



Sokol Los Angeles

SOKOL NOTES

* Issue #20 * February 2009 * Published by American Sokol Los Angeles, 22542 Chaparro Drive, Saugus, CA 91350 *

Stastny Novy Rok!

Editor's Notes:

Another year has come and gone. It seems like such a short while ago we were welcoming in the new millennia and it is already 2009. My hope for this year is better economic conditions for our Great Nation.



During December the past three years, my husband and I volunteered as Mr. And Mrs. Claus through a local charity – Zonta Club of Santa Clarita, a women's service organization. We were "rented out" to families/groups for photos and to hand out gifts. We attended six parties, one of which was the CSA Christmas luncheon at Alpine Village. It is very rewarding for us to see the joy and awe on the faces of children of all ages. We plan to continue this activity as long as we are physically and mentally able.

This is going to be an exciting year for Sokol Los Angeles as we celebrate our 100th anniversary, the planning for which is well underway. We have been gathering memorabilia thanks to many of our long-standing members. Tim Kis is putting together a DVD that will be available to all members after footage of the celebration is included.

Sokol oslaví 100 let v Los Angeles 27. září 2009.

We were initially planning to combine the centennial with the heritage celebration in October. However, since Sokol organizations across the country also celebrate during the month of October, September 27 was selected in order to encourage attendance by Sokols from other areas. The location has not yet been finalized and will be announced in the near future. This should prove to be a festive occasion with a few surprises in store for all. Watch your mail for updates as the date approaches.

Words to Live By: People need to see that, far from being an obstacle, the world's diversity of languages, religions and traditions is a great treasure, affording us precious opportunities to recognize ourselves in others.

–Youssou N'Dour, Musician

Letters to the Editor: e-mail gemiil@aol.com -- include "Sokol Notes" in the Subject line; **U.S Mail** to 22542 Chaparro Drive, Santa Clarita, CA 91350-1501. I look forward to hearing from you. Thanks to all who have written or e-mailed.



NAZDAR!

Sis. Lillian Roter, Editor

American Sokol is an organization dedicated to the physical, mental and cultural advancement of its members, the youth and adults that attend its programs and the local communities it serves. Sokol was founded on the philosophy that only physically fit, mentally alert, and culturally well-developed citizens can make a nation strong and give life to the honorable spirit of patriotism.

Sokol Los Angeles, founded in 1909, is an American Czech/Moravian/ Slovak social, gym and educational organization established to carry on the ASO philosophy. Our organization is open to all individuals interested in the Czech/Moravian/ Slovak cultures and the ASO philosophy.

Sokol is the Czech word for falcon, a symbol of strength, beauty, harmony and freedom. People participating in Sokol activities are themselves often called "Sokols."



Membership Dues Notice:

If you have not yet paid your dues for 2009, please make checks payable to **Sokol Los Angeles** and mail them to **Lillian Roter, Financial Secretary**. Dues remain the same -- \$35.00 for under 65 years of age and \$25.00 for 65 and older.

Also, if you have e-mail, please include your e-mail address along with your payment. I send periodic updates and reminders for upcoming meetings and events. In the future, I would like to submit Sokol Notes on line and would like your feelings on that.

Lillian Roter, Financial Secretary, Sokol Los Angeles, gemplil@aol.com

Visit our website <http://www.sokolLA.org> for Sokol LA information and updates on meetings and events. Our Webmaster Jim Buchanan continues to do a great job keeping the site updated. Also, if you have information to share with Sokol membership, please forward to Jim at webmaster@sokolLA.org for posting.

And don't forget to visit the National American Sokol website for information on Sokol events around the country: www.american-sokol.org

In Memorium

*You are not forgotten, loved one, nor will you ever be.
As long as life and memory last, we will remember thee.
You left us many memories; your love is still our guide.
And though we cannot see you, you are always at our side.*

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We are saddened by the loss of our sister, **Ruth Hauser**, who departed this world on January 25, 2009. Ruth was born in Chicago February 3, 1924, but spent the last 44 years in Camarillo with her husband, Don. She is survived by her husband, their son David, daughter Kathryn, Ruth's sister Emily Vaniman – all of Camarillo – and her brother Emil Martinec of Chicago.

Teaching was Ruth's passion, and she watched multiple generations pass through her classroom. When she retired she enjoyed reading, crocheting blankets for the Navy and tending to her rose garden. She was active in CSA and Sokol and attended Sokol's Czech class.

