VĚSTNÍK

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

WINTER
2015



American Sokol
Sokol San Francisco





CELEBRATING 150. ANNIVERSARY OF AMERICAN SOKOL
REPRESENTATIVES FROM PACIFIC DISTRICT WITH PRESIDENT OF THE CZECH SOKOL (COS)
SIS. HANA MOUČKOVÁ (IN THE MIDLE)
CHICAGO , NOVEMBER 2015


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GYMNASTIC ASSOCIATION

SOKOL SAN FRANCISCO INC.

Educational-Social and
Non-profit Cultural Organization

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OFFICERS 2016

President	Jara Dusatko
1st Vice-president	Zdenek Vernak
Recording Secretary	Zelmira Zivny
Financial Secretary	Paul Burda
Treasurer	Jarmila Jancarik
Vestnik Editors	Milan Dusatko, Paul Burda
Membership	Milan Dusatko
Public Relations Director	Helenka Livingston
Social Media Director	Stana Grigelova
Men's Director	Milos Zivny
Women's Director	Jana Santens

Auditing Committee	Zdenek Vernak, Milos Zivny, Eva Kryska
Budget and Finance Committee	Paul Burda, George Goupille, Jiri Jancarik, Zdenek Vernak
Entertainment Committee	Helenka Livingston, Daniel Botcha
Reconciliation Committee	Zdenek Vernak, Milos Zivny,
Zupa Representatives	Jara Dusatko, Jiri & Jarmila Jancarik, Milos Zivny

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Sokol Board and Members Meetings
is held every second Tuesday each month at 1:30 PM (except July & August)
Address to be announced

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

"In a time of universal deceit, telling the truth is a revolutionary act." George Orwell

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 January 10 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

President's note:

Dear Sokol Members and Friends, I wish you all a happy and successful year 2016!
Looking back – Sokol San Francisco unit could be pleased with all achievements during the year 2015. All goals were fulfilled to our great joy. We got together for the first time with Czech School of California at the bust of T.G. Masaryk in Golden Gate Park in San Francisco.
We organized combined picnic at Lake Chabot, where the Sokol members helped them to celebrate the Children's Day and the end of the school year. Larger group of SF Sokol members and their children or grandchildren enjoyed one week in Summer Family Camp at Dinkey Creek.
We arranged a very interesting trip to the Czech and Slovak Festival in San Diego and 5 children of our unit participated in the program with a short performance. A brand new was a mushroom hunting in Salt Point State Park.
Main event of the year for all Sokols in United States had been a celebration of the 150th Anniversary of American Sokol (ASO) in Chicago.
And the biggest achievement for Sokol San Francisco is growth and rejuvenation of our organization – we gain nine new, young and enthusiastic Sokols!

Jara Dusatko,
President
Sokol San Francisco

A Big Thank You

to the following members for their generous welcome to our guests:
Eva Kryska for providing accommodation to artists –
violinist J.Sveceny and pianist V. Macha
Zelmira & Milos Zivny for taking those artists for
a sightseeing tour through the Bay Area
Vera & George Goupille for housing three representatives of
Consulate General of the CR in LA
Jakub, Eliska & Noemi Nejedly and Mikaela & Keitlin Sargis –
children of our members, for two performances of Czech songs,
poems and playing musical instruments.

RESPONSIBILITY VS. UNRELIABILITY :

I will keep my promises.
I will not make excuses.
I will do all my work to the best of my ability.
I will make things right when I do wrong.
I will know my duty and do my duty.
Wishing you a wonderful and
spirited New Year!

2015 New Members: Dana Chapman, Stana Grigelova , Thomas Rajspic, Jana Chalouhi, Blanka Nejedla, Jana Santens, Denisa Feddersen, Debra Jacob, Linda Janour-Tang
Reinstated Members: Milan Prejda, Regina Prejda, Alex Livingston
Resigned: Bohumila Janac, Marcelle Skubna.
Deceased: Frank Miksa. Jindra Strolena, Georgina Teyrovsky

ALL MEMBERS PAID
DUES FOR 2015
40 females
30 males
TOTAL 70 MEMBERS

Donations 2015: Total: $437

Dear Sokol members, your 2016 dues payments and donations sent are truly appreciated.
Presently paid dues: 22 members
Donations: L. Sikl $14; V. Machacek $20; D. Chrichton $14; V. Cambus $50-in memory of Georgina Teyrovsky.

Payment Dues 2016

SEND WITH YOUR PAYMENT	Keep for your record
2016 Dues are $36, late fee $5 after 1-31-16. **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 2016** **Date: .....** **Check No:.....**

PLANNED ACTIVITIES FOR 2016 the dates of Walks for Health are approximate, might be changed.

