American Sokol

Sokol San Francisco

GYMNASTIC ASSOCIATION SOKOL

SAN FRANCISCO

EDUCATIONAL AND PHYSICAL ORGANIZATION



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VĚSTNÍK

SUMMER
2006

XIV. VŠESOKOLSKÝ SLET 2006

PRAGUE



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"None, even the most glorious past, but the most active robust presence, shall guarantee our full future existence! So we must in our everyday strife look to the days ahead, rather than to the days past; today and tomorrow, not yesterday; to the dawn, not the sunset"

Tyrs

CALENDAR OF EVENTS AND SOKOL DUES 2006

September16, Saturday	Sokol Picnic	Chabot Lake
September 22, Friday	Sokol Movie Club	Stanford University (tentative)
October 20, 2006, Friday	Dinner/Dance	Basque Cultural Center 599 Railroad Ave. South San Francisco, CA
December 2, 2006, Saturday	Annual Meeting 10:30 A.M. to 12:30 P.M. Lunch 12:30 P.M. to 1:30 P.M. for all present members St. Nicolas Childern's Party 2:00 P.M. to 5:30 P.M.	Unity Building Recreation Area, 20121 Santa Maria, Castro Valley, CA
December 30, Saturday 2006,	End of the Year Dinner/Dance	Basque Cultural Center 599 Railroad Ave. South San Francisco, CA

Donations:
Your thoughtful contribution to the Sokol Organization for our Vestnik publication is most appreciated.
Up to date, we are sincerely pleased to acknowledge **your $455 contributions**. We are thankful to our growing donors:
G.Skoda-$25, K. &M. Snajberk-$50, V.Kucera-$25, J.Kemr-$5, J.Stroleny-$75, H.Husak-$30, Z.Vernak-$25, F. &M. Miksa-$100, V.Machacek-$25, J. Smerhovska-20, Z.Rashkin-45, L.& K.Mikes-$20, V. Horn- $10.
May 30,2006, Paul A Burda-Financial Secretary

BROTHERS AND SISTERS: 2005 DUES ARE TO BE PAID !!!

Please send your check or Money Order to the address below with the stub below. Cut the end of this stub for your records. Your kind attention to this matter will be greatly appreciated. We believe this form is self-explanatory. Please, discard it if your dues are already paid, check last page of the Věstník

Sokol Gymnastics Association Sokol San Francisco
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APPLICATION FOR MEMBERSHIP

The Pledge of Allegiance:

"I pledge allegiance to the Flag
Of the United States of America
And to the Republic for which it stands.
One nation under God, indivisible,
With liberty and justice for all."

GYMNASTIC ASSOCIATION SOKOL SAN FRANCISCO
EDUCATIONAL AND PHYSICAL ORGANIZATION

P.O.BOX 4006, Menlo Park, CA 94026-4006
E-mail: mail@sokolsf.org, or sokolsf@gmail.com

Date:_____

Sokol:_____ Sokolice:_____

Name:_____

City:_____ State:___ Zip+4_____

Res. Phone:_____ Bus Phone:_____

E-Mail Address:_____

Married ☐ Single ☐ Date of Birth:____/ ____/ _____

U.S. Citizen? ☐ Yes ☐ No If No, legal resident? ☐ Yes ☐ No

City, State, Country of Birth: _____

Spouse:_____

Childern:_____

Please, list other clubs, organizations to which you belong:_____

_____

_____Sponsor:_____

STATEMENT: I affirm that I am loyal to the government of the United States of America and that I am not a member of any subversive organization. If admitted to membership of the American Sokol, I promise to be governed by the by-laws in all my activities on behalf of said organization. I represent that to the best of my knowledge and belief the answers to the statements contained in this application are full, complete and correctly recorded. I understand that this application shall be the basis for and a part of any insurance contract issued.

Signature of Applicant:_____

Sokol Picnic on of 20th May 2006

This Saturday, just for us, St. Peter opened a heavenly window of balmy weather in a wall of inclement weather days. Too bad the ambivalent weather forecast discouraged some Sokol members from attending our traditional spring picnic at Chabot Lake, a green oasis in the overcrowded Bay Area. There are miles of hiking and biking trails, a lake for fishing, but not swimming, coffee shop for those who do not want to bother with bringing their own food. The park offers a number of very private sites for picnics, equipped with a BBQ pit, tap water and tables. Our Turtle site is well protected from wind and hot sun, is located close to the parking so even people with physical impairment can navigate the short walk, as our faithful member — Brother Teyrovsky proved to us.



Two dozens of Sokol members and friends of all ages gathered at lunchtime for an afternoon of activities comprised mainly of chatting, eating, and singing folk songs from the Old country. We had visitors from the entire Bay Area- San Jose, Peninsula but also from far-away Sonora. A group of young, energetic people introduced us to the cultural programs they plan for the near future. The Sokol Vestnik brings more detailed information.
All afternoon the hot coals were glowing in the spacious barbecue pit - ready for grilling, or heating, a very wide variety of delectable foods. Most participants brought more food than they could consume, so sharing greatly expanded our menu into a multiple course meal.

