

Spring is in the Air!



Editor's Notes

Ah, spring – a time for new life and new challenges. As I watch Mother Nature at work in my yard, I am amazed with her fine work. This year the flowers seem lovelier and the animals more cheerful. Or is it just my imagination? Could this possibly be the result of the strange weather we've had – the extra dry winter and the recent rain storms? Nonetheless, I will enjoy the new growth in my garden, the birds building their nests and gracing me with their fine songs, the squirrels that visit daily and other wildlife that drops by from time to time.

I am ever so grateful to the Sokol Notes Editor's Helpers who continue to share their time and talents in producing and issuing our Unit's newsletter but wish to remain anonymous. As always, if you have suggestions on how we can improve, please let us know. Please send your stories and news items to SokolNotes@SokolLA.org.

While we celebrate spring, we must also celebrate the life of one of our most outstanding members Louise Nekuda who passed away on March 15. Included in this issue is a special remembrance of her life submitted by Kathy Hanken and a eulogy prepared by Yvonne Masopust. In addition, we pay homage to two former staunch supporters of Sokol Los Angeles, Erna Šeda and Laddie Lizak who passed away recently

NAZDAR!

Sister Lillian Roter, Editor



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

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

President's Message



We are three months into the year 2012. It is proving to be an interesting year with the All-Sokol Slet in Prague just around the corner in July. Our team is hard at work under the direction of Otto Notzl who wants us to be the best that we can be. He has spent many hours working with our members who will be exercising in Prague – taking advantage of every opportunity to practice with the team.

We have endured two events in down pouring rain – our March meeting and the Spring Social. I am delighted with the commitment of our members who endured the March meeting during a power outage at the Joe Bridges facility. What a team! We had no lights, no coffee and no eating utensils. Thank goodness for pizza! And the Spring Social was well attended with 107 members and guests.

Again, I thank all our wonderful volunteers who selflessly give of their time. We have new interest in our organization, so let's keep up the momentum. Together we can achieve more.

Nazdar!

Lillian Roter, President

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Stand up for your health

Published in Kaiser Permanente

Partners in Health e-newsletter February 2012

Studies show that sitting for long periods of time can increase your risk of heart disease. A study published in 2008 in *Current Cardiovascular Risk Reports* suggests that people who sit for long periods of time typically have decreased levels of a heart-protecting enzyme called lipoprotein, as well as the good kind of cholesterol.

Even people who exercise regularly, but are otherwise largely sedentary, can experience this effect. Of course, exercise remains a good way to support your health. So the best approach is to exercise regularly *and* decrease the time you spend sitting, says Todd Weitzenberg, MD, a Kaiser Permanente sports medicine physician.

This can be easier said than done for many of us. Much of our days are spent at a desk, behind the wheel, or on the couch. Try practicing these five tips to reduce your sitting time:

1. Stand while you fold laundry.
2. Walk or stand as you talk on the phone.
3. Keep moving during your favorite TV show. Instead of lounging on your couch, march in place or work on your sit ups.
4. Take breaks away from your desk or computer.
5. On long car drives, pull over and get out of your car for a 10-minute break every hour or so.

Words of Wisdom:

I've learned. . .

That being kind is more important than being right.
That a smile is an inexpensive way to improve your looks.
That it's those small daily happenings that make life so spectacular.
That under everyone's hard shell is someone who wants to be appreciated and loved.
That everyone you meet deserves to be greeted with a smile.
That opportunities are never lost; someone will take the ones you miss.
That the less time I have to work with, the more things I get done.

~~ Andy Rooney, Writer, humorist, TV Personality (1919-2011)

Officers and Directors for 2012 Elected or Appointed November 19, 2011:

President – Lillian Roter **Vice-President** -- Don Hauser **Secretary**– Darine Klega
Financial Secretary – Darine Klega **Treasurer** – 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

Laughter – The Best Medicine:

Choices

Wife: 'Do you want dinner?
Husband: 'Sure! What are my choices?'
Wife: 'Yes or no.'

How to Stay Young

Throw out nonessential numbers – age, weight and height.
Let the doctors worry about them.
That is why they get paid.

Introducing the rest of Your Sokol Los Angeles Leaders for 2012

Georgia Drabeck - Membership Director



I can happily say that Sokol Los Angeles has been an important part of most of my life, since I was about 12. My brother and I were very fortunate that Sokol member Bob Olišar would pick us up from our Los Angeles home each Friday evening and take us to Sokol gymnastics classes at the Los Angeles Coliseum Swim Building and Gymnasiums (built for the 1932 Los Angeles Olympics). Our Dad was working nights so he could not take us.

Our parents were, Joseph and Frances Černíček, immigrants from Stitna, Moravia, CZ, (North of Trenchen, Slovakia). I thank my parents for our association with Sokol and the Czechoslovak community. It has truly enriched my life and provided me with knowledge of my Czech/Moravian culture. My entire family spent many Sundays at Czechoslovak Park in La Crescenta attending Sunday dances and Sokol Los Angeles exhibitions and competitions, which my brother and I participated in as Sokols.

During World War II, when Mildred Nekuda Carnot was 16 and I was 17, we had the honor to be chosen to travel to Sokol summer camp in Sandy Bottom Lake, near Ann Arbor, Michigan. This was a very exciting, rewarding and learning experience for Mildred and me, our first trip so far away from home without our parents.

During this time of war, Sokol members and the Czechoslovak community would perform CZ folk dances in costume at War Bond drives and other programs for the war effort, including parades.

After the war, I met sailor, Johnny Drabeck at a Saturday day night polka dance at Mizera's Hall in Los Angeles. Soon Johnny also became an active member of Sokol gymnastics. We were a part of approximately 50 active gymnastic participants. Every Friday night we would work out, play valley ball and end the evening at a near by diner (Whiz Bang) for refreshments and socializing. Those were special times and many of these couples married. Sokol Los Angeles would also compete with Sokol San Francisco and Sokol Fresno (and some times Oregon). Preparing for these events kept us physically fit.

In 1948 Johnny and I married. We had our wedding reception at Czechoslovak Park.

We bought our first G.I. home in the San Fernando Valley and soon started our family.

We continued to attend the dances and Sokol special events when ever possible, however no longer drove to L.A. for gymnastics classes. John's contracting business, raising 3 sons and attending college classes gave us little time for much else. We are still attending the Sokol dances but now with our grown sons and their families. It is a joy to continue this tradition and our grandchildren are learning about their Czech-,Moravian-Slovak culture. Their dede, John Drabeck is Slovak.

We are very pleased we have joined Sokol again, connecting with old friends and making new friends. Sokol continues to be part of my life, our life. See you at Sokol

Nazdar,
Georgia Černíček Drabeck

Jim Buchanan - Education Director and Webmaster



My interest in the Czech Republic and Czech culture began when my job led me there in 1999. In the years that followed I returned many times and made many friends. My desire to learn to speak Czech led me to Sokol Los Angeles and their Czech language classes. The warmth and good cheer of the students and the patience of the teacher made each class special and I knew then that Sokol would become an important part of my life. I am a computer programmer by trade so when the club asked me to setup a website I was happy to be able to contribute.

