VĚSTNÍK

A newsletter of
Sokol San Francisco

WINTER
2013



American Sokol
Sokol San Francisco





GYMNASTIC ASSOCIATION

SOKOL SAN FRANCISCO INC.

Educational-social and charity
non-profit Cultural Organization

**P.O. Box 5252, Walnut Creek,
CA 94596-9998 ,
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OFFICERS 2014

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

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Zivny Milos	Cell	510.719.4076	miloszivny@gmail.com

Sokol Board and Members Meeting is held every second Wednesday each month at 1:30 PM (except July) in Baywood Court, 21966 Dolores St. # 243, Castro Valley, CA 94546.

Věstník is published by Sokol San Francisco, four issues per year. Send your typed contributions to our Unit's address or editor's e-mails. **Contributions after deadlines will be published in the next Vestnik issue.**

Věstník Schedule: Published quarterly

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 UNIT CORNER

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

Sokol donations 2013:

Z. Vernak $10, L.Sikl $15.
We are very thankful for your generous contribution and support of individual donations and membership dues to American Sokol San Francisco Unit, non-profit organization.

New Members:
Reinstated: Vera Horn, Stephan Goupille

Paul A Burda, Sokol Financial Secretary

LegalShield™

San Francisco, California
c: 415-216-8883
dagmarcrichton@legalshield.com
legalshield.com/hub/dagmarcrichton

Clay Crichton &
Dagmar Crichton
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Brothers and Sisters:
Our Unit currently stands for 31 women and 29 men.
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.

How we have paid our dues, see page 16

Payment Dues 2014

SEND WITH YOUR PAYMENT	**KEEP FOR YOUR RECORDS**
2014 Dues are $35, late fee $5 after 1-31-14. **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 2014** **Date: .....** **Check No:.....**

"A creative man is motivated by the desire to achieve, not by the desire to beat others."
Ayn Rand

President Note

Dear Members and Friends,

Wishing a happy and healthy New Year *2014* to all!

The year promises to be a truly interesting year for our Unit and for the whole American Sokol. Apart from our regular events, in April two members of our board will participate in **XX. General Convention** of the American Sokol in St. Louis, Missouri.

The most significant event of this year will be the celebration of the **110th Anniversary of founding the Sokol Unit in San Francisco.** The celebration will take place in Crowne Plaza Hotel, Foster City in September 2014. An exhibition of Sokol's memorabilia will show the history of Sokol from its beginnings, such as the original registration signed by the Governor of California, pictures of the first "Sokolovna" in San Francisco, medals from the participants of Sokol "slets" and competitions, old Sokol uniforms, publications and photographs, parade of the Czech, Moravian and Slovak traditional costumes (kroje).

As we're starting to collect various items from local Sokol members, we look forward to hearing from more members who would be interested in contributing additional items or ideas. The more the merrier!

Several New Year resolutions:

- Resolve to be cheerful & helpful; people will repay you in kind.
- Try to understand a point of view that is different from your own.
- Call a forgotten friend; share a funny story with someone whose spirits are dragging.
- Avoid angry, abrasive persons – they are generally vengeful.
- Revolve to be tender with the young, compassionate with the aged, sympathetic with the striving, and tolerant of the week and the wrong. Sometime in life you will have been all of those.
- Take a 10 to 20 minute walk every day and SMILE! It is true ultimate anti-depressant.
- Most important: Resolve to listen more and to talk less. No one ever learns anything by talking!

Best wishes for an active and prosperous year!
Nazdar!

Jara Dusatko
President
American Sokol San Francisco

Planed Activities for Year 2014

Date	*Activity*	*Location*
January 29, Wednesday	Walk for Health	Año Nuevo State Park, Pescadero
February 19, Wednesday	Walk for Health	Muir Woods National Monument, Mill Valley
February 22, Saturday	Sokol Old Timers Lunch	Crowne Plaza Hotel, Foster City
March 29, Saturday	Lunch and Dance	Crowne Plaza Hotel, Foster City
April 16, Wednesday	Walk for Health	Mt. Tamalpais State Park, Mill Valley
May, date not set yet	Joining CSA Fraternal Life	TGM Statue, Golden Gate Park, San Francisco
May 7, Wednesday	Walk for Health	Filoli Gardens, Woodside
June 8, Saturday	Spring Picnic	Lake Chabot Park, Castro Valley
August 3-10	Family Camp	Dinkey Creek
September 5, Friday	Pacific District meeting	Crowne Plaza Hotel, Foster City
September 6, Saturday 11A.M.-5P.M.	Sokol Anniversary Celebration	Crowne Plaza Hotel, Foster City
October 1, Wednesday	Walk for Health	Butano Redwood State Park, Pescadero
November 5, Wednesday	Walk for Health	Sunol Regional Wilderness Area, Sunol
December 6, Saturday	Annual Meeting	Not set yet
December 27, Saturday	Dinner, Dance, End of the Year	Crowne Plaza Hotel, Foster City

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"Czech Banquet & Gala"

The idea to organize a Czech Banquet & Gala for the Czech community in the Bay Area was born in the spring of last year, by a collaboration of the Czech School in California and Sokol San Francisco. Sokol members were already familiar with Hotel Crowne Plaza in Foster City, and the decision to hold the event there was easy. The date was dependent on a band "Alpiners", who have played at Sokol's Dinner-Dances many times before. Since the group was booked solid with Octoberfest events during September and October, the first Saturday available turned out to be November 9th, 2013.

