VĚSTNÍK

A newsletter of
Sokol San Francisco
http://www.sokolsf.org

SPRING
2015



American Sokol
Sokol San Francisco





GYMNASTIC ASSOCIATION

SOKOL SAN FRANCISCO INC.

Educational-Social and
Non-profit Cultural Organization

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Sokol Board
and
Members Meeting

is held every second Tuesday each month at 1:30 PM
(except July & August)
in
Baywood Court,
21966 Dolores St., # 243
Castro Valley, CA 94546.

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

"When deeds speak, words are nothing " . Pierrre-Joseph Proudhon

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

New Members: Milena Harvey, Gabriela Cerna Jana Santens, Dana Chapman, Thomas Rajspic
Reinstated Members: Milan Prejda, Regina Prejda
Deceased: Frank Miksa
Moved out of Bay Area: Jindra Strolena,

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Donations 2015: Total: $303

M.Prejda, R.Prejdova $8;D.Crichton $24; V. Machacek $20; H. Sredl $25; L. Sikl $14; H.Vernak $28; G. Skoda 14; G. Teyrovsky $48; K. Snajberk $64, F. & B. Cuda $40, F & J. Dlask $13, J. Kucera $5

Thank You for your Donation, keeps Sokol San Francisco running

Brothers and Sisters:

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

We would appreciate your 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.

Paul A Burda, Sokol Financial Secretary

WHO HAVE NOT PAID DUES FOR 2015 YET

Vera Horn, Bohumila Janac, Ludvik Mlynek, Bernie Pecinovsky, Zdena D. Rashkin, Marcelle Skubna, Ivan P. Sturman

Dear Sokol Unit Members, we did not hear from you. It came to our attention that your membership dues 2015 are still pending and they are two months overdue.

We are sorry to inform you that this would be your last Vestnik, unless you'll send your payment as soon as possible.

Thank you.

Payment Dues 2015

SEND WITH YOUR PAYMENT	**KEEP FOR YOUR RECORDS**
2015 Dues are $36, late fee $5 after 1-31-15. **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 2015** **Date: .....** **Check No:.....**

Planed Activities for Year 2015

The dates of Walks for Health are approximate, might be changed.

DATE	ACTIVITY	LOCATION
March 14, Saturday	Walk to T.G.M. bust(with Czech School)	Golden Gate Park, San Francisco
April 4, Saturday	Spring Dinner- Dance	Crowne Plaza Hotel, Foster City
April 18, Saturday	Walk for Health	Sam McDonald County, Peninsula
June 6, Saturday	Picnic	Lake Chabot Park
July 19 -26	Family Camp	Dinkey Creek
September 12, Saturday	Picnic	Lake Chabot Park
September 26, Saturday	Walk for Health	Redwood Reg.Park, Oakland Hills
October 10, Saturday	Old Timers Lunch	Not set yet
November 21, Saturday	Walk for Health	San Francisco Presidio
December 5, Saturday	Annual meeting	Crowne Plaza Hotel, Foster City
December 26, Saturday	Dinner-Dance End of the Year	Crowne Plaza Hotel, Foster City

Accomplished Activities for Year 2014 please see www.sokolsf.org

Czech School of California

I would like to share a little bit about the Czech School of California from my own experience. This past semester I became a volunteer at Novato kindergarten where we have six children from four to five years old. These kids are so bright, sweet and funny and the teacher, Helena, arrives perfectly prepared for every class with different projects to keep them interested. After every class they take their creative work home to show their parents.
There receive slunicka (suns) for good behavior, mraky (clouds) for not listening and blesky (lightning) for behaving badly. You should see how quickly they try to change the "lighting" into the" suns". We play some games too and I am learning all of the children's songs again!
I am happy that Sokol is a sponsor of the Czech school in California. On a personal note, my involvement with the school has given me a new purpose and meaning to my retired life.

Jana Botcha.
February 2015.

Walks are here for you

Our Sokol members have to be very healthy this winter. So healthy that they do not need to come and walk for their health. Let's hope that all of you who are not coming for our Walks do something else, some other sport activity. Do you remember how difficult it is to start exercise or walk again, after a period of inactivity? Your hips, your knees, whole your body is begging you to keep moving, to swim, dance, exercise or just simply walk. How much do you usually gain every winter, two pounds, five pounds? The weight goes up so easily, to get it down is much worse as we all know. So do something about it and you do not have to be hungry, eat enough of good, healthy food and keep moving.
At the end of February you have missed a good walk and a wonderful opportunity to see the best collection of Victorian houses in the East Bay. The Golden Coast of historic Alameda is an architectural gem and it was a pleasure to walk there in the gentle February sun. We are so lucky here in California that we can enjoy outdoor walks and activities all year round, with no frost, no snow storms, no blizzards, hitting the other parts of the country. So let us use the great weather and a good Sokol company on our walks.

Zelmira Zivny

Sokol Family Camp

Pacific District of the American Sokol Organization Invites you to its annual Sokol Family Camp, July 19-26, 2015

Location: Camp Fresno, Jr., at Dinkey Creek in the Sierra (about 50 northeast of Fresno/13 miles east of Shaver Lake

We provide: Lodging in communal dormitories and 3 cabins (**reserved for families with small children**);
Large communal fully-equipped kitchen, walk-in cooler, freezer; large barbecue,
hot showers, flushing toilets, 2 fire rings, dining/recreation hall

Campers bring: all bedding, all food, personal items
Campers prepare their own meals & do own cleanup, all campers participate in maintaining a clean camp

Activities: hiking, fishing, sightseeing, swimming (waterholes on Dinkey Creek & at nearby Shaver Lake), mushroom hunting, games and treasure hunt for children. Group hike to Dinkey Dome.

Fees are yet to be determined but will be in the $100-$120/person/week range for non-members, lower for Sokol members. Space is limited, reserve yours soon!

