VĚSTNÍK

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

Fall
2018





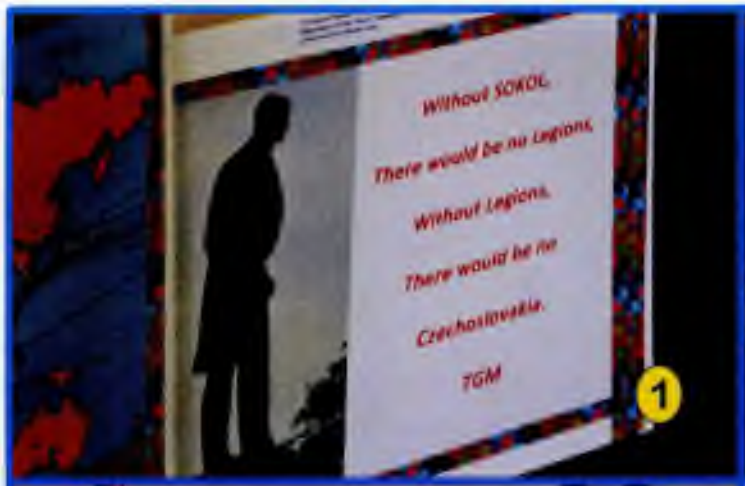
CZECHOSLOVAKIA - 100 YEARS



1918 - 2018






Without SOKOL
There would be no Legions,
Without Legions,
There would be no
Czechoslovakia.
TGM















Explanatory notes for Page 2

Figr. 1. Statement of T.G. Masaryk
Figr. 2. Organizers of the Celebration with Consul General P. Šepel'ak (H. Livingston, J. Dusatko, S. Ruzicka, B. Landers)
Figr. 3. Dancing group "Sokolíci" from Orinda
Figr. 4. Family Masar's musical performance
Figr. 5. Radim Zenkl playing on different music instruments
Figr. 6. Impressed audience
Figr. 7. Dancing group Studio Light from Prague
Figr. 8. Violinist Pavel Šporcl, with Jansa's family - dedicated to music

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In Gratitude:

I would like to express my appreciation to the following members of Sokol San Francisco, who diligently contributed to the success of the 100th Anniversary celebration of the foundation of Czechoslovakia in Orinda, October 21, 2018:

Linda Janourova-Tang, Milena Harvey, Jana Wichova, Lea Bronec, Pavel Soltys, Petr Jansa, Milos Zivny.

Jara Dusatko
President
Sokol San Francisco

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The year 2018.

Year **2018** is full of anniversaries commemorating various events in the Czech history:

25th - 1993 Split of Czechoslovakia into two countries: Czech Republic and Slovakia
50th - 1968 Warsaw Pact invasion of Czechoslovakia
70th - 1948 Parliamentary democracy in Czechoslovakia was overthrown by Communist one-party rule
80th - 1938 German occupation of Czechoslovakia
100th - 1918 Foundation of Czechoslovakia

Our Unit was focused primarily on the 100th Anniversary and organized large, more formal and special celebration which included speeches, children's and adult's performances – singing, dancing, playing musical instruments, a presentation of currency on slides, exhibition of picture and memorabilia, focusing specifically on the last 100 years of Czechoslovakia.

GYMNASTIC ASSOCIATION SOKOL SAN FRANCISCO INC.
Educational-Social and Cultural Non-profit Organization
P.O. Box 5252, Walnut Creek, CA 94596-9998
sokolsf@gmail.com

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VĚSTNÍK

This is the last printed issue of the Newsletter of the Sokol San Francisco VĚSTNÍK. According to the decision of the annual meeting Sokol information will be sent only by e-mail as needed

Sokol SF Board and Members Meeting is held every second Saturday of the month
at residence of Family Livingston in Castro Valley, CA

If freedom means anything, it means you have the right to tell people what they do not want to hear.

