VĚSTNÍK

A newsletter of
Sokol San Francisco
http://www.sokolsf.org

SUMMER
2017







Participiants from Sokol San Francisco

American Sokol XXIV Slet & Festival Cedar Rapids, Iowa


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Figure 1/ Our Spring Dinner Dance was on April 1st but we aren't foolin' when we say it was a fantastic time at the Crowne Plaza in Foster City.

Figure 2/ In all, David and Jena's engagement was a special moment that made the 'No Fooling' Sokol Dinner Dance all the more enjoyable.

Figure 3/ Sokol Walk for your Health on May 11. On a bright spring day, Sokol San Francisco members and friends are visiting Berkeley Botanical Garden and admiring native plants from all over California.

Figure 4/ At least twice as many people than usual gathered at our Spring Picnic at Lake Chabot on June 11. The morning belonged to Sokol members practicing their drills for the SLet in Cedar Rapids, around noon young families were coming and soon, the Mallard Picnic Area became one big green playground for the kids.

Figure 5/ Spring picnic. Our friend and Brother Zdenek Vernak was tending the grill for the last time. Thank you, Zdenku.

Figure 6/ Sokol San Francisco members performing their calisthenics routine at King Stadium in Cedar Rapids, Iowa, on June 25, 2017.

Figure 7/ Bishop Esterka leading a Prayer at the Memorial Service for Zdenek and Hela Vernak.

Figure 8/ Sokol Choir singing Czech songs for Zdenek and Hela Vernak at their Memorial on July 8 at the Crown Plaza Hotel in Foster City.

Commercial Adds



GYMNASTIC ASSOCIATION

SOKOL SAN FRANCISCO INC.

Educational-Social and
Cultural Non-profit Organization

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SOKOL SAN FRANCISCO **sokolsf@gmail.com**

Sokol Board and Members Meetings
is held every second Tuesday each month at 10:30 AM (except July & August)

Unity Church of Castro Valley
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Please pay attention to Sokol news and information on our unit website: http://www.sokolsf.org/

All tyranny needs to gain a foothold is for people of good conscience to remain silent, Thomas Jefferson

Věstník is published by Sokol San Francisco, four issues per year.
Send your typed contributions to our Unit's address or editor's e-mails.
Contributions after deadline will be published in the next Vestnik issue.

Věstník Schedule: Published quarterly
Deadline for contributions WINTER January 10 with a publication date January 31,
Deadline for contributions SPRING February 28 with a publication date March 31,
Deadline for contributions SUMMER May 31 with a publication date June 30,
Deadline for contributions FALL September 30 with a publication date October 31.

SOKOL UNIT CORNER

New Members:
Renata Komarek, Adela Bardosova, Roman Wicha

Dennis & Helena Vernak passed away in a tragic car accident on June 22, 2017
Sokol San Francisco has now 69 Members 39 females, 30 males

Donations 2017:
J. Wichova- $64; J. Prosr-$4; Z. & H. Vernak $20; Ch. Rousset $14; V. Machacek $30; P. Burda $ 18; Z. Zivny $13.97; H. Sredl $50

Total: $ 213.97

Dear Sokol members, donations are truly appreciated

SOKOL SAN FRANCISCO CALENDAR of EVENTS 2017 The dates are tentative and might be changed.

DATE	EVENT	PLACE
July 16-23, 2017	Family camp, one week	Dinkey Creek
September 10, Sun	Fall Picnic, Muzicka performance	Lake Chabot, Castro Valley, CA
September 29 to October 1	Festival, All weekend long festivities	Orinda/Tabor Sister City Orinda
October 14, Sat.	Walk for Health	Sibley Volcanic Preserve
November	Walk for Health Mushroom	(weather permitting)
December 2, Sat.	Sokol SF Annual Meeting	Tentative, will be publicized
December 3	Czech Christmas Cookies Demonstration	Orinda Community Center
Jan. 6 2018, Sat	End of the Year Dinner and Dance	Tentative, will be publicized

Sokol's Spring Dinner Dance

Our Spring Dinner Dance was on April 1st but we aren't foolin' when we say it was a fantastic time at the Crowne Plaza in Foster City. Sixty-five guests were welcomed with a beverage of their choice which allowed everyone to mingle and get settled. The program started with a welcome by Helenka Teyrovsky Livingston who summed up some of the exciting events Sokol had planned including the Czech Heritage Hockey Game Night and recent Trip to Malin. Then we were serenaded by the sweet voices of the three Nejedly children who sang songs and recited a poem in Czech. We are so very proud to have such up and coming talented young Sokol members!

