



Sokol Los Angeles

SOKOL NOTES

* Issue #24 * November 2011 * Published by American Sokol Los Angeles, 22542 Chaparro Drive, Saugus, CA 91350 *

Editor's Notes: It is with much gratitude that I extend thanks and kudos to my "Editor's Helpers" who wish to remain anonymous. They have done a wonderful job gathering data and putting together the last two issues of Sokol Notes. This is no easy task and I really appreciate their assistance. They have helped to increase the content and variety of information to keep all informed of what Sokol Los Angeles is doing.

I am proud to be a part of this organization and will continue to do my best in serving Sokol Los Angeles and its members. I thank you for putting your trust in me.

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Food for Thought: "Education is the ability to listen to almost anything without losing your temper or your self-confidence." -- Robert Frost, American poet (1874-1963)

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Letters to the Editor: e-mail : SokolNotes@SokolLA.org

U.S Mail : 22542 Chaparro Drive, Santa Clarita, CA 91350-1501.

We look forward to hearing from you. Thanks to all who have written or e-mailed.

NAZDAR!

Sister Lillian Roter, Editor

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We get mail!



Thank you all that cared enough to send us an email. We appreciate your input.

We love pictures – Thanks to members that included pictures with their requested stories. A picture is worth a lot of printed words. Sometimes we forget names from long ago, but the faces we may still recognize.

PLEASE NOTE: Our email address, sokolnotes@sokolla.org, is reviewed about weekly, not daily. Please do not send emails that need immediate response.

Corrections to last Sokol Notes

On page 2 in the Corrections to the September Sokol Notes, the second paragraph from the bottom- correction

Written: Please remind us of items you deserve acknowledgment for ... we forget to publicly acknowledge those who selfishly give of themselves

The paragraph should have read: Please remind us of items you deserve acknowledgment for ... we forget to publicly acknowledge those who **selflessly** give of themselves...



On page 20 in the Museum article in the September Sokol Notes, the second paragraph, last sentence

Written: The 15-year-old structure is an architectural icon in Cedar Rapids and the decision to move it was carefully

The sentence should have read: The 15-year-old structure is an architectural icon in Cedar Rapids and the decision to move it was carefully **planned and executed**.

Officers and Directors for 2011 Elected November 19, 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

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Visit our website <http://www.sokolLA.org> for Sokol LA information and updates on meetings and events calendar along with forms for the various events and even pictures. Our Webmaster brother Jim Buchanan continues to do a great job keeping the site updated

PLEASE NOTE: Sokol Los Angeles membership dues will be due and payable on January 1, 2012 for calendar year 2012. There is no plan at this time to increase the dues amount -- \$35.00 for members under age 65; \$25.00 for members age 65 and older. Dues payments may be mailed to Lillian Roter, Treasurer, at 22542 Chaparro Drive, Saugus, CA 91350-1501. If you are unable to pay your dues for any reason, please contact Sister Roter at 661-297-8110.

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."



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Laughter – The Best Medicine:

Upon entering a little country store, a stranger noticed a sign reading, "Danger! Beware of Dog" posted on the glass door. Inside, he noticed a harmless old hound dog asleep on the floor besides the cash register. He asked the store manager, "Is that the dog folks are supposed to beware of?"

"Yep, that's him," he replied.

The stranger couldn't help but be amused. "That certainly doesn't look like a dangerous dog to me. Why in the world would you post that sign?"

"Because," the owner replied, "before I posted that sign, people kept tripping over him."

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Membership: Since the last issue of Sokol Notes, we learned that one Sokol Los Angeles member has departed this world. Sister Miluška Svatoš died within the year. Our sympathies are with her family.

In Memoriam

Miluška Svatoš - 9/18/1919– 06/16/2011

Miluška Svatoš

Our longtime member, Sister Miluška Svatoš, was born in Austria, lived almost forty years in Brazil and finally immigrated to the USA in February of the year 1965. She and her husband arrived in California and settled in the city of Pasadena. They have lived in the city of Pasadena, where they enjoyed life and watched the city change. Sister Maruška was a cancer survivor for several years, but the cancer returned with a vengeance to the other breast and it was too late for the doctors to save her.

Our sister suffered tremendous pain during the last year of her life. Her constant prayers to allow her to die were answered when she passed away, three months short of her 92nd birthday. The pain and suffering was hard for her to endure but it was equally painful for her husband caretaker, who had to see his loved one suffer unable to help or do anything about the pain. God finally called her to heaven, where there is no pain or sorrow and she waits joyously to be re-united with her family and friends when they are called to take the final journey home.



Meetings, Activities, Special events:

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

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.

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 welcome.

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.

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.



Past Events

CSA - Sokol Picnic at William S. Hart Park August 27, 2011:

CSA/Sokol Family and Friends Picnic August 27, 2011

Submitted by Lillian Roter

You've heard of "hot August nights"; well, it was a hot August day in the Valley! Temperatures soared to a record-breaking 106 degrees. Brave CSA members, Sokol members, and friends gathered for the annual family picnic at William S. Hart Park in Newhall, Santa Clarita, a total of 44 including 11 children plus one dog. We were honored with the presence of the Deputy Consul General of the Czech Republic Tomáš Kára and his family.

