VĚSTNÍK

A newsletter of
Sokol San Francisco
Published
quarterly

FALL
2013



American Sokol
Sokol San Francisco





All San Francisco Sokol travelers in front of
the National Czech and Slovak Museum and Library Landmark in Cedar Rapids, Iowa.


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1. June 2008. More than 19 feet of water flooded the flats around Cedar River. The Arrow points to the Museum's red roof.

2. Aerial view of the Museum area today. The empty spot close to the tower is the place where the Museum originally stood. The building was moved 480 feet and lifted 11 feet higher.

3. Czech, Slovak and Moravian national costumes, beautifully restored after the flood damage.

4. Czech Village, a homy street with small shops and restaurants and a lot of Czech names.

5. At the Sokol headquarters in Brookfield. Jara Dusatko, Jiri Jancarik, Paul Burda, Eva Kryska and Lida O'Donnell are looking at the signatures of visitors of the Czech Exhibit at the Golden Gate International Exposition in the year of 1939. F.D. Rosevelt, Jan Masaryk and thousands of other visitors signed into the Golden Gate Book.

6. Visiting Sokol Spirit in Brookfield. The Sokol Hall offers fitness classes from Monday to Friday and attracts not only Sokol members. It is a very popular family fitness center.

7. Christina Curran Wurst at the Sokol Spirit leads young women class in a fast, dynamic and creative way.

8. On the last day of the trip we were just tourists, admiring Chicago architecture and visiting the Willis (better known as the Sears) Tower.

Photo by Jiri Jancarik and Milos Zivny

Cedar Rapids and Chicago Trip

We have planned that trip for a long time. The National Czech and Slovak Museum and Library was on our mind as well as a visit to the Sokol headquarters at Brookfield, when we presented the whole idea to the last annual meeting. The trip was approved and after a lot of planning and e-mail exchanging, there we were: Ten San Francisco Sokol members at the Chicago Airport on September 17, 2013.

We rented a van large enough for us and left the city going east. from Illinois to Iowa. The traffic reminded us of home, just everybody was leaving Chicago after work. It was already dark when we reached Cedar Rapids, the city of more than 120 thousand inhabitants. We did not see much of it, our program kept us in the historic Czech and Slovak part of town. Next morning, the Museum surprised us. Larger than we expected, a beautiful building and rich and carefully maintained collections. Following the flood of 2008, the building was picked up, rotated and lifted onto a higher foundation. The Museum also tripled in size and today, it offers a rich experience to everybody and even more to people of Czech or Slovak origin.

Right in the entrance hall, under a beautiful cut crystal glass chandelier, people were awaiting us: Charity Tyler, the Museum's Director of National Development and Sara Jacobmeyer, in charge of visitor services welcomed us and made us familiar with the Museum's parts and collections. We enjoyed the first part immediately, it was politics and jewelry in a rare combination. Read My Pins, the Madeleine Albright collection of pins which used to make diplomatic history. The former Secretary of State used her dazzling pins to emphasize the importance of a negotiation, signify hope or protest the absence of progress and, of course, show pride in the United States.

The history of Czech and Slovak immigration at the end of the nineteenth and the beginning of the twentieth century, through two World Wars and life under communism, talked directly to us. We went through some of that time, arrived by similar ways, we just were part of that history. The beginnings have the same feeling, whether you started at the immigrants first house which is a part of the Museum exhibits or at you first refugee apartment which is and forever will be, part of our memories.

We had similar feeling at the Czech cemetery, the extensive, gently rolling meadow with hundreds of stones with names so familiar, so close, that each of us could find a name he or she remembered from back home or even from his or her own family.

The Czech village welcomed us with names, stores and restaurants we, too, might remember from the Czech country and we certainly enjoyed walking down the main street. We had really good guides there, Pat Buckley and Bernie Pecinovsky. Pat lives in Seattle and for many years, she is a San Francisco Sokol member at large. She was visiting her brother Bernie in a town of Protivin, couple of hours of driving from Cedar Rapids.

Pat and Bernie are descendents of Czech immigrants and both speak pretty good Czech, "Thank to our Czech grandma", Bernie said. Pat and Bernie arrived equipped with boxes of excellent kolacky and we also had the opportunity to taste klobasa and salami made by Bernie according to old family recipe.

After this pleasant experience, we can tell you that the Iowa Czechs are really good cooks.

On Friday morning, we hit the road again and this time, the traffic had mercy on us. We arrived to Chicago early enough to put our stuff in our hotel at Oakbrook. From there, it was close to the next Chicago neighborhood, Brookfield. Again, we could see Czech and other Slavic names at the shops and restaurants, sort of like Chinese or Vietnamese names in the Bay Area.