We will miss Ruth and extend our deepest sympathy to her family.

Meetings, Activities, Special events:

All are welcome at our events. Bring your family and friends; invite them to join.

General Meetings are scheduled for the third Saturday of each month from 11:00 am to 3:00 pm. We are back at Joe Bridges Clubhouse in Glenoaks Park, 2531 E. Glenoaks Blvd., Glendale, CA 91206. The renovation is very nice with much-needed new flooring, fresh paint throughout and renovated bathrooms. They also included new tables and very comfortable chairs. It is a more pleasant atmosphere than before.

All are welcome to come and enjoy lunch, which is free to members. Please attend and bring a friend.

Verna Garda continues to meet Thursdays from 11:30 am to 2:00 pm at the North Hollywood Senior Center under the direction of Sis Libby Pelc. Exercise, socialize and indulge in pastries and coffee while enjoying the company of Sokol brothers and sisters – an opportunity to converse in Czech and English.



From left: Natalie Zelenka, Libby Pelc, Mary Gregory(non-Sokol), Vera Hlavacek, Pavel Jordan, Jirina Cymbal, Hanna Paulson, Marv Roter, Lillian Roter, Bill Zelenka. Seated: Louise Nekuda (February 5, 2009)

The Senior Gym Class provides exercise for health and well being in keeping with the Sokol philosophy for a sound mind and body. Exercises begin with stretching, ball tossing and basket shooting; after a short break, the class partakes in chair exercises to complete the session. Participants exercise at their own pace, doing only what they are able. Our class is growing and we often have guests. Come out and join us.



North Hollywood Senior Center
11430 Chandler Boulevard
North Hollywood, CA
(Corner of Tujunga and Chandler)



Contact Physical Director Libby Pelc for more information.

In just a few short months, Sokols from all over will gather in Fort Worth, Texas for the 22nd American Sokol Slet. **The countdown has begun!** The Southern District of the American Sokol, USA Gymnastics and the City of Fort Worth are extremely excited to host the 2009 International Sport and Cultural Festival! Individuals and groups from all over the United States as well as the Czech Republic, Slovakia, Slovenia, Canada, Portugal, Germany, Australia, Mexico, Brazil, Honduras, Guatemala, the Dominican Republic, El Salvador, and more will be at this unforgettable event. For up-to-date information visit a site listed below:



www.usa-gymnastics.org/gg www.slet2009.com www.American-sokol.org

Sokol Los Angeles will be represented through attendance and participation. Libby Pelc and Otto Notzl are helping members learn the routines that will be performed.

Recent Events

Heritage Event: Knollwood Country Club, October 26, 2008 – All had a good time as you can see from the photos below.



Annual Meeting: This year's annual meeting scheduled for November was cancelled due to multiple fires in the North Valley communities. Many roads in the area were closed and access to Knollwood Country Club was near to impossible. Also, due to extreme smoke conditions, Knollwood was closed for business. Phone calls were made to members early morning on meeting day. Apologies are extended to all members whom we were not able to contact in time to keep them from making the trip.

The slate of officers and directors included only one candidate for each position, all incumbents except for the office of secretary. Because all candidates were unopposed, a motion was made and passed at the October meeting to keep the existing officers and directors. It was agreed that we would vote for the secretary at the Annual Meeting. Since that meeting was cancelled, the vote was taken at the December meeting at Marie Callendar's in Northridge.

San Diego Bus Trip, October 2008: A group of Sokols journeyed by bus once again to share in the Czech and Slovak Heritage Day at San Diego Balboa Park's International Cottages. It was a beautiful, sunny day in the park -- perfect for enjoying sausages, kraut and yummy homemade pastries and, of course, the Czech/Slovak dance demonstrations and music. This could easily become an annual tradition for Sokol Los Angeles.

Upcoming Events

General Meeting March 2009: Saturday, March 21, 2009, 11:00 am to 3:00 pm at Joe Bridges Clubhouse in Glenoaks Park, 2531 E. Glenoaks Blvd., Glendale, CA 91206. Lunch provided free to members.

General Meeting April 2009: Saturday, April 18, 2009, 11:00 am to 3:00 pm at Joe Bridges Clubhouse in Glenoaks Park, 2531 E. Glenoaks Blvd., Glendale, CA 91206. Lunch provided free to members.

