

# Sokol SF Newsletter - October 2020



## President's Message

Dear Sokol SF Members & Friends,

Welcome to our fourth electronic Newsletter!

We hope you are motivated by our remote physical activities "Virtual 5K Challenge" & "Workout with Sokol," to stay strong, healthy, and well balanced. Results from participant submissions will be shared in an upcoming newsletter.

In October, Sokol is offering several opportunities for you to participate in new activities, a socially distanced hike around Crystal Springs Reservoir, and an in-person gathering at Gourmet Haus Staudt & Beer Garden in Redwood City.

In January 2019, President Miloš Zeman declared and the Senate of the Czech Republic approved **October 8th** as **Sokol Memorial Day**, "Památný Den Sokolstva." This day recognizes Sokol's irreplaceable position in history; its comprehensive educational system based on strong character and high moral values, cooperation, friendship, and overcoming obstacles. **This day is being celebrated by the Czech Republic Sokol as well as Sokol members abroad.**

Many thanks to those who have expressed appreciation for our new format of the newsletter and provided positive feedback about our program, which are carefully developing within the current restricted conditions. Contact us with any questions, comments, or suggestions at [sokolsf@gmail.com](mailto:sokolsf@gmail.com)

Enjoy our October Newsletter and stay healthy!

Nazdar!

Jara Dusatko/President Sokol San Francisco

Would you like to commemorate a milestone, such as a birthday, graduation or other special event? Submit a short paragraph and picture to [sokolsf@gmail.com](mailto:sokolsf@gmail.com) by the 28th of the month and we will include in the next month's newsletter.



## CALENDAR OF EVENTS

**October Month Long** - Virtual 5K Challenge extended through month of October

**Thurs Oct 8th** - Sokol Memorial Day (Pamatny den Sokolstva)

**Sat Oct 17th** - Oktoberfest Happy Hour @ Gourmet Haus Staudt & Beer Garden

**Sat Oct 24th** - Sawyer Camp Trail @ Crystal Springs Reservoir Hike / San Mateo

**Wed Oct 28th** - Czech National Day (City of SF City Hall flag raising)

**Sat Nov 14th** - 2nd Speaker Series Event - Jiří Krátký Special Envoy for Expatriate Affairs

## UPCOMING EVENTS

### 9 | 1 - 10 | 31 Virtual 5K Challenge



We have extended our virtual 5K challenge all allow for greater participation.

Lace up your sneakers, dust off your bike or skateboard, jump in the pool and let's get moving together, but separate.

This event is open to our members and friends all around the world and a great way to stay active and enjoy some friendly competition. All ages are welcome & encouraged.

**Run, walk, bike, roll, swim, row, or skateboard - complete the 5K any way you want. We encourage you to get creative and have fun.**

After you finish your 5K, submit your results and photo to our finisher gallery at [sokolsf@gmail.com](mailto:sokolsf@gmail.com).

We will have modest cash prizes for various categories including best selfie. Let's see how many kilometers we can go together.

### Saturday 10|17 Oktoberfest Happy Hour Gourmet Haus Staudt & Beer Garden

We're hosting a Happy Hour at:

**Gourmet Haus Staudt & Beer  
Garden** at  
2615 Broadway, Redwood City, CA

**5:00pm - 7:00pm**

Beer, wine, and food will be available for purchase.

"Gourmet Haus Staudt has a thoughtfully selected German and craft beer line up. Our varied German menu, complete with rotating daily specials, compliments our ever-changing beer selection for a unique





## OKTOBERFEST

COME AND CELEBRATE GREAT BEER!

OCT  
17  
2020

5PM | SATURDAY  
GOURMET HAUS STAUDT &  
BEER GARDEN

SEE YOU THERE!

experience." Be sure to check out the market which carries a wide range of rare European goods including pickled vegetables, German import candies, deli meats and cheeses along with the Bottle Shop to pick up your favorite beer."

Plan on joining us for a fun evening & let us know below so we can plan accordingly & secure sufficient tables.

### Will you be joining our Oktoberfest Happy Hour?

#### LOCATION

Gourmet Haus Staudt & Beer Garden / Redwood City

#### DATE AND TIME

10/17/20 5:00pm-10/17/20 7:00pm



**Saturday 10|24 Hike**  
**Sawyer Camp Trail @ Crystal Springs Reservoir**



Join us on our next hike in the "Getting to know Bay Area Better" series at **Sawyer Camp Trail at Crystal Springs Reservoir** 950 Skyline Blvd., San Mateo CA 94401 (Corner of Skyline Blvd. & Crystal Springs Rd.)

