

# SOKOL SF CALENDAR OF EVENTS | MARCH 2019

Be sure to check [www.sokolsf.org](http://www.sokolsf.org) for the most up-to-date information about these and other events.

## MARCH 2019

### Easter Egg Decorating Class

3/2 | 2:00pm - 3:30pm

Orinda Community Center Rm 6

Come to this fun annual tradition when Lenka "the Egg Lady" teaches us all about Easter egg decorating! Space is limited, to attend please RSVP to [sokolsf@gmail.com](mailto:sokolsf@gmail.com).

### \*A Conversation with Former Ambassador Norman Eisen

3/4 | 6:30pm - 7:30pm

Commonwealth Club | SF

Tickets through Club's Website

Norman Eisen, former U.S. Ambassador to the Czech Republic (2011-2014) discusses his new book, "The Last Palace: Europe's Turbulent Century in Five Lives and One Legendary House," with Steven Saum.

### Miroslav Ambroš Violin Concert

3/12 | 7:00pm - 9:00pm

All Saint's Church | Palo Alto

\$15/adults | \$5/kids @ door

Violin virtuoso Miroslav Ambroš returns to the Bay Area to play beloved pieces from an array of composers.

## APRIL 2019

### Czech That Film Festival

4/5 - 4/7

Roxy Theater | San Francisco



### Sokol Spring Dinner/Dance

4/27 | 7pm - 10pm

Crowne Plaza Hotel | Foster City

## MAY 2019

### Long-Time Member Lunch

5/7 | 12pm - 1pm

Long-time Sokol members are invited to lunch to gather together and reconnect.

### Visit to the Czech, Moravian & Slovak Folklore Festival

5/18 | 3pm - 10pm

La Mesa (San Diego Area)

Sokol will contribute a small portion (based on the number of participants) towards travel expenses of members who travel to the Folklore Festival in La Mesa. Space is limited.

Photo of Karicka on the left by Val Dostalek - [www.valdostalek.com](http://www.valdostalek.com)

## JUNE 2019

### SF Opera Presents, "Rusalka"

6/16 | 1pm Pre-Opera Talk

2pm - Opera Showing

The SF Opera and Sokol bring you a pre-opera lecture and opportunity to see Dvořák's beloved opera, "Rusalka..". Use code "SOKOLSF" for 30% off regular tickets at [www.sfopera.com/offer](http://www.sfopera.com/offer).

\* Events Not Organized or Sponsored by Sokol

# ZPRÁVY SOKOL SF | MARCH 2019

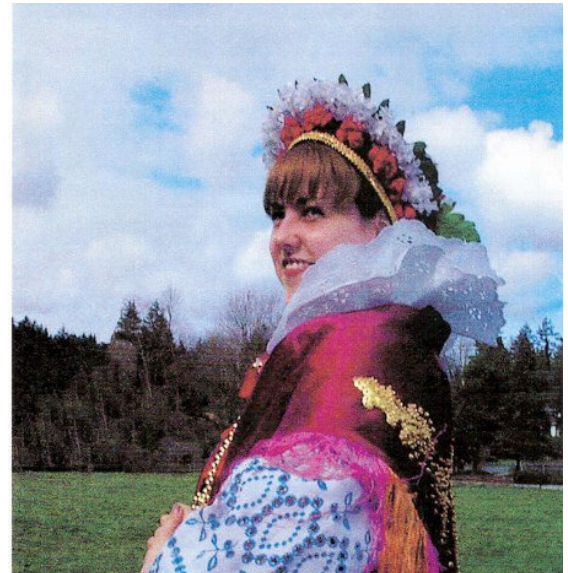
Sokol SF is proud of its members - whether those who have been a part of the organization for years or those who have just joined. This month, we'd like to introduce you to one of our newest members, Anastasia Heroldová!

Anastasia Heroldová is a proud Czech-American, several generations removed. Her ancestors immigrated from Bohemia over 100 years ago. Her 2nd-great-grandfather helped to found Sokol organizations in Cleveland and Chicago.

Anastasia received her master's degree in dance from UCLA, and went on to perform in and manage several folk dance ensembles for the past 25 years. Anastasia is a music educator and works for the San Francisco Symphony. She has three children and four stepchildren, and loves working with children of all ages at dance classes and summer camps. Last fall, she taught folk dance classes to several Czech families whose children came together to form "Sokolíci" (little Sokols), who performed at the 100th Anniversary of the Founding of Czechoslovakia celebration.

This summer, Anastasia is teaching kids ages 6-10 at a special 3-day summer camp in Orinda! The camp takes place July 1-3, from 9am to 12pm. Kids will learn fun dances and do an art project every day.

Welcome Anastasia!



Dances of Europe  
taught by Anastasia Heroldová

July 1-3 | 9am - 12pm  
Orinda Community Center

Learn folk dances from Hungary, the Czech Republic, Slovakia, Romania and Israel, among others. Dancers will take a break mid-morning for a fun art project.

Register online at  
[www.orindaparksandrec.org](http://www.orindaparksandrec.org)  
camp code #1829

## INTERESTED IN JOINING SOKOL SF

Would you like to join Sokol SF and take advantage of all the wonderful benefits members have? Do you have ideas for the types of events and gatherings you'd like to participate in?

Please email [sokolsf@gmail.com](mailto:sokolsf@gmail.com) for membership information or to share your input!

[www.sokolsf.org](http://www.sokolsf.org) | FB @sokolsanfrancisco