Sign up for more information or contact:
Otto Notzl: otto.notzl@yahoo.com (714) 785-9929
Yvonne Masopust: pacificdistrictsokol@gmail.com (805) 964-8488

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Save the date, Saturday April 4, 2015, Sokol San Francisco Dinner and Dance

Crowne Plaza Hotel, Foster City Joe Domitrowich's Capricio orchestra music,
Delicious dinner, Free bar, Raffles with a surprise, Good old fun.
A formal invitation follows. All Sokol members, friends and guests are welcome .

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AMERICAN SOKOL CORNER

How to easily be fit

As you already know – my purpose is to give you quick, practical and very useful tips.
This newsletter issue is NOT about a specific leadership skill per se, but it is about a foundational requirement to be a great leader – meaning – to be physically fit.
Fitness is a prerequisite to great leadership.
It is way easier to do a great job as a leader when you are physically fit than when you are not.
Enough said. But – how do you know if you are fit or not?
There are several, different and complicated measures of fitness – such as cardiorespiratory endurance, muscular strength, muscular endurance, flexibility – and body composition.
But since I know you are EXTREMELY busy – I am going to give you a quick, easy and effective way to find out whether you are fit or not. And if you find out you are NOT fit, I am going to tell you – in simple terms – what it is that you can do, in order to be physically fit.
If you exercise (doing any exercise) in such a way that you make your heart beat within your target zone during physical activity, for a minimum of 20 consecutive minutes non-stop – and you do this at least three times a week – then, you are fit. Simple – isn't it?
Now – for those of you who don't know what I am talking about – please let me explain.

Allow me to tell you exactly the same thing – but in different words ...
First – You want to figure out your maximum heart rate.
You find your maximum heart rate by subtracting your age from 220.
For example – if you are 40 years old, you subtract 40 from 220, which equals 180.
180 is your maximum heart rate.
180 is 100% of your heart rate.
180 is the maximum number of heartbeats that your heart can make in one minute.
I repeat: Your maximum heart rate is the maximum number of heartbeats that your heart can make in one minute.
So far so good – right?
But before you continue reading – go ahead and figure out first, your own maximum heart rate. It will be much easier for you to understand the rest of this article if you do.
Did you already figure out your maximum heart rate?
Good – let's continue then ...
Second – You want to figure out your target zone during physical activity.
Going back to our example – if you are 40 years old, then your maximum heart rate is 180, right?
Your target zone during physical activity is between 60% and 90% of your maximum heart rate.
All you do to figure out your very own target zone is to multiply your maximum heart rate by .6 and then by .9
Which means that – if your maximum heart rate is 180, then your target zone is between 108 and 162 heartbeats per minute.
108 heartbeats per minute is the bottom of your target zone – and 162 heartbeats per minute is the top of your target zone during physical activity (if you are 40 years old that is).
It is NOT recommended at all, that you push your heart to beat above the top of your target zone (above 90 percent of your target zone).
Even people who exercise regularly and who are in top physical fitness seldom make their hearts beat beyond the top of their target zone.
OK – before you go on reading – please figure out first, your very own target zone.
As I already said, this article is much more practical and applicable to you – if first – you come up with the 60% and 90%of your maximum heart rate.

If you maintain your heart making at least 108 heartbeats per minute for at least a period of 20 consecutive minutes non-stop – and IF you have these 20-minute periods at least three times a week – then you are physically fit.
You may do any exercise you enjoy – but the key is to maintain your heart beating at a rate within your target zone for 20 consecutive minutes non-stop – three times a week.
If you do this consistently – week after week after week – as a habit and as part of your lifestyle: you are physically fit.
20 minutes three times a week adds up to a total of 60 minutes a week.
That is one hour a week in order to be fit.
I know you are extremely busy – we all are – but one hour a week is VERY doable in order to be physically fit – isn't it?
Besides the obvious physical benefits of being fit – like increased muscular strength and endurance, cardiorespiratory strength and endurance, flexibility, etc., in one word: feeling and looking much better – besides all of these benefits – when you are physically fit, you are better able to do your job as a leader, regardless of your circumstances.
The physical, emotional and intellectual benefits of being fit far outweigh the 20-minute investment of your time – don't they?
Conclusion:
No matter what exercise you choose to do, if you really want to be physically fit – all you have to do is make your heart beat within your target zone, at least for 20 consecutive minutes non-stop, at least three times a week – week after week after week – as a habit and as a part of your lifestyle.
This is only one hour of your time in one entire week. **There are no excuses – are there?**
Joseluis Romero – Publisher www.Skills2Lead.com February 3, 2014. Copyright: All rights reserved,

(adjusted for Unit Vestnik).
Submitted by Lynda Filipello ASO

INFORMATION CORNER

Před 70 lety rozbombardovali spojenci omylem Prahu, zemřelo 700 lidí
Podle: EuroZprávy.cz / mh / Mfx Praha