Next we tried something new allowing our guests to have lots of choices for dinner by having a full buffet dinner. The Crowne Plaza always delights us with a splendid assortment of foods and this time it started off with a Butternut Squash Bisque and Roasted Pear & Candied Pecan Salad. They enticed with Porcini Crusted Chicken, Pan Seared Salmon and Red Wine Braised Beef Short Ribs for our entrees. It was a wonder that we had any room for the desserts of either Ghirardelli Chocolate Cake or Lemon Meringue Tarts.

Although our bellies were delightfully full, once the festive music started featuring the Domitrowich's Capriccio Band, most all were up and dancing. As you know the band plays a diverse selection of music allowing anyone to pick their favorite style of dance from a Viennese Waltz, or a Czech Polka to Elvis Presley or Van Morison.

We can't leave out that dance tradition started by Georgina Teyrovsky (a long standing Sokol Vice President) of the Snake Dance which was led by her Grandson Daniel Teyrovsky Livingston. The snaked looped in and out of the hall and ended up with all of us on the dance floor doing the "Chicken Dance". It was not only a fun but also an aerobic time.

To top off the evening we had a jovial raffle with everyone's favorite Chocolates, Alcohol and garden tools. However a twist came when the very last raffle number let to a secret box that had an engagement ring in it. Everyone enjoyed the surprise planned by David Sampson, a Sokol member. His date (fiancée) was absolutely not expecting it which made it all the more special. David was so kind as to share his story in details in the Vestnik, so if you weren't at our dinner dance please read his article "Will You Marry Me?", but have some Kleenex ready.

We hope you can join us at our next Sokol New Year's Dinner Dance that was moved at the request of Sokol holiday travelers to January 6, 2018. It will be a blast to start off the year celebrating together.

Helenka Livingston

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Will You Marry Me? (No Foolin')

Members and guests were surprised at the April 1 'No Foolin' Spring Dinner/Dance when member David Sampson proposed to this girlfriend Jena Yoon. He had previously brought Jena on their first date as his guest to the Sokol Spring party in March 2016.

Arranged in great secrecy by David and Helenka Livingston (and approved by the Board of Directors), a special raffle was conducted at the end of the regular raffle. A special orange ticket number 1717 was drawn and the 'prize' was won by David. The 'prize' was in an orange bag stuffed with orange tissue paper (if you have figured it out already, the color 'orange' played a big role here...). Amidst all the orange paper was a gold box, but alas, it was empty.

David (whose tradename is 'Mr. Orange') was luckily prepared for this eventuality – he pulled a vintage, plastic, and yes – orange – ring box out of his jacket pocket, dropped to his knee and asked his beloved Jena to marry him, first in Korean and then to amusement of the Sokol members – in Czech! Although Jena was in on the gag, she still wasn't absolutely sure that this was not some kind of joke. Luckily for David, his sincerity prevailed and Jena tearfully accepted his proposal.

The big surprise was to the other people seated at David's table – Jena's two sisters (Cecilia and Agnes), Joe Brcich (a many-year friend of David's and an dance teacher to David as well as all the Yoon sisters), Phil J. (Cecilia's friend), Sokol members Tomas Rajspic and his mother Narcissa (both of whom had sat with Jena and David the previous March) and Nanette (wife of band leader Joe Domitrowich).

Jena's sister Agnes was still bewildered from the fact that the raffle ticket number was '1717', the same number that David and Jena had independently picked many months before from a list of 20 numbers that Agnes has provided. '1717' was supposed to signify 'ardent love,' something that David and Jena had a good laugh over.

After the marriage proposal, there was a champagne toast to the newly engaged couple followed by the Joe Domitrowich and the Alpiners playing a special number requested by David, namely the waltz 'True Love' by Patsy Cline.

