



Czech
Slovak
Sokol Minnesota



Providing fitness and community for individuals and families through physical, educational, cultural, and social programs.

SLOVO

January 2014
vol. 37 no. 1

**Upcoming Events
JANUARY 2014**

February Slovo Deadline
January 1

Sokol Minnesota Singers
1st & 3rd Tuesdays, 10 a.m.
January 7 and January 21

Board of Trustees
January 8, 7 p.m.

Who Built Our Capitol
January 15, 7 p.m.

Board of Directors
January 16, 7 p.m.

Family Night
January 19, 4 p.m.

Roast Duck Dinner
January 25, 5 p.m.

A Spring 2014 Events
Postcard is inserted
in this issue. Keep it
handy for reference.
Plan to attend all our
great events!
More cards are at the
Hall. Take a few to
give to friends.
Thanks!

11th Annual
**Roast Duck
Dinner**
Saturday
January 25, 2014

4:15 p.m.- 4:45 p.m. Chamber Group

Special Music by a University of Minnesota chamber group, directed by Mr. Young-Nam Kim.
Arrive early to the roast duck dinner and enjoy the quartet of Hsin-Yin Min (first violinist),
Flavia Zappa Medlin (second violinist), Doug Starkebaum (cellist), and Teng-Kuan Wang (pianist),
as they perform Antonín Dvořák's *Bagatelles*.

5:00 p.m. dinner

\$22.00 per person

Soup, roast half duck, potato dumplings, gravy,
sweet and sour red cabbage, caraway rye bread, applesauce,
coffee, and dessert. Beer and pop will be available for sale.

Prepaid reservations are required by January 21

Limited seating

To reserve call: 952-941-0426

Hosted by Czech and Slovak Sokol Minnesota
C.S.P.S. Hall, 383 Michigan Street, Saint Paul, Minnesota



**Czech and Slovak
Sokol Minnesota
2014 Board of Directors**

President

Judy Aubrecht

First Vice President

Megan Cahill

Second Vice President

Doreen McKenney

Recording Secretary

Cindy Coulter

Corresponding Secretary

Arlene Hamernik

Treasurer

Don Haselbauer

Financial Secretary

Tom Aubrecht

Sergeant at Arms

Ed Hamernik

Members at Large

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Marketa Palkova Resong

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Norm Petrik

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Jean Draheim

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Mary Cahill,
Women's Physical Director
Megan Cahill,
Men's Physical Director

Publicity Director

Jyni Koschak

Board of Trustees

Chuck Draheim, Chair

Gambling Manager

Ken Wyberg, Interim

Telephone: 651-290-0542

Past issues of *Slovo* and Sokol Minnesota's calendar of events are available online at **www.sokolmn.org**

Prezidentův komentář/President's Notes By Judy Aubrecht
Pozdrav bratři a sestry/Greetings Brothers and Sisters

I am honored to become the President of Sokol Minnesota for the coming year and look forward to serving our organization. A new Board of Directors was elected and installed at our annual Sokol meeting in November. You may have noticed that some officers have accepted new responsibilities. We welcome two new Members at Large to the Board of Directors: Jason Brozovich, who instructs the young boys gymnastics class, and Marketa Palkova Resong, who is very involved with the Czech and Slovak Mom's group. John Liemandt, who had his wedding reception at our C.S.P.S. Hall in August, was elected to the Board of Trustees. Many thanks are extended to our hardworking, outgoing board members. Denis Novak, our recent president, looks forward to doing special Sokol projects and having time to attend family events, like his grandson's hockey games. Steve Shimer ended his position as gaming manager at the end of November. He hopes to spend more time with his racing dogs. Gary Novak is leaving his position as Member at Large to focus on designing his new home. He will continue as our project manager for our Legacy projects, currently installation of central air conditioning to the Hall.

I grew up in Rochester, Minnesota, and have a mostly Irish and German background. When I was young, I thought that everyone celebrated Saint Patrick's Day and sang "When Irish Eyes are Smiling" and "Danny Boy." I work as a school social worker in two suburban elementary schools. Half of my husband Tom's ancestors were Bohemian or Moravian.

Tom and I have been members of Sokol Minnesota since our daughters, who are now in graduate school, were young dancers with the *Taneční Mládež* dance group. At that time, I enjoyed getting to know other members and played the clarinet in a parent band that accompanied the children. I learned quickly that Sokol Minnesota is a volunteer-based organization. During a tour of the C.S.P.S. Hall that included checking out the boiler and the old coal bin in the basement, I expressed interest in how the mechanics of the building worked, and a few months later I learned that I was nominated to join the Board of Trustees. This hardworking group takes care of the everyday workings of the building, from installing light bulbs to expanding the Hall's kitchen on a limited budget. One of my favorite Sokol experiences is co-direction with Louise Wessinger of the children's cultural day camp in June. Parents and grandparents often volunteer at the one-week camp. Some days, there are as many adults at camp, sharing their talents. At camp, everyone learns about ethnic crafts, cooking, songs, language classes, and gymnastics.

Please plan to attend the 11th annual Roast Duck Dinner on Saturday, January 25, at 5 p.m. The oven in the kitchen was recently repaired and the cooks are looking forward to serving crispy duck. Make your reservations by January 21 (\$22 per person) by calling 952-941-0426. *Šťastný Nový Rok /Happy New Year! Nazdar!*

Honorary Consuls, plus Sokol Minnesota Committee Chairs (not seated on the BOD)

Honorary Slovak Consul: Donald Pafko

Honorary Czech Consul: open

Past Honorary Czech Consuls: Josef Mestenhauser and Robert Vanasek

Sunshine Committee: Marlene Hinshaw

Gift Shop: Doreen McKenney

Housekeeping: Robert J. (Jake) Jacobson

Kitchen Coordinator: Jean Hall

Website: Craig Johnson

Volunteer Coordinator: open

Taneční Mládež and Teen Folk Dancers: Louise Wessinger

Hall Contacts: Chuck Draheim, Ed Hamernik, Joe Landsberger

Event Monitor: Ken Wyberg

Slovo newsletter: Marit Lee Kucera, Christy Banks, Deb Ziskovsky

Addresses: President: president@sokolmn.org | Directors: board@sokolmn.org | Education and Language programs: education@sokolmn.org | Events: events@sokolmn.org | Czech/Slovak Festival: Festival@sokolmn.org | Finance and Fund Raising: finance@sokolmn.org | Fitness Programming: fitness@sokolmn.org | Folk Dancing: folkdancing@sokolmn.org | Hall Rental: hallrental@sokolmn.org | Membership: membership@sokolmn.org | Newsletter: slovo@sokolmn.org | Planning: planning@sokolmn.org | Publicity: publicity@sokolmn.org | Public Relations: publicrelations@sokolmn.org | Treasurer: treasurer@sokolmn.org | Trustees: trustees@sokolmn.org | Webmaster: webmaster@sokolmn.org