Frequently, volunteer cooks attended the grill, watching with eagle eye all the sausages, chicken drumsticks, breasts, pork ribs and corn on the cob, cooking the food to perfection and burning, with apologies, just a few items. We strongly believe we found an attractive place for our picnics and are puzzled why we do not have higher attendance. Maybe you should overcome your reluctance to go into the trouble of getting the food and drinks ready for an afternoon spent close to Mother Nature, so come in for just a while, to see what it's all about. Park your car free on the road, or for $5 close to our site (Turtle - at the entrance and well marked), bring a piece of meat (we may even grill it for you), a slice of bread and join us during our next picnic
on **Saturday September 16th 2006**

Nazdar, Zdenek Vemak.

Semi-annual meeting of the Pacific District Units of San Francisco, Los Angeles and Fresno.

It was a turn for Sokol San Francisco Unit to host this meeting at Holiday Express hotel in South San Francisco on 6/3/2006, starting with lunch for all attendees. Last meeting was held in Los Angeles.
22 Sokol members gathered from 10:00 A.M till 5:00P.M, 11 members from Fresno and Los Angeles. Prague Slet rehearsal of Slet enthusiastic participants opened at 10:00 A.M.
Meeting presided by Sister Cheri Riddle was very constructive with cheerful discussion from all participants.
California Pacific District is suffering with long driving distances between the Units. Regardless, these meetings are important to communicate organizational issues and improvements of Sokol Organization better function.
Question remains however, how long our aging members will be able to absorb these distances.
Write your suggestions to our Unit address or send the E-mail to **sokolsf@gmail.com**

Paul a Burda, Financial Secretary Unit S.F.

Weight loss

Strategies that work

The claims are everywhere. "Burn away inches with a single pill." "Guaranteed weight loss of 10 pounds in 10 days." "Achieve the perfect look." But do any of these fads and gimmicks actually work?

Although many products offer a simple solution to losing weight, the truth is that there's no easy answer. The healthiest way to lose weight requires making changes in your diet and exercise routines and committing to them over the long term.

Although it may sometimes seem impossible to achieve, safe and lasting weight loss doesn't have to be unattainable. Here are some strate-

Calculating your body mass index (BMI)

	Healthy		Overweight					Obese			
BMI	**19**	**24**	**25**	**26**	**27**	**28**	**29**	**30**	**35**	**40**	**45**
Height	**Weight in pounds**										
5'0"	97	123	128	133	138	143	148	153	179	204	230
5'1"	100	127	132	137	143	148	153	158	185	211	238
5'2"	104	131	136	142	147	153	158	164	191	218	246
5'3"	107	135	141	146	152	158	163	169	197	225	254
5'4"	110	140	145	151	157	163	169	174	204	232	262
5'5"	114	144	150	156	162	168	174	180	210	240	270
5'6"	118	148	155	161	167	173	179	186	216	247	278
5'7"	121	153	159	166	172	178	185	191	223	255	287
5'8"	125	158	164	171	177	184	190	197	230	262	295
5'9"	128	162	169	176	182	189	196	203	236	270	304
5'10"	132	167	174	181	188	195	202	209	243	278	313
5'11"	136	172	179	186	193	200	208	215	250	286	322
6'0"	140	177	184	191	199	206	213	221	258	294	331
6'1"	144	182	189	197	204	212	219	227	265	302	340
6'2"	148	186	194	202	210	218	225	233	272	311	350
6'3"	152	192	200	208	216	224	232	240	279	319	359

You can determine your body mass index (BMI) by finding your height and weight on this chart. A BMI of 18.5 to 24.9 is considered healthiest. People with a BMI under 18.5 are considered underweight. People with a BMI between 25 and 29.9 are considered overweight. People with a BMI of 30 or greater are considered obese. If you have access to the Internet, either at home or at a library, another tool to calculate your BMI is found at: *www.nhlbisupport.com/bmi/bmicalc.htm.*

Note: Asians with a BMI of 23 or higher may have an increased risk of health problems.
Source: National Institutes of Health, 1998

Less stress

Ten ways to manage it day by day

It's no surprise that major life events — such as a death in the family or divorce — can cause harmful stress. But so can other factors beyond your control, such as heartbreaking news of hurricane flooding victims that leaves you feeling helpless and stressed. Then there's life's more day-to-day worries, hassles and demands — such as ever-rising gas prices that are putting a pinch on your finances, or disturbing headlines in your morning newspaper.

Experiencing ongoing stress — even at low levels — can have a negative effect on your health and well-being. That's why stress management isn't something to reserve only for difficult times, but something to practice on a daily, ongoing basis.

What you can do

You likely can't change the course of world events. Certain stressful situations in your own life may not have an immediate remedy. However, you might be able to begin managing the stress you feel. Steps you can take include:

■ *Catching it early* — Any number of signs and symptoms, such as headache, gut discomfort, tense muscles and fidgety sleep, may be early indicators of too much stress. When you feel stress coming on, it may be time to step back, take a breath and put your stress management techniques into practice.

■ *Exercise* — People who exercise are better able to cope with stress and less likely to become depressed or anxious. Even a short walk can improve mood and reduce feelings of stress.

Stress and your health

Not all stress is bad. Life without stress can be boring. Tolerable amounts of stress can make a challenging task exciting and increase productivity. In fact, studies have shown that short-lived bouts of stress may boost your immune system.