Our goal at Brookfield was clear: The American Sokol headquarters at 9126 Ogden Avenue. In this neighborhood of small houses, this one looks just like many others and it is really crowded inside. Colleen Capodice, the office manager, was expecting us and so was Mary Cushing, the Operations Advisor, and Christina Curran-Wurst. There was a lot of introduction and hugging to do and a lot of things to look at. There are old photographs on the walls and old posters, some of them beautiful graphic art pieces. The Pacific Coast Sokol Gymnastic Festival poster from August 1932 was really remarkable. And the 1948 Prague Slet poster spoke history to us.

Everybody wanted to se "The Book". It's full name is **The Golden Book of Czecho-Slovak Exhibit at the Golden Gate International Exposition, Treasure Island on San Francisco Bay, February 18 to December 2, 1939.**

Three years ago, in the Fall 2010 Vestnik, we brought a detailed article regarding the book. Let's only point here that this book of signatures is an incredible collection of the most important names of the era. These politicians were visiting exhibit of a country which was an independent republic at the beginning of the International Exposition and which was occupied and split not even a month later. Yet the signatures show that the world did not consider the Czechoslovakia to be dead. The names of Franklin Delano Roosevelt, Herbert Hoover, Jan Masaryk are on the first page followed by hundreds and hundreds of others.

After a great history lesson we returned to our time and went to visit Sokol Spirit. Three Sokol Units merged into Sokol Spirit, one unit with 300 members and classes for everyone. The Sokolovna is an imposing building offering classes for all ages, from 3 to 100+ as the Sokol flyer says. We met shortly with Kathy Barcal, the Physical Director. September is a month of enrollment, a busy time when classes are starting. Gymnastics and tumbling, Fitness and aerobic, Voleyball, Basketball and more good time for preschoolers, students, parents and 55 plus. Wishing you a happy Sokol year, Brothers and Sisters.

What could be more Chicago-Czech than a dinner at the Czech Plaza Restaurant at Cermak Road. Well, maybe the restaurant menu is. It was a Czech cuisine lover's dream and knedliky were served with everything. To our surprise, also with a Wiener schnitzel.

We still have more work to do after that dinner. Our next appointment was at Sokolice Tabor, that one Sokol which keeps the Sokol and Sokolice divided. We were lucky enough to see Christina Curran-Wurst teaching an older girls class. It was a dynamic, fast changing and creative lesson, not a minute wasted, not a girl standing or waiting. The Sokol is opened to everybody and Christina's pupils were white, Hispanic and black, all of them moving with joy and fast rhythm.

Sitting around the table wit Mary Cushin, the Operations Advisor, we went through the Sokol San Francisco situation and possibilities from the dwindling membership to the lack of facilities. We did not change anything but got some new ideas maybe. Somehow, there was optimism in the air around these Sokol Halls and we can still feel it.

We had a great time during the whole trip. It was nice and positive, we learned a lot, we saw new places and met new people connected to us by our heritage and by the Sokol ideas. For sure, more of you, Brothers and Sisters, could have enjoyed it with us. This should not be our last trip, see you next time.

Zelmira Zivny

Thanks for an excellent work from participants.

We all are very thankful to our members Sister Zelmira and Br. Milos Zivny for spending hours of their free time for organizing this trip (arrangements of very good/economy lodging, a lot of phone calls with ASO Headquarters, Czech museum Management etc.). Also, many thanks to Br. Milos with help of Br. Jiri Jancarik for safe driving of huge van in the jungle of Chicago traffic.
Something to think about for the future?

Editors

GYMNASTIC ASSOCIATION

SOKOL SAN FRANCISCO INC.

Educational-social and charity
non-profit Cultural Organization

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Sokol Members and Committee Meeting is held every second Wednesday 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

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 S5, 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.

Deposit for Czech Banquet & Gala with Czech School of California on11/9/13, $1200.

Donation Unit sent:
Czech school $1000; ASO Sport Festival US $150; Restoration of Czech Village West,TX, fund $1000; Jazz Concert Viklicky $950, **Total $4300**

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 is working very hard toward 110th year anniversary of our unit founding, we will celebrate in 2014.
We would appreciate your inputs and donation of any historic unit documents about life and unit activities in the past (memory pictures, personal letters etc.)

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 2013 dues.

SOKOL SAN FRANCISCO CALENDAR of EVENTS 2013

DATE	ACTIVITY	LOCATION
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

The very word 'secrecy' is repugnant in a free and open society; and we are as a people inherently and historically opposed to secret societies, to secret oaths, and to secret proceedings.