We held several meetings deciding on the type program and music, and putting together a list of invitees. It was the team of young, hardworking, and dedicated teachers, administrators, and volunteers from the Czech school who created and organized the detailed program – a live band, dance floor, performances of singers Yanna Fabian (the daughter of a Czech singer Nada Urbankova) and an opera singer Liana Braun-Demer, a very cute children fashion show, a red carpet photo shoot and an elegant silent auction. Sokol contributed a digital frame showing pictures of various Sokol activities that took place during the last several years.

The highlight of the evening was undoubtedly the moment when the Ambassador of the Czech Republic to the United States, Mr. Petr Gandalovic, awarded a Silver Medal of Jan Masaryk to the former U.S. Secretary of State, His Excellency George Shultz, in recognition of his role in implementing foreign policy that led to the conclusion of the Cold War. Coincidentally, the 24th anniversary of the fall of Berlin wall was exactly on the day this award was presented. Mr. Joe Domitrowich and his band arranged a special salute, a Marine Hymn, for Mr. Shultz who served in the Marines in World War II. Mr. Shultz was evidently touched by this thoughtful gesture.



Among the 220 attendees were prominent guests, such as the Vice-Consul Tomas Kara from the General Consulate in Los Angeles, the Honorary Consul of the Czech Republic, Richard Pivnicka and his wife Barbara Pivnicka, the Honorary Consul of the Slovak Republic, as well as representatives from local agencies, Czech Invest and Czech Tourism.
It was memorable and special evening, bringing together the Czech community from the Bay Area.

The Czech ambassador's comment and observation: "I'm very please to see the cooperation of Sokol with the young establishment so that for me it is a glimmer of hope that such a wonderful organization (Sokol) will not perish, on the contrary will be visible and will flourish among the young generation".
(It is also our desire!)

A special thank you to Mrs. Lida Urbanek for arranging a private party at her house for Mr. Gandalovic and his wife, and Sokol S.F. members and other Czech compatriots.

Jara Dusatko

Responses:

Měli jsme naprosto pozitivní zážitek. Celá událost byla velice elegantní a dobře připravená. Samozřejme hřeb večera byl former secretary of state George Shultz. Roztomilé bylo vystoupení dětí. Hudba byla moc dobrá, hezky se tancovalo. Dana a Joska Berger11/11/13

Nám se Gala moc líbil, program byl nabitý, byl fajn. Potkali jsme tam spoustu známých nejen ze Sokola, ale taky z těch, co tam maji děti v české škole. Díky za organizaci!!! Regina Prejda 11/12/13





Sokol Annual Meeting

One of the last actions of the year 2013 was our Unit Annual Meeting held on December 7th at the Crown Plaza Hotel at Foster City. Twenty Sokol members met at this location for our Annual Meeting for the second year in a row. The room, with our Sokol San Francisco flag and a new, large digital frame, was quite nice. Even before the meeting, the overview of the recent Sokol activities was showing at the digital frame pictures: The Dinkey Creek Camp, the Czech Village in Cedar Rapids, view of Chicago from the height of the Sears Building, Monarch butterflies in Ardenwood, Sokol picnics, dances and walks reminded us what an active year the 2013 was.



The Officers of the Board presented their reports to let the members know how was our Sokol doing. It was good to hear from Brother Paul Burda that our finances are healthy and in balance and have it confirmed by the Financial Committee Chairman Brother Jiri Jancarik.
Brother Zdenek Vernak, our Educational Director, seemed to be happy with our new digital frame, saying some members are probably seeing for the first time what is Sokol doing, He also complimented Brothers Burda and Dusatko for their work on the Vestnik and said more contributions from the Sokol members were needed. He was sure, he said, that many of the Sokols had something to say . "We are at loss", Brother Vernak said, "why so few Czechs and Slovaks in California are willing to participate in ethnic activities, so much less so than other nationalities. In Texas and other States there are third generations Czechs speaking the language and proudly maintaining the customs from the old country. It seems there is something else than just a physical distance between us and I cannot figure out what it is.
Think about it, maybe you come up with a good idea and help us with attracting more members or at least participants in our activities."

Brother Milos Zivny, talked about the Walks for Health we took in the year 2013. In the next year, we will start with a trip to Ano Nuevo State Reserve. Winter is the peak season for elephant seals and their newborn watching so this should be a wonderful Walk for Health. Brother Zivny promised the date of the walk and all others will be listed in the first 2014 Vestnik.

