VĚSTNÍK

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

FALL
2015



American Sokol
Sokol San Francisco






1


2


3


4


5


6


7


Page 2
8

GYMNASTIC ASSOCIATION

SOKOL SAN FRANCISCO INC.

Educational-Social and
Non-profit Cultural Organization

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

E-mail: sokolsf@gmail.com
Web: http://www.sokolsf.org

OFFICERS 2015

President	Jara Dusatko
1st Vice-president	Georgina Teyrovsky
2nd Vice-president	Zdenek Vernak
Recording Secretary	Zelmira Zivny
Financial Secretary	Paul Burda
Treasurer	Jarmila Jancarik
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Membership	Milan Dusatko, Paul Burda
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Public Relations	Helenka Livingstone
Men's Director	Milos Zivny

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Reconciliation Committee	Zdenek Vernak, Milos Zivny,
Zupa Representatives	Jara Dusatko, Jiri & Jarmila Jancarik, Milos Zivny

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Zivny Milos	Cell	510.710.4076	miloszivny@gmail.com

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.
Castro Valley, CA 94546.

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

"The future arrives quickly for those that fail to plan for it".

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.

Generální konzulát České republiky
v Los Angeles

Michal Sedláček
generální konzul

Pamětní stříbrná medaile Jana Masaryka je každoročně udělována při význačných příležitostech významným osobnostem krajanské komunity za šíření dobrého jména České republiky v zahraničí. V roce 2013 ji obdržel např. George Schultz, americký ministr zahraničních věcí za prezidenta Reagana, a vloni celoamerická předsedkyně Sokola, Jean Hruby.

A jsem velmi potěšen, že v roce 2014 jsem ji mohl předat paní Jarce Dušátko při neméně slavné příležitosti jakou byla Banquet Gala České školy v Kalifornii dne 8. listopadu 2014.

Není náhodou, že tuto pamětní medaili získala právě paní Dušátko, která se velmi aktivně a iniciativně zapojila do aktivit místního Sokola San Francisco, kde v současnosti působí jako jeho předsedkyně.

Jsem velmi rád, že jsem jí mohl alespoň cestou pamětní stříbrné medaile Jana Masaryka poděkovat za její přínos komunitě. Je úžasné, že zde na Západě Spojených států amerických, tisíce mil od rodné země, působí stále velmi silně aktivní diaspora propagující českou kulturu, jazyk a tradici.

A paní Jarce Dušátko přeji mnoho dalších let neutišujících aktivit v podpoře krajanské pospolitosti.

SOKOL UNIT CORNER

New Members: (DATE—FROM)
D. Chapman-01.16.15, J. Santens-01.19.2015,
J. Chalouhi-02.06.15, T. Rajspic-02.18.2015,
B. Nejedla-04.03.15, S. Grigelova- 08.15.2015,
D. Feddersen-08.10.2015
Reinstated Members:
A.Livimgston-03.10.2015

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c: 415-216-8883
dagmarcrichton@legalshield.com
legalshield.com/hub/dagmarcrichton

Clay Crichton &
Dagmar Crichton
Independent Associates
Small Business, CDLP &
Group Benefits Specialists

Donations: $409.98

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 $64; F. & B. Cuda $40;
F & J. Dlask $13; J. Kucera $5; Z.Rashkin $30;
M.Harvey $5; L. Mlynek $14; T.Rajspic $5; V. Horn $5;
J. Kemr $5; I. Sturman $14; B. Nejedla $5; H. Livingston $5;
P.Burda $8,98

Thank You for your Donation

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

39 females
30 males

TOTAL 69 MEMBERS

Planed Activities for Year 2015

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

DATE	ACTIVITY	LOCATION
October 3, Saturday	Walk for Health	Redwood Reg. Park, Oakland Hills
October 17-18	Czech Slovak Day	San Diego
October 30, Friday	Violin Concert Jaroslav Svěcený	Palo Alto
November 13-15	American Sokol 150th Aniversary	Chicago, IL
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 seep: www.sokolsf.org

Fun in the Sun at Lake Chabot, June 6

What great fun Sokol members had when they teamed up with the Czech School of California, on June 6th for its first combined picnic at Lake Chabot in Castro Valley. Jana and Bohousek Botcha greeted Sokol members at 11 am with a fire pit that was hot and ready to go for grilling delicious steaks, sausages and chicken. Around 2:00pm the Czech School of California joined us for their Children's Day to help them celebrate the end of the Spring Semester with games, contests and prizes for the children. Sokol members assisted in running ten different activity stations where students participated by "fishing" for points, racing in potato sacks and reaching into a bag and had to naming the item they pulled out in Czech (see Fig. 1 & 2, page 2).
Sokol members celebrated their heritage by singing Czech folksongs while Bohousek Botcha played the ukulele (now that is an international twist). The approximately 55 adults and children all agreed it was a huge success and that we should do it again next year.