DATE	ACTIVITY	LOCATION
January 23, Saturday	Walk for Health	San Francisco Presidio
February 20, Saturday	Walk for Health	San Pedro Valley Park
March 4, Friday	Violin Concert - Miroslav Ambros	Lucie Stern Community Center, Palo Alto
March 5, Saturday	Dinner- Dance	Crowne Plaza Hotel, Foster City
March 19, Saturday	Walk for Health - Masaryk bust	San Francisco GG Park
April 14, Thursday	Walk for Health	Carson Park in Fairfax
May 14, Saturday	Walk for Health	Grass Valley, Castro Valley
June 4, Saturday	Picnic at Lake Chabot Park	Castro Valley
July 17-24	Sokol Family Camp	Dinkey Creek
September 24, Saturday	Picnic at Lake Chabot Park	Castro Valley
October 15 and 16	Trip	Malin or Lassen Volcano Park
November 17 or 30	Walk for Health	Mushroom Hunting
December 3, Saturday	Annual meeting	Crowne Plaza Hotel, Foster City
December 30, Saturday	End of the Year Dinner - Dance	Crowne Plaza Hotel, Foster City

COMERCIAL ADDS

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HARVEY IMPORTS, BEER & VINE

Milena Harvey started **Harvey Imports** in 1995, **wine & beer importing and distribution company**.)

They are importing three award winning labels –

Lev Lion Pilsener (světlé 12°), Lev Black Lion Dark Lager (tmavé 12°), Lev Pale Double Bock (světlé 14°)

which are brewed and bottled by **Měšťanský pivovar Havlíčkův Brod.**

They are sold in the traditional „půllitr"bottles 16.9 oz = 500 ml bottles as in the Czech Republic.

!!! And in January and February 2016 Beverages & More in both Northern and Southern California will have

Lev Lion beers on sale 2 for $3

Harvey Imports is also importing four excellent wines from Vinné Sklepy Lechovice in Znojmo region. Müller Thurgau won the "Top 10 under $10" award in The World Value Wine Challenge 2013. Blaufrankisch (Frankovka) was rated as "Highly Recommended" by the Beverage Tasting Institute. In the fall of 2014 our St. Laurant (Vavřinecké) received the "Top 10 Red Wine Under $10" with 88 points and our Pinot Blanc (Rulandské) was rated "Highly Recommended".

Harvey Imports are proudly supporting the Czech community and thank you for your support as well!
Please check the website at www.czechbeer.com for more information.

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INTRODUCING AND WELCOME NEW SOKOL MEMBERS



Milena (Svobodová) Harvey member from 11-25-2014

I came to the United States in 1993 after I married Taz Harvey at Staroměstské náměstí in Prague. We have two sons – Vitek and Vasek and we live in Danville, CA.
I am very proud of the country I was born in and at import Czech beer and wine to the USA, so it felt fitting to join American Sokol to help keep the traditions and culture alive for our kids.

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Stana Grigelova – New Social Media Board Member member from 04-25-2015

Sokol San Francisco is pleased to announce that our numbers are growing. We will be highlighting new members with a spotlight article in our Vestnik. This issue we welcome Stana Grigelova. Stana grew up in Trnava Slovakia (it was Czechoslovakia at that time) and when she turned 16 years old her family moved to the San Francisco Bay Area. After graduating from high school, she attended college specializing in Business and Marketing. Stana began her career as a Business Development Manager and now living in the high tech center of the US, she has focused her expertise in creating websites. This makes her specially situated as our new Board member of "Social Media". With her expertise in technology she can create new ways to get the word out about Sokol SF. and all the

Stana has returned to Slovakia four times since her departure in 2001. One of her favorite memories is backpacking in the beautiful Tatra Mountains and Slovakian Raj with her father, who still lives in Slovakia. Although she would like to visit her homeland more often she states it is not so easy to do once you accept a full time job. Stana is glad to join Sokol as it gives her the opportunity to meet her fellow country men and women. She did not know that this wonderful organization existed until 2013 when she met a fellow Sokol member, Daniel Teyrovsky Livingston in a face-to-face meeting. This is why we believe Stana will enhance our ability to reach out to other Czechs, Slovaks and other younger people who haven't heard about Sokol. Sokol SF welcomes this outstanding young lady who is energetic, insightful and industrious with open arms.



Jana Santens member from 1-19-2015.

I was born and raised in Prague. My mom is a life long member of Sokol. She actually brought me to Sokol where I was only three years old. We participated in the joint parents and pre-school children exercises program. During growing up, I myself became an exercise instructor at the age of sixteen (a mandatory milestone to become a qualified Sokol instructor), and practiced the workouts within elementary school girls program. At the same time I myself kept working out at our Sokol unit and participated in Sokol annual competition called "Praha -Brno-Bratislava." Every year the competition took place in one of these cities. It was a lots of fun (besides competing) as you also got to get acquainted with the members of other Sokol units. Eventually I became a friend with three other girls and every time I go to Prague , we get together. Naturally, I went on to study to become a physical education teacher. I received my master's degree in physical education from Charles University in Prague. When Sokol's "slet" finally replaced "spartakiada", I , too, had participated in it before my relocation to the USA. Here I reside in San Jose with my husband. I feel honored and grateful to reconnect with Sokol, again.

