American Sokol

Sokol San Francisco

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

http://www.sokolsf.org

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# VĚSTNÍK

SUMMER
2013



**SOKOL SAN FRANCISCO OFFICERS 2013**

| | |
|---|---|
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| Reconciliation Committee | Zdenek Vernak, Milos Zivny |
| Zupa Representatives | Jara Dusatko, Jiri Jancarik, Lida O'Donnell |

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**Sokol Members and Committee Meeting** is held every second Tuesday each month at 1:30 PM (except July and August) in Baywood Court, 21966 Dolores St. # 243, Castro Valley, CA 94546.

**Věstník is published by Sokol San Francisco**, four issues per year. Send your typed contributions to our Unit's address or editor's e-mails. **Contributions after deadlines will be published in the next Vestnik issue.**

**Věstník Schedule:**

Deadline for contributions WINTER December 31 with a publication date January 31,
Deadline for contributions SPRING February 28 with a publication date March 31,
Deadline for contributions SUMMER May 31 with a publication date June 30,
Deadline for contributions FALL September 30 with a publication date October 31.

## SOKOL UNIT CORNER

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

**Sokol dues and donations 2013:**
V.Machacek $25, G. Skoda $15, K.Snajberk $65, L.Zrzavy $10, F. Miksa $65, L. Sikl $15, M.Zivny $5, J.Kucera $50, Z.Rashkin $25. R. Prejdova $5.00; D. Crichton $20.00; H. Sredl $25.00; P. Burda $10; I. Sturman $5. **Total $340**
We are very thankful for your generous contribution and support of individual donations and membership dues to American Sokol San Francisco Unit, non-profit organization.

New Members: Barbora Soltys Reinstated: Alex T. Livingston, Daniel T. Livingston
Resigned: Vera Horn, Ivanka Linhart, Blanche Milner
Deposit for Czech Banquet & Gala 11/9/13 $450.
**Donation Unit sent:**
Czech school $1000; ASO Sport Festival US $150; ASO Texas restoration fund $1000; **Total $2600**

Paul A Burda, Sokol Financial Secretary

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**Brothers and Sisters:**
Our Unit currently stands for 30 women and 29 men.
Our Board continues to work very hard in keeping our aging, non-profit organization vibrant.

We would appreciate your positive inputs about how you visualize the future of our organization in these changing and multicultural times of the American Society.

Your ideas are very important to us. Please send your comments via e-mail or postal mail.
Thanks to all interested and concerned members. All members have paid 2012 dues.

### SOKOL SAN FRANCISCO CALENDAR of EVENTS 2013

| DATE | ACTIVITY | LOCATION |
|---|---|---|
| September 14, Saturday | End of Summer Picnic | Lake Chabot Park, San Leandro |
| September 21, 22, 23 | A trip to Czech Museum | Cedar Rapids, Iowa, Chicago |
| October 9, | Jazz Concert E. Viklicky | (location to be determined). |
| October 11, Friday | Walk for your Health, | Cliff House, Golden Gate, Gorge (to 32nd Ave and back) |
| November 9, Saturday | "Czech Banquet & Gala" | Crowne Plaza Hotel, Foster City |
| Nov. , date not set yet | Walk for your Health | Suggesting Muir Woods, possibly with picnic |
| December 7, Saturday | Sokol Annual Meeting | Crowne Plaza Hotel, Foster City |
| December 28, Saturday | End of the Year. Dinner, Dance | Crowne Plaza Hotel, Foster City |

**New Events of this Fall**

**October 9, 2013.** Concert of jazz pianist Emil Viklicky - arrangements of L. Janacek's works and synthesis of Moravian folk songs with modern jazz. (location to be determined).

**November 9, 2013.** In a partnership, American Sokol SF and The Czech School of California are organizing "Czech Banquet & Gala" in Crowne Plaza Hotel, Foster City. The program includes dinner, entertainment featuring local Czechs, live music, open dance floor, and fashion show. More information will be available soon.

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**Our April El Torito lunch and hike in beautiful area.**
El Torito restaurant in San Leandro Marina is our traditional meeting/chat place not only for good Mexican food, also for beautiful inviting scene of beaches and ocean view. Some of our enthusiast's hikers could not resist trying easy walking trail and enjoying very good weather. April 13.





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Members of
Sokol San
Francisco
and Fraternal Life
brought flowers
to statue
of T.G. Masaryk
in the Golden
Gate Park
in San Francisco

May 3, 2013

**Our tradional Spring picnic in June 8, 2013**





Some like it hot, some don't.

Let's blame the messenger - weather forecasters who scared away some of our members from attending another successful picnic in Chabot Lake Park. Only twenty five optimists braved the promised hot spell and were rewarded by a very pleasant day in the park. It was warm, but not hot and there was nothing in our way to prevent us from doing what we love to do and what picnics are for: grilling, eating, drinking, singing and chatting until the late afternoon. Our good old Mallard site supplied the shade trees, spacious 'no waiting' grill and a view of the surrounding hills circled by a flock of birds of prey. All we had to add was good spirit, camaraderie, sharing of goodies and honest effort to sing our folk songs. An occasional off key tone was drowned out by the sweet melody of accordion, played by Brother Botcha.

You can find the hardy core group of Sokols at every picnic gathering, yet each time we meet interesting people from other Czech and Slovak organizations, I am pleased to report. This time we've met a couple from Orinda Sister City International and The Czech & Slovak Club, Bohuslava and Jan and a group of very young (and pretty, I ought to add) Pavka & Daniela with their friends. They fit in beautifully, the two generation age difference was no problem, at least not for us, old folks.

