

* Issue #22 * June 2011 * Published by American Sokol Los Angeles, 22542 Chaparro Drive, Saugus, CA 91350 *

Editor's Notes: With some assistance we hope to publish the Sokol Notes at least four times annually. This will update members more frequently about your local Sokol Los Angeles activities and happenings. If you have interesting stories to share with the Sokol members, we will be delighted to include them in the Sokol Notes. Please send your stories to **SokolNotes@SokolLA.org**.

Words to Live By: Be dependable...to yourself as well as others. Know that others can depend on you to do what you promise to or need to. And depend on yourself to do something that pleases you each and every day. -- *Kathy Peel*

Letters to the Editor: e-mail: SokolNotes@SokolLA.org
U.S Mail: 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 2011 Elected November 20, 2010:

President -- Tim Kis

Vice-President -- Don Hauser

Secretary - Darine Klega

Treasurer/Financial Secretary -- Lillian Roter

Education Director -- Jim Buchanan

Membership Director -- Georgia Drabeck

Public Relations Director -- Cynthia Zuber

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

Editor Sokol Notes -- Lillian Roter

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*, five Sokol Los Angeles members and former member George Karger (artist) have passed away. While they are no longer with us, they have all left us with fond memories that we will cherish forever.

Miss Me But Let Me Go

When I come to the end of the road And the sun has set for me, I want no rites in a gloom filled room; Why cry for a soul set free.

Miss me a little, but not too long And not with your head bowed low; Remember the love that we once shared; Miss me, but let me go.

For this is a journey that we all must take
And each must go alone;
It's all a part of the Master's plan
A stop on the road to home.

So when you're alone and sick of heart
Go to the friends we know
And bury your sorrows in doing good deeds;
Miss me, but let me go.

In Memoriam

Ritta Tvrdek 3/20/1926 – 6/14/2010 Ella Nachtigal 7/10/1923 – 8/28/2010 Oton Kovarik 1920 – 10/11/2010 George (Jiri) Karger 4/22/1924 – 10/2/2010 Mary Jane Dabalack 7/31/1943 –10/23/2010 Lois (Kay) Youhouse 11/24/1927 – 1/2011

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 2011 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)



Physical Director Libby Pelc for more information.



Picture of Verna Garda from the April 14th session.

Past Events

Heritage Dance in September 2010:

It was a beautiful and warm Sunday, September 26th, over a hundred people attended the Heritage Dance. The dance was a success with many Sokol members wearing the beautiful authentic krojs of various regions. The Phil Anthony Band played dance music starting at 10:30 am. There was a wedding scheduled at the Knollwood Country Club for the evening, so we had to be out by 3 pm. During an interruption in the music, the many children took turns picking the winning raffle tickets. The raffle had prizes of \$100, \$50, a couple of \$25, some exquisite fine wines donated by Sister Lupe Drysch, and a bunch of prizes donated by other members. The Greek line dance, not requiring partners, filled the dance floor to capacity. Under the dance directions of Otto Notzl, all executed the line dance and later the Mazurka beautifully. Everyone had a good time, as always. Pictures from the Heritage Dance below.







San Diego Bus Trip, October 2010:

On Sunday, 17 October 2010, a group of Los Angeles Sokols and friends braved the weather for the fourth annual bus trip to San Diego's Balboa Park, for the House of Czech and Slovak heritage celebration. The House of Czech and Slovak is nestled among the many cottages. The sun came out just as the dancers were starting to perform. The program was as colorful as ever, with some new youngsters participating in keeping the old country traditions alive. Everyone enjoyed the performances, especially the sung translations of the anthems and some of the songs. After the program, the dancers then asked the people to dance with them.



Spring Social Dance on April 3rd, 2011:

The Sokol membership was delighted that the Czech Consul for Los Angeles, Mr Michal Sedláček, his lovely wife, Mrs. Veronika Sedláčková, and their two lovely children attended our Spring Social. The deputy consul also attended with his family. It was a great honor to have them all attend and participate in the activities. All the children present were given a ticket for a basket of goodies. They seemed to have a good time, especially since they were able to pick their own from the various baskets.

Phil Anthony led the orchestra, their dance music is enjoyed by all, again the Greek dance had everyone on the dance floor. The food included a steak of beef besides the salmon and chicken dish. Pictures from the Spring Dance below.