The meeting then elected new Sokol San Francisco Board. There were few changes only from the last year board. Sister Jara Dusatko, the Unit President, then over-viewed the last year, priced our trip to Cedar Rapids and Chicago where we had an opportunity to visit the Czech and Slovak National Museum and see a part of old Czech village. Our visit and meetings with the Chicago Sokols cannot be forgotten. Everybody at the ASO headquarters was nice and welcoming and the activities at Sokol Spirit and Sokolice Tabor were really impressive. Sister Dusatko also said our participation at the organizing of the Czech School Banquet and Gala was very successful. She stressed we should stay in close cooperation with the fast growing school which serves the Czech community so well.
The Annual Meeting is over as is the last year. We have a lot of plans for the new year, one being the celebration of 110th anniversary of Sokol San Francisco. It is something to look for and worth to work for. There is another busy year ahead of our Sokol

Zelmira Zivny

Celebrating the arrival of 2014 110th year since founding of Sokol San Francisco.

Welcoming the New Year 2014 in a new place lived up to our expectations. Sixty nine pairs of legs, eager to hit the dance floor (well, most of them were, I was one of the sedentary ones), filled the classy room to capacity. Under fancy chandeliers, sitting at white-clothed tables, we were treated to the music by our well known band of Joe Domitrowich over a three course dinner and a hosted bar.

The cultural part of the evening was covered by a performance of Czech Christmas and popular songs by soprano Liana Derner. Mr. James Kleinrath, with his partner Melanie, overcame the technical difficulties with their capricious CDs and showed us how the dancing should be performed. Apparently some eager dancers could not wait to show their own familiarity with the Dance Muse Terpsichore and became impatient with all the "interruptions". Well, we were trying to respect the fact that Sokol is not only a "gymnastic" organization but a cultural one, too. Of course, we listen to "Vox populi" and will discuss possible changes at our meeting. Thanks to all who handed in comments and suggestions.





Sister President, Jarka Dusatko listed all our activities during the past year and outlined our plans for 2014, when we shall celebrate 110th anniversary of founding of Sokol San Francisco Unit. Drawings for raffle elicited some exited reactions by the lucky winners. Have you noticed how our gatherings bring together four generations? The title of the oldest participant goes to Ms. Vera Horn, well in her nineties. And it was our Vice President, Georgina Teyrovsky, who brought in three generations of her family. I was very impressed seeing the young ladies, used to contemporary music by Miley Cyrus and Lady Gaga, expertly dancing the polka.

A lot of work goes into planning and organizing an event like this. We owe our gratitude to members of the Board who spent time and effort to make our parting with the Old Year as pleasant as possible. Mainly, but not only, thanks to Sisters & Brothers: Jarka Dusatko, Zelka Zivny, Jaru Jancarik Paul Burda, Milos Zivny and Jiri Jancarik. You see them in action during the dance, at the welcome desk, selling raffle tickets and distributing the prices. But most of the work is done long before and in the background. Thanks!

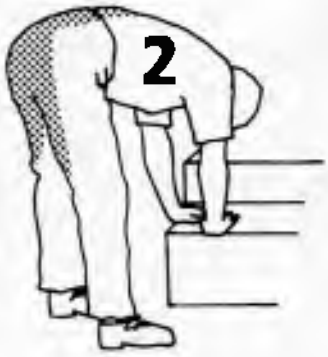
We wish you all a happy & healthy New Year 2014 and we shall meet, again, at the Sokol's March dance.

Zdenek Vernak

Stretches for those OVER 60 Here is series of stretches to help restore and maintain flexibility.