This site is very desirable, reservations have to be made a year ahead of time, we are lucky Sister Georgina Teyrovsky can do it for Sokol at a discounted rate, thanks. If you like outdoors and friendly chat, come to our picnic in September.

Zdenek Vernak

*Thanks to brother Vernak*

*for taking care of picnic ground and helping with grill and necessary supplies.*

Sokol Board



**Obituary**

**In Memoriam of Brother Rudy Rus.**



The Sokol old timers may remember Brother Rudy Rus, who was participating in our Unit's activities for many years. Born on July 21, 1922 in Prague, a city he was exploring during his young years. Rudy was 17 when the Nazis occupied our country and this low key, quiet young man, offered his help to the underground. As many others, he was arrested, interrogated by the Gestapo but his luck held out for him and he was eventually released. After the Communist Putsch in 1948 he took his chances again, and unafraid of the dire consequences, he got involved in work against the Communist Regime. A timely warning of impending arrest saved him from the fate of many of his colleagues. Friendly contacts helped him to cross the border to freedom and after some tough time he found his new home in Canada. Nothing is easy for a newcomer, but Rudy was not afraid of hard work. After several years in the gold mines he found a better job in a private company as a mechanic.

Of course, Rudy's adventurous and inquisitive nature would not let him stay put, so he decided to search for his „gold" in California. Finally, here he settled, working as a tool-and die-maker for United Air Lines. A job he stuck with until retirement, taking full advantage of travel privileges. Rudy traveled not only to foreign countries, but made it his goal to visit as many interesting areas of the USA, as possible, sometimes camping with his family and groups of Sokols. And when his health stared to fail him, his love of reading kept him entertained.

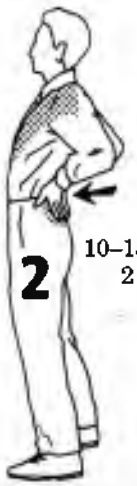
It was sad to see Rudy's illness slowly taking him away from the family in his later years until this quiet and gentle man passed away on May 9, 2013.

Dagmar Rus, wife, Michael Sacha, son, Wendy Sacha, daughter-in-law, and gradchildren.

## After
# Sitting
*Approximately 4 Minutes*

This is a series of stretches to do after sitting for a long time. The sitting position causes the blood to pool in the lower legs and feet, the hamstring muscles to tighten up, and the back and neck muscles to become stiff and tight. These stretches will improve your circulation and loosen up those areas that are tense from a prolonged period of sitting.

**1**
Walk a bit
for 2–3 minutes



10–15 seconds
2 times



Rotate each ankle
10–15 times



10 seconds



5 seconds
2 times



5 seconds
2 times



3–5 seconds
each side



10 seconds
each arm



15 seconds
each arm



10–12 seconds
each side



3–4 seconds



15–30 seconds
each leg

*Stretching* © 2000 by Bob and Jean Anderson. Shelter Publications, Inc.

# Our trip to Cedar Rapids and Chicago



Czech and Slovak Museum in Cedar Rapids, Iowa

**Our Big Trip of the year 2013**

Is on the horizon so let me give all of you some update with exact dates and program.

| | |
|---|---|
| September 17, Tuesday: | Flight to Chicago, rent transportation, travel to Cedar Rapids, 3 to 4 hours ride. Overnight in Cedar Rapids, probably in Quality Inn hotel. |
| September 18, Wednesday: | Breakfast in the hotel. We are expected in the Museum at 8:30, our guide, Stephanie, will be waiting for us and take us through the Museum expositions. In the afternoon, we'll walk through the Czech neigborhood of the CedarRapids. probably go to the old cemetery with many Cech names there. Dinner in a Czech restaurant, overnight in Cedar Rapids |
| September 19, Thursday: | Breakfast in the Hotel, then back to Chicago. Checking in a hotel (do not know which one yet), dinner in a Czech restaurant with Brothers and Sisters from the ASO headquarters, includin Brother Tom Pajer, the ASO President. |
| September 20, Friday: | Visit to the Sokol Spirit. the Central District Office and the ASO Office with the Sokol memorabilia exposition. All these locatins are within a few miles from the ASO Office. Flight back to San Francisco. Some of our members plan to stay in Chicago for the weekend, already on their own. |

We will pay our own expenses and will be reimbursed for part of it after the trip, according to the Annual Meeting decision. The Annual Meeting set $10,000 for the Action and this amount will used for the van rental and as as contribution to the Sokol Member travelers.

We will check for the airplane connection and call everybody to buy tickets for the same plane. You will also get a link to the hotel in Cedar Rapids and Chicago, to reserve a room there.

Right now, we have 10 to 12 people registered for the trip and I will be more than happy if more members will sign up.

Milos Zivny
Men's Director




## Czech School of California

Czech School of California started its operation under the support of the Czech Consulate in Los Angeles in September 2012 in Palo Alto. It is the first school on the West coast that teaches the exact same curriculum related to Czech literature, geography and history as is offered to children in the Czech Republic. School age students after completing our classes will be able to receive Czech grade certificates from the Ministry of Education in the Czech Republic. Students could choose from 5 different classes ranging from preschool and school classes to Czech as a foreign language for adults or kids.

## Česká škola v Kalifornii

Czech School of California, 501(c)3 nezisková organizace, vznikla v roce 2012 za podpory českého konzulátu v Los Angeles a pod záštitou *České školy bez hranic*.

