

Sokol SF Newsletter – July 2020



Welcome to our new Sokol SF Newsletter

President's Message

Dear Sokol SF Members and Friends,

I am so excited to welcome you to our first electronic newsletter! Thanks to several experienced and creative board members, we are introducing new technologies to improve our communication with you as well as create new ways to connect with you.

During these challenging COVID-19 times we continue to focus on organizing diverse, interesting, educational and athletic activities for all ages for Sokol SF members and friends, as well as the whole Czech and Slovak community.

Follow us on Facebook [@SokolSanFrancisco](https://www.facebook.com/SokolSanFrancisco), visit our website at www.sokolsf.com, and let us know how you'd like to get involved. Your Sokol SF Board members are friendly, fun, and welcoming. We want to hear from you! Contact us at sokolsf@gmail.com or reply to this email.

I am looking forward to seeing you at our future events - both in person and online. Stay safe and healthy!

Nazdar!
Jara Dusatko / President Sokol San Francisco

PLEASE ANSWER: We're improving our communication. How often do you check your email?

Daily

Select

Every few days

Select

Weekly

Select

Rarely

Select

Summer Art Contest - Submit by 7/31



SOKOL SF PRESENTS ITS:
XXXXXXXXXXXXXXXXXXXX
**2020 SUMMER
ART CONTEST**

The summer of 2020 will be different from previous summers and although most of us won't be traveling back to the Czech Republic/Slovakia, we'd like to know what your favorite memory of a past summer trip to the old country is or what summer activities with a Czech/Slovak flavor you hope to do this summer - like picking mushrooms, cooking Czech foods, playing prší with family, and so on.

Using this theme, we invite individuals of all ages to submit an original work of art. All qualifying artwork will be displayed on the Sokol SF website and FB page.

The top 3 submissions in our 4 age categories will win modest monetary prizes.

Please be sure to review the complete rules, including how to submit artwork by 7/31 on our website.

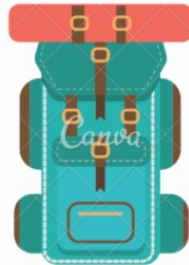
XXXXXXXXXXXXXXXXXXXX
WWW.SOKOLSF.ORG

Complete details about the 2020 Summer Art Contest are available on our website at <https://www.sokolsf.org/events>

Lafayette Reservoir Hike - 8/1

SOKOL SF PRESENTS ITS:

LAFAYETTE RESERVOIR HIKE



**WHEN:
SATURDAY
AUGUST 1ST
2020**

**CALL-TIME:
8:25 AM**

**BRING:
STURDY SHOES,
WATER,
SUNSCREEN, &
YOUR FACE
COVERING**

Join us on our 3rd hike in the "Getting to know Bay Area Better" series at Lafayette Reservoir at 3849 Mt. Diablo Blvd. Lafayette CA. Due to potential high summer temperatures, we will meet at 8:25am at the reservoir parking lot by the parking pay station. Our walk will commence promptly at 8:40am. Parking is \$7.00 per vehicle.

Depending on the group in attendance and their ability levels, we may break into groups. **Group #1 (Easy)** may enjoy the more leisurely, flat, & paved 2.7 mile loop and **Group #2 (Moderate)** if feeling more ambitious may attack the 4.7 mile Rim trail which is dirt road, lots of elevation, and offers minimal shade.

Event registration with directions and RSVP will be in your email inbox tomorrow.

Public Safety: All county COVID-19 protocols remain in place including maintaining a social distance of 6 feet and mandatory face coverings when this is not possible. Please bring your own face coverings and sanitizer. Help us keep Lafayette Reservoir safe by following the Contra Costa County's public safety orders.

Introducing our Virtual Speaker Series



Sokol SF is pleased to announce the launch of our FREE virtual speaker series via Zoom starting this fall. 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.

Our first speaker is scheduled for September 9, 2020. We will be sending event details and registration email in early August.

Sokol SF is recruiting additional speakers to enhance our series. If interested, contact sokolsf@gmail.com

Oktoberfest Dinner/Dance - 10/17/20

SOKOL SF PRESENTS

Oktoberfest Dinner/Dance

Please "Save the Date" for beer, a buffet
and dancing, of course!