The website, <http://www.SokolLA.org>, continues to provide information about the organization and its activities and has attracted new members through the Czech language classes.

A few years ago the position of Education Director opened up and this gave me the opportunity to help out in the very part of the organization that brought me here in the first place. The wonderful people in Sokol Los Angeles, the Czech language class, and the many Czech friends I've made have become the joy of my life. I look forward to the times we will spend together in the future.

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Photo of monthly Sokol Czech Language class held at PCC in Pasadena, taken by the instructor some time ago.



Membership: This year is very sad for all of Sokol Los Angeles; some greatly dedicated current and previous Sokol Los Angeles members have passed away. While they are no longer with us, they have all left us with fond memories that we will cherish forever. Their dedication to our Sokol unit will live forever.

*In loving memory of our departed members,
“Do not protect yourself from grief by a fence,
but rather by your friends.”
Czech Proverb*

In Memoriam

*Erna Šeda 3/20/1926 – 1/5/2012
Margaret Jelínek 1/19/1922 – 1/27/2012
Louise B Nekuda 3/6/1910 – 3/15/2012
Laddie Lyzak 2/2/1920 – 3/17/2012*

Louise Nekuda

Submitted by K Hanken



Louise Nekuda 3.6.1910 - 3.15.2012

Over two-dozen Sokol LA members attended the service for Sister Louise Nekuda. It was held in a beautiful United Methodist Church of Thousand Oaks. Reverend Steve Peralta reading from the Scripture started the Celebration of Life for Louise Bernice Nekuda. The eulogy given by granddaughter Karen Brezny was very moving, the love and loss of her *Babi* was obvious. Louise's family members have many wonderful memories of their *Babi*, and will always remember their Czech roots. A few family members gave impromptu memories as well as some Sokol members after Sister Yvonne Masopust gave the eulogy for Sokol Los Angeles. Louise's life story was shown in pictures at the conclusion of the service. It may be viewed at <http://www.youtube.com/watch?v=QNbxcf5KSIE>

The grandchildren all know about Sokol and about the various Czech foods along with their proper Czech pronunciations. It is very hard for the family to lose their matriarch that has been their most beloved *Babi* with strength and patience to leave her influence within every member of the family.

Louise was the strength and the rock of the family for a long time, yet one can see the same drive and strength in all the women of the family. Our beloved Sister Louise instilled the Tyrš legacy of a healthy mind and body to everyone. In her last few years, the pride and joy of her life were her youngest great-great-grandsons; they brought her great delight whenever they visited. She was a staunch supporter and admirer of her family, so very proud to share their accomplishments.

Not only loved by her family, but also by all Sokol members that knew her. Louise was one of the first people to extend a hand to any newcomer to Sokol Hall. She worked very hard with other members from the Sokol unit to be able to acquire the Sokol Hall in Hollywood, and for years it was her second home, even traveling from Westlake Village a couple times a week. All her friends mourn her passing and try to be like her in her dedication in everything she did. Losing her husband in 1981, her daughter in 2008, and two son-in-laws were big tragedies in her life. It was the many friends at Sokol Los Angeles and the loving family that saw her through these challenging times of her life. She had many close friends in the Sokol community.

Louise was a very unique; hardworking, volunteering, friendly, loving and strong of will Sokol leader. Many of us that have known her for over 50 years, have experienced the strength of Sister Louise and the generosity of the Nekuda family. We all remember the cabin at Yosemite that many were invited to spend a weekend. The fun time we had hiking, sight seeing and sleeping in the various bed quarters above the barn. We remember the hammock, the outhouse, and the visit by the local deer. Oh, the beauty of the forest and waterfall and the wonderful fresh air, the joy of watching a deer approach and then scamper off followed by the little fawns. Of course Louise was the leader in all the hikes, she was tireless. The river below was a favorite fishing spot for the men and a fun water hole for the kids. These memories remain with us forever.

Louise was a fantastic and resilient driver. Many of us were part of her trips up north for the Pacific District meetings and *slets*. When the iron curtain was still up in Europe to keep us refugees from visiting Czechoslovakia, it was wonderful to feel comfortable at Sokol Hall where Czech and Slovak was spoken among friends. The Nekudas were “*načelník and načelnice*” when our family arrived in 1955. Their two beautiful young adult daughters were examples to all us kids. Their whole family grew and followed in their parents’ footsteps.

The service was full of love and beautifully selected. The reception was held at granddaughter Candis Hong’s home nearby. We were unable to attend, but the pictures taken by Brother Mike Vondrus show many members attending. The beautiful Easter Lamb cakes seemed to also remember *Babi*.





Louise Nekuda (1910 – 2012)

Submitted by Yvonne Masopust



Sister Nekuda joined Sokol Los Angeles in 1941 and was an active member for 61 years. She was an honorary member of the American Sokol Organization. Her involvement with Sokol spanned 97 years and two continents. She herself credited Sokol with her longevity and positive outlook on life.

Louise was born in 1910, when the Czech lands, Bohemia and Moravia, were still part of the Austrian Empire. She started attending Sokol classes in 1915 at the age of five when Europe was fighting WWI. Due to the wartime situation, the Sokol organization was officially disbanded by the government and functioned only underground. Louise remembered that she was instructed to keep her Sokol activities a secret, though she didn't know why.

This tells us something about Louise's parents – they had to be courageous and strong in their convictions – qualities that the Louise we knew possessed in abundance.

Louise was eight when WWI ended and the new state of Czechoslovakia was born. She remembered the great excitement that was felt by everyone around her when the 1920 all-Sokols slet took place in Prague for the



very first time in a free and independent country. The people were rejoicing. Her mother was a slet participant and brought the young Louise along to the practices and performances. Witnessing the 1920 Sokol slet and experiencing first-hand the great enthusiasm with which it was organized and received, made a lasting impression on the 10-year-old Louise.

The following year when Louise was 11, she and her parents emigrated to the U.S. They came here to join Louise's maternal grandparents who emigrated to the U.S. 14 years earlier in 1907. The family settled in the Midwest and Louise joined the local Sokol unit there. In 1941, married and with a family, sister Nekuda came to California and joined Sokol Los Angeles where she and her husband Emil quickly became an integral part of the unit's leadership. They both worked hard organizing & fundraising and deserve considerable credit for our Czech community's most important achievement of the 1940s – the acquisition of the Sokol Hall in 1949.

Over the years sister Nekuda held every office in our unit, including that of Sokolice president. She was president of Pacific District for 11 years. But she is most remembered as our unit's longtime "náčelnice", or women's physical director. When she invited a group of Sokol children to visit in her Yosemite cabin over the 4th of July weekend in 1954, the idea of a Sokol children's camp was born and, with sister Nekuda's leadership, the Sokol Dinkey Creek Camp was established and remains immensely popular to this day. She was our unit's financial secretary for 25 years, retiring from this position in 1999 at 89 years old. For years her voice would be heard at our meetings, and the membership listened to her. She was fiercely protective of our unit's funds and always opposed schemes that involved any kind of risk to the unit's financial well-being. As our náčelnice and also president of Pacific District, sister Nekuda attended American Sokol conventions many times and was well known and respected by the national American Sokol leadership. She always participated in the annual "veřejné cvičení" and she didn't miss any of the slets either.