V současné době je největší českou školou mimo území České republiky. S týmem 12 aprobovaných pedagogů českého jazyka zajišťuje výuku českého jazyka, historie, vlastivědy a kultury, která probíhá dle rámcově vzdělávacího programu současně platného v Čechách.

Díky tomuto spojení je schopna nabídnout vysoce kvalitní výuku tak, aby dovedla školní děti skrze předškolní přípravu začínající již jeslemi na stejnou jazykovou úroveň, jakou mají jejich vrstevníci v České republice. Třídy opouští žáci s velmi dobrou znalostí psané češtiny, gramatiky, mluveného slova s důrazem na výslovnost a rozšířené slovní zásoby, ale také žáci, kteří si jsou schopni přečíst českou knihu.

Czech School of California tak pomáhá nejen rodinám a dětem, ktere v oblasti San Franciska a Silikonového údolí žijí natrvalo, ale také těm, kteří se za nějakou dobu budou vracet zpět do České republiky a budou se tak moci plnohodnotně zařadit do školního systému.

**Other Programs**

- **Christmas Party/Play** (December 2013) • **Czech Cuisine / Tasting show** (April 2013)
- **Easter Tradition Exhibit** (March 2013) • **Kid's Day** (May/June 2013)

**The Upcoming Fall 2013**

CSC is operated under the patronage of the Czech school without borders, and is supported by the Czech Consulate in Los Angeles, the Honorary Consul in San Francisco and private sponsors including **American Sokol** and Kerio. The Czech School of California offers a complete curriculum of the Czech language, including writing, reading and grammar, and also Czech facts, history and culture, taught directly by a team of professional Czech teachers to students of all ages and levels.
Join the tens of students who have already enrolled and help your children to become bilingual at the largest Czech school outside of the Czech Republic.

**ENROLL TODAY** in Palo Alto, San Francisco and Lafayette …
Applications for the Fall 2013 and Spring 2014 semester are available on the website at :
www.czechschoolofcalifornia.com

## AMERICAN SOKOL CORNER

**Many dead as fertiliser explosion devastates 'Czech' farming town in Texas**

The fire and massive explosion at a West Fertilizer Co., plant in the small Texas town of West has flattened dozens of homes. Estimated casualty figures were released lately. It's not clear how temporary the prefab village will actually be. Federal officials have rejected the town's $40 million disaster aid request and insurance companies have offered just $20 million of the estimated $59 million value of the schools' insurance policy.They must decide if any federal violations contributed to the 15 deaths, 200 injuries and $100 million in property damage — and if so, how they should respond.

The disaster is being followed closely here and in the Czech Republic – the town was settled by Czech immigrants in the 19th century, and some three quarters of the population are of Czech origin.A video camera caught the moment that a high pressure tank at the West Fertilizer company exploded, producing a pressure wave that flattened homes in the surrounding area, so powerful it was picked by the US Geological Survey. Fire-fighters were tackling a blaze at the plant when the tank, containing thousands of litres of a toxic fertilizer called anhydrous ammonia, exploded. The mayor of West Tommy Muska – himself an auxiliary fireman – described the moment on CNN's Piers Morgan programme:

"I'm a member of the Fire Department as well, so I was on the way to the fire. I had just turned the corner about three blocks, two and a half blocks away, and it blew up. I've just never seen an explosion like that. A ball of fire went up and it looked like a nuclear bomb had gone off. Big old mushroom cloud."

Like much of West's population, Mayor Muska is of Czech origin – a descendant of the Czech immigrants who arrived in the 19th century, escaping poverty and in some cases political oppression in the Austro-Hungarian Empire. Today the town – population 2,700 – has a hotel called the Czech Inn, a gas station called Zatopek Oil, and a Little Czech Bakery, which makes authentic Czech cakes called koláče, or kolaches to anglicise the word. Author and former journalist Brendan McNally, who grew up in Dallas but lives in Pelhřimov with his Czech wife and family, says the kolaches have put West on the map: And this is a tiny place, 3,000 inhabitants, farming community. "Oh yeah, 3,000 inhabitants, but it weighs very large in the Texan mentality. The Czech population in Texas is no longer really substantial, just from a historic basis, but through the 20th century and really since 1848, the Czechs were enormously influential. There was a Czech radio station operating until just a few years ago, operating in Czech." "It is a lovely little town.Very prosperous and very nice. Everybody's got a Czech last name it seems. There are a lot of other people there. We went to a festival there and a whole bunch of Mexicans were there but they all had a strong Czech connection, they all had Czech friends."

So I imagine the impact of a disaster like this on a small town would be huge.

"Well it sounds like the town's half wiped out. It's not that big – you've got five or six city blocks destroyed, I'm sure it will rebuild but that is going to be catastrophic."

The Czech ambassador to the United States Petr Gandalovič was on his way to West to see what assistance he can provide and report back to Prague. The Czech authorities and the media are closely watching the latest news from this little outpost of Czech life in Texas.

**Responding message of our ASO President Br. Tom Pajer to us:**

To All Sokol Brothers and Sisters:

The damage to Sokol West and the households of its members due to the recent explosion of a fertilizer plant in West, Texas is significant. We are monitoring the situation and will continue to update all of you as we get any new information.

As Sokols, we are built to be strong and resilient to adversity. We are also built to be generous and giving. At this time, we ask for both in response to this tragedy. Please consider donating to the fund that we have set up below to support the restoration efforts from this event. We are committed to supporting each other and continuing our mission in the wake of any and all adversity.