10–30 seconds



10–15 seconds



10–20 seconds
each leg



10 seconds
each leg



15–20 seconds



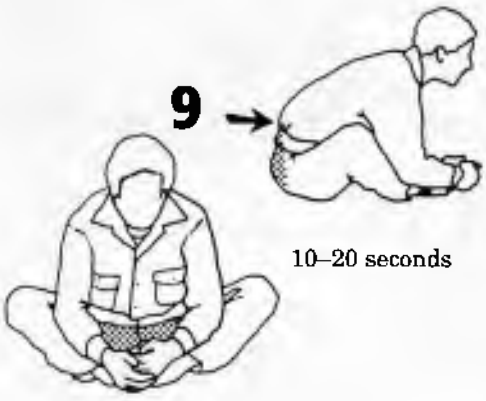
8–10 seconds
each arm



10–15 seconds



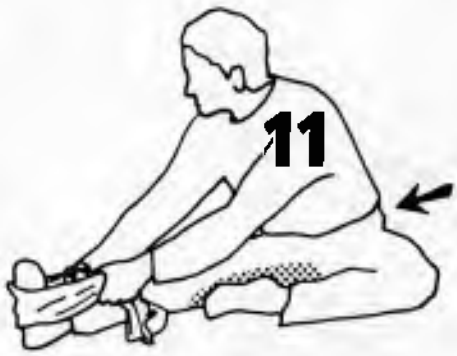
10–15 seconds



10–20 seconds



10–20 seconds
each leg



10–15 seconds
each leg

From book:
Stretching by Bob and Jean Anderson

AMERICAN SOKOL CORNER

XXth American Sokol General Convention - April 24-27, 2014

Selection of Delegates:
Each Unit shall be entitled to one (1) delegate for the first one hundred and fifty (150) members or fraction thereof and an additional delegate for each one hundred (100) members or fraction thereof. Unit delegates and alternates to the Convention are elected from its membership at the Unit Annual Meeting preceding the Convention. The number of delegates a Unit is entitled to according to the Bylaws is based on Unit membership as of the third (3th) quarterly report of September 2013.

Qualifications:
Units sha!l see to it that as far as possible the delegate shall have a practical knowledge of the Sokol program and the American Sokol Organization Constitution and Bylaws, is a member in good standing and has been an active member at least two (2) years prior to the Convention. The two (2) year requirement shall be waived if the membership was approved as a transfer from the junior class. A Unit may be represented by a member of another Unit in the same District. Delegates representing more than one (1) Unit or acting In more than one (1) capacity shall be reimbursed only once.

Voting:
Each Unit shall be entitled to one (1) vote for each ten (10) members (excluding associate members). The votes may be cast by one (1) delegate or may be divided equally among several delegates as directed by the Unit. (A fraction of more than five (5) members shall be entitled to (1) vote). The number of votes per Unit shall be determined on the basis of the Membership of the third calendar quarter of the year preceding the Convention and the payment of au required dues and contributions prior to the Convention.

Dues:
In a Convention year, dues must be received by the American Sokol by the end of April or 30 days prior to the start of the Convention, whichever confes first. Therefore, the 2014 Unit dues are to be received at the American Sokol office no later than March 24,2014.

Due to the change in the dues payment structure from the prior convention,

the Board of Governors met to discuss, clarify and decide how the delegate count and the payment of membership dues were to be handled for the 2014 Convention. Below are the dues reporting and payment requirements for the 2014 Convention that was voted on by the Board of Governors:

2013 3rd Ouarter report - To determine the number of delegates a Unit will get at the convention, the Unit must submit a quarterly membership report for the 3rd quarter 2013 to the National office no later than October 31, 2013.

2013 4th Ouarter report A Unit must submit a 4th quarter 2013 membership report to the National office no later than January 31, 2014.

2014 1st Ouarter report - A quarterly membership report and annual dues payment for the 1st quarter of 2014 will neeed to be received in the National office no later than March 24, 2014 (instead of April 30).

For this convention year only:
The 1st Quarter 2014 annual dues report will be based on membership numbers of March15, 2014.
The 2014 annual dues payment and the 1st Quarter 2014 report for both membership and convention will need to be received in the National office no later than March 24,2014.

INFORMATION CORNER

Continue from Vestnik Fall 2013

Hidden Toxins in Vitamins and Health Foods! By Mike Adams, Natural News

When it comes to mineral supplements, you'll often find trace levels of scary things like barium and lead in liquid supplements, but these are typically at such low levels (ppb) that they are no real concern.

But the No. 1 best source for all minerals is, not surprisingly, fresh plants. If you really want to boost your minerals, feed 'em to sprouts or garden plants, then eat or juice those plants. Your body wants "organic" minerals from plants, not inorganic minerals from rocks.

6. Carrageenan

The Cornucopia Institute recently published a warning about carrageenan in foods. Cornucopia says carrageenan is linked to "gastrointestinal inflammation, including higher rates of colon cancer, in laboratory animals."

It goes on to report:

Given its effect on gastrointestinal inflammation, Cornucopia urges anyone suffering from gastrointestinal symptoms (irritable bowel syndrome/IBS, spastic colon, inflammatory bowel disease, chronic diarrhea, etc.) to consider completely eliminating carrageenan from the diet to determine if carrageenan was a factor in causing the symptoms.

For the record, I definitely don't consider carrageenan to be anywhere near as worrisome as, say, aspartame, GMOs or MSG.

7. Acrylamides are cancer-causing chemicals produced during the cooking of carbohydrates. Fried snack chips, for example, contain acrylamides. They don't have to be listed on labels because they are technically not "ingredients." They are chemicals produced during cooking or frying. Consuming acrylamides increases kidney cancer risk by 59 percent.

The FDA has published an extensive reference guide on acrylamide levels in foods, revealing that french fries have the highest levels of all. But they are also present in prune juice and even breakfast cereals.

A bag of organic snack chips can have just as many acrylamides as a bag of conventional snack chips. This is why fried snack chips should be eaten only sparingly, or never at all.