Spring Social, April 19, 2009: Knollwood Country Club, 12024 Balboa Boulevard, Granada Hills, from 11:00 am to 3:30 pm. Watch your mail for the flyer with all the details.

Sokol Family Picnic, May -- TBD

Dinkey Creek Camp, June 28 -- July 5, 2009

2009 -- Sokol Los Angeles 100-Year Anniversary: September 27, 11:00 am to 4:00 pm. Location is being negotiated and will be announced at a later date. If anyone has any memorabilia to share, please contact Lillian Roter, anniversary coordinator, or Tim Kis. Mark your calendars for this historic event. And don't forget to invite family and friends.

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If you haven't yet gone, visit the Library of Jirina Fuchs, open once a month by reservation.

For more information you can write or Fax:

Library of Jirina Fuchs

P.O. Box 66453

Los Angeles, CA 90066-0453

Fax (310) 397-8199

Mrs. Fuchs' shares an amazing collection of Czech memorabilia -- forty years of collectables including pictures, books and information of our Czech culture in Los Angeles, cataloged and organized in her garage. Admission is free, but donations are greatly appreciated to help maintain and preserve this wonderful collection.

Membership: As of February 2009, Sokol Los Angeles has 103 adult members, two youth members and five pending applications for membership.

We voted in five new members in 2008. Doris Klega, wife of 45-year member Danny Klega, joined us in January, followed by Marie Elias in February and Ira Green in March. John Winslow, long-time friend of Anne Plachy, joined in September, and Pavel Jordan joined in October.

Marie Elias writes: "Our family, Zajic, joined Sokol in 1963. I remember spending most Saturdays at the hall gyming from the age of 5 or 6 until I was about 13. This is where Eva Reisner and I met about 1964-65. I have pictures of us as young girls and also some pics of the parties that were held there; I was on the stage playing my accordion. When I became a teenager I backed away from Sokol and stayed away until my parent's passing in 2006. My mom, Margaret Zajic, was a member of the Stara Garda for many years and remained a member of Sokol until the late 90's or early 2000's."

Ira Green writes: "My career was in Space Physics, Computer Infrastructure, and Network Development and Support. After I retired I found out that Kathy Hanken was a Czech and very active in Czech fraternal groups. Kathy had worked for me at Northrop (previously TRW). Then I met Eva Pilik, Sokol Membership Director, at a CSA function and I began to learn and develop a strong interest in the Czech culture and language. She handed me an application at a Sokol meeting, and I decided to join."

If you know of anyone you would like to have as a fellow Sokol member, invite him/her to one of our meetings or social events. It is not important that they be of Czech/ Slovak heritage but that they have an interest in learning about the Czech/Slovak culture.

Czech Language Lessons: Sponsored by Sokol Los Angeles, classes are held the first Sunday of each month, 9:00 am to 1:00 pm, at Pasadena City College on Colorado Boulevard in Pasadena.

We meet in Building R, Room 102.

Our instructor, Dasha, is very patient with us and is anxious to help us learn.

Contact Sister Mildred Urbanski for more details.

Classes are free to all Sokol members; non-Sokol members are charged for books and a per-class fee.

Textbooks are free for Sokol members after attending three lessons.



Sokol Los Angeles Czech Class – submitted by Kathy Hanken

How many of you know the Czech words for past, present and future? Join the class and learn this and more. Our latest advanced group homework assignment was to write which era (time in history) we would have liked to live in and what the differences are between then and now. As I write this, today is the first Sunday in March, the day our Sokol Los Angeles Czech class met. We rarely start class before 9:30 am, allowing time to greet one another, get organized and settle down.

Some of us travel long distances to be there -- as far away as Temecula and San Luis Obispo. And I thought going through downtown LA was a long drive -- about an hour on Sunday morning. Parking on campus costs \$2.00 per car; it is difficult to find parking on the streets because we meet the same day as a monthly swap meet held on campus.



Students learn the language, grammar, history and culture of the Czechs and Slovaks of that land across the Atlantic Ocean where our forefathers, and even some of us, were born. Learning a language takes

dedication and a lot of work during the rest of the month. There are about a dozen diehard students who study their verbs and grammar and faithfully attend every month. Some months we are delighted to welcome other pupils that attend sporadically.