The last time sister Nekuda participated in a slet was in Prague in 1994 at 84 years old. Her last slet was probably as exciting for Louise as the first slet she ever experienced in 1920. 74 years -- a lifetime apart -- yet there was an eerie similarity. Very few people, if any, were in the unique position of having experienced both these slets first-hand as Louise did. The 1920 slet generated electrifying excitement because it was the first slet held in a country newly independent after 300 years of Austrian rule. Her last slet in 1994 was, once again, a celebration of freedom after the collapse of communism and the first Sokol slet on Czech soil since 1948, as the Sokol organization was banned in Czechoslovakia during the 41 years of communism.

We can only imagine what the 84 year old Louise must have felt as she marched in the parade through the streets of Prague lined with cheering spectators. Did Louise have flashbacks to the time she was 10 years old and witnessed a similar scene -- the same type of excitement surrounding the slet? Did she reflect on her life, which then came full circle – ending where it had started? Whatever she thought, this must have been an emotionally powerful experience for her.

Louise remained an active Sokol member, attending weekly Věrná Garda classes until she turned 100. She was a remarkable woman who lived a full life. She found great satisfaction in being active and productive, in being needed. There is no doubt that our unit owes her a tremendous amount of gratitude. She outlived all of her contemporaries but her legacy lives on, and she will be forever remembered by all those who have been privileged enough to know her.

We will truly miss Louise, a symbol of all that Sokol stands for -- the ideals of physical fitness and strong moral character. These she professed throughout her life.

Laddie Lizak (1920 –2012)

Copied from Jay Chapel website <http://jaychapel.com/online-obituary/10028261>



Laddie was born on February 3, 1920 in Cicero, Illinois and passed away peacefully surrounded by his loving family in his Madera home on March 17, 2012. He was preceded in death by his son, Laddie L. Lizak, his father and mother, Ladislav and Rose Lizak and his sister Rose Barcal.

Laddie is survived by his wife of 67 years, Martha (Marty) Lizak, his daughter Laddyne Loquaci and her husband Les, his grandsons Richard Loquaci and his wife Trisha, Robbie Loquaci and his wife Charlene, his granddaughters Jessica Lizak and Breanne Leube and her husband Jason, and his great grandchildren Rebecca and Carson Loquaci and numerous nieces and nephews.

Laddie "The World's Best Sausage Maker" was a lifetime member of the American Sokol Organization in Chicago, Los Angeles, and Fresno, APWU, Elks, Madera Golf and Country Club, ZCBJ (an American Czech Organization), and a WWII Veteran.

Staré, Dad, Grandpa, Gramps was an accomplished clarinetist and drum major for the 652nd Army Air Corp Band in George Field, Illinois. He loved to entertain his children and grandchildren by playing his accordion, clarinet and harmonica.

Laddie owned and operated Yosemite Sausage Kitchen in Madera before going to work for the Madera Post Office. After retiring from the Madera Post Office in 1986, Laddie enjoyed working in his yard, making sausages and Canadian bacon, playing golf and spending time with his wife, his kids, grandchildren and great grandchildren.

Laddie will be remembered for his quick wit, his quirky little grin and his love for his family and friends.

The family would like to thank Laddie's Caregivers: Patsy, Betty and Rosa who made his last week with his family and friends comfortable and full of love and caring.

A private Memorial Service will be held at a later date. In lieu of flowers the family requests that remembrances be sent to Optimal Hospice Care, 6780 N. West Ave., Suite 101, Fresno, Ca. 93711, Children's Hospital of Central California, 9300 Valley Children's Place, Madera, CA 93638 or the donor's favorite charity.

Laddie Lizak

Submitted by K Hanken

Brother Laddie Lizak has personal family connections to Sokol Los Angeles. Prior to moving to Madera, he was a partner with the Wortner family in a meat sausage business here in Los Angeles. These two families provided the sausages served at the Sokol Hall for many years. The members appreciated the tasty sausages.

Laddie was also Arline Wortner's brother-in-law. His brother Aleš was Sister Louise Nekuda's son-in-law. Many tragedies come all at once. Arline, who lives in Ceres in Central California, not only lost her mother on the 15th of March, but also lost her brother-in-law two days later. March 2012 will be a very sad memory for our sister Arline and her extended family. Arline attended the memorial for Laddie, which she describes as beautiful and bringing back many fun memories. Stan Barcal's son and daughter also attended. Stan's wife is Laddie's sister. Stan was a favorite Obec Sokol president in the past.

Laddie's wife Marty, is Karen Miller's Godmother. Karen is affected by this personal friends' passing also. Karen is the daughter of Charlie and Tony Chmeliř, the Sokol LA načelnik and načelnice before Emil and Louise Nekuda received that volunteer job. Antoinette (Tony) Chemlir (they changed their name for better American pronunciation) was the delight of our Czech Language Class, since she always came with stories of the Czech Republic. She was born in the US, but was raised in Czechoslovakia where she had her Czech schooling and culture. She loved her Czech heritage.

Our Sister Ann Plachy and her family were also close friends of the Lizak's as was Sister Louise Kis and family.



Above is Sokol Hall on Western Avenue in Hollywood, which the families of both Louise Nekuda and Laddie Lizak worked hard to acquire in 1949. Sold a couple of years ago, this is the hall the four dearly departed knew as their Czech social gathering place. Today it is a Korean Buddhist temple, which had to solicit huge donations to fix the interior and exterior of this historic building. They have a large Korean congregation that supports the temple.

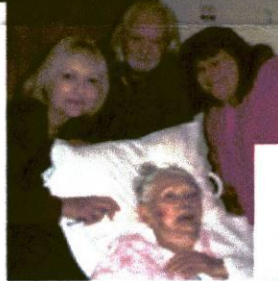
ERNA SEDA passed away on January 4, 2012 in Susanville. She left her birthplace in Prague, Czechoslovakia and came to this country in 1950 with two small children, so her family may rebuild and have a better life. She will be forever remembered lovingly by daughters, Julie Ann Brown of Susanville, Milada Rode of Susanville; sons Milan Seda of Yuma, Az and Joe Seda Jr of Loveland, Co. She will be fondly missed by five grandchildren: Catherine Seda, Dr. Jennifer Seda, Justin Brown, Travis Brown and Corey Brown and one great granddaughter Liala Brown. Words alone cannot express the sorrow felt by family and friends of her passing although our mother, grandmother and friend will be forever in the memories of those still living. "Even after generations pass, when your name is forgotten, your influence will still be felt. Today is a day to celebrate a life lived".