Submitted by Helenka Livingston

Book signing in Prague, June 19

Prague can have a magic hold on her denizens, I can testify to that. Although I have kept my promise never to let myself be a subject of the power of the Czechoslovak Communist Party, the 1989 rebellious ringing of the keys on Wenceslas Square, announcing the demise of that dreadful forty years of totality, did not linger in my ears long before our Iljushin's tires rattled on the rough concrete of Ruzyně Airport.

Twenty six long years passed since our last walk through the cobblestoned streets of Prague, a city, now changed beyond our recognition. Many years older, bodies rounder in all the wrong places, minds shaped by New World experiences, we were not getting overly excited by every jewel of this historical town, but today the historical panoramas filled our souls with warmth of familiarity and belonging. Old, very old stage, but the actors are all new to us.

In front of the ancient home of Czech kings, Hradčany, among the motley crowd of tourists, stands a noisy, Don Quixote like figure - a returned Czech emigrant, apparently angered by the new, "democratic" government's failure to right a wrong committed by the Communist Regime. His house, as many others (and ours), were confiscated after he escaped to the West. The onlookers do not understand his message; they see in him one of the entertaining attractions of the castle's square. The clowns, live statues, street venders accepted him into their guild; his cry for help is falling on deaf ears.

Taking the long way across Malostranské náměstí (Lesser Town Square), I finally reached the river Vltava, now quietly flowing by, showing no evidence of the catastrophic flood of 2002. Never missing the opportunity to touch the stones of Fourteenth Century's Charles' Bridge, as I walked toward the Old Town, my steps echoed off the silent statues of saints lining the second oldest bridge in the country. It survived countless floods, rattling of horse drawn then electrical streetcars and buses, maybe it will endure even the present massive invasion of tourists.

Sometimes sideways was I pressing my way through the thick crowds of tourists, let myself be carried by the river of bodies through Karlova street and the crooked ancient passages until I rested my eyes on No. 33 in Rytirska street. Until now I had no idea this was the location of Czech Center. Invitation by Mrs. Katka Dehning was dated for June 19, 6:00 PM. Program: introducing and signing of her third book: Karibske Spojky (Caribbean connections) aneb Tam, kde najdes poklad, aniz bys hledal. (or Where to Find a Treasure without searching).

Room was filled to capacity, some had to be satisfied with standing room only. Katka introduced her coauthor from Saint Lucia island - Wendell Joseph and shared the program with Mrs. Eva Strizovska, who's book about her visits with our countrymen in California: "Vsechny moje Ameriky, 1 CAL" (All my Americas - I. CAL.) was also recently published. Friendly atmosphere - what else, when Katka and Eva set the tone.

We knew refreshments were to be offered, the wine and snacks were plentiful and tasty but that was hardly the main inspiration for attending. Both authors have their wide circle of friends and sympathizers, no surprise to me, considering the results of their literary accomplishments.

They kept our attention telling funny stories, thoughtful insights into the life in places they have written about in their books. Projected pictures from their travels were worth the proverbial thousand words.

Caribbean islands - warm sea, palms, beaches, calypso and pirates. Who would not wish to visit this tropical paradise? Katka & Wendell woke up our dormant dreams. Their macaronic (alternate Czech and English lines of a poem) reading of Wendell's (and my humble attempt of translating a poem) spoke of deep love for his native island, Santa Lucia. Katka owns a house there, named "White House", with several apartments for rent., Here is the opportunity for all lovers of romantic places. Detail you find at www.sunlovers.com

Most of the participants hail from Prague, obviously, but when can you expect to find four members of the Sokol San Francisco's Board of Directors: Mr. & Mrs. Zivny, President Jarka Dusatko and you humble correspondent, in one place?

Book sale was brisk, authors were busy signing, the evening seemed to be very short, time flies when you're having fun. If you missed the opportunity to buy mentioned book, you can get Karibske spojky from "East-West Publishing Co." and "Všechny moje Ameriky" at this address: "Český Dialog@seznam.cz."

One more glance of darkening Prague, last wave to Hradcany Castle, but my thoughts were far, far away, at the other end of the World.

Zdenek Vernak, San Mateo, CA.