Two individuals always arrive very early at the PCC campus -- our teacher and our Director of Education. They greet us with smiles and a "dobry den".

Our ever charming and delightful Director of Education, Milly Urbanski, makes certain that the doors to the classroom are open, sometimes calling the campus security service to come open the doors. The college does not believe that we really meet on holiday weekends, but we do and frequently get to know the security guard. Milly also keeps us honest and reminds us of the homework and checks to see who will be in class. She signs us in and distributes interesting printed articles she brings to class. It is Milly's wonderful youthful, positive attitude that draws most students. She is our eternal optimist and always has lots of fun to share with us.

Our wonderful and patient teacher, Dagmar Pallova Tyler (Dasha), does not let us slide or goof off. Even if we did not do the homework, she expects us to put on our thinking caps and create Czech sentences through her gentle prompting. A Czech word or phrase is often accompanied by all kinds of acting out to get the point or question across without her translating into English. Her goal is to have everyone listening and speaking Czech to the best of their ability.

Today, only the beginners opened their textbooks to do some exercises while our beloved Dasha worked with the advanced group. Most of the class was conducted in Czech, and I think most of us did all right, even if some words had to be looked up in the ever-trusting dictionary. The advanced group's task was to read and understand a page in Czech, pick five words we did not understand, look them up in the dictionary and make five sentences with those newly discovered words.

While the advanced class was busy reading, Dasha led the beginners in conversation. They had to recall in Czech the colors they learned, numbers, fruits and vegetables, clothing, and arithmetic as well as the difference between the cultures.

"How are you?" in English is a normal greeting, answered by, "Fine. How are you?" as you pass one another. In Czech the greeting changes to a real question requiring an answer and explanation. So "fine" has to be followed with why you are feeling great.

We enjoy the class so much that sometimes our teacher has to remind us to say it in Czech. That does slow us down, but not by much. We still enjoy sharing in Czech our month's activities, our kids, and our experiences with the rest of the class. We also enjoy learning about Dasha's three-year-old daughter, Jacklyn, whom we hope to meet some day in person.

Normally the advanced students get to read historic tales that teach us the Czech history; today we had a humorous story, which made the back of the room a little noisy with laughter. Dasha is a history buff, a teacher

very interested in the history of the world. Attending her classes is really fascinating. As a teacher, she has so much to offer.

Dasha has a teaching degree from the Czech Republic, and we are so lucky to have her. Her patient prodding to get each and every student to participate is an education in itself. She gets results from the shyest students. She obviously enjoys teaching and especially since she has mostly willing and dedicated students. Even the American born spouses of Czech descendants are making visible progress. I believe Dasha enjoys the class as much as we students do.

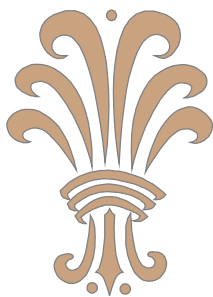
The learning and fun doesn't end with class. Some of us go out to lunch together and discuss Czech among other things. We pick various local restaurants to adapt to everyone's tastes and budgets.

By the way, just in case you are wondering, in Czech the past is "minulost", present is "přítomnost", and the future is "budoucnost". Nazdar, Kathy Hanken

Members' Corner

This is a new section recommended by Kathy Hanken where articles from/about Sokol Los Angeles members will appear. Your input is welcomed.

We are all saddened with the loss of God's new angel, Ruth Hauser. Twelve of us attended the beautiful Memorial at her church on a rainy Friday afternoon. Don spoke eloquently with just enough humor (knowing Ruth, she loved it). Kathryn also spoke beautifully from the heart about her mom. They played some of her favorite music, *A Taste of Honey* by Tijuana Brass (and you knew her family and friends were tapping their feet to the beat). The ladies at the church served refreshments in the church hall and we all went home with a light in our hearts that can never be extinguished. So long dear friend, "na shledanou!" -- submitted by Milly Urbanski



Does anyone recognize this young lady?
She was Sokol queen in 1932.
This is Sokol Los Angeles member, Helen Vrana.



Laughter – The Best Medicine:

Say a Prayer

Little Johnny and his family were having Sunday dinner at his Grandmother's house. Everyone was seated around the table as the food was being served. When Little Johnny received his plate, he started eating right away. "Johnny! Please wait until we say our prayer," said his mother.

