VĚSTNÍK

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

SUMMER
2015



American Sokol
Sokol San Francisco



THE JAN HUS MEMORIAL—OLD TOWN SQUARE PRAGUE


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GYMNASTIC ASSOCIATION

SOKOL SAN FRANCISCO INC.

Educational-Social and
Non-profit Cultural Organization

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2nd Vice-president	Zdenek Vernak
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Financial Secretary	Paul Burda
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Public Relations	Helenka Livingstone
Men's Director	Milos Zivny

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Entertainment Committee	Georgina Teyrovsky, Daniel Botcha, Paul Burda,
Reconciliation Committee	Zdenek Vernak, Milos Zivny,
Zupa Representatives	Jara Dusatko, Jiri & Jarmila Jancarik, Milos, Zivny

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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/

"Giving is the best communication".

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: Dana Chapman, Gabriela Cerna, Thomas Rajspic, Milena Harvey, Blanka Nejedla, Jana Santens.
Reinstated Members: Milan Prejda, Regina Prejda, Alex Livingston
Resigned: Bohumila Janac, Bernie Pecinovsky, Marcelle Skubna.
Moved out of US: Jindra Strolena, **Deceased**: F. Miksa.

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Donations 2015: Total: $437

M.Prejda, R.Prejda $18; D.Crichton $24; V. Machacek $20; H. Sredl $25; L. Sikl $14; H.Vernak $28; G. Skoda 14; G. Teyrovsky $48; K. Snajberk $6; F. & B. Cuda $40; F & J. Dlask $13; J. Kucera $5; Z.Rashkin $30; M.Harvey $5; L.Mlynek $14; T.Rajspic $41; V. Horn $5; J. Kemr $5; I. Sturman $14; B. Nejedla $5; H. Livingston $5.

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

ALL MEMBERS PAID

DUES FOR 2015

36 females
30 males

TOTAL 66 MEMBERS

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
June 6, Saturday	Picnic & Children's Day	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 17-18	Czech Slovak Day	San Diego
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

Morning with T.G.M.

The day could not be any better: the sun gentle and warm, Golden Gate Park all in fresh Spring green. It was on Saturday in the middle of March when we met in Rose Garden, to honor 165th birthday of Tomas Garrigue Masaryk, the founder and first President of Czechoslovakia. Sokol San Francisco was organizing the celebration this year, in cooperation with the CSA Fraternal Life and for the first time, also with the Czech School of California. I do not remember that many people coming to that small meadow in front of the statue, coming with children, greeting each other, bringing flowers.

There were more than fifty people around the Masaryk's bust, Czechs and Slovaks, Sokol members and friends. The bust, created by Josef Maratka, was exhibited at the Golden Gate International Exposition on Treasure Island in 1939. Before the Exposition ended, Czechoslovakia ceased to exist, being occupied by the Nazis. Sokol San Francisco took the Masaryk's bust under its protection. As Brother Lada Zrzavy remembers, the bust was always somewhere in the old Sokol Hall at Page Street. In the year of 1962, the bust was installed at the current location as a gift of Sokol San Francisco.
The speakers, Brother Walter Strach ans Sister Jara Dusatko, got a big help from Ellie Rypstra, a pupil of the Czech School. She spoke in perfect Czech and fully deserved the applause from all of us.
Brother Bohousek Botcha took his guitar and "Ach synku, synku", Masaryk's favorite Moravian song, sounded in the Garden. The singing was so pleasant that we went through many more Czech and Slovak National songs before leaving in small groups, still chatting and planning to meet again at the Spring Dinner and Dance in April.
See page 2, fig.1-3

Zelmira Zivny

Traditional Spring Dance.

Cold and windy afternoon did not discourage 47 friends & members of Sokol from attending the Spring dance. Much friendlier wind was blowing inside the Crown Plaza Hotel's Drake room. Quite a popular place it is, with welcomed conveniences: it's easy to find, easy to get to and no problem with parking.

For some of us the Sokol gatherings are the only place where we can meet so many fellow countrymen, who live widely scattered throughout the Bay Area and beyond. Here we can exchange family history, maybe whisper a gossip into a sympathetic ear, sing along one of the Czech oldies with Joe Domitrowitch's Capriccio Dance Band.
Mrs. Karin Sargis and her two lovely daughters, Michaela and Kaitlyn, bravely sang for us a few Czech folk songs, earning a round of applause. The Czech School can be proud of them, so are we.

Georgina Teyrovsky takes the price for the oldest participant, her example could inspire the younger "reluctants" who think it's too far, too long, too whatever it is that prevents them from attending. Daniel, son of David & Helenka Livingston, kept the old tradition: he led our popular "Snake", winding its way through all accessible nooks and crannies. For anyone, who missed an opportunity to get some exercise on the dance floor, here was a chance to get in the spin.

Were there any complains about the food? If yes, I'd missed the call, at our table we found everything nice and dandy: the succulent beef, big slab of salmon, al dente vegetables and the desert qualified for a sweet & fast trip to the dietitian's Hall. All washed down with the bottomless glass of a variety of beverages. And then all you had to do was just to sit down, relax and check your Raffle tickets to see, if you were one of the lucky ones. I wonder - why do I always buy the tickets with numbers just next to the winning ones?