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2015 Sokol Family Camp at Dinkey Creek

Our annual Sokol Family Camp, sponsored by the Pacific District, took place this year during the week of July 19-26 at its usual venue – Camp Fresno Jr. at Dinkey Creek (elevation 5,987 ft), located 13 miles east from Shaver Lake in the beautiful California Sierra.

Pacific District has been sponsoring this camp since 1969 and it remains our most popular and enduring event, this year in its 47th year. What started originally as a children's camp has evolved into a family camp where everyone feels welcome. Pacific District reserves the camp and provides organizational structure and leadership. Campers bring and cook their own food and are free to either join in the planned activities or skip them and make their own plans. All share in the various camp chores and in providing entertainment.

This year we had a total of 49 campers – 34 adults and 15 children – which is about average attendance, although not all campers stayed the full week. The camp is open to all – members and non-members alike – but Sokol members have priority. Most campers are "regulars" – returning year after year, many for decades. We have parents who started attending the camp years ago as children still coming to camp, now with their children. Meeting at camp year after year, sharing both joys and sorrows, our campers are like a closely-knit family. Still, every year we welcome someone new and it's always exciting to discover what their unique contribution to our camp family will be. About half of our campers are Czech speaking, a few are French speakers, and of course everyone speaks English – though for many it's their second language.

The camp is a wonderful place for families and singles alike. Children love having playmates. Singles never feel alone. There is always a group to join, a conversation to take part in. While all of the camp buildings are very rustic, all comforts of home are there: a walk-in cooler, a well-equipped kitchen with a large gas stove, a freezer, and a microwave. We have flushing toilets and hot showers. Dormitories have decent beds and the camp has electricity. Yet we are surrounded by the majestic wilderness of the Sierra and can hear the steady bubbling of the creek all night long. It's the best of both worlds.

Just as important as the amenities the camp does offer are those that it does not.
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There is no cell phone service at Dinkey Creek, no wifi, and nothing can be done to change that. A nearby pay phone is available for emergencies, but making outgoing calls is inconvenient and expensive. Imagine a world where nobody is texting, checking their emails or posting on Facebook, but instead engaging with others in good old-fashioned conversation! Come evening there is no TV, no video games. We sing, tell stories, play games, we dance.

Camp Director Otto Notzl, who is also the Pacific District Men's Physical Director and Activities Director, does a wonderful job planning activities and organizing camp life (see Fig 3. to 6). He always has something interesting planned for the children – the treasure hunt being a particular favorite. Pacific District Women's Physical Director Cheri Riddle is also wonderfully gifted when it comes to entertaining the children. She organizes the scavenger hunt and is especially creative with crafts. This year the children painted rocks that they had collected and also made little lanterns. And of course, every day started with a "rozcvička" – morning exercises, organized by Jara Dusatko.

Some of our planned activities had to be altered because of weather this year. It rained the first two days of camp – yes, pretty incredible for California to have rain in July, but it did happen! On our first day is drizzled in the late afternoon, so our Monday evening campfire program had to be moved indoors, which still worked out well. The children were asked to prepare skits at home and they presented songs and a couple played musical instruments.

The second day of camp we had hard rain in the afternoon, but it so happened that most of the campers were spending the day at Shaver Lake where it was sunny all day! Only a few campers were in camp to witness the sudden downpour, which was particularly exciting for the youngest children – some have probably never seen a downpour before, since California's drought is already in its fourth year.

The rest of the time we spent hiking in the vicinity of the camp and swimming in the creek or the nearby lake.

Thursday was our traditional group hike to Dinkey Dome. This is a relatively short but difficult hike because there is no trail, but it's so worth it! Our destination is always the base of Dinkey Dome, where there is a large waterhole with a waterfall. The water is ice cold, but it feels good to jump in anyway. Further up is a beautiful rock bed polished smooth by the creek, full of rock formations shaped by the waterflow over hundreds of years.

Fishing is also a very popular activity, as well as mushroom hunting. Fishing is especially good at Wishon Reservoir, a 20-minute drive from the camp, and we have a few very dedicated mushroom pickers who always manage to find enough mushrooms for at least one dinner.

Every year we try to have one of our Czech cooks teach others how to prepare some traditional Czech dish. This year Jara Dušátko, president of Sokol San Francisco, conducted a workshop on how to make "bramboráky" – Czech potato pancakes. They were excellent!

Friday night we had a campfire that included an improvised memorial for one of our regular campers Lynn Miller, a former Pacific District officer, who passed away on July 9 at age 63, a victim of cancer. This was an emotional evening. Lynn's husband Richard Miller and daughter Allyson Rorro shared their memories and their sorrow, and other campers added their memories as well. Michelle and Breanna Schear sang a song about a shooting star that reminded them of Lynn, and Nick Schear played beautifully "Nearer My God to Thee" on his violin.