"I don't need to," the boy replied.

"Of course you do," his mother insisted. "We always say a prayer before eating at our house."

"That's at our house," Johnny explained, "but this is Grandma's house and she knows how to cook!"

Smart Aleck Answers

A lady was picking through the frozen turkeys at the grocery store but she couldn't find one big enough for her family. She asked a stock boy, "Do these turkeys get any bigger?"

The stock boy replied, "No ma'am, they're dead."

The cop got out of his car and the kid who was stopped for speeding rolled down his window. "I've been waiting for you all day," the cop said.

The kid replied, "Yeah, well I got here as fast as I could."

When the cop finally stopped laughing, he sent the kid on his way without a ticket.

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Words of Wisdom:

Nails in the Fence

There once was a little boy who had a bad temper. His Father gave him a bag of nails and told him that every time he lost his temper, he must hammer a nail into the back of the fence.

The first day the boy had driven 37 nails into the fence. Over the next few weeks, as he learned to control his anger, the number of nails hammered daily gradually dwindled down. He discovered it was easier to hold his temper than to drive those nails into the fence.

Finally the day came when the boy didn't lose his temper at all. He told his father about it, and the father suggested that the boy now pull out one nail for each day that he was able to hold his temper. The days passed and the young boy was finally able to tell his father that all the nails were gone.

The father took his son by the hand and led him to the fence. He said, "You have done well, my son, but look at the holes in the fence. The fence will never be the same. When you say things in anger, they leave a scar just like this one. You can put a knife in a man and draw it out. But it won't matter how many times you say I'm sorry, the wound will still be there.

"A verbal wound is as bad as a physical one. Remember that friends are very rare jewels, indeed. They make you smile and encourage you to succeed. They lend an ear, they share words of praise and they always want to open their hearts to you."

Famous Czechs/Slovaks:

Paul Leonard Newman (1925-2008), actor, film director and entrepreneur, was born in Cleveland, Ohio, while his roots were partially in Slovakia. His mother, Theresa (Terezia Feckova), came from a small village in Humenne District of today's Slovakia. She was catholic and his father, Arthur, was Jewish but Newman had described himself as Jewish as well. Newman will be missed for his philanthropy and deeds during his life. As co-founder of Newman's Own Food Company from which he donated all post-tax profits and his royalties to charities, his donations have reached over \$250 Million and continue to grow.

Jaromir Vejvoda (1902-1988) was a Czech composer and author of the *Beer Barrel Polka*. He learned to play the fiddle and flugelhorn in a band led by his father. He started to compose in the 1920s while he worked as a bartender in a pub owned by his father-in-law. In 1929 he wrote the *Modřanská polka* named after Modřany, a suburb of Prague where it was played the first time. This catchy tune became a hit and allowed Vejvoda to pursue music as a full-time professional. It was published in 1934 with lyrics *Škoda lásky, kterou jsem tobě dala...* Publishing house Shapiro Bernstein acquired the rights shortly before World War II and the polka, now the *Beer Barrel Polka* with the English lyrics "Roll out the barrel...", became the most popular song of the Allies in the

West, although the original Czech lyrics have a very different meaning and do not speak about beer. After the war this polka became popular around the world, in German-speaking countries as *Rosamunde-Polka*.

Vejvoda had three sons: Jaromír, Jiří and Josef. Josef continues the family tradition of being musician, composer and bandleader. His daughter Zuzana is a musical actress.

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To Your Health:

Easy Memory Boosters: Following are just a few of the many things to help our memories.

Blueberries, the ultimate memory food, include compounds called polyphenols, which actually help "turn on" the signals that let brain cells communicate with each other more effectively.

Strawberries possess compounds that help protect the brain and preserve memory.

Spinach, loaded with anti-inflammatory and antioxidant compounds, slows brain aging and preserves memory according to research.

Fish and Fish Oil: Your grandmother was right! Fish is indeed brain food, containing healthy omega-3 fats that make it easier for information from neurotransmitters to get in and out of the cells. Best sources: Salmon, sardines and cod -- or fish oil supplements.

Exercise is crucial for both mind and body health, reducing levels of the stress hormone cortisol, which when elevated, can shrink the part of the brain responsible for memory and learning. Studies show that exercise may help prevent Alzheimer's or dementia, or at the very least, significantly delay its onset. Exercise also releases certain chemicals that are important to the brain's function and growth.