George Orwell

SOKOL UNIT CORNER

2018

Sokol San Francisco current membership

70 Members
39 females, 31 males

Donations 2018:
Anonymus Sponsor $100.00,
Jarmila Dlask $14.00, Henry J. Sredl $50.00, Frank & Alena Picha $10.00, Christian J. Rousset $20.00, Jiri Kucera $50,00 in Memory of his father Jan Kucera sr., Victor Machacek $24.00, Milan & Regina Prejda $18.00, Ludvik Mlynek $4.00

Total: $290.00

Dear Sokol members, donations are truly appreciated

CALENDAR OF EVENTS 2018

DATE	EVENT	PLACE
December 13 7:30pm	Sharks Heritage Night	SAP Center - San Jose, CA
December 16 10:30 am-1:30pm	Sokol Annual Meeting	Crowne Plaza Hotel, Foster City, CA
December 16 3:30pm-5:30pm	Christmas Cookie Baking	Orinda Community Center

CALENDAR OF EVENTS 2019

DATE	EVENT	PLACE
January 5, 2019 6:30 pm-11:00pm	New Year Dinner-Dance	Crowne Plaza Hotel, Foster City, CA

CUT HERE

Dear Sisters and Brothers, membership of Sokol San Francisco is due by January 31, 2019

Membership dues 2019	$ 36.00
Late fee (after 01/31/2019)	$5
Membership reinstatement fee	$5
New member processing fee	$5
Donation/Contribution	$
Total	$
Check #	
Date	

Your Name	
Address	
City	
State	
Zip	
Phone	
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Cut and fill it, make a check payable to Sokol San Francisco and send both to:

Sokol San Francisco, P. O. BOX 5252, Walnut Creek, CA 94596

CUT HERE

KEEP FOR YOUR RECORD Check No._____Amount_____Date_____

Consulate General of the Czech Republic
in Los Angeles

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email: losangeles@embassy.mzv.cz
www.mzv.cz/losangeles

Amb. Pavol Šepeľák
Consul General

Los Angeles, November 27, 2018

On Sunday, October 21st, I was delighted to meet with my compatriots in San Francisco Bay Area in order to celebrate together the 100th anniversary of the creation of Czechoslovakia in October 28, 1918. Although Czechoslovakia no longer exists, and the Czech Republic and Slovakia became two independent states in 1993, both of our countries maintain very close, friendly relations and celebrated this special anniversary as proud neighboring nations.

The afternoon in Orinda, CA, organized by American Sokol in San Francisco and spearheaded by its president Jara Dusatko in close cooperation with Orinda/Tabor Sister City Foundation, was an extraordinary event that not only celebrated our Czechoslovak history, but also helped remember the importance of Americans of Czech heritage and their continual friendship with the Czech Republic.

As Czech Consul General, administrating 13 states in my jurisdiction, I am very grateful to expatriate organizations like American Sokol in San Francisco for their active approach to the centennial celebrations. The event in Orinda city was one of the highlights of festive commemorative occasions of the year in the USA. It was my pleasure to celebrate our 100 years of independence and sovereignty together.

Pavol Šepeľák
Consul General

Mrs. Jara Dušátko
President of Sokol San Francisco, Inc.

The 100th Anniversary of the Founding of Czechoslovakia Celebration

In 2018, Czechs and Slovaks celebrated the 100th anniversary of the founding of Czechoslovakia, and on October 21st well over 100 people gathered in Orinda to commemorate that centennial.

In attendance were special guests, which included Pavol Šepeľak, the Czech Consul General from Los Angeles, who helped kick off the event, alongside Bobbie Landers, representing the Orinda/Tabor Sister City Foundation, as well as Jara Dusatko, representing Sokol SF, the presidents of the two organizations which organized the event.

Participants gathered at lunch time at the Community Center around a traditional Czech meal, as they sat with old friends and made new ones in a setting that had one particular special decoration -- submissions to a children's Czech art contest, whose winners were announced later that day.

As one would expect of any Czechoslovak celebration, the program was rich with music, which included a performance of beloved evergreens and a sing-along led by the Bad Czechs, a demonstration and performance of Eastern European instruments and music by musician and composer Radim Zenkl, and a performance by the gifted children of the Masar family, who sang cherished Slovak songs.

There were also dance performances by children. First by locals, the Sokolici, who charmed the audience by performing 4 traditional folk dances. And later in the program Dance Studio Light, award-winning youngsters from Prague, who showcased a unique combination of dance and story-telling.

For those wanting to learn more about the significant of the celebration, Petr Jansa was on hand to provide a short talk. And throughout the afternoon, Pavel Soltys also spoke briefly both about Czech coins, as well as famous Czechs.

Finally, there was also a "museum," which showcased not just historical items from both nations, but Sokol artifacts, some dating back to time period of the establishment of Czechoslovakia.

All in all, it was a festive and fun afternoon and great reason to come together and celebrate our common heritage!

