

# Sokol SF Newsletter – August 2020



## President's Message

Dear Sokol SF Members & Friends,

Welcome to our second electronic newsletter! We hope you found our updates in the first issue informative and helpful.

Our Board continues to plan new activities and develop formats to stay connected despite the current limitations. In this issue you will find how to remain active and enjoy some friendly competition, and participate in an online informative lecture presentation about coronavirus and COVID-19, plus an opportunity to participate in a workshop and learn how to use the Zoom platform. Enjoy our August Newsletter, stay safe and healthy!

Nazdar!

Jara Dusatko / President Sokol San Francisco

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*Follow us on Facebook @SokolSanFrancisco or find us online at [www.sokolsf.org](http://www.sokolsf.org). Questions, comments, or suggestions are welcome and encouraged. Contact us at [sokolsf@gmail.com](mailto:sokolsf@gmail.com)*

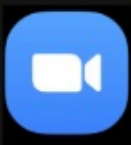
Do you have news that you would like to share with the group, commemorate a milestone, graduate, birthday, or special event, than submit a short paragraph write up and/or pictures by the 28th of the month and we will include in the next month's newsletter. Submit to [sokolsf@gmail.com](mailto:sokolsf@gmail.com)



**Upcoming Events Schedule**  
Read Newsletter for detailed information

August /September - Learn How to Zoom  
September - Virtual Hike Challenge  
Wed Sept 9th - Speaker Series  
Wed Sept 12th - Lake Chabot Regional Park Hike  
Sat Oct 17th - Regional Outdoor Mini Events

## Speaker Series - Dr. Petr Jansa Ph.D



AN ON-LINE PRESENTATION VIA ZOOM BY

# Petr Jansa, Ph.D

## CORONAVIRUS AND COVID-19

UNDERSTANDING THE VIRUS, TRENDS,  
MEDICATIONS AND  
HOW TO PROTECT YOURSELF

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**SEPTEMBER 9**  
**7PM - 8PM**



[WWW.SOKOLSF.ORG](http://WWW.SOKOLSF.ORG)

Join us for a FREE Zoom presentation on Wednesday September 9th at 7pm-8pm, PST.

### Coronavirus & COVID-19

Understanding the virus, trends, medications, and & how to protect yourself

Join us for an on-line presentation by Sokol member Petr Jansa, Ph.D, Senior Research Scientist II at Gilead Sciences.

Stay tuned for registration information. Help us promote this event and invite your friends and family to join. Submit your questions in advance to [sokolsf@gmail.com](mailto:sokolsf@gmail.com)

*Our goal is to connect our members and friends with distinguished experts in their field and explore cultural, social, and current events that matter to the community. Discussions will be live and participants will be asked to register for each event. Sokol SF is recruiting additional speakers to enhance our series. If interested, contact us at [sokolsf@gmail.com](mailto:sokolsf@gmail.com)*

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**September Hike**  
**Lake Chabot Regional Park - 9/12/20**

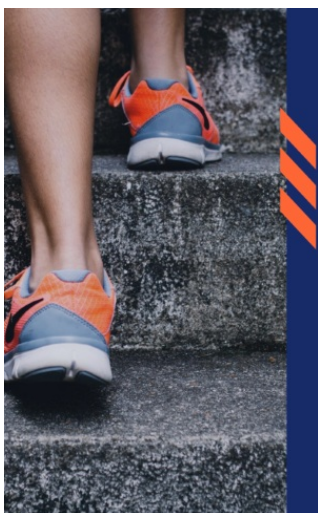


Join us on our 4th hike in the "Getting to know Bay Area Better" series at Lake Chabot Regional Park 17600 Lake Chabot Rd, Castro Valley, CA 94546.

We will meet at 8:00am in the parking lot by the park entrance kiosk booth. Our walk will commence promptly at 8:10am. We are planning on an approx. 3.5 mile walk but will adjust according to attendees ability. Paid parking is available or locate street parking around park entrance on Lake Chabot Rd. Bring water, sunscreen, and your face mask.

**Public Safety:** All county COVID-19 protocols remain in place including maintaining a social distance of 6' & mandatory face coverings when this is not possible. Please bring your own face coverings and hand sanitizer. Help us keep the park safe by following the local public safety orders.

## Virtual 5K September Challenge Coming Soon



Stay tuned for our September 5K challenge. Visit our website for additional information.

This event is a great way to stay active and enjoy some friendly competition and is open to everyone and all ages.

**Run, walk, bike, roll, swim, row, or skateboard - complete the 5K any way you want.**

We will select winners from a variety of categories so get creative and have fun.

[Visit our website for more information](#)

## Oktoberfest Dinner/Dance Event - Cancelled

To ensure the safety of Sokol members and friends to meet in large groups we have made the decision to cancel our previously scheduled Oktoberfest Dinner Dance event.

## Regional Mixers - Please Cast Your Vote

Instead of the Oktoberfest Dinner Dance, we are exploring gathering in **multiple small groups utilizing outdoor dining options**. In the Bay Area, we are fortunate to have great weather which allows us to plan these types of activities well into the fall and winter months.

We are interested in seeking your feedback to ascertain if you would feel comfortable attending such a small group outdoor event. We are exploring a couple restaurant options for **Saturday October 17th** including **Gourmet Haus Stadt & Beer Garden in Redwood City** for the Peninsula/South Bay group and **DJ's Bistro in Concord** for the East Bay group

Would you be comfortable attending such an event?