Se sílícími nálety spojeneckých vojsk na průmyslové srdce Německa na sklonku druhé světové války se i Praha stala legitimním cílem bombardování. Pražané ale podléhali víře, že se hlavní město cílem bombových útoků nestane. O to větším šokem pro ně byl 14. únor 1945, kdy Praha zažila nejhorší nálet nejen v průběhu druhé světové války, ale i v celé své historii. Metropole byla bombardována nejspíš omylem, podle historika Michala Plavce si spojenečtí piloti Prahu spletli s Drážďanami. Mohla za to navigační chyba a špatné počasí.
Byl to omyl nebo záměr? Přesně 70 let se Češi přou o pravý důvod náletu na Prahu, který se odehrál 14. února roku 1945. Americké bombardéry tehdy během necelé hodiny na českou metropoli shodily 152 tun bomb. Následky byly tragické, zemřelo 701 lidí a téměř 1200 tisíc 200 jich bylo zraněno. Mezery po zřícených domech se zacelovaly ještě půl století po konci války.Část pum dopadla na Radlice a Pankrác, nálet ale nejvíce poškodil Podskalí, Nové město a Vinohrady. Paradoxní je, že americké bomby 14. února zlikvidovaly monumentální vinohradskou synagogu. Po válce na jejím místě vyrostla architektonicky nevýrazná základní škola."Nejtragičtější je bezpochyby zásah Emauz, které byly z velké části zničeny, včetně původních gotických maleb," uvedl historik Richard Biegel.
Definitivní počet mrtvých byl znám až v roce 1971. Tehdy stavbaři ve druhém podlaží sklepa tohoto domu na Vinohradské třídě objevili ještě 23 lidských těl."Záchranáři v pětačtyřicátém roce. Neprohledali to druhé sklepení, kde byli schovaní právě tito lidé, a ti byli tím pádem odsouzeni k pomalé smrti udušením," řekl letecký historik Jiří Rajlich.Pohřeb obětí se konal na tehdejším Říšském náměstí, dnes náměstí Míru. Rétoriku nacistů, že šlo o cílený útok Američanů na civilisty, po válce s úspěchem převzali komunisté. Historikové se ale kloní k tomu, že se posádky bombardérů opravdu spletly už nad Plzní."Domnívali se, že jsou někde nad Cvikovem nebo nad Saskou Kamenicí a nabrala kurz podél železnice na Prahu, myslel, že letí na Drážďany," popsal Rajlich.Na vybombardovaných parcelách pak vznikly často jedinečné stavby - nové věže Emauzského kláštera nebo Tančící dům. Letos v květnu má být na Karlově náměstí odhalena pamětní deska obětem náletu ulitá ze zbytku jedné z bomb, které před 70 lety v Praze zabíjely.



Zde je účet tohoto pouze asi čtyřminutového náletu?
Celkem 701 mrtvých, 1184 raněných, 93 domů zcela zničených, 190 budov utrpělo těžké a 1500 lehké poškození. Bez přístřeší zůstalo na 11.000 Pražanů. Pumy se nevyhnuly ani památkám, jako byl Emauzský klášter či nedaleký Faustův dům. Nejvíce ale trpěly bloky budov na Vinohradech, kde se některé ulice proměnily doslova v ruiny. Útok 62 amerických bombardérů z osmé letecké armády začal ve 12:24, na město bylo celkem svrženo 152,5 tun pum, z toho bylo 371 tříštivých a 8000 zápalných.

End of World War II in Europe

From Wikipedia, the free encyclopedia
The German instrument of surrender signed at Reims, 7 May 1945
The final battles of the European Theatre of World War II as well as the German surrender to the Western Allies and the Soviet Union took place in late April and early May 1945.

Allied forces begin to take large numbers of prisoners. The total number of prisoners taken on the Western Front in April by the Western Allies was 1,500,000. April also witnessed the capture of at least 120,000 German troops by the Western Allies in the last campaign of the war in Italy. In the three or four months up to the end of April, over 800,000 German soldiers surrendered on the Eastern Front. From early April, the first Allied governed *Rheinwiesenlager* were established in western Germany to hold hundreds of thousands of captured or surrendered Axis personnel. Supreme Headquarters Allied Expeditionary Force (SHAEF) reclassified all prisoners as Disarmed Enemy Forces, not POWs (prisoners of war). By October, thousands had died in the camps from starvation, exposure and disease.

Generals Jodl and Keitel surrender all German armed forces unconditionally on May 8, 1945. The next day, and shortly before midnight signed a similar document, explicitly surrendering to Soviet forces, in the presence of General Georgi Zhukov .

Victory in Europe : Americans awoke to the news and declared 8 May VE Day . As the Soviet Union was to the east of Germany it was 9 May Moscow Time when the German military surrender became effective, which is why Russia and many other European countries east of Germany commemorate Victory Day on 9 May.

German units cease fire : Although the military commanders of most German forces obeyed the order to surrender issued by the High command not all commanders did so.The largest contingent were Army Group Centre under the command of *Generalfeldmarschall* Ferdinand Schörner who had been promoted to Commander in Chief of the Army on 30 April in Hitler's last will and testament . When Schörner deserted his command and flew to Austria; the Soviet Army sent overwhelming force against Army Group Centre in the Prague Offensive , forcing German units in Army Group Centre to capitulate finaly by 11 May (the last did on 12 May).

Germany temporary formed government by marshall **Dönitz was dissolved by Eisenhower** : Karl Dönitz continued to act as if he were the German head of state, but his called Flensburg government in northern Germany was not recognized by the Allies. On 12 May an Allied liaison team arrived in Flensburg and took quarters aboard the passenger ship *Patria* . The liaison officers and the Supreme Allied Headquarters soon realized that they had no need to act through the Flensburg government and all its members should were arrested. On 23 May, acting on CHIEF's orders and with the approval of the Soviets, American Major General Rooks summoned Dönitz aboard the *Patria* .The Allies had a problem, because they realized that although the German armed forces had surrendered unconditionally, CHIEF had failed to use the document created by the " European Advisory Commission " (EAC) and so there had been no formal surrender by the civilian German government. This was considered a very important issue, because just as the civilian, but not military, surrender in 1918 had been used by Hitler to create the " stab in the back "argument, the Allies did not want to give any future hostile German regime a legal argument to resurrect an old quarrel.

Declaration Regarding the Defeat of Germany and the Assumption of Supreme Authority by Allied Powers was signed by the four Allies on 5 June. It included the following: The Governments of the United States of America, the Union of Soviet Socialist Republics, the United Kingdom and the Provisional Government of the French Republic, hereby assume supreme authority with respect to Germany, including all the powers possessed by the German Government, the High Command and any state, municipal, or local government or authority. The assumption, for the purposes stated above, of the said authority and powers does not effect *the annexation of Germany* . It is disputed whether this assumption of power constituted debellatio the end of a war caused by the complete destruction of a hostile state.