We will meet at **8:30am** in front of the Sawyer Camp Trail sign. Our walk will commence promptly at **8:40am**. We are planning on walking between 3 - 5 miles but attendees may adjust accordingly to their ability. Street parking is available around the trail entrance on both Skyline Blvd. & Crystal Springs Rd. There are also a couple ADA spaces adjacent to the park entrance. There are park benches and a restroom facility available inside the park entrance. 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 & hand sanitizer. Help us keep the park safe by following the local public safety orders.

## **Saturday 11/14 @10am PST via Zoom Speaker Series Event Special Envoy for Expatriate Affairs of the Ministry of Foreign Affairs of the Czech Republic, Jiří Krátký**

Please join us for a conversation with Special Envoy for Expatriate Affairs of the Ministry of Foreign Affairs of the Czech Republic, Jiří Krátký.

Mr. Krátký will be speaking mostly in English with some responses possibly in Czech.

Event is limited to 100 attendees so register today. Last day to register, 11/13.

Email your questions in advance to [sokolsf@gmail.com](mailto:sokolsf@gmail.com)





[Register Here](#)

## EVENT RECAP

### Speaker Series / Dr. Petr Jansa, Ph.D



This year the ability to pivot has enabled organizations to continue fulfilling their missions and engage the community and Sokol SF is no exception. Because our ability to gather in person is limited, on September 9th, Sokol SF launched a virtual speaker series with a presentation by Petr Jansa, PhD, about a timely topic on everyone's mind - COVID-19. Dr. Jansa spent an hour discussing the disease, its transmission, his work on developing anti-viral drugs, including Remdesivir, and ways to protect yourself, while answering questions from the approximate 43 attendees who were present via Zoom. The presentation was a fascinating dive into some of the details about the history of coronaviruses, how they spread, current therapies and the ways we can defeat the virus. We thank Petr, a Sokol SF member, for his time and for educating us!

[Download E-Resource Guide](#)