A private memorial will be held to honor both parents' *Celebration of Life* this spring in Lone Pine, CA

Erna Emily Seda January 7, 1920 to January 4, 2012
Joseph J Seda November 11, 1922 to July 14, 1999



You can shed tears that she is gone, or you can smile because she has lived. You can close your eyes and pray that she'll come back, or you can open your eyes and see all she's left. Your heart can be empty because you can't see her, or you can be full of the love you shared. You can turn your back on tomorrow and live yesterday, or you can be happy for tomorrow because of yesterday. You can remember her only that she is gone, or you can cherish her memory and let it live on. You can cry and close your mind, be empty and turn your back. Or you can do what she'd want: smile, open your eyes, love and go on. We love you Babi!!!!
 (written by Travis Brown)



Our Family



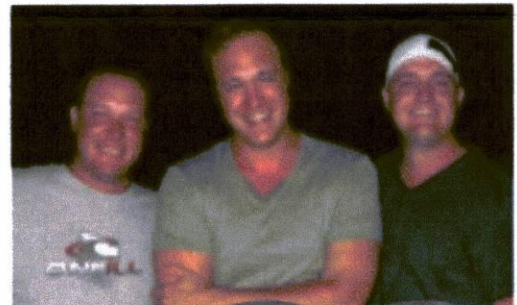
Joe Seda Jr, Irene, Catherine & Jennifer



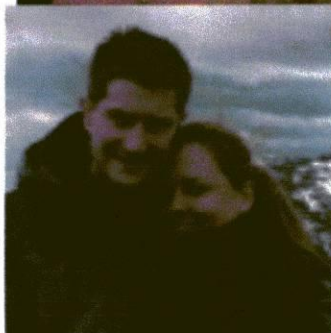
*Julie & Steve Brown ..
 Travis, Justin & Corey*



Milan & Helene Seda



Milada & Scott Rode



*Dr. Jen Seda and husband,
 Dr. Ben Wisner*



*Travis & Berenice and their
 daughter, Liala*

Erna Šeda

Submitted by K Hanken

Erna Šeda's eulogy arrived after the last issue of Sokol Notes. This remembrance is three months after Erna's departure from this earth; she is now the angel watching over her family forever.

When we arrived in Los Angeles in April 1955, our friend and sponsor, Otto Losenický, greeted us at Grand Central Station. The first new family we met in the USA was the Josef Šeda family, who lived in the same area, near La Cienega and Jefferson in South LA.

At that time the Šeda's had two sons and one daughter, Joe, Milan and Julie. Mrs Šeda was a stay at home mother. She knew a lot about kids, songs, and "everything" including understanding us, which mattered to a pre-teenager. Over a year we spent in the neighborhood together, she was a wonderful and loving woman. She took us on the bus to Venice Beach; we had a wonderful time there in the summer. She was very proud of her husband and her children. In their 1949 Nash, our two families took trips into the mountains, where we marveled at the huge Ponderosa pine cones. The Šedas found a new track house to buy in Thousand Oaks and moved. I remember our trips to visit them there, no freeways yet, the trip took some time on Sepulveda and Ventura Boulevards, and it was a real Sunday outing. Thousand Oaks had only a couple of housing developments, the hills were open and available for all of us kids to go running around. A couple years later little Milada arrived to join her siblings. The family was happy, we met at Sokol Hall frequently, but the distance kept us from visiting as often as we wanted.

Their next move was to Westlake Village after the kids grew up. They lived very close to the house of Emil and Louise Nekuda. We normally stopped by to visit when we were returning from any of our trips up north to Oregon and Washington on highway 101. After Pepiček Šeda passed away in 1999, Erna Šeda moved to Susanville, California where her daughter Julie lived. Milada lives there too now, it is a very quaint little city (by LA standards), and the Victorian houses are absolutely beautiful. Close to the open forest and surrounding wildlife. While we exchanged Christmas cards, inland Northern California was not on the way to my in-laws near Portland, Oregon. It was in 2008 that we stopped at Julie's house and revisited with Erna. I had not seen her for many years. No time lost among friends, to me her smile, her humor, and everything I remembered about her were the same. The picture on the right is taken of her in August 2008. The only difference I noticed was the gray hair instead of the beautiful black hair she used to have. We had a great talk that warm evening on the porch in that quiet city. She was glad to see us and was happily anticipating going into a retirement home in order to participate in more senior activities. She made many friends at her new home and everyone loved her there too. Shortly after that she became a great-grandmother for the first time, and Julie became a grandmother. (Hard to imagine, Julie was an adorable three-year-old when first we met).



It was recently that Erna fell and the recovery was not going too well. She passed away a couple of days prior to her 92nd birthday. She loved her family, took change in stride, always looked to the future, and was a very modern woman in outlook and awareness of the current youth activities. All will lovingly remember her.

* * * * *

*** Past Events ***

Spring Dance

Submitted by K Hanken



The rain did not stop members and guest from attending the Spring Dance on Sunday, March 25th. We welcomed our honored guests, Czech General Consul Michal Sedláček and SVU President Lida Sandera.. The golf course greens looked like small lakes when I looked out the window, it was definitely duck weather. The weather was very cold and wet for a California spring day.

We were welcomed at the door by the cheery and smiling faces of sisters Darine Klega and Zdenka Svítek. Each attendee received a table assignment and a picture of their meal choice. The band was playing and the mood of the crowd was festive. Members that earned Sokol pins were given theirs in a very artistic paper container.

The dance floor was packed with people when brother Otto Notzl announced the line dances. All had good time. The Mazurka was very popular and a delight to watch. There were great raffle prizes, from the artistic items created by Sister Natalie Zelenka and Brother Larry Phillips to nice wine bottles that were not to be opened at the country club. The money prizes were the most popular and the kids all loved “winning” their bags of goodies.

A huge thanks to all that helped and participated at the dance. It was a fun afternoon with friends.



Darine Klega and Zdenka Svitek



Peter and Antonia David with Otto Notzl



Balint family and friends



members in kroj



Marvin Roter, Mike Vondrus, Jirina Cymbal, Darine Klega ,Zdenka Svitek, Libby and Milos Pelc

Pavel Jordan playing the harmonica



The traditional Mazurka



Dancers



Line Dancing fun with Otto Notzl – “Everybody on the dance floor”



March Sokol meeting

by K Hanken



On March 17th, St. Patrick's Day, the long awaited rain arrived in the greater Los Angeles area. It was a really good soaker; the freeways were busy and held a lot of standing water. Traveling to the Sokol meeting was an adventure. Driving through downtown Los Angeles with minimal visibility was an interesting experience.

The 2012 Prague Slet participants were busy practicing their routines when we walked in. The group looked very good, all doing the calisthenics in unison to the music. They will represent Sokol Los Angeles with flare.

What a dedicated group. The Prochazka family drove in from Lompoc, Sister Masopust drove in from Santa Barbara, and Brother Otto Notzl was there early to practice and critique the straightness of their lines and coordination within the group.

The lights went out shortly after we arrived in the warmed up Joe Bridges Clubhouse. Of course with the lights, so went the heater. The temperature that day was quite a bit lower than the normal California climate. The power outage did not stop the dedicated Slet participants from continuing their practice, the window shades were opened and the doors were opened allowing light in from the outside. The pouring rain was heard more distinctly, but the show went on.

