

American  
**Sokol**   
Sokol Los Angeles

# **SOKOL NOTES**

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## **Editor's Notes:**

My recent return from the American Sokol XIX National Convention held in Omaha, Nebraska, marks the end of over one year of hard work and dedication to Sokol Los Angeles and the American Sokol.

Over a year ago, I took on the task of chairing the Sokol Los Angeles 100-year anniversary celebration that was held on September 27, 2009. Next, I found myself "volunteered" by American Sokol to represent the Pacific District on the National Bylaws Committee for the Convention. I was excited to be attending the Convention and stepped up to the task. After several teleconferences the Committee was ready to take our recommendations to the Convention; but our work was not over. In Omaha we met daily to finalize bylaws changes for approval.

Back in Los Angeles, I don my editor's hat to supply you with a long-awaited issue of Sokol Notes. I am sure you will find this issue most informative and entertaining.

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**Words to Live By:** If I am not free to fail, I am not free to take risks. Everything in life worth doing involves the willingness to take a risk and with it the risk of failure. One should always try; but remember, one does not always have to succeed. In life we learn from our mistakes, but that doesn't mean we have to stop trying.

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**Letters to the Editor:** e-mail [gemplil@aol.com](mailto:gemplil@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!**

Sister Lillian Roter, Editor

### ***Officers and Directors for 2010 Elected November 21, 2009:***

**President --** Tim Kis

**Vice-President --** Don Hauser

**Secretary --** Cynthia Zuber

**Treasurer/Financial Secretary --** Lillian Roter

**Education Director --** Jim Buchanan

**Membership Director --** Eva Riesner

**Public Relations Director --** Cynthia Zuber

**Men's Physical Director --** Otto Notzl    **Women's Physical Director --** Libby Pelc

**Editor Sokol Notes --** Lillian Roter

# Long-Time Member Louise Nekuda Celebrates 100<sup>th</sup> Birthday

Submitted by Karen Carnot Brezsny (Granddaughter)

“Babi” Louise Nekuda (nee Aloisie Vorovka) was born March 6, 1910 in Praha, in what was then called Bohemia, Austria. She lived there with her parents Alois and Marie (nee Stumpf) Vorovka until she was almost 11 years old. Her father Alois worked in a tool and dye factory; her mother Marie had a sewing business in their apartment. Marie met Alois after she left her family in Klobuky as a teen to apprentice with Alois’ mother who had a sewing business.



Alois, Marie, Louise

On January 30, 1921, Louise and her parents traveled to the United States to join Marie’s parents and siblings and lived on a homestead west of Hemingford, Nebraska. Upon arriving in Hemingford February 17, 1921, Babi said, “Grandpa Stumpf was there in the early morning to meet our train. There was a lot of snow and it was so cold! We took a sled to Grandpa’s farm.” Louise’s brother, George Vorovka, was born almost a year

later on March 4, 1922.

Louise lived in Nebraska for twenty years, marrying Emil Nekuda and raising two daughters, Mildred and Arline. In March 1941 the Nekuda family moved to Santa Monica, CA. When WWII began, Louise worked at Higgins Industries and then at Douglas as an inspector of small parts and raw stock.



The Nekudas were very involved in the Sokol organization. Louise was a member of Sokol in Prague, CZ, from five through eleven years old. She drilled with her mother in the 1920 Sokol Slet in Prague. She rejoined Sokol in the United States in 1942 and became the Pacific District’s first woman president, serving that office for 11 years. Louise was president of the Women’s Division of



Sokol Los Angeles and volunteered as secretary for several years. She then served as financial secretary for 25 years.

Louise was voted Honorary Member of the American Sokol Organization. Louise also served as secretary, financial secretary and treasurer of American Czech Association.



Emil, Arlene, Mildred & Louise -- 1941

Louise and Emil Nekuda were together in marriage until his death in 1981. She moved to Westlake in 1980 after living in Woodland Hills and the North Hollywood areas of Southern California. She now resides at 254 E Sidlee Street, Thousand Oaks, CA 91360 and would love to hear from her friends.

Louise has six grandchildren, six great-grandchildren and two great-great grandchildren!