January 15, 7 p.m. Free Showing Documentary: *Who Built Our Capitol?*

By Joe Landsberger

Who Built Our Capitol? is about the lives and work of the men and women who built the Minnesota State Capitol Building between 1896 and 1907. The showing of the film is on Wednesday, January 15, 7 p.m., at the C.S.P.S. Hall, 383 Michigan. A family of early West End Saint Paul Bohemian immigrants figure prominently in this documentary, which was researched and produced by the University of Minnesota.

Jan Rachač (1849-1936) was born in Mazic, Bohemia, and apprenticed as a carpenter. His family arrived in the United States in 1863. Ten years later, he married Anna Shetck in Belle Plaine and moved to Saint Paul. He built their house at 309 Harrison where they raised their family of nine children. Rachač was a proud member of the C.S.P.S.; his portrait (seen here) is included in posters of early members. Many of his clients were also members of the C.S.P.S.



He first worked as an independent carpenter, but in 1897 he listed Butler-Ryan as his employer. Construction unions were flourishing at this time because workers recognized the advantage of banding together to demand better wages and working conditions. Rachač's union book indicates that in October 1898 he joined Carpenters' Union Local 87 and went to work on the construction of the new State Capitol building. He was a member in good standing for the remainder of his life. At the Capitol, his work included building scaffolds to finish carpentry in the governor's office.

Butler-Ryan was the major contractor on the Capitol and had many carpenters, bricklayers, and laborers as employees, as well as teamsters and engineers, engaged in moving and lifting

the building materials. The carpenters would build both wooden false work used to support masonry arches and the scaffolding needed by the bricklayers to set the stone during the early stages of construction. In March 1902, Butler Brothers (successor to Butler-Ryan) got the contract for the interior finish work, which included the hanging of the interior doors and windows. Much of the work on doors and windows was performed on site; many carpenters, including Rochač, were employed for the job.

During this same time, two of his sons, John, Jr., and Henry, were also in the construction industry working as draftsmen in the office of Cass Gilbert, the architect of the Capitol. Henry later decided on the blue-collar career of a steamfitter. John, Jr., who went to work for the architectural firm of Gilbert and Taylor in 1889 at age 16, worked all his life as an architect. Cass Gilbert took him under his wing and in the late 1900s sent him to Paris for two years to study at the *École des Beaux Arts*. Upon his return, Gilbert put him in charge of the design of the final finish work at the Capitol. Towards the end of the project he was drawing the plans that his father would soon execute in the new building. This must have made for some interesting conversations around the Rachač dinner table.

After the Capitol was completed, John Jr., moved to New York, and changed his name to John Rockart to ease pronunciation. He worked with Gilbert for 25 more years, becoming a partner in the firm. He worked with Gilbert on many prominent projects including the Woolworth Building, New York City, the Virginia State Capitol, and the United States Supreme Court building, which Rockart completed after Cass Gilbert's death. His plaque at the Supreme Court Building lists his name as John Rochac Rockart.

The Rachač family figures prominently in the documentary. Two interviews take place in the C.S.P.S. Hall's Sokol Meeting Room, one by Julie Kierstine, Jan Rochač's granddaughter who is a California operatic soprano, and one by Joe Landsberger, a Sokol archivist. In addition, the Saint Paul Czech and Slovak Folk Dancers plus brief excerpts of two songs by the Sokol Senior Singers are included in the film.

Join us for this free showing of this 48-minute documentary produced by the Labor Education Service, University of Minnesota. Researchers and Randy Croce, producer, will be available for questions. There also will be a tour of the Meeting Room on the third floor, after the showing.

PUBLICATIONS COMMITTEE: The *Slovo* is published ten times per year by Czech and Slovak Sokol Minnesota, a non-profit organization, 383 Michigan Street, Saint Paul, Minnesota 55102. Sokol Minnesota members receive the *Slovo* with their membership. **Happy New Year to all members and subscribers!**

The *Slovo* Advisory Committee welcomes submissions. Send news, articles, and pictures digitally to <slovo@sokolmn.org>. **The deadline for the February 2014 issue is January 1.** Volunteer *Slovo* staff: Christy Banks, copy editor; M. L. Kucera, managing editor and production editor; Deb Ziskovsky, labels; Joyce Tesarek, photographer; Doreen McKenney, ad designer; Mary Cahill, Jean Draheim, Arlene Hamernik, Norm Petrik, Jitka Sebek, and Joan Sedlacek, advisors. Photographs for this issue provided by M. L. Kucera, Joe Landsberger, Doreen McKenney, Dáša Rosenthal, Jitka Sebek, and Joyce Tesarek.

This January 2014 issue of *Slovo* will be archived on the Sokol Minnesota website after January 31.

Slovo accepts business card-size ads (3.5"x2"), paid in advance: one-time insertion \$25; 3 consecutive issues: \$65; 10 consecutive

issues: \$175. Ad reservation deadline is 6 weeks before publication (January 15 for March issue), with ad and payment due by copy deadline (January 1 for February issue).

***Slovo* gift subscriptions and non-member renewals** are \$15/year (10 issues). (Rate is good through January 2015.) Please include name, address, phone number, and email address with your new or renewing non-member subscription. Make your check to Czech and Slovak Sokol Minnesota; send to: Czech and Slovak Sokol Minnesota *Slovo* Subscriptions/Renewals, 383 Michigan Street, Saint Paul, MN 55102.

Extra copies of *Slovo* are \$2 each, while supply lasts.

For a **change of address** or for problems with your *Slovo* subscription, please contact us if you missed an issue or received notice of payment due when a payment has already been made. Email us: <slovo@sokolmn.org>, phone us: 651-290-0542, or write us: Czech and Slovak Sokol Minnesota, 383 Michigan Street, Saint Paul, MN 55102. *Thank you!*

2014 Sokol Minnesota Leadership Elected at the Annual Members' Meeting on November 22, 7 p.m. at C.S.P.S. Hall

Please note: not all positions were elected this year. Officers and Directors now are elected for staggered, two years. Elected were those positions that are on the 2014 two-year cycle, plus those positions that were vacated after one year.