After all we were all winners that evening, having the old fashioned fun, in a pleasant environment, under the same roof with of so many good and friendly people. Luckily, there is always the next time, we'll see you then.

See page 2, fig.4-7

Zdenek Vernak.

SOKOL FAMILY CAMP at Dinkey Creek – 2015

Date:

Check-in time: July 19, 2015, Sunday, 4:00 p.m.

Check-out time: July 26, 2015 Sunday, 12:00 noon



ACCOMMODATIONS AT FAMILY CAMP: Dorms or cabins, hot showers, flush toilets. Bring your own sleeping bags, sheets, blankets and pillows, toiletries, towels, and clothes pins for hanging laundry. Full range kitchen with gas stove/oven, pots and pans, eating and cooking utensils, microwave.

Large walk-in refrigerator, 3door refrigerator, large chest freezer. Must bring your own food (only very limited variety of groceries available at the local store), and do your own cooking. We will provide trash can liners, dish soap and sponges, dish towels, dish brushes, stove lighter and/or matches, morning coffee, and toilet paper. You will need to bring your own paper towels or napkins, aluminum foil, plastic wrap, storage containers for leftovers, small pots for small quantity cooking, charcoal if you plan to barbecue, and any other such items that you may need. The camp will hold a maxium of 86 people.

You must pre-register, pre-pay, and have a confirmed reservation in order to attend. Sokol members have priority, so be sure to include any family connections to Sokol members if you yourself are not a member. There are 3 cabins available and those will be available on a first-come, first-served basis. Preference will be given to families with small children.

Reservations and payment must be received by July 1, 2015 if paying by personal check. We will process reservations up to July 15, 2015 if space is available, but those mailed late must have payment in the form of cashier's check or money order. Make checks payable to the "American Sokol Pacific District".

Please mail all items to Yvonne Masopust, 5055 Ella Lane, Santa Barbara, CA 93111.

If you are unable to attend, we will issue full refunds if notified at least 3 days prior to start of camp. Any payment that needs to be made in camp must be made in cash or by cashier's check.

FEES:	ONE WEEK (7 nights)	ONE NIGHT
	per person 3 years and up	per person 3 years and up
	Sokol Member $70.00	Sokol Member $10.00
	Non-Sokol Member $80.00	Non-Sokol Member $15.00

Children under 3 years attend free of charge. "Night" is defined as any length of time the camper sleeps on camp premises after midnight regardless of location or type of accommodation – cabin, barracks, own car, or under the stars.

HOW TO REGISTER:

1) Complete the Camp Registration
2) Have each adult in your group read the enclosed "Camp Rules and Guidelines" and initial and sign the Release of Liability/Agreement to Comply form where indicated. Review same with any minors who will be attending the camp with you.
3) Calculate the fees due and make out a check payable to "American Sokol Pacific District". A confirmation will be emailed or mailed to you as soon as we know that space is available and your check has cleared.
4) Obtain a completed Permission to Attend/Release of Liability and Minor Registration Form/Medical Release form for any minor child you will be chaperoning in camp who is not your legal responsibility. Have that child's parent(s)/guardian(s) sign where indicated. *A separate form is needed for each minor child with a different parent/guardian. Siblings may be combined on a single form as long as they share same parent(s)/guardian(s).*
5) Return all of the above - the Registration Form, the Liability Release, the payment, and where applicable, the Minor's Permission to Attend/Registration form to Pacific District President Yvonne Masopust.

All members of the Czech & Slovak communities, their families & friends are invited to attend the Sokol Family Camp, organized annually since 1969 by the Pacific District of the American Sokol Organization at Dinkey Creek, in the breathtaking setting of the California Sierra. This year the camp will be July 19-26, 2015. 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. Ideal vacation for families or individuals. Space is limited, reserve yours soon! Both English-only and Czech/Slovak-only speakers are welcome

To register, or for more information contact:

Otto Notzl	Camp Director	otto.notzl@yahoo.com	(714) 785-9929
Yvonne Masopust	President, Pacific District	pacificdistrictsokol@gmail.com	(805) 964-8488

For those of you who are interested in attending
Sokol Family Camp at Dinkey Creek July 19 - 26, 2015,
please contact us at: Sokolsf@gmail.com
or postal mail to:
Sokol San Francisco, P.O.Box 5252, Walnut Creek, CA 94596
to obtain all registration documents.

Airplane Stretches

Photocopy this page and take it along on your next flight. Stretching on the plane will relieve stress and stiffness and allow you to arrive in a more relaxed state. Don't be surprised if your fellow passengers follow your example and start stretching too. Especially good to do just before you land.



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(page 88)



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(page 46)



3–5 seconds
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(page 73)

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Poděkování od bývalé aktivní členky Sokol San Francisco Elie Bursik

S.F. 3.15.2015

Milá paní Dvořáková,

hned bych se měla omluvit, že se ozývám až dnes, však řádné omluva neobstojí, ale mám aspoň výmluvu — značně pohnutého věku (v měsíci bylo 93 let) všechno odkládám na zítřek a mojedna je 1 dobr týden, měsíc, či rok. Nedaly jsme se lítání částem, smutkem se i oddálit, kontrovat, ale mnohým lidem. No, nedá se nic dělat, lepší už to nebude a nadělání nepomůže. Musím být spokojená a ráda, že mě to jede „tvrdou myslí" a když paměť občas vypovídá.