Linda Janourova-Tang

Pavel Šporcl v Palo Alto

O nádherný zážitek se nám postaral jeden z nejtalentovanějších českých houslistů Pavel Šporcl na svém turné po USA dne 5. října v komorním sále v Palo Alto. Hned v úvodu zazněla Ciaccona d moll J. S. Bacha, kde všech 64 tajemně protkaných variací jsme vyslechli se zatajeným dechem. Styl J. S. Bacha zazněl i v sonátě č. 4 E. Ysaye. Asi každý v sále se těšil na Caprica geniálního houslisty N. Paganiniho, kde každý kus se představil jinou technickou náročností. Velkým potěšením pro české posluchače byly virtuózní variace Pavla Šporcla pro sólové housle na Českou národní hymnu, které jak sám řekl, věnoval své rodné zemi. Tento jedinečný koncert P. Šporcla a jeho unikátních modrých houslí zahraný s lehkostí a suverenitou, potěšil nejen malé ,ale i zkušené posluchače.

Lenka Jansa

CELEBRATION of 100 years of CZECHO-SLOVAKIA

which was held at The Orinda Community Center was a great success because it was attended by many Czechs and Slovaks but also because there were quite a number of young people and young kids. I liked especially the talented young Slovak family who performed singing, they were marvelous. The Consul General of the Czech Republic arrived from Los Angeles and the luncheon was also very good, especially SVICKOVA.
The film of our Czechoslovak Legion in Russia in the first world war was very interesting.
It was organized by Sokol San Francisco, and the City of Orinda, sister city of the Czech city of Tabor.
Hopefully the youngsters will continue to attend future actions so they can learn something about the country of their forefathers, country which within 20 years of its existence became the 5th strongest economy in the world.
Its founders T.G. Masaryk and Rastislav Stefanik worked hard to accomplish this because most leaders of the world were skeptical and only the American president Woodrow Wilson made this act a reality.
We must be proud of our leaders Masaryk and Stefanik, but also of our businessmen like Tomas Bata, Skoda, Krizik, Kolben, Danek, Rolny, Nehera and many others whose products were exported to the whole world. The San Francisco trolleybuses are made by Skoda Plzen. The title "Made in Czechoslovakia" was quite famous for the quality of its goods.
Long live The Czech Republic and Slovak Republic.

Victor Machacek

Par slov k oslavam 100rokov Ceskoslovenska
Velmi som rada, ze som sa zucastnila oslav - vyrocia 100 rokov od vzniku Ceskoslovenska.
Bola to krasna a dostojna oslava s krasnym a milym kulturnym programom, zaujimavymi prednaskami, historickymi dokumentami a nechybal any vyborny tradicny obed : svieckova s knedlikami a pivo.

Eva Sajan

Good job Sokol organization !

It is so hard rising kids in different country and keeping them connected to my heritage, which I fined so important. I am half a globe away from my home country, which is so tiny yet full of history and spirit, and called heart of Europe for good reasons. Today we spent an afternoon celebrating 100 years of founding republic of Czechoslovakia with fellow Czechs and Slovaks, an afternoon full of traditional costumes, arts, food and other memories. Happy to know it was our kids highlight of the day – we surely had a lot to talk about tonight..

Petra Cordle

THE "FIRST MEN" OF THE "FIRST REPUBLIC"



1st President
Tomáš Garrigue Masaryk



1st Prime Minister
Karel Kramář



1st Finance Minister
Alois Rašín



1st Minister of Foreign Affairs
Edvard Beneš



1st Minister of Interior
Antonín Švehla



1st Minister of Defence
Milan Rostislav Štefánik

https://www.google.com/search?client=firefox-b-1&sa=X&biw=1750&bih=940&q=Karel+Kram%C3%A1%C5%99&stick=H4sIAAAAAAAAAONgFuLUz9U3MEszKkhXAjNNsoxziLSkspOt9AtS8wtyUoFUUXF-nlVxZkpqeWJlMQBFRrI-NAAAAA&npsic=0&ved=0ahUKEwisnImD3ZHfAhWFMXwKHWfxDZUQ-BYILA

CZECH PHILHARMONIC AT SAN FRANCISCO'S DAVIES SYMPHONY HALL.



On November 11, 2018, the Czech Philharmonic performed a concert of works by Dvořák at San Francisco's Davies Symphony Hall. Presented by the San Francisco Symphony as part of its Great Performers Series, the concert featured soloist Alisa Weilerstein in Dvořák's Cello Concerto followed by the same composer's Seventh Symphony. Semyon Bychkov conducted the orchestra to great response from a full audience with many Czechs in attendance. The concert was part of the Czech Philharmonic's "Inaugural Tour" - its first with Maestro Bychkov on the podium as the orchestra's new Chief Conductor. Given the audience's enthusiastic response and the wonderful atmosphere in the hall, we can only hope that the Czech Philharmonic will return to the Bay Area soon.