As David and Jena were dancing their first post-engagement dance, they were surrounded by happy Sokol members.

In all, David and Jena's engagement was a special moment that made the 'No Fooling' Sokol Dinner Dance all the more enjoyable. They both thank Helenka Livingston, the Sokol Board of Directors and the all the Sokol members who made that party a night to remember.

David Sampson
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Botanical Garden in Berkeley Hills

If you ever want to meet somebody in a botanical Garden in Berkeley, make it very clear what garden do you have in mind. There is a botanical garden belonging to California State University, close to downtown and easy to find. And then there is a Botanical Garden up in the hills in Tilden Park, close to the foggy Grizzly Peak. This is a true California Garden, devoted to the native plants of California and this is where we met for the Sokol Walk for your Health on May 11, looking forward to see and enjoy the overview of California nature. The people of the Regional Parks collect the native plants, grow and preserve them and display them according to their original region in a beautiful setting where we found miniature desert as well as rain forest deep shade.

On only ten acres of the Botanical Garden, we could see flowers from seacoast bluffs and coastal mountains, from interior valleys and alpine areas as well as many desert plants. Sun loving flowers were thriving on the southwest slope of the Garden, the flora of Channel Islands met us displayed close to the entrance, and as the path took us deeper, we were walking through the different botanic and climatic areas of the State, from the hot South to the Sierra and Redwood section and then deep into the canyon around the creek, to Pacific Rain Forest. From a warm spring day in Bay Area, we entered a deep canyon with majestic trees, clear stream with huge and thriving ferns on both sides, each fern slightly different from the others, all of them tall and strong in the air which was greenish under the trees canopy.

There was eleven of us, nature loving Sokol members and friends, and we were lucky enough to have Brother Bill Cervenka walking with us and sharing his knowledge of the plants around. We learned about the plants good for bees, saw bumblebees flying all over flowering bushes and Bill even pointed to a tree which is poisonous to bees.

Time flew fast and soon we were out of the canyon and on the sun again, at the nursery with tiny new plants on large trays. The Garden volunteers were getting the plants ready for the visitor gardeners. The Garden conducts a plant sale each spring and fall, a wonderful opportunity to pick up a plant good exactly for your backyard, sun or shade loving, tiny or tall. There are all of them there, in the Botanic Garden in Tilden Park and we enjoyed a wonderful morning with them.

Zelmira Zivny
Photograhs: Milos Zivny

Chabot Lake picnic

As far, as my own records show, our June 10 Sokol gathering reached its eleventh anniversary. How many songs were sung, news exchanged, steaks grilled during those years....? Probably none of us attended every picnic during those long years. I just wish all our members would try to attend at least once. What a relaxing day away from the hustle and bustle of our sometimes hectic lives, just sun, blues skies and a flood of greenery, so pleasant to our urban eye!

The Sisters and Brothers who plan to participate at the next Sokol Slet took advantage of this temporary outdoor gymnasium and gathered early to practice the routine they will perform at the Slet in Cedar Rapids, Iowa. Their excellent coordination promises they will be a great contribution to the success of the Slet. Usually, we have about twenty Sokols & friends attending our picnic. This time, thanks to Czech School, twice as many participants shared our lovely day in the park. If you just dropped in, you would think you are somewhere in the countryside of Czech Republic. So many kids, doing their kid's stuff, milling around, what a treat for our senior eyes! We hope our cooperation shall be ever better over the time, I believe we need each other: Sokol with organizing, and mostly financing, these activities and the Czech School providing the youth and enthusiasm, we thank them for it.

While happy about seeing so many new faces, we missed some attendants, who were always there. One feature we got used to see was singing along under the leadership of Brother Botcha's ukulele or harmonica. Unfortunately, his wife, Jana was recovering from an accident and needed all the help from Daniel. We wish her a fast recovery. Then it was our pleasure to welcome two Sokol members from far-away Portland – Sisters Lida and Teresa O´Donnell who came to practice the rutine for the Slet. What a dedication!