On Sunday we said our good-byes – until we meet again next year!

(see Fig. 3 to 6, page 2).

Submitted by
Yvonne Masopust
President, Pacific District

September 12, Time for Our Fall Picnic.

The capricious California weather played another trick on us, this time in our favor. After a heat wave almost scarred away some Sokols from attending our popular picnic gathering at Chabot Lake Park, the temperature mercifully dropped just for our Saturday meeting.

It was tricky to dress properly so for our next picnic we recommend bringing a variety of clothing, your car can easily carry it. The Mallard site has been improved - new tables, replanted trees, pretty retaining wall and newly paved roads, making it easier for our older legs to walk up the hill.

As you well know, most of Sokol's members are no spring chickens, so it improved everybody's spirit to welcome a substantial group of families with children, courtesy of the Czech School. We have an ongoing relationship with the School, we share their goal of teaching and preserving our mother's language. While the adults carried on their conversations, it was pleasing to eyes to follow the activities of our youngest generation, their joy and spontaneity was contagious. We should be thankful to the sacrifices of parents, teachers and their kids, that goes into founding and maintaining such a sophisticated enterprise as is the Czech School in USA. Their effort shall guarantee that our colorful language will not perish.

Brother Bohous Botcha brought another dimension to our party by playing his ukulele and harmonica, we could exercise our vocal cords by joining him in singing all the familiar tunes. Again, the Ranger remembered that "we were the people with the harmonica". One way to gain a little fame, without even trying.

It might help with your planning for the future picnics to know what Sokol is offering. We secure the reservation with Park, pay for it, buy the charcoal, keep the fire going, have the BBQ tools available, but it is up to you to bring whatever satisfies you taste buds and quells your thirst. A lot of stores offer meats and veggies ready to be put on hot coals, an easy fix.

It's hard to put to words the relaxed atmosphere of these meetings, the camaraderie, the sharing, singing, hiking or just looking at the beautiful natural scene around you. If you never tried, give it a chance, or you will never know what you are missing.

Zdenek Vernak

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OBITUARIES



Lida Mikes, In 1948, Lida Mikes hastily emigrated from Czechoslovakia with her husband and two young daughters to, first, Australia, then to the USA.
Since the 1950s, she was a very active member of Sokol San Francisco. Along with her husband, Karl, she participated in all sports, cultural and social Sokol events.
Lida was born 1924, in the České Budějovice, and grew up with two older brothers. Their father, owner of a sports shop, drove with the children several times a year to ski in Austria. The two boys raced on skis and Lida very soon mastered skiing, "Austrian style". After coming to the United States in the 50s, she adored ski instructors at Squaw Valley. She skied until she was 76. In addition, like mastering her challenging mountain tours, she played very good tennis and, as a successful player, participated in all the regular tournaments in volleyball for Sokol SF. Lida was well known for her beautiful singing and ability to improvise a second note. Several times she sang as a soloist with the Sokol band and performed in many roles at different shows.
In May 2011, Lida attended her last SOKOL event, "Tribute to TG Masaryk", at Golden Gate Park in SF.
She spent the last few years in a nursing home. She died on July 18, 2015.

According to memory of Lada Zrzavy

Jarmila Vrana died July 26 at age 95. She had come to the US in 1966, shortly after it joined the Sokol where she later worked for many years as treasurer.



Jarmila Vrana, long time Sokol San Francisco member, rigid Treasurer of Unit. Sister Vrana and her husband were very devoted Sokol members and Board members under Blanche Duffey Presidency. She was very generous anonymous contributor in times when Unit went through very serious financial crisis after her husband died. Her "typical emotional style" of strait forward, true communication was sometimes discouraging to some members, regardless; Jarmila always spoke from her heart meaning for the best of the Unit.

God bless her soul. We, old timers, will always remember.

Paul Burda

AMERICAN SOKOL CORNER

150 Years Anniversary of American Sokol in Chicago
It will be celebrated in November 13, 2015.
Our unit will be represented by:
Jara Dusatko, Lida O'Donnell,
Helenka Livingston, David Livingston,
Stanislava Grigelova

INFORMATION CORNER

VIOLIN CONCERT **Jaroslav Svěcený** and Václav Mácha (piano)
Presented by Czech School of California, American Sokol SF and BayCzech
October 30th , 2015 at 7:00 pm Lucie Stern Community Center 1305 Middlefield Rd., Palo Alto