*Positions slated for even-year election. These officers will stand for election again in November 2014.

See page 2 for complete list of BOD.



Board of Directors

*President: Judy Aubrecht

*First Vice President: Megan Cahill

Second Vice President: Doreen

McKenney

Recording Secretary: Cindy Coulter

Treasurer: Don Haselbauer

Sergeant at Arms: Ed Hamernik

*Member at Large: Jason Brozovich

Member at Large: Markéta Palkova

Resong

Membership Director: Norm Petrik

*Educational Director: Jean Draheim

Men's Physical Director: Megan Cahill

*Woman's Physical Director: Mary

Cahill

Publicity Director: Jyni Koschak

Board of Trustees

(seven members, three-year terms):

Terry Shima

Lloyd Krocak

John Liemandt

Budget and Finance Committee

(four members, two-year terms)

Joyce Tesarek

Ken Wyberg

Delegates and Alternates to the

Western District Meetings

(three delegates)

Joyce Tesarek

Norm Petrik

Jason Brozovich

Joan Sedlacek (alternate)

Delegates to the American Sokol

Convention (three delegates)

Joyce Tesarek

Norm Petrik

Marit Lee Kucera

Open Position: GAMING MANAGER to oversee our charitable gaming operation.

Paid position. Must be a Sokol member.

Call Judy: 651-699-5148

2014 Sokol Minnesota Leadership at the Annual Meeting: Front: Lloyd Krocak, BOT; Judy Aubrecht, President; Joyce Tesarek, Finance; Mary Cahill, Women's Physical Director; Megan Cahill, First Vice President, Jake Jacobsen, BOT; M.L. Kucera, A.S. delegate. Back: Jean Draheim, Education; John Liemandt, BOT; Cynthia Coulter, Recording Secretary; Tom Aubrecht, Financial Secretary; Norm Petrik, Membership; Don Haselbauer, Treasurer; Jason Brozovich and Markéta Palkova Resong, Members at Large; Joan Sedlacek, W.D. alternate; Ken Wyberg, Finance; Dan Bednar; BOT. Missing: Doreen McKenney, Second Vice President; Arlene Hamernik, Corresponding Secretary; Ed Hamernik, Sergeant-at-Arms; Jyni Koschak, Publicity; Chuck Draheim, Dennis Cahill, Terry Shima, BOT; Joe Landsberger, Scott Muires, Finance.

Membership Updates By Norm Petrik, Membership Director

At the November 22 membership meeting, one couple, Tom (left) and Donita (middle) Stepan, were accepted into membership in Czech and Slovak Sokol Minnesota. They live in Apple Valley and expressed interests in genealogy, history, gymnastics, music, dinners, and festivals. Both were present at the meeting and were installed. Also pictured is John (right)



Liemandt who joined in August. Welcome to Czech and Slovak Sokol Minnesota!

Sokol Minnesota Annual Membership Dues

Renewals:

Individual: \$50; **Couple:** \$90;

Senior: \$40 (over age 65 and member of Sokol for 5 years); **Senior Couple:** \$80.

New Memberships: (New memberships include a one-time \$5 registration fee for our national group, American Sokol Organization.)

Individual: \$55; **Couple:** \$95.

Czech and Slovak Sokol Minnesota annual membership runs from January 1 to December 31.

Dues for members joining after June 30 are reduced.

Membership application available at <www.sokolmn.org> or from Norm Petrik (612-822-6147).

Please send your completed membership application and check to:

Czech and Slovak Sokol Minnesota,
383 Michigan Street, Saint Paul, MN 55105

Membership Five-Year Milestones in 2013

Czech and Slovak Sokol Minnesota recognized these sixty members for their years of membership on December 8, 2013, at the annual Members' Holiday Party and Dinner. Total: 850 years. Congratulations! Thank you!



Milestone Sokol Members at the Members Holiday Party: Don Haselbauer (45), Jyni Koschak, Lloyd Krocak (10), Judy Aubrecht (20), Tom Aubrecht (20), Sue Martin (10), Arlene Hamernik (5), David Martin (10).

5 Years (joined in 2008) 25 total: Karen E. Bauer, Mary Bolles, Dawn Bulera, Charles Draheim, Arlene Hamernik, Lenka Hester, Vince Jirik, Ken Kadlec, Kathleen Krisko, Karen Machlica, Larry Mares, Debra Morse, Steven Elias Morse, Katrina Nelson, Marie L. Nelson, Jerry Parupsky, Mary Parupsky, Leah (Sticha) Rieckens, Charles Rusnacko, Ginger Simek, Audrey Spiess, Frank R. Trnka, Robert Vanasek, Lilly Vodenka, Peter Vodenka.

10 Years (joined in 2003) 14 total: James G. Chlebecek, Dennis Grover, Marie Grover, William E. Jech, Lloyd F. Krocak, Susan Lindoo, David Martin, Susan

Martin, Nancy L. Siewert, David M. Sladek, Toni Marie Trutna, Karen Vitalis, Michael Wolesky.

15 Years (joined in 1998) 1 total:

Georgiana Sobola.

20 Years (joined in 1993) 8 total: Judith Aubrecht, Thomas Aubrecht, Harold

Davidson, Nancy Green, Letty A. Lie, Terry Pulkrabek, Sharon Shonka, Daniel A. Washick.

25 Years (joined in 1988) 2 total: Ivan Krizan, Bryan Wyberg.

30 Years (joined in 1983) 3 total: Judith (Kalash) Benton, Helen Peterson, Richard Verner

35 Years (joined in 1978) 1 total: Linda Nicoli.

40 Years (joined in 1973) 1 total:

Roberta Chandler.

45 Years (joined in 1968) 4 total:

Patricia Andrle, Ann Andrle, Ron Andrle, Don Haselbauer.

60 Years (joined in 1953) 1 total: Mary Jo Chlebecek, Honorary.

Re-MEMBER your Sokol Membership!

Sokol Member News

By Marlene Hinshaw

Help me gather news about our members: marle5421@aol.com or 541-340-8619

I just love our Pancake Breakfasts! Love those sausages! Don't change a thing! What fun to eat a leisurely breakfast with family and friends and then go shopping for handmade items and homemade bakery goods. I noticed beautiful strudels, decorated cookies, homemade candies, pâté, and, of course, koláče. **Bob Kostichka**, aka The Carmel Corn King, donated many bags of his tasty treats to the bake sale. Thanks to everyone who donated items. And also a big thank you to all the workers for their time and energy.