**P.S. Sokol San Francisco sent to the Sokol West $1,000 as a donation. Board of SSF**

Unfortunately we did not hear from April 17th, from any source of information how investigation above continue and how repairs and compensations for town inhabitants are going on so far. Editors

# 2013 NATIONAL WALKING CHALLENGE!!!

"Wheelin' to Milwaukee~ *A Sound Mind In A Healthy Body*"

**THE CHALLENGE**: Web walking 90 miles from Chicago to Milwaukee in 6 weeks.

- Walk at least – **Adults 30 mins/ 2,000 steps or goal 8500 steps/ day,**
  **Youth 60 mins/ 6,000 steps or goal 12,000 steps/day**
- Minimum: **3 days a week.**
- Challenge runs for **any 6 weeks during the year**
- Record your minutes/steps (honor system) on the LOG SHEET

# Wise Idea

*Suggestions to Keep Classes Fun and Interesting – by Howie and Jane Wise*

## Benefits of Walking

*A Summer activity for everyone. Join the Sokol Walking Challenge*



- Helps with weight management
- It's accessible to everyone
- Doesn't require special equipment
- One of the easiest ways to get more active
- It's a low impact exercise
- Lowers blood pressure
- Improves mood
- Helps maintain strong bones
- Reduces the risk of a heart attack
- Less likely to lead to injuries
- Reduces stress
- You don't have to pay for it
- Builds aerobic fitness
- Helps maintain lean muscle tissue
- Lowers low-density (LDL) cholesterol
- Raises high-density (HDL) cholesterol
- Reduces symptoms of depression and anxiety







## INFORMATION CORNER

### Bay Bridge eastern span opening delayed

***Michael Cabanatuan, Updated 12:23 pm, Monday, July 8, 2013.*** Michael Cabanatuan is a San Francisco Chronicle staff writer. E-mail: mcabanatuan@sfchronicle.com.

The problem-plagued new eastern span of the Bay Bridge will not be ready to open over Labor Day as scheduled - and possibly not until December - transportation officials said Monday.

State legislators were informed of that decision in Sacramento by the Toll Bridge Program Oversight Committee, a group overseeing construction of the span. The committee, made up of the executive directors of the Bay Area Toll Authority, California Transportation Commission and Caltrans, called off the scheduled Labor Day weekend opening and party after learning that lead contractor American Bridge/Fluor expects construction of a saddle to secure the bridge where 32 steel rods failed to take until about Dec. 10.

"What we're not saying is the bridge is going to open on Dec. 10 or Dec. 13," said Randy Rentschler, a spokesman for the toll authority. "What we are saying is the contractor's schedule says Dec. 10. It will be up to the (oversight committee) to determine when it should open."

The $6.4 billion eastern span had been scheduled to open to traffic Sept. 3 after a 3 1/2-day closure to put on finishing touches and shift traffic and throw a public party. But in March, construction crews tightening rods to secure seismic stability structures beneath the bridge deck discovered that 32 of the steel fasteners had cracked. Since then, Caltrans has scrambled to come up with alternate ways to secure the two seismic devices, known as shear keys. Engineers settled on covering the areas with large steel saddles, now under construction.

Questions about the cause of the rod failure, the integrity of more than 2,000 additional steel rods, whether those will also need replacement and how long the work will take caused officials to hedge on the opening date. The decision was pushed off until Monday.

In a 102-page report on the bridge's steel rods, the committee concluded "that it is safe to open the new east span after replacing the capacity lost by the failed rods. It is unnecessary to replace any of the (2,000-plus) remaining rods before the bridge opening ... especially in light of the safety imperative of moving traffic off the seismically deficient existing east span bridge."

A portion of the eastern span's upper deck failed in the Loma Prieta earthquake of 1989, killing a motorist. Construction of the new bridge began in 2001.

The report concludes that Caltrans, bridge designers T.Y.Lin International/Moffatt & Nichol Design Joint Venture and bridge builder American Bridge/Fluor Joint Venture are responsible for the rod failures, which were caused by hydrogen embrittlement, a process that allows hydrogen into hardened steel, corroding and weakening the rods.

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### 'Kissing bugs' spread deadly disease

By ALLEN REED allen.reed@theeagle.com .

Texas A&M doctoral student Rachel Curtis displays a preserved specimen of a "kissing bug" in a laboratory on the university campus on Thursday.

Posted: Saturday, March 23, 2013 12:00 am | Updated: 12:15 am, Sat Mar 23, 2013.

It's like something straight out of science fiction horror: A bug spread across Texas that can transmit a deadly parasite to humans and dogs for which no vaccine exists. The parasite-induced infection is on the World Health Organization's 17 neglected tropical diseases list, meaning that there is very little data on where the bugs are or how many carry the deadly parasite.

However, researchers at Texas A&M are working hard to answer those questions and have solicited the public's help in catching the elusive critters.

The public enemy is the kissing bug, also known as cone-nose bugs, Mexican bedbugs or chinches. There are 11 different species in Texas. They can grow up to one-inch long, and are black- and brown-colored with orange markings. They like to hide in tight spaces, such as woodpiles, yard debris and woodrat nests, and are attracted to light. The adults can fly but rarely do unless they're hungry.

The nocturnal bugs hunt food by locating heat and carbon dioxide and acquired their "kissing" nickname from their tendency to bite around the eyes and mouth, areas typically uncovered while a person sleeps.

Some of the bugs carry the parasite Trypanosoma cruzi, which causes Chagas disease. Neither the bite nor the bloodsucking causes the infection -- that comes from the fecal matter that the bug simultaneously distributes onto its prey next to the open wounds.