Nazdar, Jana

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Debra Jacob, member from 10-13-2015

I am happy to be a returning member of Sokol. I moved to the Bay Area to take a job in 2005 from Pittsburgh, PA, where there is a very large community of Czechs and Slovaks who worked in the steel industry. My father and all of his brothers worked at the Edgar Thompson Steel Works in Braddock, PA. His family was from Ostrava, and my mother's family was from Kosice. I now work at the University of California in San Francisco, doing writing and marketing. I live in the Rockridge neighborhood of Oakland.
My fiancé, Bill, and I are planning a 2016 wedding.

Linda Janourova-Tang member from 10-13-2015.



She was born in Plzen in the Czech Republic, but has lived in the Bay Area for all of her adult life. She currently serves as a member of the Board of Directors of the Czech School of California and also assists the Czech Honorary Consul General in San Francisco. Prior to joining the Czech School, Linda worked as a policy analyst for the City of San Francisco Human Rights Commission and as a law clerk for the Mayor's Office of Public Policy and Finance. Before that, Linda worked briefly as a litigation associate at Cooley Godward Kronish. Linda is the proud mother of two young half-Czech children and a husband who is very good at pronouncing the letter ř. She is excited about the prospect of joining and becoming involved with Sokol SF in order to meet more like-minded people and to get more involved in the local Czech community.

OUR ACTIVITIES

Concert: Czech violinist Jaroslav Svěcený

In October, the Bay Area welcomed Czech violinist Jaroslav Svěcený (see page 2, fig 1), a world class soloist and promoter of classical and popular violin music. Svěcený, accompanied by well-known pianist Václav Mácha, performed at the Lucie Stern Community Center in Palo Alto on Friday, October 30. The program included Beethoven, Czech classics by Antonín Dvořák, Bedřich Smetana and Josef Suk, concert tangoes by Astor Piazzolla, and Svěcený's own modern and technically impressive Prague Phantasy. With its combination of classical period music, Czech romanticism, the rhythm of tango and contemporary music, the concert offered a varied selection from the violinist's repertoire. Jaroslav Svěcený was not only a pleasure to listen to, but also a pleasure to speak with, as many in the audience found. All in all, it was a classy evening and a nice way to bring the Czech community and other together.

Adela Bardosova

Summer in October-Sokol Trip to San Diego

After a lot of planning, contacting Czechs and Slovaks in San Diego, and sending information to our members, we have finally made it. Seventeen Sokol San Francisco members and their families arrived to San Diego Airport on Saturday, October 17. San Diego is not that far away, one of not that many cities on California Pacific Coast. And yet none of us did really know the city and we expected some disorientation and possible problems. There were none and all of us agreed that this was a trip to enjoy. It was a weekend of Czech and Slovak Lawn Program in Balboa Park and we were eager to see the Park, the program, and also the place our sister community keeps there. The Czech and Slovak House, also known as Domeček, sits in the Balboa Park among other Pacific Relations International Cottages.

House of Pacific Relations was founded during the California International Exposition of 1935-6.
It has been a non-profit corporation since 1962, serving many minorities of San Diego. There is a Scottish House and a Chinese House, a Polish House, a German House and, of course, our own Czech and Slovak House, on the green lawn and under big trees of the Park. Small actions can be held in the house, when more people are expected to come, everything can happen outside.

San Diego weather is a big help here. It was a velvety smooth Indian summer day in the mid of October and people were gathering around the Domeček, bringing their chairs, chatting with friends. Grilled sausages aroma was hanging all over the place and we were welcomed by Daniele Laman and Martina Nemeckova, our San Diego friends and anchors.

There was a lot of singing and dancing on the stage, the best definitely of Eastern Slovakia origin. To see a performance of the Karička dance group (see page 2, fig 3) was a real pleasure and we were lucky enough in the Bay Area, that we could see them again at the Czech and Slovak Club annual lunch. Eastern Slovakia has its own character. That small area borders Poland, Ukraine and Hungary and the music, national costumes, even the language are a wonderful mixture of many cultures, melted in the Eastern Slovakia folklore. There were Czech and Slovak children performing, and also the Sokol San Francisco kids singing and playing their musical instruments. We enjoyed both Saturday and Sunday afternoons in the Park, and many, many interesting places in San Diego, from walks in the Park, Pacific beaches around Coronado Hotel(see page 2, fig 2) , and Mexican quarter. Mexican food, too, and it was good. The tourist season was almost over and the Old Town Trolley Tour welcomed us and was ready to take us whenever we wanted, even out of their regular routes and we took full advantage of it. It was a great trip and we should plan for more of similar action in the year to come.