John F. Kennedy

Camping in Sierras July, 2013

For the last three years Jiri and I spent one week of Summer in Sokol camp in Sierras. We are taking with us our eight year old granddaughter and she absolutely loves it. The nice family atmosphere and beautiful countryside creates great playground for the children. The nearby Shaver Lake is very pleasant to swim in and there are enjoyable hikes in the mountains for both adults and children. The camp is next to Dinkey Creek and children love to play in its rocky water slides and swim in water pools. Cooking on fireplaces, ping-pong, fishing and various games are favorite daily activities.
This year, thanks to the camp president Janelle Palas and also Otto Notzl and Janelle's daughter Venus, who organized the children's games, the camp was again a great success. Camp Fresno Junior (operated by the City of Fresno under a special use permit granted by the Sierra National Forest - U.S. Forest Service) is a family oriented facility located along Dinkey Creek in the Sierra Nevada Mountains, 5,700 feet above sea level. The wilderness camp is located 62 miles East of Fresno. This group facility houses up to 90 and is made available for organized groups and large families. It includes two dorms, three counselor cabins, dining pavilion, fully equipped kitchen, cold room and toilets and shower facilities with hot water. Sokol rents the camp for one week every Summer. While non members are also accepted, it used to be attended predominantly by Sokol members. Last year the Sokol attendance was weaker due to the Sokol Slet in Prague and this year only a few Sokol members came. It would be a pity if more Sokol members did not use this opportunity for great recreation in beautiful nature surroundings and getting to know Sokols from other units.

Jaru Jancarik





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Before the Fall Comes.

September 14, 2013.

What can I write about an event that runs twice a year for a number of years without repeating myself? Yet, when there is a repetition of good experiences like baby's smile, bird's song, and sunset at the ocean, we'll never get tired of them. Our Sokol picnics belong right there in the gallery of good things. Yes, same place, same pastoral view, same programs, and most of the same people come here each year. But every time something fresh happens, we experience unexpected revelation. People you have never seen before may have connection to your past, know your common friends. I met people in Prague who asked me the seemingly silly question: "Do you know Milan & Jarka Dušátko?". Well, am I not from California, that "little dot" on the map of the world? How impossible, yet how true.

We know it's not going to rain in September, but the temperature can be all over the scale. There is an easy fix - you just bring several layers of clothing. Our cars can carry it all, no problem. The air was just in low seventies, but the atmosphere around our collective was so much warmer. Twenty four Sokols and friends showed up where we could accommodate twice as many. Since some of the older Sokols complained about the difficulty to negotiate the up and down hills, leading to Mallard site, we are considering choosing another place for our gathering. We'll do some research and let you know.



When you are planning to attend our picnic, remember - Sokol pays for the reservation and the cleaning deposit, charcoal, sometimes Starbuck coffee and we take care of the BBQ fire. It's up to you to bring a piece of meat, veggies or whatever you fancy and you can cook it to your liking. Grilling is a part of the fun. If you want to exchange some goodies with others, more power to you! For the additional entertainment, music is provided, compliments of our talented Brother Bohous Botcha, who knows how to run his fingers through the keys of his accordion. Somehow we never got to sing our national songs this time, but were humming to a lot of all-time favorites everybody knows. His harmonica playing is well known to the Rangers who never forget to proudly announce they remember us from our previous visits as "the singing people".

It's hard to capture the atmosphere of our picnics in words, it has to be experienced. So, try to overcome your reluctance to get ready for a day in the park, the fairly minimal preparation required should not be a burden. We would love to see you at our next picnic.

Zdenek Vernak.

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October 8th - DAY OF REMEMBRANCE OF SOKOL - PAMÁTNÝ DEN SOKOLA

During the night of 7th of October 1941 Gestapo arrested 136 leading officials of Czech Sokol Community who were subsequently deported to concentration camps. Sokol Organization was officially dissolved at the command of Reinhart Heydrich immediately the following day.

Podle dostupných údajů bylo v té době v koncentračních táborech již kolem 1 500 Sokolů. Většina účastníků domácího protinacistického odboje byla členy Sokola, tudíž sokolský odboj je v podstatě odbojem národním. Sokolové šli na svou smrt odhodlaně, hrdě, jejich poslední myšlenky před popravou nebo smrtí na následky mučení patřily Sokolu a národu, jak dosvědčovaly vzpomínky těch, jimž se podařilo přežít. Dle poválečných neúplných údajů bylo popraveno 1 212, umučeno 2 178 a vězněno 8 223 sokolů. Dalšími oběťmi byli sokolové, kteří padli v zahraničním vojsku, při Slovenském národním povstání a při květnových revolučních dnech v Praze. Sokolské zásluhy o osvobození a přinesené oběti byly zhodnoceny jednak zvláštním projevem prezidenta dr. Edvarda Beneše, jednak připnutím československého válečného kříže 1939 na prapor ČOS, jakož i vyznamenáním jednotlivých sokolských činovníků za odbojovou činnost.

Mnozí z těch, kteří se šťastně vrátili z nacistických koncentráků, bohužel zakusili vězení ze stejného důvodu po komunistickém puči v únoru 1948.

