American Sokol

Sokol San Francisco

SOKOL SAN FRANCISCO INC.
GYMNASTIC ASSOCIATION
EDUCATIONAL-SOCIAL AND
CHARITY NON-PROFIT CULTURAL
ORGANIZATION

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



VĚSTNÍK

FALL 2009



Awarded scientist, member of Sokol San Francisco, sister Jarmila Jancarik's, contribution to the whole world, see page 12

SOKOL OFFICERS: FOR THE YEAR 2009:

E-mail: sokolsf@gmail.com

President:	Frank Dlask resigned 9-09
First Vice President:	Georgina Teyrovsky temporary assuming duties of President
Second Vice President:	Zdenek Vernak
Secretary:	Zelmira Zivny
Financial Secretary:	Paul Burda
Treasurer:	Jarmila Dlask
Men's Director:	Peter Linhart, Paul Burda
Women's Directors:	Jarka Dusatko, Ivanka Linhart
Educational Director:	Peter Linhart
Membership Directors and Committee for New Members:	Milan Dusatko, Paul Burda
Board member at Large:	Edmund Teyrovsky
Editors, Vestnik:	Milan Dusatko, Paul Burda
Budget & Finance Committee:	Edmund Teyrovsky , Paul Burda, Zdenek Vernak, Frank Dlask (ex-officio) Milos Zivny
Public Relations Director:	Peter Linhart, Zdenek Vernak
Film Committee:	Milan Dusatko, Jarka Dusatko, Paul Burda,
Reconciliation Committee:	Edmund Teyrovsky, Zdenek Vernak, Milos Zivny
Entertainment Committee:	Georgina Teyrovsky, Paul Burda, Jarka Dusatko, Zdenek Vernak
Pac. District Representative:	Paul Burda, Frank Dlask (District VP), Peter Linhart, Ivanka Linhart Jara Dusatko
Auditing Committe:	Dagmar Rus, Marta Sehnal, Jara Dusatko
Legal Advisors:	James Frolik Jr., Atorney

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Zivny Zelmira	Home Cell	510.638.4723 510.710.4076	zelkaz@aol.com

"A government big enough to give you everything you want, but is strong enough to take everything you have"
Thomas Jefferson

Calendar of Events and Sokol Dues 2009

November 7th, 12:30 P.M.	Luncheon from Georgina	Baywood Court, 21966 Dolores St. Castro Valley, Ca 94546
December 5, Saturday 10:30 A.M. to 12:30 P.M.	Annual Meeting	Unity Building Recreation Area, 20121 Santa Maria, Castro Valley, CA
December 5 12:30 P.M. to 1:30 P.M.	Lunch for all present Sokol members	Unity Building Recreation Area, 20121 Santa Maria, Castro Valley, CA
December 5, 2009 2:00 P.M. to 5:30 P.M.	St. Nicolas Childern's Party	20121 Santa Maria, Castro Valley, CA
December 26, Saturday	End of the Year Dinner/Dance	Tarragon, 140 S Murphy Ave Sunnyvale, CA 94086

Members reinstated: J.Kemr, L. Mlynek-late dues paid
Lost members: A. Bobb, H. Kozler, A. & Ch. Navara, Z. Rashkin, A. Sieber- no payment dues

Sokol dues and donation 2009:

We are very thankful for your thoughtful contribution to American Sokol San Francisco Unit. We acknowledge $163 from attendees of film sessions and $433.77 of individual donation up to date.
H. Husak $40;D.Crichton $10; F.Miksa in memory of Mirka Miksa $150;
G.Skoda $25; V. Machachek $25; K. & M. Snajbek $50; P. &I. Linhart $25; M & R. Prejda $5.
H.Sredel $25; K. Skapa $25; E.Sullivan $25; L.Benes $20; P. Burda $8.77.
American Sokol is a Non-profit Organization; your donation are tax deductible. Keep your bank check as your receipt. Membership dues are not deductible. They are supporting expenses Headquarters ASO in Chicago to pay for whole American Sokol actions.

Paul A Burda, Sokol Financial Secretary

BROTHERS AND SISTERS: Unit has actively registered 40 women and 44 men. All dues 2009 are paid.
Below you see coupon for 2010 dues.
Sokol Gymnastics Association Sokol San Francisco, P.O. Box 4006, Menlo Park, CA 94026-4006. PO BOX and address will be changed starting 1-1-2010. You will be notified.