## Louise’s Family Tree

**Grandparents:** Ludvik Vorovka & Aloisie Černa, Josef Stumpf & Barbora (nee Baruška Kořinek)

**Parents:** Alois Vorovka, Marie (nee Stumpf); Brother: George Vorovka

**Husband:** Emil Nekuda; **Daughters:** Mildred Carnot, Arline Wortner

**Grandchildren:** Candis Hong, Karen Carnot Brezsny, Robert Carnot, Jim Wortner, Linda Mulligan, Kathy McSkimming

**Great grandchildren:** Kari Ann Hong-Hodges, Greg Hong, Jeffry Mulligan, Chloe Brezsny, Tori McSkimming, Kelly Mulligan

**Great-great grandchildren:** Mark Hodges, Luke Hodges





Louise Celebrates 99<sup>th</sup> Birthday with Gym Class in March 2009



50-year Anniversary



Verna Garda February 5, 2009



Mildred, Arline & Louise Don Kroj –  
Late 1940s

Louise Nekuda: An inspiration to all.  
She joined us at exercise class in North  
Hollywood well into her 90s.  
Congratulations on reaching 100 years!  
**NAZDAR!!!**



10-25-2007

**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 Tyrs 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:** Since the last issue of *Sokol Notes*, three Sokol Los Angeles members have passed away. While they are no longer with us, they have all left us with fond memories that we will cherish forever.

### ***In Memoriam***

*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.*

\* \* \* \* \*

*Kathryn (Kay) Dobrinsky 1919 to 2009*

*Dr. Allen Drysch 1928 to 2009*

*Frances (Iska) French 1922 to 2009*

Sister Kathryn (Kay) Dobrinsky was an active member of Sokol Los Angeles along with her husband until she had a stroke shortly after the turn of the Century. She was a vibrant lady, small in stature but big in her contributions to Sokol Los Angeles. She was a very knowledgeable business woman, and whenever she spoke, people listened. She was always willing to step up and volunteer when needed – a staunch supporter of Sokol and its values. Kay and her husband had no children, so she doted on her nieces and nephews. She remained in her home through the help of her neighbor and caretaker. No longer able to attend meetings, she continued to keep in touch with Sokol Los Angeles members until she passed away on May 28, 2009.

Brother Allen Drysch was born February 5, 1928, and was accepted as one of God's angels on June 24, 2009. While we know he is in a better place, our hearts are saddened by his loss. Allen was a wonderful man, great husband, father, Sokol brother and very special friend. He served two tours of duty in the United States Marine Corp; he was a dentist and orthodontist. His wife Lupe and his family were his first priorities. Allen was



loved by everyone whose life he touched with his sensitivity, loving and great sense of humor. He suffered a lot in the past few years but always greeted us with an endearing smile and another joke. Lucky are those who went to Mexico in 2008 and were able to spend a glorious day with Allen and Lupe at their home in Mazatlan. Allen had a loving name for Lupe, “Lupička”, until our Czech teacher Romana laughingly told him that “lupič” means “burglar” in Czech. I guess that would befit Lupe since it was she who stole his heart! Allen will be in our hearts forever, having brightened us with his kindness and humor. Heaven is blessed with another Sokol Angel. We are thankful that he was a part of our lives, thereby making us better humans for having known him.



--Submitted by Sister Milly Urbanski, Education Director

(Photo is a young Dr. Drysch)

Sister Frances (Iska) French was born Iska Vivian Prucha in Kosice, Czechoslovakia, on November 22, 1922, to Adolf and Zophie Prucha. The family moved to Prague and Iska was a gymnast during her younger years. She had a brother Jirka. She studied hat design and met her future husband Eugene French at a tennis club in Prague. They married soon after. When Nazis took over the country, Eugene was put in prison but managed to escape. After the Communists took over, Eugene was sent to a concentration camp and was shot while attempting to escape. He survived and was with the family when they escaped by taking a train to the end of the line near the Black Forest. Carrying her daughter Marcella, Iska



made a terrifying night journey across the Czech Border into West Germany. For three years they waited outside Nuremburg for a quota to open up for passage to America. In 1952, they traveled by battleship to America as refugees; it took two weeks to reach New York. The family moved to California in 1956. Iska died peacefully in Santa Monica at sunrise on November 2, 2009, with daughter Marcella and grandson Kevin at her side. She was an honorary member of Sokol Los Angeles, lifetime member of Pasadena Beseda, and a member of CSA Fraternal Organization.