Did you notice the adorable **Girl Scouts from Troop 553998**, who set up and cleared the tables? No nonsense bundles of efficiency they were! They were paying Sokol back for allowing their troop to meet in the hall. Very impressive!

Val Kuisle (illness) and **Gary Novak** (surgery) could use some cheer. I expect they'll be back with us soon.

Our dear **Millie Grealish**, age 93, has moved to Nebraska to be closer to her son and his family. Millie had a very

interesting life. She served as a nurse during World War II. She flew over "the hump" as they used to say. She served in Burma, China, and other areas. She continued her nursing when she returned to the states. Millie was very humble about her contributions to the war effort and didn't care to talk about it. Yes, she too was part of the "Greatest Generation." Good friend and willing helper, Millie will be greatly missed. The Sokol Singers will miss her upbeat, fun spirit. We wish her the very best.

Members who visited Czech Republic in 2013: **Dan Bednar** and his wife **Kim. Marit Lee Kucera** on a Kucera first-cousin girls trip with **Hana Matousek**. Visited Slovakia: **Karen Fleischhacker. Mark Bigaouette** led a tour to both Republics in September.

Saint Paul is planning to spend thousands of dollars upgrading the neighborhoods on West Seventh Street. This includes the **Old Bohemian neighborhood around our Sokol Hall**. They're even planning to have a trolley on West 7th Street. Check out what's already been done at the Schmidt Brewery. It's all very exciting, as long as the taxes on our Hall don't increase.

Jerabek's New Bohemian Bakery, operating for 107 years, reopened a month after it closed. Many mourned its

passing, but now rejoice. All the old historic recipes have stayed intact, but check out the updates to the space at 63 West Winifred in Saint Paul.

SEEKING RECRUITS FOR SOKOL SINGERS

The Sokol Minnesota Singers need additional voices to carry on an important part of our Czech and Slovak culture: singing and remembering our folk songs. You do not need to know the language; most of us don't. Those who do, help the rest of us with pronunciation. No doubt you're already familiar with some of the melodies from childhood. If not, they're short, simple, and easy to remember.

None of us are professional singers. We just like to sing and don't want to lose our heritage. You do not have to be Czech or Slovak to sing with us.

All you need is a desire to sing.

Don Haselbauer is our director. We meet on the first and third Tuesdays of most months (not summer) beginning Tuesday, January 7, at 10 a.m.

at the Hall. Come, join us!

Your heart will rejoice.

For information, call Marlene Hinshaw at 651-340-8619.

Yes!!! A Successful Holiday Pancake Breakfast with Bake and Craft Sale By Doreen McKenney

November 24 Holiday Breakfast Fundraiser Volunteers: Judy and Tom Aubrecht, Dan Bednar, Jason Brozovich, Megan Cahill, Mary Cahill, Mary Jo and Jim Chlebecek, Cindy Coulter, Chuck and Jean Draheim, Don Haselbauer, Bob Kostichka, Pam Kotval, Marit Lee Kucera, Danita Larson, Gina and John Liemandt, Sue Martin, Doreen McKenney (chair), Lois and Roger Meihka, Judy, Jessie and James Metcalf, Denis Novak, Simona Pecháňová, Norm Petrik, Ted Schieffer, Joan Sedlacek, Steve Shimer, Emma, Maddie and Joe Stodola, Joyce Tesarek, Cinnamon Whaley, Rosemary Whaley-Basiden, Louise Wessinger, and Girl Scout Troop 553998.

Baked donations came from Mary Jo Chlebecek, Bob Kostichka, Pam Kotval, Hana Matousek, Louise Wessinger, and the Moms decorated gingerbread for eating and also tea-light candle holders. Profit: \$851.82 from the baked goods, which included 84 dozen koláče baked by our own Sokol bakers in our kitchen.

179 people were served French toast, pancakes, fruit cup, sausage, juice, milk, and coffee for a profit of \$1,256.11. Vendor Booth profit: \$420.00. Gift shop: \$272.85. Donation from Ted Schieffer: \$32.00. And that is how we spell SUCCESS at Sokol!!!

Miss Czech and Slovak Minnesota Brittany Smisek (right) and her princess Corbin Jerde looked over the array of Czech ornaments on the Sokol Gift Shop table at the Holiday Pancake Breakfast.



Education News by Jean Draheim

Czech language classes for winter 2014 at Czech and Slovak Sokol Minnesota start Monday, January 6 and continue until February 26, with Jakub Dajc as our teacher.

Registration due date: January 3, 2014. The cost for eight weeks of instruction is \$75.00 (Sokol Members) or \$90.00 (Non-Members). Registration form: www.sokolmn.org

For more information or if you are interested in Slovak language instruction, please contact Education Chair Jean Draheim by email: education@sokolmn.org or phone: 651-426-2826.

Sokol Minnesota Thanks Donors

By Arlene Hamernik, Corresponding Secretary

Sokol Minnesota greatly appreciates your donations supporting Sokol programs and the refurbishing of our historic C.S.P.S. Hall. Donations are listed under the following categories: under \$100; \$100-\$499; \$500-\$999; \$1000-\$4999; \$5000+, and undisclosed.

General Fund: under \$100: **Andrej's European Pastry, Cindy Coulter, Hana Matousek.**

\$100 - \$499: **ZCJB Lodge, Czech Lev No. 10.**

In memory of Steve Draheim: under \$100: **Jim and Mary Jo Chlebecek, Doreen McKenney.** **In memory of Wesley V. Kegel:** under \$100: **Ms. Irene L. Seashore**

Legacy Fund: under \$100: **Theodore and Judith Schieffer.**

In memory of Adalaide Aubrect Adams: \$100 - \$499:

Penelope Zastrow.

In-kind Donation: \$100 - \$499: **Draheim Construction,** lumber to build the stage for the Festival.



PRAHA

Happy New Year!

CZECH TOURS 2014

June 16 - 30: Heritage Tour...\$2,965

September 1 - 15: Bohemia Tour...\$2,985

Includes airfare from Minneapolis, welcome and farewell dinners with music, land transportation by motor coach, hotels, breakfasts, sightseeing (some entrance fees), fully escorted by Hana (20+ years experience).