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Stay-Young Secrets

Combat Arm Jiggle (flabby arms) by lifting weights in five-minute intervals. If you are not used to weights, start with fewer repetitions and gradually build up to the five-minute level.

Stay Hydrated -- Drinking water helps keep the skin hydrated, a key to looking young and fresh. Moisturizer is also important and should be used daily on the face and neck. (This applies to men as well as women.)

Stay Active -- Keeping fit helps you feel and look youthful.

Stress Less -- Breathing exercises, a relaxing bath, soothing music, yoga, exercising, getting a massage and/or meditating can all help reduce your stress. Keeping stress at a minimum is what helps one stay young.

Keep Covered -- Stay out of the sun. This is not just a matter of using sunscreen; although if you have to be in the sun, then for sure use sunscreen or stay covered when outside.

Quit Smoking -- If not for any other reason, let vanity be your motivation to kick the habit. In addition to causing a wide variety of diseases, smoking cigarettes also causes wrinkles that could make smokers appear less attractive and prematurely old, according to a study cited by the American Lung Association.

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Handy Hints:

Over baked Cookies -- Too crispy? Pop into a plastic bag or plastic container along with a few apple slices or a slice of bread wrapped in a paper towel. They should soften within 24 hours.

Stale Cereal -- Past-prime cereal can be zapped back to life with 30-45 seconds on a plate in a microwave. Let rest for a minute then enjoy as usual. Ground in a blender or crushed under a rolling pin, unsweetened varieties can pinch hit as breadcrumbs or swapped in for half a cup of flour in muffin or cookie recipes.

Scorched Soup -- If soup starts to scorch on the bottom, turn off the heat and stop stirring immediately so the burned portions don't flavor the rest of the soup. Gently pour the top portion into a fresh pan -- and keep an eye on it this time!

Wine That's Turned -- Once wine is exposed to air, it will start to change, and eventually degrade. While this wine might not be drinkable on its own, it's a perfect sub for vinegar in salad dressings, stews, egg poaching, meat marinades and braising liquid.

Food for Thought:

Happiness comes through doors you didn't even know you left open. -- Anonymous

Your work is to discover your world and then, with all your heart, give yourself to it. -- Buddha

Be careful the environment you choose, for it will shape you;
Be careful the friends you choose, for you will become them. -- W. Clement Stone

Time is really the only capital that any human being has, and the one thing
that he can't afford to lose. -- Thomas Alva Edison (1847-1931)

Sokol Los Angeles 2009 Elected Officers and Directors:

President – Tim Kis

Vice-President – Don Hauser

Financial Secretary & Editor Sokol Notes – Lillian Roter

Treasurer – Bill Zelenka

Secretary – Ira Green

Educational Director – Mildred Urbanski

Membership Director – Eva Pilik

Men's Physical Director – Otto Notzl

Women's Physical Director – Libby Pelc

Committees:

Public Relations Director – Cynthia Zuber

Property – Janelle Palas

Constitution & By-Laws – Frank Klotz, Don Hauser, Rocky Hanken

Auditing – Abel Balint, Frank Klotz, Don Hauser

Reconciliation – Don Hauser, Marv Roter, Lillian Roter

Pacific District Delegates – Don Hauser, Marv Roter; Bill Zelenka, Natalie Zelenka, Lillian Roter;
Eva Riesner, alternate; Tim Kis, automatic District VP

ACA Delegates – Ella Nachtigal, Natalie Zelenka, Frank Klotz, Bill Zelenka,
Tim Kis, Don Hauser; Ira Green alternate

Budget & Finance – Rocky Hanken, Don Hauser, Lillian Roter

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2008: A BANNER YEAR *AMERICAN SOKOL LOS ANGELES*

Education Director's Report

Our Czech Class is one of Sokol's several services to the Community. We have been fortunate to have two great teachers inspiring our students this year. After almost six years as our loving, capable teacher, Romana Matouskova resigned in February 2007 to our dismay. Kathy Hanken came to fill the gap in March 2007 with the same desire and taught us for over a year, at which time her health prevented her from continuing. In September 2008, Dasha Tyler came to our rescue, well qualified with a teaching certification and the know-how, knowledge and patience to deal with our class and further inspire us to achieve our goal of speaking our beloved Czech language and to learn history and culture as well.