Zelmira Zivny

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It was still a day to remember, with the kids running around, pale winter Sun on the cloudless sky and a good company around.
Read your Vestnik and your e-mail, Friends, and we will let you know when are we going to hunt the mushrooms again.
Michaela and Kaitlyn showing the day's harvest. (see page 2, fig 5)

Zelmira Zivny
Pictures Milos Zivny

Annual Meeting 2015

Sokol San Francisco members met at their Annual Meeting on December 5, 2015, at Crown Plaza Hotel. It was time to overview and balances our activities, discuss a program for the year to come, check the old one and approve the new budget. Twenty eight Sokol members were present at the meeting, not quite a half of our membership. There are currently seventy members of our Unit, thirty men and forty women. We have lost some members within the last year, but more people joined and after many years, our Unit is growing and we can see more young faces at Sokol picnics, dances and meetings. (see page 2, fig 6)

We have a successful year behind us. More children than ever before spent a summer week at Dinkey Creek Camp, large group of Sokols traveled to San Diego to make a new contact with Czech and Slovak community there and we were very well represented at the celebration of American Sokol 150 anniversary in Chicago.

It was good to hear that our Unit's finances are healthy and in good order and to think about our next year budget. We plan to keep supporting the Czech School of California so the children of Czech origin have the opportunity to learn and keep alive the language of their parents, and we will organize all social and cultural activities our members enjoy such as picnics, dances, concerts, walks and occasional trips.

The new Sokol board has changed slightly. We have lost our long time 1st Vice-President Sister Georgina Teyrovsky. Brother Zdenek Vernak is now the only Vice-President. We have opened a new position with the Board, a Social Media Director, and feeling that new skills are needed for proper functioning of our Unit. Time has changed a lot within last 150 years and Sokol cannot stay behind. The new position as well as the whole new board was approved by the Annual Meeting and Sokol San Francisco is on its way to a new year. We are sure it will be a happy one.

Zelmira Zivny

Welcome to our world, 2016!

December 26th found us in a swirl of New Year celebrations at the Crown Plaza Hotel's Drake Room. Just getting through the Christmas without collapsing leaves us in a good shape for sending the worn ´Old man 2015´ into oblivion and to joyfully welcome the brand new New Year 2016 with expectations of good fortunes, happiness and perfect health.

Catching up on the important events in the lives of Sokol's faithful membes and friends was easy in the cordial atmosphere of this year's ‚Silvester' gathering. We love to see friends of Sokol attending our events and would gladly have them as Brotheres nad Sisters, Sokol members. And if an uninformed visitor spent some time in our midst, all the happy talk, hugging and kissing would make him think we are one big family.

A lot of volunteer work goes into preparation of this festive event and the only reward our Sisters, Dusatko, Jancarik, Livingston-Teyrovsky and Zivny, Brothers Dusatko, Jancarik and Zivny get, is this short note of our thanks for job well done. The President , Jara Dusatko, recapitulated our activities this year and announced plans for the next one. Our PR Director, Helenka Livingstone-Teyrovsky, introduced a group of chidren, students of the Czech School, who played klarinet and sang Czech songs, accompanied by the celebrity-class clicking of cameras. What a breath of fresh air to see the youngest generation among us. And nine new members bode well for the future of our unit. As the life

goes, happiness and sorrow go hand in hand and our small society is no differend, we've lost three members last year: Frank Mixa, Gerogina Teyrovsky and Jindra Stroleny. Silently, we paid our respect to them and their contributions to Sokol.
Then dance we did, filling the dance floor to capacity. Who said we are getting old? Well supplied raffle made a number of the lucky ones happy, including me, a winner of a case of Czech beer, donated to Sokol by Mrs. Milena Harvey, who represents distribution of Lev (Lion) beer.

An evening well spent, friends met, latest news exchanged we can be looking forward to our next gathering. Stay well and invite your friends to sample fun, Sokol style. (see page 2, fig 7 & 8),
Happy New Year to you all,

Zdeněk Verňák.

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The letter to editor

The 2016 New Year's Party was held on December 26th at the Crown Plaza Hotel in Foster City.
Among the high points:
1. The President announced that the San Francisco Unit was able to increase their membership by 15%, three times the goal of 5% established by the national organization.
2. Students of the Czech School performed an entertaining and enjoyable program of Christmas carols.
3. The hotel served an outstanding meal. Last year's meal was very, very good, but this year's meal was even better!
4. Joe Dimitrowich and his Capricio Band provided yet another evening of enjoyable music for the attendee's listening and dancing pleasure.
In summary, it was a very enjoyable party. If you were not there, you missed a great time. I highly encourage you to attend next year's party.

David Samson

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OBITUARIES



Georgina Jirina Teyrovsky, 91

peacefully passed away at home this week in her sleep, just as she wanted. Born in the newly formed nation of Czechoslovakia in 1924, she felt a deep sense of pride growing up in her homeland with her parents. She was finally blessed with one sister, Katja when she was 18 years old and a second sister, Tanya when she was 23, to whom she was always devoted.
Georgina was a strong, adventurous and beautiful young lady, who caught the eye of the most eligible bachelor in Prague, Edmund Teyrovsky. Life became complicated as World War II broke out and Czechoslovakia experienced dramatic sanctions and shortages; life became dangerous.