For more information, contact:

Hana Matousek at CZECH TOURS

●952-440-4289 ●CzechTours@aol.com

Rotarian Group Study Exchange Team: L-R Deb Most,

Rob Howard (leader), Ann Meier, Tricia Mensing, spent May in the Czech Republic and Slovakia. They told Sokol



Minnesota members about their experiences as goodwill ambassadors at the November 22 member meeting.



Doreen McKenney demonstrated how to make feather brushes at the European Christmas Event, sponsored by Czech Heritage Club, in New Prague, December 8. Doreen and **Joan Sedlacek** sold ornaments, books, and other items from our Sokol Gift Shop, another source of revenue for Czech and Slovak Sokol Minnesota.

October 2013 Board of Directors (BOD) Meeting
By Mary Cahill, Secretary Pro tem at October meeting

The Hall rental agreement is being updated and was reviewed for comment. The agreement is comprehensive. Suggested adding a statement about what is permissible for decorating and the use of tape (certain kinds will remove paint from walls), and clarify expectations about how much cleaning needs to be done at the end of an event (picking up trash v. taking it out to dumpster, etc.).

Membership as of October 15, 2013, is 289. This is the figure that is submitted to American Sokol with the third quarter report and dues; it is used to determine the number of delegates and votes that Sokol Minnesota will have at the American Sokol Convention in April 2014, in Saint Louis.

Membership renewals will be sent out soon. There was discussion about Sokol Minnesota membership dues and the amount of dues that are remitted to American Sokol. We are not recouping what we must pay to American Sokol.

Education and gymnastics classes are underway. Education has received many suggestions about possible classes and instructors. Gym classes have new participants; however, fewer kids are returning than in previous years. We tend to lose participants when they move from 8th grade to high school, which was the case for a number of gymnasts this fall.

Member-at-large Gary Novak reported on the Sokol Project Planning process. Strengthening rods are needed on the roof to support the air conditioning unit, and a quieter roof top unit will be ordered and shipped within the next eight to ten weeks. A Sokol work crew will build access stairways to the second floor. Funding is needed to complete phase two of the air conditioning project (duct work, refrigeration line, and electrical wiring) and a new fire alarm panel is needed.

Board of Trustees reports that the fire escape design is nearly finished; bids are needed from licensed commercial firms to build the escape. BOT has scheduled several Hall cleanup days to tackle bigger projects like the basement, under the stage, etc. The most recent one focused on the parking lot. Gaming operations manager Steve Shimer shared

Expenditure Submittal reports for actual and proposed expenditures. Gaming funds proceeds of \$2,500 was approved for transfer to Sokol.

Denis Novak reported that American Sokol Operations Manager, Mary Cushing, will visit Sokol Minnesota on November 5. Mary is visiting all Sokol Units nationwide to review what Sokols are offering, look at what American Sokol may do to provide reasonable assistance to Units, see how Sokol Units may be of assistance to each other with ideas, and develop a core concept of what a Sokol Unit should look like.

The Nominations Committee, consisting of Ed Hamernik, Don Haselbauer, Joyce Tesarek, and Judy Aubrecht, has been working to establish a slate of Board members for election at the November annual meeting.


Capital Campaign Legacy Fund Dollars at Work!
Joyce Tesarek, Fundraising Chair

Anyone following our fundraising campaign knows that we solicited funds for a series of projects to celebrate the C.S.P.S. Hall's 125th anniversary (2012) and to get the Hall in shape for its next 125 years. Sokol Minnesota's Board of Directors approved a series of projects, prioritized by urgency, including upgrading our plumbing and heating system (steam pipes and asbestos removal). The addition of a fire suppression sprinkling system came next to protect our hall from fire. We now have completed these projects, but what was the cost, and how have we done raising the funds?

Altogether the cost of these projects was \$320,746; grants and donations totaled \$363,111 plus an \$80,000 loan through the City of Saint Paul's Assessment Program for reducing risk of fire in public buildings.

Many people and groups care about the Hall for its historic, cultural, and community importance. Many have contributed generously to help complete these projects. A very special thank you to all the groups and the individuals who helped make these projects possible.

Awards and donations include:
 ● Save America's Treasures* grant program: \$150,000
 ● Legacy Fund donations from Sokol members and Hall supporters: \$144,222

C.S.P.S. LEGACY FUND
 We ask for your support to insure that renovations can be completed as C.S.P.S. Hall celebrates its 127th year in 2014. Please consider a tax-deductible donation. 
Thank you! Contact Joyce Tesarek at 612-822-6147 or <Joyce@sokolmn.org> to discuss your donation.

LEGACY FUND DONATION FORM
 Name: _____
 Address: _____
 City: _____
 State, Zip: _____
 Phone: _____
 Email: _____

To help Restore, Renovate, and Refurbish the C.S.P.S. Hall, I make a tax deductible

single donation of \$ _____
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 ●Minnesota Historical Society*: \$13,000 (*matching grants)
January 2014 Slovo 7

Czech and Slovak Cultural Center Lectures for Winter 2014 (www.cs-center.org)

Saturday, January 11, 10 a.m., City Bella, Community Room, 6600 Lyndale Avenue South, Richfield.

Tomas Klvana: Update on the Political Situation in The Czech Republic presented via Skype from Prague.

Communism is dead, but not buried yet, and its corpse reeks. Hear about its recent status in the Czech Republic. Dr. Klvana is already well known to our audiences; he delivered several lectures when he was honored by the University of Minnesota with a Distinguished Leader Award. Educated at the Charles University in Prague (MA) and the University of Minnesota (PhD), he has held several important posts in both public and private life in the Czech Republic and other West European countries. His actively supported Karel Schwarzenberg (the present Minister of Foreign Affairs) for president in the recent election. His main focus is on the development of the civil society and support for non-profit organizations that provide the backbone for such society. He visited Cuba several times to help promote the same ideas there, a courageous venture.

Sunday, January 26, 3 p.m., C.S.P.S. Hall.

Dr. Tomáš Sedláček: on his book *Economics of Good and Evil* from the Czech Republic via Skype

Tomáš Sedláček has shaken the study of economics as few ever have. Named one of the “five hot minds in economics” by the Yale Economic Review, he serves on the National Economic Council in Prague, where his provocative writing has achieved bestseller status. How has he done it? By arguing a simple, almost heretical proposition: economics is ultimately about good and evil. His book has been translated into 14 languages. <http://tomassedlacek.cz/>

Traveling in Czechoslovakia in 1948

By Gwen Willems, Ph.D.