With the BBQ fire burning all day, and every possible tasty morsel crowding the grill, there was plenty to nibble on, a feast interrupted only by lively conversations, when we were catching on of what had happened in our lives since we met the last time. One more day in a beautiful surroundings to remember is over and we sincerely hope at our next get-together we'll meet even more of you.

Zdenek Vernak

Getting Ready for SLET

XXIV American Sokol Slet and Festival is very close. It is happening in this month, from June 22 to June 25 in Cedar Rapids, Iowa. Many participants and spectators from different Sokol Districts and Units in the Unites States, and also Czech Republic and Canada will gather in Cedar Rapids, the city with rich Czech history and very active Sokol life.

We are looking forward to athletic competitions, special performances and social events and many meetings with old friends. We are happy that our small Unit, Sokol San Francisco, will take part at this important Sokol event. None of us could unfortunately compete in volleyball tournament or in artistic gymnastics but there is a discipline for elderly Sokol members who keep the Sokol spirit and spark in their bodies and are ready to prove it. We will perform the Sokol Senior Calisthenics and practicing and rehearsing all the steps and movements keeps us currently very busy. There is seven of us, Sokol San Francisco members and three Sisters from Los Angeles who will join us in Cedar Rapids. We had to begin out training individually, in front of our TV screens, with the instruction DVD leading us. That was early in the year, in February and March. We were also exercising before our regular Sokol Board meeting in the backyard of Castro Valley Santa Maria Church. In a small group, we were meeting at Zivny's living room and finally, went through a real and thorough rehearsal at the June picnic. This year, we had less time for barbecuing and chatting at our familiar Lake Chabot picnic place. The work had to come first. Even Sisters Lida and Teresa O'Donnell, our members living in Portland, Oregon, flew in to be part of the rehearsal and as always, they were among the best prepared.

Now, we feel we are ready and four of us will start the 2000 miles way to Cedar Rapids by car very soon. Two cars will leave Bay Area for the three-day trip on Monday before the Slet. Others will fly later and we will all meet on Thursday June 22 at the opening ceremony, marching with our beautiful new Sokol flag. We are looking forward to enjoy everything the Slet will offer and will report to you in our next Vestnik.

Milos Zivny

CEDAR RAPIDS, IOWA

Some people may think that Iowa is nothing more than cornfields, but as the Second Largest city in the state, Cedar Rapids is far more than that. Cedar Rapids is a home to 210,000 Cedar Rapidians, Coe College, Mt. Mercy University, Kirkwood Community College, as well as about 200 restaurants, 300 manufacturing plants such as PepsiCo, Rockwell Collins, 2 dozen Fortune 500 companies, numerous museums and theatres, sport center for soccer, basketball, volleyball, Cedar Rapids Kernels-Baseball, Cedar Rapids Rough Riders – ice hockey. Cedar Rapids prides itself in having two major hospitals, and numerous parks, churches, hotels, and Schools. In addition, Cedar rapids has been a home to Sokol Cedar Rapids, Inc. since 1873.

Cedar Rapids was named an All-America City award winner for 2014 by the National Civic League. It ranks #10 as an exceptional up-and-coming destination and has been selected as one of America's 10 Best Places to grow up in by the US News and World Report.

The Ride2 Camp2017

As we mentioned in our last Vestnik (Spring 2017), there was a group of **4 young Sokols** who rode their bikes 1,176 miles from Chicago, Illinois to Fort Worth, Texas to celebrate the ASO 2009 International Sport and Cultural Festival.

This time **14 Sokols** will travel on their bikes together to the ASO XXIV Slet from Chicago, Illinois to Cedar Rapids, Iowa, total of 245 miles. They will be departing June 19th, arriving in time for Opening Ceremonies on June 23th.

Best of luck and save travels to all the participants and spectators at the XXIV ASO Sokol Slet & Festival 2017!

Jara Dusatko

XXIV SLET of AMERICAN SOKOL

Once again, a small group of San Francisco Sokols traveled to the Sokol Slet and Festival: we participated in the All-Sokol Slets in Praha in 2006 and 2012 and at the American Sokol Slets in Fort Worth, Texas in 2009 and now, 2017, in Cedar Rapids, Iowa.

