

Sokol SF Newsletter – September 2020



President's Message

Dear Sokol SF Members & Friends,

Welcome to our third electronic Newsletter!

We continue to be focused on creating interesting and educational events and activities for all our members, friends and for the whole Bay Area Czech and Slovak community.

To strengthen your immune system, you can participate in exercises either in "September 5K" friendly competition, or "Workout with Sokol #cvicimsesokolem#" or take part in "Dance classes" to learn the simple steps of traditional polka and mazurka.

We are happy to witness gradual loosening of strict regulations to allow us organizing new outdoor activities, such as a hiking at Lake Chabot and visiting other beautiful destinations in the Bay Area.

Don't miss the opportunity to register for a free on-line presentation about Covid-19 by a local Czech scientist, Petr Jansa, Ph.D.

Enjoy our September Newsletter that also includes some interesting news from the Czech Republic.

Nazdar!
Jara Dusatko / President Sokol San Francisco

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Follow us on Facebook @SokolSanFrancisco or find us online at www.sokolsf.org. Thank you for being a part of the Sokol SF Community. Consider getting further involved and help us build upon what we do - whether as a member, volunteer, board member, or committee chairperson - there's a place for everyone. Contact us at 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



CALENDAR OF EVENTS



- September Month Long - Virtual 5K Challenge
- Wed Sept 9th - Speaker Series Dr. Petr Jansa Ph.D
- Sat Sept 12th - Lake Chabot Regional Park Hike
- Sat Oct 3rd - Peninsula Hike - Exact Location TBD
- Thurs Oct 8th - Pamatny den Sokolstva

Sat Oct 17th - Regional Outdoor Mini Events
Wed Oct 28th - Czech National Day (City of SF City Hall
flag raising)

UPCOMING EVENTS

9 / 9

Speaker Series - Dr. Petr Jansa Ph.D



SOKOL SF SPEAKER SERIES PRESENTS

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

SEPTEMBER 9
7PM - 8PM



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.

Help us promote this event and invite your friends and family to join. Submit your questions in advance to sokolsf@gmail.com

[Register Here](#)

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

9 / 12

Hike - Lake Chabot Regional Park



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.

9 / 1 - 9/ 30 Virtual 5K Challenge

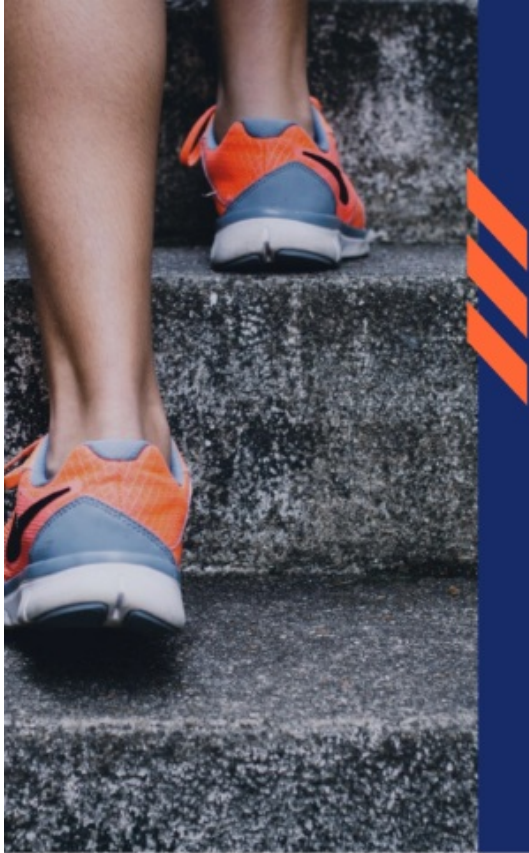
Its time for our September virtual 5K challenge. Lace up your sneakers, dust off your bike or skateboard, jump in the pool and let's get moving together, but separate.

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 and participants have from Sept 1 - 30 to complete the 5K.

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.

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

[Visit our website for more information](#)

Dance Classes for Children 5-15 Offered on-line through City of Orinda



Czech/Slovak dance classes offered through Zoom
Fridays from 4:00-4:30pm tarting Oct 2nd - Nov 6th (6 classes).
Ages 5-15 welcome! No dance experience necessary.

Classes will be offered through the City of Orinda ([course sign up link coming soon](#))

Dance teacher Anastasia Heroldova (M.A., Dance, UCLA) demonstrates children's dance steps from cultural regions of the Czech Republic and Slovakia. Simple dance steps will be shown with children following along at home. Parents are encouraged to watch and participate.

Class will begin with a stretching exercise, followed by clapping along to a new rhythm each week. Examples include the traditional polka, mazurka, and waltz from these regions. Dance steps will be demonstrated next, with emphasis on building on steps from week to week to form complete dances. Dancers, parents, and siblings participate in a complete dance at the

end of each dance lesson. Each week, traditional costume pieces will be highlighted along with music listening examples from Czech and Slovak culture.

Advanced students may participate in homework assignments to complete with their parents, such as identifying parts of Czech and Slovak culture, highlighting cultural areas on maps, and locating references on YouTube to share with the class and instructor.