Situations that create stress vary from person to person. Your personality, genes, experiences and your ability to cope influence how you deal with stressors. For you, preparing for a big family dinner may be stressful, but getting a parking ticket hardly bothers you. Others might be just the opposite.

But stress can become overwhelming. It can cause you to feel out of control or to feel like you're under constant or intense pressure. Many of the physical reactions that accompany severe stress can suppress your immune system, making you more susceptible to illness, or increasing your risk of heart attack or stroke. Stress may also worsen certain health conditions, such as asthma, gastrointestinal problems, skin disorders, chronic pain and cardiac and mental health problems.

Identify and practice stress management strategies to lessen any impact of life's major and minor stressors.

■ *Eating well* — A healthy diet gives you the energy to handle daily stress. Conversely, skipping meals and making poor food choices can contribute to fatigue, greater susceptibility to illness and a general feeling of poor health.

■ *Getting adequate sleep* — Fatigue can make stress worse. When you feel refreshed and alert, you're better able to tackle problems.

■ *Setting limits* — It may be difficult to say no, but saying no to some tasks can help make you more productive and successful with the tasks you choose to take on.

■ *Find a friend* — Whether venting your frustrations or listening to words of encouragement, friends can provide needed social support. If your friend can make you laugh, all the better, since laughter has been shown to reduce stress and tension. Practice asking for help with tasks if you could benefit from assistance. A pet can be a friend too, taking your mind off daily worries.

■ *Pleasant distractions* — A good book or a movie can help redirect your thoughts from unproductive worry.

■ *Relaxing* — True relaxation involves a feeling of peace of mind. You may find a hobby or certain forms of exercise particularly relaxing. You may relax with meditation or prayer. Deep, slow breathing or simply tensing and releasing different muscle groups throughout your body are other ways of feeling calm.

■ *Positive thinking* — Throughout the day, stop and evaluate the endless stream of thoughts (self-talk) that run through your mind each day. Are they positive or negative? If they're negative, try to reframe those thoughts in a positive way.

■ *Getting help if needed* — If stress is affecting your ability to work or find pleasure in life, seek help from your doctor or a mental health professional. Getting outside help isn't a sign of weakness. It takes strength to admit that you may need help — and getting help is a sign of good judgment. ❐





Pictures Courtesy of Lida & Karel Mikes

Celebration parades from western cities of Czech Republic liberated by US Army in May 1945 from Nazis occupation

COURT RULES ST VITUS' CATHEDRAL BELONGS TO CATHOLIC CHURCH

If you think of Prague, one of the first things that springs to mind is the magnificent 14th century Saint Vitus'Cathedral. towering above the city's skyline. But whom does the cathedral actually belong to? After a thirteen-year legal battle, a district court in Prague has ruled that it is the property of the Catholic Church. This may seem obvious, but in a country where the church has had a troubled history, the whole issue has been raising strong emotions. Czechs are a largely secular nation and many people treasure St. Vitus' Cathedral and Prague Castle, at the heart of which it stands as a powerful symbol of Czech statehood rather than a place of worship.

The mightily Zikmund bell has been ringing out for 400 years over Prague from the cathedral tower. For most of that time St. Vitus has belonged to the church, but in 1954 at the height of Stalinist rule a law was passed, saying that Prague Castle belonged to the people and the Office of the President should manage the monuments in it. The Catholic Church argues the way the cathedral was transferred to the state was not lawful.

Martin Horalek the Catholic Church spokesman said, "It's ridiculous that the state is still the cathedrals administrator. When there is a Mass, the priest actually has to go and borrow keys from the Prague Castle administration." The state represented by he Office of the Government Representation in Property Affairs, is going to appeal against the verdict. Since it was "founded the Cathedral has been the symbol of Czech nationhood.

Another factor complicating the struggle is the property law concerning the cathedral dates to medieval times. The Czech head of state, King Charles IV, established the cathedral in 1344, and was considered the legal owner. "The problem is interconnected," says Roman Zaoral, professor of medieval history at Charles University. "There was no strict division between the two." The general population is also siding with the state.

KMOCH

František Kmoch was born at Zásmuky, about ten miles from Kolín, Bohemia on August 1, 1848. His father was a tailor and an ardent folk musician who played clarinet. 'Young František began the, study of the, violin and made his first attempts at composition in his late teens. He entered a teachers' college in Prague in 1868 and accepted his first teaching position at Suchdol (near Kolín) in 1869. Throughout his teaching career, he continued to perform with various musical ensembles.

He was suspended from the teaching profession in late 1873. Official reasons for the suspension stated his neglect of school duties and his performing at public dances. The suspected true reason however, was his politically unacceptable affiliation with the nationalistic Sokol movement. His livelihood thereafter centered on performing at dances.

Kmoch became the bandleader for the Sokols in the town of Kolín when he was only 20 years old. When the Sokols had gymnastic convention in Prague in 1873, the Kolín Kmoch band had an important part in the opening ceremonies. All the people who heard the Kmoch band perform knew that this was a great band playing Kmoch's own original compositions as well as his special arrangements of their familiar folk tunes.

Kmoch's music as he scored it for his band. always had words in the middle part. This we know today as the trio and was always heard three times during the playing of the piece since the people always enjoyed singing the words to the tunes. Arguably, Kmoch played a key role in the historical development of march and polka form as we commonly know it today.