The **Potsdam Agreement** was signed on 2 August 1945; in connection to this, the Allied leaders planned the new postwar German government, resettled war territory boundaries, *de facto* annexed a quarter of prewar Germany situated east of the Oder/Neisse line , mandated and organized the expulsion of the millions of Germans who remained in the annexed territories and elsewhere in the east. They also ordered German demilitarization , denazification industrial disarmament and settlements of war reparations .

The **Allied Control Council** was created to effect the Allies assumed supreme authority over Germany, specifically to implement their assumed joint authority over Germany. On 30 August, the Control Council constituted itself and issued its first proclamation, which informed the German people of the Council's existence and asserted that the commands and directives issued by the Commanders in Chief in their respective zones were not affected by the establishment of the Council. Cessation of hostilities between the United States and Germany was proclaimed on 13 December 1946 by US President Truman .

Paris Peace Conference ended on 10 February 1947 with the signing of peace treaties by the wartime Allies with the minor European Axis powers (Italy, Romania, Hungary, Bulgaria, and Finland). The **Federal Republic of Germany** , that had been founded on 23 May 1949 (when its Basic Law was promulgated) had its first government formed on 20 September 1949 while the **German Democratic Republic** was formed on 7 October.

End of state of war with Germany was declared by many former Western Allies in 1950. In the Petersburg Agreement of 22 November 1949, it was noted that the West German government wanted an end to the state of war, but the request could not it was not suspended since "the U.S. wants to retain a legal basis for keeping a U.S. force in Western Germany". At a meeting for the Foreign Ministers of France, the UK, and the US in New York from 12 September to 19 December 1950, it was stated that among other measures to strengthen West Germany 's position in the Cold War that the western allies would "end by legislation the state of war with Germany". In 1951, many former Western Allies did end their state of war with Germany: Australia (9 July), Canada, Italy, New Zealand, the Netherlands (26 July), South Africa, the United Kingdom (9 July), and the United States (19 October] The state of war between Germany and the Soviet Union was ended in early 1955. [36]

" **The full authority of a sovereign state** " was granted to the Federal Republic of Germany on 5 May 1955 under the terms of the Bonn–Paris conventions . The treaty ended the military occupation of West German territory, but the three occupying powers retained some special rights, e.g. visàvis West Berlin .

Treaty on the Final Settlement with Respect to Germany : Under the terms of this peace treaty , the Four Powers renounced all rights they formerly held in Germany, including Berlin. As a result, Germany became fully sovereign on 15 March 1991. Under the terms of the Treaty, the Allies were allowed to keep troops in Berlin until the end of 1994 (articles 4 and 5). In accordance with the Treaty, occupying troops were withdrawn by that deadline. Germany remains however without the normal protection of the UN charter due to articles 53 and 107 in the charter which has not been amended since the end of the war.

World Anniversaries in 2015

Magna Carta

800 years anniversary of Magna Carta (Latin for "the Great Charter"), also called Magna Carta Libertatum (Latin for "the Great Charter of the Liberties"), is a charter agreed by King John of England at Runnymede, near Windsor, on 15 June 1215. First drafted by the Archbishop of Canterbury to make peace between the unpopular King and a group of rebel barons. In 1297 confirming it as part of England's statute law.

The Battle of Waterloo, 200 years.

The Battle of Waterloo was fought on Sunday, 18 June 1815, near Waterloo in present-day Belgium, then part of the United Kingdom of the Netherlands. A French army under the command of Napoleon was defeated by the armies of the Seventh Coalition, comprising an Anglo-allied army under the command of the Duke of Wellington combined with a Prussian army under the command of Gebhard von Blücher. The Battle of Waterloo ended Napoleon's rule as Emperor of the French, and marked the end of his Hundred Days return from exile.

After this battle Napoleon lived quietly on St. Helena in exile for six years. In May 1821, he died, most likely of stomach cancer. He was only 51 years old. In 1840, his body was returned to Paris, and a magnificent funeral was held. Napoleon's body was conveyed through the Arc de Triomphe and entombed under the dome of the Invalides.

Maria Theresa, Hungarian and Czech Queen, Roman empress, tells her story.



You all know me as an empress, but the imperial title belonged only to my husband, Francis of Lorraine.

I did not accept the crown with him. But instead I was the first monarch among the Habsburgs.

Consequently, the neighboring rulers pounced upon me to deprive me of the throne. I lost my rich Silesia, but kept the Czech and Hungarian throne.

I was born on May 13, 1717 in Hofburg as a daughter of Emperor Charles V and his wife Elisabeth Christine.

Parents welcomed me with a joy, but were looking to the future with hope for a son.

In 1716 Leopold Jan was really born but he lived only seven months.

I had the temperament and healthy, practical sense. The Jesuits taught me history, literature and foreign languages. Finally, I wrote French better than German.

I loved theater and dance. And, also, the Lorraine Crown Prince Franz Stephan.

At Christmas 1736 he sent me a miniature portrait, covered by a diamond instead of glass.

I fell in love with him, deeply and forever. Francis Stephen and I got married on February 12, 1736.

Sixteen children discended from our marriage, including eleven daughters, ten of which had the first name Marie. Eight of my daughters survived to adult age.

Anna Marie, Marie Christine, Marie Elizabeth Marie Amalie, Gabriela Marie, Marie Joseph, Marie Caroline and the most famous, Maria Antonie, who married King Louis XVI. They were executed together.

Out of the five boys four survived into adulthood.

Josef II., Leopold II., Ferdinand Charles and Maximilian Franz.

Two sons became emperors, they were: Joseph II. And Leopold II.