We thank Iska's daughter Marcella for the donation of her mother's Czech music to Sokol Los Angeles. We hope to use this music to learn Czech songs in our Czech class and at meetings.

\* \* \* \* \*

## 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. All monthly meetings for 2010 are scheduled at Joe Bridges Clubhouse in Glenoaks Park, 2531 E. Glenoaks Blvd., Glendale, CA 91206. We do not meet in July and August.

**Invite a Friend:** 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 and introduce them to the Sokol web sites. It is not important that they be of Czech/ Slovak heritage but that they have an interest in learning about the Czech/Slovak culture. And be sure to tell them that children are welcomed.

**Verna Garda** continues to meet Thursdays from 11:30 am to 2:00 pm at the North Hollywood Senior Center under the direction of Sister 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.

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.

## Past Events

**American Sokol Slet, Fort Worth, Texas:** Sokol Los Angeles and Sokol San Francisco attended and participated in the 22<sup>nd</sup> American Sokol Slet held in Fort Worth, Texas, June 25 to June 28, 2009. Boy was it hot! I enjoyed it anyway and am ready to start rehearsing for the Slet in Prague in 2012. There were 18 participants from the Pacific District -- 8 from San Francisco and 10 from Los

Angeles. The photos on the right are of our group and the senior calisthenics in the arena. The performance was fun but over quickly. There were also over 100 participants from the Czech Republic



performing in their traditional uniforms -- long pants with tank tops for the men and navy skirts with white blouses for the women. Their performance was outstanding. I am only disappointed that my family did not tell me about Sokol sooner. I would have enjoyed participating in events as a younger person. I believe my life would have been "richer" sooner. – Lillian Roter



Libby Pelc and Otto Notzl made sure Pacific District participants learned the routines for the Senior Calisthenics, practicing at individual's homes, before and after Sokol meetings, and a weekend at the Prochazka's home in Lompoc. It was a period of bonding of Sokol brothers & sisters and in developing friendships. In Fort Worth, we participated in the Sokol parade that started downtown and proceeded to the sports arena where Slet activities were performed. After one last practice together with Sokol San Francisco, we stood in the arena with Sokol brothers and sisters from USA and the Czech Republic. Quoting Brother Notzl, "I must say we were proud of ourselves because we did really well. Let me repeat the words of our American Sokol President Brother Laznovsky: *This is the kind of activity that is making us better people.*"

The Southern District of the American Sokol, USA Gymnastics, and the City of Fort Worth hosted 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 participated at this unforgettable event.

***Celebration of 100 Years -- Sokol Los Angeles - submitted by Sister Kathy Hanken***

What a party! The Sokol Los Angeles 100<sup>th</sup> Anniversary celebration held on September 27, 2009 was a great success. It was a standing room only gala affair at the beautiful Burbank Airport Marriott Hotel. The attendance (about 240) reached close to the maximum for the ballroom. Sokol members and friends from far away came in droves to help Sokol LA celebrate. Sokol Fresno, Sokol San Francisco, Sokol Texas and Sokol New York were all represented. The room was abuzz with friends talking with friends they have not seen for many years or maybe even decades. Many reconnected with long lost friends. One individual even found her bridesmaid from years ago; both were delighted that they are getting re-acquainted.

The fantastic party was the result of the hard work by Sister Lillian Roter and her planning committee. The planning took over a year; the reservations for the hall, the bands, and the entertainment all had to be done in advance. Lillian was very busy throughout, but the tempo increased in the last month as the event drew near. She was thanked for all her hard work by the Sokol LA membership giving her a gift certificate to her favorite restaurant, El Trocadero Steak House in Santa Clarita.