Kmoch had a contract and a minimal salary with the Sokol movement as a bandmaster. This eventually led to his becoming municipal band director in Kolín, and there he established his own school of music. The school was officially recognized in 1882. As the years passed, he was offered positions as municipal band director in several cities, including Prague. He preferred to remain in Kolín but did tour many cities of the Austro-Hungarian Empire, including Vienna, Budapest and Kraków with his band. The tour schedules included a three-month series of concerts in Russia.

Frantisek Kmoch died in Kolín on April 30, 1912 at the age of 64. He has quite fittingly been compared to' the American bandleader and composer of the, same era, John Philip Sousa.

The Czech wind band (brass band). had its foundation in Kmoch's works. Kmoch's total output has been estimated at nearly 500 works, including dozens of fine marches. As a reaction against the military marches of the Empire, he composed marches with their roots in folk music. The intent was to make people feel good about their nationality and his marches were not necessarily intended for marching feet. Kmoch created the truly Czech march.

Ten years after his death in 1922, the city of Kolín built a monument honoring the memory of Kmoch. A memorial plaque was placed on the house where he lived and spent most of his life. In recognition of his immense contribution to Czech band music, a three-day festival is held each June in Kolín. Participating bands from throughout the world convene each June in Kolín to pay tribute to Kmoch, the father of the Czech wind band.

SONGS OF LIDICE

In the spring of 1942, Jarmila Novotna, the renowned Czechoslovak soprano, and Jan Masaryk, son of Tomas and Charlotte Garrigue Masaryk, spent a day in. a New York City studio collaborating on a 78-rpm recording of 15 Czech and Slovak folk songs. At the time Novotna was the reigning prima donna at the Metropolitan Opera, and Masaryk was the Foreign. Minister of the Czechoslovak government-in-exile, headed by Eduard Benes and. based in London. Among the songs they recorded was 'Ach synku, synku (Oh My Son, MY Son)" reportedly Tomas Masaryk's favorite folk song (it was sung by a children's choir at Jan Masaryk's funeral in March 1948).

The RCA Victor recording as called "Songs of Lidice." The June 10, 1942, destruction of Lidice, by the German army, the murder of its men and teen-age boys, and the deportation of its women and children to concentration camps had incensed people around the world. In liner notes for the original recording, Jan Masaryk wrote:

"Jarmila Novotna used to sing these songs to my father. Today both Jarmila and I are refugees from Hitler's vulgar terribleness and we did these songs once more for ourselves. The simple immortal folk of the unhappy village sang all these songs, and it is in their memory that Jarmilla Novotna is offering them to the American public."

Masaryk was renowned in diplomatic circles for his prowess on the piano, and friends noted that he was adept at improvising and could play any tune by ear. As a young adult, Jan Masaryk lived in the U.S. for several years, during which time he helped support himself by playing the piano in movie houses to accompany silent films (A biographical portrait published in November 1947 issue of *Harper's Magazine* reported that Jan had often underscored the moving pictures' love scenes with Mendelssohn's Spring Song," and heralded the hero's race to the rescue with a crescendo of Schubert's Marche Militaries.")

In 1983, Jarmila Novotna was asked by the British company Pearl Records to collaborate on a reissue anthology to. Profile her acclaimed career, and she included renditions of Songs of Lidice." The two record set,

"Jarmila Novotna: The Artist's Own Selection of Her Finest Recordings" (GEMM 26 1/2) was distributed in the U.S. by Qualiton Imports, Ltd. 39-28 Crescent St., Long Island, NY, and may be easier to find than the original 78-rpm recordings.

Meeting with Dr. Pianka, distinguished Texas Scientist Texas Academy of Science, 2006

By Forrest M Mims, III

There is always something special about science meetings. The 109th meeting of the Texas Academy of Science at Lamar University in Beaumont, March *3-5,* 2006, was especially exciting for me, because a student and his professor presented the results of a DNA study I suggested to them last year. How fulfilling to see the bald cypress *(Taxodium distichum)* leaves we collected last summer, and my tree-ring photographs transformed into a first-class scientific presentation that's nearly ready to submit to a scientific journal. *(Brian Iken and Dr. Deanna McCullough, "Bald Cypress of the Texas Hill Country: Taxonomically Unique?"* 109th Meeting of the Texas Academy of Science Program and Abstracts [PDF], Poster P59, p. 84,2006.

But there was a gravely disturbing side to that otherwise scientifically significant meeting, for I watched in amazement as few hundred members of the Texas Academy of Science rose to their feet and gave a standing ovation to a speech that enthusiaslistically advocated the elimination of 90 percent of Earth's population by airborne Ebola. University of Texas evolutionary ecologist and lizard expert, who the Academy named the 2006 Distinguished Texas Scientist, gave the speech.

Something curious occurred a minute before Pianka began speaking. An official of the Academy approached a video camera operator at the front of the auditorium and engaged him in animated conversation. The camera operator did not look pleased as he pointed the lens of the big camera to the ceiling, and slowly walked away.

This curious incident came to mind a few minutes later when Professor Pianka began his speech, by explaining that the general public is not yet ready to hear what he was about to tell us. Because of many years of experience as a writer and editor, Pianka's strange introduction, and the TV camera incident raised a red flag in my mind. Suddenly, I forgot that I was a member of the Texas Academy of Science and Chairman of its Environmental Science Section. Instead, I grabbed a note pad so I could take on the role of science reporter.