Emil Viklicky - Jazz Concert in Bay Area October 9, 2013

Only twenty two jazz lowers and jazz experts gathered to listen jazz pianist Mr. Viklicky at Crowne Plaza hotel in Foster City. American Sokol San Francisco Unit was one of the sponsors of this interesting event.
Mr. Viklicky and his soloists, contrabassist and drummer presented an excellent jazz style "Czech way", assuring audience that Mr. Viklicky is not only good pianist performer, also very talented musician. He started performance by swinging in piece of Gus Arnheim " Sweet and Lovely", continue in improvised variations of Czech/Moravian folk songs into jazz style keeping his trio colleagues very busy and alert in following his music variations. My personal admiration goes also to his contrabassist musician performer and also drummer who played more adjusted in second part of the concert showing fine tuning into whole music scenario. This concert proved that Ray Charles and Benny Goodman have talented innovator of jazz music also in Czech Republic.

Mr. Michael Burman, a jazz expert and producer of Bay Area "Desert Island Jazz" KCSM-FM radio was present and expressed thanks to Jara Dusatko for arranging this concert. We are also grateful to Mrs. Zelmira Zivny and Mrs. Jarmila Jancarik for their involvement in preparation and work at the door.

Paul A Burda



Hello again, Mrs. Dusatko,

Many thanks for arranging for me to see Emil Viklický's concert this evening. As Shakespeare's Henry V might have put it, those who missed it "Shall think themselves accursed they were not here". I'd have liked to hang around and say au revoir to him and to John Shifflett (bass) and Scott Amendola (drums) all three have been guests on the show I produce, "Desert Island Jazz".
Thanks again.
Michael Burman, Producer, "Desert Island Jazz"; Presenter, "Jazz Oasis"/"Just Jazz" KCSM-FM radio

More about Emil Viklický http://en.wikipedia.org/wiki/Emil_Viklick%C3%BD

Rudolf Slíva: oooooooooooooooooooooooooo

ČESKÉ ŘEČI
A. L. Nehasilovi

Víc ve vidinách ve vzdáleném dění,
přicházíš rosou v ranním kuropění,
jak útka kmentu tkaná na přeslici,
jak zlatý poklad v staré pokladnici,
v šelestu listí nad proudící vodou
nadějí voníš spící nad úrodou
v ústech svých dětí.

V letním předpoledni
v den nedělní i všední,
když ženy mohou v tobě rozprávěti,
ty nosíš radost, smích a kousek štěstí,
jak květinář tam v krámku na náměstí,
v červenci kráčíš s ženci žitným polem,
jsi věčnou lampou nad rodinným stolem,
v ústech svých žen.

Než skončí den
a ještě za soumraku
je slyšet tebe ze silnic a z vlaků,
s dětmi se loučí při odchodu matka,
tu smutná jsi, však nekonečně sladká.

Drsná jsi, když jdeš z továren a polí,
z předměstských ulic, kde tě srdce bolí,
však i to vše je láskou tvrdých dlaní
a opět flétnou v čase vzpomínání
ve hlasech mužů.

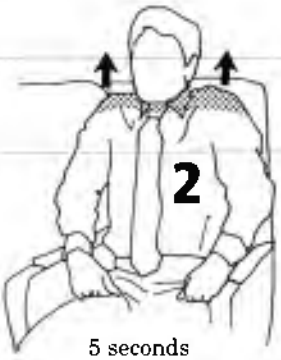
Však nejvíc řekneš, když jsi nejvíc tichá,
kdy přijde noc a kdy čas nepospíchá,
kdy volná letíš zbavená vší tíhy
a vtělená jsi v prosté desky knihy,
má česká řeči!

Airplane Stretches

Photocopy this page and take it along on your next flight. Stretching on the plane will relieve stress and stiffness and allow you to arrive in a more relaxed state. Don't be surprised if your fellow passengers follow your example and start stretching too. Especially good to do just before you land.



10 seconds
2 times



5 seconds
2 times



3–5 seconds
each side



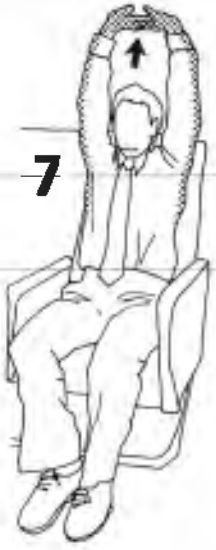
3–5 seconds



5 seconds
each side



10 seconds



8–10 seconds



10–12 seconds
each leg



8–10 seconds
each leg

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

INFORMATION CORNER

Attorney's Advice - No Charge

Do not sign the back of your credit cards. Instead, put *'PHOTO ID REQUIRED.'*

When you are writing checks to pay on your credit card accounts, DO NOT put the complete account number on the "For" line. Instead, just put the last four numbers. The credit card company knows the rest of the number, and anyone who might be handling your check as it passes through all the check processing channels won't have access to your account.

3. Put your work phone number on your checks instead of your home phone. If you have a PO Box use that instead of your home address. If you do not have a PO Box, use your work address. Never have your SS number printed on your checks. (DUH!) But if you have it printed, anyone can get it.

4. Place the contents of your wallet on photocopy machine. Do both sides of each license, credit card, etc. You will know what you had in your wallet and all of the account numbers and phone numbers to call and cancel. Keep the photocopy in a safe place.

