

Sokol SF Newsletter - December 2020



President's Message

Dear Friends of Sokol SF,

Please enjoy the last edition of our our 2020 newsletter.

In early March, none of us could have predicted how long we would have to remain isolated from each other, restricting us from organizing our regular physical, social, and cultural gatherings and activities.

As stated by ASO president Jean Hruby, "Sokols do not cancel events, they keep moving forward, rain or shine!" So does our unit; **we have kept moving forward under altered and permissible conditions**. Thanks to new technologies and our ingenious board members, we have embraced the virtual platform Zoom and utilized it to encourage community, communication, and connection. In addition to our virtual events, such as the two Speaker Series events - one with Dr. Petr Jansa and the second with Mgr. Jiri Kratky - a 5K Challenge, and the Czech Christmas Baking Demonstration, we were able to safely participate in a series of hikes and the Octoberfest Happy Hour at Gourmet Haus Staudt & Beer Garden.

To help you **maintain your physical and mental health** we encourage you to join "Practice all the time, practice correctly and practice with Sokol" according the instructional videos for all ages prepared by Czech Sokol #cvičimsesokolem.

We all face different challenges and are hopeful for a better future on the horizon. Looking forward to seeing you virtually at the **Sokol SF Annual Meeting on January 9, 2021**. Enjoy our December Newsletter, stay strong, safe, and healthy! May you all have a wonderful Holiday Season.

Nazdar!

Jara Dusatko/President Sokol San Francisco

We welcome your questions, comments, or suggestions at sokolsf@gmail.com

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 by the 28th of the month and we will include it in the next month's newsletter.



EVENT RECAP

Czech Christmas Baking Demonstration A Delicious Success



Our interactive Czech baking demonstration hosted by three of our Sokol SF members was a delicious success! Almost 60 members and friends attended this virtual event. Participants not only joined us from the San Francisco Bay Area, but also from all over the United States and Canada, the Czech Republic and Slovakia!

Our bakers shared their tips and techniques while demonstrating how to bake some traditional Czech holiday favorites. Thank you to our bakers - Milena H. Jana W., & Petra C. A special shout out to Petra's daughter for helping her mom decorate the gingerbread cookies and to Milena's husband, Taz for his videographer skills. Thank you to Linda J. for moderating our event and to Jana B. and Nicole B. for their help behind the scenes and promotion of our event.

Czech women have elevated Christmas baking to a national sport and there is often an informal "competition" for how many different types of cookies one presents so we hope to have increased your baking repertoire as well. Jana W. reminds us to slow down and have patience with the ingredients and the process and to enjoy the Christmas atmosphere. Making cookies and vánočka are part of the Czech Christmas experience and we hope you learned something new and had fun watching our presentation.

Some early member and friend feedback on our event:

"Thank you, Sokol SF, this was very enjoyable. Hope you can do the Zoom presentation next year also." Kathy H - Sokol LA

"My attempt came out delicious! The event this morning was wonderful and the bakers were amazing! I watched with my brother in CO and we had my mom on in Santa Cruz we aren't together physically right now but so lovely being together baking with Sokol. dekujeme moc!!!" Barbora S.

"Moc se mi líbilo. Jsem Vám Moc vděčná za tuto prezentaci. Všechny dámy byly úžasné. Díky že jsem mohla být s Vámi." Hana Z.

"Thank you very much to all organizers! It was well done, interesting, informative, and fun!! So appreciate it, many thanks!" Denisa F.

"Our newest Sokol member Kathleen H. commented on how competent the instructors (JanaW, Milena & Petra) were. She was so impressed with the organization of the entire

session (JanaB, Nicole & Linda) and how well the instructors described each step. We are working on our cookies now and proud to say our son Alex, who studied in Praha, is making a second batch. This was an amazing success and I am so proud to be a part of the event! Kudos to you all! Thank you for your efforts and time (and our taste buds thank you also)."

Vesele Vanoce! Helenka L.

We plan on hosting more Czech and Slovak culinary demonstrations, so keep an eye out on our newsletter announcements in the new year.

Speaker Series Event - Special Envoy for Expatriate Affairs of the Ministry of Foreign Affairs of the Czech Republic, Jiri Kratky



Thank you to all members and friends who joined our November Speaker Series Event with Mgr. Jiri Kratky. We had an informative presentation focusing on the correspondence voting initiative and learned about his office's initiatives, support of CZ Radio project, financial support of cultural activities and the promotion and support of CZ language programs. Mr. Kratky was very supportive of our unit's activities and providing connections for expatriates living abroad. Thank you to Mgr. Kratky and the Sokol SF Events Group for promoting and hosting this event.