In education I was not afraid of novelty, nobody was allowed to spoil my children, I cared about their hygiene and I they had to become hardened.

After the October 1740 death of my father, Hapsburg Charles VI., something unprecedented happened in the monarchy. I, Maria Theresa, the eldest daughter, ascended to the throne. I was twenty-three years old. In June 1741 I was crowned the Queen of Hungary and in May 1743 I became the Czech queen.

Now I had a free hand to carry out reforms. There were quite a few:

I ordered that everybody has to pay taxes, not only subjects; I decreased manorial labor to three days a week; new manufactories were being set up and new roads built; the postal service was improving; a unified system of weights and measures and unified currency TOLAR were introduced.





Silver TOLAR 1780

I saw a progress in improving education of the population and in 1774 ordered the compulsory school attandance for all children from 6 to 12 years. I introduced school holidays in September and October. My son Josef II shifted them to the summer.

I died on November 28, 1780 in sixty-three years.
I ruled for forty years and I created a modern Austrian state.

Singing changes your brain



More info: http://ideas.time.com/2013/08/16/singing-changes-your-brain/

Have you ever wondered why those who practice singing as a profession or even those who just enjoy singing as a hobby always seem like they are on an incredible high? This is because just by participating in the act of singing has incredible health benefits.

1. **Improves your Mood:** Singing allows for the release of the very same chemicals and hormones as sex and chocolate that gives you that sense of calm and relaxation that we all enjoy.

It also gives you a boost in energy with the release of endorphins, which make us less lethargic.

2. **Lung Workout** If you spend more time singing you will be giving your lungs a very deserved workout. You do this by activating your abdominal, intercostal muscles and the diaphragm, which stimulates good circulation practices. When we sing, we breathe more deeply which allows for an intake of more oxygen and the release of muscle tension.

3. **Builds Community** Singing in a group has great mental benefits. Group singing promotes social health activities and benefits such as: empowerment, confidence, well being, depression, anxiety and lowers the feeling of isolation.

4. **Clears Sinuses** When you sing, you are naturally cleaning and clearing out your sinuses and respiratory tubes.

5. **Therapeutic** Singing has been said to be incredibly therapeutic. With the release of stress and other qualities that can restrict us from happiness, singing allows for a form of release. By animating the mind, body and spirit singing releases us into a freedom that we only experience through the enjoyment of the things we love doing the most.

The benefits of singing regularly seem to be cumulative. In one study, singers were found to have lower levels of cortisol, indicating lower stress. A very preliminary investigation suggesting that our heart rates may sync up during group singing could also explain why singing together sometimes feels like a guided group meditation. Study after study has found that singing relieves anxiety and contributes to quality of life. Dr. Julene K. Johnson, a researcher who has focused on older singers, recently began a five year study to examine group singing as an affordable method to improve the health and well-being of older adults.

CZECH CORNER

100 let výročí narození Eduarda Ingriše



*11. Února 1905, Zlonice u Slaného, Rakousko-Uhersko, † 12. Ledna 1991, Reno, CA, USA, Národnost česká.

Eduard Ingriš Napsal šedesát operet, nejúspěšnější *Rozmarné zrcadlo* dosáhla 1600 repríz. Byl autorem mnoha písní, z nichž nejznámější je *Teskně hučí Niagara* (1931) a napsal hudbu k jedenácti filmům (např. k filmu *The Gallant One*). V roce 1947 odjel do Jižní Ameriky a po únoru 1948 se rozhodl, že se do vlasti už nevrátí. Usadil se v Peruánské Limě a stal se vyhledávaným fotografem a kameramanem. Oficiálně portrétoval peruánského prezidenta Manuela Pradu, vyhrával mezinárodní fotografické soutěže a jeho fotografie uveřejňovaly i tak významné časopisy, jafko Time a Life. Ve vlastní produkci vyrobil tři celovečerní filmy.Spolupracoval s Ernestem Hemingwayem při natáčení filmové podoby jeho románu *Stařec a moře*, setkal se také se známými českými cestovateli Hanzelkou a Zikmundem.

Natočil jediné záběry z jejich pouti po Jižní Americe, kde jsou zachyceni oba cestovatelé současně.

Ve svých 49 letech se seznámil s věhlasným norským etnologem Thorem Heyerdahlem a rozhodl se potvrdit jeho teorii o migraci původních obyvatel Peru do Polynésie. Po jednom neúspěšném pokusu na balsovém voru Kantuta I musela být posádka zachráněna americkou lodí. V roce 1959 plavbu úspěšně zopakoval na voru Kantuta II.

V roce 1962 se z Peru přestěhoval do USA, kde se oženil a usadil v South Lake Tahoe. Jeho žena Nina pocházela z Brna a s rodiči utekla z Československa již v květnu roku 1945. Její otec byl potomkem ruských kozáků a dobře věděl, co by ho od Rudé armády čekalo, kdyby zůstal. Při jeho uplatnění v USA mu pomáhala i herečka českého původu Florence Marlyová a americký herec Grand Williams.

V roce 1991 zemřel v nevadském Renu ve věku 86 let. Urna s jeho ostatky byla uložena v rodných Zlonicích. Byla to právě jeho žena paní Nina Ingrišová, která obrovský archív svého manžela věnovala po jeho smrti do České republiky. O převoz celé tuny Ingrišových písemností, notových náznamů, nahrávek, fotografií i filmů se v roce 2001 zasloužil Miroslav Zikmund. Jeho archiv zrevidoval v roce 2000 spolu s Petrem Horkým a Miroslavem Náplavou a poté bylo 1100 kg archiválií dopraveno do České republiky. Jeho unikátní fond byl zachráněn a nyní se nachází v Muzeu jihovýchodní Moravy ve Zlíně, kde je fotografická část pozůstalosti digitalizována.