Dnes Vám chci jen poděkovat za Vánoce, hned jsem měla lepší náladu a nejen já, ale příbuzní na mou „morálku". Vymýšlela se fůra vzpomínek na dobu dávno minulou. Nejen ty roky, tak nemilosrdně utekly, ale vzpomínky zůstávají, ty mumlají - díky za mě a ty Sokolské posty k tomu nejmilejším. Vám a celé Vaší rodině veliký, veliký dík za vše!

S mnoha pozdravy mojim Sokol hodně zdraví a štěstí!

Vaše Elie Bursik

AMERICAN SOKOL CORNER

Message from the ASO President Jean Hruby:

I am still overcome with awe that we are celebrating 150 years of Sokols in America. This is truly a special year, and I have seen at exhibitions that our Units are taking great pride and celebrating this commemorative year with their members. Our members are what keep us going. Keep working on membership because it is our lifeblood. We have a goal to purchase and launch a new membership database in the national office that will make reporting easier for everyone, and allow us to manage fund raising, communications, and events more efficiently. We hope to have the product chosen and begin the transition during the off-season.

Brother Paul Lebloch and I were guests on the Czech Radio Hour in Chicago. You can listen to the show at: http://czechoslovakradio.org/en/front/. It was a lot of fun. If you ever find an opportunity that allows us to market Sokol, let us know.

Remember to "tag" American Sokol on your facebook posts and/or remember to post things to the American Sokol Facebook page. It is seen by a lot of people around the world and it is nice to have them see what every Unit is doing on social media.

Next newsletter we will list all of the national committees that are in place along with the list of approved SOPs that we have successfully completed. If you ever have any questions, or want to talk please feel free to email me, or send me your phone number to call you; jeanhruby@american-sokol.org. Thank you all for your hard work as leaders of this great organization. Without the great leadership of the past 150 years, we wouldn't be here today.

I wish you all a fantastic end of the year - exhibitions and slets... and continuing the celebration!
Ať žije Sokol - Long Live Sokol! Sister Jean Hruby, President
From American Sokol Directors Newsletter (DN) 1-April, 2015
The American Sokol presents Articles and Contributions in the DN to advance the reader's knowledge and exposure to different ideas and thinking without necessary supporting the concepts and ideas presented.

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INFORMATION CORNER

Prague Days Chicago June 2015

Golden Prague Gala,
Friday June 12, 2015, 6:30 pm, Hosted by the Mayor of Prague, Hon. Adriana Krnáčová
MUSIC: ONDŘEJ HAVELKA AND HIS MELODY MAKERS
Wednesday, June 10, 2015, 8 pm
Thalia Hall, 1807 South Allport Street, Chicago, IL 60608
Admission: Standing $ 15, Balcony $ 22
HISTORY AND VISUAL ARTS: Exhibits at the THALIA HALL, PILSEN
Wednesday, June 10 – Friday, July 31, 2015
Opening Night: Wednesday, June 10, 2015, 6:30 pm
Thalia Hall, 1807 South Allport Street, Chicago, IL 60608
VISUAL ARTS: "TREASURED LEGACY" - ALPHONSE MUCHA AND JARMILA MUCHA PLOCKOVÁ
Friday, June 12 – Friday, July 31, 2015
Maya Polsky Gallery, 215 West Superior Street, #1E, Chicago, IL 60654 – *Free Admission*

MORE INFORMATION ABOUT THE FESTIVAL: www.praguedayschicago.com
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600-year anniversary of the execution of Jan Hus



Mistr Jan Hus

About Jan Hus from English Bible History.

John Hus (a.k.a. Jan Huss) was a religious thinker and reformer, born in Southern Bohemia in 1369. He initiated a reform movement based on the ideas of John Wycliffe. His followers became known as Hussites. The Catholic Church did not condone such uprisings, and Hus was excommunicated in 1411 and burned at the stake in Constance on July 6, 1415, having been condemned by the Council of Constance, in an unfair trial.

Early Life and Studies of John Hus.

John Hus, the famous Reformer of Bohemia, was born at Hussinetz (Husinec; 75 miles south west of Prague) on or around July 6, 1369. John Huss is a common English designation, but the name is more correctly written, according to Slavic spelling Hus. It is birthplace made by himself about 1399; in earlier life he was always known as Jan, Johann or John Hussinetz, or, in Latin, Johannes de Hussinetz. His parents were Czechs.

Like Martin Luther, he had to earn his living by singing and performing humble services in the Church. He felt inclined toward the clerical profession, not so much by an inner impulse as by the attraction of the tranquil life of the clergy. He studied at Prague, where he must have been as early as the middle of the 1380's. He was greatly influenced by Stanislaus of Znaim, who later became his close friend, but eventually his bitter enemy. As a student Hus did not distinguish himself. The learned quotations of which he boasted in his writings were mostly taken from Wycliffe's works. He was said to have had a hot temper. In 1393 he received his bachelor of arts, in 1394 bachelor of theology, and in 1396 master of arts. In 1400 he was ordained priest, in 1401 he became dean of the philosophical faculty, and in the following year rector. In 1402 he was appointed also preacher of the Bethlehem Church in Prague, where he preached in the Czech language.

