

## *Veselé Vánoce a Šťastný Nový Rok!*

### **Editor's Notes**

We are in the midst of the holiday season with another year fast approaching. The year 2011 was busy for all of us. Reflecting on this past year, it was a good one for Sokol Los Angeles. We had good attendance at all our general meetings throughout the year, two successful luncheon celebrations at Knollwood Country Club, the summer picnic at Hart Park in Santa Clarita, and yet another enjoyable bus trip to Balboa Park in San Diego to see the International Cottages and enjoy the Czech/Slovak performance and food. I am pleased that attendance at our monthly meetings and functions remains strong. Dinkey Creek was a huge success this year under the direction of Otto Notzl, and both the Czech class and exercise class still have good participation.

We received excellent support this year from the Consulate of the Czech Republic in Los Angeles. The new Consul General and Deputy Consul along with their respective families attended the Spring Social at which they were introduced to members and friends. Both families are young and have shown an interest in Sokol Los Angeles and our activities. The Deputy Consul and his family attended the family picnic in August and the Heritage Event in October. Both the Consul General and Deputy Consul traveled to San Diego to attend the House of Czech and Slovak celebration in October. The Slovak Consul General also made the trip to San Diego; he and the Czech Consul addressed the audience at the start of the program. Consulate information is included below for your information.

May you all find health and happiness in the New Year 2012 and may all your dreams come true.

### **Czech and Slovak Consulate Information**

#### ***Consulate General of the Czech Republic***

10990 Wilshire Blvd, Suite 1100  
Los Angeles, CA 90024-4879  
(310) 473-0889

E-mail: [losangeles@embassy.mzv.cz](mailto:losangeles@embassy.mzv.cz)

Website: <http://www.mzv.cz/losangeles/en/index.html>

Consul General Mr. Michal Sedláček  
Assistant to the Consul General Sylvie Trnková  
Vice Consul Mr. Tomáš Kára

#### ***Consulate General of the Slovak Republic***



10940 Wilshire Blvd, Suite 2030  
Los Angeles, CA 90024-3915  
(310) 209-1253  
E-mail: [slovakconsulate-la@verizon.net](mailto:slovakconsulate-la@verizon.net)  
Consul General Mr. František Hudák

## Stop the (holiday) madness

--adapted from Kaiser Permanente November 2011 e-newsletter

It happens every year: You vow to enjoy the holidays, spend quality time with your friends and family, and maybe even give back to your community. Then, little by little, your stress level increases. Family time becomes filled with anxiety. Holiday parties become a dreaded task, and all that shopping and entertaining causes budget worries.

If you find yourself losing the holiday spirit this year, stop and take a deep breath then follow these tips for getting back your momentum.

- **Take a time-out.** Even a quick spin around the neighborhood to breathe in the fresh air and admire holiday displays can boost your mood. Try to find at least a few minutes every day for yourself — whether it's to enjoy a hot cup of tea, read a good book or chat with a friend.
- **Learn to say, "No."** If you're feeling overwhelmed, it's okay to skip a party or two. Or put off your volunteer work until the spring. Pick the events and efforts you truly want to be a part of, and let go of the guilt about sending your regrets to the others.
- **Sweat out the stress.** It's easy to let exercise go during the holidays, but physical activity can work wonders on your outlook. Not only will you feel refreshed, but you will also reap emotional benefits. And remember, exercise can be fun, e.g., walking your dog, playing with your family, exercising with a buddy.
- **Stay organized.** Fight that frazzled feeling by keeping your calendar up-to-date, organizing your space, and planning ahead.

### Words of Wisdom:

Beginning today, treat everyone you meet as if they were going to be dead by midnight.

Extend to them all the care, kindness and understanding you can muster,  
and do it with no thought of any reward. Your life will never be the same again.

~~Og Mandino, American Author (1923-1996)~

Every sixty seconds you spend angry, upset or mad is a full minute of happiness you'll never get back.

~~Author unknown

## 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.***

### ***Corrections to last Sokol Notes***

This article submitted by Sister Lillian Roter last month was accidentally left out of the November issue.