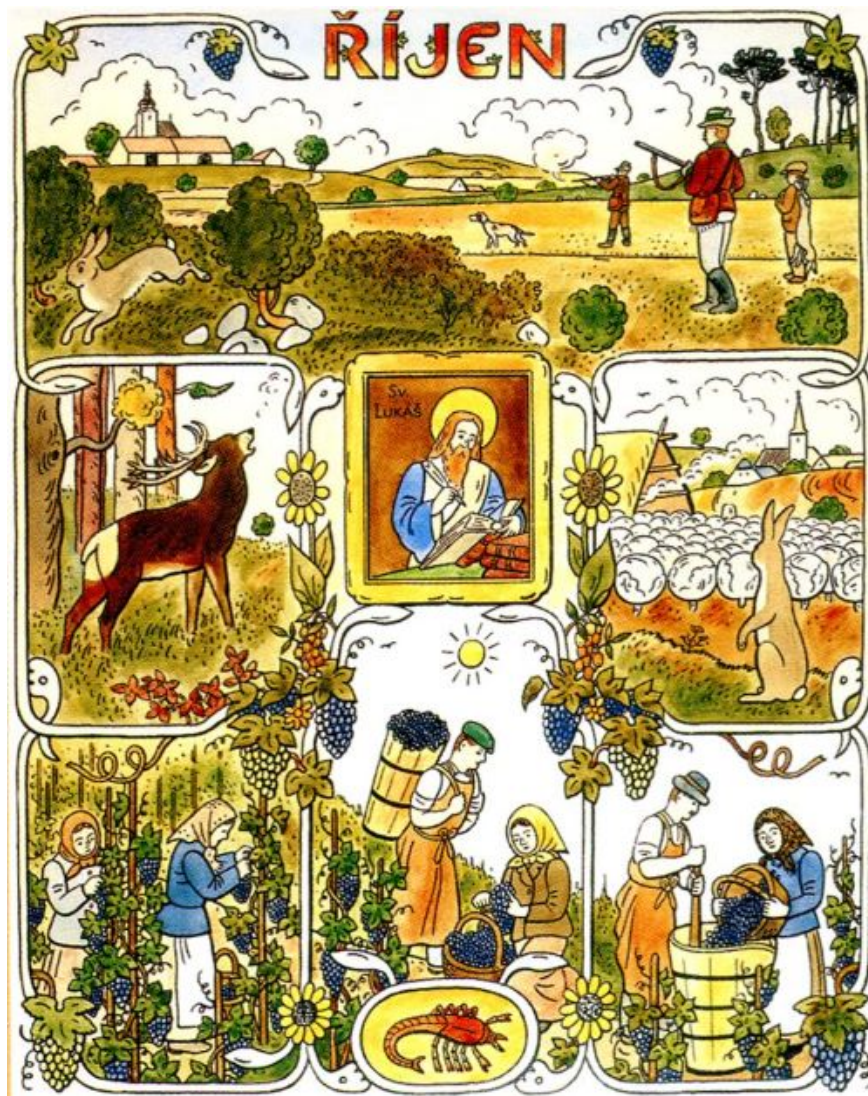
## Lake Chabot Hike Recap



Thank you to the 10 members & friends who joined the Lake Chabot hike on Saturday 9/26. We completed a 4 mile loop both on the paved lake perimeter trail as well as hilly and scenic dirt path. The hike included a group exercise stretching circle.

## MONTHLY NEWS

### Říjen / October by Josef Lada



Říjen / October, Josef Lada 1940 / "Month of the rutting season"

Some of the items included:



## Sokol SF Provides Scholarship to CZ Schools of California Students

Vítej zpátky ve škole! Welcome back to school!

Sokol is very pleased to support the Czech School of CA and thrilled to announce that two families were awarded Scholarships to attend the Czech School of CA this fall semester. The Czech School of CA is starting their classes off virtually to comply with social distancing regulations. Young families will be meeting each other online for their instruction and connection time. Sokol's collaboration with the Czech School of CA allows members to participate in events together such as our annual picnic sponsored by Sokol celebrating the end of the academic year classes at Lake Chabot in Castro Valley each June.

The goal of these scholarships is to foster learning about the Czech/Slovak culture and language. Since 2014 Sokol SF has donated \$8,000 in scholarships and we look forward to a continued collaborative relationship going forward. Our congratulations to the two families who won these scholarships and we look forward to hearing from the students regarding what they enjoyed most about their experience.

## Mushroom Picking / Na houby



I think mushrooming could be a Czech national sport. According to Wikipedia, Czechs are considered the most passionate mushroom pickers in the world, and at least once a year more than 70% of the Czech population heads to the woods to collect mushrooms.

Not every Czech likes to eat mushrooms though; I personally know a lot of people who love walking in the woods and collecting mushrooms, but totally ignore the eating part. I love to pick and cook mushrooms and I love eating them too. Here are few trophy pictures from my recent trip home to the Czech Republic.

I'm eager to find a NorCal location where we could visit to enjoy this hobby. If you know of a location or a friend or group who would share some info or even take us for a mushroom hunting adventure, let us know at [sokolsf@gmail.com](mailto:sokolsf@gmail.com) as we would love to participate in this Czech Slovak tradition. Pictures and article submitted by Milena Harvey.

Recipe for Creamy Mushroom Soup

## Oct 8th / 8. říjen Sokol Memorial Day (Památný den Sokolstva)

V roce 2019 byl Vládou České republiky 8. říjen schválen Významným dnem České republiky jako Památný den sokolstva.

Památný den sokolstva je poctou všem členům a členkám Sokola, kteří během téměř 160 let existence našeho spolku obětovali své životy v boji za svobodu, demokracii a samostatnost. Od roku 2019 je zařazen do kalendáře významných dnů České republiky.

### Nacistická "Akce Sokol"

Datum 8. října bylo zvoleno jako připomínka tragických událostí roku 1941. V noci ze 7. na 8. října 1941 gestapo v rámci "Akce Sokol" zatklo na 1500 sokolských činovníků z ústředí, žup i větších jednot. Byli mučeni, vězněni, deportováni do koncentračních táborů. Plných 93 % z nich do konce války zahynulo. Ještě během této noci podepsal Reinhard Heydrich úřední výměr o rozpuštění České obce sokolské, kterou nacisté považovali za nejnebezpečnější domácí organizaci. Nejvýznamnějším skutkem sokolského odboje se pak stala spolupráce při atentátu na Reinharda Heydricha, který by se bez doslova sebevražedné pomoci sokolů nemohl nikdy uskutečnit.

### Pietní akty {Večer sokolských světel}

Po celý den 8. října se v místech, kde působí sokolské jednoty, konají různé pietní akty a společenská setkání. Celý den zakončuje Večer sokolských světel. Tradiční sokolská vzpomínková akce má svíčkami puštěnými po vodní hladině připomenout osud konkrétního sokolského hrdiny, který obětoval život pro svou vlast.