Half an hour later, the light came on again. Relief! The heater started up and all was well. It was short-lived, the light went out again after about twenty minutes.

The pizza arrived and was consumed in darkness. Jokes about candlelight lunch, bonfires, and camping were passed around. The meeting was called to order just after noon. It was held in darkness. Sokols are tough, the meeting was held and accomplished its agenda. Twenty-six members were in attendance. The lights came back up a little after 1 PM, just before the end of the meeting.

The rain made an absolute mess of the Los Angeles freeways for the weekend, but the much-needed rain was appreciated after a very, very dry winter.



A picture from Sister Marcela Sutton to be submitted for the memories of Sokol Los Angeles on the all Sokol DVD for the Czech 150th anniversary celebration in Prague, Czech Republic.



We get mail!



Interesting web site

Our president, Sister Lillian Roter, forwarded this email to all members having email addresses. The web site given is very interesting. It has a lot of history of the Czechs. If you have Internet access, do check it out.

Subject: Report of the American Sokol Educational Director -- March 27, 2012

Received a link from Bro. Vachata regarding the history of Czechs in Europe and the USA. I have sent this on to the District Educational Directors. It is so very interesting even though some of the names and addresses have changed. Hope they distribute it to their Units.

The access is: <http://www.everyculture.com/multi/Bu-Dr/Czech-Americans.html>

I urge all of you to do the same.

Also attended Sokol Naperville-Tyrs' and Sokol Stickney's exhibitions. Too bad there weren't more of our Executive Board members and other Unit members in attendance. By witnessing these events and the socials afterwards we get to know one another much better and can discuss matters "off the cuff". It makes for very good camaraderie and bonding of our Sokol members with each other.

NAZDAR!

Sis. EllenJeanne Schnabl

Picture of Czech Immigrants from the Website.



Photographs from the past

By K. Hanken

This picture is from Sister Darine Klega who received it from her mother, Doris. I called as many people as I remembered from those days, and they remembered that there was a time when Sokol Los Angeles participated in events at the city hall. Mayor Yorty was at this event. But the dates were forgotten, and there were no remarks on the reverse side of the photographs.



If you remember this event, and know what it was about, please share your information. We will publish more of the pictures in the future Sokol Notes.

From the few names I remember, I can recognize Ella Nachtigal, Lešovský, Komárek, Jaromír a Barbara Škola, Franta a Mařenka Bednář, Erna Šeda and Milada, Charlie Chvila, Turek, and Smutník.



Computer corner

Technical article



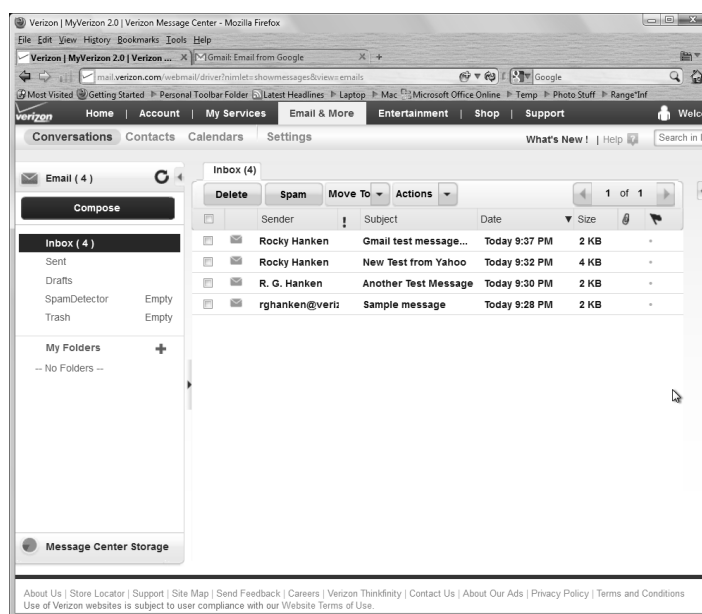
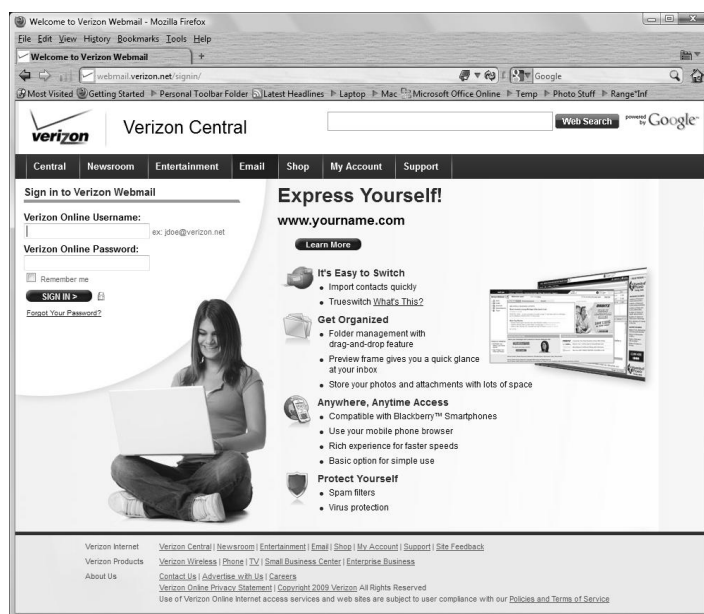
E-mail services, what they look like (a bit more advanced e-mail).

You should now have an ISP, an e-mail address and be able to send an e-mail to a person or a group of people and know how to attach items (like pictures) to our e-mail. We are going to take a quick look at the various e-mail connections we have available. I am only showing the ones I have access to, the others should be similar to one of the ones I show here (if not let me know, and I'll see what I can do).

First I will show you Verizon Web mail (an IMAP – Internet Mail Access Protocol system) – you get to this by opening your Browser (Internet Explorer or IE, Firefox, Google Chrome, Safari or others) and go to the following address:

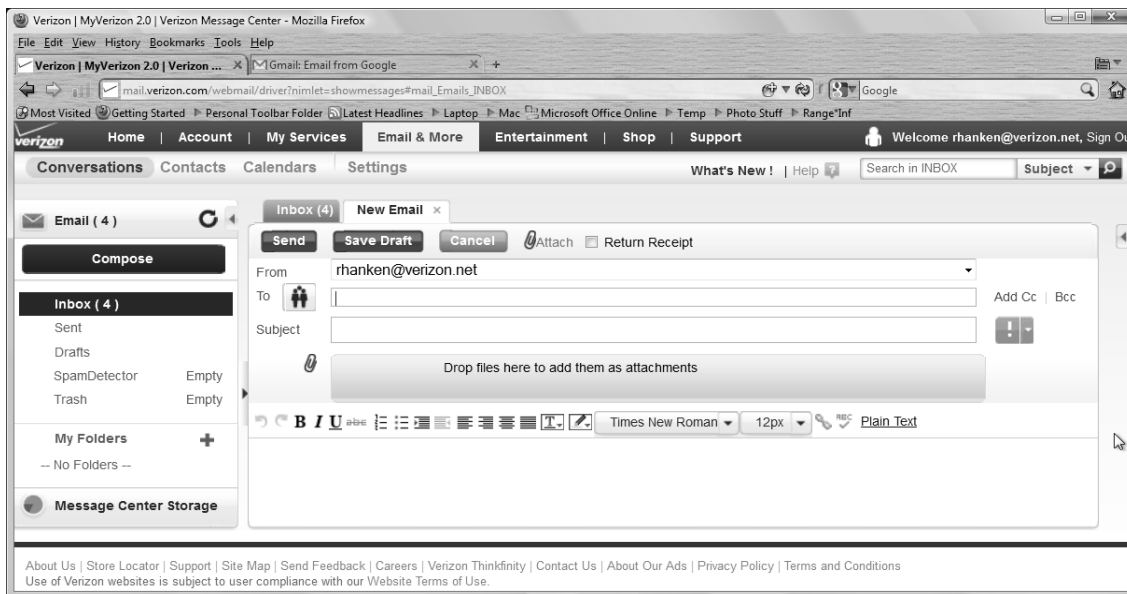
<http://webmail.verizon.net/signin/>

after entering the address in your Browser address bar and pressing enter, you will see the page below:



You enter your User ID and Password above, then press enter and you will see the window on the above right. On the Verizon screen you have access to the different services they have available, like Account, My Services, Entertainment, etc. – I will only cover Email & More since this is how you access email using Verizon's IMAP (Webmail) service. Across the window on the right above – just below the Verizon banner – note Conversations is the active tab. To the right are three additional tabs, Contacts, Calendars and Settings. I will briefly cover each one.

First Conversations – This is the main email screen, the left column has a Compose button at the top, click on this button and you will see a compose email window (see below).



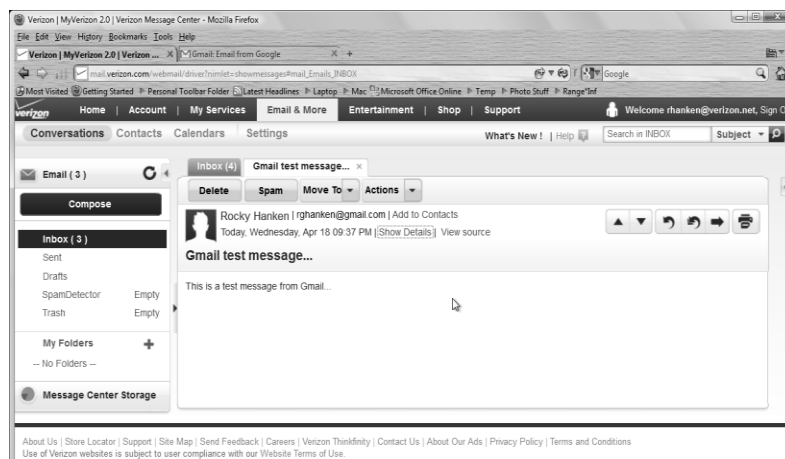
You should fill the message out just as was covered in earlier articles. Note on the right after the To: line the Add Cc and Bcc buttons. If you are sending a message to more than one person, remember to click on Add Bcc, then click on the Select Contact button to add people from your contact list to the Bcc address list

recipients. You can also type in an address for anyone that is not in your contact list – it must be a complete email address or the message will result in an error (form is – UserID@DEomainName.ext – as an example rhanke@verizon.net). Do not forget to include a Subject on each email – some email systems will display email by Subject only, if you leave it blank your email could be unseen on those systems and your mail never read. After you type your message, attached any files you wished to send (pictures etc.), validated your subject and intended message recipients, click the send button to send your email and save a copy in your sent folder. After clicking Send your display will return to your Inbox view (the second window shown in the page above).

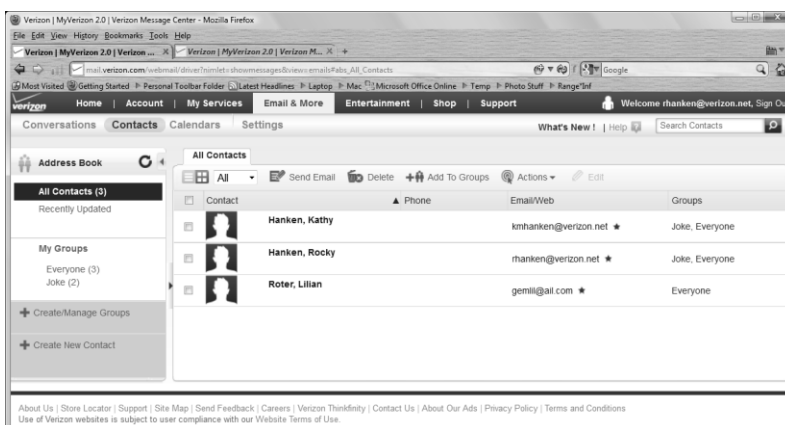
Below the Compose button in the left column you will see the folders in use by the email system – the first is the Inbox, which is where all new messages will arrive normally, below that is the Sent folder, followed by the Drafts folder, the Spam folder and the Trash folder and lastly by any folders you have added. The Sent folder is where a copy of each message you send is kept. The Drafts folder is where a message is saved if you save before sending, or if you lose your connection before sending the message. The Spam folder is where Verizon will put suspected Spam if you have turned on Spam checking. The Trash folder is where any file you delete from any folder (except the Trash folder and Spam folder) will be moved to. If you delete a file from either the Spam or Trash folders they will be permanently deleted, never to be seen again. Note also that there is the word “Empty” after both the Spam and Trash folders – this does not mean they are empty, but it is a button to make them empty – the Spam and Trash folders are the only two folders that can be emptied with one button click. Anything in the Spam or Trash folders can be moved to another folder before you empty them. Also in the left column at the bottom is a button to show how much space is available for email and at the top is the Email button that will show the folders if hidden – also it shows how many items are in the Inbox and to the right is a circular arrow looking thing that is the refresh button – it will check to see if any more mail has arrived.

The right half of the page shows the selected folder. The headers across the top of the folders for Inbox and Trash are “Delete”, “Spam”, “Move To” and “Actions”. The headers for the Spam folder are “Delete”, “Not Spam”, “Move To” and “Actions”. The headers for the Sent folder are “Delete”, “Move To” and “Actions”. Lastly the headers for the Drafts folder are “Delete” and “Actions”. The message area is arranged by Sender (or Recipient), Subject, Date, Size, Attachment (the paperclip) and Flag. Each of these can be sorted as needed. The right half also allows you to show only the message list or to show half message list and half message display

area (a setting to be covered later). To view a message, just double click on it and a tab will open with the message (see right). The six buttons on the far right side in the window are to Move up one message, Move down one message, Reply to Sender, Reply to All (reply to all To/Cc recipients as well as the Sender), Forward to whomever and Print the Email. To close the Tab, click on the “x” on the right end of the tab.