Mastering a language in four hours a month cannot be achieved (even with native and qualified teachers) unless the students persevere to study and do their monthly homework. Thanks to the generosity of Sokol Los Angeles, we have been supplied with superior textbooks and CDs.

Teaching rudimentary necessities that go along with learning a language are not technical in any nature, but are the tools to learn the language, i.e., declension and conjugation of verbs, nouns and adjectives are a must in order to speak any language, boring as they may be to learn. The more you use your textbook, the easier this becomes.

In November, Dasha, along with the Education Committee (Jim Buchanan, Rocky & Kathy Hanken and myself) and input of the students, divided the class into two groups: Intermediate Beginners and Advanced. Each group is given its own assignment each month.

Most of our students have attended class since 2003 and 2004. There were five students in 2002 when I became Education Director. We now have 14 dedicated students. We have lost some students over the years – some who wanted to learn to speak in three to four months (an impossibility), some who attended only one class and paid for the textbook, and some who realized it would take their personal time as well and was too hard. Others could not manage the day or the class hours.

We had been meeting in restaurants amidst the chaos and turmoil of clanking dishes until the availability of classrooms at Pasadena City College was brought to our attention. We now have a classroom, which is conducive to learning. We thank our Sokol Unit for making this possible.

After four hours of class, students who wish join for lunch in order to socialize and spend more quality time with fellow students whose companionship is enjoyed.

Learning our forefathers' language, history and culture is good for the soul and a great challenge for the brain.

Submitted by Milly Urbanski, Education Director

Public Relations Director's Report

Thanks to the support of our members-at-large and to the creative ideas and endeavors of various people in our Los Angeles Sokol Unit, we have enhanced our image by incorporating a few more relevant and fun activities into our organization! Added to this, we also proudly received a few new members!

We have benefited from the colorful flyers created and distributed by Lillian Roter denoting our General Meeting dates and locations as well as our Youth Day Picnic and our twice-annual Czech-Moravian-Slovak Heritage Luncheon & Dances.

Mr. Bill Zelenka, as always, was a trooper keeping his Czech Slovak American Organization apprised of Los Angeles Sokol activities, garnering support and participation as well! Thomas Jahn made colorful fliers and opened the door for us for our Family Picnic Day at the now famous, Vasa Park!

Eva Pilik continued her rallying for good participation in the Czech-Slovak International Day Festival at Balboa Park in San Diego.

Kathy Hanken graciously took photos of us at the Heritage Dances, Balboa Park and in Czech Class. Kathy also found the great Czech eatery, Zina's, for our patronage and enjoyment! And our Webmaster, Jim Buchanan, secured, developed, maintained and updated our new website: www.sokolla.org.

Franta and Peter Klotz created a swell Los Angeles Sokol Forever Stamp! Cynthia Zuber made her first T-Shirt Design Order, and quite a few folks enjoyed those funny, lightweight, blue summer tees!!

Womens Physical Director, Libby Pelc continued the weekly exercise classes that some members enthusiastically attended and Mens Physical Director, Otto Notzl, conducted the games at the Annual Youth Day.

Ella Nachtigal was a scrupulous Secretary and Milly Urbanski continued to publicize our Czech Language Classes. And finally, President Tim Kis didn't bail on us...! (Thanks, Mr. T)!

Submitted by Cynthia Zuber, 2008 ASLA Public Relations Director

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Calendar of Events:

(Cut out and tape to refrigerator)

2009

Saturday, March 21:	General Meeting – Joe Bridges Clubhouse, Glendale
Saturday, April 18:	General Meeting – Joe Bridges Clubhouse, Glendale
Sunday, April 19:	Spring Social – Knollwood Country Club
Saturday, May 16:	General Meeting – Joe Bridges Clubhouse, Glendale
Sunday, May TBD:	Family Picnic – Swedish Vasa Park, Agoura Hills
Sunday, June 28 thru Sunday, July 5:	Dinkey Creek Camp
Sunday, September 27:	100-Year Anniversary Celebration

Sokol Credo:

To build a healthy and beautiful human body:

To cultivate a harmonious and total person:

***To develop firm character, a well-rounded disposition
and a love of truth and justice:***

To produce strong, lovely and honorable people.

That is the goal of Sokol education.

NAZDAR!