Interestingly, it turns out that vitamin C blocks acrylamides from causing damage to your body. But if your vitamin C is from a GMO source (see above), you may want to rethink that strategy. Natural citrus juice, rose hips or even camu camu berry powder is a much better choice of natural, full-spectrum vitamin C.

If you eat fried foods of any kind, make sure you ingest a lot of vitamin C, astaxanthin and chlorella before and after your meal or snack.

8. Hidden MSG / Yeast Extract

Hidden MSG is a huge issue across the natural products industry. Pick up almost any veggie burger, and you'll find it's made with yeast extract, a hidden form of MSG (monosodium glutamate).

Yeast extract is unbelievably prevalent in the food industry because it looks nicer on the label than "MSG." Most people are trained to avoid MSG, but yeast extract slips by, so food manufacturers put it into canned soups, dip mixes, snack chips, microwave dinners and especially in vegetarian products, many of which are so loaded with chemicals and additives that I won't dare touch them. Just because a food says "vegetarian" doesn't mean it's healthy.

Hidden MSG is also labeled as "autolyzed yeast extract" or "torula yeast" or even "hydrolyzed vegetable protein."

9. Fluoride in Green Tea

Green tea is famous for being contaminated with high levels of fluoride. This is frustrating, because green tea is phenomenally good for your health. It has been proven to lower "bad" cholesterol levels, and it may even help prevent cancer and neurological disorders. It's probably one of the healthiest beverages you can ever drink.

Most importers, packers, vendors and retailers of natural products foolishly trust the lab results provided by the manufacturers and exporters!

So a typical U.S. company that sells, for example, pomegranate powder on the internet may never conduct their own tests for lead, mercury, cadmium, arsenic and aluminum. They will simply take the lab tests provided by the manufacturer and consider those to be absolute fact!

This is extraordinarily foolish. Growers and exporters routinely lie about their lab tests in order to pull the wool over the eyes of importers, formulators and retailers. The lab tests are easily faked or simply bought off in their home country. Contaminated products can be easily sold and exported because the FDA doesn't routinely check imported raw materials for heavy metals contamination.

But I also know of smaller retailers who absolutely do not test anything and are far more interested in moving boxes than knowing what's really in them. I also know that some operations are claiming to sell "organic" products even though they do not have any kind of organic certification, and that's an irresponsible practice that should be rectified. (Look for the USDA organic logo when you buy "organic" products. If they don't have the logo, they aren't really organic.)

So once again, buyer beware. You need to be asking for lab test results on anything fromChina, and it's good to ask for them on just about everything else as well.

Source Link: http://www.naturalnews.com/...

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Dancing Prevents Dementia, Say Researchers By Sylvia Booth Hubbard, shorted by the editor.

The findings of a long-term study at the Albert Einstein College of Medicine, which showed that ballroom dancers reduce their risk of dementia by 67 percent.

Much ado has been made about studies showing that intellectual activities such as reading, writing, and doing puzzles protect against Alzheimer's. But the new study found that those pursuits lowered risk by 47 percent — substantially less protective than dancing.

Sidestepping Mental Decline

Experts believe this is because dancing combines intense menta! and physical activity.

"Dancing is a complex activity" said researcher Dr. Joe Verghese of Einstein College. "You have to remember the steps and how to dance them, you have to move in time with the music, and you have to adapt to the actions of your partner'

Fitness expert Pamela Peeke, M.D., says that dancing is a vastly underrated way to preserve brain health. "Many people don't think of dance when they think of staying mentally sharp, but they should", she tells Health Radar. "Dance increases blood flow to the brain.

The key is engaging in an activity that combines bursts of intense exercise with periods of moderate exercise. That's exactly what dancing is.

«Most people find that dancing is a lot more fun than walking on a treadmill' says Purcell St. Thomas, an internationally recognized ballroom instructor.

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Washington DC Streetcar – New Light Rail System in Washington DC, By Rachel Cooper

Washington DC's public transportation will soon be expanded with a new streetcar system - a 37 mile, 8 line light rail. The DC streetcar will utilize overhead wires on the first two lines and move to wireless operation as the system expands. The first line, the H Street/Benning Road line, is expected to open in early 2014.

The District of Columbia has purchased modern streetcars manufactured by **Skoda-Inekon in Plzen of the Czech Republic**. The cars are able to operate in mixed traffic and easily accommodate existing curbside parking and loading. The vehicles are currently being stored, maintained and tested at the Metro Yard in Greenbelt, Maryland.