Podle:

https://www.google.com/search?newwindow=1&site=&source=hp&q=eduard+ingri%C5%A1&oq=EDUARD&gs_l=hp.1.0.35i39l2j0j0i20j0l6.21668.23849.0.28432.7.7.0.0.0.0.85.557.7.7.0.msedr...0...1c.1.62.hp..1.6.473.0.01D09Yc_p3k

Více v knize: Miroslav Náplava:PLAVBY SEBEVRAHŮ http://knihy.abz.cz/prodej/plavby-sebevrahu-1

Our friend Mr. Eduard Ingriš

While my husband and I lived in Prague, Czechoslovakia, we saw a show "Rozmarne Zrcadlo" (Humorous Mirror Show), co-written by Eduard Ingris. We also enjoyed listening to "Skoda Lasky" (Wasted Love), better known as "Wheel the Barrel". Mr. Ingris co-authored that most popular song with Mr.Vejvoda.

Hitler's army and the Communist regime made us, Czechs who loved freedom and democracy, leave our beautiful Czech lands. My husband Edmund and I escaped into the war beaten Germany in 1947, moved to Australia in 1948 and to California in 1955.

It was only much later that we met Mr. Ingris in California. Eduard Ingris and his son and wife held two piano concerts at Sokol hall in San Mateo. We all loved it. We learned about the Ingris family, and that they lived in South Lake Tahoe. At the next opportunity we visited them! We learned how terrific person Mr. Ingris was! Pleasant, talented, enthusiastic and good hearted. We became friends and Ingris and his wife Nina visited us in our vacation house in Lotus next to Coloma. Eduard was a remarkable and gifted composer, pianist, singer, conductor, actor, world traveler and cameraman.

Eduard shared his world travelling adventures with us. He left Czechoslovakia just before the communist political takeover in February 1947, for Brazil. After 9 months in Brazil, Eduard wanted to move to Argentina but wasn't allowed to enter as he was a citizen of a communist country. Eduard then decided to travel with falsified documents through the Amazon River to Lima, the capital of Peru, where he settled down. He made regular trips into the surrounding jungle and made impressive photos of its native Indians. In Lima he became the conductor of the city opera.

During his unusual life in South America, Eduard met many interesting people. One of them was Ernest Hemingway whom Eduard helped with photography, and Thor Hayerdahl who tried to prove the theory that the Inca people could have colonized Polynesia by crossing the Pacific Ocean on raft made from stems, wood and ropes.

Eduard built such a raft, Kantuta I (1954), and with 5 daredevils traveled on the ocean. The trip was difficult. The raft got caught by powerful undercurrents which circled them around and around in the ocean. They called for help. The US Navy patrol caught their call and saved their crew of the raft, returned them to safety while the raft crashed on the beach and rocks. Five years later Eduard built Raft Kantuta II and with 3 co-voyagers made it to Tahiti.

When Mr. Ingris got older, his wife purchased a small healthfood store nearby and encouraged him to exercise vigorously and also spend evenings restocking her store. At this time, he should start writing his life story. But he was too busy. Luckily he kept lots of his material - his raft voyages and travel films, photographs and records.

After he passed away, Mrs. Nina Ingris made a wise decision to donate his whole collection of 42 cases which was 1,100 Kgs with documents and 40,000 photographs to his beloved home country. Zlin museum offered to transport it back to the Czech Republic. M. Zikmund with P. Horsky and M. Naplava travelled to San Francisco to bring the materials safely home. They arrived during Thanksgiving and all hotels and motels were full. Mrs. Nina Ingris called us, Edmund and me asking if we could accommodate the crew. We lived in a great house in Hayward and were happy to welcome the visitors. We spent the day taking them to San Francisco and showing them Chinatown, Golden Gate Bridge and the unique St. Mary Cathedral and Ghirardelli square. Each time we found capable speaker for their film. Mr. Horsky made some whole hour television show. Many of our Prague friends called us, to let us know that they enjoyed seeing us on television. When Mr. Eduard Ingris passed away on January 12, 1991, I dare to say that Czechs lost in him one of the most gifted, talented and interesting son from their nation!

By Georgina Teyrovsky

Vzpomínky na Eduarda Ingriše

Na Eduarda Ingriše se pamatuji od konce 30tých let. Měl jsem rád jeho písničky a když jsem začal hrát na kytaru, tu jsem se učil podle dvou učebnic, které napsal E. Ingriš jak se má hrát na kytaru. Též jsem viděl jeho několik operet, na které mě brala moje maminka. (Operet napsal hodne.)

Potom jsem ho viděl v Los Angeles a San Francisko Sokole. Osobně jsem ho poznal zacátkem 70tých let když přijel do Sokola udělat představení. Sokolským starostou byl tenkrát Jerry Marek, který když jsme ho nutili aby byl starosta, řekl že to přijme, ale že já musím být Financial Secretary. Jerryho jsme za starostu chtěli, tak co jsem mohl dělat. A tak ještě na víc, jsem si vzal v sokole San Mateo na starost bar.

A proto jsem poznal Edíka osobně. Když byly taneční zábavy a nebo různé programy, tak jsem byl vždy v Sokolovně po 5té hodině a připravoval si bar (sklenice, víno a hard liqueur) na večer. Ten večer když měl představení Eda, on tam byl též před 6stou hodinou. Podíval se na jeviště ale potom přišel do baru, jestli se pamatujete byla to velká místnost vedle sálu, kde už byl velký zmatek. (připravovali tam stoly a židle). No byli jsme tam jen sami dva a tak jsme se představili podali ruce. Já jsem mu řekl, ze jsem ho vždy obdivoval a jeho písně miloval a na kytaru jsem se učil jak to on doporučoval.