### **Verna Garda Resumes Exercise Classes**

On Thursday, September 8, 2011, members of the exercise class met at the North Hollywood Senior Center after a five-week summer break. All but one member were in attendance, eager to get back in the routine of exercising under the direction of Women's Director Libby Pelc. The class celebrated the September birthdays of two of our members, Jiřina Cymbal and Mary Gregory, who brought lunch for all to enjoy.

We average 10 to 12 members who exercise each week. The class has 14 members with our newest members Abel and Elizabeth Balint. During July, the Balints brought their grandson Max who participated in all the exercises and was a real joy to have in our group.

### ***NOVEMBER ANNUAL MEETING -***

Dear Membership:

The 2012 Nominating Chairman and the 2012 Nominating Committee would like to thank those ASLA members who came out to vote on Saturday, November 19, 2011!!!

We apologize for the oversight we made with two of our committees: Auditing and Budget & Finance. The Nominating Committee overlooked the fact that Bill Zelenka is already on the Auditing Committee and Don Hauser is already on the Budget & Finance Committee. Therefore, votes for these two candidates have been discounted with the vote deferring to the remaining candidate, Cynthia Zuber, thus enabling her to serve on both of these committees for 2012.

Please read the election results below to find out who is on the new, 2012 Board and who makes up each of our committees!!!

Again, thank you to the ASLA Membership who voted in this election and to all of the ASLA members for your support!!

Nazdar!!

Cynthia Zuber ~2012 Nominating Committee Chairman

### ***Election results:***

**President** – Lillian Roter, **Vice-President** – Don Hauser, **Secretary** – Darine Klega,  
**Treasurer** – Lillian Roter, **Financial Secretary** – Darine Klega, **Education Director** – Jim Buchanan,  
**Membership Director** – Georgia Drabek, **Public Relations Director** – Cynthia Zuber,  
**Men's Physical Director** – Otto Notzl, **Women's Physical Director** – Libby Pelc,  
**Editor Sokol Notes** – Lillian Roter, **Webmaster** – Jim Buchanan

**Committee members** – numbers in parentheses signify the length of term remaining

**Property Committee** – Larry Phillips (3)

**Constitution and By-Laws Committee** – Rocky Hanken (3), Lillian Roter (3), Don Hauser (1),

**Auditing Committee** – Cynthia Zuber (3), Abel Balint (2), Bill Zelenka (1).

**Budget and Finance Committee** – Cynthia Zuber (3), Tim Kis (2), Don Hauser (1).

**Reconciliation Committee** – Rocky Hanken (1), Don Hauser (1), Otto Notzl (1)

**Delegates to Pacific District** - Darine Klega (3), Tim Kis (3), Otto Notzl (3), Lillian Roter (2), Natalie Zelenka (2), William Zelenka (2), Don Hauser (1), Marv Roter (1), Robert Zelenka (1).

**Delegates to American Czech Association (ACA)** - Rocky Hanken (3), Don Hauser (3), Ira Green (2), Natalie Zelenka (2). Larry Phillips (1), Bill Zelenka (1).

**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."



**General Meetings** are scheduled for the **third Saturday** of each month from 10:30 am to 3:00 pm. All monthly meetings for 2012 are scheduled at Joe Bridges Clubhouse in Glenoaks Park, 2531 E. Glenoaks Blvd., Glendale, CA 91206. There are no meetings in July and August.

Lunch is provided free to members, and volunteers make coffee. Please bring a salad or dessert to share with the 25-35 members that attend and a beverage for yourself.

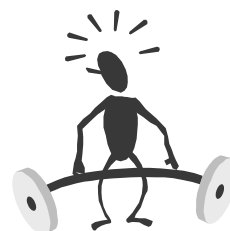
**Invite your friends:** If you know of anyone you would like to have as a fellow Sokol member, invite him/her to one of our meetings or social events and introduce them to the Sokol web sites. It is not important that they be of Czech/ Slovak heritage but that they have an interest in learning about the Czech/Slovak culture. And be sure to tell them that children are welcomed. *Guests pay \$10 for lunch, unless the guest decides to submit an application for membership in Sokol.*

**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

### Annual Heritage Event

■ Submitted by: Lillian Roter

The Heritage event at Knollwood Country Club on October 9, 2011, was another success for Sokol Los Angeles. Knollwood provides a great atmosphere for our events with windows overlooking the beautiful golf course, and the staff there is great to work with, taking care of our needs throughout the event. Tables were adorned in red, white and blue with flags of the United States, the Czech Republic and Slovakia as centerpieces.