But their love deepened and Edmund and Georgina were married in 1947. Shortly thereafter the war ended and they had to escape due to the imminent communist invasion from the Soviet Union. It was clear they would have to flee their homeland, fearing for their lives. Through the dark of night with only rucksacks on their backs they escaped to war torn Germany. As refugees their options were limited, they boarded a ship bound for Australia.
Starting from scratch, not knowing the language nor a soul in Australia, they took odd jobs scraping and saving pennies to purchase a small corner market. In Sydney, they celebrated the birth of their first daughter, Vera. After waiting 7 long years for their turn, they immigrated to the United States legally and settled in California. Nine months later, their second daughter Helenka was born in San Francisco. Soon after they joined the Czech Club *Sokol,* became members and later leaders, enjoying time with their fellow countrymen playing volleyball, camping and dancing. Deep friendships have continued to this day.

Georgina was a talented painter who produced over 175 paintings and later in life turned her creative outlet to writing. She finished 4 books about her travels and life. As she also had a very practical side, she chose to support her husband in launching his career. Applying her astute financial savvy they were able to started and run a very successful Dye House for 25 years.

In 1969, after drinking tainted waters on Mt. Whitney, Georgina became gravely ill. During her 40 days in the hospital she had a Near Death Experience which changed her life. She gladly shared her experience in which she left her body temporarily, saw the glory of God at the gates of heaven where she was asked to return to earth to raise her two young children. From that moment on, it spawned in her a passion to study metaphysics. She desired to spread the word of life beyond and that loving things done here on earth have eternal value.

Georgina was a very proud grandmother of 5 grandsons. Their accomplishments brought her great satisfaction and joy, especially that all will have finished their college degrees by 2016.

Georgina will be greatly missed by all who knew her as a trailblazer, a glamourous lady, who was unique, generous and wise. Georgina was preceded in death by Edmund, her husband of 62 years. She is survived by her two daughters and their husbands Vera Teyrovsky & Georges Goupille and Helenka & David Livingston, her 5 grandsons Daniel, Alexander and Kenneth Livingston and Stephan and Phillip Goupille, her sisters Katja Hodova and Tanya Smetana and their families, as well as her best friend Bill Tamberlain.

Services and a celebration of Georgina's life will be held Sunday, November 22 at 11:30 am at Jess C. Spencer Mortuary, 21228 Redwood Road, Castro Valley followed by the entombment at Lone Tree Cemetery in Hayward. Donations in her spirit can be made to her favorite charities, Open Door Mission in Oakland and Unity Church in Castro Valley.

Helenka Livingston



Jindra Strolený

was born in Czechoslovakia on October 14, 1927 as an only child. She studied at the School of Applied Arts and School of Home Economics. She dreamed about the profession of a fashion designer but her life's journey brought her into many different countries, even continents – Europe, Australia, United States. Thanks to her excellent and precise performance she become a graphic artist/designer, cartographer, calligrapher, sign writer, urban and airport planner, and everywhere she was highly recognized.

Jindra and her husband Jaroslav were passionate travelers. They visited about 80 places of interest, Wonders of the World, UNESCO projects and other countries of natural beauty or significance. After five years in Australia they arrived to Bay Area and immediately joined Sokol San Francisco Unit.

Both of them were very active in several fields: gymnastics, volleyball, dancing "Česká Beseda", slets, picnics, stage shows, ... Jindra, as a skilled and enthusiastic designer drew manualy all invitations for each Sokol SF action, that time it was almost every weekend.

Most cherished and proud activity for Jaroslav and Jindra was the annual Chevron picnic, where he use to work.

It was the opportunity to bring together all Sokol members and their friends for 28 years. After his sudden death Jindra continued in these memorable picnics for several years, and she also kept the tradition with sports and famous ice-cream in Chevron facility in Richmond as a gift to Sokol members and friends.

Jindra stayed faithful to Sokol SF almost to the end. She helped to arrange the decoration on our 110. Anniversary in September 2014. Shortly after that she began fade away, but she had enough strength for the decision to move to her native country – Czech Republic. Last year she lived contentedly in a very nice facility for elderly people in Průhonice. Just one year later she got three strokes and her colorful, adventures and interesting life ended (on December 20, 2015).

Jara Dusatko

AMERICAN SOKOL CORNER

150th Anniversary of American Sokol Weekend

The year 2015 was a year of celebrating American Sokol (ASO). It started on February 14th, 2015 in St. Louis, where the first Sokol Unit in USA was established one hundred fifty years ago, just three years after this organization was founded in Prague.

After intensive planning and detailed preparations for more than one year by many dedicated and devoted Sokol members from a several units of ASO, this unique celebration took place on November 13-14, 2015 in Chicago at three different locations. The opening ceremony and performances by ten different units for over 250 spectators took place at Max Sports Complex in McCook. The refreshment and socializing followed. The men and women volleyball tournaments started the next morning. The first place in both categories went to Sokol Greater Cleveland. In the afternoon, another group participated in Bowling for Fun with 49 bowlers at Rolling Lanes in Countryside.