Our trusted long time member, Sister Louise Kis, came all the way from Arizona. She helped with check in, handling the hordes of people coming in with ease. She shared the task with Brother Ira Green. Parking tickets were validated and the dinner choices handed out. Everyone received an anniversary program booklet along with a pocket calendar (donated by American Czech Association) commemorating the 100 years of Sokol Los Angeles. Welcome addresses were given by Sister Lillian Roter and President Tim Kis followed by the flag salute; Brother Otto Notzl and Sister Cynthia Zuber led the Czech, Slovak and American Anthems. Brother Don Hauser gave the invocation, and dinner was served.

The Polka Dots Accordion Group from San Diego played Czech songs during dinner; the ladies of the group were in beautiful Czech national costumes. The International Folk Dancers from San Diego demonstrated some Czech and Slovak folk dances. This group performs in San Diego every Sunday during the summer at the International Cottages in Balboa Park, doing dances from many different countries. They changed costumes between the Czech and Slovak dance performances. Their performance was watched and photographed from all sides. A large number of amateur paparazzi were standing around catching all the twirling and kicking of the dancers. The Phil Anthony Band played great dance music, making the dance floor a popular place to be. This three-piece band played lively music with a great beat. Many people agreed that they would like to have this band back for other activities.

Twelve dedicated members (from Sokol Los Angeles and Sokol San Francisco) changed into their Sokol uniforms to demonstrate the calisthenics they did at the Texas Sokol Slet this past June. Their leader/instructor Brother Otto Notzl held practices many times at various locations leading up to the Slet performances. The performance on Sunday was fantastic and it was judged by the audience to be a success. I heard many people comment that they were glad to see the demonstration, since they were not able to travel to Texas to see them

there. Brother Otto Notzl reminded the group that the Sokol Slet in Prague is coming up in the year 2012. He would like more people to join and represent Sokol Los Angeles in the Czech Republic.

Sister Eva Pilik invited her friends from different cultural backgrounds to enjoy the Sokol celebration. She called it her international table in memory of her mother Anna Pilik. Her friend, Cathy Choi, from the Los Angeles Chinese group, came specifically with another member to honor Sokol Los Angeles on their 100<sup>th</sup> anniversary. The two ladies presented Sokol Los Angeles with a gift of a wall clock shaped like a giant wristwatch and sang happy birthday.

The Honorable Daniel Kummerman, Czech Consulate General, said a few words. Then Larry Laznovsky, the American Sokol Organization President from Innis, Texas, presented American Sokol Los Angeles with a special anniversary plaque. Displayed near the podium was a large photo of the Sokol Los Angeles dancers who performed for the Olympics held in Los Angeles in 1982 led by Sokol members of the past, Helen and Joe Jakl.

Many door prizes were given out. The rule was that the recipient had to be present to receive the door prize. Some members left early and lost the chance to receive the door prize when their names were called. Many members and guests received cash prizes valued from \$25 to \$100 each donated by Sister Ella Nachtigal and Sokol Los Angeles. Sister Milly Urbanski, the Sokol Los Angeles Director of Education, won the grand prize -- a Toshiba computer with a carrying case. The classy lady, Sister Milly, stood up and informed the audience that she had just received a laptop computer as a birthday present from the Czech class members and friends, so she thought someone else should benefit from it. In this day of consumerism, she showed us all how absolutely wonderful and fantastic she is. The person whose name was then drawn, Brother Jim Buchanan, is a Czech class student and Sokol webmaster. Now he will be able to update the Sokol Web Site, <http://www.sokollA.org>, even while traveling.

We thank all the attendees for coming and celebrating with us. Many thanks go to the dedicated volunteers that made this all possible. It was a lot of fun to meet the many guests, the Sokol members from the other units, and Sokol members of the past. I am surprised that all the wonderful people who came and remembered the good times at Sokol Los Angeles in the past are no longer members of the organization. They are missed and we wish they would come and join us once again. What a wonderful party it was! The memories will stay with us forever! *Nazdar, Kathy Hanken (See Photo Gallery on following page.)*

***San Diego Bus Trip, October 2009:*** A group of Sokols and friends journeyed once again by bus for our third annual trip to share in the Czech and Slovak Heritage Day at San Diego Balboa Park's International Cottages. This has become an annual tradition for Sokol Los Angeles.