There were 105 attendees who enjoyed listening and dancing to the wonderful music provided by the Phil Anthony Band. Socializing with family and friends was a highlight of the day as was the group dancing that Otto Notzl initiated. Members were taught the steps to Elvira and the Greek dance at Sokol meetings in preparation for the social. The dance floor was crowded with all the participants that Bro. Notzl urged to join.

The Deputy Consul General of the Czech Republic Tomáš Kara and his family joined us once again. The current Consul and his staff are very supportive of Sokol and have had representation at all of our events this year. Our distinguished guest Kara commented on how much he enjoyed the event and seeing all the krojs.

There were 16 attendees donned in beautiful kroj. Yvonne Masopust gave a detailed description of the various kroj, identifying specific details of the regions represented. It was very interesting to hear about the costumes and how they were made, e.g., skirt style and color, blouse style and details, vests, boots, etc. Sis. Masopust is well versed on the various kroj and gave a wonderful presentation. Thank you, Sis. Masopust.

The band accompanied Cynthia Zuber and Marv Roter as they sang for us. Bro. Roter prepared and sang his first Czech song for us, *Kdyby sis oči vyplakala* -- loosely translated "If your eyes ran out of tears". The raffle included many nice prizes in addition to cash. Bro. Kis thought it would be nice to recognize the oldest Sokol member in attendance, Helen Vrana, by having her draw the raffle tickets during the first raffle drawing. He asked Milly Urbanski to draw tickets during the second raffle drawing.

All in all, it was a beautiful day and a beautiful event. You can see from the photos below that everyone had a good time. Thanks to all who helped to make this event another success for Sokol Los Angeles.





Lori Kis & Lillian Roter at Check-In



Checking In – Anne Plachy & Frank Vrana



Maria Keller, Otto Notzl



Darine Klega, Otto



Darine, Rocky Hanken



Yvonne & Ludek Masopust



Helen Vrana, Larry Phillips



Chana Friedman, Ira Green



Maryann Inga, Otto



Masako & Mike Vondrus





A wonderful display of kroj was a highlight of the afternoon with narrative by Yvonne Masopust.



Sokol Los Angeles President Tim Kis



Otto Notzl and Darina Masopust





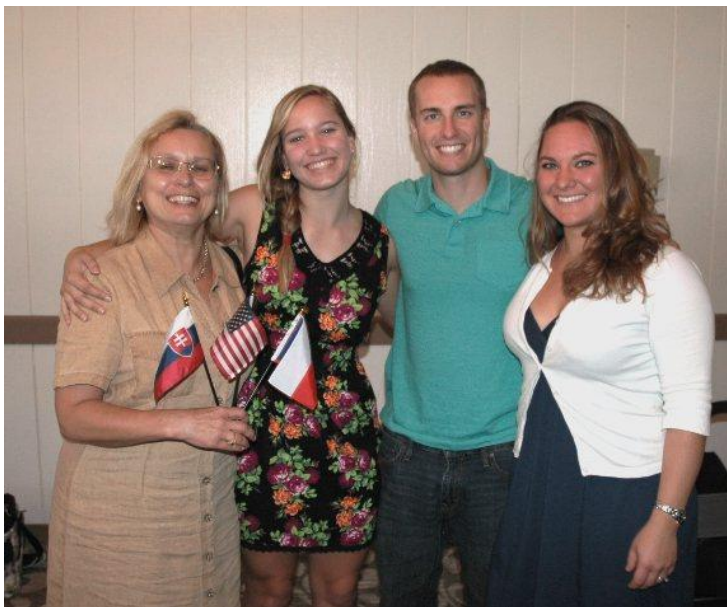
The Balint family table



Darine, Doris and Danny Klega, Milos and Libby Pelc, Jirina Cymbal, Estela Balcarcel, John Krato, Otto Notzl



Cynthia Zuber



Zdenka Svitek and family



Masopust family krojs

Darina  
Yvonne  
Ludek  
and  
Yvonne's mother,  
Zdena Cizek

Some photographs were contributed by Mike Vondrus

## **Bus Trip to San Diego**

*Submitted by: Lillian Roter*

On October 16, 2011, members and friends of Sokol Los Angeles chartered a bus to Balboa Park in San Diego to once again enjoy the House of Czech and Slovak Republics' heritage celebration of the October 1918 founding of Czechoslovakia. Our bus driver Jan Cervinka took 17 riders to the park where we met up with Tim & Lori Kis, Karen Miller and Eleanor Rejzek. Also attending the celebration this year were the Consul General and Deputy Consul of the Czech Republic in Los Angeles Michal Sedláček and Tomáš Kara with their respective families and the Vice-Consul of the Slovak Republic Milan Kováč.