SEND WITH YOUR PAYMENT: KEEP FOR YOUR RECORDS:
2010 Dues are $30; late fee $5 after 2-28-10
Membership Dues sent $..... Sokol San Francisco Dues 2010
New members add $5 processing fee to American Sokol Headquarters in Chicago.
Donation/Contribution.....
Name:..... Date
Sent:.....
Address:.....
City:.....State:....Zip:..... Check No:.....

APPLICATION FOR MEMBERSHIP

ASO registration fee is $5.
Membership fee is $30 per year, should be paid on the end of each year for the next year.

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."

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E-mail: sokolsf@gmail.com

NAME:_____ DATE:_____

Address:_____City:_____ State:____ Zip:_____

Phone 1: _____ Phone 2:_____

E-Mail:_____

Date of Birth: :____/_____/_____ Place of Birth:_____

US Citizen: Yes ☐ No ☐ If No, legal resident? Yes ☐ No ☐

Marital Status : Married ☐ Single: ☐ Other: ☐

Please, list other clubs, organizations to which you belong_____

_____

Sponsor:_____

MEMBERSHIP PLEDGE:

I,_____(new members name) as a condition of membership in Sokol Unit of San Francisco Inc. in San Francisco CA, agree to abide by the Bylaws of the American Sokol of the Pacific District and this Unit, Sokol San Francisco.I promise that in my speech and actions I will endeavor to strengthen The Sokol Organization. Further, when participating in Sokol activities, I will conduct myself in manner which honors Sokol goals.

STATEMENT: I am citizen or legal resident of United States. 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.

New member signature:_____

AMERICAN SOKOL CORNER

District Directors Annual National Conference with National BOI Leadership October 9-11 in Detroit.

Our Member Sister Jarka Dusatko as agreed by Pacific District and ASO Headquarters represented Pacific District. As every year this meeting is preparing actions and budget for coming years. This year was actually important for next year Convention. Following are some suggested inputs to By-laws.

Proposed changes to the American Sokol Bylaws submitted by Chuck Kalat:

Article 6. Board of Governors Paragraph I

Replace the "Financial Secretary" with the "Treasurer' as a member of the board of governors
Reason: Treasurer has a better understanding of the financial aspects/condition of the organization than the Financial Secretary.

Article 76. Sokol Membership Paragraph I Members — last sentence

Replace the sentence : "Every youth participating in a Board of instructors sanctioned activity must have at least one parent or guardian registered as a member."
With : "Every youth participating in a Board of instructors sanctioned ongoing regular activity must have at least one parent or guardian registered as a member. Special events (ie. camps, bring a friend, special classes, programs, etc), with a goal of exposing Sokol to non-Sokol individuals of reaching out to the community, are exempt from the parental membership requirement."
Reason: There are situations when requiring at least one parent be a member is counterproductive to the growth of Sokol and limits the ability to reach outside of Sokol.

Article 78— Rights and Duties of Members Paragraph II. Youth Members --
Replace with: "4. All age 17 and younger participants in American Sokol sponsored ongoing, regular activities shall be a youth member. Youth participants in special events (ie. camps, bring a friend, special classes, programs, etc), with a goal of exposing Sokol to non-Sokol individuals of reaching out to the community, are exempt from the youth membership requirement."
Reason: There are situations when requiring a youth to be a youth member to participate is counterproductive to the growth of Sokol and limits the ability to reach outside of Sokol.

Proposed changes to the American Sokol Bylaws submitted by Maryann Fiordelis:

Article 11, III a) include Physical Fitness between Sokol and programs. add i) facilitate at least one National fundraising event annually.

Article 60, I, 1. add **s**. provide Director Newsletter subcription to at least Head Instructor of each class.
I need some clarification of III under 60; is this for participation once or twice and not ongoing? Not clear to me and if it is ongoing then thought that was not legal as By-laws stand now.

Article 7, 6, I - last sentence in last paragraph of that section: Change to read. Every youth participating in a Board of Instructor sanctioned activity must submit an activity fee in addition to the Youth Member fee.