Tickets: www.eventebrite.com, $15. More info: www.czechschoolofcalifornia.com

HEART ATTACKS AND WATER

http://beforeitsnews.com/health/2013/07/heart-attacks-and-water-2498172.html Wednesday, July 17, 2013 14:36

How many folks do you know who say they don't want to drink anything before going to bed because they'll have to get up during the night.
Heart Attack and Water – I never knew all of this ! Interesting.....
Something else I didn't know ... I asked my Doctor why people need to urinate so much at night time. Answer from my Cardiac Doctor – Gravity holds water in the lower part of your body when you are upright (legs swell). When you lie down and the lower body (legs and etc.) seeks level with the kidneys, it is then that the kidneys remove the water because it is easier. This then ties in with the last statement!
I knew you need your minimum water to help flush the toxins out of your body, but this was news to me. Correct time to drink water...
Very Important. From A Cardiac Specialist!

Drinking water at a certain time maximizes its effectiveness on the body
2 glasses of water after waking up – helps activate internal organs
1 glass of water 30 minutes before a meal – helps digestion
1 glass of water before taking a bath – helps lower blood pressure
1 glass of water before going to bed – avoids stroke or heart attack
I can also add to this... My Physician told me that water at bed time will also help prevent night time leg cramps. Your leg muscles are seeking hydration when they cramp and wake you up with a Charlie Horse.
Mayo Clinic recommends aspirin. Dr. Virend Somers, is a Cardiologist from the Mayo Clinic, who is lead author of the report in the July 29, 2008 issue of the Journal of the American College of Cardiology.
Most heart attacks occur in the day, generally between 6 A.M. and noon. Having one during the night, when the heart should be most at rest, means that something unusual happened. Somers and his colleagues have been working for a decade to show that sleep apnea is to blame.
1. If you take an aspirin or a baby aspirin once a day, take it at night.
The reason: aspirin has a 24-hour "half-life"; therefore, if most heart attacks happen in the wee hours of the morning, the aspirin would be strongest in your system.
2. FYI, Aspirin lasts a really long time in your medicine chest, for years, (when it gets old, it smells like vinegar).
Something that we can do to help ourselves – nice to know. Bayer is making crystal aspirin to dissolve instantly on the tongue.
They work much faster than the tablets.
Why keep aspirin by your bedside? It's about Heart Attacks.

There are other symptoms of a heart attack, besides the pain on the left arm. One must also be aware of an intense pain on the chin, as well as nausea and lots of sweating; however, these symptoms may also occur less frequently.
Note: There may be NO pain in the chest during a heart attack.
The majority of people (about 60%) who had a heart attack during their sleep did not wake up. However, if it occurs, the chest pain may wake you up from your deep sleep.
If that happens, immediately dissolve two aspirins in your mouth and swallow them with a bit of water.
Afterwards: – Call 911. – Phone a neighbor or a family member who lives very close by.- Say "heart attack!" – Say that you have taken 2 aspirins.
Take a seat on a chair or sofa near the front door, and wait for their arrival and ...DO NOT LIE DOWN!
A Cardiologist has stated that if each person after receiving this e-mail, sends it to 10 people, probably one life could be saved!
I have already shared this information. What about you?
Do forward this message. It may save lives!
"Life is a one time gift"

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Scientists Make Stunning Discovery Beneath Yellowstone National Park ---Supervolcano

http://www.weather.com/science/nature/news/yellowstone-national-park-supervolcano-largest-magma-reservoir-discovery

A massive, magma-filled secret was recently discovered under Yellowstone National Park in Wyoming, a discovery that could mean larger eruptions for the park's super volcano. Researchers from the University of Utah uncovered a gargantuan magma reservoir (http://archive.unews.utah.edu/news_releases/scientists-see-deeper-yellowstone-magma/)containing hot, sponge-like rock, as well as some molten rock, that dwarfs a previously known magma chamber.

The findings were recently published in the journal Science and revealed the chamber holds enough magma to fill the Grand Canyon over 11 times, the Tech Times said.(http://www.techtimes.com/articles/48838/20150426/yellowstone-supervolcano-magma-reservoir-capable-filling-grand-canyon-11-times.htm)

If an eruption was to happen, the giant magma chamber could intensify the event, but study co-author Robert B. Smith said the chances of an incident occurring are 1 in 700,000.

Smith also noted the Yellowstone super volcano has the potential to create a cataclysmic situation, as seen during three eruptions in the structure's ancient history, which spread volcanic ash over much of North America. The volcano's last known eruption sent more than 8,000 times the debris of the 1980 Mt. St. Helens' eruption careening in all directions, according to the Tech Times.