## Welcome Baby Vincent

**Blahopřejeme k příchodu vašeho chlapečka!**

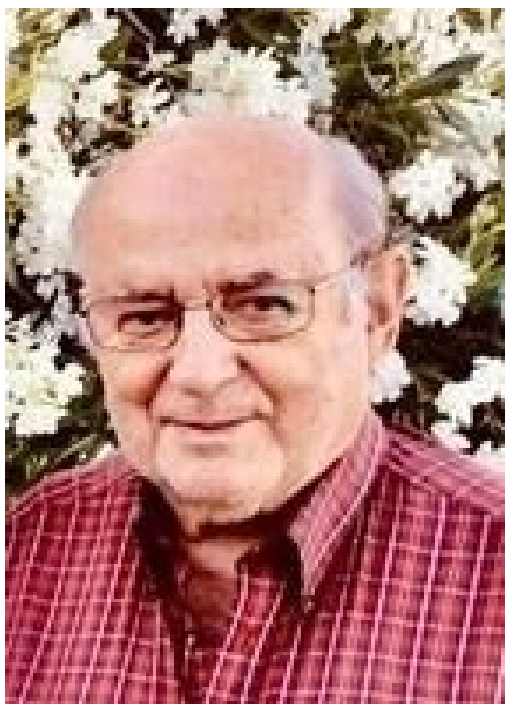
Welcome to the newest Sokol SF member!

**Vincent Teyrovsky Jaramillo Livingston**  
Born Sept 15, 2020  
7 lb. 1.2 oz. ,19" long

Mom and baby are doing well.



## In Remembrance Ludwig Mlynek



**Ludwig Mlynek**  
March 21, 1936 - Sept 16, 2020

Ludwig Mlynek passed away peacefully at the age of 84, with his wife and both of his sons at his side, succumbing to complications from long-term kidney failure. Born in Holesov, Czechoslovakia, graduated from business school in Zlin and the University of Economics in Prague. In 1976, Ludwig, his wife, and their two sons escaped from Czechoslovakia through Austria to the US. Ludwig led a full life, and had a very successful 24-year career in Bank of America. He was a long-time member of Sokol SF and will be missed by all. Due to current COVID-19 restrictions, a celebration of his life will take place next year, with the date to be announced

[Visit Obituary Announcement](#)



## Almost Bananas Traditional Food & Life in Slovakia Website



Almost *Bananas*  
traditional food and life in Slovakia

Visit and follow this informative & creative website created by Naomi Huzovicova a Canadian woman living in Slovakia with her Slovak husband and their children. On her website, Almost Bananas, she shares about her life living in Slovakia, recipes, Slovak traditions, & places to visit. You'll also find her more adventurous recipes, especially those related to foraging, fermenting, and offal.

[Visit Website Here](#)

## Live Virtual Tours



House of  
Lobkowitz

**Live Virtual Tours of the Lobkowitz Palace Museum with William Rudolf Lobkowitz. Available every Sunday for \$10.**

Experience world-class art without leaving your home! Explore the history and splendor of the Lobkowitz Palace Museum through our new Live Virtual Tours. On your hour-long tour, enhanced with audio-visual content to bring stories to life, Mr. Lobkowitz will personally lead you through the Collections, which feature world-famous paintings by Canaletto, Bruegel, and Velázquez, decorative arts, and hand-annotated manuscripts by many of the world's greatest composers, including Haydn, Mozart, & Beethoven.

[Visit Lobkowitz Website to Book your Tour](#)

## NEWS FROM AROUND THE WORLD

Předmět: B. SMETANA a VLTAVA v podání K.Gotta. Beautiful performance! Great memory of Karel Gott singing Smetana's "Má vlast" (My country). It is gentle and touching. Scenes from Prague and Czech countryside are adding to the depth of the performance.  
[Video submitted by Milena Harvey's mom.](#)

[Watch Video](#)

Czech brewery Bernard launches a beer-based brandy. [Article submitted by Nicole Bures.](#)

[Read Article](#)

Nádherné kyjovské kroje zůstanou letos u krajanů z Chicaga v šatníku, [Article submitted by Jara Dusatko](#)

[Read Article](#)

Important Czech words for surviving the first week of school, [Article](#)

**Work out regularly, work out correctly & work out 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! #cvičímseSokolem



[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.

[Visit ASO 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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