I also carry a photocopy of my passport when I travel either here or abroad. We've all heard horror stories about fraud that's committed on us in stealing a name, address, Social Security number, credit cards. Unfortunately, I, an attorney, have firsthand knowledge because my wallet was stolen last month. Within a week, the thieves ordered an expensive monthly cell phone package, applied for a VISA credit card, had a credit line approved to buy a Gateway computer, received a PIN number from DMV to change my driving record information online, and more.

But here's some critical information to limit the damage in case this happens to you or someone you know:

5. We have been told we should cancel our credit cards immediately. But the key is having the toll free numbers and your card numbers handy so you know whom to call. Keep those where you can find them.

6.. File a police report immediately in the jurisdiction where your credit cards, etc., were stolen. This proves to credit providers you were diligent, and this is a first step toward an investigation (if there ever is one). But here's what is perhaps most important of all: (I never even thought to do this.)

7. Call the 3 national credit reporting organizations immediately to place a fraud alert on your name and also call the Social Security fraud line number. I had never heard of doing that until advised by a bank that called to tell me an application for credit was made over the Internet in my name.

The alert means any company that checks your credit knows your information was stolen, and they have to contact you by phone to authorize new credit.

By the time I was advised to do this, almost two weeks after the theft, all the damage had been done. There are records of all the credit checks initiated by the thieves' purchases, none of which I knew about before placing the alert. Since then, no additional damage has been done, and the thieves threw my wallet away this weekend (someone turned it in). It seems to have stopped them dead in their tracks.

Now, here are the numbers you always need to contact about your wallet, if it has been stolen:

1.) Equifax: 1-800-525-6285 2.) Experian (formerly TRW): 1-888-397-3742

3.) Trans Union : 1-800-680-7289 4.) Social Security Administration (fraud line): 1-800-269-0271

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Hidden Toxins in Vitamins and Health Foods! By Mike Adams, Natural News

Many people don't investigate what's really in the products they swallow. When something is sold as an herb, vitamin, super food or supplement, they think it's automatically safe. And while the natural products industry has a truly remarkable safety record, especially in contrast to the massive number of deaths caused by pharmaceuticals, it still suffers from a lot of hidden toxins that are routinely used throughout the industry.

After reviewing this list, you will probably throw out quite a few products in your refrigerator and pantry. Very few people are willing to tell you the truth revealed here, so some of this may come as a complete shock.

1. Maltodextrin (from GM corn)

If you pick up a natural product and the ingredients list says "maltodextrin," chances are very high that the maltodextrin in the product is derived from Monsanto's GM corn.

Virtually all the maltodextrin used throughout the natural products industry is genetically modified. Products that are certified USDA organic, however, are not using GMO maltodextrin.

The non-GMO, non-corn replacement for maltodextrin derived from GM corn is tapioca maltodextrin, and you'll find tapioca starch / maltodextrin in many certified organic, non-GMO products. Corn maltodextrin should be avoided unless it's certified USDA organic. Look for tapioca maltodextrin instead (or no maltodextrin at all).

2. Hexane-Extracted Soy and Rice Proteins

Nearly 100% of the "natural" soy proteins and rice proteins sold in the USA are extracted in China using a hexane extraction method. This is true for brown rice protein superfoods as well as the soy protein used in nearly all so-called "protein bars."

Hexane is a highly explosive chemical. It is not only extremely hazardous to the environment, there may also be trace amounts of hexane left remaining in the resulting protein products. My understanding is that hexane extraction is not allowed in certified organic proteins, so if you have a choice, go for certified organic instead of just "natural" (which means nothing anyway).

Hexane extraction, by the way, is also used in the manufacture of textured vegetable protein (TVP).

3. High Levels of Aluminum in Detox Products

Natural News helped expose high aluminum levels (over 1200ppm) in a popular detox liquid, causing the main U.S. distributor to issue a "recall" notice and provide over $1 million in refunds to customers. The manufacturer of this product, Adya Clarity, intentionally and knowingly deceived consumers by mislabeling the product and not mentioning the 1200ppm of aluminum it contained. The FDA seized some of the products and ran its own lab tests, confirming the high aluminum level as well as identifying multiple labeling violations.

Adya Clarity is just one of many so-called "detox" products containing alarming levels of aluminum and other metals. Ingesting these in order to "detox" your body may be harmful to your health. This experience also proves you can't always trust health products sold through online webinars, where manufacturers can ignore labeling laws and fabricate false claims. Buyer beware when it comes to metals in detox products that claim seemingly magical results.

4. Lead and Arsenic In Herbs From China

China is one of the most polluted nations on the planet, yet many fruits, vegetables and herbs are grown in China and exported to North America for use in natural products.

High levels of lead and arsenic are routinely found in various food, supplement and herbal products from China. I'm not concerned about 1ppm or lower, by the way, of heavy metals like lead and mercury. Even aluminum isn't necessarily a problem when found organically grown inside foods that test at higher levels such as 150ppm. But when lead, arsenic, mercury and cadmium get to high saturation levels (or are present in inorganic forms), it makes the products potentially a source of heavy metals poisoning for consumers.