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. In addition to the wonderful accordion music and the dancers, this year's entertainment included a performance by Guitarist George Svoboda. It was thrilling to watch his fingers fly effortlessly across the guitar strings and to hear his voice in the native Czech/Slovak languages. His performance was a real treat.

Mr. Svoboda's music is rooted in the folk traditions of Eastern Europe. He is known throughout Europe, the Far East, Canada and the United States. He has been performing and recording for nearly thirty-five years and is popular in the San Diego area, having performed with the San Diego Symphony, San Diego Ballet, Young Artists Symphony and San Diego Opera.



## Photo Gallery 100 Year Anniversary Celebration





## Upcoming Events

**General Meeting May 2010:** Saturday, May 15, 2010, 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. Special menu – reservations required.

**General Meeting June 2010:** Saturday, June 19, 2010, 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.

**Sokol Family Picnic – TBD**

### Invitation to Dinkey Creek Camp

Would you like to get away from the stress of your work or the summer heat of the the city? Do you have children or grandchildren and think about spending a nice vacation with them in the heart of nature? Do you dream of one day nature hikes? Do you like to swim or fish in mountain lakes or streams?

If you wouldn't mind being annoyed by your children begging you every year to come again to Dinkey Creek, plan and come to spend one week in the High Sierras between Yosemite and Sequoia National Parks. **The dates are July 18 - July 25, 2010** (Sunday to Sunday).

The camp has unbelievably nice weather, cooler nights and warmer days, so you will sleep well and you will be looking for refreshing moments in the creek or lake. The camp includes hot water/showers, a large kitchen, walk in freezer, flush toilets with daily service. You will be accommodated in one of two dormitories or, if you have very small children, you will be in one of three cabins.



**Registration packages will be sent upon request.** If you would like more information, e-mail me at [ottonotzl@yahoo.com](mailto:ottonotzl@yahoo.com), or call me at **714-785-9929**.

Your 2010 Camp Director, Otto Notz

\* \* \* \* \*

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

Admission is free, but donations are greatly appreciated to help maintain and preserve this wonderful collection.

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**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** Brother Jim Buchanan or visit our web site <http://www.sokolLA.org> 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.



### **Laughter – The Best Medicine:**

**Grandma's Boyfriend:** A 5-year-old boy went to visit his grandmother one day. Playing with his toys in her bedroom while grandma was dusting, he looked up and said, "Grandma, how come you don't have a boyfriend now that Grandpa went to heaven?"

Grandma replied, "Honey, my TV is my boyfriend. I can sit in my bedroom and watch it all day long. The religious programs make me feel good and the comedies make me laugh. I'm happy with my TV as my boyfriend." Grandma turned on the TV, and the reception was terrible. She started adjusting the knobs, trying to get the picture in focus. Frustrated, she started hitting the backside of the TV hoping to fix the problem.

The little boy heard the doorbell ring, so he hurried to open the door and there stood Grandma's minister. The minister said, "Hello son is your Grandma home?"

The little boy replied, "Yeah, she's in the bedroom bangin' her boyfriend."  
The minister fainted.

\* \* \* \* \*

### **Words of Wisdom:**

**The Cracked Pot:** An elderly Chinese woman had two large pots, each hung on the ends of a pole that she carried across her neck. One of the pots had a crack in it while the other pot was perfect and always delivered a full portion of water. At the end of the long walks from the stream to the house, the cracked pot arrived half full.

For two years the woman would bring home only one and a half pots of water each day. Of course the perfect pot was proud of its accomplishments. But the poor cracked pot was ashamed of its own imperfection and miserable that it could only do half of what it had been made to do. After two years of what it perceived to be bitter failure, the cracked pot spoke to the woman one day by the stream. "I am ashamed of myself, because this crack in my side causes water to leak out all the way back to your house."

The old woman smiled, "Did you notice that there are flowers on your side of the path, but not on the other pot's side? That's because I have always known about your flaw, so I planted flower seeds on your side of the path, and every day while we walk back, you water them. For two years I have been able to pick these



beautiful flowers to decorate the table. Without you being just the way you are, there would not be this beauty to grace the house.”