The Chagas disease can initially cause an allergic reaction or anaphylactic shock, but the parasite can later affect the heart and digestive tract, ultimately causing death.

"They definitely would be considered generalists, in that they can feed on a lot of mammalian species, and unfortunately that includes humans and dogs," said Sarah Hamer, study leader and an assistant professor in the department of veterinary integrative biosciences.

The disease is most prevalent in South America, Central America and Mexico, with an estimated 8 to 11 million people infected, according to the Center for Disease Control, most of whom are unaware they are infected. The disease is curable if treatment is initiated soon after infection and vaccines are in development, but researchers warn medications are in short supply and not always effective.

Curtis, who is studying the bugs as a part of her Ph.D. dissertation, said the kissing bugs are distributed across 26 states across the south, all the way from California to Virginia. The kissing bugs, she said, have been in the area since the early 1900s.

"The bug has been here for a long time. It's not necessarily new; we're just more interested in it now," Curtis said.

The Texas Department of State Health Services on Jan. 1 began requiring doctors and veterinarians to report the disease. Spokeswoman Christine Mann said that no confirmed cases have been received by the state. Still, that doesn't mean no cases have been reported. Mann said the department does not release the number of reported cases and that cases, if reported, could potentially take months to verify.

Hamer said a key question the team is trying to answer is if the disease is emerging in Texas. There is a lot more buzz about the disease, she said, but it is unclear if the disease is more prevalent or more talked about. The team is working to understand how many bugs there are and how or if they are spreading. They're examining the different species of kissing bugs and testing them to determine their geographic origin, parasitic infection rate and what exactly the bugs have been sucking blood from.

The A&M researchers already collect the bugs using blacklights and various forms of light traps or sticky traps. Curtis said she is focusing on testing small mammals the bugs feed on, such as field mice, to study the rate of infection. Still, the nocturnal bugs are hard to collect, and the small team of A&M researchers want people to help locate them.

Curtis warned to never touch a kissing bug with a bare hand, but to use a glove or small plastic bag to trap the insect without direct contact. She said to store the bug in a bag or a container and to contact A&M about how to donate the sample. The researchers said it's important to document what time and date the bug was collected, how it was found, and what it was doing when caught.

Curtis said if people need help identifying a kissing bug or have general questions about submissions to email her at rcurtis@cvm.tamu.edu, call at 458-4924 or visit http://bit.ly/Z9Un1m. Researchers said there are a lot of bugs that look like kissing bugs, which could lead to unwarranted worrying.

If a person finds a kissing bug in the Bryan-College Station area, Curtis said she would come out and personally collect it.

"We want people to be very careful," Curtis said. "If they are concerned at all about catching it themselves, they can contact me, and if they're in the area I'm always interested in being invited to the property."

**Medicine Is Taking the Wrong Path**

*According to Dr. Brownstein's Newsletter*
Recently, I read the book Overdiagnosed by Dr. H. Gilbert Welch, a Duke University epidemiologist who has a very objective, nonbiased view of medical testing. His book presents some little-known facts about the ineffectiveness of many commonly used medical tests and treatments.
In previous issues of Natural Way to Health, I demonstrated that while commonly used prostate Specific antigen (PSA) tests and mammograms are diagnosing cancers at an earlier stage; they do not prolong lifespan or improve quality of life.
In these tough fiscal times, the overuse of diagnostic tests is simply a waste of money. We need to direct our healthcare dollars into research that will tell us why people get cancer. Once we figure that out, we can develop sound strategies to prevent cancer in the first place.
Unfortunately, conventional medicine is stuck in the diagnosis-and-treatment mode, and shows little concern for finding the cause of these illnesses.
And why wouldn't the mainstream medical industry be interested in finding the underlying cause of chronic illness and cancer? Mostly because it is much more profitable for the medical industrial complex to maintain the status quo.
The medical industry's profits continue to grow when other therapies — pharmaceuticals, chemotherapy, surgery, radiation — are used to manage, not cure or prevent, the illness.
How many doctors are really searching for an underlying cause of cancer and other chronic illnesses? Not nearly as many as those who diagnose and treat these same illnesses.
It is clear that conventional medicine is going down the wrong path.

**Health Screening Is Big Business**

When I criticize health screening tests, I am primarily referring to testing patients who show no symptoms of disease. In other words, this is a case where you go to your doctor for a simple checkup and he or she wants to perform a screening test ostensibly to identify a problem at an early stage.

I am not referring to a patient who has a specific problem or symptom. Nor am I criticizing the quality of such screening tests.

In fact, I used to recommend that my patients get a series of tests from a company called Life Line Screening. At the time, I thought the tests were providing value for their money.

The company's website states, "We screen over 1 million people each year'. But does the screening improve their health, or are the tests just increasing healthcare costs without providing any measurable benefits? In fact, there is no data indicating better outcomes from undergoing screening tests.

I recently decided to go to the company's website and take the tests for myself. The first thing I was asked to do was fill out personal information about my height, weight, age, sex, etc. I also answered a few questions about my health.

I have no current health problems no diabetes, hypertension, or elevated cholesterol levels (even by conventional medicine's standards).
Yet the package of screening tests recommended to me included the "stroke, vascular, heart rhythm with osteoporosis, and six-for-life package'

*The price was $219. Remember, I'm a pretty healthy person! Assuming the average person is recommended the same screening tests that I was provided, Life Line's revenues would be $2 19,000,000 per year. That's a lot of testing dollars. Here's a book at the six health screening tests.*
*I was recommended, as well as what to consider before making the investment in those tests.*

**Abdominal Aortic Aneurysm Test**

It was also suggested that I undergo screening for abdominal aortic aneurysm (AAA).