Sister Lillian Roter and her committee – the Zelenkas, the Hankens, and Brother Otto Notzl – organized the event with Polish sausages, hot dogs and watermelon provided by Sokol Los Angeles. Guests were asked to bring food items to share and there was plenty for everyone – a variety of salads, fruit, dessert items, and even authentic Czech oplatky (wafers) from the Czech Republic. Brother Notzl brought ice cream that was kept frozen in a cooler with dry ice. The Hankens brought a chocolate birthday cake to celebrate Sister Milly Urbanski's birthday (August 31) that melted in the heat before the group had a chance to enjoy it.

The day started with the Zelenkas showing up shortly after 9:00 am to make sure any other group did not take our reserved space. Sister Natalie decked the tables with various colored tablecloths that she keeps handy for such events, even some with a Christmas theme – probably placed to help us think "cool". She is always eager to help where needed and is much appreciated. As others arrived, Brother Robert Zelenka helped carry items from their vehicles to the tables.

Brother Otto Notzl is a real gem of Sokol. He never runs out of energy, even in hot weather. He had plenty of activities planned for young and old alike. He organized the following games: Empty cans set up in a pyramid to be knocked down with tennis balls; team challenge to transfer water carried by spoon from a bucket to small jars; water balloon toss; and a children's contest with candy on a string. He was constantly keeping the children busy with various activities. Everyone participated in the games – mainly due to Brother Notzl's encouragement.

Brother Notzl also had the group practicing the Mambo #5 line dance in preparation for our October social (October 9th at Knollwood CC). Throughout the day, he tried to keep us cool as he walked around with a bucket of water to sprinkle on everyone. The children loved getting wet and the adults welcomed a sprinkle now and then. He even had the children playing with the water, sprinkling each other and the adults. At one point, he walked up

behind Sister Roter and poured water from the bucket on her head. She let out a scream and everyone laughed. In addition to the water, an occasional breeze provided moments of cooling relief.

Other activities included board games brought by the Balints , which were enjoyed by those not wishing to over exert in the heat. A few of the early attendees walked up one of the paths to see the bison, but it was too hot to go as the day progressed.

A special thank you goes to Brother Rocky Hanken who relentlessly cooked the sausages and hot dogs on a hot grill in direct sunlight. Everyone enjoyed his efforts and we are all glad he made it through the day without passing out.

At the end of the day, those remaining helped with the cleanup activities. It was a long, hot day but well worth the effort to see everyone have a good time. Even Brother Notzl said he was “very tired”.



Our Identity & Cards to be Signed



Santana Delao & Hopey the Chihuahua



Milly Urbanski having fun with kids



Douglas Gates & Natalie Zelenka



Otto Notzl observes the Board Games



Star of Our Picnic, Chef Rocky Hanken



Chef takes a break w/Don Hauser, but no beer



Don Hauser, John Krato & Estela Balcarcel



Our Czech instructor Dasha with her friend and their children



Otto instructs the children on "Candy-on-String" contest



The candy was too heavy, and all were winners (they all would have won anyway).



Water Balloon Toss won by Eric Reuber & Santana Delao

Thank you to everyone who chipped in to help make this year's outing a successful event. It was a fun day for young and old alike – all kids at heart.



Team Water Contest: Object is to transfer water from a bucket to a glass jar using a tablespoon



Max carries water as Grandpa Abel Balint waits his turn

No Picnic is Complete without the Watermelon



Hume Lake Sokol Reunion Get Together - August 27- September 4:

HUME LAKE CAMP REUNION 2011

This year marked the 10th anniversary of the passing of bro. Vladimir Litochleb, who for 36 years made every year the reservations for the Sokol Labor Day Weekend Camp. He passed away on September 21, 2001. When Pacific District stopped sponsoring the camp in 1993 due to various concerns, bro.



Litochleb continued to make the reservations and sponsor the camp as an individual. The last continuous Labor Day Weekend Camp took place in 2002 at Bass Lake. The camp was a Czech community tradition for 40 years, started in the early 1960s.

Vlada Litochleb's family wanted to commemorate the 10th anniversary of his passing and decided that the best way to do that was to once again organize the camp, because they knew how much Vlada loved the camp tradition. In August of last year they contacted me to find out if there would be enough people interested and almost immediately it was clear that the interest was definitely there. Suzy Kay, Vlada's daughter, reserved the Aspen Hollow Group Camp at Hume Lake (the camp has to be reserved a year ahead of time) for 5 nights: from Wednesday, 8/31 to Monday, 9/5. We start the reservations a few days early in order to secure the site. A handful of campers arrived on Wednesday, some more on Thursday, and by Friday the camp filled out nicely. We had about 60 campers total. There were mostly old timers, but also several new campers and former Sokol children who are now all grown up, with families of their own. They remember coming to camp with their parents and want to pass this tradition to their children.

Hume Lake is still a beautiful spot, although all of us noticed it was considerably more crowded than it used to be. Many improvements have been made to accommodate more campers, including the building of a new bridge and additional parking. There is also now a new footpath circling the lake.

Campers found lots of activities in the area. A few ventured away from camp on daytrips to Kings Canyon and Boyden Cave, others chose Sequoia Giant Forest as their destination. Most stayed close to camp and spent their days at the lake in the company of friends. And of course, there was a volleyball match. We had beautiful weather and everyone found something exciting to do. In the evenings we gathered around the campfire. We had wonderful singers Hana & Pavel from San Diego who entertained us every night.