Elizabeth Shribman

VISIT CHRISTMAS DECORATED FILOLI HOUSE AND GARDENS

11 Sokol members with their families were visiting Holiday celebration at Filoli house and gardens during day and evening from 11/18 - 12/23/18.

The House was celebrating color and light with a fresh new take on Holiday decor in every room. The Gardens were elegantly lit in the evening. The tradition of inspired holiday shopping was re-imagined with centerpiece trees in the Clock Tower Shop with three Artisan market weekends. Entertainment - Christmas Carols - brought to life the sounds of the Holidays.

Lea Bronec

AMERICAN SOKOL CORNER

Sis. Jean Hruby, President of ASO

Happy Holidays!
It is wonderful to see all the great things happening in our organization
WORLD NEWS
Over the past two months, American Sokol and members of the organization have been recognized for their contributions in strengthening the ties between the USA and the Czech Republic. Our efforts over the last 100 years certainly played a role in the success of the Czech Republic and it was an honor to see how many ways American Sokol was represented. Nationally we contributed to the planting of Lipa Trees at the Masaryk Monument on the University of Chicago Midway Plaisance. Sokols celebrated all over the world and I hope that you had a chance to see the celebrations on YouTube from Prague where the Sokols played an extensive role.
On behalf of the National Executive Board and Board of Governors, I would like to thank you all for your time and dedication to American Sokol and wish you, your families, Units and friends a very happy holiday season. We are grateful for you and for the members you bring to Sokol. Enjoy every minute with each other and celebrate that we have the opportunity for another year, together as one. 2019 will be a year of growth, "Believe in One Sokol!"

Ať žije Sokol! Long Live Sokol! Nazdar!

NATIONAL OFFICE UPDATE
We will have temporary part-time administrative support in the National Office to keep things rolling. We have cleaned things out and are getting closer to having minimal "paper" and more digital storage for our files. After the New Year, we will be looking into hiring a permanent part-time employee to do secretarial duties in the office. We will post this information when it is available. The National Boards are moving to a Dropbox storage system to access files and we are still investigating better communication tools to communicate our actions and needs.

National Physical Directors

LOOKING FOR CALISTHENICS AUTHORS FOR 2021 AMERICAN SOKOL SLET
We need talented individuals to compose Calisthenics for the 2021 American Sokol Slet. If you are up to the task, review these guidelines and contact our National Directors by 11/1/18 with your intent to submit. Be sure to inform us of what age group you are interested in. All submitted compositions will be reviewed by a committee of the American Sokol National Board of Instructors, who will oversee this process. In an effort to make the composition process as easy as possible, the general procedure will be for authors to:
- submit musical selections and a general composition plan
- submit a video tape presentation of the completed composition
- submit written text for the composition (in Sokol terminology)
- after composition is tested, submit corrected and final text/video

FOR YOUR HEALTH

Seven Signs Your Body Needs More Folic Acid

According to the Institute of Medicine in the US, adults should consume **400 micrograms of folic acid a day.** This substance, also called folate or vitamin B9, is crucial for our health as it helps our body make and repair DNA and produce red blood cells. If your body lacks folate, you may suffer from certain symptoms and even develop anemia, a condition when your internal organs can't get enough oxygen to work properly.
Bright Side made a list of the most common signs that show that your body needs more folic acid.

7. Cognitive problems Folic acid is extremely important to your central nervous system. If your body lacks this vitamin, you may struggle with **depression, have trouble concentrating, and feel forgetful and irritable.** If not treated properly, an insufficient intake of folate may also increase the risk of developing serious disorders such as dementia or Alzheimer's disease.

6. Body pains In severe cases of anemia caused by folate deficiency, your brain gets less oxygen than it ideally should. In response, the brain's arteries start swelling and **you get a headache**. However, your brain isn't the only organ that lacks oxygen, so you can also feel **pain in other parts of your iron-deficient body, especially in the chest and legs**.

5. Pale skin Hemoglobin, a protein contained in red blood cells, is responsible for transporting oxygen from your lungs to all of your body tissues. When your body lacks folate, **you don't have enough red blood cells** (and hemoglobin) to provide your internal organs with the necessary amount of oxygen. This can result in feelings of muscle weakness, fatigue, numbness in your hands and feet, and pale skin.