The aorta is the largest blood vessel in the body; it leaves the heart and traverses the abdomen. An aneurysm is an abnormal widening or bailooning of a portion of an artery due to weakness in the wall of the vessel.

In essence, it is a weak point at which an artery can burst.

If an AAA bursts, it can be disastrous, with mortality rates ranging from 70 to 95 percent. There is no question that an early diagnosis of an AAA can be life-saving. Symptoms include:

- Pain in the abdomen or back
- Clammy skin
- Dizziness
- Nausea or vomiting
- Rapid heart rate

But there are zero studies proving that mass screening for AAA can lower mortality from it. In fact, mass screening can often lead to further diagnostic testing and possibly unnecessary surgery on an AAA that would never cause a problem.

A large meta-analysis of more than 120,000 men age 65 and older was conducted to ascertain the efectiveness of ultrasound screening for AAA. Half the men were screened with ultrasound, half were not. The table on this page shows the results.

At first glance, you might think ultrasound helped, as 1.9 per 1,000 men who were screened with an ultrasound died while 3.4 per 1,000 not screened died.

However, looking closer at those numbers reveals that only 1.5 men per 1,000 were sayed because of a screening ultrasound. That means that 656 men over the age of 65 would need a screening ultrasound to detect one AAA that would save a life.

Another way to look at the numbers is that 655 men were screened and were possibly harmed by having surgery that did not result in a prolonged lifespan. Also, a screening AAA ultrasound can cost around $200. The total cost to those men that did not receive benefits as a result of the ultrasound was more than $131,000.

Furthermore, those screened for AAA were found to have more operations (a 2.200 percent increase) and much more follow-up testing on aneurysms that were not likely to rupture.

***Does anyone need screening for AAA? Those with a dose relative with a history of AAA, and male smokers may want to consider screening. Because I do not fall into either category, I will pass on this screening test.***

**Atrial Fibrillation Screening**

I was counseled to have an electrocardiogram to look for an abnormal heart rhythm known as atrial fibrillation a condition where the heart beats so fast that it quivers. Atrial fibrillation can cause shortness of breath, chest pain, and congestive heart failure. It also increases the risk of stroke.

Atrial fibrillation can be easily diagnosed by checking the-pulse at the wrist-or listening to the heart rhythm with a stethoscope. A screening electrocardiogram costs around $50. It is much more cost-effective to diagnose a trial fibrillation by performing a physical exam.

There are zero studies that show a routine electrocardiogram saves lives. Screening with a routine EKG will just drive up healthcare costs.

*Should you get a yearly screening EKG? If you have no cardiac complaints and the healthcare provider has not given you a good reason for performing an EKG, the answer is absolutely not.*

***An article will continue with conclusion in next Fall Vestnik***

## CZECH CORNER

### Letošní ceny Gratias

Černínský palác v Praze se 7. června opět stal místem slavnostního ceremoniálu udílení Cen Gratias agit. Letos byly tyto prestižní ceny uděleny už po sedmnácté. Za šíření dobrého jména České republiky ve světě je dostalo celkem 13 jednotlivců a jedna humanitární organizace.

Mezi oceněnými byli jak zahraniční Češi, zástupci krajanských organizací a spolků, tak umělci, duchovní nebo bohemisté a překladatelé, ale i zahraniční diplomaté a lidé, kteří se zasloužili o rozvoj hospodářských či vědeckých styků s Českou republikou. Co mají ocenění společného, řekl Radiu Praha ministr zahraničí Karel Schwarzenberg:

"Právě zasazení o nás, o náš stát, o český národ a především o českou kulturu. A v tom vykonali opravdu mimořádně mnoho. V různých oblastech, ať už v rámci náboženství nebo v hudebním světě, jako Magdalena Kožená, která je opravdu světoznámá česká umělkyně. Nebo Jiří George Dokoupil je už dnes v Německu i v Evropě opravdu známý malíř. Nebo lidé z českého kulturního spolku ve Vídni, které znám velmi dobře, poněvadž jsem jejich práci pozoroval po dlouhá léta. Obětavou práci, to, co nazýval Masaryk drobnou prací. Nebo Polák Andrzej Jagodzinski, který byl opravdu spojený s naším disentem. Já si ho pamatuji ještě z 80. let. Je to velmi různorodá společnost, všichni jsou ale naši přátelé a spoustu toho pro nás udělali."

Mezi oceněnými je tak například římsko-katolický biskup Petr Esterka. Jde o jednu z nejvýznamnějších osobností českého exilu. Z Československa odešel už v r. 1957. Byl přijat do Papežské koleje Nepomucenum v Římě a v r. 1963 byl vysvěcen na kněze. Působil mezi českými krajany v Texasu, a přestože se pak vrátil do Říma, nikdy nepřerušil kontakty s českým katolickým exilem. V r. 1986 se stal biskupským vikářem pro české krajany ve Spojených státech a v Kanadě. Papež Jan Pavel II. pověřil Mons. Esterku v r. 1999 duchovní péčí o české katolíky v cizině. V současné době působí při české misii v Kalifornii a koordinuje duchovní službu pro české krajany v USA, Kanadě a v Austrálii.