In the end, these new details will allow for a better understanding of the volcano's inner workings and will provide for a better look at future hazards.

(MORE: http://www.weather.com/science/nature/news/russian-photographer-dennis-budkov-rainbows-trapped-ice-caves-russia

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CZECH CORNER

Chystá se návrat "školních osnov". Volnost škol se neosvědčila.

Volnost škol se neosvědčila, úroveň znalostí matematiky je katastrofální.

Podle ministryně školství Kateřiny Valachové je proto nutné změnit a zpřísnit vzdělávací programy, podle kterých školy učí. Slovu "osnovy" se vzpírá, dodává však, že je potřeba zajistit, aby děti po celé republice měly obsahově přibližně stejnou výuku. Ministryně školství Valachová: "Šokuje mě úroveň znalostí maturantů".

Každý čtvrtý student letos propadl u maturity z matematiky. Úroveň jejich znalostí je podle matematiků katastrofální.

Podle ministryně školství Kateřiny Valachové je proto nutné zrušit přílišnou volnost škol v tom, co a jak mají žáky učit. Do dvou let plánuje změnit a zpřísnit vzdělávací programy, podle kterých školy učí. U maturitních předmětů – matematiky, češtiny a cizích jazyků – více specifikovat, jaké znalosti mají děti získat. Bude částečný návrat před osmi lety zrušených osnov.

"Zrušení osnov byl omyl ministryně Petry Buzkové, který značně znepřehlednil české školství," myslí si Václav Klaus mladší, školský expert ODS a bývalý ředitel elitního soukromého gymnázia PORG. Naráží na nástup "rámcových vzdělávacích programů", které zmiňované osnovy vystřídaly a daly školám značnou volnost..To se ale podle ministryně školství neosvědčilo.

Markéta Hronová ; zkráceno
http://archiv.ihned.cz/c1-64521570-chysta-se-navrat-skolnich-osnov-volnost-skol-se-neosvedcila
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Zemřel autor státního znaku České republiky Jiří Louda, bylo mu 94 let

Louda byl jedním z nejuznávanějších evropských znalců erbů a vlajek. Za svůj život vytvořil zhruba dvě stovky symbolů měst a obcí a vedle českého státního znaku také prezidentskou vlajku. Pocházel z rodiny profesora kreslení v Kutné Hoře. „K heraldice jsem se dostal částečně díky tomu, že můj otec vyučoval kreslení," řekl dříve ČTK.
První jeho práce, které se objevily na veřejnosti, vytvořil za druhé světové války, kdy pobýval jako voják ve Francii a Velké Británii. „Dělal jsem znaky spojenců. Používaly se při oslavách a výzdobě ubikací. Ve Francii jsem znaky ještě dělal spíše sám pro sebe, v Anglii to už bylo pro armádu," uvedl.
Za vrchol své tvorby po stránce vlastenecké považoval Louda prezidentskou vlajku. Mimo Českou republiku si nejvíce vážil prestižní ceny The Julian Bickersteth Memorial Medal, kterou dostal jako druhý cizinec v historii ve Velké Británii za knihu o heraldice nejvýznamnějších evropských panovnických rodů.
Po převzetí moci komunisty v únoru 1948 byl poslán na dovolenou a posléze z armády propuštěn. Bez soudu byl až do roku 1950 vězněn na Mírově. Prezident Václav Havel mu v říjnu 2000 udělil medaili za zásluhy o Českou republiku.
ČTK http://www.lidovky.cz/zemrel-autor-statniho-znaku-ceske-republiky-jiri-louda-bylo-mu-94-let-1iz-/lide.aspx?c=A150902_074957_lide_ELE 2. září 2015 7:51

Zemřel skvělý fotbalista Josef Masopust, fotbalový vicemistr světa z roku 1962, první český držitel Zlatého míče a český fotbalista století.
Po konci hráčské kariéry byl Masopust úspěšný i jako trenér. V roce 1978 dovedl k titulu Brno, v letech 1984-87 vedl národní tým Československa a přispěl i k rozvoji fotbalu v Indonésii, kde trénoval juniorskou reprezentaci.
V roce 2000 byl zvolen českým fotbalistou století před Josefem Bicanem a Ivem Viktorem. Za svého nejlepšího hráče v historii ho vybrala i FAČR k 50. výročí UEFA a mezi 100 nejlepších fotbalistů historie ho zařadil také Pelé.
Masopust převzal Zlatý míč pro nejlepšího hráče Evropy, což se od té doby z Čechů povedlo jen Pavlu Nedvědovi v roce 2003.
Rodina: ženatý; manželka Věra, syn Antonín, dcera Ivana.
http://www.halonoviny.cz/articles/view/39066704