Do you know anyone who would be interesting in sharing a presentation? 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 our community. Discussions will be live via Zoom 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

++++
Consider attending the **next virtual debate on correspondence voting** with representatives of the Ministry of Foreign Affairs of the Czech Republic Martin Smolek, Deputy Head of the Legal and Consular Section, Pavel Pitel, Director of the Consular Department of the Ministry of Foreign Affairs of the Czech Republic and Jiří Krátký, Special Representative for Expatriate Affairs, Ministry of Foreign Affairs.

This Friday, December 11th 7:00 am PST.

[Learn more about December Virtual Debate Here](#)

[Register for Dec 11th virtual debate Here](#)

[Czech Radio Article re November Virtual Debate Here](#)

MONTHLY NEWS

Prosinec / December by Josef Lada



Prosinec / December, Josef Lada 1940 / "Month of the Millet"

Some of the items included:

"koledníci" / carolers * "Svatý Mikuláš" / St. Nicholas * Sliced apples, walnut shell, candle, & carp - all 4 are symbols of Czech Christmas * Midnight mass * "Štědrý den" / Christmas Eve Day * Night Watchman * "Vánočka" / Czech braided bread * Capricorn

[Meaning behind Czech Christmas Ornaments](#)

The Christmas tree is an important part of the holiday season for Czech and Slovak families and although every Christmas tree looks a little different, there are traditional decorations Czechs and Slovaks place on or around their tree.

- An angel represents the angel who appeared before Mary, asking her to be the mother of Jesus.
- Strings of popcorn signify the rope Joseph held as he led the donkey to Bethlehem.
- Walnuts are the gifts from the three wise men.
- Oranges are a special fruit only available during the Christmas season.
- Wheat is a symbol of life, prosperity, and nourishment.
- The cloth at the base of the tree: represents Jesus' swaddling clothes.
- Apples are a reminder of Adam and Eve.
- A white dove is placed near the top of the tree to evoke peace.
- Carrots bring good luck in the kitchen,
- Mushrooms mean good fortune is at hand.
- Moravian stars celebrate the beginning of Advent.
- Pine cones and evergreen mean eternal life.



Česká Mše Vánoční or Czech Christmas Mass Animated Film



We invite you to watch this Czech animated film by Jakub Jan Ryba entitled Česká mše vánoční or Czech Christmas Mass, Hej mistře, with animated images by Josef Lada. It originally appeared on Czech TV in 1966.

The combination of Ryb's Czech Christmas Mass, Josef Lada's Nativity scenes and dozens of other Lada characters and scenery have been created into a wonderful animated film of the same name, which has been an integral part of the Czech Christmas holidays for decades. The program is in 3 parts,

and they are included along with the original Czech lyrics to the songs.

[Visit Tres Bohemes Website to watch video](#)

Czech Centres Commemorate 350th Anniversary death of John Amos Comenius

The anniversary of the death of the Czech philosopher and educator Jan Amos Komenský (1592 to 1670) is being commemorated by Czech Centres as far afield as Rotterdam, Rome, Bratislava, Tokyo and



Warsaw.

John Amos Comenius was a Czech philosopher, pedagogue, and theologian from the Margraviate of Moravia^{[2][3]} who is considered the father of modern education. He served as the last bishop of the Unity of the Brethren before becoming a religious refugee and one of the earliest champions of universal education, a concept eventually set forth in his book *Didactica Magna*. As an educator and theologian, he led schools and advised governments across Protestant Europe through the middle of the seventeenth century.

Comenius introduced a number of educational concepts and innovations including pictorial textbooks written in native languages instead of Latin, teaching based in gradual development from simple to more comprehensive concepts, lifelong learning with a focus on logical thinking over dull memorization, equal opportunity for impoverished children, education for women, and universal and practical instruction. Besides his native Bohemian Crown, he lived and worked in other regions of the Holy Roman Empire, and other countries: Sweden, the Polish–Lithuanian Commonwealth, Transylvania, England, the Netherlands and Hungary.

[Czech Radio Article about Comenius](#)



CZECH boxes

Interested in purchasing some Czech delicacies, snacks, spices, teas or other favorites? Then visit the Czech Boxes website and place your order.

Zasíláme české potraviny z ČR až k Vám za oceán. Zboží vyberete, zprávou objednáte, zaplatíte a o zbytek se postaráme my.

[Czech Boxes Website](#)

NEWS FROM AROUND THE WORLD

Stunning glass house wins Czech architecture's top prize, Prague riverside 'cubicles' make finals. A traditional 19th-century North Bohemian wooden house, set next to a sleek glass structure creates a gorgeous effect

[Read Article](#)

Czech Artist Transforms Acorns Into Elves And We Can't Get Enough Of Them

[Read Article](#)

Czech Christmas Traditions & 2 Christmas Cookie Recipes

[Read 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! #cvičímse sokolem



[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"



// FOLLOW US ON SOKOL SF FACEBOOK //