There is no question about it, the camp was a great success. The Litochleb family – Marty & Suzy Kay, Kathy Litochleb, and Eva Litochleb - were showered with gratitude. Suzy, who made the reservations, was so

convinced that this is a tradition that deserves to be continued, that upon their return she made reservations for next year's Labor Day weekend. Since the Hume Lake camp was no longer available, she reserved the Fir Group Campground near Stony Creek Village. All of us are looking forward to next year's camp - it will be in a new location, bringing new sightseeing options and new adventures. We hope to see you there!

Written by Yvonne Masopust



camp group of 8- Yvonne and Lubor with friends Litochleb



Kathy Litochleb, Rio Černík, Suzy Kay Cohen, Eva



Evening campfire

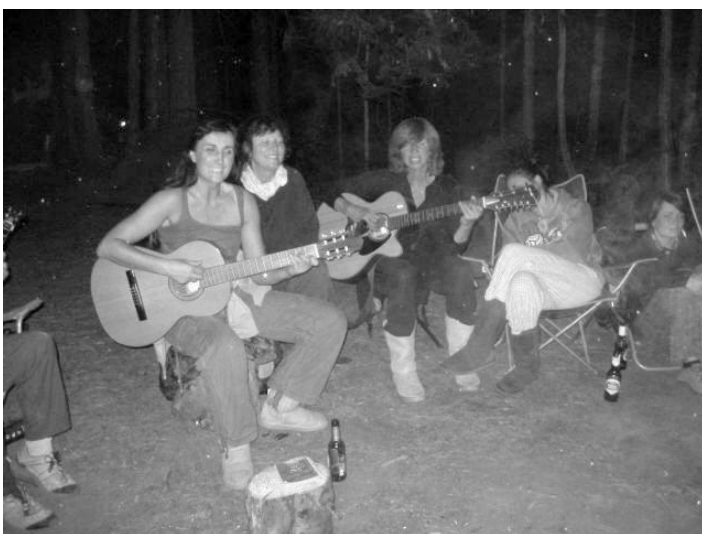


Raquet ball

Pictures from Hume Lake contributed by Yvonne Masopust and Mike Vondrus



Hume Lake



San Diego Group

Barbara Schindler described the camp in Czech in an email to Mike Vondrus and others:

Byly jsme minuly vikend v Hume Lake, kde se po dlouhé době, sešlo staří a noví češi. Ta tradice dřív byla každý rok, ale ja jsem tam nebyla skoro 20 let. Měly jsme velký "group campsite", a tak nás bylo myslim nějak 50. Nejstarší tábornice byla 87 a nejmladší jen 8 mesicu. Tak jsme chodily na procházky, koupaly jsme se v přehradě, četly pod stromy a hodně česky povídali. Mluvilo se o starých cašech a taky se vyjadřily nový vtipy... a byla sranda. My vlastně jsme měli dobré a veselé sousedy, Pepíček a Mireček ... byly tak směšné že to ani neumim popsat. Měly jsme takove štěstí že přišla parta ze San Diega který nam každý večer hraly na kytaru a banjo, a spivali nadherně. Velky ohynek taky.... samořejme Táta ten bonfire pohlídal aby nám nebyla zima. Tak jsme si to krásne užili a doufam že se zas sejdem!



Out and About with help from the Consulate General:



Consulate General of the Czech Republic
in Los Angeles

Members of Sokol Los Angeles were seen at the home of Consul General Michal Sedláček and his wife Veronika Sedláčková on the evening of September 8, 2011. It was a gala social event with cocktails and music in celebration of the 170th anniversary of the birth of classical Czech composer Antonín Dvořák.

Sisters Hanna Paulson, Vera Hlavacek, Dasha Kovarek, Jirina Cymbal, Lillian Roter, and brothers Jon Babicka, Don Hauser, and Marv Roter enjoyed sharing the evening with members of the Czech Consulate in Los Angeles, members of the Czech community and members of the entertainment industry.

Guests arrived to the sound of Dvořák music performed by a piano/cello combo. Consul General Michal Sedláček gave a welcome speech and introduced film producers Lenora May and Craig Heller who presented a synopsis of their upcoming film project, *Spillville*, a true story of Dvořák's 1893 trip to Spillville, Iowa. This was followed by the Walden String Quartet performing the complete *American Quartet* that Dvorak composed while in Spillville.

A speech on the importance of Dvořák in American music was given by Nick Strimple from USC followed by the Salastina Music Society (string trio) performing Dvořák *Miniatures*. Ending the evening's program was a presentation by Robert Winter, UCLA professor, of his DVD about Antonín Dvořák, an interactive study tool used for educational instruction.

This event is the first in a series of events of the Los Angeles Dvořák Festival, which is scheduled during the months of September, October and November 2011. More information about this festival can be found at the Czech Consulate website www.mzv.cz/losangeles or at www.mutualinspirations.com.

Contributed by Lillian Roter

On Sunday afternoon, September 25th, in the beautiful city of Santa Monica, the Czech Consul General, Michal Sedláček, introduced the Salastina Music Society, a string quartet that performed Dvořák's music as part of the Mutual Inspiration Festival 2011. The program included Antonín Dvořák's "American" String Quartet, Op. 96 and "Cypresses" Nos. I and XI. Dvořák composed the "American" quartet in Spillville in 1892 during his vacations from teaching music in New York.