The Coast of Bohemia. Edith Pargeter. Pleasantville, New York: Akadine Press, 2001, 315 pp. Available in libraries and book stores.

The Coast of Bohemia is a travel chronicle based on Edith Pargeter’s trip to Czechoslovakia in 1948. Her biographer said the experience “obviously changed her life.” Pargeter went on to publish more than 70 books, including the famous Brother Cadfael mystery series, often using the pen name Ellis Peters. She also translated many famous Czechoslovakian authors, including Bohumil Hrabal, Ivan Klima, Božena Němcová, Jaroslav Seifert, and Vladislav Vančura.

Pargeter’s fascination with the Czechoslovakian people, land, politics, literature, and music began when she met several Czech servicemen while serving as a World War II WREN. By 1948, a Soviet-style constitution was in place in Czechoslovakia, but she was able to travel about the country with friends and report in great detail. In our book club, veteran as well as aspiring travelers picked up additional information and enjoyed descriptions still accurate today.

Intelligent but often plodding, this travelogue takes us to both well-known and unfamiliar sites, including Prague, Karlstejn, Brno, Lidice, Terezin, the Tatra Mountains, Lány, Opočno, and Mělník. We also accompany her on activities ranging from routine chores, such as extending her visa, to exceptional events, such as the Eleventh All-Sokol Slet.

8 January 2014 Slovo

Sunday, February 9, 2 p m., C.S.P.S. Hall.

Daren Carlson, Slovakia/Czech Republic and the Environment

Daren Carlson, a scientist at the Minnesota Department of Natural Resources, has spent time studying environmental issues in Slovakia. He and his wife Barbara are Sokol members.

Sunday, March 30, 2 p m.: C.S.P.S. Hall

Martin Roberts: Austerity Measures and Europe

(co-sponsored with Spanish organizations) from Spain via Skype
This lecture focuses on economics measures that are currently impacting Spain. Spain and many European countries have struggled since the creation of the European Union. While this lecture does not specifically address Central Europe, these economic issues, which are finding their way into many European countries, could be a bellwether for future events in the Czech Republic and Slovakia. Martin Roberts has quizzed both Fidel Castro and George W. Bush at news conferences, has interviewed the Dalai Lama, and has covered the 2002 Football World Cup in Korea. He has earned critical acclaim from the *New York Times* and *Publishers Weekly* for books translated from Spanish into English. Martin currently focuses on the political situation in Spain; he is frequently published in many international newspapers and magazines, as well heard as on the BBC. He is a regular studio guest on the Spanish *Cuatro*.

Literary Ventures 2014

Saturdays, 10 a m. to noon, classroom, C.S.P.S. Hall

January 25. Poem reading: *The Murder of Lidice* by Edna St. Vincent Millay.

February 22. Book discussion: *Daylight in the Nightclub Inferno: Czech Fiction from the Post-Kundera Generation*, edited by Elena Lappin.

March 22. Book discussion: *Reflections of Prague: Journeys through the 20th Century* by Ivan Margolius.

Pargeter is adept at description. She writes of her walk through the Kokorin Valley, the beautiful and strange country of “May,” the famous poem by Karel Hynek Mácha: “The path twisted gently, but bore mainly in the same direction, and constantly the valley grew a little wider, to a point where the woods fell back, and we emerged into a green meadow filling the floor of a deep limestone bowl, the walls of which were broken up into fantastic columnar shapes, weathered in pillars and stems and smooth cliff faces, with trees and bushes precariously clawing a foothold in the crevices.”

The author’s attention to detail is also striking, as when she describes girls in ethnic costumes marching in the Agricultural Exhibition’s great procession in Prague as “like spinning tops, with brilliant skirts pleated and puffed out over many petticoats, and aprons like flower-gardens or Victorian greeting-cards; wide-sleeved blouses showering lacy flounces round the elbows, bodices and collars blazing with gold and silver and peacock threads, and on their heads lace caps lying snug to their round cheeks, and gay scarves softly draped over them. They were like hummingbirds, quivering with jewel-like colour.”

This book’s title refers to a line in “A Winter’s Tale.” Shakespeare might have been referring to the 13th century Bohemian kingdom, which under Ottokar II stretched to the Adriatic Sea, or simply taking artistic license. Pargeter received many writing honors and was awarded an OBE by Queen Elizabeth II in 1994. She died the following year at 82.

Gwen is coordinator of the Literary Ventures: Czech and Slovak book discussion group. For more information, go to www.cs-center.org or contact <gwen@cs-center.org>.

79 Guests Enjoyed our Members' Holiday Party and Dinner on Sunday, December 8

The highlight of the Members' Holiday Party and Dinner at noon on December 8 was the performance by Drama Club *Sokolíci* of a play in six scenes performed in Czech and Slovak by children of the Czech and Slovak Moms. *Mikuláš, Ježíšek a my* (St. Nicolas, Baby Jesus, and Us) is based on the Czech children's book by Miloš Kratochvíl. A popular Czech author, Kratochvíl was delighted when he learned his book had become a play here in Minnesota. *Sokolíci* told this delightful Christmas story in song, music, dance, and drama.

The dinner included chicken Kiev, vegetable medley, potato salad, buttered buns, and garden salad, with spiced cider and mulled wine. Desert: poppy seed bread with a lemon glaze, *makovec* or *makovka*, made by the Moms. Moms also made and sold loaves of *vánočka*, decorated *perníčky*, and small clay ornaments that look like the decorated cookies as fundraisers for Sokol.

Thanks to all the wonderful volunteers.

Greeters: Judy and Tom Aubrecht.

Food prep, servers, dish washers: Dan Bednar, Mary Cahill, Cindy Coulter, Jean Hall, Ed (chair) and Arlene Hamernik, Don and Katie Haselbauer,

Pam Kotval, Lloyd Krocak, Hana Matousek, Denis and Mary Novak, Norm Petrik, Marketa Resong, and Joyce Tesarek. *Special Thanks* to all who helped with take down and cleanup. Set up: the families Acs, Bragg, Castillon, Espinosa, Giese, Pulkrabek, Sebek, and Youngberg. Play: Lenka Bragg with help from Romana Pulkrabek and all the children: Elsa, Sally, David, Katka, Adam, Tomáš, Nicole, Natalie, Adela, Petra, Sylvie, and Isabel



Scene #1

Dušan is happy the first snow came. Dušan's Mom tells him about the saying that the Angels covers fore

Scene #2

mom: Don't worry because was he told won't get taken. Saint Nicolas calm down devil, so you won't break anything. mom: Don't scream, you were good, so I will show you that he will not take you. Saint Nicolas: Oh my god, let pounds and jumps on his back. Now you broke him. You could really get taken away.