The great finale, Gala at the Women's Athletic Club on Michigan Ave in Chicago, included a large number of American Sokols, distinguished supporters and friends who came from all corners of USA and from abroad. Jean Hruby, the ASO President, welcomed and honored many organizations that have supported the ASO throughout its 150 years. Among the honorary guests and speakers were Katarina Valachova, Minister of Education for Youth and Sport of the Czech Republic, H/E/ Petr Gandalovic, Ambassador of the Czech Republic to the United States, Borek Linces, Consul General of the CR in Chicago, and Ing. Hana Mouckova, President of COS (Ceska Obec Sokolska) and President of the World Sokol Federation. (see the front page)

Entertainment featured a brief review of history of Sokol with music representing each momentous segment, accompanied by about 10 minutes of narrated history. It was a very impressive evening.

The festivities continued with a dinner party at the Lisle Hilton Hotel. The most popular, among several fun activities, was a display of 20 donated baskets for raffle. Sokol San Francisco was one of the donors. Pacific District was represented by 4 Sokol members from Los Angeles, and 5 from San Francisco – Lida O'Donnell, Helenka and David Livingston, Stana Grigelova and Jara Dusatko. All of us considered this celebration to be dignified and entertaining, and we enjoyed the cheerful and harmonious atmosphere.

American Sokol has been in service across three centuries – 19th through 21st. It remains dedicated to physical, mental and cultural enrichment, supported by generous work of many volunteers. The fact that Sokol organization has prospered for so many years only proves that it was built on a solid foundation.

In the words of the ASO President Jean Hruby:

" The 150th anniversary year of Sokol in America was a complete success!"

Jara Dusatko
President
Sokol San Francisco

American Sokol
9126 Ogden Ave., Brookfield, IL 60513

Dear Sokol San Francisco,

We would like to take this opportunity to once again thank you for your sponsorship of submission in our 150th Anniversary Commemorative Book. Even though you may have had individual members attend the 150th Anniversary Event in the Chicago area, for your records we are including a copy of the book for your Unit to have. In the book, you will find your Unit's name at the bottom of the page where it says sponsored by. We hope we can count on your continued support in other endeavors we are working on.

Nazdar, The American Sokol 150th Anniversary Committee

INFORMATION CORNER

Plague in Yosemite

Plague is a rare but serious disease that humans can contract from infected rodents or their fleas. Plague is most commonly transmitted by the bite of an infected flea. Occasionally, it is transmitted through contact with tissues from an infected animal, or rarely through contact with infectious respiratory droplets, from coughing or sneezing. The rodents most commonly associated with plague in Yosemite are ground squirrels and chipmunks, but any mammal can potentially be infected. Domestic cats and sometimes dogs are susceptible to plague infection and can transmit the disease to their owners if not treated promptly.

There are three main forms of plague: bubonic, septicemic, and pneumonic. Generally, the initial symptoms of plague develop two to six days after exposure and include nausea, vomiting, fever, chills, muscle aches, headache, and weakness. Bubonic plague, the most common form, is characterized by swollen and tender lymph nodes (called "buboes") in the groin, neck, or armpit. In septicemic plague, plague bacteria infect the bloodstream, causing high fever, fatigue, weakness, and bleeding disorders. Pneumonic plague is an infection of the lungs that can follow bubonic or septicemic plague, or occur directly from inhalation of plague bacteria. Patients with pneumonic plague have difficulty breathing, develop a cough, and may spit up blood-tinged saliva.

Although plague is a non-native disease, it is widespread in much of California, including in the Sierra Nevada Mountains and foothills. Taking simple precautions, such as never feeding animals, wearing insect repellent with 30 percent DEET, and avoiding pitching a tent or preparing food near rodent burrows, can significantly reduce the risk of exposure.

http://www.nps.gov/yose/planyourvisit/plague.htm

You can also find answers to frequently asked questions about plague in Yosemite

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CZECH CORNER

Zkáza krásou.

Český dokumentární film o herečce Lídě Baarové, Režie: H. Třeštíková, J. Hejna 94 min. ,Premiera 7. ledna 2016



Lída Baarová, herečka, pro kterou byla její krása největším darem i prokletím zároveň. Mladá a atraktivní dívka se rychle stala největší československou filmovou hvězdou a dokázala si podmanit i nejobávanější muže své doby. Vztah s ministrem říšské propagandy Josephem Goebbelsem z ní však obratem učinil národního nepřítele a symbol kolaborantství. Dokumentaristka Helena Třeštíková se s Baarovou setkala v jejím zahraničním exilu. Na sklonku hereččina života natočila otevřenou zpověď kdysi milované a následně zatracované hvězdy na pozadí unikátních materiálů z několika evropských filmových archivů i ukázek slavných rolí Lídy Baarové. Příběh sebedestruktivní lovestory s proporcemi antické tragédie je fatálně spjat s evropskými dějinami a ukazuje mimořádně upřímný portrét ženy, jíž na vrcholu kariéry ležel svět u nohou. O to monumentálnější byl pak její pád do zapomnění a samoty.