Yes, I would be interested

Select

No, I'm not interested

Select

Uncertain about how I feel at this time

Select

## Filoli Historic Home Event Recap





On Saturday, July 25th and Sunday, July 26th, a total 8 Sokol members and 6 friends visited Filoli Historic Home and Gardens in Woodside, CA and spent an enjoyable afternoons viewing artists' exhibits ranging from paintings and jewelry to wire sculptures and glass while surrounded by the vibrant and blooming gardens of Filoli. The group enjoyed the event while safely visiting and relaxing in a floral oasis in the middle of civilization. We are pleased to report that 3 of the non-Sokol members are considering joining the group. **Submitted by Lea Bronec & Milena Harvey**

#Czechfact in 1926, Filoli's ballroom was opened by the Persinger String Quartet, performing classical pieces by Haydn, Dvorak, and Debussy.

[Visit Filoli Website](#)

## Lafayette Reservoir Event Recap



A group of 7 hikers set off for the loop around Lafayette Reservoir in Orinda with Sokol SF president, Jára Dušatko, who also took our picture. Everyone enjoyed the fresh air during our (little over 3 miles) hike on the beautiful Saturday morning. We are getting used to wearing our protective gear and maintaining social distancing. It was nice to see other members of the Czech and Slovak community as this was our first hike during the COVID pandemic.

**Submitted by Milena Harvey**

SOKOL SF PRESENTS ITS:  
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 2020 SUMMER  
 ART CONTEST

We are pleased to announce the results of our Summer Art Contest and would like to extend our sincere thanks and appreciation to all participants. Your creativity is inspiring and ignites cheerful memories of our previous visits to the Czech Republic and surrounding countryside.

**"The best things in life are the people we love, the places we've been, and the memories we have made along the way."**

- ages 7-10 category 1. Katerina B. / 2. Daniela T. / 3. Katy H. / 4. David T.
- ages 11-15 category 1. Danny H. / 2. Viola S.
- adult category 1. Lenka B. / 2. Blanka N.



Art Contest 2020  
 Winners

## Remembering a Czech Vocal Artist Eva Pilarová

**Eva Pilarová** (9/9/1939 - 3/14/2020) was a [Czech](#) jazz and pop music singer-songwriter and actress. She was a singing legend and the most versatile of Czech singers. She was also a cast member of the Prague Theatres Semafor (1960-1962, 1964-65) and Rokoko (1962-1964). Three-time winner of the Golden Nightingale (Zlatý slavík) award



in the female category.

After the Velvet Revolution of November 17, 1989 she traveled to United States many times to sing before Czech emigrants. In 1977, she continued her career and had a minor role in the movie *If a Thousand Clarinets* as a chorus-singer in the girl's school. During her singing career she had a large number of hits, including duets with Waldemar Matuška, Karel Gott and others.

[Learn more about Eva Here](#)

## Remembering a Czech Legend Dana Zatopková

Dana Zatopková, (9/19/1922 - 3/13/2020) Olympic javelin champion whose love affair with Emil Zatopek enthralled the sporting world. Dana Zatopková was a Czechoslovak javelin-thrower who won two Olympic medals but was best known as the wife of the runner Emil Zatopek, with whom she shared a birthday – and, many felt, one of the great Olympic love stories....



[Read Czech Olympic Committee Announcement Here](#)

[Read Czech & Slovak Leaders Article Here](#)



Watch this amazing 6-1/2 min [video](#) which showcases the Czech company LASVIT and their project in Saipan. Two dragons fighting over a flaming pearl are a symbol deeply rooted in Chinese mythology. LASVIT materialized this symbol in the form of a jewelry piece, which aims to be listed in the Guinness World Records and now decorates the lobby of the Imperial Palace in Saipan. [Video submitted by Milena Harvey.](#)

[Watch YouTube video](#)

## Trdelník vs. Cinnabon:

Prague will soon offer delivery for both sweet cinnamon treats and Trdelniks.  
[Article submitted by Linda Janourova-Tang](#)

[Read Article](#)

Share your favorite - Trdelník or Cinnabon?

Trdelník

[Select](#)

Cinnabon

[Select](#)



Are you a fan of "tramping" or wandering? Read about this Czech tradition in an article published in The Guardian. [Article submitted by Milena Harvey.](#)

[Read Article](#)

Read about artist Tatsuya Tanaka's creative use of masks, toilet paper & thermometers to transform the masks into miniature outdoor adventures. [Article submitted by Nicole Bures.](#)



[Read Article](#)



The Czech Olympic Committee has launched its **Stronger for Life** national campaign which aims to encourage people not currently involved in sport, particularly older generations, to boost their health by living a more active lifestyle.

The project strives to show that people are never too old to make small lifestyle changes that can have a significant positive impact on their health. While the campaign is open to all, the Czech Olympic Committee is specifically targeting the over 40 age group which on average tends to be less active than younger generations. **Consider ways to incorporate exercise into your daily life.**

[Read about Campaign Here](#)

**Practice all the time, practice correctly & practice with Sokol.** Tired of your exercise routine? Try the instructional videos for all ages prepared by Sokol trainers in cooperation with well known sports YouTuber Tomas Touha. The best part, you get to practice your Czech too! #cvičímseSokol



[Visit YouTube Channel](#)



Consulate General of the Czech Republic - Los Angeles



Consulate General of the Slovak Republic - New York

Stay up-to-date on ASO news & events. Sign up to receive their newsletters or visit their website for more information.



## Gymnastic, Social, Educational, Cultural & Non Profit Organization for Czechs, Slovaks & their friends founded 1904

Sokol SF is a non-profit organization operating as an independent unit of the American Sokol Organization (ASO) and its Pacific District. Sokol SF provides physical, educational, and cultural programs for all those who are interested in Czech, Moravian and Slovak culture and their history, as well as those who are bonded by common heritage and ethnic identity.

*Sokol credo is "A Sound Mind in a Sound Body"*



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