Around a hundred people attended the concert, giving the musicians a standing ovation at the end of the presentation. The three violins and one Cello made beautiful music in the Edye the Second Stage Theater. The performance was wonderful, even Vice-Consul Tomáš Kára's young daughter, who was sitting in front of us, swayed with the sounds of the music. Seven Sokol members were present, Brothers Hanken, Hauser and Roter, and Sisters Hanken, Hlavaček, Paulson and Roter and Daša, brother Otto Kovařík's widow. A large percentage of the attendees spoke Czech.

The future events of Dvořák's music in November will be: November 4th at 11 am, November 5th at 8 pm, and November 6th at 2 pm - Dvořák, Symphony No. 7, the most dramatic of Dvořák's symphonies, LA Philharmonic Disney Hall, 111 S Grand Ave, LA. November 13th at 4 pm, concert – Nick Strimple will conduct the Choral Society of Southern California in Dvořák's Te Deum and the third act of Saint Ludmila, Beverly Hills Presbyterian Church, 505 N Rodeo Dr, Beverly Hills.

Contributed by Kathy Hanken

On Wednesday evening, October 5, 2011, members of the Czech-American community were privileged to attend a screening of Antonín Dvořák's beloved 1901 opera Rusalka, based on the fairy tales of Karel Jaromír Erben and Božena Němcová. Several dozen people attended the special screening, hosted by the Consulate General of the Czech Republic at its Westwood office as part of the 2011 "Mutual Inspirations" festival, honoring the 170th anniversary of Dvořák's birth. Following a wine-and-cheese reception, Consul General Michal Sedláček welcomed the assembled guests to enjoy the opera.

This enchanting performance was filmed for a 1975 broadcast by Czechoslovak Television. The production featured some of Czechoslovakia's finest opera singers and theatrical actors – while the actors performed on film, the singing actually was provided by the opera singers. The all-star cast included soprano Milada Šubrtová in the role of Rusalka, which was acted by Kateřina Macháčková. The role of her father was both sung and acted by bass Eduard Haken. Tenor Ivo Židek sang the role of the prince, which was acted by Miroslav Nohýnek. Rounding out the ensemble was alto Marie Ovčáčíková in the role of the witch Ježibaba, acted by

Slávka Budínová. Zdeněk Chalabala conducted the soloists and the orchestra and choir of the National Theater in Prague. English subtitles allowed Non-Czech speakers to enjoy the opera, which was sung in Czech.

Rusalka tells the story of the water sprite Rusalka, daughter of the water goblin. Captivated by the prince, who visits the lake where she dwells, Rusalka longs to be human. In the famous Song to the Moon, Rusalka entreats the moon to tell the prince of her love for him. Rusalka appeals to the witch Ježibaba, who grants her wish to be transformed, but only on condition that she surrender her lovely voice and become totally mute. The final stipulation of Ježibaba devilish bargain is that Rusalka agree to be accursed for all time if the prince ever betrays her. Rusalka, bored with her life as a water sprite and burning with love, seals the pact. The prince encounters Rusalka while hunting, and he immediately falls in love, bringing her back to the castle, where they shall be wed. Alas, the pair is not destined to be happy. A foreign princess visiting the court entices the prince, who betrays Rusalka. But having made her conquest, the princess spurns him. Rusalka, disconsolate, returns to the lake and her father. Upon realizing his true love for Rusalka, the prince rushes to the lake, where he finds her and takes her into his arms, knowing that her fatal kiss will bring him eternal damnation. The prince dies in Rusalka's arms, and entrusting her soul to God, she returns to the deep waters of the lake.

Other upcoming events in the Dvořák festival include a documentary of the composer's life, which will be screened at the consulate on October 19 (Czech only; no subtitles), as well as a number of live concerts performed by the LA Chamber Orchestra (October 15 and 16, 2011) and the LA Philharmonic (November 4 to 6, 2011, at the Disney Hall), in addition to a concert of Dvořák's works at the Presbyterian Church in Beverly Hills (November 13, 2011).

For more information, contact the office of the Consulate General at (310) 473-0889.

Contributed by David Luboff



Sokol meetings September, October 2011:

At the September Sokol meeting, sister Zuber volunteered to lead the nomination committee. Brother Bill Zelenka volunteered to be on the auditing committee.

Brother Zelenka brought to the meeting the deed to the Sokol Hall on Western Avenue to show that Sokol Los Angeles did not own the building, but ACA was the owner and seller of the hall.

All money allocated to individual members for the costs incurred in name of service to Sokol Los Angeles is presented and voted on. If approved by the attending members, the member is given a check from Sokol Los Angeles to refund his or her costs.

Sokol Los Angeles is getting ready to have representation at the All-Sokol Slet - July 2012 in Prague. Brother Otto Notzl and Sister Libby Pelc will be starting the practice sessions soon.

National Sokol is changing the Sokol Constitution and By Laws, since most of the units are east of Texas, not certain how much influence our vote will have. Sister Lillian Roter is emailing out the changes to be discussed at the October meeting.