Scene #3

QUIET ONLY FOR FISHES
DUŠAN IS TRYING TO CHEER UP OTA. HE BUILDS HIM A SNOWMAN.

by Isabel Espinosa

4 Scene #4: Fishing Contest

Song: Merry Christmas

Dušan's friend Kolnour wants to win a prize for catching a carp with 100 scales. He doesn't know that the contest is a joke and he won't catch the fish even though he wears a diving suit.

Scene #5

The family is about to eat their Christmas dinner and the children are anxiously awaiting the arrival of baby Jesus. The parents are taking their sweet time and when the aunt arrives with a story of her key being broken in the cabinet door, the children do not understand why the parents are allowing all these delays. The aunt keeps preaching and the elderly has to go and help her. After a while he comes back with a letter from baby Jesus, saying that he won't be arriving until tomorrow. A

Scene #6

I saw Baby Jesus

Ota's friend is sad because Baby Jesus is late with the gifts. He pretends to be Baby Jesus and even gives Dušan a carp! Dušan spots Ota and realizes that at Christmas, the most important thing is to make friends happy.

1. When the Moms received a call from a Minneapolis assisted-living facility asking for someone to converse in Czech with a resident of Czech heritage, the Moms befriended Helen Filipek. The Moms now converse regularly in Czech with Ms. Helen. They brought her to witness *vánočka* baking at the Hall, as well as to the *Sokolíci* performance on December 8. (Front, L-R) Dáša Rosenthal with daughter, *paní* Helen Filipek, Michaela Giancarlo. (Back, L-R) Zuzana Bracknell, Alena Youngberg, Markéta Resong, Romana Pulkrabek, Martina Gurgel. Hana Matousek took the photo.

2. and 3. Drama Club *Sokolíci* performing *Mikuláš, Ježíšek a my*.

4. The performance program, created by *Sokolíci* cast members.

Minnesota Governor Hosts Honorary Consuls

By Donald Pafko, Honorary Consul of the Slovak Republic



*Don Pafko with
Minnesota
Governor Mark
Dayton.*

On September 11, Governor Mark Dayton convened a meeting of all honorary consuls in Minnesota at the State Capital

in Saint Paul, along with top state government officials. In addition to 29 honorary consuls as well as consuls general, top state officials included the state Attorney General, Secretary of State, director of State Economic Development, and Chief Justice of the Supreme Court. Each official made a presentation regarding their respective departments, after which the president of the Minnesota consular corps outlined for the state officials the duties and responsibilities of honorary consuls. Symbolic gifts were exchanged between Governor Dayton and the president of the Minnesota consular corps and then a question and answer session was held. The state officials and honorary consuls felt this should be the first of many such exchanges to be held in the future.

New Year's Thoughts

By Vanda Kašová, Columnist from Prague

When I am writing this text, it is still November 2013. By the time you read this, it is already going to be January. All the New Years celebrations will be part of the history, all the fireworks will be forgotten, and we all are going to start a bright new year with all our hopes and visions.

Prague will be hopefully covered with snow in two months and the whole city will take on a cute romantic atmosphere. I live very close to the city center in the quarter called Vinohrady, only a few meters from the beautiful Peace Square (*Náměstí Míru*), with the magnificent Vinohrady Theatre building, one of the oldest theatres in Prague, the Church of St. Ludmila, and in these days also a Christmas market. Small stands are filled with all kinds of gifts and traditional Christmas decorations. And I love the smell of the hot wine they sell. I would bet it is the best hot wine in Prague (even though I know this is not the truth). Every year I go there to drink it with my mum. It is our small ritual. It is a kind of a milestone in our life. It seems only a few weeks ago when we were drinking it last year and here we are again, with freezing hands, red noses, and steam coming from our mouths.

For many of us, just now it is the time to summarize what has happened in the last 12 months and to think where it is we want to be in upcoming year. I do it over this delicious red liquid and I am thinking what has changed and what should I change next year. And I realize that the year that is coming to an end was one of the best of my life. So I will hope that as much as possible will stay as it is. And that those new things that come will only be happy surprises. For a few of my friends, 2013 did not bring what they hoped for, but I believe that this is going to change now. Now I am thinking about you, dear readers of *Slovo*, on the other side of the world. And I wish you all the best. Let's make 2014 even better.

10 January 2014 *Slovo*

Two kinds of Czechs: Those who Escaped into Exile and Those who Stayed

By Dr. Josef A. Mestenhauer,
Distinguished International
Professor Emeritus, University
of Minnesota Department of
Educational Policy and
Administration, Comparative
and International Development Education
Honorary Consul of the Czech Republic (1999-2008)



Editor's note: This article originally appeared on the CSCC website <cs-center.org>.

A funny thing happened to me on the way into exile: nobody (except for my immediate family) asked me what it meant to leave behind everything that was dear. In some sixty years, despite my giving many speeches and holding many conversations, I haven't discussed it—until now. That is what I want to tell you in this article.

Shortly after the Velvet Revolution in 1989, Czechoslovak educators began to worry about “brain loss:” the departure of the generation of potential leaders who had either escaped into exile and were scattered around the world, or else who, remaining at home, were hampered intellectually by communist restrictions on education. A well-educated citizenry was needed to help restore the country to democracy and a market economy. The Ministry of Education requested that Charles University grant degrees to students who earlier had been expelled from Universities but who met certain qualifications, and so eligible candidates were invited to a festive graduation ceremony in April 1991 in the historic Great Hall of Charles IV, built around 1423.

I was eligible and was invited because I met the three criteria: first, that I was enrolled in a degree program at the time I was expelled from the University (in fact, I was just three months from taking my final oral exams); second, that I had been expelled for political reasons; and third, that I had earned a doctorate elsewhere. I was able to offer proof that I received my doctorate from the University of Minnesota, but evidence of the first two conditions was available only in the secret files of the communist police. Fortunately, my savvy brother was able to uncover a foot-thick file on my “criminal” activities. It contained everything I had ever said and published, and included articles from the communist press that identified me as one of the first seven students expelled.