Czech Class May 14th:

About five years ago, back when the Sokol Czech class still met at Hamburger Hamlet in Pasadena, the class had a couple visitors from the Czech Republic. The more frequent ones were Jiri Harajda and his wife and little daughter. He was a Fullbright exchange teacher in the valley, his counterpart was a young lady that visited our class before going to Czech Republic. In the year that they were here, they visited a few times. Both Jiri and his wife, Denisa, had a blog talking about their travels and experiences, his was in English, hers in Czech. The little Adelka learned English in pre-school, they were a delightful family, and became close to our hearts... On Saturday, May 14th, Jiri and our Education Director, Brother Buchanan, arranged a visit to our Czech class, which is now held at the Pasadena City College. Jiri and a group of his Czech tourists visited our class. They wanted to meet us, they heard about us from the Harajda family. They were impressed with our books, with the sheets of verbs and declinations that Brother Hanken created for himself as a teaching aid and printed off copies to share with the class, and with us trying to learn a difficult language. Some of the tourists spoke some English. but mostly the class was immersed in conversations in Czech. It was a very nice experience for all of us. They were delightful people that loved California and everything about it. A new student that day, who was going to travel to the Czech Republic this month, received some phone numbers to call when he arrived in the Czech Republic. He promised to come back after his trip. He taught himself Czech from books and CDs, but he spoke very well for a beginner. The travelers went on that day to visit Universal Studios. The rest of the trip, they had plans to visit Seguoia National Park, San Francisco and Monterrey.

Our class is progressing thanks mainly to our dear teacher, Daša (Pallová) Tyler. Her patience with our pronunciation and expressions is tremendous. She patiently answers all our questions even when they are repeated many times.

A picture of Sokol Czech class visitors below.



May 21st Sokol meeting:

We had a very exciting meeting last month, besides covering the normal meeting agenda, we were treated to fifteen minutes demonstration of chair yoga, taught by Brother Jim Buchanan. It was a very relaxing and calming part of the meeting, enjoyed by all members.

After the meeting, Brother Otto Notzl, taught the members a new step for the next line dance. Brother Notzl also teaches the members both the Czech and the Slovak anthems during the meeting.

We are very grateful to these two volunteers that help us in the Sokol goals and ideals of healthy bodies and minds.

Our president, Brother Tim Kis, has retired moved to the lovely town of Fallon, Nevada, which is located about sixty miles south-east of Reno, Nevada. Currently he is driving the monthly roughly 450 mile one way trip to attend the Sokol LA meetings, but that might be a little tough to expect during the winter snow season. Anyone attending the May meeting was informed of the invitation to join the present Czech Consul, Mr. Michal Sedlacek and his lovely wife, Veronika, for the reception of H.E. Karel Schwartzenberg, the First Deputy Prime Minister and Minister of Foreign Affairs of the Czech Republic.

Tuesday May 31st:

Nine Sokol Los Angeles members attended the May 31st reception hosted by Michal and Veronika Sedlaček for H.E. Karel Schwartzenberg, the First Deputy Prime Minister and Minister of Foreign Affairs of the Czech Republic. Also attending was the US Ambassador to the Czech Republic. Norman Eisen, along with a representative of the Czech movie industry. The Prime Minister was running late and gave a short speech about the economic exchanges between our two countries. The almost two hundred attendees were interesting and much spoken Czech was heard. The guests included some foreign dignitaries and local community leaders. The beautiful large

residence and yard is made for parties. This was a grand party, with appetizers offered by roaming servers, and near nine o'clock set up a buffet of warm foods. Veronika Sedláčková was absolutely stunning in her beautiful blue dress, she was the most gracious of hostesses. We all had a great time.

On the Consuls Los Angeles website, *http://www.mzv.cz/losangeles*, H. E. Schwartzenberg's visit was titled "A reception for Prince Schwartzenberg". They also show movies at the Consul office in Westwood, do check it for any activities in the future.

Photos from the Consul reception below.



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Upcoming Events

General Meeting June 2011: Saturday, June 18, 2011, 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.

Invitation to Dinkey Creek Camp

Would you like to get away from the stress of your work or the summer heat of 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 a day of 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 17 - July 24, 2011* (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, and 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**, or call me at **714-785-9929**.

Your 2011 Camp Director, Otto Notzl

Sokol/CSA Joint Family Picnic - Saturday, August 27, 2011:

The 2011 picnic will be held at the William S. Hart Ranch and Museum and Park in Newhall.

The picnic tables are located at the north side of the park shaded by beautiful old Oak trees. The picnic will start at 9 am, it will end when the food runs out or when the members and guests decide to leave. The tours of the museum may be taken individually from 11 am to 4 pm.

The final decision of what kind of food to bring will be voted by the members at the June meeting.