The time before every Slet has some very similar moments: First, you have to familiarize yourself with the composition, its music and movements. Second, you have to order the required uniform and you have to make it fit, somehow. The pants are always too short or too long, too wide or too narrow and the T-shirt just does not fit. Third, there is always that one funny movement in the calisthenics that you cannot really do well. And so it goes and you look at the instructional video over and over again trying to mimic the movements of a group of performers. Then you invite friends, move the lamp and the armchair so everybody fits in front of the TV and try it together. It does get better and you begin to memorize the movements and hum with the music.

Then comes the time for a real rehearsal. This time we had one at the Sokol Spring Picnic at Chabot Lake and instead of grilling our sausages and chatting with friends, we practiced and practiced our routine. Seven members of our Sokol unit participated: Pavel Burda, Jara Dusatko, Jana Wichova and Milos and Zelka Zivny from the Bay Area, and Lida and Teresa O'Donnell from Portland, Oregon.

And finally, the big event, the culmination of our efforts. It took place on Sunday, June 25th, at the And finally, the big event, the culmination of our efforts. It took place on Sunday, June 25th, at the Kingston Stadium in Cedar Rapids.

The weather was beautiful, sunny, and a breeze unfurled the national and Sokol flags. Milos and Pavel carried our handsome San Francisco unit flag and the large Pacific District flag in the ceremonial march.

Several Sokol sisters from Los Angeles came to watch and three of them performed the routine with us. We did our best as did our friends from Minnesota and Canada on our left and right. We had our eight-and-a-half minutes of glory, for which we worked and planned so hard. There were other performances besides ours: calisthenics for different age groups - children, juniors and adults, folk dance, tug of war and a relay race. The program went fast and then it was over and kids in neon colored T-shirts flooded the stadium.

This final performance is traditional and impressive but it is only one part of the Slet. All together there were four days of events and celebrations, from June 22 to June 25.

Sokols from all over started gathering in Iowa on Thursday. It is not at all easy to reach the small Eastern Iowa airport from the Pacific Coast. Whether you fly from Los Angeles, San Francisco or Portland through Denver, Chicago or Minneapolis, or whether you fly to Des Moines and drive to Cedar Rapids in a rented car, it is still a long trip. It was also a long trip for us traveling by car, but what are 2000 miles for two seasoned Sokols, especially if one of them of them likes to drive. Thank you, Milos, and thank you also for providing transportation in Cedar Rapids to the group. At least we did not ride bicycles, as did fourteen Sokol members from Chicago. They got a big applause during the evening Opening Ceremony.

Friday and Saturday were days of tournaments and competitions. While volleyball teams and gymnasts of all levels were competing, we were enjoying the city of Cedar Rapids. The wonderful Art Museum offers, among others, a collection of Grant Wood, author of the famous picture American Gothic (now in Chicago). There are many of his pictures, with fields as green as we saw them the next day while traveling through Iowa to a small town some hundred miles north of Cedar Rapids.

We went to Spillville where Antonin Dvorak spent the summer of 1893, played the organ at the St. Wenceslaus Church and took long walks along the Turkey River. Spillville, as so many towns in Iowa, is a place where you can feel Czech presence and heritage. Czech last names are on many stores in Spillville as well as Cedar Rapids and Iowa City. There was a hotel receptionist named Dvorak and another one named Formanek. Churches are often Catholic and dedicated to St. Wenceslaus. One of the descendants of the original Czech settlers was waiting for us in Spilville. Patty Buckley, who was born as Patty Pecinovsky in Protivin, a small town not far from Spilville. Patty is a Sokol San Francisco member and a good friend. She brought us tasteful homemade sausages and we performed our calisthenics for her and her husband Gary right there at the house where Dvorak used to live. It was fun for all of us.

The Iowa countryside, so green, so gently rolling, with bushes and trees framing white farmers houses was beautiful and we understood why the Czech farmers settled there. While driving to Spillville, we had a feeling sometimes that the land around could be a piece of Czech countryside somewhere east of Prague or maybe Southern Moravia. The difference is that Iowa fields and rolling hills are endless, you can drive for hours and there is still more green young corn. An unexpected and delightful event was an afternoon concert in Spillville's St. Wenceslaus church. One of the pieces the young musicians performed was the last movement of the "American" Quartet, which Dvorak composed in Spillville. It rained during the concert but when we came out the sun was out again and everything was fresh and sparkling.