[Visit City of Orinda website](#)

We Want to Hear From You

As you may have read in last month's newsletter, we made the decision to cancel the previously scheduled **Oktoberfest Dinner Dance Event**. Our members and friends health and safety are important and we are continuing to explore gathering in **multiple small groups utilizing outdoor dining options**.

We are interested in seeking your feedback to ascertain if you would feel comfortable attending such a small group outdoor event. We are exploring two different 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

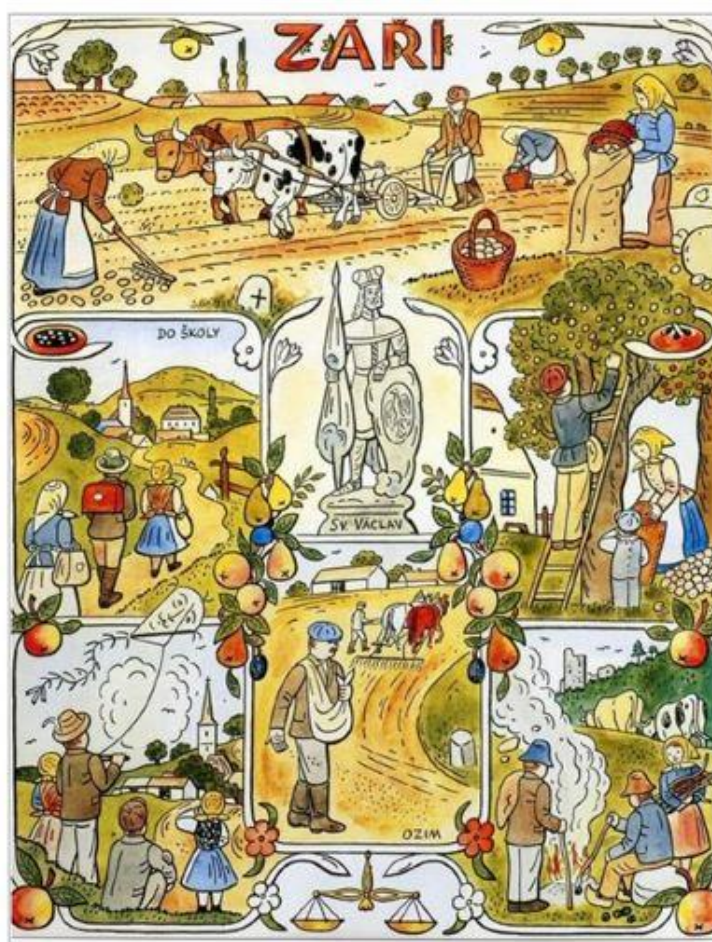
No, I'm not interested

Select

Uncertain about how I feel at this time

Select

Září / September by Josef Lada



Any fans of Josef Lada (12/17/1887 - 12/14/1957) out there?

Lada born in Hrusice, Bohemia, was a Czech painter, illustrator and writer. He is best known as the illustrator of Jaroslav Hašek's World War I novel *The Good Soldier Švejk*, won the *Deutscher Jugendliteraturpreis* in 1963. Personally I'm a fan of his famous calendar which depicts traditional activities that would & often still take place during each month in Bohemia.

[Visit Josef Lada website](#)

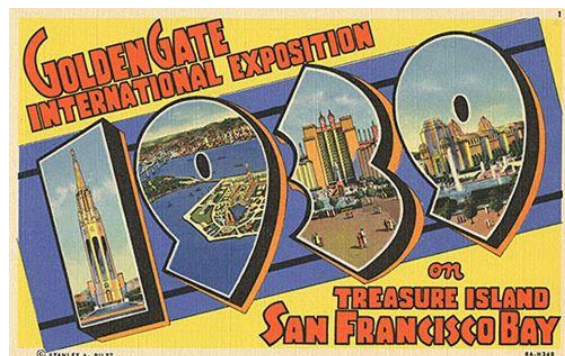
Září "The glowing month" 1940

Some of the items included are:

- potato harvest
- kolache
- "do školy" / to school - CZ school traditionally starts on Sept 1st
- "sv. Václav" / St. Wenceslas - the patron of Bohemia, assassinated on Sept 28th, year 929 or 935
- Apple picking
- Kite flying - traditional fall CZ activity
- "ozim" / winter wheat
- Fall campfire
- Libra

Golden Gate International Exposition

Read about the The International Exposition, the "World's Fair of the West," on Treasure Island. The Exposition was opened from Feb 18, 1939 – Oct 29, 1939, and May 25, 1940 – Sept 29, 1940 and the history of the T.G. Masaryk bust which was later donated to the City of SF in 1962 and installed in the Rose Garden at Golden Gate Park.



[Read article here](#)

INTERESTING NEWS

Can you relate to this article? "I forgot the word for..." How living abroad makes us lose touch with our mother tongue. [Article submitted by Nicole Bures.](#)

[Read Article](#)

Any Mucha fan's out there? Ivan Lendl's collection of Mucha posters will return to Prague next week with a modern twist. [Article submitted by Nicole Bures.](#)

[Read Article](#)

Záhadná smrt zakladatele Sokola. Zabilo ho jeho dílo. [Article submitted by Denisa Feddersen.](#)

[Read Article](#)

Meet the man who walked 2,000 km all along the Czech Republic's borders. [Article submitted by Linda Janourova-Tang](#)

[Read Article](#)

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! #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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