Astonishingly, many of the small and medium-sized companies that import and retail products from China conduct no metals testing whatsoever. I know this as a fact because I've talked to people doing this.

For the record, everything packed under my own brand name (Health Ranger Select) and sold at the Natural News Store is independently tested by us to ensure full product safety and regulatory compliance.

5. Inorganic Minerals In Cheap Vitamins

Would you eat iron filings and call it nutrition? The majority of people don't know that most of the cheap vitamins sold today are made with iron filings. "Scrap metal," almost.

The calcium found in cheap vitamins is often just ground-up seashells, and magnesium is often sold as cheap magnesium oxide which may be completely useless to your body's cells. If you're buying mineral supplements, you may be wasting your money unless the minerals are in the right form: Magnesium orotate or malate, for example. Moore: http://www.globalhealingcenter.com/natural-health/types-of-magnesium/

The Article will continue in next Vestnik Winter 2013

Continues from Vestnik Summer 2013, Page 14, Dr, Brownstein, Medicine is taking wrong Path.

Peripheral Artery Disease

Peripheral artery disease occurs when the blood flow to the legs is reduced. It is usually caused by atherosclerosis (hardening of the arteries) in the vessels leading to the legs. Peripheral artery disease can also be a sign of atherosclerosis in the coronary arteries. Risk factors include:

• Age over 50 years • Cigarette smoking • Diabetes • Family history of peripheral artery disease • High cholesterol levels • High levels of homocysteine • Hypertension • Obesity

Peripheral artery disease can cause serious problems, including restriction of blood supply to the limbs (called ischemia), which can lead to gangrene, amputation, or even death.

Still, the U.S. Preventive Services Task Force recommends against screening for peripheral artery disease because no studies have shown mass screening improves major health outcomes.

Furthermore, the task force found that screening for asymptomatic peripheral artery disease leads to a significant number of false- positive results, which result in unnecessary procedures, such as diagnostic tests (catheterization and angiography) and treatment (antithrombotics, angioplasty, bypass surgery) that can do more harm than good.[4]

If you have leg pain when walking, get a thorough physical exam from a healthcare provider. They should palpate the arteries in your extremities and listen for abnormal blood flow with a stethoscope. Only then should diagnostic tests, such as an ultrasound, be ordered.

Blood Test for Lipids and Glucose

Conventional medicine would have you believe that everyone should have their cholesterol levels checked yearly. Their mantra is that high cholesterol (greater than 200 mg/dL) automatically increases your risk for heart disease.

What the powers-that-be fail to mention is that just half of all fatal heart attacks occur in people with high cholesterol levels. That means that the other half of fatal heart attacks occurred in those without high cholesterol levels.

Conventional doctors also generally believe that anyone with elevated cholesterol should be placed on a statin drug. That is just plain wrong.

Statin drugs have been around for more than 15 years. They have yet to be shown to decrease the incidence of death. In fact, the best the statins offer is a slight — approximately 1 percent — reduction in nonfatal heart attacks. There is no reduction in overall death rate with the use of statins.

In fact, as you age it is better to maintain higher cholesterol levels because the body needs adequate amounts for optimal brain and immune system function. A recent study on elderly hospitalized patients found that increased levels of serum and total cholesterol were associated with a reduced mortality risk.[5]

Even in those with genetic predispositions to very high cholesterol levels (greater than 300 mg/dL), lowering cholesterol with statin use has not been shown to increase longevity.

In my case, the chances of a routine blood test detecting elevated cholesterol or blood sugar is remote. But if the screening test reveals my blood sugar is rising or my cholesterol is rising or falling, it could indicate a future problem.

All in all, I would consider checking my fasting glucose level and forgo cholesterol testing. Blood sugar testing can be done for about $10.

Remember, the full screening package was originally priced at $219. However, I narrowed my testing down to just fasting blood sugar. If it is elevated (or elevating from previous levels) I would consider reducing my intake of refined carbohydrates, such as bread, pasta, and cereal. I would also increase my exercise regimen.

All of these screening tests come with problems, including too many false negatives and false positives, which can lead to more invasive testing and procedures along with more and more prescription medications.

The bottom line: If the testing does not improve the quality of your life or lengthen lifespan, then I say "fuggedaboutit."

Unfortunately, by that standard nearly all screening tests should be avoided.

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CZECH CORNER

Slovenským archeologům se podařil unikátní nález

Tým expertů Slovenského archeologického a historického institutu provedl významný objev v středoamerické Guatemale. Archeologové objevili pět zcela nových mayanských měst. Vědci rovněž pracují ve městě Uaxactun.Vědci mimo jiné odkryli centrum města z raného předklasického období, které bylo až doposud neznámé.

Informoval o tom zpravodajský portál Aktualne.sk. Během letošního roku archeologové objevili unikátní nález v podobě nejstarších mayanských nápisů.