We could not miss the National Czech and Slovak Museum and Library, a place our group of Sokols from San Francisco visited four years ago. For this year the Museum prepared a special exposition "Twists and Turns: The Story of Sokol" from its beginnings in the Czech homeland in 1862 and the early days of American Sokol founded by Czech immigrants in St. Louis in 1865, up to the present. We were flattered to see ourselves in a photo from the Slet in Ft. Worth included in the exposition.

The great-grandchildren of the Czech settlers are doing well and they know how to organize a party, in this case, a Slet. Everybody felt welcome and the Clarion Hotel lobby on the first day looked a little like a youth camp, plenty of kids chatting and joking, plenty of long legs and arms on the move. The Slet organizers were distributing the tickets and information and hugging the newcomers.

We could only envy the Sokol people from Chicago, the Midwest or Texas, where the Sokol life still looks like it used to be, concentrated around a Sokol Hall. That would not really work in the Bay Area or in Los Angeles but at least we have our walks and, of course, the Slet calisthenics drill.

During our stay in Cedar Rapids we felt the heavy weight of the terrible news we got on Friday morning: our friends Zdenek and Hela Vernak were killed in a car accident. Both of them longtime Sokol members, wonderful and gentle people, and suddenly they were not with us anymore. The shadow will always be in our memories of this Slet.



Zelmira Zivny, Lida O'Donnell and Teresa O'Donnell

SUMMARY OF SITTING STRETCHES



Do these sitting stretches, in this order, as a routine.

OBITUARY

Long time members of Sokol San Francisco Dennis Vernak &Helenka Vernak, Died by a car accident, June 22, 2017



I would like to say a few words on behalf of myself, my husband Daniel and our daughter Jana, about Hela and Zdenek Vernak. They were our friends for over 45 years. As the years went by, we witnessed their commitment, devoted time and generosity to many organizations like Sokol S.F., the Czech Catholic Church, Libri Prohibiti in CR, Cesky kalendar by Eva Strizovska and many others.

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Zdenek was a great writer who regularly contributed to the Daily Post newspaper and wrote numerous articles in Sokol Vestnik. But most of all, we could not wait for their Christmas letters. The letters were never about themselves. Most were contemplations about the meaning of life or about how to be grateful for the blessings we receive. The letters were always written with pure humility. He was articulate and put a personal touch to his writing, even in a simple get well card, so much so, that one could feel like getting injured again just to receive one of his uplifting messages. Ha, ha... Zdenek and Hela were truly content and happy. They were always willing to listen, help, or to give advice. Both were also accomplished gardeners, excellent cooks and loved music and literature.

All of this in addition to giving a warm and beautiful smile to everyone that always came right from their heart. Unlike me, Hela was calm and on many of our visits to their home when I was helping out, Hela would say " Holka, slow down, you are like the wind."

Helo and Zdenku... thank you for your friendship. We will miss you but we are certain that you are in a better place now. Rest in peace.

Bylo-li na světě zásluhou Hely a Zdeňka trochu víc lásky a dobroty, trochu víc světla a pravdy, měl jejich život smysl a zůstává navždy zapsán v našich srdcích.

Jana Botcha

Obituary Dennis (Zdenek) and Helena Vernak

It is with great sadness that Sokol San Francisco Unit announces the loss of their two long time, active, and dedicated members, Dennis and Helena Vernak, who passed away on June 22, 2017.

Dennis (83) worked as a mechanical engineer and technician for United Airlines, Helena (79) was a nurse in Mills-Peninsula Medical Center. Dennis volunteered his time at Sokol, and several other organizations. For three decades he was a member of Sokol San Francisco where he held several positions on the Board of Officers: Vice-president, Educational Director, and a Budget and Financial Committee member. It was a pleasure working with Dennis – he was always responsible and collaborative, positive, helpful. We will remember Dennis's friendly disposition and his usual wide smile.

We were blessed to have Dennis and Helena, such decent people, in our organization and in the whole Czech community in the Bay Area.