SOKOL UNIT CORNER

Sokol San Francisco Luncheon and Dance

The San Francisco Sokol hosted the above event on May 16th from 11:30 A.M. to 4:30 P.M. at Dino's Restaurant in Castro Valley. New and old friends met and were reacquainted in a cozy atmosphere of the banquet hall. Brother Burda greeted the guests as they arrived to enjoy the meal and the music.

Three reasonably priced entrees included Veal Parmigiana with pasta, Broiled Spring Chicken with mashed potatoes or pasta, and Shrimp Louie topped with a delicious dressing. All the choices included a choice of soup or tossed green salad and fresh rolls. The beverages included sodas, coffee and tea, but the alcoholic drinks were available upon request at extra cost.

Brother Zdenek Vernak was our D.J. and he supplied us with a steady flow of music from the" boom box", well suited for our listening and dancing pleasure. Many couples joined in and danced enthusiastically on the cleared floor area. Others preferred to sing together the familiar Czech tunes. All enjoyed a very pleasant time with each other. With such a good response from our members, the next time we will procure a larger dance area for this event.

This was the first time that the Sokol San Francisco Unit tried a luncheon date with the dance at an earlier hour in order to accommodate many members who prefer to drive during daylight hours. The location was very accessible with plenty of parking. It was very well received and we are planning to do it again. We heartily thank our sister Georgina Teyrovsky for choosing Dino's and arranging this successful event.

Nazdar to all,

Brother Peter Linhart

September Picnic: Sing, Eat, Drink & be Merry!

An early September Saturday, Chabot Lake Park, another Sokol picnic at close to the parking Turtle site, so far we are in a familiar territory. But wait - there is always a first. Every hardcore Californian will tell you: it never rains in September and you can tell a newcomer to the West Coast by his hedging an invitation with caveat: "we'll go if it does not rain". Well, we found out the weather does not always follow it's well worn ruts: I could detect the fingers of our Slavic pagan god - Perun, the thunder and lightning wielder, in turning our Saturday morning into a murky day of cloudy skies, showers and thunder rumble, forcing the first brave participants to hide under raincoats and umbrellas. Not for too long - the clearing skies brought smiles back to the faces of 45 Sokols, friends and members of The Czech and Slovak Club. As far as I can remember, this was the first time we had the honor of welcoming them to any of our events. The ensuing mingling and sharing of the goodies raised hopes that future cooperation will continue to our mutual benefit. What a motley group of people gathered around the glowing coals of the barbeque pit! From Sonora, Mariposa, do they come, age is no obstacle as our senior member - Br. Desider Slavoj can testify to that. Even wheelchair or a walker will deliver you to tables loaded with food, to lively discussions and a rare opportunity to tickle our voices with the harmonica of Brother Daniel Botcha, for a nostalgic trip to the Old Country on the wings of our beloved songs. Sister Jarka Dusatko spied a few tears of joy on the face of one lady guest who admitted the songs brought back fond memories of her younger years. We are thankful to Daniel, our UN official music director, for his contribution to the wholesomeness of Sokol events. It's so much easier for our amateurish voices to stay together when we follow the lead of his accordion. At the barbeque pit Mrs. Angie Tomanek performed her grilling magic and shared with us a variety of meats in a number of shapes and flavors. Giving and sharing was the mode of this day, and is fast becoming a tradition at Sokol picnics. Shirley Gangellhoff, a former secretary of Sokol, brought her friend Vera; just a couple of years ago she was sitting here with her late mother and Millie Forsythe.

Members of Crosscheck hockey team represented the younger generation. They wear the Sokol emblems on their team dresses as a symbol of our cooperation.

A handful of newcomers expressed a desire to become Sokol members. Everyone is welcome - Sokol needs "new blood" and, as a member, you'll be recciving Bulletin/ Věstník chockfull of information about future Sokol events and activities.

In closing, I would like to thank all who participated in any way preparing this successful and well-received outing. We hope that everyone who had fun will tell his or her friends and next time will take them along.

Nazdar! Zdenek Vernak.