Brother Larry Phillips told us about the clip they saw at the WFLA conference of the Czech Museum being moved. The web site is: <http://www.ncsml.org/Content/Recovery-Rebuilding/A-Monumental-Move.aspx>

The Spring dance dates voted on by members present are: choice #1 – March 25th, 2012 and choice #2 – April 22nd 2012. These are available dates at Knollwood Country Club, but the decision will be made on the availability of the band.

On the suggestion by Sister Margaret Hampton, a Sokol Los Angeles brochure will be published to advertise at various sites and when a donation is given. A sample will be shown and voted on at the November meeting.

At the October meeting, new member, Joseph Riedl, was installed as the newest Sokol member. Two associate Sokol members that have attended the required six meetings were voted in as full Sokol members. They are Sister Margaret Hampton and Brother Mike Vondrus.

After this term, our Sokol LA president, brother Tim Kiš, is stepping down after thirteen years of serving as president. The drive from Nevada is a little too long to come monthly.

Sokol LA will try to get Leah Wilson of the National Czech and Slovak Museum and Library (NCSLML) to come and discuss their plans for the future. This would educate us on them trying to have a traveling exhibit to advertise the heritage of the Czechs and Slovaks in America. We hope to have her attend at the January 2012 meeting, please attend that meeting if you are interested in participating in the discussion. Their web site is <http://www.ncsml.org/>.

October meeting visitors: Brother George Azadian brought his second cousin Dorota Malinska with her daughter Miroslava Herstek Malinska who were visiting him from Slovakia. They live in the 13th century town of Bardejov, and operate and own a Pension (PENSION SEMAFOR) there. They enjoyed meeting all the members and everyone enjoyed meeting them.



George Vana, Mirka Herstek, Lillian Roter, George Azadian, Dorika Malinska

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Czech Class September 2011:

At the September 18th class our newest member, brother David Luboff, was sworn into Sokol Los Angeles by Treasurer sister Lillian Roter. Brother Luboff speaks multiple languages and his self-taught Czech speaking skills are admirable. We are delighted to have him. His participation in class is invaluable; he visited the Czech Republic this summer and was able to get together with our favorite exchange teacher, Jiří Harajda. He enjoyed the trip tremendously, it was more fun with local residents showing him some of their favorite spots.

Upcoming Events

Annual Sokol Los Angeles Meeting – November 19th, 2011

NOTICE OF THE ANNUAL MEETING

PLEASE COME, VOTE AND SUPPORT YOUR SOKOL UNIT



The November meeting is the most important meeting of the year. This is when you, the members of Sokol Los Angeles have the opportunity to volunteer for leading positions and vote for your leaders for 2012. It is you, the voting members, that decide who is going to lead the Sokol unit that will impact the activities for the year.

In the year 2012, there will be an All Sokol Slet in Prague, October 28th will be on a Sunday, need to plan activities to increase membership. The Sokol unit depends on the elected board to plan all these activities and solicit volunteers to help them. Choose the best candidates for the future of our Sokol.

The meetings are held at the Joe Bridges Clubhouse in Glendale. doors open at 10:30. Lunch is brought in, no cost to members and \$10 for guests.

At the November meeting, the ballots will be passed out to regular voting members. There will be additional nominations or volunteers taken from the floor. It is better to notify Sister Cynthia Zuber at mikul8laska@yahoo.com to add your name to the ballot prior to Election Day. This will speed up the voting process, followed by the counting process. Sister Zuber, the chairman of the nominating committee is requesting that the nominations be submitted by Monday, November 14th, 2011 in order to be printed on the ballots. (Write-ins during the meeting take up a little more time.) At the end of the meeting the new officers serving for 2012 as voted in by the membership will be announced, their names placed on the website, <http://www.sokolla.org/>, and published in the next issue of Sokol Notes.

For your information, short summaries of the position responsibilities are described below. The complete description of all responsibilities can be found in the Sokol Bylaws booklets. All officers of the Unit must be citizens of the United States of America, unless prior written approval is received from the American Sokol Executive Board. Any elected officer who shall miss three (3) consecutive meetings without reasonable excuse shall forfeit the position.

The summarized Sokol officers' Executive Board responsibilities are:

President – Holds meetings monthly. Signs all official papers, makes the final decisions, keeps informed of and promotes all activities, represent Sokol LA in public, upholds morale, harmony and cooperation.

Vice President – attends all meetings and assists the President and holds meetings in the President's absence.

Secretary – attends all meetings and Executive Board meetings and records minutes. Signs all payment vouchers, conducts correspondence for the unit with consultation of the President. Sends copy of minutes to the Executive Board for review and general information.

Financial Secretary – maintain adult membership records, prepares and distributes dues notices and membership card, attends monthly meetings and submits annual membership report to the District and the American Sokol with required dues payments. Keeps a current membership list monthly that includes change in name, address, phone number and reports on new members and loss of membership.

Treasurer – accepts all moneys for Sokol LA and deposits in bank. Makes payments, keeps the financial books. Invests for the unit with authorization from the monthly membership meeting in accounts that have been approved by the Executive Board. Prepares monthly Treasurer's report and submits it to the Audit committee, files all required taxes. Establish a budget based on project plans and programs of the Unit. Attends all meetings and Executive Board meetings.