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Němcovský - New York City

A homeless man who came to New York City to find work woke up Saturday poor and despondent.
But by the day's end the 53-year-old father-of-two was on his way back to his native Czech Republic thanks to a group of selfless strangers.
Jaroslav Němcovský flew from his home outside Prague to Orlando, Florida, in September but lost his job and traveled to Manhattan in a desperate bid to find work. Once there however, things only worsened for the already down-on-his-luck immigrant when he was robbed after falling asleep charging his cell phone at Port Authority.
With no money, no passport and no shoes, Němcovský thought he would die on the harsh, and increasingly wintery, streets of the Big Apple. But all that changed when Brandon Levithan, owner of clothing company Thread Society, and his friends came across him sitting solemnly in Union Square last weekend.
"He was robbed of his phone, his passport. He had $1,000 — they even took his shoes," said Levithan. "He said he went to police for help and they laughed at him." Němcovský was able to get a new passport from the Consulate General of the Czech Republic in the city, but no other help in getting back home. Unfortunately, he depended on help from American public charity of private people paying for him his hotel, living expenses and one way ticket back to Czech republic.

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US suspect can be extradited to Czech Republic

ALEXANDRIA, Va. (AP) — A judge ruled Thursday that a California man wanted by the Czech Republic in the killings of four members of his extended family can be extradited to face murder charges.
Kevin Dahlgren, 21, has been in U.S. custody since May 23, when he was arrested at Dulles International Airport after returning to the U.S.
Czech authorities suspect that Dahlgren killed the four extended family members — Martin Harok, Veronica Harokova and their children Filip and David Harok — in their home in the city of Brno. Dahlgren had been staying with them for a few weeks before they were killed.
The four were found dead with various stab wounds. Three of the four bodies showed evidence that someone had tried to set them on fire.
Dahlgren's lawyer, Theodore Simon, tried to suppress some of the evidence against his client at an extradition hearing Thursday in U.S. District Court, arguing that it came from an invalid search warrant.
For instance, he tried to submit evidence that Martin Harok's cellphone records show that the phone was in multiple locations after his death, and that Dahlgren was not the one who possessed it.
Simon also tried to point out what he saw as inconsistencies in authorities' theory of the case.
But U.S. Magistrate Judge Ivan Davis said the search warrant was valid and that extradition law requires prosecutors to prove only probable cause, a relatively low standard.
Prosecutor Patricia Haynes said the evidence far exceeds the standards needed to support an extradition.

CZECH CORNER

Jiří Suchý - Stáří versus mládí

Čas letí jako spřežení
Nad kterým práská bič
Člověk se párkrát ožení
A hned je mládí pryč
Píseň krále Jindřicha VIII. ze hry Šest žen

V posledních dnech mi neušel incident Bohuslava Sobotky kontra starší uchazeči o prezidentský úřad. Určitě víte, co mám na mysli. Pan Sobotka si trochu nešťastně zažertoval na konto jejich pokročilého věku, nejspíš si neuvědomil, že velikou část voličů jeho strany tvoří právě senioři. Od politika to nebylo počínání příliš obratné, ale o to mi vlastně nejde. Celá ta aféra mi připomněla jakousi rivalitu, která vládne mezi stářím a mládím. Sám se s ní občas setkávám, aniž by to nechalo nějakou stopu v mé duši, ale hlavou mi táhnou myšlenky, to jo. Jak ono to vlastně je?

"Stáří je nepěkná vlastnost. Kolik významných lidí jsem před ním uchránil a nakonec jsem sám do toho vletěl", říká král Jindřich VIII. ve hře Šest žen na adresu těch, které nechal popravit. Když jsem psal tuhle větu, bylo mi sedmadvacet. Už tenkrát jsem tušil, že stáří není to, nač bych se měl těšit. Římané výstižně nazvali nachýlené stáří slovy curva senecta. Ve svých mladých létech jsem sice věděl, že, budu-li mít štěstí, tak se svého vlastního stáří dožiju, ale představa jaké to bude, se mi tehdy nedostavila. Dneska už to vím. A taky vím, že ve svém okolí potkávám dvojí druh mladých lidí: jedni mě zahrnují úctou, kterou abych pochopil, musím si nejdřív uvědomit, kolik že mi to vlastně je, druzí na mě hledí jako na něco, co už nemá na tomto světě co pohledávat.

Jako příklad mi vždycky napadne onen případ Kofola. Když jsme otevřeli Semafor v Dejvicích, řekl jsem si, že by se tam v bufetu měla prodávat Kofola. Byl to nápoj mého mládí a tak se mi zdálo, že v divadle, které se honosí svým tradicionalismem, by se to hodilo. V Semaforu se tedy začala prodávat Kofola. Jednoho dne se mi udělal nápad: na závěr sezóny uskutečnit jakousi přehlídku her, které onoho roku vznikly - byly čtyři - a po čtyři dny tohoto malého festivalu zahrnovat diváky drobnými pozornostmi. Nakreslil jsem drobné grafiky, které jsme dali divákům na památku, po představení jsme nabídli zájemcům debatu s účinkujícím, a pak nás taky napadlo požádat firmu Kofola o sponzorský dar - o přestávce nabídnout divákům jménem této firmy sklenici Kofoly zdarma.