Dear Sokol Unit Members,

and to those who want to understand how American Sokol is organized:

Our Sokol Unit is part of American Sokol Organization ASO, Headquarters located in 122 W. 22nd St. Oak Brook, IL 60523-1557, Telephone: Voice: (630) 368-0771 Fax: (630) 368-0758 E-mail: aso@american-sokol.org, ASO is responsible for directing all Units around The United States, founded in 1865 by Czech immigrants and subject to Organizational By-laws as a non-profit organization rules.

Obviously, membership is voluntary and subject to yearly dues. Our present Unit dues are $25/year, one of the lowest of Units in the US. It was a good rule in our Unit to pay dues by the end of January of every year, preferably by the end of December of the previous year.

The Board, however, tolerated payment to the end of the first quarter and even later without penalty, before we had to send our quarterly membership report and Unit dues to our ASO Headquarters. You can keep records about it, as specified on page 3 of our Vestnik. ASO is using the unit's dues for supporting all of the American Sokol actions around the US. We have to go back to our past dues discipline in 2010 and for the future

For your information, the Unit is not making any money from the present membership dues. It is functioning only from investment interest of principle, left to us by founders of the Unit, recorded in the State of California as Incorporation on January 31, 1911. Lately, the Unit has not made any income from any of our actions, organizing the community, and especially in the present hardship investment times suffering losses like everybody.

The first duty as a member is to be current with membership obligations to the organization. Many members are following the rules and Unit is very thankful for it. For those who are behind, please stay current in order to avoid future administrative losses for the Unit. Reinstatement of membership includes a $5 penalty and creates extra paperwork. ASO is charging our Unit and a reinstated member should pay reinstatement fee automatically with his/her late dues. For those who are not interested to be a member, please let us know and do not wait to be terminated for non- payment of your dues because unit is paying dues for you, till you are terminated.

Dues for 2010 are increasing to $30 per year in order to keep with demands and expenses of our ASO Headquarters.

Presently, for every member we are paying $29 per year our ASO and Organization Convention dues. In addition there is processing fee $5 for every new member and reinstatement fee $5 for member who is late with his/her yearly dues after February each year.

Thank you for your understanding and your cooperation.

Paul A Burda, Unit Financial Secretary

Thanks to President Frank Dlask

We are announcing with regret that our long term President suddenly resigned. For whatever reason he came to that conclusion we are missing dedicated Sokol Board member. His terms were not always easy, organizing a new Board and practically inheriting Sokol Unit with zero money in the account.

We thank you Frank what you did for the Unit. Keep in touch and stay active for our future and keep your interest about our Sokol activities.

Board Members

Four simple steps that can lead to better posture

Bad habits and weak muscles can cause the head to tilt or jut forward, the shoulders to round, and the back to sag. These simple exercises from the American Physical Therapy Association will help you learn better posture, strengthen muscles, and make it easier to practice good posture. Do the standing exercise (No. 1) a few times until it becomes second nature. For exercises 2 through 4, start with one set of 10 and gradually work up to two to three sets. Do daily.

1 Standing practice



What it does: This quick exercise is used by many physical therapists to teach patients the right way to stand.
To do: Stand with your back against a wall. Feet should be shoulder-width apart, 3 to 6 inches from the wall. Arms should be by your sides. Press your head, shoulders, and back against the wall. Draw in your lower abdomen, pushing your belly button toward your spine to take the arch out of your back. Keeping your back as straight as possible, use your elbows to push away from the wall.

2 Neck stretch



What it does: Strengthens and stretches neck muscles.
To do: Stand in a normal, relaxed position, shoulders relaxed and arms by your side. Keeping shoulders still, pretend that a string is pulling you straight up from the top of your head. Hold for 5 to 10 seconds. Relax.

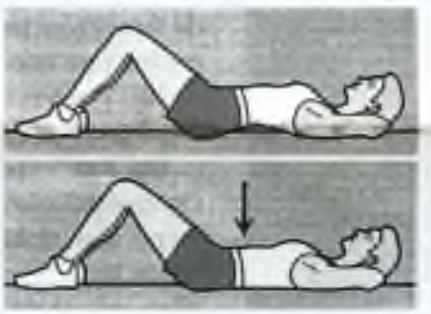
3 Shoulder strengthener



What it does: Strengthens muscles around the shoulder blades.
To do: Stand erect, feet shoulder-width apart. Place your arms in a "W" position, as shown, keeping shoulders relaxed. Bring elbows back as far as you can, pinching shoulder blades together. Hold for a count of 3. Release.