A summary of the responsibility of Committees and Directors are:

Educational Director – attend all meetings and executive board meeting. Determine the course of the education activity, prepare articles for Sokol Notes and American Sokol publication, submit reports at membership meeting and to the District Educational Director as requested and make arrangement for the classroom and other meetings of the Czech class.

Membership Director - attend all meetings and executive board meeting. Create programs to solicit new members. Recommend recognition and awards for Sokol members and coordinate membership with the Financial Secretary.

Public Relations Director - attend all meetings and executive board meeting. Responsible to promote activities to the membership, the general public through local news media and organize activities with other groups in order to promote Sokol . All activities are subject to approval of the membership.

The **Men's** and **Women's Physical Directors** are approved at the Annual Meeting.

The summary of each committee responsibilities are:

Property Committee – responsible for retaining/maintain the physical assets of Sokol LA. Bring flags and other items to meeting and other activities.

Constitution and By-Laws Committee – review existing by-laws and make recommendations for changes to be addressed by the Unit, by the District or at the National Convention. Refers to the by-laws to resolve issues that may arise at Unit membership meetings and during the normal course of business.

Auditing Committee - Committee consists of three (3) members, each serving a three-year term; one member is elected at each Unit Annual Meeting. Examines the unit financial books and presents a report at the meeting following each examination.

Budget and Finance Committee - Committee consists of three (3) members, each serving a three-year term; one member is elected at each Unit Annual Meeting. Receives from each Unit committee its annual fund requirements and projected sources of income; develops and submits an annual operating budget for approval by the Unit; performs additional duties as directed by the membership.

Unit Reconciliation Committee - Committee consists of three (3) members to be elected at the Unit Annual Meeting. Decide on personal disputes arising from organizational relations. If there is dissatisfaction with the Committee findings, the issue is taken to the District with a Jury Committee being formed.

The elections and responsibility of delegates are:

Delegates to Pacific District - are elected at the annual meeting. Required to attend the District Annual Meeting and to express the directives of the Unit.

Delegates to American Czech Association (ACA) - are elected at the Annual Meeting to serve a 3-year term. Two delegates are elected at each annual meeting. Require to attend the ACA Board meetings and vote on matters presented.

Honorary Membership – bestowed on persons given exemplary contributions, either financial or service, to Sokol over a long period of time. Nominations are included on the ballot. Needs at least 2/3 majority of the votes.

At the creation date (10/27/11) of the November Sokol Notes, the members currently running for the Sokol LA offices and committees are:

President –Lillian Roter; **Vice President** – Don Hauser and Cynthia Zuber; **Secretary** – Darine Klega; **Treasurer** – Lillian Roter; **Financial Secretary** – Darine Klega; **Educational Director** – Jim Buchanan and Cynthia Zuber; **Membership Director**: Georgia Drabek; **Public Relations Director** – Cynthia Zuber; **Property Committee** – Larry Philips; **Constitution and By-Laws Committee** – Rocky Hanken and Lillian Roter; **Auditing Committee** –

Cynthia Zuber; **Reconciliation Committee** – Otto Notzl; **Delegates to the Pacific District** – Tim Kis, Darine Klega and Otto Notzl; **Delegates to ACA** – Rocky Hanken, Eva Riesner and Zdenka Svitek; **Budget and Finance Committee** – Don Hauser and Cynthia Zuber; **Editor of Sokol Notes** – Lillian Roter.

We hope all Sokol LA members will come to this important meeting to vote and volunteer. It would be great if you RSVP for the meetings, that way the lunch will not be depleted due to an estimate of the normal count of attendees. We are anticipating a larger attendance for the annual meeting. Contact Sister Lillian Roter at gemplil@aol.com or 661-297-8110.

* * * * *

Christmas Brunch at Alpine Village in Torrance, CA – Sunday, December 4, 2011



The three organizations, CSA Lodge 458, Sokol LA, and WFLA, are joining together to celebrate the Christmas season by attending the European brunch at Alpine Village, Torrance. This picture of their apple strudel and menu was taken off the Alpine Village website

<http://www.alpinevillagecenter.com/restaurant-bierhall/brunch-menu/> . It is one of the tastiest of their dessert table. Their advertisement for the brunch is as follows: *Champagne Brunch- Join us for Champagne Brunch every Sunday from 10:00am to 2:00pm. The champagne brunch features: Omelet Bar, Waffle Bar, Carving Station with a selection of meats: Old World Favorites such as sauerbraten, rouladen, potato pancakes and goulash. Fresh Smoked Salmon, Scrambled Eggs, German Sausages, Bacon and Breakfast Sausages. ENDLESS glasses of Orange Juice and/or Champagne. ...and all for \$19.95 (\$9.95 for kids 12 and under)*

Please inform Sister Lillian Roter that you plan to attend, the restaurant requires a count of attendees in order to set up the tables for us. Her email is gemplil@aol.com and her phone number is 661-297-8110. Attending members of Sokol LA will be treated to the brunch, non-members pay \$25 each that includes tax and tip to the cost of the brunch.

Sokol Los Angeles Meeting – December 17th, 2011

Christmas celebration and meeting

Don't forget to bring a wrapped gift.