One of Pianka's earliest points was a condemnation of anthropocentrism, or the idea that humankind occupies a privileged position in the Universe. He told a story about how a neighbor asked him what good the lizards are that he studies. He answered, *"What good are you?"*

Pianka hammered his point home by exclaiming, *"We're no better than bacteria!"*

Pianka then began laying out his concerns about how human overpopulation is ruining the Earth. He presented a doomsday scenario in which he claimed that the sharp increase in human population since the beginning of the industrial age is devastating the planet. He warned that quick steps must be taken to restore the planet, before it's too late.

Saving the Earth with Ebola

Professor Pianka said the Earth, as we know it, would not survive without drastic measures. Then, and without presenting any data to justify this number, he asserted that the only feasible solution to saving the Earth is to reduce the population to 10 percent of the present number. He then showed solutions for reducing the world's population in the form of a slide depicting the Four Horsemen of the Apocalypse. War and famine would not do, he explained. Instead, disease offered the most efficient and fastest way to kill the billions that must soon die, if the population crisis is to be solved.

Pianka then displayed a slide showing rows of human skulls, one of which had red lights flashing from its eye sockets.

AIDS is not an efficient killer, he explained, because it is too slow. His favorite candidate for eliminating 90 percent of the world's population is airborne Ebola *(Ebola Reston),* because it is both highly lethal, and it kills in days, instead of years. However,

Professor Pianka did not mention that Ebola victims die a slow and torturous death, as the virus initiates a cascade of biological calamities inside the victim that eventually liquefy the internal organs.

After praising the Ebola virus for its efficiency at killing, Pianka paused, leaned over the lectern, looked at us, and carefully said, *We've got airborne 90 percent mortality in humans. Killing humans. Think about that."*

With his slide of human skulls towering on the screen behind him, Professor Pianka was deadly serious.

The audience that had been applauding some of his statements, now sat silent.

After a dramatic pause, Pianka returned to politics and environmentalism. But he revisited his call for mass death when he reflected on the oil situation.

"And the fossil fuels are running out," he said, "so I think we may have to cut back to two billion, which would be about one-third as many people." So the oil crisis alone may require eliminating two-third of the world's population.

How soon must the mass dying begin if Earth is to be saved? Apparently fairly soon, for Pianka suggested he might be around when the killer disease goes to work. He was born in 1939, and his lengthy obituary appears on his website. (Www.uts.cc.utexas.edu/~aranus/obit.html)

When Pianka finished his remarks, the audience applauded. It wasn't merely a smattering of polite clapping that audiences diplomatically reserve for poor or boring speakers. It was a loud, vigorous, and enthusiastic applause.

Later, he received more applause from a banquet hall filled with more than 400 people when the president of the Texas Academy of Science presented him with a plaque naming him 2006 Distinguished Texas Scientist.

Questions for Dr. Pianka

Then came the question and answer session, in which Professor Pianka stated that other diseases are also efficient killers.

The audience laughed when he said, *"You know, the bird flu's good, too."* They laughed again when he proposed, with a discernable note of glee in his voice that, *"We need to sterilize everybody on the Earth."*

After noting that the audience did not represent the general population, a questioner asked, "What kind of reception have you received as you have presented these ideas to other audiences that are not representative of us?"

Pianka replied, *"I speak to the converted!"*

Pianka responded to more questions by condemning politicians in general, and Al Gore by name, because they do not address the population problem, and "... *because they deceive the public in every way they can to stay in power."*

He spoke glowingly of the police state in China that enforces their one-child policy. He said, *"Smarter people have fewer kids."* He said, those who don't have a conscience about the Earth will inherit the Earth, "... *because those who care, make fewer babies, and those that didn't care, made more babies."* He said we will evolve as uncaring people, and *"I think IQs are falling for the same reason, too."*

With this, the questioning was over. Immediately almost every scientist, professor, and college student present stood to their feet and vigorously applauded the man who had enthusiastically endorsed the elimination of 90 percent of the human population. Some even cheered. Dozens then mobbed the professor at the lectern to extend greetings and ask questions. It was necessary to wait a while before I could get close enough to take some photographs.

I was assigned to judge a paper in a grad student competition after the speech. On the way, three professors dismissed Pianka as a crank. While waiting to enter the competition room, a group of a dozen Lamar University students expressed outrage over the Pianka speech.

Yet, five hours later, the distinguished leaders of the Texas Academy of Science presented Pianka with a plaque in recognition of his being named 2006 Distinguished Texas Scientist. When the banquet hall filled with more than 400 people responded with enthusiastic applause, I walked out in protest.

Corresponding with Dr. Pianka

Recently, I exchanged a number of e-mails with Pianka. I pointed out to him that one might infer his death wish was really aimed at Africans, for Ebola is found only in Central Africa. He replied that Ebola does not discriminate, kills everyone, and could spread to Europe and the Americas by a single infected airplane passenger.

In his last e-mail, Pianka wrote that I completely fail to understand his arguments. So I did a check, and found verification of my interpretation of his remarks on his own website. In a student evaluation of a 2004 course he taught, one of Professor Pianka's students wrote, "Though I agree that conservation biology is of utmost importance to the world, I do not think that preaching that 90% of the human population should die of Ebola is the most effective means of encouraging conservation awareness."