Cítil jsem, že Eda je trochu nervozní někdy se i zachvěl. Tak jsem se ho zeptal, jesti je v pořádku a zdali něco nepotřebuje. Eda se trochu zasmál, řekl, že by si tedy dal skleničku červeného vína a vysvětlil mi, co mu je, že má trému. Tu trému prý má vždy před každým vystoupením. Ale řekl mi, že jakmile se otevře opona, tréma , opona spadne a je fine. Já tomu nemohl věřit, on s jeho životními skušenostmi. No ale hezky jsme si popovídali a když jsem mu řekl, že mám condo ve Squaw Valley, řekl mi, abych se na něj přišel někdy podívat, že jsou v South Lake Tahoe.

Tak jsem tam byl několikrát a vždy jsem se hezky pobavil. Eda byl velmi zajímavý, rád se zasmál a rád vzpomínal na své mládí a vůbec na celý svůj pestrý život. Když jsem tam přijel po prvé, poznal jsem Ninu a ještě tam byla jedna paní. Myslel jsem, že je to sestra Niny, ovšem Eda mi řekl, že je to Niny maminka. Nechtěl jsem mu ani uvěřit, ale pak i Nina a maminka mi řekly, že je to pravda. Mamince jsem řekl, to jste musela mít Ninu asi, když vám bylo 10 let. Ona mi řekla, kolik jí opravdu bylo, když měla Ninu a kolik je jí teď a tak jsem se jí zeptal, zdali by mi neřekla, jak to dělá, že vůbec nestárne a jestli by mi mohla poradit, abych též zůstal stále mlád. Ona se zasmála a řekla mi: "To je velmi snadné. Každý den piji hrníček čaje". A řekla mi jméno toho čaje. Chvíli jsem to pil.

No a u Edy jsem byi několikráte. Jednou byl u mě ve Squaw Valley kamarád, Ota Blažek a on mi řekl že by také rád poznal Edu. Řekl jsem mu, hele tady je jeho tel. číslo, zavolej mu, řekni mu kde a u koho jsi a že bys ho rád viděl, zdali můžeme přijet. Ota nejdříve nechtěl, ale když zavolal, Eda samozřejme řekl, abyhom přijeli. A tak jsme měli hezký výlet a hezky jsme se pobavili.

S Edou jsme si i zazpívali a já mu ukázal, jak mě naučil hrát na kytaru. Jednou, když jsem zpíval Niagaru, tak mě přerušil, že to zpívám špatně. Zeptal jsem se, kde je chyba. Vysvětlil mi, že vyslovuji hrozně Niagara. V Niagara je **ra** dvakrát tak dlouhé jako **ga** a já že to zpívám obráceně - dlouhé **ga** a krátké **ra.**

Slyšel jsem, že Nina je nyní na Moravě. O jeho synovi jsem dlouho neslyšel. On již jako mladý hoch byl virtuos na klavír Jednou hrál i u nás v Sokolovně. A co bylo ještě slavnější, hrál jednou na klavír na popularní TV show **Liberace.**

Memory of Lada Zrzavy

Epitaph:



Eduard Ingriš and Nina Ingriš are often unfairly forgotten as the author of the famous Niagara melody, which many think is an old folk tune. Indeed, for all his success, it is not so much music that Eduard Ingriš would come to be remembered for.

The rise of communism in 1947 would set him on a new course into an uncharted new future.

It is interesting and maybe typical that so called phenome Jara Cimrman was put as prototype of Czech genius in to the heads of Czech intellectual people and his name is known by many. About Eduard Ingris we can read in New York Times and in many papers in South America, famous American writer, his friend Ernest Hemmingway, was inspired by him to write his famous novel "The Old Man and the Sea", he shook hands with many presidents and he was friendly with many Hollywood Celebrities. As a Conductor of National Symphony he crossed Pacific Ocean twice in his self-built raft from balsam tree, named Kantuta according to Incas flower. Unfortunately very few people knew his name in his native country.

LAUGHING CORNER

Barvy moci Jindřicha Šídla: **Proč dosud nebyl otevřen tunel Blanka (aneb u nás v Kocourkově).**

V celé věci jde jen o shodu mnoha nešťastných náhod a nedopatření, jež je třeba objasnit.

Problémem byl třeba fakt, že se musí tunel oproti původním předpokladům vést pod zemí.

Tunel Blanka - ač neotevřen - ovšem prokázal, jak užitečnou stavbou pro hlavní město je.

Pokud by byl tunel již na jaře 2013 zprovozněn, znamenal by každý delší než dvanáctiminutový déšť nepředvídatelné nebezpečí pro jedoucí auta.

autor: Milan Jaroš

Veřejnost se znepokojením hraničícím s hysterickým smíchem přijala informaci, že tunel Blanka nebude uveden do provozu ani v letošním roce, což sice nikdo nečekal, v minulosti ovšem alespoň nebylo zvykem oznamovat tuto skutečnost již počátkem března.

Vzhledem k tomu, že se situace bude s největší pravděpodobností opakovat i v nejbližších letech, je nutné veřejnosti vysvětlit, co k tomuto vývoji vedlo - a ve světle mnoha negativních výroků ("Stojí za tím nějaký debil" - Krnáčová, A.) se pokusit najít vyváženější a pozitivnější pohled na toto dílo. V celé věci jde totiž jen o shodu mnoha nešťastných náhod a nedopatření, jež je třeba objasnit.

Již na počátku došlo k nedorozumění, které bohužel zásadně poznamenalo celou stavbu: na rozdíl od ještě mnohem dražšího projektu "olympiáda v Praze" se nepodařilo celou věc po zinkasování plateb za poradenské a konzultační služby sprovodit ze světa a stavba nedopatřením začala přesně tak, jak byla oficiálně naplánována. Tuto chybu se již nepodařilo plně napravit, ačkoliv v řadě jiných případů plánovaných staveb v Praze se tímto způsobem zabránilo mnohem vyšším nákladům.