4 Pelvic tilt

What it does: Isolates and strengthens abdominal muscles, helping the back maintain a healthy position.



To do: Lie on the floor with your knees bent, feet flat on the floor, and arms behind your head. Gently press the small of your back toward the floor. Hold for 3 to 5 seconds. Release.

Pilates Exercises Modified for Older Beginners



n the single-leg stretch, one thigh is pulled toward the hest while the other leg is extended. The pelvis is tilted ıp and the lower back is pressed to the mat. The legs are witched for a number of repetitions, while breathing s specifically coordinated with the movements. In this nodified exercise, the head, neck, and shoulders are kept n the mat to prevent pain and injury in the cervical spine.



For more advanced Pilates students, this "swimming" exercise is a modification of one in which both arms and both legs are elevated at the same time. Here, one arm and the opposite leg are raised a few inches above the mat, then switched for a number of repetitions. Again, coordinating proper breathing with the movements is important. This is an excellent excercise for the back, abdomen, buttocks, and shoulders, but it can be tough on the cervical spine and neck muscles. Proceed with caution and qualified instruction.

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CONGRATULATIONS TO SOKOL LOS ANGELES ON YOUR CENTENNIAL CELEBRATION

WE WISH YOU MUCH SUCCESS IN ALL YOUR FUTURE ENDEAVORS



NAZDAR FROM YOUR BROTHERS AND SISTERS FROM
SAN FRANCISCO SOKOL UNIT
President : Frank Dlask and
San Francisco Unit Officers and Members

Photo: San Francisco Sokol Team at Fort Worth Texas Slet 2009

INFORMATION CORNER

Information



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NEW PLACE FOR MEETINGS:
Sokol Committee Meeting is every second Tuesday, every month at 7:15 PM in Baywood Court, 21966 Dolores St. # 241, Castro Valley, CA 94546

Sokol & Czech related WEB Pages:

http://www.csplanet.com/
http://www.columbia.edu/~js322/czech.html
http://www.sokol-cos.cz/cos/testweb.nsf
http://www.american-sokol.org/
http://www.sokolunderground.com/
http://www.slovakcatholicsokol.org/who.htm
http://www.csuzkrajane.cz/
http://archiv.radio.cz/krajani/spolky/
http://www-scf.usc.edu/~tlrobins/taborinda/

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Deadline for contributions FALL September 30 with a publication date October 31



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e-mail: jankerbach@seznam.cz

Tel: cell 011 420 607940630 or 011420257922971

MOVIE CORNER:

Schedule for Czech Movies on Stanford University

Building 260, room 113

Fri November 6th 2009 7:00PM10:00PM program: Horem pádem (Up and Down)

Fri December 11th 2009 7:00PM9:30PM Panelstory aneb Jak se rodí sídliště

CZECH CORNER

Five Czech Women Living Abroad Awarded (Pět českých žen žijících v zahraničí získaly významné ocenění)

July 23, 2009
What great news when you hear about Czechs abroad making a significant impact on local communities or even the whole world. Many of you may recall how hard it was for you, your parents or other people in your family to start a whole new life in another country. It not only requires lots of courage but also determination and energy, especially when you can't see "the light at the end of the tunnel." Yet, lots of Czechs and Slovaks were able to overcome these obstacles. Today, five Czech women abroad received the award for Significant Czech Woman Abroad for 2009 from the Czech Senate chairman Premysl Sobotka. Each of the women lives in a different Country has a different career, but all of them equally contribute to their home country, the Czech Republic.

Eva Hahn (Germany), is a historian that co-founded a center for the research of Sudeten German history, who also focused her work on the history of Sudeten Germans and their transfer from post-war Czechoslovakia. **Mathilda Nostitz** (Italy) founded a civic association to support people with impaired sight. **Hana Gerzanic-Honsova** (Australia) is a teacher, who issued two books of poems ("Ve stínu eukalyptů" and „Nová epocha"), won the Poet of the Year in the USA award in 1997. **Jarmila Jancarikova** (USA) member of American Sokol San Francisco is a scientist living in the USA. She is an expert in the crystallography of organic substances – a new method that can be used in developing anti-HIV and anti-cancer medicines. **Hana Sladkova Kozeluhova** (Switzerland, Czech Republic) is a former tennis player and a charity worker living in Switzerland promoting the Czech Republic.