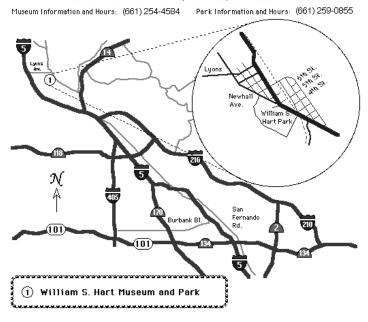
If it is as usual, Sokol will provide the hot dogs and buns with condiments and some drinks. A volunteer will grill the meat at the park. We will ask attendees to bring some salads, fruits and snacks to share with other. Please remember that it is outside and it will be warm, mayonnaise dishes do spoil when out for a few hours.

Badmington and some balls will be available for playing.

Below is a location map copied from the museum's website www.hartmuseum.org

William S. Hart Museum and Park

A Member of the Natural History Museum of Los Angeles County 24151 Newhall Avenue, Newhall, CA 91321



A Visit To Hart Park...

William S. Hart Park is less than an hour's drive from most areas of Los Angeles. From Labor Day to mid-June, free tours of the house are available Wednesday through Friday, 10 am to 1 pm (last tour at 12:30) and Saturday and Sunday, 11 am to 4 pm (last tour at 3:30 pm). In summer, tours are available Wednesday through Sunday, 11 am to 4 pm (last tour at 3:30 pm). For information regarding tours of the house, call (661) 254-4584.

Other activities planned for the year 2012:

Trip to Omaha to the Grand Opening of the Czech National Museum (date to be determined) The Sokol Slet in Prague in the summer (July 1 – July 7, 2012)

Come and join us to help plan for and participate in these activities.

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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 second Sunday of each month, 9:30 am to 1:00 pm, at Pasadena City College on Colorado Boulevard in Pasadena.

We meet in Building R, Room 109.

Our instructor, Daša, 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:

Two little boys, ages 8 and 6, are excessively mischievous. They are always getting into trouble and their parents know if any mischief occurs in their town, the two boys are probably involved. The boys' mother heard that a preacher in town had been successful in disciplining children, so she asked if he would speak with her boys. The preacher agreed, but he asked to see them individually.

The mother sent the 6 year old in the morning, with the older boy to see the preacher in the afternoon. The preacher, a huge man with a deep booming voice, sat the younger boy down and asked him sternly, "Do you know where God is, son?" The boy's mouth dropped open, but he made no response, sitting there wide-eyed with his mouth hanging open. So the preacher repeated the question in an even sterner tone, "Where is God? Again, the boy made no attempt to answer. The preacher raised his voice even more and shook his finger in the boy's face and bellowed, "WHERE IS GOD?"

The boy screamed & bolted from the room, ran directly home & dove into his closet, slamming the door behind him. When his older brother found him in the closet, he asked, "What happened?" The younger brother, gasping for breath, replied, "We are in BIG trouble this time!" "GOD is missing, and they think WE did it!"

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To Your Health:

7 benefits of regular physical activity Summary of article written by the Mayo Clinic staff

- 1. Exercise improves your mood.
- 2. Exercise combats chronic diseases.
- 3. Exercise helps you manage your weight.
- 4. Exercise boosts your energy level.
- 5. Exercise promotes better sleep.
- 6. Exercise can put the spark back into your sex life.
- 7. Exercise can be gasp fun!

Food for Thought:

For attractive lips, speak words of kindness.
For lovely eyes, seek out the good in people.
For a slim figure, share your food with the hungry.
For beautiful hair, let a child run his/her
fingers through it once a day.

For poise, walk with the knowledge that you never walk alone.

People, even more than things, have to be restored, renewed, revived, reclaimed and redeemed; never throw out anyone.

Remember, if you ever need a helping hand, you will find one at the end of each of your arms.

As you grow older, you will discover that you have two hands;

one for helping yourself, and the other for helping others.

Audrey Hepburn -- sharing her "beauty tips"

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Calendar of Events:

(Cut out and tape to refrigerator)

2011

Saturday, June 18: General Meeting – Joe Bridges Clubhouse, Glendale

Sunday, July 17 thru

Sunday, July 24: Dinkey Creek Camp

Saturday, August 27: Family Picnic – Hart Park, Newhall, CA

Saturday, September 17:

Sunday, October 6:

Saturday, October 15:

Sunday, October 16:

Sunday, October 16:

Saturday, November 19:

Saturday, November 17:

General Meeting – Joe Bridges Clubhouse, Glendale

Bus Trip to San Diego – Czech/Slovak Day Balboa Park

Annual Meeting – Joe Bridges Clubhouse, Glendale

General Meeting – Joe Bridges Clubhouse, Glendale

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

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

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!