"Lída Baarová si ve svém posledním rakouském působišti mnoho novinářů k tělu nepustila. Rozhovor, který s ní tehdy natočila Helena Třeštíková, je jednou z velmi mála výjimek. A právě ten tvoří kostru tohoto pozoruhodného dokumentu, ve kterém se s pomocí archivu projdeme v doprovodu jedné z nejslavnějších českých hereček evropskými dějinami 20. Století..... Vzrušující zážitek."

http://www.aerofilms.cz/filmy/film/?id=286

Ivo Andrle, Aerofilms
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Zemřel legendární herec a komik Lubomír Lipský, bylo mu 92 let

2. října 2015 zemřel legendární herec a komik Lubomír Lipský, bylo mu 92 let, Proslavil se především díky seriálu Tři chlapi v Chalupě, s herci Ladislavem Trojanem a Ladislavem Skopečkem nebo v e filmu Šest medvědů s Cibulkou. Lubomír Lipský byl v roce 1945 mezi zakladateli Divadla satiry. V letech 1950–1990 byl členem souboru Městských divadel pražských. Od roku 1996 vystupoval v Divadle ABC.
K dalším rolím, ve kterých Lipský diváky právem zaujal, se řadí učitel George Camel v parodii na brakové detektivky . Nezapomenutelný byl také v roli dědečka v Saturninovi. V divadle hrál Lipský například v představení Charleyova teta. Naposledy se na jevišti objevil koncem sezony v inscenaci Pan Kaplan má třídu rád. 2005 získal Thálii za celoživotní mistrovství, o tři roky později byl obdobně oceněn Cenou Františka Filipovského za svou práci v dabingu. Do Dvorany slávy cen TýTý vstoupil v roce 2013 a ve stejném roce převzal také od prezidenta Zemana Medaili Za zásluhy.
Bratr Oldřich Lipský (1924–1986) se prosadil jako úspěšný scenárista a režisér.
http://kultura.zpravy.idnes.cz/zemrel-herec-lubomir-lipsky-d1z-/filmvideo.aspx?c=A151002_155831_filmvideo_vha

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Čeští vědci vymysleli nový systém. Odhaluje Parkinsonovu nemoc

Vědci z Laboratoře analýzy onemocnění mozku Vysokého učení technického v Brně vymysleli počítačový systém, který s více než devadesátiprocentní úspěšností diagnostikuje Parkinsonovu chorobu a stanovuje stadium nemoci od úplného počátku až do těžké formy.

Zjišťuje to z řeči a písma pacientů, řekl novinářům vedoucí laboratoře Jiří Mekyska. Vědci systém zkoušeli šest let. Za tu dobu prozkoumali stovku pacientů s Parkinsonovou chorobou. Systém mohou začít používat všichni lékaři, kteří o něj projeví zájem. Vědci systém testovali ve spolupráci s Fakultní nemocnicí u svaté Anny v Brně.

Systém sleduje, zda pacient mluví monotónně, jestli se zasekává, jak artikuluje a podobně. Stejné je to u kreslení a psaní, počítač sleduje rychlost, sílu, ale také třes píšícího, zda je pacient zdravý, nemocný, případně v jakém stadiu se Parkinsonova choroba nachází. „To neurologům šetří čas i peníze. Především možnost odhadu stadia onemocnění je v dnešní době velmi důležitá, protože i když nemoc není vyléčitelná, mají lékaři různé možnosti, jak utlumit příznaky a zpomalit její průběh," uvedl Mekyska. Šestiletý výzkum odhalil, jak řeč zlepšit. Podle Mekysky je možné léčit nemocné pomocí repetitivní transkraniální magnetické stimulace. Výhodou je, že je to neinvazivní léčba, která by mohla sloužit jako doplněk dnes už užívaných léků jako dopamine. ČTK
http://relax.lidovky.cz/vedci-z-brna-vymysleli-system-ktery-odhaluje-parkinsonovu-nemoc-pyp-/veda.aspx?c=A150916_123814_ln-zdravi_ape#utm_source=clanek.lidovky&utm_medium=text&utm_campaign=a-souvisejici.clanky.clicks

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Další Češi bodují v Silicon Valley.

