky Ivy Crookston a jejího týmu českých pedagogů z podnětu Českeho Konzulátu v Los Angeles pod záštitou "České školy bez hranic".
Zatim má škola status neziskové organizace bez nároku na dotace od státu do doby, než splní podmínky České školy bez hranic. Finančně je tedy odkázaná na rodiče studentů a sponzory.
Pro krajany a jejich přátele to je příležitost podpořit v začatcích tuto dlouho žádanou instituci jak finančně, tak i českými reáliemi.
Více informací na : www.czechschoolofcalifornia.com/www/en/

Czech School in California

The Czech School in California welcomed it's students for the first time on Saturday September 8 at the Palo Alto Jewish Community Center.
Unexpectedly high number of students of all ages, seventy one of them, the youngest just two years old, will learn to know the Czech language, culture, history and geography.
Iva Crookstone and her team of Czech teachers founded the Czech School in Bay Area with the help of the Consulate of Czech Republic in Los Angeles and the Czech School without Borders.
The new school is a private non-profit organization, does not receive any support from the Czech government and depends on the students, their parents and private sponsors for support.
This is a good opportunity for all of us to make our contribution to a good cause as our Sokol did.
Once the new school proofs itself stable and successful, after one or two semesters, it should be certified as one of the Czech School without Borders branch, with the Czech government support.

More on: www.czechschoolofcalifornia.com?www/en/

Ve věku 87 let zemřela v sobotu 16. června divadelní, televizní a filmová herečka **Jaroslava Adamová.** Za více než 60 let na scéně ztvárnila třeba Annu Kareninovou, Hedu Gablerovou a Marii Stuartovnu.
V Městských divadlech pražských se stala vedle Václava Vosky, Ireny Kačírkové a dalších na dlouhá léta hvězdou souboru. Zvlášť Voskovi dělala často partnerku. „Hrát s ním něco, co třeba napsal Oscar Wilde, to byly ťukesy," vzpomínala ráda.
Na rozdíl od divadla byl film k Adamové často nevšímavý. Přesto z filmového plátna její hlas zazněl mnohokrát, když namlouvala Jeanne Moreauovou, Sophii Lorenovou nebo Annu Magnaniovou.
V posledním desetiletí se objevila kupříkladu v televizním filmu Společnice, kde měla za partnerku Tatianu Vilhelmovou, nebo ve snímku Želary Ondřeje Trojana. V jedné z posledních rolí ztvárnila babičku Alžbětu ve filmu Líbáš jako Bůh.
Manžel Julius Albert, který před lety zemřel, byl protipólem jejího temperamentu, měli syny Marka a Julia.

Autor: ČTK

Po dlouhé nemoci zemřel v pondělí 22. května 2012 ve věku 84 let herec a divadelní režisér **Stanislav Remunda**, životní partner herečky Ivy Janžurové.
"Otec měl celoživotní přání, nesnášel pohřby a chtěl, aby se jeho úmrtí obešlo bez obřadu," řekla jeho dcera Theodora Remundová. Rozloučení se zesnulým se tak podle ní bude konat v úzkém rodinném kruhu.
Remunda se narodil v roce 1927 v Praze. Pracoval nejprve v Divadle S.K. Neumanna, dnešním Divadle Pod Palmovkou. Později získal herecké angažmá v Divadle na Vinohradech, kde působil od 50. do 90. let jako herec a od roku 1966 i jako režisér.
Ve filmu se poprvé objevil v 50. letech minulého století. Spolupracoval s režiséry jako Vojtěch Jasný, Karel Kachyňa nebo Juraj Herz. Objevil se například ve filmech Což takhle dát si špenát nebo Král Šumavy.
V 90. letech založil soukromé divadlo, kde režíroval "rodinné" inscenace v hlavní roli s životní partnerkou Ivou Janžurovou, s níž má dvě dcery - Sabinu a Theodoru. Také ony se prosadily jako herečky a režisérky.
Lidovky.cz

LAUGHING CORNER

The old man has a pond at the end of his big beautiful garden and some fruit trees around it. One summer afternoon, he decides to pick some fresh fruit. He takes a plastic bucket and goes to the lake.
However, once he arrives at the site, he can see that five naked young ladies are taking a bath there. After a while one of the girls calls on him: "Well, you peeping Tom, now you expect us to get out, don't you. The old man just waves the bucket and with an innocent smile says: "Oh no, no, I'm just here to feed the alligator."