Many academics were purged from Charles University and slated for arrest. I was indeed in good company, with Rector Karel Engliš, Professor of Law Vratislav Bušek, and the prominent student leaders Emil Ransdorf, Jan Renner, and Felix Uhl. The chair of the “cadre commission” at Charles University that expelled us was Rita Klimova, who was herself subsequently expelled from the party and became a janitor in one of the city hospitals. She became involved with Vaclav Havel's dissident movement, sponsored an illegal “university” in her apartment, and later emigrated herself. In 1990, she became the Czechoslovak Ambassador to the United States.

In Minneapolis, the *Star and Tribune* learned about my “delayed” graduation, thought it was a great human-interest story, and decided to run a front page article which predicted a

“hero’s welcome” for me in Prague. The prediction was wrong; the American obsession with heroes did not match the post-socialist mentality in Czechoslovakia. The causes lie in the dynamics of history and in the intensive communist indoctrination that divided people into two kinds: the “good” ones who stayed and the “deserters, outcasts, and traitors” who left. This dichotomy is not as serious as it was then, but it still persists, as was shown in the dirty tricks used during the last presidential election against the leading candidate, Karel Schwarzenberg, because he spent most of his exile in Austria.

The graduation ceremony was emotional, but unlike any typical graduation ceremony. There was no press, no representation from the Ministry (even though it initiated this event), no visit from the Rector; present were only the two Deans who had responded to the invitation to grant the degrees, in the Faculties of Law and of Medicine. These were the faculties where most of the anti-communist student leadership originated and which had strongly opposed the communist efforts to dominate the student alliance. Here we were, about 45 of us, all older people, some in retirement and some in wheelchairs. The only children present were grandchildren accepting degrees for their grandparents who had not survived exile. Instead of our being honored for work we had done on behalf of a free Czechoslovakia, most people did not know what to think about us and gave us a reception that was truly underwhelming. This is how I finally received my doctorate in law from Charles University.

What kind of Czechs and Slovaks went into exile? The history of the country is filled with successive waves of people, who were either expelled or left for exile voluntarily, beginning with the massive escapes of people during the time of the Hussite Wars of the 1420s and then following the defeat at Bilá Hora in 1620. Some of the most famous exiles were Jan Amos Komenský, Tomáš Masaryk, Eduard Beneš, the Czechoslovak Legion in Russia, those who left the Nazi-occupied country to join the military units of the allies, and the waves of escapees from after 1948 and after 1968. One might even say that going into exile was a normal occurrence and almost an expectation for those who opposed their current regimes.

Why did my generation escape from communism? What happened to us after we did? Each person had his or her own answers, but there are three major reasons. The first was to save our lives. The Stalinist period was exceptionally brutal: prisons were overflowing, prisoners occasionally vanished without a trace, interrogation techniques were violent, and sham trials often ended with sentences to hard labor in dangerous uranium mines in Jáchymov under Soviet supervision. The Dubček era later exposed these atrocities better than any Western “propaganda.”

The second reason for escaping to the West was because the Soviet system did everything it could to isolate our country from its Western roots: the source of our culture, our values, our democracy, and our freedoms. Cutting ourselves off from these traditions would be cultural suicide. To be sure, some refugees left for economic reasons, but my generation of refugees was entirely political refugees.

The third reason, especially for most of us students, was personal, and our decision was exceptionally difficult. Many of us thought of ourselves as the future leaders who should use the years of exile to obtain new knowledge of which the Nazis and then the communists deprived us. We recognized there was a gap between the arrested development of knowledge in Czechoslovakia and the continuing progress made by free

countries. We reasoned that we might be in a unique position to bridge this gap after the communist regime ended.

I do not think that even our best friends fully appreciated what it meant to leave one’s country, what risks we faced, how dangerous it was to cross borders heavily guarded with trained dogs and machine-gun towers. Many hundreds were killed in their efforts to flee. The full consequences of our decision did not hit us until we were safely abroad. We had left everything: our parents, boyfriends and girlfriends, our relatives and best friends, our country, our present and future careers. We also carried the tremendous guilt that our escape branded us as “enemies of the people” and that this designation would penalize those we left behind. Add to that the uncertainty as to whether we would ever be able to return home and what we could do in exile with outdated knowledge and the handicap of speaking a different language. Furthermore, we felt reproachful about what happened in Czechoslovakia that allowed the communists to take over so easily and the failure of our leaders to prevent it. The full impact of our loss did not become obvious until the first Christmas in a West German refugee camp. I will never forget the Christmas Eve of 1948, when we pooled watches and rings to sell on the black market to purchase cigarettes and soap, and to gain a little extra cash for a few bottles of wine in a local Weinstube. When we left after closing hours, we ran into a town crier at the city’s main square playing “Silent Night” on his horn. This hit us like nothing else had; many of us hid our tears while we continued on quietly and without a word to the refugee camp. We were homeless people in a strange land. I still remember that night each time I hear “Silent Night” on Christmas Eve.



Czech and Slovak Culture Center’s Annual Meeting was held at C.S.P.S. Hall on November 10. CSCC board members and speaker: Gwen Willems*, Andy Kozak, Bea Flaming*, J. Patrick Dale (speaker: “The Legacy of Vaclav Havel”), Renata Ticha, Joseph Mestenhauser*, Joyce Tesarek*, Cheryl Nelson*, Jan Knudtson*. (*Sokol Minnesota members). See page 8 for list of CSCC winter lectures.

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SOKOL Minnesota 2014 EVENTS**

Documentary *Who Built Our Capitol*
January 15, Wednesday, 7 p.m. free viewing

11th Annual Roast Duck Dinner
January 25, Saturday, 5 p.m.

\$22. Reservations by January 21: 952-941-0426

Mardi Gras: March 2, Sunday, 1 – 5 p.m.
\$15. Reservations: <mardigras@sokolmn.org>

Flavors of Slovakia

March 16, Sunday, 12:30 p.m. \$16 adults, \$8 children
Reservations by March 11: 952-941-0426

Collect-Gather-Clean Out!

Support our *Sokol Garage Sale: May 15 – 16*
Drop off: Wednesday, May 14, 10 a.m. – 6 p.m.

Check for event updates: www.sokolmn.org
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Missing: Doreen McKenney, Chuck Draheim, Jean Draheim.