Yet the majority of his student reviews were favorable, with one even saying, "I worship Dr. Pianka."
The 45-minute lecture before the Texas Academy of Science converted a university biology senior into a Pianka disciple, who then published a blog that seriously supports Pianka's mass death wish.

Dangerous Times

Let me now remove my reporter's hat for a moment, and tell you what I think. We live in dangerous times. The national security of many countries is risk. Science has become tainted by highly publicized cases of misconduct and fraud.

Must now we worry that a Pianka-worshipping former student might someday become a professional biologist, or physician, with access to the most deadly strains of viruses and bacteria? I believe that airborne Ebola is unlikely to threaten the world outside of Central Africa. But scientists have regenerated the 1918 Spanish flu virus that killed 50 million people. There is concern that smallpox might someday return. And what other terrible plagues are waiting out there in the natural world to cross the species barrier, and to which scientists will one day have access?

Meanwhile, I still can't get out of my mind the pleasant spring day in Texas when a few hundred scientists of the Texas Academy of Science gave a standing ovation for a speaker who they heard advocate for the slow and torturous death of over five billion human beings.

Forrest M. Mims, III (www.forrestmims.org) is Chairman of the Environmental Science Section of the Texas Academy of Science, and the editor of The Citizen Scientist.

Andy Rooney said on "60 Minutes" a few weeks back:

I don't think being a minority makes you a victim of anything except numbers. The only things I can think of that are truly discriminatory are things like the United Negro College Fund, Jet Magazine, Black Entertainment Television, and Miss Black America. Try to have things like the United Caucasian College Fund, Cloud Magazine, White Entertainment Television, or Miss White America; and see what happens...Jesse Jackson will be knocking down your door.

Guns do not make you a killer. I think killing makes you a killer. You can kill someone with a baseball bat or a car, but no one is trying to ban you from driving to the ball game.

I believe they are called the Boy Scouts for a reason, that is why there are no girls allowed. Girls belong in the Girl Scouts! ARE YOU LISTENING MARTHA BURKE?

I think that if you feel homosexuality is wrong, it is not a phobia, it is an opinion.

I have the right "NOT" to be tolerant of others because they are different, weird, or tick me off.

When 70% of the people who get arrested are black, in cities where 70% of the population is black, that is not racial profiling, it is the Law of Probability.

I believe that if you are selling me a milkshake, a pack of cigarettes, a newspaper or a hotel room, you must do it in English! As a matter of fact, if you want to be an American citizen, you should have to speak English!

My father and grandfather didn't die in vain so you can leave the countries you were born in to come over and disrespect ours.

I think the police should have every right to shoot your sorry ass if you threaten them after they tell you to stop. If you can't understand the word "freeze" or "stop" in English, see the above lines.

I don't think just because you were not born in this country, you are qualified for any special loan programs, government sponsored bank loans or tax breaks, etc., so you can open a hotel, coffee shop, trinket store, or any other business.

We did not go to the aid of certain foreign countries and risk our lives in wars to defend their freedoms, so that decades later they could come over here and tell us our constitution is a living document; and open to their interpretations.

I don't hate the rich I don't pity the poor.

I know pro wrestling is fake, but so are movies and television. That doesn't stop you from watching them.

I think Bill Gates has every right to keep every penny he made and continue to make more If it ticks you off, go and invent the next operating system that's better, and put your name on the building.

It doesn't take a whole village to raise a child right, but it does take a parent to stand up to the kid; and smack their little behinds when necessary, and say "NO!"

I think tattoos and piercing are fine if you want them, but please don't pretend they are a political statement. And, please, stay home until that new lip ring heals. I don't want to look at your ugly infected mouth as you serve me French fries!

I am sick of "Political Correctness" I know a lot of black people, and not a single one of them was born in Africa; so how can they be "African-Americans"? Besides, Africa is a continent. I don't go around saying I am a European-American because my great, great, great, great, great, great grandfather was from Europe. I am proud to be from America and nowhere else

And if you don't like my point of view, tough...

I PLEDGE ALLEGIANCE TO THE FLAG, OF THE UNITED STATES OF AMERICA, AND TO THE REPUBLIC, FOR WHICH IT STANDS, ONE NATION UNDER GOD, INDIVISIBLE, WITH LIBERTY AND JUSTICE FOR ALL!

I was asked to send this on if I agree or delete if I don't. It is said that 86% of Americans believe in God. Therefore I have a very hard time understanding why there is such a problem in having "In God We Trust" on our money and having "God" in the Pledge of Allegiance. Why don't we just tell the 14% to Shut Up and BE QUIET!!!