We hopefully expect “Mikuláš, čert, a anděl “ to show up at the December meeting. We ask each member attending to bring a gift valued around \$10, gift wrapped, and marked as a gift for ladies, gift for gentlemen, or either. The trio of volunteers can then distribute these among the members. The best way to guarantee that we have the right kind of gift is to bring a gift of the same gender as the person attending. Guests are welcome; the cost of lunch for guests is \$10. Sokol will donate children's gifts.

PLEASE RSVP TO THE DECEMBER MEETING, this means call or email Sister Lillian Roter at 661-297-8110 or gemplil@aol.com . We expect to serve a Sokol member's home cooked **pork**, **sauerkraut** and purchased **dumplings** from Zina's Restaurant in Torrance. We will appreciate any donations of homemade Czech pastries, vánoční cukrový and kolačky for dessert. Please let us know the age of the child if you are bringing one.

We will also acknowledge the dedicated service of brother Tim Kis for holding the office of the president of Sokol Los Angeles since 1998.

Installation of the new officers of Sokol Los Angeles will be performed at the meeting in order for them to be ready to start at the January meeting.



1937 Czech postcard

Trip to Omaha for the Grand Opening of the Czech National Museum and Library (date to be determined - 2012)

Currently the Grand Opening date is still not finalized, the building is now at its location. The opening is expected to be scheduled for sometime in May. There is an online video of the actual moving of the museum. See the web pages – <http://www.ncsml.org/Content/Recovery-Rebuilding/A-Monumental-Move.aspx>

The Sokol Slet in Prague - July 1 – July 7, 2012

Our Sokol Los Angeles Men's Physical Director is busy coordinating the practice sessions for calisthenics.

He has copies of the individual performances and will be distributing them to the members that are going to the Prague Slet next year.



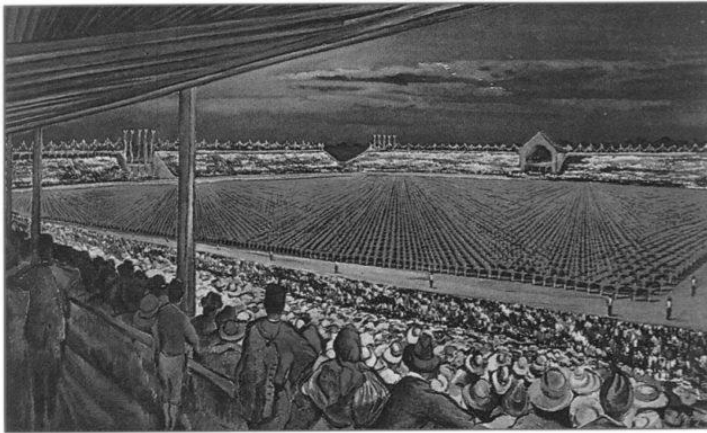
The deposits were due in the summer for the participants in the Prague Slet and for any attendees that want to be part of the tour packages. The final payment is due by March 1, 2012. If you want to attend and you have not registered, please get in touch with Sister Jean Hruby, ASO, at JeanHruby@american-sokol.org for information about the attending.

This is an opportunity to form lifetime friendships with other Sokol members across the globe. Prague is a beautiful city, the very popular heart of Europe, and the current new Paris of the world. What a great city to visit; it will be very memorable for anyone attending. Everyone loves the beautiful architecture, the friendly people and of course the famous Czech beer.

Information and flyers about the Prague Slet can be found at <http://www.american-sokol.org/events.php>. For anyone not familiar with a Slet, the gathering of many Sokol units and performing in unison, on the Sokol Minnesota website. <http://www.sokolmn.org/events.htm> , halfway down the page, they show an interesting video about 5 minutes long of a Sokol Slet. Hope you enjoy it.

http://www.youtube.com/watch?v=5ez1f5690Us&feature=player_embedded

This picture of the painting: VII. Sokol Slet - Prague, Letna plain 1920 (author Otakar Nejedly) is taken from the webpage: <http://www.czechgallery.com/sokol/>



The items in the center of the field are the Sokol members of various units that gathered together in Prague in the summer of 1920.

These posters are from various years of Prague Sokol Slet held in the early 20th century.



Computer corner

Life Before Computers

An application was for employment
A program was a TV show
A cursor used profanity
A keyboard was a piano!

Memory was something that you lost with age
A CD was a bank account
And if you were locked up
You couldn't get out.

Compress was something you did to garbage
Not something you did to a file
And if you unzipped anything in public
You'd be in jail for a while.

Log on was adding wood to fire
Hard drive was a long trip on the road
A mouse pad was where a mouse lived
And a backup happened to your commode.

Cut – you did with a pocketknife
Paste – you did with glue
A web was a spider's home
And a virus was the flu!

I guess I'll stick to my pad and paper
And the memory in my head
I hear nobody's been killed in a computer
But when it happens they wish they were dead!

Author unknown

Technical article

How to E-Mail (Introduction to E-Mail)

E-mail is one of the primary reasons we use computers and the Internet. We should use the Internet properly to ensure we keep our information private and our computers safe from external influences. Now that we have an ISP and are connected to the Internet, we need to learn the basics of E-mail.

First we have to get access to an e-mail account. We usually get an email address from our ISP (Internet Service Provider). The e-mail address will be of the form someuserid@somedomain, for example it could be

myusrid@earthlink.net or its.me@yahoo.com. When you set up access with your ISP, they will set up your user ID and initial password. That ID will let you log on to your e-mail. Each ISP has their own domain name, and they will tell you what it is. Common domain names are: AT&T = att.net, Verizon = verizon.net, Earthlink = earthlink.net, Time Warner = socal.rr.net and so on.