4. Shortness of breath If you notice yourself getting out of breath when doing things that you'd normally handle without any issues, this means that **your oxygen levels are low** because your body lacks red blood cells. Along with this symptom, you might also experience an increased heart rate and the feeling of dizziness, or even fainting.

3. Digestive problems Such gastrointestinal symptoms as **nausea, vomiting, stomach pain, and diarrhea** after meals may be the first signs that your body lacks folic acid. Besides that, in severe cases, you may also suffer from anorexia which usually leads to significant weight loss.

2. Mouth sores and tongue swelling These symptoms usually occur when the lack of folate is quite severe, so you shouldn't neglect them. **Your tongue may look swollen, red, or shiny**, usually around the tip and the edges at first. Due to the decrease in red blood cells, you may also feel pain when swallowing or suffer from a sore tongue and stomatitis.

1. Reduced sense of taste According to some studies, in addition to mouth sores, deficiency in folic acid may result in having trouble tasting your food. It happens because your taste receptors, called papillae, **can't send messages to your brain** via your nervous system due to the existing tongue problems.

Bonus: How to treat folate deficiency

The easiest way to resolve folate deficiency is through your diet. To keep an adequate folic status, you should eat more dark green vegetables like broccoli, Brussels sprouts, spinach, and asparagus. As for other foods, it's better to consume citrus fruits, beans, mushrooms, and whole grains on a regular basis.
If you've noticed any of these symptoms, **the first thing you should do is to see your doctor to confirm the diagnosis**. Only after that should you start changing your eating habits.
Do you know any other ways to treat folate deficiency? Share your knowledge with us in the comments section below!

SHORTED FROM **BrightSide.me** https://brightside.me/inspiration-health/7-signs-your-body-needs-more-folic-acid-587160/

Before

Skiing (Cross-Country)

Approximately 3 Minutes

Warm up by walking for several minutes with a big arm swing before stretching.



5 seconds
3 times
(page 46)



10 seconds



10 seconds
each side



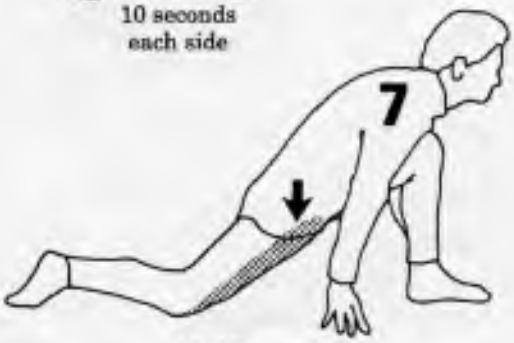
10 seconds
each side



20–30 seconds



10–15 seconds
each leg



10–15 seconds
each leg



15–20 seconds
(page 65)

CZECH CORNER

Zemřela olympijská vítězka v gymnastice z Londýna 1948 Věra Růžičková

Po kratší nemoci zemřela Věra Růžičková, olympijská vítězka v soutěži družstev ve sportovní gymnastice z Londýna 1948. Letos v srpnu oslavila devadesátiny. Růžičková byla v Londýně v 19 letech nejmladší členkou týmu. Na olympiádu cestovala jako náhradnice, její osud však změnila tragédie o tři roky starší Elišky Misákové, u které cestou do Londýna propuklo onemocnění obrnou. Místo ní pak v základní sestavě zaskočila právě Růžičková. Na zlato gymnastek ale padla pachuť smutku, neboť deset hodin po skončení soutěže Misáková zemřela. Radost i bolest z olympiády si Růžičková oživila v roce 2012, kdy se po 64 letech do olympijského Londýna vrátila jako divačka.
Růžičková byla všestrannou sportovkyní, vedle gymnastiky se věnovala plavání a skokům do vody. Po roce 1989 se podílela na obnově sokolského hnutí. Stála také u založení Českého klubu olympioniků. V roce 2016 byla oceněna Medailí Za zásluhy.