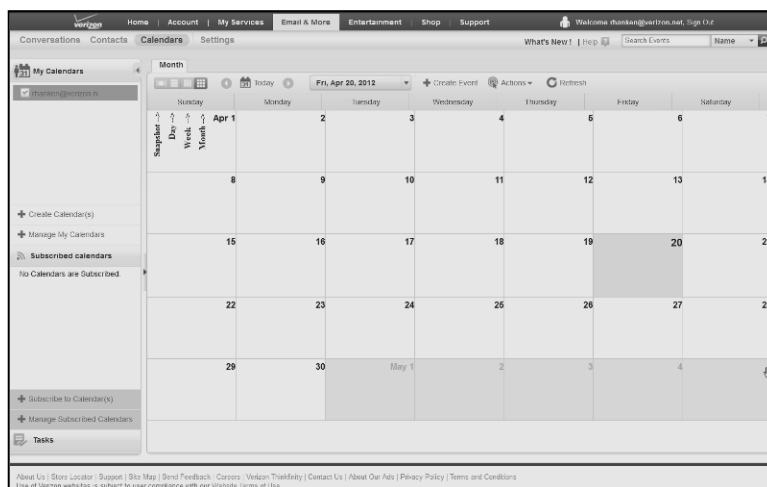


The next area to cover is Contacts or your address book. With this information you are able to properly address your email message and the information can also be used to help screen against receiving that dreaded Spam or unwanted/unsolicited email. If you click on the Contacts tab you will see a window like the one to the right. To add new contacts, click on Create New Contact



To send messages to groups of people at the same time in Verizon we create a group and assign the people we want included in the group, we can then send email to the members of the group. To create a group you click on “Create/Manage Groups” – in that window you will click on “New Group”, type in the new name for the group (no spaces allowed) then click on Create. After you click on create, click on the box in front of the new group you just added then click on “Add Contacts” – at the bottom of the Add Contacts window click on “Add to Existing contacts” – add a check-mark in front of each name you want in the group and click the Add Contacts button when done. The names will now be part of that group.

The next tab over is the Calendar – Verizon has a calendar built in so you can track your activities, in fact you can share your calendar with selected individuals or have it available for anyone to look at – you have control of this by changing the settings for your email account. The main calendar page is shown at the right. The upper right corner of the calendar has four buttons that control the display of the calendar data, “Snapshot”, “Day”, “Week” or “Month”. This setting will control the amount of data displayed on a calendar page. You can play with the setting to choose the style that best suits your needs.



After the Calendar Tab is the Settings Tab which is used to control the various settings used by the email program. When you click on the Settings Tab you will see a window that will give you three areas to control –

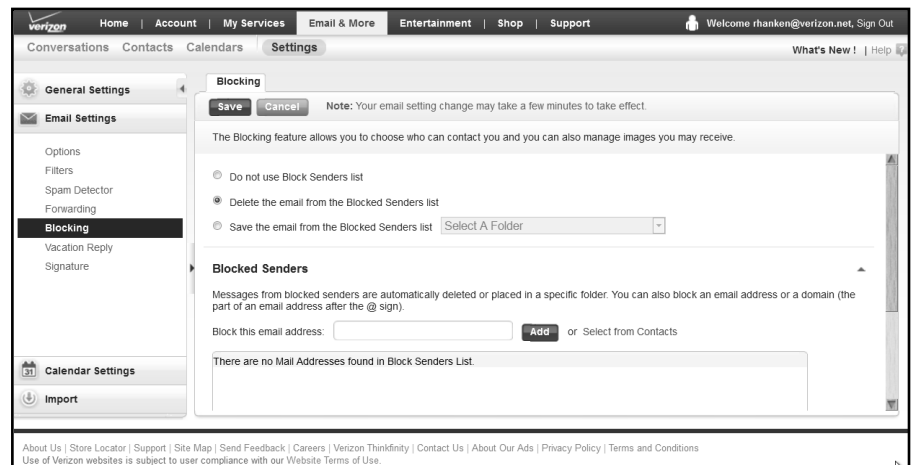
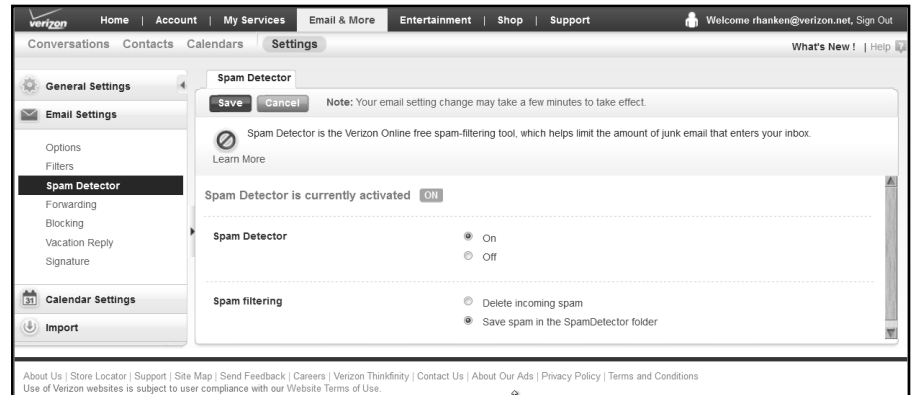
General Settings, Email Settings and Calendar Settings – click on the one you wish to modify or review. It the

General Settings section you will be able to set the language and font used for your message center environment. You will also be able to select the layout and email viewing options. The Email Settings section is where you control the options for how your email is handled. This includes any filtering and spam checking. The window shown below is Spam Detector page

in Email Settings – note the Spam Detector is on and Spam filtering is set to save the Spam in the SpamDetector Folder. This is a good idea so you have a chance to review the accuracy of the Spam Detector before you commit to accepting its word on all that is or is not Spam – experience says not all spam detectors are correct, in fact some are completely unpredictable and leave you wondering what they use as a spam check criteria. In the Options section of Email Settings, always make sure that you have the Images in HTML Mail set to “Block all images” – this will prevent a thing call “Bugging you email”, a similar concept to bugging your phone. The concepts of Filtering and Forwarding I will cover in a later article – these are advanced mail service functions (forwarding here is not to be confused with forwarding an email you received from someone else). As a general rule I tell everyone to ignore (do not use) the Vacation Reply section of the Email Settings – you should never advertise the fact you are away from home. The signature Section can be used to set up a signature you wish to append to every email. And lastly the

Blocking Section of Email Settings is used to control who can send you email and what happens to the mail they send – your choice, if you block a person their mail can just go away and neither you nor they will know it has happened. A very nice tool for those you would rather not hear from. The normal setting should be “Delete the email from the Blocked Sender list” and all you have to do is type the address you wish to block in the box next to “Block this email address” and click on the Add button and the address will appear in the list of blocked addresses below (right now the list says ‘There are no Addresses found in Block Senders List’). Most blocked senders lists allow a maximum of 500 blocked addresses. Do not forget after changing any setting you must click on Save.