Původem pražská firma Apiary získala od investorů 170 milionů korun To je víc, než kolik ve srovnatelné fázi svého rozvoje dostaly dva dosud v Silicon Valley nejúspěšnější české podniky - Socialbakers a GoodData.
Společnost Apiary, za níž stojí dva nadšení informatici Jakub Nešetřil a Jan Moravec, pomáhá programátorům s tvorbou a popisem webových rozhraní. Sestatřicetiletý Nešetřil se s rodinou kvůli expanzi společnosti už před časem přestěhoval do USA.
Firma vyvinula internetový nástroj, přes nějž mohou programátoři nastavovat, kódovat, ale nově i testovat různá webová rozhraní a aplikace, skrze něž firmy komunikují se svými zákazníky.
Společnost se podílí na správě zhruba 160 tisíc těchto rozhraní a je v tom největším hráčem na světě. Její služby využívá třeba výrobce sportovního vybavení Nike, softwarový gigant Microsoft, zpravodajská agentura Bloomberg či výrobce síťových řešení Akamai.
Těmi, kdo rozvoj Apiary financují, přitom není nikdo menší než dvě z nejúspěšnějších amerických venture kapitálových firem Flybridge a Baseline Ventures, menším dílem přispěla i česká Credo Ventures Ondřeje Bartoše. Tito investoři už na Nešetřila a spol. vsadili dohromady v přepočtu přes 200 milionů korun.

Firma Flybridge v minulosti pomáhala v rozjezdu firmám Crashlytics či Firebase, které později koupili internetoví giganti Twitter, respektive Google.Na rozvoji fotografické sociální sítě Instagram, kterou později za miliardu dolarů koupil Facebook. http://archiv.ihned.cz/c1-64475660-dalsi-cesi-boduji-v-silicon-valley-puvodem-prazska-firma-apiary-ziskala-od-investoru-170-milionu-korun

Sokol na Kapverdských ostrovech

Docent Jan Klíma z Katedry politologie FF UHK, který se soustavně věnuje historii Kapverdských ostrovů a česko-kapverdským vztahům, odkryl na ostrově São Vicente pamětní desku tamním členům **Sokola.**
V pátek 18. září 2015 se v druhém největším kapverdském městě Mindelu na ostrově São Vicente uskutečnil slavnostní akt instalace pamětní desky připomínající činnost **sokolské** organizace založené koncem roku 1932 a činné na několika kapverdských ostrovech až do konce 30. let.

Vyvrcholilo tak úsilí započaté "Expedicí Kapverdy" (Jan Klíma, Jan Vítek), která v roce 2002 objela kapverdské souostroví a přivezla materiál o zatím málo známé a úžasné historické epizodě. Nyní tedy bylo možné díky pochopení současných českých diplomatů připomenout spontánní iniciativu, která nalákala do Sokola v tehdejší ztracené vartě portugalského koloniálního impéria téměř všechny mladé lidi z ostrova São Vicente a budovala pobočka na dalších ostrovech až do doby, kdy pod tlakem portugalské správy musel Sokol ustoupit oficiálním mládežnickým organizacím.

Doc. Jan Klíma, který se historii Kapverd i česko-kapverdských styků soustavně věnuje, připomněl, že kapverdský **Sokol** zřízený podle československého vzoru tvořil první styčný bod vzájemných vztahů, po němž následovala československá podpora protikolonialistického odboje v pevninské Portugalské Guineji vedeného Kapverďany a poskytování stipendií kapverdským studentům na českých školách.

O vytvoření pamětní desky se zasloužil přítomný honorární konzul Kapverd v České republice Vladimír Trkal, přítomen byl i honorární konzul České republiky v Kapverdské republice Valdmiro Segredo a starostka České obce sokolské Ing. Hana Moučková. Slavnostní akt oživil sílící česko-kapverdskou spolupráci připomínkou jedné z nejpozoruhodnějších tradic, která díky československé inspiraci předznamenala úsilí kapverdského národa o nezávislost.

Instalace a odhalení pamětní desky v Mindelu se staly vedle čilé publikační činnost hradeckých afrikanistů viditelným výsledkem tohoto oboru, který je nejen v uvedené západoafrické ostrovní zemi vysoce oceňovaný.
Zkráceno podle https://www.uhk.cz/cs-CZ/FF/Novinky/Docent-Jan-Klima-z-FF-UHK-vzdal-hold-kapverdsk-%281%29

Doc. PhDr. Jan Klíma

LAUGHING CORNER

From school

Teacher: *How old is your father?*
Kid: *He is 6 years.*
Teacher: *What? How is this possible?*
Kid: *He became father only when I was born.*
(Logic!! Children are quick and always speak their minds.)

Teacher: *Glenn, how do you spell "crocodile "?*
Glenn: *K-R-O-K-O-D-I-A-L*
Teacher: *No, that's wrong.*
Glenn: *Maybe it is wrong, but you asked me how I spell it.*
(I love this child)

Teacher: *Donald, what is the chemical formula for water?*
Donald: *HIJKLMNO*
Teacher: *What are you talking about?*
Donald: *Yesterday you said it's H to 0.*

Teacher: *Clyde, your composition on "My Dog" is exactly the same as your brother's. Did you copy his?*
Clyde: *No, sir: it's the same dog.*
(I want to adopt this kid!!)

Teacher: *Maria, go to the map and find North America,*
Maria: *Here it is.*
Teacher: *Correct, Now, Class, who discovered America?*
CLASS: *Maria.*

Teacher: *Harold, what do you call a person who keeps on talking when people are no longer interested?*
Harold: ***A teacher***