UNESCO rozhodne, zda na seznam připíše modrotisk a vánoční ozdoby

Na seznam světového nehmotného dědictví UNESCO možná tento týden přibudou dva nové české zápisy, modrotisk a tradiční krkonošská výroba vánočních ozdob. Na zasedání výboru na Mauriciu budou do soboty jeho členové rozhodovat o padesátce nominací na zápis do prestižního seznamu. Mezi uchazeči je například hudební styl reggae z Jamajky, velbloudí a koňské dostihy v Ománu, irská hra hurling, slovinská krajka nebo výzdoba rikš v Bangladéši.
Česko dosud u UNESCO uspělo s pěti nominacemi na zápis do seznamu nehmotného dědictví - naposledy v roce 2016 byla přijata společná nominace se Slovenskem na zápis loutkářství. Také letos je jedna z nominací mezinárodní: o zápis textilní tiskařské techniky modrotisk se Česko uchází spolu se čtyřmi dalšími zeměmi - Rakouskem, Německem, Slovenskem a Maďarskem. Modrotisk se k dekoraci látek používá od 18. století a některé matrice na tisk v převážně rodinných dílnách jsou až 300 let staré a užívá je někde až sedmá generace tiskařů. Výhradně českou nominací na zápis do seznamu UNESCO jsou naproti tomu vánoční ozdoby z dutých skleněných perliček, které se už více než sto let vyrábějí v Poniklé na Semilsku. Tamní sklárna nabízí přes 20.000 vzorů ozdob z foukaných perlí a trubiček, některé pocházejí až z počátku minulého století. Manufaktura, která zaměstnává padesátku lidí, funguje na stejném místě od roku 1902.

Na Staroměstském náměstí v Praze se v sobotu odpoledne slavnostně rozsvítil vánoční strom.

Ten přivezli z Liberecka a má 23 metrů. Strom premiérově zazářil v 16:30 a pokud jste to na Staroměstské náměstí nestihli, mohli jste slavnostní okamžik sledovat v přímém přenosu na TN.cz.
Slavnostní rozsvícení vánočního stromku na Staroměstském náměstí v Praze bylo plánované na sobotní půl pátou odpoledne a zdrželo se jen o pár sekund. Rozsvícení smrku doprovodila hudba Karla Svobody z oblíbené české pohádky Tři oříšky pro Popelku a také skladba Somewhere in my memory od Johna Williamse. Slavnostní akt sledovaly davy lidí.

Chicken with broccoli puree
Ingredients:
14 oz. (400 g) chicken breast
14 oz. (400g) broccoli
7 oz. plain yogurt
2 tbsp butter
1 red pepper
1 green pepper
8 carrots
1 clove of garlic
1 onion
3 tbsp curry
1 cup whipped cream
2 tbsp parsley
salt, pepper



Cut chicken breast and peppers into cubes. Cut onion and garlic into little pieces. Boil peppers, broccoli and carrots in the water for 10 minutes. Heat butter in a large pot, add chicken and fry about 5 minutes. Take chicken out from the pan and put onion, garlic there. Fry them. Add chicken, whipped cream, pepper and curry. Stew for 10 minutes. Broccoli, yogurt and parsley mix into puree. You serve chicken, puree with carrots. Serves about four people.



Festive punch

Ingredients:
4 cups of red wine
4 cups of black tea
1 cup rum
2 oranges
2 lemons
3 apples
1 cinnamon stick
5 cloves
sugar according to taste
Cut oranges, lemons and apples into bigger pieces. Warm wine, tea, fruit, cinnamon and cloves in a big pot. Take it from the heat. Add rum and serve.

LAUGHING CORNER

How does old age change.....

An older lady was standing on a deck of a cruise ship, holding her hat with both hands so as it wouldn't fly away.
A man walking by remarked, "Pardon me, I don't to be indiscrete, but are you aware that the wind is blowing your skirt up?"
"Yes, I know," the lady replied. "I need both hands so the wind does not take my hat off."
"Well you should know that you have no underwear and your privates are exposed! "said the gentleman.
The woman looked at the man and replied, "Sir, everything you see down there is 75 years old. But I bought the hat yesterday".

Wedding

A wedding ceremony came to the point where the minister asked if anyone had anything to say concerning the union of the bride and groom. The moment of utter silence was broken when a beautiful young woman carrying a child stood up. She started walking slowly towards the minister. The congregation was aghast - you could almost hear a pin drop. The groom's jaw dropped as he stared in disbelief at the approaching young woman and child. Chaos ensued.
The bride threw the bouquet into the air and burst out crying. Then the groom's mother fainted. The best men started giving each other looks and wondering how to save the situation. The minister asked the woman, "Can you tell us, why you came forward? What do you have to say?" There was absolute silence in the church. The woman replied, "We couldn't hear you in the back."

And that illustrates what happens when people are considered guilty until proven innocent.

This is the last printed issue of the Newsletter of the Sokol San Francisco VĚSTNÍK. According to the decision of the annual meeting Sokol information will be sent only by e-mail as needed