You can also get e-mail from free sources like Yahoo, Hotmail, Gmail and others. The nice thing about free e-mail is you don't have to change your address if you change ISPs. If you leave an ISP (cancel the connection and stop paying for it), they cancel your user ID – in other words your e-mail address is now gone -you have to tell everyone about your new address. You can keep your free address as long as you want. The problem with free e-mail is, there are ads on all the e-mail you send (you have no control over what is advertised) and the ads are on every page you look at (look at www.yahoo.com) on the web. To get a free e-mail address, go to the free e-mail website (www.yahoo.com or www.gmail.com or www.hotmail.com) and find the “Sign Up” link, click on it and follow the directions to create an ID. You will enter your name, some demographic data, pick a userid (if it is not available, you will have to pick another), enter a password (usually twice) then you will be asked to select and answer 2 (or more) questions and then create the e-mail account – some will also ask you to enter what the indicated text is in a designated picture – this is to prevent computers from requesting e-mail addresses, a human has to look at and interpret the picture.

Now that you have an e-mail address and a password, let's log on to the e-mail account. We have 2 ways to look at our e-mail: **Web Mail** – using a browser (Internet Explorer (IE), Firefox, Chrome, Safari, etc.) - go to the web mail site for our e-mail service (see list at the end of the article). The other is a **POP3** e-mail application (Thunderbird, Eudora, Outlook Express, etc.) on your local computer. If you are at home you may use either. If you are away from home, use the web mail method. To log on to a **web mail** account, use your browser to go to the address below shown for your e-mail provider. Click on the Sign In (or Log On or Log In) link. Enter your user ID and Initial password then click Sign in or press Enter. If this is your first time logging in to your account and your ISP supplied the password, you should change your password (you may automatically be forced to change it).

To log on using a POP3 e-mail application, you have to configure the e-mail settings as required for your ISP (see the information at the end of the article). When you start the application you will be prompted for the password. The application will then use your ISP connection to complete hooking up to your e-mail provider and download your e-mail to your local In-box.

Whether you use Web Mail or POP3 as your connection to e-mail, make sure you use a strong password – a strong password is any password that is at least 8 characters long with both upper and lower case letters as well as numbers (an upper case number is punctuation). This type of password is difficult to break, so make sure you do not leave your password where it can be found. You will find that over time you start to collect passwords, don't let this distress you, develop a method to keep track of them. I write mine down in my own private code, and keep the password list separate from the login ID list. Pick a method that works for you, and be sure to keep it up to date with the correct User IDs and passwords.

You should now be set up and connected to the Internet and have your e-mail sign on – the next edition will cover more e-mail basics. If you have computer questions, send them to the Sokol notes Editor, and I will try to answer them here in future editions.

Below is the information to set up your E-mail account with POP service with Thunderbird etc. and the address you type into the address bar of your browser to connect using Webmail (POP at home & Webmail on the road):

ATT (Formerly Pacbell, SBCglobal)

Master Account: [username@att.net](#) (or @pacbell.net or @sbcglobal.net)

POP Server: pop.att.yahoo.com (port 110)

SMTP Server: smtp.att.yahoo.com (port 25)

Web Mail: <https://webauth.att.net/auth/webmail/login>

Comcast

Master Account: [username@comcast.net](#)

POP Server: mail.comcast.net (port 110)

SMTP Server: smtp.comcast.net (port 25)

Web Mail: <http://www.comcast.net/webmail>

Cox

Master Account: [username@cox.net](#)

POP Server: pop.west.cox.net (port 110)

SMTP Server: smtp.west.cox.net (port 25)

Web Mail: <http://webmail.west.cox.net/>

Earthlink

Master Account: [username@earthlink.net](#)

POP Server: pop.earthlink.net (port 110)

SMTP Server: smtpauth.earthlink.net (port 587)

Web Mail: <https://webmail.earthlink.net/>

Road Runner (Time Warner)

Master Account: [username@socal.rr.com](#)

POP Server: pop-server.socal.rr.com (port 110)

SMTP Server: smtp-server.socal.rr.com (port 25)

Web Mail: <https://webmail.socal.rr.com/>

Verizon

Master Account: [username@verizon.net](#)

POP Server: incoming.verizon.net (port 110)

SMTP Server: outgoing.verizon.net (port 25)

Web Mail: <http://webmail.verizon.net/signin/>

Let me know if you need others...

Brother Rocky Hanken



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

2011

Saturday, November 19: Annual Meeting – Joe Bridges Clubhouse, Glendale
Sunday, December 4: Christmas brunch w/WFLA and CSA – Alpine Village, Torrance
Saturday, December 17: General Meeting – Joe Bridges Clubhouse, Glendale

2012

Saturday, January 21: General Meeting – Joe Bridges Clubhouse, Glendale
Saturday, February 19: General Meeting – Joe Bridges Clubhouse, Glendale
Saturday, March 19: General Meeting – Joe Bridges Clubhouse, Glendale
Sunday, March 25: Spring Social -- Knollwood Country Club, Granada Hills

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!