*Jak vlastně žijí české katolické krajanské komunity v Americe? Co je drží pohromadě?*

*"Dnes už jich není mnoho. Kdysi krajané, co tam přijeli, se někde usadili a postavili si tam kostel a školu. Dokonce i řeholní sestry, co tam působily, byly z našich českých, moravských i slovenských rodin. A ty to držely. To byla ale první generace. Od té druhé se to už začalo míchat s Američany. Když jsem ale ještě i já přijel do Spojených států, tak třeba v Texasu kněží v semináři, kteří tam učili, byli českého původu. To bylo zajímavé. Když jsem se pak dostal na sever, do Minnesoty, tak tam byli taky všichni profesoři českého původu. Byl tam jen jeden Irčan, aspoň jsem si to myslel. Pak jsme ale byli na nějaké schůzi a on přišel a začal na mne mluvit česky. Ptal jsem se, jak je možné, že mluví česky, a on mi řekl - já su přeci Čech! Měl přitom irské jméno. Tatínek byl totiž Ir, on ale vyrůstal na farmě maminčiných rodičů, kde se mluvilo česky. Takže jeho rodná řeč byla čeština. My jsme tam měli dobré jméno a stejné to bylo v Omaze, v Nebrasce i jinde. Je nás tam fůra, samozřejmě je to už ale hodně poameričtělé. Když dnes ta stará generace zemře, tak už to nebude české."*

Přeci jen tam ale přichází hodně současných mladých Čechů. Jsou to studenti, jdou tam za prací, zakládají rodiny. Jsou mezi nimi i katolíci?

*"Třeba v San Diegu mám českou misii, je tam ale většina Slováků. Mladí Slováci se nějak dostali do jižní Kalifornie. Většina z nich jsou dobří katolíci, nechávají si pokřtít děti a i po náboženské stránce je vychovávají velice dobře. A já s nimi mám velice dobrý styk. Oni tvoří takové jádro naší misie v San Diegu. Tak to ale není všude, třeba v Los Angeles je to většinou české. Jsou tam nějací Slováci, je jich tam ale málo. Když se člověk mladým lidem, co tam přicházejí, věnuje, tak z nich vytvoří velice pěknou komunitu. Když jsou to ale pak jen starší lidé, tak je po jejich smrti už nic nenahradí. V tom je ten problém."*

Jaká je situace v Kanadě?

*"V Kanadě je to podobné jako v Americe. Jsou tam opravdu česká centra, třeba Toronto. Když jsem tam přijel, ještě to tak nebylo. Dnes je ale farnost sv. Václava v Torontu takový pilíř pro celou komunitu. A nejenom po náboženské stránce, i staří lidé tam mají pro sebe nějaké programy. Jsou tam ale i jiná společenství, třeba zpěváci. Kromě Toronta jsme ale v Kanadě do ostatních měst neprorazili. Prostě to tam nebylo dobré. A máme tam taky kněze. Pokud máme kněze, a pokud on s nimi umí pracovat, tak je to nádherné. To samé je v Chicagu v Americe. V Chicagu je farnost skoro jako v Torontu. Je to ale tím, že tam máme dobrého kněze, který se lidem věnuje a dělá pro ně všechno možné. A oni si toho cení a oplácejí to."*

Myslím před dvěma lety se slavilo velké jubileum Jana Nepomuka Neumanna. Tady v Čechách je skoro neznámý, a přitom to byl první světec českého původu v Americe... *"On ale nebyl českého původu. Byl to Sudeťák. Čechy ale nezavrhoval. Byl z Prachatic, a ty byly většinou německé. Takže mluvil německy, prý ale taky trochu česky. Některé jeho dopisy jsou dokonce psané česky. My se to teď ale budeme snažit z Ameriky taky trochu protlačit. Příští rok bude zvláštní pouť. My ale myslím nejsme jediní, kdo na něj má právo. Naši sudetští krajané na něj mají větší právo nežli my.*

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**Zemřel Čestmír Císař**

Jan Čulík

Ve věku 93 let zemřel jeden z nejzajímavějších představitelů Pražského jara 1968, tehdejší československý ministr školství a favorit studentů na volbu prezidenta v březnu 1968, Čestmír Císař. Muvíme-li o nutnosti projektu kulturní diplomacie v souvislosti s tím, jak dokonale to uměli nejvyšší představitelé meziválečné Československé republiky (Masaryk, Štefánik), musím se zmínit o svém prvním osobním setkání s Čestmírem Císařem, o němž píšu v této recenzi z r. 2005 níže, *poznamenává Jan Čulík*. Bylo to na litoměřickém Salonu kritického myšlení, který pořádal pod záštitou někdejšího ministra kultury Pavla Dostála (kdeže jsou ty časy, že by ministr kultury ČR podporoval kritické myšlení!!). Během diskuse tam vystoupil vysoký, přesvědčivě vystupující muž s krátkým sestřihem vlasů. Postavil se a přednesl spatra asi desetiminutový příspěvek. Byl dokonale rozmyšlený a strukturovaný. Čestmír Císař uměl myslet a mluvit. Byl to gentleman francouzského stylu. Byl totiž absolventem střední školy v Dijonu, jedné z první mezinárodní školské výměny, kterou v meziválečném období měla Československá republika. Uvědomil jsem si, jak obrovský prospěch měla pro českou společnost tato kulturní diplomacie. Čestmír Císař byla vynikající osobnost.