Nálezy jsou unikátním písemným dokumentem o tehdejší době. Unikátní je rovněž nález dvou největších štukových masek božstva podsvětí. Archeologům se rovněž podařilo odkrýt i unikátní hřiště na rituální míčovou hru a astronomickou observatoř, které je zaměřeno na souhvězdí Orion.

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9. srpna 2013 zemřel režisér, scenárista a herec Jiří Krejčík,
ve věku 95 let. Režíroval například filmy *Penzion pro svobodné pány, Svatba jako řemen* či *Božská Ema*, jako herec se objevil *ve filmu Jiřího Menzela Slavnosti sněženek z roku 1983. "Všechno seženu," znělo v jeho nezapomenutelném monologu.*

Krejčík se narodil 26. června 1918 v Praze. Za druhé světové války pracoval v barrandovských ateliérech jako statista. Režijně začínal tvorbou krátkometrážních a reklamních snímků, těsně po válce spolupracoval s výtvarníkem a zakladatelem českého animovaného filmu Jiřím Trnkou na snímku *Dárek.* Krejčíkovým prvním hraným celovečerním filmem byl Týden v tichém domě na motivy Nerudových Povídek malostranských, který natočil v roce 1947.

Podíl na povídkovém filmu na motivy krátkých próz Karla Čapka O věcech nadpřirozených mu v roce 1959 vynesl ocenění na mezinárodním festivalu v Locarnu.

Vrchol Krejčíkovy tvorby přišel v šedesátých letech, kdy natočil mimo jiné filmy *Vyšší princip,* který se odehrává v době heydrichiády, satirickou komedii *Svatba jako řemen* a film *Penzion pro svobodné pány* na námět slavného irského dramatika Seana O'Caseyho.

Na sklonku sedmdesátých let Krejčík natočil životopisný snímek *Božská Ema* o slavné operní pěvkyni Emě Destinové. Posledním Krejčíkovým filmem byl *Prodavač humoru* z roku 1984, satira z prostředí socialistických estrád.V posledních letech se Jiří Krejčík věnoval televizní tvorbě. Objevil se například jako doktor v Pelíškách Jana Hřebejka. Pro Pelíšky podle herce Miroslava Donutila vymyslel i známý výrok "Proletáři všech zemí, vyližte si...". Objevil se také v několika seriálech. V roce 1998 byl za dlouholetý umělecký přínos českému filmu oceněn Českým lvem. Ještě před třemi lety natočil pro ČT snímek Osudové peníze.

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29. srpna zemřel herec Jiří Tomek,
jenž byl po desetiletí oporou činoherního souboru Městského divadla Brno Bylo mu 82 let.

V televizi a ve filmu dostal Tomek více než 60 rolí. Objevil se ve filmech Všichni dobří rodáci, Kateřina a její děti, Jako jed nebo Pěsti ve tmě, dále v řadě seriálů, inscenací a pohádek.

Od poloviny minulého století spolupracoval Tomek s rozhlasem. Významná je také jeho práce pro dabing. Namluvil stovky filmů a seriálů a získal Cenu Františka Filipovského. Tomek se může pochlubit také otiskem dlaně na chodníku slávy před Městským divadlem v Lidické ulici v Brně.

22.10.2013 zemřel textař a hudební skladatel Zdeněk Rytíř,
bylo mu 69 let, zprávy o jeho těžké nemoci se objevovaly od roku 2010. Zdeněk Rytíř, byl autor mnoha známých hitů, například textu k písni Zvonky Štěstí nebo Dynamit. Zdeněk Rytíř byl jedním z posledních mohykánů velkého textařského umění 60. let. Bohužel spolu s ním mizí i jedna z posledních legend přesahující do oblasti šedesátých let," řekl jeho dlouholetý kamarád a hudební publicista Miloš Skalka.

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7.11.2012, zemřel karikaturista Vladimír Jiránek,
ve věku 74 let. Kromě kreseb a ilustrací publikovaných v novinách byl známý jako autor animovaných postaviček seriálů Boba a Bobka, výtvarnou podobu dal i oblíbeným kutilům Patovi a Matovi.

Jiránek se narodil 6. června 1938 v Hradci Králové a vystudoval žurnalistiku na Filozofické fakultě Univerzity Karlovy. Hned po škole se ale začal věnovat kreslení. Jeho osobitě pointované obrázky vycházely časopisech Mladý svět, Melodie, Vesmir či Technický magazín. Koncem 70. let jeho kresby mimo jiné přispěly k popularizaci vznikajícího ekologického hnutí Brontosaurus.

Celý život byl Jiránek kreslířem a karikaturistou na volné noze. Kreslil více než 40 let, z toho poslední dvě dekády ve svých kresbách zpracovával politická témata v denním tisku, později v internetovém deníku Neviditelný pes a na dalších místech. Jiránek však nebyl jen politickým kreslířem.
Celé generace si pamatují neopakovatelné ranní vstávání Boba a Bobka, proslavených králíků z klobouku, jimž dal v roce 1987 výtvarnou podobu stejně jako o něco později postavičkám dvou popletů se jmény Pat a Mat z dalšího televizního seriálu.