Members of the House of Czech and Slovak Republics baked delicious traditional pastries that were offered for sale along with coffee and bottled water. Enjoyed by all were the sausages with sauerkraut and pickle that were available for purchase as a traditional Czech/Slovak meal. Potato pancakes were added to the menu this year. The sausages and pastries were a highlight of our annual trip. There was even a booth this year with authentic Slovakian items for sale.

The traditional folk dance and music performance in the park began with welcome speeches from Czech Consul General Michal Sedláček and Slovak Vice-Consul Milan Kováč. After the American, Czech and Slovak anthems were sung, the song and dance performances began. This year's cultural lawn program featured singer/accordionist Anna Hradsky, singer/guitarist George Svoboda, folk group "Karicka", and the Folk Dancers of Balboa Park.

Anna Hradsky was welcomed back after a ten-year absence and her singing was a refreshing change from our previous trips. George Svoboda played amazing guitar music as he serenaded us. Both singers performed wonderfully. "Karicka" performed Slovak dances and the Folk Dancers of Balboa Park performed the Czech dances. The program was very exciting and well received by all. The accordion group did not play this year, and there was no audience dance participation at the end of the program as in past years.

The House of Czech and Slovak Republics is open every Sunday from noon until 4:00 pm. The special Czech and Slovak heritage celebration is presented each year on the third Sunday in October. In addition, there is a special meeting of compatriots every second Sunday of the month at the Hall of Nations. For more information on activities and services available, visit their website at <http://houseofczechandslovakrepublics.org>.





Elizabeth & Abel Balint



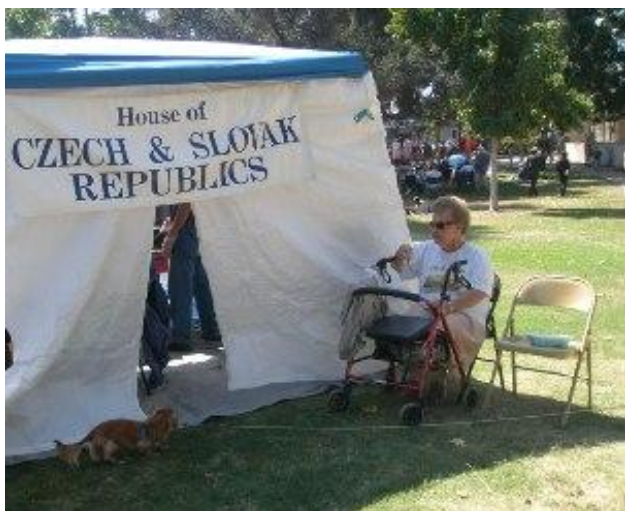
Karicka Folk Dancing Group



Karicka Folk Dancing Group



Marv Roter, Karen Miller, Abel & Elizabeth Balint, Janice Maricondo



Carol Vessels outside Food Tent



Don Hauser, Eleanor Rejzek, Bill & Natalie Zelenka





Robert Zelenka



For Sale -- Imported from Slovakia



Homemade pastries for sale



John Krato & Estela wait for program

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## Upcoming Events

### Christmas Brunch at Alpine Village in Torrance, CA – Sunday, December 4, 2011 - 11:30 AM

This holiday brunch is for all members of CSA, Sokol Los Angeles, and WFLA. Starting time is 11:30 AM in the large dance hall. The buffet is displayed on the dance floor that is three or four steps down from the hall. **RSVP** is required to Sister Lillian Roter at [gemplil@aol.com](mailto:gemplil@aol.com) or 661-297-8110. Each of the three organizations has their own contact. For WFLA contact President Larry Phillips. For CSA contact vice president Robert Zelenka. For non-members and guests the cost is \$25. The restaurant requires the count of attendees for setting up the number of tables. WFLA has their toy drive for "Toys for Tots" at this event; if you wish to participate please bring an unwrapped new toy to donate.