Influence of John Wycliffe upon John Hus.

. The theological writings of Wycliffe spread widely in Bohemia. They had been brought over in 1401 or 1402 by Jerome of Prague, and Hus was greatly moved by them. The university arose against the spread of the new doctrines, and in 1403 prohibited a disputation on forty-five theses taken in part from Wycliffe. Under Archbishop Sbinko of Hasenburg (from 1403), Hus enjoyed in the beginning a great reputation. In 1405 he was active as synodical preacher, but on account of his severe attacks upon the clergy the bishop was compelled depose him. The archbishop brought his complaints before the papal see, accusing the Wycliffeites (Lollards) as the instigators of all ecclesiastical disturbances in Bohemia. Thereupon the pope issued his bull of December 20, 1409. All books and valuable manuscripts of Wycliffe were burned, and Hus and his adherents put under the ban. The government took the side of Hus, and the power of his adherents increased from day to day. He continued to preach in the Bethlehem chapel, and became bolder and bolder in his accusations of the Church.

Further Dissentions Surrounding Hus.

The clergy of Prague had brought their complaints before the pope, and he ordered the cardinal of St. Angelo to proceed against Hus without mercy. The cardinal put him under the great church ban. He was to be seized and delivered to the archbishop, and his chapel was to be destroyed. Stricter measures against Hus and his adherents, the counter-measures of the Hussites, and the appeal of Hus from the pope to Jesus Christ as the supreme judge only intensified the excitement among the people and forced Hus to depart from Prague, in compliance with the wish of the king; but his absence had not the expected effect. The excitement continued. The king, being grieved by the disrepute of his country on account of the heresy, made great efforts to harmonize the opposing parties.

Propositions were made for the restitution of the peace of the Church, Hus requiring especially that Bohemia should have the same freedom in regard to ecclesiastical affairs as other countries and that approbation and condemnation should therefore be announced only with the permission of the state power.

There followed treatises from both parties, but no harmony was obtained.

The doctors of the university required from Hus and his adherents an approval of their conception of the Church, according to which the pope is the head, the cardinals the body of the Church, and that all regulations of this Church must be obeyed. Hus protested vigorously against this conception since it made pope and cardinals alone the Church. Nevertheless the Hussite party seems to have approached the standpoint of their opponents as closely as possible.

The Council of Constance.

On Dec. 4, 1414, the pope had entrusted a committee of three bishops with a preliminary investigation against Hus. The witnesses for the prosecution were heard, but Hus was refused an advocate for his defense. His situation became worse after the catastrophe of John XXIII., who had left Constance to evade the necessity of abdicating. So far Hus had been the captive of the pope and in constant contact with his friends, but now he was delivered to the archbishop of Constance and brought to his castle, Gottlieben on the Rhine. Here he remained seventy-three days, separated from his friends, chained day and night, poorly fed, and tortured by disease.

The Trial of John Hus.

On June 5, 1415, John Hus was tried for the first time, and for that purpose was transferred to the Franciscan monastery, where he spent the last weeks of his life. He acknowledged the writings on the Church against Palecz and Stanislaus of Znaim as his own, and declared himself willing to recant, if errors should be proven to him. Hus conceded his veneration of Wycliffe, and said that he could only wish his soul might sometime attain unto that place where Wycliffe's was. On the other hand, he denied having defended Wycliffe's doctrine of the Lord's Supper, or the forty-five articles; he had only opposed their summary condemnation. The king admonished him to deliver himself up to the mercy of the council, as he did not desire to protect a heretic. At the last trial, on June 8, 1415, there were read to him thirty-nine sentences, twenty-six of which had been excerpted from his book on the Church, seven from his treatise' against Palecz, and six from that against Stanislaus. Almost all of his articles may be traced back to Wycliffe. The danger of some of these doctrines as regards worldly power was explained to the emperor to incite him against Hus. Of course, Hus had declared himself willing to submit if he could be convinced of errors.

He desired only a more fair trial and more time to explain the reasons for his views. If his reasons and Bible texts did not suffice, he would be glad to submit. This declaration was considered an unconditional surrender, and he was asked to confess: that he had erred in the theses which he had hitherto maintained; that he renounced them for the future; that he recanted them; and that he declared the opposite of these sentences.

He asked to be exempted from recanting doctrines which he had never taught; others, which the assembly considered erroneous, he was willing to revoke; to act differently would be against his conscience. These words found no favorable reception. After the trial on June 8, several other attempts were made to induce him to recant, but he resisted all of them.

Condemnation and Execution of John Hus.

The condemnation took place on July 6, 1415, in the presence of the solemn assembly of the council in the cathedral. After the performance of high mass and liturgy, Hus was led into the church. The bishop of Lodi delivered an oration on the duty of eradicating heresy; then some theses of Hus and Wycliffe and a report of his trial were read. He protested loudly several times, and when his appeal to Christ was rejected as a condemnable heresy, he exclaimed, *"O God and Lord, now the council condemns even thine own act and thine own law as heresy, since thou thyself didst lay thy cause before thy Father as the just judge, as an example for us, whenever we are sorely oppressed."*

An Italian prelate pronounced the sentence of condemnation upon Hus and his writings. Again he protested loudly, saying that even at this hour he did not wish anything but to be convinced from Holy Scripture. He fell upon his knees and asked God with a low voice to forgive all his enemies. Then followed his degradation-- he was enrobed in priestly

vestments and again asked to recant; again he refused.