All five women received a bronze statue that was designed and made by Ley Vivot, a Czech-Canadian that also received the same prize in 2003. The statue pictures a woman that is birthing from an egg. The award is given to women of Czech origin that achieved extraordinary results in many areas of professions. Two of the previous recipients were, for example, **Ivana Trump** – a former Olympic athlete, fashion model and the former wife of Donald J. Trump and **Charlotta Kotik** – the Curator of Contemporary art at the Brooklyn Museum of Art in New York City and a great granddaughter of Thomas G. Masaryk , the first President of independent Czechoslovakia. Congratulations to former and current recipients and good luck to future winners and contributors to our heritage!

*** Sources (Zdroje): CN.cz, CT24.cz, Wikipedia.org

oooo

Metoda Jarmily Jančaříkové z USA změnila obor krystalografie, umožnila například vznik léků proti AIDS

25-07-2009 06:00 | Milena Štráfeldová

Tušíte, jaká je strukturální charakteristika proteinu IscU nebo v čem spočívá metoda rostoucích krystalů? Právě těmito tématy se zabývá odbornice na krystalografii Jarmila Jančaříková. Česká vědkyně působí už od roku 1968 v zahraničí, posledních třicet let pracovala na Univerzitě v kalifornském Berkeley. Objevila zde metodu, která znamenala velký skok v oboru krystalografie a přispěla i k jejímu praktickému využití například při tvorbě cílených léků na rakovinu nebo AIDS. Jarmila Jančaříková patří mezi pětici Češek, kterým bylo letos v Senátu ČR uděleno prestižní ocenění Významná česká žena ve světě. Při té příležitosti ji Milena Štráfeldová požádala o rozhovor pro Radio Praha:

"My jsme odešli v roce 1968. Manžel byl v Anglii, tak já jsem ho potom navštívila a zůstali jsme v Anglii. Byli jsme tam čtyři roky. Potom jsme odešli do Texasu na deset roků a teď, posledních třicet let, jsme v Kalifornii, kde jsem pracovala na univerzitě v Berkeley, právě v krystalografii."

Jak se vlastně podaří tehdy mladé české vědkyni uplatnit se v Americe? Bylo to těžké?

"Jednoduché to nebylo. Zaprvé tu byl jazykový problém, protože i když jsem znala trošku angličtinu, tak tu odbornou angličtinu jsem neznala. Tu jsem se musela učit úplně od začátku. A potom, když jsme byli v Texasu, byla jsem doma s dětmi. Měla jsem dvě malé děti a nepracovala jsem. Když ale tomu menšímu bylo asi dva a půl roku, začala jsem se zajímat o práci. A byla tam jedna Američanka, manželka profesora, a ta prohlásila tak urážlivě, že neexistuje, abych sehnala práci. Co si myslím? Tam je takových studentů, kteří vycházejí, tak proč já bych měla dostat práci? A to mne doopravdy naštvalo a řekla jsem si, že jim ukážu! A našla jsem během šesti měsíců práci na univerzitě."

Vzdor je vždycky vynikající motivace...

"V tomhle případě opravdu je. A potom, když už jsem jednou byla v oboru, tak to nebylo tak obtížné. Já jsem samozřejmě vždycky sledovala manžela. Kam on šel v práci, tam jsem musela za ním. Takže když jsme nakonec přišli do Kalifornie, právě tam jsem změnila obor. Když jsme tam přišli, byla nezaměstnanost dvanáct procent. A shánět práci bylo velice obtížné. Trvalo mi to rok. Posílala jsem resumé - a nic. A potom za rok jsem dostala asi dvě nebo tři interview a nakonec jsem si vybrala univerzitu v Berkeley. Krystalografie byl sice obor, který jsem vůbec neznala, já jsem původně pracovala v imunologii a genetice. Profesor mi ale tu práci nabídl, i když jsem to neznala, a já jsem si řekla, že to bude zajímavé, aspoň se naučím něco nového. A ukázalo se, že to byl pro mne úplně fascinující obor. Mně se to úžasně líbilo. protože to bylo velice obtížné. Byly tam problémy, které bylo třeba vyřešit."