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Sokol Committee Meeting is every second Tuesday, every month at 7:30 PM in Bay Area Executive Offices, 533 Airport Blvd. Suite 400, 4th floor Burlingame, CA 94010

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Dear American Sokol Member,
please see below how are your dues paid up to June 2006

P = paid NP = no payment

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Bobb	Anna	5748 Parksite Pl.	Newark,	CA	94560			P
Bochenek	Jarmila	755 Raymundo Ave.	Los Altos,	CA	94024-3139	P	P	P
Burda	Paul A.	213 Westvale Court	San Ramon,	CA	94583	P	P	P
Cambus	John	121 Lakewood Rd.	Walnut Creek,	CA	94598-4720	P	P	P
Cambus	Vladka	121 Lakewood Rd.	Walnut Creek,	CA	94598-4720	P	P	P
Cheever	Evelyn	37653 Glenmoor Dr.	Freemont,	CA	94536	P	P	NP
Cheever	Stanley	37653 Glenmoor Dr.	Freemont,	CA	94536	P	P	NP
Chromy	Henrietta	1319 Speers Ave.	San Mateo,	CA	94403	P	P	P
Crichton	Dagmar	1873 Greenwitch St.	San Francisco,	CA	94123	P	P	P
Dlask	Frank	451 Santa Margarita Ave.	Menlo Park,	CA	94025	P	P	P
Dlask	Jarmila	451 Santa Margarita Ave.	Menlo Park,	CA	94025	P	P	P
Duffey	Blanche	249 W. Poplar Ave.	San Mateo,	CA	94402	P	P	P
Dusatko	Jaroslava	1001 Evelyn Ter. E. # 168	Sunnyvale,	CA	94086	P	P	P
Dusatko	Milan	1001 Evelyn Ter. E. # 168	Sunnyvale,	CA	94086	P	P	P
Forsythe	Mildred	700 Laurel Ave. # 882	San Mateo,	CA	94401-4104	P	P	P
Frolik	Ashka	654 Oregon St.	Sonoma,	CA	95476	P	P	P
Gangelhoff	Shirley A.	1319 Speers Ave.	San Mateo,	CA	94403	P	P	P
Gangelhoff	Tami M.	248 C 36th Ave.	San Mateo,	CA	94403	P	P	P
Goupille	George	879 Partridge Ave.	Menlo Park,	CA	94025-5215	P	P	P
Goupille	Stephan	879 Partridge Ave.	Menlo Park,	CA	94025-5215	P	P	P
Goupille	Vera	879 Partridge Ave.	MenloPark,	CA	94025-5215	P	P	P
Hackworth	Arthur	21741 Santa Bella Place	Cupertino,	CA	95014	P	P	P
Hintnaus	Dagmar	8409 Ranchita Way	Fair Oaks,	CA	95628-6122	P	P	NP
Holubar	Marie	300 5th St.	Petaluma,	CA	94952	P	P	P
Horn	Standa	158 N. Sunnyvalle Ave. # 1	Sunnyvale,	CA	94086	P	P	NP
Horn	Vera	800 N. El Camino # 203	San Mateo,	CA	94401	P	P	P
Hrdina	Vaclav	20287 John Dr.	Castro Valley,	CA	94546	P	P	P
Husak	Henry	19447 Victona Court	Sonoma,	CA	95476-3847	P	P	P
Jacob	Debra	5656 Ocean View Dr.	Oakland,	CA	94618		P	NP
Janku	Jan	10 Villanova Ln.	Oakland,	CA	94611	P	P	P
Janku	Jana	10 Villanova Ln.	Oakland,	CA	94611	P	P	P
Kemr	Joan	476 32nd Ave.	San Francisco,	CA	94121-1724	P	P	P
Kozler	Helena	176 Corte Anita	Greenbrae,	CA	94904	P	P	P
Kryska	Eva	1120 Newell Rd.	Palo Alto,	CA	94303		P	P
Kucera	Jiri	21901 Monte Ct.	Cupertino,	CA	95014	P	P	P
Kucera	Vlasta	539 Hillcrest Rd.	San Carlos,	CA	94070-1920	P	P	P
Kucera Jr.	Jan	21917 Oakview	Cupertino,	CA	95014	P	P	P
Linhart	Ivanka	P.O. Box 1172	Soulsbyville,	CA	95372	P	P	P
Linhart	Pete	P.O. Box 1172	Soulsbyville,	CA	95372	P	P	P
Livingston	David	19617 Forest Ave.	Castro Valley,	CA	94546	P	P	P
Livingston	Helenka	19617 Forest Ave.	Castro Valley,	CA	94546	P	P	P
Livinston	Dan	19617 Forest. Ave.	Castro Valley,	CA	94546	P	P	P
Machacek	Victor	1655 Funston Ave.	San Francisco,	CA	94122	P	P	P
Mikes	Karel	115 Los Vientos Way	San Carlos,	CA	94070	P	P	P
Mikes	Lida	115 Los Vientos Way	San Carlos,	CA	94070	P	P	P
Miksa	Frank	7 Royston Walk	Pleasant Hill,	CA	94523	P	P	P
Miksa	Miroslava	7 Royston Walk	Pleasant Hill,	CA	94523	P	P	P
Mikus	Helen	P.O. Box 94	Fayetteville	TX	78940	P	P	P
Milner	Blanche	1500 Held Dr. # 67	Modesto,	CA	95355	P	P	P
Mlynek	Ludvik	1225 Warner Ct.	Lafayette,	CA	94549	P	P	P
Navarra	Alena	5452 Jonathan Dr.	Newark,	CA	94560			P
Navarra	Charles	5452 Jonathan Dr.	Newark,	CA	94560			P