Na náš zdvořilý dopis se dostavil do divadla mladý muž, který vlastně ani nevypadal jako pako. Pohovořili jsme, prošel si divadlo, a pak nám napsal stručný e-mail, že radši dá ty Kofoly mateřské školce než nám. A vzkázal nám, ať si požádáme o sponzorování výrobce umělých kloubů. Uvědomil jsem si, že je to vlastně nepřítel. Od těch dob se prodává v Semaforu Coca cola - firma, která nám dodala chladicí zařízení a navíc i finanční podporu. Znovu za ni děkuju.

A Kofole děkuju za to, že mě přiměla se zamyslet nad absurdní situací: na jedné straně se mně dostává ze všech stran pocť, jakými zahrnuje slušná společnost různé tvůrce v pokročilejším věku, a tak mám na kontě státní vyznamenání od prezidenta republiky, čestná občanství od starostů, čestné doktoráty od univerzit, síně slávy, Thalii a řadu jiných pocť, a na druhé straně setkání s mladým ambicióznim mužem, který toho nejspíš zas až tak moc nedokázal, a ten mi naznačí, že pro něho jsem nula. A ty umělé klouby mě ujistili, že jde o generační rozpor. Prostě mu vadí, že nejsem mlád. A pokročilý věk je mu odpornej. Protože mu však nechci odplácet zlé zlem, přeju tomuto mladému muži, aby se toho hrozného stáří nedožil.

Začal jsem srovnávat své mládí s mládím dnešním a samozřejmě tak, aby to mé z toho vyšlo líp. A musím říct, že nelituju toho, že jsem upínal své zraky k předešlým generacím. Mou inspirací byla dvacátá léta, která jsem v létech padesátých objevoval a hltal. Vzhlížel jsem k Nezvalovi, k Seifertovi, k V+W a kdyby mě některý z nich požádal o basu Kofoly, ochotně byl mu ji přinesl na rameni (auto jsem ještě tehdy neměl) a cestou bych se zajíkal štěstím, že je mi něco takového dovoleno. A tenhle obdiv k předcházející generaci jsem pak vlastně zúročil ve své práci.

Onehdy se ozval mladý sebevědomý muž, který mě vyzval, abych mu přenechal Semafor, včetně loga, za symbolickou jednu korunu a ustanovil ho ředitelem. On že pak dá Semaforu zcela nový ráz, a hned mi poslal na ukázku divadelní hru své přítelkyně. A všechno to myslel vážně. Zřejmě usoudil, že starý = blbý. Chudák. Netušil že to může být i naopak.

Smutná zpráva zasáhla Divadlo Semafor. zemřel jeden ze zakladatelů divadla, hudebník Ferdinand Havlík,

Ferdinand Havlík byl český klarinetista, hudební aranžér a skladatel, kapelník, dirigent divadelního orchestru, příležitostný filmový herec a spoluzakladatel Divadla Semafor. Jedná se o dlouholetého hudebního aranžéra a kapelníka Orchestru Divadla Semafor, spolupracovníka pana Jiřího Suchého a Jiřího Šlitra a Evžena Jegorova. Je autorem hudby nejúspěšnější hry Semaforu, "Kytice."
Pan Ferdinand Havlík byl výborným swingovým a jazzovým klarinetistou, který se velmi dobře uplatňoval i jako sólový hráč.

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Zemřel zpěvák Pavel Bobek
Po dlouhé nemoci zemřel 20. listopadu 2013, 12:31 v Praze zpěvák Pavel Bobek. Bylo mu 76 let

Pavel Bobek patřil k významným českým hudebním osobnostem, zajímal ho především klasický rokenrol a country. Na vrcholu byl v 60. a 70. letech minulého století. Vystupoval téměř až do smrti.

Vystudoval Fakultu architektury a pozemního stavitelství ČVUT v Praze, kde byli jeho spolužáky Jan Kaplický, Petr Nárožný a Eva Jiřičná. Už tehdy vystupoval s fakultní skupinou Fapsorchestra.
Po krátké spolupráci se skupinou Olympic (1963–1965) začal vystupovat s Country Beatem Jiřího Brabce a stal se také členem Semaforu.

Ke slavným patří např. písně Oh Ruby, nechtěj mi lásku brát (Ruby, Don't Take Your Love To Town), Veď mě dál, cesto má (Take Me Home, Country Roads), Stůj, klidně stůj (Coward Of The County), Pojď dál a zpívej (Lay Down Beside Me), S tím bláznem si nic nezačínej (Don't Fall In Love With A Dreamer), velmi úspěšný duet s Marií Rottrovou.

Téměř kultovní pozici má u mnohých posluchačů balada Pojď stoupat jak dým (Don't Bogart That Joint My Friend), kterou si filmoví diváci pamatují v originále z filmu Easy Rider (Bezstarostná jízda).
Bobek obdivoval amerického zpěváka Johnnyho Cashe, se kterým se roku 1978 osobně setkal a zazpíval.