Dalším zásadním problémem celého projektu se již brzy po jeho začátku ukázal fakt, že tunel oproti původním předpokladům musel být veden pod zemí. Pokud by byl tunel veden po povrchu, vyhnul by se projekt celé řadě rizik, jako je například propadnutí země. Toto nebezpečí však bylo již během průzkumu a přípravných prací zcela jednoznačně vyloučeno a sloužilo jen jako ničím neopodstatněný strašák tzv. ekologických organizací, které zcela v rozporu s realitou tvrdily již v roce 1995, že se něco takového může stát.

Čekání na Blanku. Otevření tunelu se zase odkládá, teď kvůli poškozeným kabelům - čtěte ZDE

V květnu 2008 došlo bohužel k nešťastné a zcela nepředvídatelné události, kdy se propadla půda uprostřed parku Stromovka. Zhotovitel stavby zdůrazňuje, že nemůže odpovídat za skutečnost, že byl park roku 1268 založen zcela nevhodně uprostřed staveniště. Okamžitě po nešťastné události byla na pokyn primátora hlavního města Pavla Béma provedena veškerá myslitelná opatření, aby se podobná situace již nikdy nemohla opakovat.

Podruhé se půda na stejném místě propadla v říjnu 2008. Na událost stejně jako poprvé okamžitě pružně reagoval primátor Bém a pohrozil tunelu trestním oznámením, pokud se propadne ještě jednou.

Ještě jednou se tunel propadl v červenci 2010, avšak na zcela jiném místě, a bylo by zcela nesprávné tento incident jakkoliv spojovat s předchozími událostmi, či dokonce s Pavlem Bémem.

V roce 2010 postihla stavbu další nepředvídatelná a velmi nešťastná událost, jíž se vyspělé demokratické společnosti nikde na světě dosud nedokázaly úspěšně bránit: demokratické volby. V jejich důsledku byly zásadně zpomaleny všechny procesy, které doposud udržovaly stavbu v chodu a naopak zahájeny tzv. audity a kontrola vynaložených nákladů, které znamenaly zásadní snížení motivace zhotovitele k dokončení stavby.

Dalším vinníkem průtahů se stal někdejší primátor Tomáš Hudeček, který odmítl nechat se kvůli tunelu zavřít. To zcela viditelně kontrastuje s jeho předchůdci, kteří správně usoudili, že je nikdo nikdy nezavře a čas jim dal za pravdu.

Je sice pravda, že vnitřní vybavení tunelu bylo v létě roku 2013 výrazně zasaženo při silných deštích, které poškodily kabely uvnitř stavby. Nikdo ovšem nemohl předpokládat, že v červnu 2013 přijdou tak silné deště, neboť se stavbyvedoucímu porouchal jeho iPhone s aplikací předpovědí počasí. Prudké deště v tomto období jsou ve střední Evropě zcela ojedinělou záležitostí, a je namístě si položit otázku, komu měly v roce 2013 sloužit.

Kromě toho si poškození kabelů od léta 2013 do prosince 2014 nikdo nestačil všimnout, což by sice mohlo být považováno za chybu, na druhou stranu je třeba vzít v úvahu, že v tu dobu již znovu nikdo nemohl vážně předpokládat, že bude tunel někdy otevřen.

Někdo by mohl namítnout, že kdyby byla stavba dokončena tak, jak bylo původně plánováno, tedy v roce 2011 či 2012, nemohlo by k žádné podobné nehodě dojít, protože by v tu dobu byl tunel již dávno v provozu. Opak je pravda.

Pokud by byl tunel již na jaře 2013 zprovozněn, znamenal by každý delší než dvanáctiminutový déšť nepředvídatelné nebezpečí pro jedoucí auta. Odklad otevření tedy nejenže nezpůsobil žádné škody, ale naopak zachránil spoustu lidských životů.

Tunel Blanka tak - ač neotevřen -, prokázal, jak užitečnou stavbou pro hlavní město je. A je pouze v zájmu Pražanů, aby v tomto stavu zůstal i v dalších letech.

Jindřich Šídlo - ***šéfredaktor politického zpravodajstvi a názorů***

http://archiv.ihned.cz/c1-63636790-barvy-moci-jindricha-sidla-proc-dosud-nebyl-otevren-tunel-blanka



Praha chce, aby stavbu Blanky vyšetřila parlamentní komise - *čtěte ZDE*

http://domaci.ihned.cz/c1-63635190-praha-chce-aby-stavbu-blanky-vysetrila-parlamentni-komise

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This morning my PC, notebook, TV, DVD, iPad, and my new music system with surround sound was turned off, because of the power outage at home.

Then I discovered that the battery in my iPhone was also low.

It was raining outside and I couldn't go outside for for a walk or ride a bike.

The garage door opener did not work without electricity, so I could not go anywhere by car.

I went into the kitchen to make coffee. But coffeemaker wouldn't work without any power too.

So I sat down and talked for several hours with my wife.

She seemed to be a nice person.

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Předmět: Výroky Jiřího Suchého-údajné

Kapitalismus je lepší než socialismus, ale horší než jsem si myslel.
Skutečný rozdíl mezi kapitalismem a socialismem:
"V socialismu zloději kradli toaletní papír, mýdlo, tužky. V kapitalismu zloději kradou fabriky, vyrábějící toaletní papír, mýdla, tužky."
"V socialismu dělníci dostávali přebytky. V kapitalismu jsou dělníci přebytkem."
"V socialismu kradlo hodně lidí, ale málo. V kapitalismu krade málo lidí, ale zato hodně."
"V socialismu se o zlodějích psalo v černé kronice a seděli v base. V kapitalismu se o zlodějích píše jako o celebritách a sedí v daňovém ráji."
Zná někdo lepší system? Pošlete, rádi otiskneme.

Deadline for contributions SUMMER May 31 with a publication date June 30