Husbands are husbands
A man was sitting reading his paper when his wife hits him over the head with a frying pan. "What was that for?" the man asked. The wife replied, "That was for the piece of paper with the name Jenny on it that I found in your pants pocket". The man then said: "When I was at the races last week, Jenny was the name of the horse I bet on." The wife apologized and went on with the housework. Three days later the man is watching TV when his wife bashes him on the head with an even bigger frying pan, knocking him unconscious. Upon re-gaining consciousness the man asked why she had hit again. Wife replied.. "Your horse phoned".

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

We formed a close-knit committee—Dr. Rybka, Ivo Ducháček, Karel Hanuš, the legionnaire Krainberg, and Jiří Špánek representing the Paris Sokol. In subsequent meetings, Dr. Hubert Rybka brought in Dr. Vladimír Klementis with the explanation that he was representing the Slovak population working in the country, and that it had to be counted on.

Events took shape quickly. Czech generals, officers, soldiers, ministers and politicians joined the exiles. They were not satisfied with our "amateur" work and started to create a professional political process, with all its partisan struggles and bureaucratic machinery. First, they borrowed money from the French government and started to organize ministerial offices, where they naturally secured well paid positions for themselves. They were engaged in a paper struggle with statistics, while we continued to impact—with our French friends and our own money—French public opinion, and tried to refute the lies of the Nazy propaganda. Our compatriots' organizations in America and in the entire free world were encouraging us in our work.

Fascists at home and conservative leaders wrote dirt about us in their tabloids. The Prague papers before March 15 wrote a big headline: "Paris Sokol in Service of Benes Propaganda." "How the whispered propaganda of President Beneš influences compatriots abroad is best evident from their press. In the publication of the Paris Sokol Vestnik, a certain Mr. Jiri Spanek is raging. We are bringing this to the attention of the appropriate authorities at home to bring a definite stop to this Benes propaganda." This was written about us by the Beran Press several days before March 15.Its editor for Paris at that time was Edmon Rehak.

I don't want to exaggerate and praise our work, but there was not a day that we did not attend some type of meeting. These were meetings of the Sokol, along with meetings of the Society— board meetings if there was no time to call a membership meeting. In addition we were also participating in the regular Sokol gymnastic exercises.

I initiated friendly contacts with compatriots in America. I let them know about our work and pointed out the counterproductive collaborations with Stefan Osuzsky. Often, they took my letters as overly pessimistic, and even "brother" Josef Martinek wrote me that I was exaggerating and that there would be no war. After March 15, Minister Osuzsky was slowly waking up, and after several requests to meet with him, he finally called us, agreeing to come forth with information.

His information was for us rather old, as we had far more recent news from our French journalistic friends. It was not enough to fight against Fascism; we also had to fight against the activities of Catholic Slovaks, who around Father Futak incited hatred against Czechs and against Edvard Benes.

In a Paris church where they were meeting, Futak was preaching: "No longer will the Cechouni (derogative) fool you with Benes, Hus and Masaryk. You will have a free country." Because Osuzsky needed the support of every Slovak for his opposition against Benes, he did not want to intervene with our protests against them; on the contrary he took them under his protection.

Father Futak was at that time well paid from the coffers of the Czechoslovak Embassy as a Czechoslovak clergyman.

While the whole world was asking if there would be war, part of the right-wing French press—supported by the Hitler propaganda—was taking a stand against any kind of intervention in countries occupied by the Germans. Across the whole Paris there were posters: "Should we die for Danzig? Should we die for Czechoslovakia?"

Our compatriots who were organized as Communists did not even want to support us, because they had no directives from Moscow. They talked openly about their disagreement with the imperialist French army, and against the war. They called the war a capitalist tool. Minister Daladier, compromised by Munich, was ousted. The politician Paul Reynaud wanted to take over, but he found himself surrounded only by wimpy co-workers and useless generals who were not able to bring to action the demoralized French army, which would be capable to scare the nacys.

Since the French government did not yet recognize the "Protectorat of the Czech lands and Moravia," the Czech Embassy was considered as the representative office of Czechoslovakia. This is why envoy Osuzsky was announcing himself as the only legal representative of the Czechoslovak Republic, in spite of the fact that Dr. E. Benes was already in London. The first Czech compatriots and refugees started to arrive across southern Europe to France.

It will continue in the next Fall Vestnik 2012