Stanislav Dvořák, Novinky, ČTK , kráceno.

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LAUGHING CORNER

Ivan Mládek - „O impotenci"

Nechápu muže, kteří si dělají vrásky se slábnoucí potencí. Nepochopili asi, že teprve s impotencí začíná muž naplno žít. Začne být moudrý a rozvážný, nepředvádí se trapně před ženami rychlou jízdou, vtahováním břicha, či jinými adrenalinovými sporty. Neztrácí většinu drahocenného času trapnou honbou za uspokojením té jedné, jediné "živočišné potřeby" a začíná se plně věnovat smysluplným činnostem...
Největší vynálezy, objevy, světová literární a hudební díla a nesmrtelné obrazy stvořili muži, které už nezajímaly ženy. Již impotentní Pythagoras, Edison, Smetana, Leonardo da Vinci, Prokop Diviš, Mendělejev. a další odkázali lidstvu takové hodnoty, které by, zmítáni pohlavním pudem, těžko vytvořili. Nebýt mužské impotence, nebyl by pravoúhlý trojúhelník, žárovka, Prodaná nevěsta, Mona Lisa, hromosvod, tabulka chemických prvků, teorie relativity, Jožin z bažin... a jiné klenoty...
A i když se jako impotenti nestanete světovými velikány, sklidíte minimálně plody, které vám zkvalitní život. Před manželkou se už kvůli své pudové potřebě nemusíte nedůstojně ponižovat luxováním, utíráním nádobí, či věšením záclon... a nebo v opačném případě, vás už manželka neobtěžuje, protože ví, že loudit styk nemá smysl. A taky vás už bez obav kamkoliv pustí... a ani jí nevadí, že třeba přespíte u kamaráda nebo ve chlívku s kozou...

Blahoslavena budiž impotence..!

How we have paid our dues for Year 2014

First Name	Last Name	F	M	2014
Tami M.	Bannister	1		P
Daniel	Botcha		1	P
Jana	Botcha	1		P
Patti	Buckley	1		P
Paul A.	Burda		1	P
John	Cambus		1	P
Vladka	Cambus	1		P
Bill	Cervenka		1	N
Evelyn	Cheever	1		N
Stanley	Cheever		1	N
Dagmar	Crichton	1		N
Frank	Dlask		1	N
Jarmila	Dlask	1		N
Jaroslava	Dusatko	1		P
Milan	Dusatko		1	P
Shirley A.	Gangelhoff	1		P
George	Goupille		1	P
Vera	Goupille	1		P
Stephan	Goupile		1	Pr
Vera	Horn	1		Pr
Bohumila	Janac	1		N
Jarmila	Jancarik	1		P
Jiri	Jancarik		1	P
Joan	Kemr	1		N
Eva	Kryska	1		P
Jiri	Kucera		1	N
Alex T.	Livingston		1	P
Daniel T.	Livingston		1	P
David	Livingston		1	P
Helenka	Livingston	1		P
Victor	Machacek		1	N
Frank	Miksa		1	N

First Name	Last Name	F	M	2014
Ludvik	Mlynek		1	N
Ludmila	O'Donnell	1		N
Teresa	O'Donnell	1		N
Alena	Picha	1		P
Frank	Picha		1	P
Milan	Prejda	1		N
Regina	Prejda		1	N
Zdena D.	Rashkin	1		N
Jaroslav	Rosicky		1	N
Michelle	Ruff	1		N
Dagmar	Rus	1		N
Marta	Sehnal	1		P
Albert	Sieber		1	N
Libuse	Sikl	1		P
George I.	Skoda		1	N
Marcelle	Skubna	1		N
Karel	Snajberk		1	N
Barbora	Soltys			N
Pavel	Soltys		1	N
Henry J.	Sredl		1	N
Walter	Strach		1	N
Jindra	Strolena	1		N
Ivan P.	Sturman		1	N
Georgina	Teyrovsky	1		P
Helena	Vernak	1		P
Zdenek	Vernak		1	P
Milos	Zivny		1	P
Zelka	Zivny	1		P
Ashka	Zrzavy	1		N
Lada	Zrzavy		1	N
TOTAL	61	31	30	

N
Have not pay

P
Paid

Pn New member

Pr Reinstated Member

F female

M male

Veselá bilance,

Josef Fousek

Proč roky počítat, znát je to na ksichtu,
dlouho jsem důchodcem, nechodím na šichtu.
Kostra mi rachotí, jak starej žebříňák,
už ženský neříkaj, jakej jsem kabrňák.

Bejval jsem sokolem, metal jsem kozelce,
teď chroupu brambůrky a prdím při telce.
V pyžamu naruby, oknem zřím do kraje
a je mi šumafuk, kdo volby vyhraje.
Do hrnku ukládám, svý zuby umělý,
nebudu dál si lhát, mládí je v prdeli.