Jara Dusatko

Orinda Tabor Sister City Foundation's

CZECH FESTIVAL

in Orinda, CA

SEP 29





OCT 01

A 3 day Czech Festival in Orinda with something for everyone
Be entertained by folk singers and dancers and marionette shows
Feast on traditional food and drinks
Enjoy and buy Czech art, crafts and toys
Create your own traditional-style crafts
And a whole lot more!

September 29 - October 1, 2017

www.orindataborsistercity.org

INFORMATION CORNER

The biggest Czech festival to hit northern California will be taking place from 9/29 - 10/1 in Orinda, California.

The Orinda/Tabor Sister City Foundation, in cooperation with Sokol SF, is in the midst of planning this large-scale event, which will have something for everyone to enjoy.

On Friday, 9/29, help us kick off the festival at Orinda's Community Park, where a limited number of vendors will be present at a Rededication Ceremony at the beautiful Linden Tree (the national tree of the Czech Republic). Next, you are invited to a formal dinner at Orinda's exquisite Quarry House. The guests of honor that evening will include William and Sandra Lobkowicz visiting from Prague. and Czech Permanent Representative to the UN, Ambassador Marie Chatardova, visiting from Washington D.C.

On Saturday, 9/30, you are welcome to come to Orinda's Community Park, Community Center and Library from 9am - 5pm for a day full of Czech-inspired fun! Highlights include marionette perfomances for children, Karicka and Podkovicka folk dancers from San Diego, Muzicka folk music group from the Czech Republic, Sokol SF beseda dancers, and a performance by The Bad Czechs! There will also be classes to sit in on, including egg decorating by Lenka Glassner, and wheat weaving and dough ornament making by Daniela Mahoney from Portland, Oregon. Finally, there will be lots of vendors on site for festival goers to purchase Czech delicacies, as well as arts and crafts!

Finally, on 10/1, Dvorak and Smetana lovers are invited to a closing concert at the Library Auditorium in Orinda, where a small symphony from the East Bay will play select pieces by these two beloved Czech composers.

Information about the entire weekend can be found at: https://www.orindataborsistercity.org/festival/

Hope to see you in Orinda - **the Czech heart of Northern California!**

Linda Janourova-Tang, Consular Officer

Office of Hon. Consulate General-Czech Republic

San Francisco / Silicon Valley

Mountain Climber Makes History With Rope-Free, Death-Defying Ascent At Yosemite

Mountain climber Alex Honnold defied death and made history at California's Yosemite National Park — and he did it all in under four hours.

The 31-year-old elite climber on Saturday became the first person to scale the nearly 3,000-foot face of Yosemite's El Capitan granite formation without ropes or safety gear, an act known in mountaineering as free-soloing.

Take a virtual tour of Yosemite's El Capitan via Google Maps National Geographic, which exclusively reported Honnold's ascent, called it perhaps "the greatest feat of pure rock climbing in the history of the sport." Fellow elite climber Tommy Caldwell had another way of describing Honnold's feat:

"This is the 'moon landing' of free-soloing," Caldwell told National Geographic. Caldwell would know difficulty: In 2015, with a partner and safety gear, he scaled the Dawn Wall, considered El Capitan's most difficult route.

After Honnold completed his climb in 3 hours and 56 minutes, he shared a photo of his climb via Facebook and said he was "so stoked to realize a life dream today."

A free-solo climb on the smooth granite face roughly a half-mile high means there's no margin for error; a misplaced foot could spell death, which Honnold is well aware of.

What's unique about the climber is his unmatched ability to control his fear — a feat so strong neuroscientists have studied parts of his brain, according to National Geographic.

"With free-soloing, obviously I know that I'm in danger, but feeling fearful while I'm up there is not helping me in any way," Honnold told the magazine. "It's only hindering my performance, so I just set it aside and leave it be."

He told National Geographic in January that he fears death as much as anyone, but simply has "more of an acceptance that I will die at some point."