Je podepsán pod dvacítkou kreslených filmů, vydal přes 15 knížek, je autorem bezpočtu kreseb.Jeho inteligentní vtipy pobavily miliony lidí. Na pražské výstavě k jeho sedmdesátinám Jiranek uvedl, "Pokud máte do smíchu daleko, musíte se přemoci. Chcete předat poselství a tím je úsměv, ne smutek". "Musíte toho hodně vědět o světě - právě humor je způsob, jak si ty znalosti kompenzujete".

Za své autorské krátké filmy obdržel řadu cen. Do jeho filmografie patří snímky Automatic (1973), Pivo přes ulici (1974), Hokej je hra (1978) či Zpráva o stavu civilizace (1981). Animovaný film "Co jsme udělali slepicím" (1977), získal v roce 1978 na Berlinale Zlatého medvěda.

Vladimír Jiránek



Moc si neslibujte od mého úsměvu: usmívám se pouze v krizových situacích

"Láďa se dostal ke krátkým snímkům vlastně z nouze. Bylo to začátkem 70. let, kdy nemohl publikovat v novinách a jeho kreslený humor byl režimu nežádoucí. Jediné, co mu dovolili, bylo dělat výtvarníka pro animovaný film. Dal se dohromady s režisérem Václavem Bedřichem a zrodil se jejich první snímek "Automatic," řekl ČTK někdejší šéfdramaturg Krátkého filmu Jiří Kubíček. Jiránek pak začal psát vlastní scénáře a vypracoval se k vlastní režisérské práci; spolupracoval s animátorem Antonínem Hekrdlou.

V roce 2005 kreslíře vyznamenal prezident Václav Klaus medailí Za zásluhy. Profesní organizace Česká unie karikaturistů mu udělila výroční **Řád bílé opice.**

LAUGHING CORNER



Hlavně musíte, pane Málek být cool, in a trendy...

Female Brain
In the hospital, the relatives gathered in the waiting room, where their family member lay gravely ill. Finally, the doctor came in looking tired and somber. "I'm afraid I am the bearer of bad news," he said as he surveyed the worried faces, "the only hope left for your loved one at this time is a brain transplant. It's an experimental procedure, semi-risky, and you will have to pay for the brain yourselves."

The family members sat silent as they absorbed the news. After a length of time, someone asked, "Well, how much does a brain cost?".
The doctor quickly responded, "$5000 for a male brain, and $200 for a female brain."
The moment turned awkward. Men in the room tried not to smile, avoiding eye contact with the women, but some actually smirked.
A man, unable to control his curiosity, blurted out the question everyone wanted to ask, "Why is the male brain so much more?"
The doctor smiled at the childish innocence and then to the entire group said, "It's just standard pricing policy. We have to mark down the price of the female brains, because **they've been used.**

Citát

" Čas od času navštívím lékaře, nechám se vyšetřit, protože i lékař musí (z něčeho) žít.
Potom jdu do lékárny pro léky, protože i lékárník chce žít.
Následně léky vyliji do kanálu – protože i já chci žít."

Mark Twain

Pár hlubokých myšlenek:

* ženská prsa jsou důkazem, že muž dokáže myslet na dvě věci najednou
* jeptiška je jediná žena na světě, která už večer ví, co si ráno vezme na sebe
* na co je mi chytrý telefon, když mi volají ti sami debilové
* na počátku stvořil bůh nebe a zemi, všechno ostatní je made in China
* život je smrtelná nemoc, která se přenáší pohlavním stykem
* když si nechceš hubu spálit, musíš mlčet nebo chválit
* proč se říká, že děti nosí čáp? protože ze svého komína vidí kdo, kde, s kým a kdy
* ženy jsou jako rádio, nahoře vlny, uprostřed dva knoflíky a dole nikdy nevíš, jestli dobře naladíš
* každá česká vláda je jak sníh, většina bordelu se ukáže, až když zmizí
* první suspenzor byl v hokeji použit v roce 1874, první helma až v roce1974 - trvalo to sto let, než mužům došlo, že mozek je taky důležitý.
* týmová práce je důležitá pro to, aby se vina mohla svést na někoho jiného
* k hodným chlapcům se chodí děvčata vyplakat, k těm zlým vyspat
* můj sexuální život je jako porsche - nemám ho
* já nejsem tlustá, já jsem tak krásná, až to přetéká
* proč pít alkohol? protože žádná dobrá historka nezačíná slovy "jó to když jsme tenkrát jedli salát"
* netrapte se kvůli těm, kdo vás za zády pomlouvají - znamená to, že jste krok před nimi a v ideální pozici, aby vám mohli políbit zadek !!!

Hezký den