The next article will cover another IMAP email service – Yahoo and then Gmail and Hotmail. I will then contrast these with the Thunderbird POP3 mail system that is run from your home computer as an email client, not using the browser as is done with IMAP. If you have computer questions, send them to the Sokol notes Editor, and I will try to answer them here in future editions.



Upcoming Events

Nordic Spring Picnic – May 6

Sokol Los Angeles is invited to the Swedish clubs activities at Vasa Park in Agoura Hills. The hours of the activity are 10 to 4. Car entrance fee is \$5. Lunch cost is about \$6, hot dogs a little less. Waffle Breakfast is about \$4-\$5. There is coffee, cookies, and soft drinks available. Event described online at

<http://www.vasapark.org/> . .

Vasa District Lodge Pacific Southwest #15 Proudly Sponsors

Nordic Spring Picnic 2012

Sunday, May 6th
10am - 4pm
With Special Musical Tribute to Alfon Bergstrom

Things to do:

- Enjoy Swedish Waffles
- Paddle Boats
- Rock Wall (Note: closed-toed shoes *required*)
- Alpine Tube Slide **New!**
- Zip Line
- Log Rolling Contest
- 274 Foot Water Slide
- ...and **LOTS MORE!**

Food, Entertainment, and Family activities!
Waffle breakfast starting at 10am
Lunch from noon to 3pm
Price: \$5 per car

No dogs or BBQ allowed



Directions: Exit the 101 Freeway at Kanan Road, go south 3 miles. Right on Triunfo Canyon Road. Vasa Park is on the right about 1/2 mile - just past the stables.



For more information, visit: www.vasad115.com & www.vasapark.org

Sokol Meeting - June 16



The last Sokol meeting before the summer break. Summer activities will be discussed. Don't forget to watch the Summer Olympics that are held in London from July 27th to August 12th. The first meeting after the summer break will be held on the third Saturday of the month, on September 15th.

Midsummer Festival – June 24th



Sokol Los Angeles is invited to the Swedish club activities at Vasa Park in Agoura Hills. The hours of the activity is 8 to 6. Car entrance fee is \$5. Flyers will be available at the Nordic Spring Picnic on May 6th. Vasa Park is reached by exiting Kanan Road from highway 101 in Agoura Hills.

Activities – Raising of the Maypole, Dancing, Singing, Children's Games and Pool/Waterslide. Check web site <http://www.vasapark.org/>

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



The Sokol members participating in the Prague Sokol Slet will be in Fresno for the last weekend of April to practice with other members from California. The plans are made and everyone has been practicing hard for the slet. From an observer of the practices, they look very good. They are all working hard to know all the different part of the calisthenics and dances.

April 27-29 is the same weekend that the **Czech Olympic Club** members are visiting here in LA. It does not appear that Sokol members will be meeting with them because of scheduling conflicts. The 12 members attending Prague Slet will meet the Czech Olympic club members in Prague. Our wishes go with them across the ocean and land.

Pictures from the April Sokol meeting, not all slet participants were in attendance, but the practice run looked great, they were all in unison doing their routine to beautiful music.



Dinke Creek Family Camp 2012 - July 22 – July 29, 2012



Registration forms have started to arrive. Members and friends that want to join Dinke Creek Family Camp 2012 this summer should get in touch with Sister Cheri Riddle riddle-cg@sbcglobal.net

Please return the registration form as soon as possible to reserve your spot. Last year, campers were turned away because the camp filled up so fast.

Photograph of ice cream break after the hike. Taken by Brother Otto Notzl.

Autumnfest and Marknad – September 16



Sokol Los Angeles is invited to the Swedish club activities at Vasa Park in Agoura Hills. The hours of the activity is 9 to 6. Car entrance fee is \$5. Come and enjoy our Pool/Waterslide, Zip Line, Petting Zoo, Children's Games, Folk Dancing, Singing, etc Please check the web site <http://www.vasapark.org/>

New Czech classes for young children

In partnership with the Czech Consul General of Los Angeles, Sokol Los Angeles is involved in an experiment and hope for the future of Czech classes for young children. Success will depend on the dedication and involvement of the parents. Currently 10 sessions are scheduled every other Saturday. Classes are taught at the consulate office on Wilshire Blvd in Westwood and are divided into three age levels: Group 1, ages 3-4, from 9:00 to 10:00 am; Group 2, ages 5-7, from 10:15 to 11:15 am; Group3, ages 8-11, from 11:30 am to 1:00 pm.

Classes are also taught in Orange County and in San Diego. See the West Coast Czech Classes web site <http://www.cswc.us/>

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.

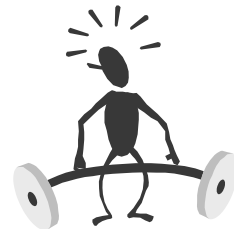
Lunch is provided free to members, and volunteers make coffee. Please bring a salad or dessert to share with the 25-35 members that attend and a beverage for yourself.

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 Sister Libby Pelc for more information.

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

We meet in Building R, Room 109.

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.



Calendar of Events: 2012

Saturday, May 5:	Children's Czech Class – 10990 Wilshire Blvd, Suite 1100
Sunday, May 6:	Nordic Spring Picnic, Vasa Park, Agoura 10 AM to 4 PM
Sunday May 6:	Czech Class– PCC – R109
Saturday, May 12:	PCC Czech Class outing – Zina's Restaurant & Bar, Torrance
Saturday, May 19:	General Meeting – Joe Bridges Clubhouse, Glendale
Saturday, May 19:	Children's Czech Class – 10990 Wilshire Blvd, Suite 1100
Saturday, June 2:	Children's Czech Class – 10990 Wilshire Blvd, Suite 1100
Sunday, June 10:	Czech Class– PCC – R109
Saturday, June 16:	General Meeting – Joe Bridges Clubhouse, Glendale
Sunday, June 24:	Midsummer Festival, Vasa Park, Agoura 8 AM to 6 PM
Sunday, July 1-7:	All Sokol Slet, Prague, Czech Republic
Sunday, July 8:	Czech Class– PCC – R109
Friday, July 14:	Grand Opening of National Czech Museum in Cedar Rapids, IA
Sunday, July 22-29:	Dinkey Creek Family camp, Sierra's, Fresno County
Sunday, August 12:	Czech Class– PCC – R109
Sunday, August 19:	<i>Tentative date</i> for Sokol family picnic
Labor Day weekend:	Sokol past , present & future camp – Sequoia National Park
Sunday, September 9:	Czech Class– PCC – R109
Saturday, September 15:	General Meeting – Joe Bridges Clubhouse, Glendale
Sunday, September 16:	Autumn Fest, Vasa Park, Agoura 9 AM to 6 PM
Sunday, October 14:	Czech and Slovak Lawn Program, Balboa Park, San Diego
Saturday, October 20:	General Meeting – Joe Bridges Clubhouse, Glendale
Sunday, October 28:	<i>Tentative date</i> for heritage dance
Saturday, November 17:	General Meeting – Joe Bridges Clubhouse, Glendale
Sunday, December 2:	Sokol Alpine Village holiday brunch with CSA & WFLA

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!