OCTOBER 17, 2020 | 6PM - 10PM
CROWNE PLAZA HOTEL, FOSTER CITY

SAVE THE DATE
Oktoberfest Dinner/Dance, October, 17, 2020, 6pm - 10pm
Crowne Plaza Hotel, Foster City

We will continue monitoring all county COVID-19 protocols and are committed to hosting a safe event. As the date of the events approaches, we will reevaluate the local jurisdiction protocols and assess whether we can host this popular event.

Honoring Sokol Member Láda Zrzavý

On Saturday June 13th, Jara & Milan Dusatko, Lea Bronec, & Nicole Bures traveled to Sonoma to visit with Mr. Zrzavy and his wife Ashka Frolik and present the, "ASO Citation of Merit," which recognized his 64 years of Sokol Membership.

Mr. Zrzavy served as a former Treasurer and was an active participant in the Sokol SF group. Mr. Zrzavy was recognized for his long time membership, his versatile, and active work for Sokol, and exemplary fellowship and dedication to the group.



Farewell from Consul General / Consulate General of the Czech Republic

"Dear Friends and Colleagues, As my time in Los Angeles comes to an end, I would like to wholeheartedly thank you for joining me on my nearly five years long journey as a Consul General of the Czech Republic on the US West Coast. While I am excited about the new chapter of my life in Prague, it is with sadness that I say good-bye. My time here was filled with great moments and I will cherish the many friendships I have made along the way. It was a great pleasure to meet you all and I would like to take this opportunity to wish you the best in the future, especially a lot of joy, happiness, and health to you and close ones. It is my hope that our paths will cross again. My great team at the Consulate is at your disposal in case of need. Please do not hesitate to contact them directly at losangeles@embassy.mzv.cz. With my very best wishes, Pavol

**Amb. Pavol Šepelák / Consul General
Consulate General of the Czech Republic**

Walk to Tomáš Garrigue Masaryk's Bust



In March of each year, Sokol SF commemorates Masaryk's birthday by visiting the Rose Garden in Golden Gate Park. We have a short remembrance ceremony and place a bouquet of flowers at the base of the statue.

Tomáš Garrigue Masaryk (1850 - 1937)

A Czechoslovak hero who founded the Czechoslovak democracy and believed in individual responsibility. He asserted that small nations had a vital role to play in Europe

and was convinced they could contribute to the world as a whole. This philosopher, scholar and politician stressed practical ethics and exposed Czechs and Slovaks to what were then the most contemporary advancements in science, humanities and world literature. He promoted religion as a source of morality. He was the first president of Czechoslovakia.

[Learn more](#)

An Evening of Czech Music

On March 8, 2020, together with a group of music enthusiasts, we enjoyed a lovely evening listening to Violin virtuoso Miroslav Ambroš and pianist Zuzana Ambrošová from Prague Czech Republic play beloved pieces from an array of composers, including Händel, Joachim, Vivaldi and Dvořák.



[Learn more about Miroslav Ambroš](#)

In Loving Memory

Alena PÍCHA

(3/8/1934 - 3/27/2020)

Alena was born in a small village near Chotěboř, Czechoslovakia. From her youth she was active in cultural events and athletics. Alena used to be an instructor of Sokol children, brave climber, skier, camper, and enjoyed singing and socializing.

Although, Alena was not allowed to pursue university education due to political persecution of her family in the 1950's, she overcame this hardship by moving to Prague and enrolling in a technical school to become a laboratory technician in the field of geology. She continued to work in this field in the United States as long as her health permitted for Gulf Oil, later Chevron, in both Texas and California. Alena underwent several serious operations but her strong will and toughness never allowed her to give up. She was always very patient, considerate, and modest when traveling, often through the pain, but not complaining.

We'll remember Alena as a smiling, loving, understanding, generous, fair, hospitable, nice and modest woman. A very real and sincere friend and for many of us she is a hero.

Alena is survived by her husband, daughter, and two grandsons.



Stay up-to-date on ASO news & events. Sign up to receive their newsletters or visit their site & download current issues.

[Visit American Sokol Website](#)

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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