Last Name	First Name	Address	City	ST	Zip Code	Dues 2004	Dues 2005	Dues 2006
Nemec	Jan	1521 Saint Alphonsus Way	Alamo,	CA	94507-1570	P	P	P
Nemec	Rita	1521 Saint Alphonsus Way	Alamo,	CA	94507-1570	P	P	P
O'Donnell	Ludmila	3424 NE. 35th Ave.	Portland,	OR	97212			P
Picha	Alena	650 Newhaven Ct.	Walnut Creek,	CA	94598	P	P	P
Picha	Frank	650 Newhaven Ct.	Walnut Creek,	CA	94598	P	P	P
Rashkin	Zdena Derner	21780 Via Regina	Saratoga,	CA	95070			P
Rosicky	Jaroslav	16714 Selby Dr.	San Leandro,	CA	94578	P	P	P
Ruff	Michelle	324 Via La Paz	Greenbrae,	CA	94904			P
Rus	Dagmar	628 Newlands Ave.	San Mateo,	CA	94403	P	P	NP
Rus	Ruda	628 Newlands Ave.	San Mateo,	CA	94403	P	P	NP
Sehnal	Marta	7415 Alpine Road	La Honda,	CA	94020	P	P	P
Sieber	Albert	231 Auburn Ave.	Santa Cruz	CA	95060		P	P
Sikl	Libuse	418 Patricia Ave.	San Mateo,	CA	94401	P	P	P
Skapa	Kamil	894 S. Flamingo Court	Denver,	CO	80246-2323	P	P	P
Skoda	George I.	3400 Princeton Way	Santa Clara	CA	95051-5526		P	P
Skubna	Marcelle	4181 E. 3rd. Ave.	Napa	CA	94558-4012		P	P
Slavoj	Desider E.	22 Ord Ct.	San Francisco,	CA	94114-1417	P	P	P
Smerhovska	Jirina	2440 15 th St.	San Francisco,	CA	94114	P	P	P
Snajberk	Karel	916 Regal Road	Berkeley,	CA	94708	P	P	P
Snajberk	Milena	916 Regal Road	Berkeley,	CA	94708	P	P	P
Spanek	George	1425 Broadway Sw. # 11	Burlingame,	CA	94010	P	NP	NP
Sredl	Henry J.	P.O. Box 1029	Center Harbor	NH	03226-1029	P	P	P
Stipek	Karel	22420 A Walnut Cir.N.	Cupertino,	CA	95014		P	P
Stipek	Martha	22420 A Walnut Cir.N.	Cupertino,	CA	95014		P	P
Strolena	Jindra	1050 Park Place	Pleasant Hill,	CA	94523	P	P	P
Sullivan	Eugenia	P.O.Box 9651	So. Lake Tahoe	CA	95731	P	P	P
Teyrovsky	Edmund	26563 Durham Way	Hayward,	CA	94542	P	P	P
Teyrovsky	Georgina	26563 Durham Way	Hayward,	CA	94542	P	P	P
Tomanek	Angie	26612 Durham Way	Hayward,	CA	94542		P	NP
Tomanek	Tomas	26612 Durham Way	Hayward,	CA	94542	P	P	NP
Tupy	Dana	13118 La Cresta Dr.	Los Altos Hills	CA	94022			P
Tupy J.	George	13118 La Cresta Dr.	Los Altos Hills	CA	94022			P
Vernak	Helena	2724 Mason Lane	San Mateo,	CA	94403-2613	P	P	P
Vernak	Zdenek	2724 Mason Lane	San Mateo,	CA	94403-2613	P	P	P
Zrzavy	Lada	654 Oregon St.	Sonoma,	CA	95476	P	P	P

INVITATION-Corrected Date

From **Sokol San Francisco Movie Club**

On Friday, **June 9**, 2006, at 7:00 P.M.

Presents Czech movie

SVĚTÁCI

(Czech language only, no english subtitles)

Vyrobilo Filmové Studio Barrandov, 1969, Délka 99 min.

Režie: Zdeněk Podskalský, Námět a scénář: Vratislav Blažek, Kamera: František Valert, Hudba: Evžen Illín, Vlastimil Hála, Zpívají: Waldemar Matuška, Pěvecký sbor Pavla Kühna, vokální soubor Lubomíra Pánka

HRAJÍ: *Jiří Sovák (Skopec), Vlastimil Brodský (Prouza), Jan Libíček (Petrtýl), Jiřina Bohdalová (Božka), Jiřina Jirásková (Marcela), Iva Janžurová(Zuzana), JiřinaŠejbalová (Trčková), Oldřich Nový (Dvorský), Ilja Prachař (kapitán VB), Vladimír Menšík (Novák)*

Trojice venkovských fasádníků pracuje na obnově pražské zástavby a chtěla by si užít něco z radosti velkoměsta. Zkušená a podnikavá obyvatelka jednoho z opravovaných domů jim opravdu připraví nečekaně silné zážitky. Ve své době snad nejpopulárnější komedie — V. Blažek už toho moc pro české režiséry nenapsal.

Z. Podskalskému se už výrazně lepší film nepovedl.

At STANFORD UNIVERSITY,
Bulding 60, room 61A (Main Quad next to Memorial Church)
Stanford campus has parking free from 4:00 P.M.



Suggested voluntary donation of $5 would be appreciated.

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Please respond to sokolsf@gmail.com to add your email address to our list.
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