Ve věku 91 let zemřel známý slovenský herec Ladislav Chudík..
Chudík se proslavil kromě jiného postavou primáře Sovy v televizním seriálu Nemocnice na kraji města.
Chudík je označován za legendu slovenského a československého filmu i divadla. V SND působil od roku 1944 a mimo jiné zde v posledních letech hrál v inscenaci Tančiareň (Tančírna), která od své premiéry v roce 2001 zaznamenala zhruba 250 repríz.
V roce 2010 dostal Chudík Českého lva za herecký výkon ve vedlejší roli ve snímku režiséra Jana Hřebejka Kawasakiho růže. Loni v květnu, kdy herec slavil devadesátiny, převzal od slovenského ministra kultury cenu za celoživotní přínos v oblasti divadelního, filmového a rozhlasového herectví, jakož i za šíření dobrého jména Slovenska v zahraničí.
Seriál jakým byla Nemocnice na kraji města, dnes již nikdo nenatočí,
mistrovské výkony pana Chudíka či Kopeckého jsou nezapomenutelné.
Mějte nahoře oponu stále otevřenou pán Chudík. (čtk)

http://www.halonoviny.cz/articles/view/39070853

Poprvé v historii, kdy USA vydaly svého občana ke stíhání do České republiky.

Soud poslal Američana Dahlgrena do vazby. Masový vrah se bránil vydání přes dva roky. Brněnský soud poslal v pondělí večer Američana Kevina Dahlgrena do vazby. Muži viněnému z předloňské vraždy čtyř příbuzných v Brně-Ivanovicích hrozí doživotní trest. Dahlgren je prvním občanem Spojených států, jenž byl předán do Česka k trestnímu stíhání. Soud Dahlgrena poslal ve večerních hodinách do vazby.
Policie už oznámila, že než předá Dahlgrenův spis krajskému státnímu zastupitelství, bude chtít, aby jeho zdravotní stav posoudili znalci. Jeho vydání předcházely dva roky vyjednávání.
Ministr spravedlnosti Robert Pelikán v České televizi uvedl, že je to poprvé v historii, kdy USA vydaly svého občana ke stíhání do Česka .Vydání Dahlgrena předcházelo dlouhé vyjednávání a několik právních pří ve Spojených státech. Trvalo dva roky, než padly všechny právní překážky stojící jeho vydání v cestě.
Vydání muže do Česka uvítal premiér Bohuslav Sobotka. „Dahlgren je obviněn z brutálního zločinu, který byl spáchán na území České republiky, a měl by být proto souzen podle českého práva," řekl Sobotka.
Dahlgren je ve vazbě od května 2013, kdy přiletěl do Washingtonu. České úřady jej obvinily, že nedlouho předtím brutálně zavraždil v Brně-Ivanovicích svoji sestřenici, jejího manžela a jejich dva syny. U rodiny bydlel a v Česku se živil jako učitel angličtiny. Po činu odjel do Vídně na letiště a vrátil se za oceán.
Reakce lidí v Brně-Bohunicích krátce po činu:
Zdroj: http://zpravy.idnes.cz/americke-urady-rozhodly-o-vydani-dahlgrena-do-ceska-fxq-/zahranicni.aspx?c=A150831_071437_domaci_ane