**Sokol meeting, Saturday, December 17<sup>th</sup>, 2011**  
**BRING A GIFT**

“Vepro, zelo, knedlo” delivered from Zina’s Restaurant in Torrance is on the lunch menu. A possible visit from our super volunteers dressed as “Mikuláš, čert a anděl”.

Please **RSVP** to Sister Lillian Roter at [gemplil@aol.com](mailto:gemplil@aol.com) or 661-297-8110 if you have not already signed up. In addition, if you are bringing a child to the meeting, let Sister Roter know how old the child is.

Every attendee is asked to bring a wrapped gift worth about \$10, labeling it “for lady”, “for gentleman”, or “for either”. This will allow our Mikuláš to pass out gifts. Please join the fun and don’t forget a gift. If you do not bring a gift, you will not receive one from Mikuláš.

**Annual Spring Social at Knollwood Country Club, Granada Hills, Sunday – March 25<sup>th</sup>, 2012**

Mark your calendars. Knollwood Country Club is reserved, as well as the Phil Anthony Band for dancing and listening pleasure. Lunch served at noon. There will be Raffle prizes; come and bring your friends.

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

The members registered to attend and perform in the 2012 All Sokol Slet in Prague all received their instructions to practice their calisthenics.

For members that are not able to attend, it will be exciting to hear about the slet and hopefully view some pictures that our members will share with us upon their return from their participation this coming summer.

We wish our team of Sokols a safe journey and a great performance as well as a wonderful trip and great experiences in the Czech Republic.

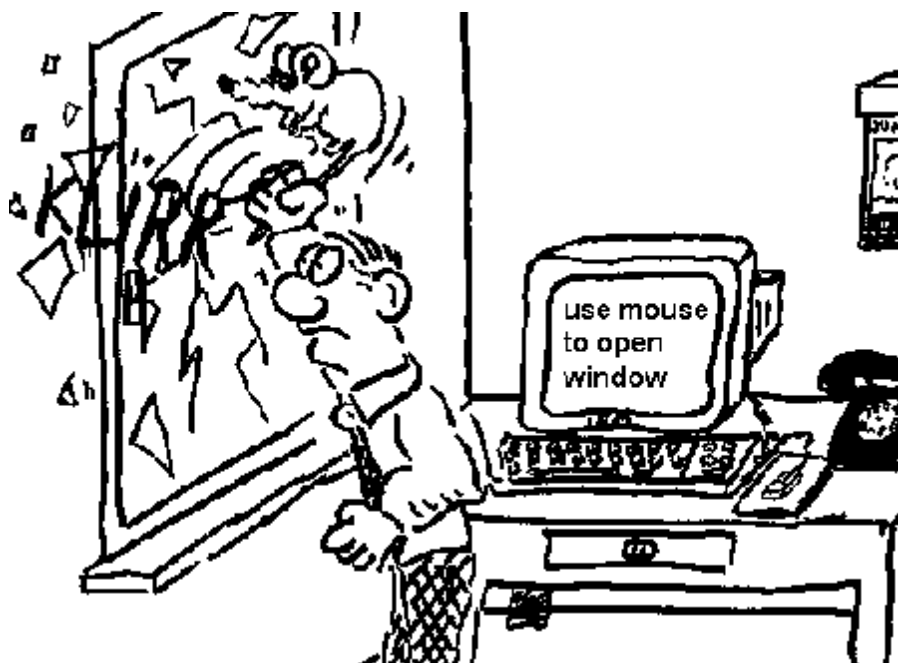


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## Computer corner

### Tech humor



### Technical article

#### The next steps with e-mail (Beginning advanced E-mail)

You should now have an ISP connection and an E-mail account set up, now we have to learn the proper things to be used with e-mail so we are good network citizens. There are several things we should do with e-mail to ensure we keep friends as well as our neighbors and ourselves safe and sane on the Internet.