*Níže publikujeme znovu recenzi Císařových pamětí z r. 2005.*

Prominuli jsme jako národ českým zběsilcům jejich zločiny po osvobození 1945, a to ve jménu dějinného šílenství druhé světové války. Přišly další hříchy a neštěstí v podobě nezákonných procesů a justičních vražd, páchaných ne nějakou zdivočelou pouliční cháskou, nýbrž lidmi nárokujícími si úctu představitelů státu. Opět nastalo - po deliriu souhlasu s krutými rozsudky - dlouhé mlčení, vystřídané jen váhavým napravováním křivd a škod. Ještě nebyl morálně obrodný proces s rehabilitacemi nevinně odsouzených zcela dokončen a již tu bylo nové bezpráví, opět z popudu "úctyhodných" činitelů. Ve jménu tzv. normalizace se rozpoutal rozsáhlý kádrový masakr, který postihl statisíce lidí. A zase dlouhé mlčení, tentokrát pro jistotu oficiálně střežené a při narušení přísně trestané. Po převratu v listopadu 1989 jsme chtěli být jiní než "oni", tj. svržení autoritáři, avšak zase zvítězili hluční mstitelé nad rozumnou většinou a začalo se lustrovat, restituovat, proškrtávat dějiny. Chtělo by se volat: Národe český, jak dlouho ještě budeš snášet tento stav?

*Čestmír Císař: Paměti. Nejen o zákulisí Pražského jara. Praha, Sin Con, 2005. U Libeňského pivovaru 10, Praha 8. 1284 stran. 799 Kč. ISBN80-86718-53-0*

**Čeští egyptologové objevili v Súdánu pravěké pohřebiště.**

Čeští egyptologové z Univerzity Karlovy objevili v pohoří Sabaloka ve středním Súdánu jedno z největších severoafrických pohřebišť pravěkých lovců-sběračů. Podle odhadů se v něm nachází 400 až 450 pohřbených lidí. Poslední súdánské objevy české expedice zásadním způsobem doplňují a obohacují poznání vědců o nejstarším civilizačním vývoji oblasti Nilu a severovýchodní Afriky, informovala Lenka Suková z Českého egyptologického ústavu Filozofické fakulty UK.

"Přesto, že projekt nadále pokračuje, již nyní ho lze označit za primární vědecký výzkum zásadního významu," uvedl ředitel Českého egyptologického ústavu Miroslav Bárta. Pohřebiště z období mezi 8. až 6. tisíciletím před naším letopočtem se nachází v pohoří Sabaloka zhruba 80 kilometrů severně od Chartúmu, hlavního města Súdánu. Oblast pohoří ještě do roku 2009, než přišli čeští vědci, nebyla archeologicky prozkoumána.

Čeští egyptologové mají ve světě velmi dobrou pověst. Expedice Karlovy univerzity úspěšně působí také v Egyptě a je největší českou vědeckou expedicí pracující v zahraničí.
http://www.novinky.cz/zahranicni/svet/295162-cesti-egyptologove-objevili-v-sudanu-praveke-pohrebiste.html

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**Čeští důchodci se mají lépe než v USA, ukazuje průzkum kvality života**
PRAHA - Pro spoustu českých penzistů, kteří počítají každou korunu, aby měli na nájem a na jídlo, to asi bude překvapivá zpráva. Podle nového celosvětového průzkumu ale Česko a Slovensko patří mezi dvacítku zemí světa, kde jsou penzisté na stáří zaopatření nejlépe.

Podle celosvětového průzkumu Natixis Global Asset Management, jedné z největších světových společností zabývající se správou aktiv, která obhospodařuje majetek přibližně v hodnotě 20 miliard euro (asi 500 miliard korun), jsou na tom čeští a slovenští důchodci lépe, než američtí, britští, nebo italští.

Samozřejmě nikoliv výškou důchodů ani celkových příjmů v penzi, tou by se mezi první dvacítkou nejlépe zaopatřených důchodců světa neumístili. Společnost Natixis však nehodnotila výšky důchodů, ale "kvalitu života penzistů".

Průzkum tak zohledňuje celkem dvacet různých ukazatelů, například délku života, výdaje státu na zdravotnictví nebo dostupnost zdravotní péče.

Nejlépe na tom byly západoevropské země Norsko, Švýcarsko a Lucembursko, velmi vysoko se umístily všechny skandinávské země a také Rakousko, které skončilo celkově páté. Česko 17, Slovensko 18, USA 19.

*Evropský systém je lepší*

Jak pro americkou stanici CNN, která o průzkumu informovala, uvedl viceprezident Natixis Tracey Flaherty, vyspělé země mají společné problémy. "Většina zemí zápasí se stárnutím populace, zvyšující se délkou průměrného života a klesající porodností. Ale evropské státy řeší tyto problémy úspěšněji," uvedl Flaherty. Jako příklad země, kde se daří důchodový systém průběžně reformovat, uvedl třeba skandinávské Švédsko.

USA se v žebříčku propadly mimo jiné proto, že na zdravotní péči sice vydávají Američané úplně nejvíc ze všech států, ale ke špičkové péči má velká část amerických důchodců omezený přístup.

Přestože američtí penzisté mají ve stáří jeden z nejvyšších příjmů, je velmi nerovnoměrně rozdělen. Deset procent amerických penzistů má v rukou 75 % bohatství v zemi, což byl v průzkumu jeden z nejhůře hodnocených ukazatelů mezi vyspělými státy. Současný americký systém sociálního zabezpečení také podle průzkumu patří v rámci vyspělé části světa k nejrizikovějším

Zdroj: http://byznys.lidovky.cz/cesti-duchodci-se-maji-lepe-nez-v-usa-ukazuje-pruzkum-kvality-zivota-1il-/moje-penize.aspx?c=A130311_141359_moje-penize_mev