Vy máte obor, který je skutečně pro běžného smrtelníka naprosto nesrozumitelný. Dá se přesto nějakým způsobem přiblížit?

"Ano, dá se to velice snadno přiblížit. Krystalografie je částí organické chemie, která se zabývá strukturou složitých organických molekul, jako bílkovin, enzymů a jejich komplexů. Základem celé krystalografie, jak už samo to slovo říká, je krystal. A organický krystal je velice obtížné získat, protože všechny bílkoviny se vyskytují v roztocích a převést je do stavu pevného je velice obtížná věc. Takže do roku 1985 se tato věda vyvíjela velice pomalu. Někdy trvalo rok nebo i dva roky získat tento krystal. A potom díky metodě, kterou jsem vyvinula v roce 1985, se to velice urychlilo a celá tato věda se změnila z vědy základní na vědu aplikovanou."

A to myslím nás laiky právě zajímá. K čemu to je vlastně dobré?

Celá tato věda nakonec vede k vývoji cílených léků. Díky krystalu jsme schopni pochopit, jak struktura bílkoviny vypadá v těle. Z toho pak můžeme odvodit její funkci. A také třeba aktivní stranu molekuly, která se potom dá inhibovat. Takže když víme, jakou má bílkovina funkci, jsme schopni udělat třeba lék na nemoc. Dobrý příklad je spolupráce společnosti Gilead v Americe, která spolupracuje s profesorem Antonínem Holým z Akademie věd ČR. Ti dohromady vyvinuli první léky na AIDS. A ty léky dodnes léčí miliony lidí. Takže to je příklad, jak se používá krystalografie."

Měla jste možnost během let, třeba i před rokem 1989, spolupracovat s českými vědci?

"Neměla, vůbec. Bohužel. Tam nikdo z České republiky nebyl."

Změnilo se to po roce 1989? Máte tam už nějaké české stážisty, studenty nebo vědce?

"Ano, v Berkeley už byli. U nás, v naší laboratoři, nebyl bohužel nikdo, ale na univerzitě se jich objevovalo stále víc. To bylo velice příjemné."

Je z vašeho pohledu tento obor v Česku vůbec srovnatelný se světovou úrovní?

"Ano, začíná být velice srovnatelný a je velice příjemné to vědět. Díky panu profesoru Holému. On má svůj vlastní institut a myslím, že tam má velice, velice dobré vědce. Na lécích proti AIDS se v Americe založil farmaceutický ústav Gilead, který teď velice prosperuje a stále roste. Já tam teď dělám konzultace. Co bylo pro mne nejzajímavější: já jsem začala na Karlově univerzitě a skončila jsem ve společnosti, kterou vlastně zakládal také český zakladatel."

dalšími oceněnými Češkami, které se dokázaly prosadit ve světě, se letos staly česko - australská básnířka Hana Gerzanicová - Hons, historička Eva Hahnová žijící od r. 1968 v Německu, bývalá vynikající tenistka Hana Sládková Koželuhová ze Švýcarska a hraběnka Mathilde Nostitzová z Itálie. Obě se dnes věnují především charitativním projektům. Cenu uděluje Mezinárodní koordinační výbor zahraničních Čechů a Stálá komise Senátu ČR pro krajany žijící v zahraničí. Letos byly ceny uděleny počtvrté. Mezi laureátky předešlých ročníků patří například Aja Vrzáňová, Eliška Hašková - Coolidge, Meda Mládková, Eva Jiřičná nebo Běla Gran - Jensen.