The first rule of good e-mail use is never put more into an e-mail than needs to be there. Remember how e-mail works, it is available for anyone and everyone to read – once you press the send button, that message is no longer yours, you have no control over where it goes or who sees it. E-mail as it travels across the web can be read by anyone at any time, and anyone that gets a copy of your e-mail can forward or resend it to any one they wish to, in fact your e-mail could go around the world (and in less than 80 days). Many send e-mails to ALL their friends because someone said this is a major issue, and to send a copy to everyone in your address book. The truth is most of these are hoaxes and as such, just use up Internet band width (meaning they clog up the internet). Before you send one of these on, check it against the web site [www.snopes.com](http://www.snopes.com) to see if it is a hoax or not. Also, just because someone adds the line “This has been checked on Snopes” does not mean that it is true – check it yourself before sending it on, adding the above tag line has caused some that were once true or partially true to be passed on, when they are now not true. Besides sending this to everyone in their address book they do so by adding everyone as either “To:” or “CC:” - which means every copy of the note has their entire address book listed in it – a big present for any spammer that might get this in his/her in-box somewhere down the road. A spammer

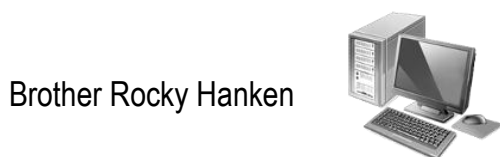


is a person who sends out unsolicited e-mail (electronic junk mail). They beg, buy and steal e-mail addresses, so don't make it easy for them.

How do you send an e-mail to a bunch of people and not put their e-mail addresses at risk? Easy, use the "BCC:" addressing line on the e-mail. When you use BCC: each person gets their own copy of the message. Remember the old days, when the secretary (now called an AA – Administrative Assistant) would type your letter on a typewriter (maybe manual even), they would get a sheet of Letterhead paper, several sheets of carbon and thin white paper and type the whole thing up with the "To addressee" getting the Letterhead copy, each person on the CC list getting a carbon copy and the guy in the corner who asked to get a BCC (blind carbon copy) and you getting a copy that had the BCC on your copies. In other words everyone knew who was "TO" and "CC" but only you and the boss knew about the "BCC". The same applies for any e-mail sent BCC, only the sender knows who all got the message, each recipient only knows about their copy (and any TO or CC addresses included). My basic rule is, if I send an e-mail to more than one person, I use BCC unless everyone **NEEDS** to know who got the e-mail. The only time I do this is to schedule a meeting with 3 or more people and we all have to agree on a date and time. By sending e-mail to groups using BCC you will make it more difficult for spammers to collect e-mail addresses.

The next step in fighting against spam is to remove unneeded information from an e-mail before sending it on to someone else. This helps cut down on bandwidth waste, and will help speed up the Internet. When you receive an e-mail, edit out old addresses and other useless information in the message, your e-mail will get to its destination faster. The process for sending an e-mail involves what is called store and forward – when you send an e-mail it may have to make many hops (movement from one location to another) – I would guess the average e-mail makes anywhere from 3 to 10 hops. When the e-mail is sent it is stored temporarily, the destination interrogated then it is added to a queue by size (the smallest at the front and the largest at the back), it eventually gets forwarded on to the next hop, where it is stored, evaluated and forwarded on again until it finally reaches its destination. Every time something smaller comes along it crowds in front and will go first – if you want your mail to get there fast. Make it small/smaller.

Next month – *How to send and receive e-mail attachments*. If you have computer questions, send them to the Sokol notes Editor, title it tech corner, and I will try to answer them here in future editions.



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

**2011**

<b>Sunday, December 4:</b>	Christmas Brunch, Alpine Village
<b>Saturday, December 17:</b>	Christmas Meeting – Joe Bridges Clubhouse, Glendale Bring a wrapped gift, valued about \$10.

**2012**

<b>Thursday, January 4:</b>	First Verna Garda meeting of 2012
<b>Sunday, January 8:</b>	First Czech Class of 2012 – PCC – R109
<b>Saturday, January 21:</b>	General Meeting – Joe Bridges Clubhouse, Glendale
<b>Saturday, February 18:</b>	General Meeting – Joe Bridges Clubhouse, Glendale
<b>Saturday, March 17:</b>	General Meeting – Joe Bridges Clubhouse, Glendale
<b>Sunday, March 25:</b>	Spring Social Dance – Knollwood CC

**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!**