With curses his ornaments were taken from him, his priestly tonsure was destroyed, and the sentence was pronounced that the Church had deprived him of all rights and delivered him to the secular powers. Then a high paper hat was put upon his head, with the inscription Haeresiarcha. Thus Hus was led away to the stake under a strong guard of armed men. At the place of execution he knelt down, spread out his hands, and prayed aloud. Some of the people asked that a confessor should he given him, but a bigoted priest exclaimed, a heretic should neither be heard nor given a confessor.

The executioners undressed Hus and tied his hands behind his back with ropes, and his neck with a chain to a stake around which wood and straw had been piled up so that it covered him to the neck. Still at the last moment, the imperial marshal, Von Pappenheim, in the presence of the Count Palatine, asked him to save his life by a recantation, but Hus declined with the words *"God is my witness that I have never taught that of which I have been accused by false witnesses. In the truth of the Gospel which I have written, taught, and preached I will die to-day with gladness."* There upon the fire was kindled with John Wycliffe's own manuscripts used as kindling for the fire. With uplifted voice Hus sang, *"Christ, thou Son of the living God, have mercy upon me."* Among his dying words he proclaimed, *"In 100 years, God will raise up a man whose calls for reform cannot be suppressed."*

His ashes were gathered and cast into the nearby Rhine River.

The last words of John Hus were that, *"in 100 years, God will raise up a man whose calls for reform cannot be suppressed."* Almost exactly 100 years later, in 1517, Martin Luther nailed his famous 95 Theses of Contention (a list of 95 issues of heretical theology and crimes of the Roman Catholic Church) into the church door at Wittenberg.
The prophecy of Hus had come true!

Shorted from http://en.wikipedia.org/wiki/Jan_Hus

Burn at the stake of Jan Hus created uprising revolt against political establishment by Hus followers across of very rich, mostly protestant Czech Kingdom. Uprising was supported by rich protestant Czech nobility. Movement however, created destruction and down fall of Country, especially after historical defeat of protestant army by Western International army supported mostly by catholic establishment at Lipany town. After that, Country suffered by intellectual and economy darkness, following confiscation of all protestant nobility properties by western nobility, complete nation oppression and by almost complete elimination of Czech language for 300 years. In comparison forty two years of communist oppression during cold war after 1948, was only relatively very small historical enemy period to Czech Country.

Coment by Paul A. Burda

CZECH CORNER

Národní slavnosti „Jan Hus – Evropan nové doby" pořádá spolek Jan Hus 600.

Záštitu nad slavnostmi převzali 1. místopředseda vlády ČR a ministr financí Andrej Babiš, ministr zahraničních věcí Lubomír Zaorálek a ministr školství, mládeže a tělovýchovy Marcel Chládek. Hlavními partnery Národních slavností jsou Univerzita Karlova, Husitské muzeum v Táboře a město Husinec. Partnerským webem je **husitstvi.cz.**

Přijďte 6. července do Valdštejnské zahrady na výroční slavnost "Živý Hus"! **http://www.janhus600.cz/**

Občanské sdružení České studny bude přímo 6. července pořádat ve Valdštejnské zahradě v Praze výroční slavnost nazvanou "Živý Hus". Půjde o koncert a další kulturní program s duchovním odkazem (na programu bude například autorská hudba Daniela Kyzlinka či scénické dialogy živého "Jana Husa" se současníky, moderovat bude Aleš Juchelka). Celý program začíná v 16 hodin. S radostí oznamujeme, že výroční slavnost "Živý Hus" se po dohodě s pořadateli stala **oficiální akcí Národních slavností**. Dovolujeme si tedy jménem pořadatelů pozvat již takto s předstihem širokou veřejnost - na připravované interaktivní dílny i rodiny s dětmi! - k účasti na této akci, konané v půvabném prostředí jedné z nejkrásnějších pražských zahrad.

Občanské sdružení České studny (www.ceskestudny.cz) sídlí ve Vojnově Městci a je neziskovou necírkevní organizací zaměřenou na znovuobjevení identity a kořenů našeho národa, se snahou umožnit široké veřejnosti nový pohled na české dějiny i náš národní odkaz.

České vysoké učení technické v Praze partnerem Národních slavností

Praha, 21. ledna 2015. Je nám ctí oznámit, že na dnešním jednání s rektorem ČVUT prof. Petrem Konvalinkou bylo domluveno, že ČVUT v Praze přispěje do programu Národních slavností svými vlastními „husovskými" akcemi a aktivitami, a stane se tak Partnerem Národních slavností. ČVUT se chystá umístit na jižní stěnu Betlémské kaple originální plastiku a spolupracovat také na vyzvednutí nově odlitého zvonu „Mistr Jan" do zvonice Betlémské kaple (více o těchto aktivitách v mapě – celonárodní platformě akcí). Zároveň ČVUT požádalo, aby v rámci Národních slavností byla propagována důležitá veřejná sbírka na pořízení a instalaci varhan do Betlémské kaple. Tuto sbírku vyhlásil loni Spolek absolventů a přátel ČVUT a „tváří" sbírky je architektka a absolventka ČVUT v Praze Eva Jiřičná. Cílem sbírky je pořídit nové a originální varhany, které umocní slavnostní prostory Betlémské kaple a nahradí dosluhující digitální varhany - více informací ke sbírce na adrese www.varhany.cvut.cz.