Each of us has our own unique flaw. But it is the cracks and flaws we each have that make our lives together so very interesting and rewarding. You just have to take each person for what he or she is and look for the good in that individual.

\* \* \* \* \*

### **To Your Health:**

**The Benefits of Friends** -- A recent 10-year study of 1500 older people showed that those with a large network of friends actually lived longer than those with a smaller network of friends by 22%. The companionship of a good friend may help boost self-esteem and ward off depression. The research suggests that good friends also help discourage unhealthy behaviors like heavy drinking and smoking. Get the most out of your summer by planning fun and healthy outings with your closest friends.

**What-a Melon!** -- Watermelon is a good source of vitamins A and C, as well as potassium. It is also high in lycopene, an antioxidant that may be helpful in reducing the risk of cancer. In fact, just one cup of watermelon contains around the same amount of lycopene as two medium sized tomatoes. Those are some health benefits you can really sink your teeth into!

### **Tips for a Healthy and Happy Spring:**

- Exercise outdoors 20 to 40 minutes most days of the week.
- Exercise in the early morning to avoid the worst of the pollen; stay well hydrated.
- Resume exercise gradually to avoid injury.
- Wear protective clothing and sun block; stay inside during the sunniest hours to avoid cancer causing rays.

\* \* \* \* \*

### ***Food for Thought:***

Friendship redeems. It pulls broken parts together and offers healing. – Luci Shaw

The measure of a life, after all, is not its duration but its donation. – Corrie ten Boom

Far away, there in the sunshine, are my highest aspirations. . . I can look up and see their beauty, believe in them, and try to follow where they lead. – Louisa May Alcott

We may run, walk, stumble, drive or fly, but let us never lose sight of the reason for the journey or miss a chance to see a rainbow on the way. – Gloria Gaither

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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](mailto:webmaster@sokolLA.org) for posting.

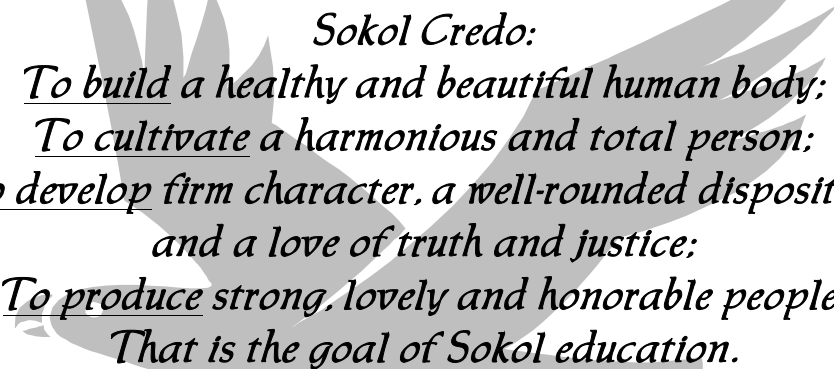
And don't forget to visit the National American Sokol website for information on Sokol events around the country: [www.american-sokol.org](http://www.american-sokol.org)

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***Calendar of Events:***  
(Cut out and tape to refrigerator)

**2010**

<b>Saturday, May 15:</b>	General Meeting – Joe Bridges Clubhouse, Glendale
<b>Saturday, June 19:</b>	General Meeting – Joe Bridges Clubhouse, Glendale
<b>Sunday, July 18 thru Sunday, July 25:</b>	Dinkey Creek Camp
<b>August TBD:</b>	Family Picnic – Location TBD
<b>Saturday, September 18:</b>	General Meeting – Joe Bridges Clubhouse, Glendale
<b>Sunday, September 26:</b>	Heritage Celebration – Knollwood Country Club
<b>Saturday, October 16:</b>	General Meeting – Joe Bridges Clubhouse, Glendale
<b>Saturday, November 20:</b>	Annual Meeting – Joe Bridges Clubhouse, Glendale
<b>Saturday, December 18:</b>	General Meeting – Joe Bridges Clubhouse, Glendale



***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!**