POLITICAL CORNER

Biden Declares U.S. **Is In a Depression**

Tuesday, October 20, 2009 3:18 PM

By:Dan Weil
Vice President Joe Biden says the U.S. is in a depression, contradicting the view of virtually all economists, not to mention his own previous statements.
"My grandpap used to say: There was a suburb of Scranton called Minooka," Biden explained in a speech. "He said, 'When the guy In Minooka's out of work, it's an economic slowdown. When your brother- in-law's out of work, its' a recession. When you're out of work, it's a depression."
So how does Biden view it? "Well, it's a depression. It's a depression for millions of Americans, through no fault of their own," he said.
Certainly, the U.S. economy shrank by 0.7 percent in the second quarter. Yet nearly all economists now forecast an expansion for the third quarter.
Former Federal Reserve Chairman Alan Greenspan goes so far as to predict third-quarter growth of 3 percent.
Even Biden himself in recent weeks had said the economy has been in "a great recession," explicitly stating it's not the same as a depression.
Biden's economic policy advizor Jared Bernstein tried to take the vicepresodent's foot out of his mouth. Bernstein told reporters Biden was "very accurate" that "in an economy with over 15 million people unemployed, there's a lot of folks out there that are facing deep economic struggles."
Economists, meanwhile, are coming to believe that the recession, great or not, has already have ended.
The Moody's Economy.com/MSNBC.com Adversity Index shows that 20 percent (79) of the nation's 384 metropolitan areas emerged from recession in August.

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As the health care fight reaches the Senate floor, we took a new national survey to figure out how best to battle against this proposal that would so deform our nation's vital health care system. We found out how to do it: Reach young people.

Our work, and that of the League of American Voters - with whom we are affiliated but have no financial relationship - have been aimed at the elderly in the past few months. As a result of these and other efforts, the elderly now oppose Obamacare by more than twenty points (31 -54 in our poll). The survey shows that we have about gotten all the support from them we are going to get. Some of those over 65 are just masochists who will sit by and watch their Medicare and Medicare Advantage get shredding to bits.

But voters under 30 are a different story. The polling showed that they start off supporting Obama care more than any other age group:

SUPPORT/OPPOSE OBAMAS HEALTH PLAN

Age	30	30-49	50-64	65+
Support	58	43	42	31
Oppose	30	47	46	54

But, it turns out their strong 2:1 support for the program is based on an almost total ignorance of what it calls for.

After we read them (in the poll) a fair and unbiased description of the program, their support faded.

Here's what we read to them:
The health care bill, pushed by President Obama and the Democrats, would require everyone to buy health insurance or pay a fine for faillng to do so.

People could keep their current insurance if their employer provided it and agreed to continue it. Insurance companies would be required to insure all applicants regardless of pre-existing conditions. People would be offered subsidies to buy insurance if their household incomes were below $70,000 a year and if their insurance cost more than 8% of their incomes ($5,600 for a $70,000 a year family). The program will cost one trillion over ten years.

This plain vanilla rendition of what Obama proposes had a starling impact! Voters under 30, who had approved of the plan by 58-30 before they heard the description, now backed it by only 55-40, a loss of 13 points'

Then we read voters a list oll all the arguments pro and con on the bill. We altenated the arguments to be sure that nobody could see any bias in the poll. After the arguments, the views of all other age groups were largely unchanged. But people under 30 now said they opposed the bill by 43-45- a mega-shift of 30 points!

So...our strategy will be to replicate this process, only in reality.

We will run television and radio ads and Internet messages aimed at young voters to educate them about this bill.

Will the Congressional Democrats listen? Without the support of the young, polls will reflect the massive unpopularity of this bill. With each drop in its approval, you can hear the liberals groan. If the polling shows approval dropping into the 30s - and as young people switch it will - we can defeat this bill on the floor!



REMINDER TO REGISTER YOUR CELL PHONE NUMBER ON THE DO NOT CALL LIST

REMEMBER: Cell Phone Numbers Go Public next month.
REMINDER.... all cell phone numbers are being released to telemarketing companies and you will start to receive sale calls.
YOU WILL BE CHARGED FOR THESE CALLS

Even if the message is saved on your phone**, you will be charged** for the minutes to listen to it.

To prevent this, call the following number from your cell phone: **888-382-1222 .**

It is the National **DO NOT CALL list**. It will only take a minute of your time. It blocks your number for five (5) years. You must call from the cell phone number you want to have blocked. You cannot call from a different phone number.

HELP OTHERS BY PASSING THIS ON TO ALL YOUR FRIENDS... It takes about 20 seconds

LAUGLING CORNER
A wife invited some people to dinner. At the table, she turned to their six-year-old daughter and said, 'Would you like to say the blessing?' 'I wouldn't know what to say,' the girl replied. 'Just say what you hear Mommy say,' the wife answered.
The daughter bowed her head and said, 'Lord, why on earth did I invite all these people to dinner?'

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