Zemřel expremiér Stanislav Gross, bylo mu 45 let

V noci na čtvrtek 16. dubna 2015 zemřel bývalý premiér Stanislav Gross. Působil jako ministr vnitra, v roce 2004 nahradil Vladimíra Špidlu ve vedení strany i jako předseda vlády. Byl dlouho těžce nemocný, podle médií trpěl amyotrofickou laterální sklerózou. Zemřel jako první z polistopadových premiérů.

Stanislav Gross byl čtyři roky ministrem vnitra, po rezignaci Vladimíra Špidly se v roce 2004 stal šéfem ČSSD i nejmladším premiérem v dějinách ČR.

Premiér Bohuslav Sobotka připomněl, že Gross stál u obnovení ČSSD. „Patnáct let byl výraznou postavou celostátní politiky jako předseda poslaneckého klubu ČSSD, ministr vnitra a nakonec předseda vlády. Je mi líto, že zemřel v pouhých 45 letech a po tak těžké nemoci. Chci vyjádřit upřímnou soustrast jeho manželce, dětem a rodině, pro něž je dnešek nesmírně smutným a těžkým dnem. Budu teď hodně myslet na všechno, co jsme se Stanislavem Grossem v sociální demokracii prožili a také na naše poslední setkání, které se odehrálo před několika týdny," uvedl Sobotka ve svém prohlášení.
V rozhovoru také řekl, že po odchodu z politiky přijal Krista. „Po odchodu z politiky jsem zažil několik úžasných věcí, v osobním životě jsem měl možnost si hodně narovnat vztahy doma a v duchovním životě jsem taky prošel nějakým vývojem, přijal jsem Krista. Žiju takovým daleko vnitřně svobodnějším životem," uvedl (více o vyjádření v cyklu Expremiéři najdete zde a následně zde).

Rodina Grossových pro Lidové noviny uvedla, že nebude poskytovat vyjádření, a požádala média o pochopení a klid. Pohřeb bude v rodinném kruhu.
Zdroj:http://zpravy.idnes.cz/zemrel-stanislav-gross-0v6-/domaci.aspx?c=A150416_100204_domaci_jw

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Zemřel kameraman Miroslav Ondříček

29.03.2015, ČTK
Zemřel kameraman Miroslav Ondříček. Partnerka jeho syna Davida Martha Issová dnes ČTK řekla, že osmdesátiletý umělec umřel v sobotu večer. Ondříček je v České republice i v zahraničí známý hlavně filmy natočenými s režisérem Milošem Formanem včetně Hoří, má panenko a oscarového Amadea.

Československé legie

Jednotky zahraničního vojenského odboje za 1. světové války (1914-1918), čítající až sto tisíc dobrovolníků, které se vytvořily zejména v Rusku. Legionáři se tam přidávali na stranu carských vojsk a bojovali proti rakousko-uherské armádě.
Po skončení války se legie vypravily po Transsibiřské magistrále přes celou Sibiř až do přístavu ve Vladivostoku, odkud pak pluly přes Japonsko, případně USA a Kanadu do Evropy. Legionáři po více než měsíční plavbě z Vladivostoku dorazili do amerického San Franciska 27. května 1919. Dostalo se jim vřelého přijetí. |



Legionáři v San Franciscu

foto: Václav Balcar

Po necelých sto letech od svého vzniku mají premiéru fotografie legionáře Václava Balcara. Ukazují cestu z Ruska přes Japonsko a Ameriku do Prahy. Nyní jsou vystaveny v Opavě, kde jedinečně mapují návrat legií z válečných bojišť do už samostatného Československa.
O existenci negativů členové rodiny Václava Balcara věděli dlouhou dobu. Jak velký poklad skleněné negativy uložené v jeho domě v Opavě skutečně ukrývají, se ale ukázalo až před třemi lety. Vznikly první skeny, jež daly znovu vyniknout snímkům pořízeným v roce 1919.
Vice: http://ostrava.idnes.cz/fotografie-vaclava-balcara-mapuji-davnou-cestu-legionaru-pz4-/ostrava-zpravy.aspx?c=A130914_072958_ostrava-zpravy_jog

Příběh Václava Balcara zpracoval sociolog a pedagog Slezské univerzity Jiří Siostrzonek do knihy
"Návrat domů aneb cesta legionáře Václava Balcara kolem světa" (Vladimír Balcar, Zdeněk Jirásek, Jiří Siostrzonek, Olga Smičková).
Vydavatel: PositiF EAN: 9788087407097, ISBN: 978-80-87407-09-7
https://www.kosmas.cz/knihy/188053/navrat-domu-aneb-cesta-legionare-vaclava-balcara-kolem-sveta/