When it came to preparing for his climb, Honnold followed an intense training regimen that included hanging by his fingertips and doing one-arm pull-ups in the converted van he lives in. He also began memorizing the path — and thus each hand and foothold along El Capitan's "Freerider" route — at least two years ago. Video of Honnold's climb will be part of an upcoming National Geographic feature.

https://www.yahoo.com/news/

CZECH CORNER

Zemřel Lev ledního hokeje a politický vězeň Augustin Bubník

18. 4. | Namísto obhajoby zlaté medaile putoval spolu se svými spoluhráči za mříže. Hokejový útočník Augustin Bubník a další členové československé reprezentace se v roce 1950 postavili za sportovní reportéry, kterým komunisté znemožnili odcestovat na mistrovství světa a raději se vzdali možnosti obhájit vítězství MS v hokeji ze Stockoholmu. Ve vykonstruovaném procesu pak byli odsouzeni za špionáž a velezradu. Augustin Bubník mezi roky 1966 a 1969 trénoval finskou hokejovou reprezentaci a významně přispěl k rozvoji hokeje ve Finsku. Finské muzeum ledního hokeje ho roku 2004 zařadilo mezi Lvy ledního hokeje. Augustin Bubník zemřel 18. dubna 2017po delší nemoci, bylo mu 88 let.

https://video.aktualne.cz/z-domova/zemrel-lev-ledniho-hokeje-a-politicky-vezen-augustin-bubnik/r~e78da140245011e783780025900fea04/

Karlovarská gymnazistka sbírala v Los Angeles ceny za výzkum nádorů

Sedmnáctiletá studentka Prvního českého gymnázia v Karlových Varech doslova ohromila světové vědecké kapacity na mezinárodní soutěži v Los Angeles. Karina Movsesjan si ze Spojených států odvezla celkem tři ceny, z nichž dvě byly za první místa. Studentka karlovarského gymnázia Karina Movsesjan dosáhla ve Spojených státech mimořádného úspěchu. Na mezinárodní soutěži vědeckých prací v Los Angeles se umístila dvakrát na prvních místech. Do soutěže se přihlásila s odbornou prací pod názvem „Mutace v DNA – opravném proteinu RAD51 a jeho úloha při genomové nestabilitě a vzniku nádorů".„Práce na výzkumu mi zabraly čtyři měsíce," řekla skromně už v České republice, kde se stejným projektem získala cenu Česká hlavička v oboru Život a zdraví člověka, cenu Učené společnosti 2017 a zvítězila také v Expo Science AMAVET 2017. Zkráceno podle:

http://vary.idnes.cz/uspech-karlovarske-studentky-gymnazia-kariny-movsesjan-pew-/vary-zpravy.aspx?c=A170603_2330309_vary-zpravy_ba

LADY's CORNER



This is a very simple recipe from my grandmother. Enjoy!

One Pan Chicken Dinner

Ingredients:

8 drumsticks, 1 bottle (32 OZ)shredded sauerkraut

8 potatoes, cut into slices, salt, caraway seeds

Directions

Empty the bottle of sauerkraut including the liquid into the pan.

Cover it with the drumsticks.

Salt and put the potato slices on top.

Sprinkle with caraway seeds.

Bake covered, at 350 F for 50-60 minutes and 10 minutes uncovered. By Jana Wicha

LAUGHING CORNER

This is so Beautifully written and also something for all you romantics.

An elderly couple had just learned how to send text messages on their new mobile phones.

The wife was a romantic type and a retired English Teacher of the Classics ....

The husband a retired Navy Chief was more of a no-nonsense guy.

One afternoon the wife went out to meet a friend for coffee.

She decided to send her husband a romantic text message and she wrote:

"If you are sleeping, send me your dreams.

If you are laughing, send me your smile.

If you are eating, send me a bite. If you are drinking, send me a sip.

If you are crying, send me your tears.

I love you."

The husband texted back to her: "I'm on the toilet. Please advise."

SEVEN RULES OF LIFE

1. Make peace with your past so it won't screw up the present.
2. What others think of you is none of your business.
3. Time heals almost everything. Give it time.
4. Don't compare your life to others and don't judge them. You have no idea what their journey is all about.
5. Stop thinking too much, it's all right not to know the answers. They will come to you when you least expect it.
6. No one is in charge of your happiness, except of you.
7. Smile. you don't owe all the problems in the world.