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To je špatné. Takto zle je na tom prý nadace Václava Havla. Ubývá dárců. Na platy prý šlo pět milionů, na pomoc poněkud méně
24. 8. 2015 7:29
Nadace Václava a Dagmar Havlových Vize 97 nedávno způsobila poprask, když si chtěla účtovat třicet tisíc za pojmenování náměstí v Izraeli po Václavu Havlovi. Požadavek platby za užití Havlova jména přitom není ojedinělý. Platit musejí i ti, kdo takto chtějí pojmenovat lavičku či absolvovat virtuální prohlídku pracovny bývalého prezidenta. Ani takto vydělané peníze však nadaci nepomáhají pokrýt rozpočet. Jak zjistil časopis Týden, hospodaření Vize 97 končí už několikátý rok po sobě v minusu.
Vize 97 byla naposledy v plusu před pěti lety, v roce 2009. Od té doby narostl počet zaměstnanců, zvýšily se peníze na jejich platy i provoz nadace. Částky vybrané od sponzorů ale oproti roku 2009 výrazně klesly. Celkově loni Nadace Dagmar a Václava Havlových hospodařila se schodkem 8,7 milionu korun. Rok předtím byla v minusu o 5,3 milionu a také v předchozích letech se pohybovala v červených číslech.
Podle výroční zprávy za rok 2014 utratili zaměstnanci nadace přes patnáct milionů korun. Od dárců se jim ale podařilo vybrat „pouze" necelých pět a půl milionu korun. Nejvyšší částku – 1,15 milionu – věnovala Vizi 97 nadace miliardáře Karla Janečka, který ovšem sedí ve správní radě Vize. A zatímco za platy v nadaci utratili téměř pět milionů, na charitu potřebným lidem poslali „pouhých" 907 tisíc.
To podle Týdnu, který nahlédl do výroční zprávy nadace, odpovídá například pěti a půl hrubého měsíčního platu „člena řídicího orgánu". Ten si totiž podle účetnictví Vize 97 přijde měsíčně na 167 tisíc hrubého. O koho jde, se časopisu zjistit nepodařilo. V úvahu prý připadá buď přímo vdova Dagmar Havlová, nebo ředitel Vize 97 Vangelis Zingopis.
Těch několik málo představitelů nadace, kteří byli ochotni s Týdnem hovořit, vysvětluje schodek hospodaření mimo jiné úbytkem donátorů. „Ono ubývá dárců. Nepochybně po smrti Václava Havla. zájem.. Taková je doba, dárců není nikdy dost. A čím je lidem hůře, tím je to pro nadace a neziskovky těžší," říká Táňa Fischerová, neúspěšná kandidátka na prezidentku.
http://www.parlamentnilisty.cz/arena/monitor/To-je-spatne-Takto-zle-je-na-tom-pry-nadace-Vaclava-Havla-Ubyva-darcu-Na-platy-pry-slo-pet-milionu-na-pomoc-ponekud-mene-396296
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Czech Team Conquered World Special Olympics 2015 in Los Angeles!

03.08.2015 / 00:38

Special Olympics World Games came to an end during the emotional closing ceremony in front of tens of thousands of fans at Coliseum in Los Angeles on Sunday, August 2nd. After more than a week of competitions, athletes with intellectual disabilities from more than 160 countries gathered in chairs on the field at Los Angeles Memorial Coliseum to receive applause and praise for their efforts.

Some 6,500 athletes took part in the games that consisted of 25 sports, including weightlifting, horseback riding, swimming and soccer. The Czech Republic was part of these unique and inspiring games with 46 athletes including volleyball and soccer teams. The Czech athletes not only participated, but performed outstandingly in many disciplines! Czech team received 10 gold medals – 5x gymnastics, 2x athletics, 1x swimming, 1x table tennis, 1x unified volleyball. Due to their admirable determination they also won 14 silver and 9 bronze medals at athletics, gymnastics, table tennis, and bocce, soccer, bowling, swimming and cycling.

The delegation was led by the national director of the Czech team Ms. Martina Středová and personally supported by a longtime patron and honorary chairman, famous Czech ballet dancer and choreographer, Mr. Vlastimil Harapes, together with Member of European Parliament Ms. Martina Dlabajová.

They were also big fans at the finals of almost all disciplines, together with Consul General Michal Sedlacek and his family.

The unbelievable success of our Czech Special Olympics athletes deserves admiration, pride, and encouragement. We congratulate them and wish them many other excellent achievements, especially in 2017, when Winter Special Olympics will be held in Austria.

LAUGHING CORNER

Snotty receptionist

Yesterday I had an appointment to see the urologist for a Prostate exam. Of course I was a bit on edge because all my friends have either gone under the knife or had those pellets Implanted. The waiting room was filled with patients.

As I approached the receptionist's desk, I noticed that the receptionist was a large unfriendly woman who looked like a sumo wrestler. I gave her my name. In a very loud voice, the receptionist said, "YES, I HAVE YOUR NAME HERE; YOU WANT TO SEE THE DOCTOR ABOUT IMPOTENCE, RIGHT?

All the patients in the waiting room snapped their heads around to look at me, a now very embarrassed man. But as usual, I recovered quickly, and in an equally loud voice replied: NO, I'VE COME TO INQUIRE ABOUT A SEX CHANGE OPERATION, BUT I DON'T WANT THE SAME DOCTOR THAT DID YOURS. the room **erupted in** applause!

DON'T MESS WITH OLD RETIRED GUYS

Každý žadatel o azyl u nás by měl absolvovat test.

Sníst dvě vepřové jitrnice, zapit pivem a dát si pět panáků slivovice.

Jestli to nedokáže, jeho kultura není kompatibilní s naší.

MÁŠ-LI HLAVU VELIKOSTI TYKVE, NEMUSÍ TI MĚŘIT IQ Petr Skoumal