Příběh o českých legionářích na Sibiři - připravovaný film

Jiří Pruša a Petr Nikolaev, čeští filmaři na Sibiři 19. dubna 2015

Jiří Pruša a Petr Nikolaev, čeští filmaři se do Ruska vypravili, aby na vlastní oči viděli místa, kterými před téměř sto lety projížděli českoslovenští legionáři, o nichž budou točit celovečerní snímek. „Být na místě činu je naprosto zásadní. Poznal jsem to už na zborovském bojišti při naší minulé cestě," říka režiser Petr Nikolajev. Čeští filmaři Petr Nikolaev a Jiří Pruša cestují Sibiří po stopách legionářů, o nichž chtějí v roce 2017 natočit celovečerní film. Aktuálně se blíží k jezeru Bajkal. Za sebou už mezi jiným mají vlastní „čeljabinský incident" - kvůli filmování projíždějícího vlaku Nikolaeva zadržela policie.
Jeden symbolický moment na cestě představoval „čeljabinský incident".
Ve stejném městě a na stejném nádraží, v němž se kus železa vržený po českém vojákovi stal rozbuškou konfrontace legionářů s bolševiky (viz rámeček) totiž ruští policisté filmaře zadrželi.
„Chtěli jsme nádraží vyfotit a nafilmovat," popsal začátek lapálie Jiří Pruša, který hlídal zavazadla, zatímco Petr Nikolaev vyrazil s kamerou na vzdálenější kolejiště.
Bezpečnostní pravidla na ruských nádražích jsou ale přísná. Za chvíli se kolem Pruši vracel Nikolaev v doprovodu dvou ruských policistů, kteří drželi jeho pas a vedli ho na služebnu.
„Dozvěděl jsem se, že fotit či filmovat nádraží je sice dovoleno, ale Petr filmoval jedoucí vlak, a to už dovoleno není," doplnil Pruša. Oba dostali na výběr - buď záběry smažou, nebo půjdou na výslech u kontrarozvědky. Protože spěchali na vlak na další úsek cesty do Jekatěrinburgu, volili první možnost a o záběry přišli.
Zdroj:http://zpravy.idnes.cz/legionari-film-nikolaev-prusa-dk4-/zahranicni.aspx?c=A150417_162159_domaci_jw

Český vynálezce: Z jakékoliv chemikálie uděláme pitnou vodu

Rozhovor s Petrem Carvanem, který vymyslel unikátní systém na filtraci kontaminované vody.

Rozhovor – Celosvětové zásoby pitné vody se každým rokem ztenčují. Většina vody je kontaminovaná, mořská, brakická nebo ve formě ledu. Petr Carvan z Výzkumného technologického institutu vymyslel unikátní filtrační systém, který z prasečí kejdy dokáže udělat vodu pitnou. A ještě vám bude chutnat.

Aktuálně.cz: Kdo jsou vlastně vaši zákazníci?

Petr Carvan: Náš záběr je obrovský. Oslovují nás Arabové z pouště, majitelé rodinných domů i města a vesnice. Momentálně děláme jeden hotel v Dahabu, což je potápěčské centrum v Egyptě. Do toho hotelu se dováží voda jednou týdně, ale někdy ji nepřivezou třeba vůbec. Dohodli jsme se na tom, že budeme čerpat mořskou vodu pomocí studní, budeme ji upravovat a vracet zpátky. Energii budeme čerpat ze solárních panelů. Za pořizovací náklad zařízení budou mít vlastní elektřinu, vodu a čističku odpadních vod. Režijní náklady jsou pak minimální. Koncentrátem z čističky se navíc bude zalívat velká hotelová zahrada. Jsme tak jediná firma na světě, která dokáže plně využít odpad.

Foto: Vesmírná odysea v Radotíně. Vzniká zde Hydronaut

A.cz: A kromě Arabů z pouště?

Děláme rodinné domy, které nejsou napojeny na vodovod či studnu a mají nějaké dešťové jímky. Našimi zákazníky jsou třeba i provozovatelé velkých jachet, kteří nesmí do vody vypouštět takzvanou černou vodu – vodu ze sprch, záchodů, kuchyní a podobně. Dále průmyslové závody a v poslední době taky zemědělci a jatka, protože zákon o odpadech je striktní. A dneska se téměř nedá sehnat subjekt, který by si nechal na pole rozmetat kejdu, která obsahuje antibiotika, hormony a další věci. Některá města nebo vesnice mají sice vlastní čistírnu odpadních vod, ale voda, kterou mechanicky někde i biologicky čistí, obsahuje drogy, hormonální antikoncepci, antibiotika a další toxiny. A protože jejich čistírny je neumí zpracovat, obrací se na nás. Jsme totiž schopni je stoprocentně odfiltrovat, koncentrát dosušit a zlikvidovat jej dvoustupňovým spalováním, čímž nezatěžujeme životní prostředí. Tento systém jsme nazvali green cycle – uzavřený zelený kruh.

http://magazin.aktualne.cz/cesky-vyzkumnik-z-jakekoliv-chemikalie-udelame-pitnou-vodu/r~9cda05b03cba11e48445002590604f2e/

Čokoláda a chmel v hledáčku českých vědců

Obecně rozšířený názor, že mísání nemůže být moc přínosné, nepočítal s tím, že odborníci vyvinou jako možnou formu pro podávání aktivních látek chmele čokoládové pralinky. Tato nesourodá kombinace je totiž překvapivě efektivní. O blahodárných účincích chmele se mezi zastánci zdravého způsobu života hovoří již dlouho. Problémem však bylo, jak žádané účinky chmele zachovat, aby nebyly dosažitelné jen těsně po sklizni, kdy je chmel čerstvý a jak je snadno dostat k uživatelům.

Sladká cesta k lidem

Nadějných výsledků, kterých dosáhli čeští vědci, si všimli v čokoládovně Carla a požádali o licenci, aby mohli tyto chmelové pralinky uvést na český trh. Přidali své čokoládové know-how a výsledkem jsou **Chmelinky,** které v 70% hořké čokoládě ukrývají fondánovou náplň s aktivními kousky chmele (0,27 g). Přestože se jedná o cukrovinku, milovníci trpké chuti si zde přesto přijdou na své. **Chmelové pralinky** totiž nelze srovnat s ničím, co jste doposud vyzkoušeli. *„Kombinace výrazné chmelové chuti a účinků čerstvého chmele v lahodné hořké čokoládě vytváří jedinečnou harmonii, kterou si buď okamžitě zamilujete, nebo se k ní musíte tzv. dopracovat,"* hovoří o Chmelinkách výkonný ředitel čokoládovny CARLA, Ing. Jakub Šrámek MBA.

Více inspirace najdete na stránkách www.carlachocolate.com/cz/

Tuto báseň napsala žena, která zemřela v oddělení pro dlouhodobě nemocné. Personál nemocnice ji nalezl mezi jejími věcmi, a tak se jim líbila, že ji opsali a báseň pak putovala po celé nemocnici a dál.

Báseň stařenky

Poslyšte, sestro, když na mě hledíte,
řekněte, koho to před sebou vidíte.
Ach ano, je to jen ubohá stařena
s divnýma očima a napůl šílená.

Odpověď nedá vám, jídlo jí padá,
nevnímá, když po ní něco se žádá,
o světě neví, jen přidělává práci,
boty a punčochy napořád ztrácí.

Někdy je svéhlavá, jindy se umí chovat,
už potřebuje však krmit a přebalovat.
Tohleto vidíte? Tohle si myslíte?
Sestřičko, vždyť o mně vůbec nic nevíte.

Budu vám vyprávět, kým vším jsem bývala,
než jsem se bezmocná až sem k vám dostala.
Miláčkem rodičů, děvčátkem, tak sotva deset let
s bratry a sestrami slád život jako med.

Šestnáctiletou kráskou, plující v oblacích,
dychtivou prvních lásek a pořád samý smích.
V dvaceti nevěstou se srdcem bušícím,
co skládala svůj slib za bílou kyticí.

A když mi bylo pár let po dvaceti,
já chtěla šťastný domov pro své děti,
Pak přešla třicítka a pouta lásky dětí,
jak rostly, už mohli jsme uzlovat popaměti.

A je mi čtyřicet, synové odchází,
jenom můj věrný muž pořád mě provází.
Padesátka přišla, ale s ní další malí,
co u mě na klíně si jak ti první hráli.

Však začala doba zlá, můj manžel zesnul v Pánu,
mám z budoucnosti strach, někdo mi zavřel bránu.
Život jde dál, mé děti mají vrásky
a já jen vzpomínám na ně a na dny lásky.

Příroda krutá je, i když byl život krásný,
na stará kolena nadělá z nás všech blázny.
Tělo mi neslouží, s grácií už je ámen,
kde srdce tlouklo dřív, dnes cítím jenom kámen.

Však vprostřed zkázy té mladičká dívka žije
a srdce jí, byť hořce, tam uvnitř pořád bije.
Vzpomíná na radost, na žal, co rozechvívá,
vždyť pořád miluje a nepřestala být živá.

Málo bylo těch let a netáhla se líně,
já smířila se s tím, že všechno jednou mine.
Otevřete oči, sestřičko, teď, když to všechno víte,
neuvidíte seschlou stařenu...
Teď už - MĚ uvidíte!

Tento text by se měl stát povinným studijním materiálem pro veškerý zdravotnicky personál !!!

I rodiny !!!

V novém metru v Praze chybí eskalátor, cestujícím na letiště pomáhaji s kufry nosiči --- žádný apríl

Stálo to miliardy a na eskalátory nezbylo? Taková otázka asi napadne cestující, kteří už příští týden budou přestupovat v nové stanici metra Nádraží Veleslavín na autobus k letišti. V místech, kde se dá očekávat neustálý pohyb lidí s těžkými zavazadly, je totiž pevné schodiště. Bohužel musí vypomoci nosiči, měli by ve stanici působit minimálně do konce roku.

http://praha.idnes.cz/z-nadrazi-veleslavin-budou-cestujicim-na-letiste-nosit-kufry-nosici-1im-/praha-zpravy.aspx?c=A150329_153623_praha-zpravy_bur#utm_source=sph.idnes&utm_medium=richtext&utm_content=top6