

American
Sokol
Sokol Los Angeles

SOKOL NOTES

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Editor's Notes

Summertime – a time to sit back, relax and enjoy life. It is also a time when we need to be aware of the dangers that summer brings. Be careful when going outdoors; use plenty of sunscreen to avoid sunburn and remember to keep



hydrated (drink plenty liquids) to avoid dehydration and heatstroke/sunstroke. And please remember to be extra careful when driving around your neighborhood. Children are out of school and don't always pay attention.

This newsletter is about you and for you. Please send your stories and news items (with photos) to SokolNotes@SokolLA.org to share with your Sokol friends. Thanks once again Editor's Helpers; you are the greatest!



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

The All-Sokol Slet in Prague is now upon us. Our team of 12 Los Angeles Sokols and six San Francisco Sokols has worked hard. We have met our challenge and are ready for Prague. We owe thanks to Otto Notzl for working with us all every step of the way. He has scheduled additional practices in Prague before we will meet with the masses to practice on the field. I wish everyone a safe journey.

Personally, I am looking forward to some good Czech beer and the opportunity to visit the beautiful city of Prague after 18 years.

Again, I thank all our wonderful volunteers. We have a lot to look forward to and working together can make it all happen. Until next time,

Nazdar!

Lillian Roter, President



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What not to drink

From Kaiser Permanente

Partners in Health e-newsletter May 2012

What you drink can have a major effect on your weight and your health, says Kaiser Permanente registered dietitian Carole Bartolotto, MA, RD. In fact, research shows that soda can increase your risk of diabetes, metabolic syndrome, and possibly heart disease and high blood pressure.

Emerging research also shows that extra calories from sugary drinks tend to cause more weight gain than the equivalent amount of calories from food.

We've compiled 3 unhealthy drinks — and offer some healthier alternatives.

Don't drink	Do drink
Soda: A can of soda typically contains the equivalent of 9 to 11 teaspoons of sugar and 140 to 165 calories. Even diet sodas have been found to increase your risk of metabolic syndrome.	Sparkling water: Enjoy thirst-quenching fizz without the sugar. If you crave a little more flavor, add a splash of juice or a few slices of fruit.
Specialty coffee drinks: Lattes, mochas, and even smoothies are loaded with calories — some have up to 400 calories.	Black coffee or tea: Keep it simple and low cal with a cup of joe (only 5 calories) or green tea (loaded with good-for-you antioxidants).
Juice: Don't be fooled into thinking that fruit juices are better for you than soda. Orange juice actually has more calories and sugar, ounce for ounce, than some sodas.	Fruit-infused water: These products offer tasty flavor without unwanted calories or sugar.

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Words of Wisdom:

"Only put off until tomorrow what you are willing to die having left undone."

--Pablo Picasso, Spanish painter, draughtsman, and sculptor

Laughter – The Best Medicine:

We all get heavier as we get older,
because there's a lot more information in our heads.
That's my story and I'm sticking to it.

Officers and Directors for 2012 Elected on 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

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Membership: Many former American Sokol Los Angeles members have passed away this year. Regrets of not keeping in touch, do creep up periodically, especially with friends that we used to enjoy during our youth years at Sokol Hall. We are reminded of our mortality. It appears to be the price of change, growth of the cities and the busy lives we lead.

***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

*Viktor Drda 3/18/1922 – 2/1/2010
Jan Šikola 3/22/1941 – 4/27/2012*

Viktor Drda

Viktor Drda was a Sokol Los Angeles member in the days of Sokol Hall. He is remembered by some of the older members as attending all the dances, but always being a loner. He also kept in touch with the older crowd, most of them no longer with us. He went back to Czech Republic in his retirement years right after 1991. His estate is looking for any relative he might have in the US. In the obituary found online in the Genealogy sites, it states that a relative in the Czech Republic verified his death. From the information we have gathered, it appears that he was

a bachelor but he did have a lady friend in the Czech Republic. If you know more about him please contact our Sokol president, Sister Lillian Roter.

Jan Šikola

By K. Hanken

Back in the late 1950's we met the Šikola family at Sokol Hall. They had just arrived from Australia, re-immigrated to USA. Jaromír and Barbora came with their two children, Jan and Jiřina. Both teenagers were very good looking, he was a handsome youngster, she was a wonderful and funny beauty, the young men at Sokol Hall were always clustered all around her. Bettina was a seamstress, made wonderful dresses and outfits, I had a few in my closet in the later years when I started working. Jaromír worked for a financial firm. Jiřinka met her husband, Harry Svoboda at Sokol Hall. Initially they settled in the Valley, but now live in the Oceanside area. She is in the realty business.

Honza went to college and became an engineer, worked for an aerospace company, married and moved to Torrance and later to Rancho Palos Verdes, where he rebuilt the house. Their first son, Eric, was born on our wedding day, which is why they did not attend our wedding. We kept in touch for a while and then as people get busy raising children I only saw him a few times, the last time was at his mother's service in 1995 or 6. He traveled a lot to Florida where he was part of the space program support team.

He did not live that far away from us, often as we passed his house on the corner of Palos Verdes Drive, we thought of him and I shared stories of the early days and the Šikola family with my family. We should have stopped and said hello, but that was a normal activity in Europe, to stop by unannounced, but not a custom in the US. Seeing his photograph in the Sunday, May 6, 2012 Daily Breeze was a shock into reality. We are the kids of the brave refugee parents that dared to cross the Czech borders and give up their dreams to give us kids a chance at a free life in this great country, known as the United States of America. Many of our parents have passed away in the last twenty plus years. We felt the loss of these hardy souls that enjoyed life and joked in camaraderie, they lived every day knowing how lucky they are to be here with their families. I certainly did not expect our generation to be listed there. Honza was a very intelligent and personable young man, we played volleyball at Sokol Hall on Fridays, my brother and he were friends. I knew he and his two sons had to overcome the death of their mother and he raised the teenagers alone. I had no idea that he became a grandfather. Sometimes we just forget to keep in touch with friends we so enjoyed for a short time in the past.

Private ceremony for family only was held at the gravesite. Jan died of coronary heart disease, his ashes were placed into the grave of his wife Janice (passed away 27 years ago). From his sister, Jiřina Svoboda, I received these current pictures of his grandchildren. Eric is married and has the 3 children, Jason is single and lives in the home that Jan built in Rancho Palos Verdes where he teaches professional tennis. His family and friends will miss his "big" smile and good cooking. Looks like one of his grandkids inherited his "big smile".

Jan Šikola with sister Jiřina Svoboda and two of his grandchildren at their school.



Obituary in the May 6, 2012 Daily Breeze for Jan Šikola



Jan Sikola, the son of Jaromír and Barbora Sikola, passed away on April 27, 2012 at the age of 71. He was born on March 22, 1941 in Prague, Czech Republic and had been a long time resident of Rancho Palos Verdes, California. Jan is survived by his loving sons, Eric (Allyson) Sikola and Jason Sikola; grandchildren, Alexa Sikola, Justin Sikola and Skyelar Sikola; and sister, Jirina Svobada. Memorial services are pending. Please sign the guestbook at www.dailybreeze.com/obits.

***** Past Events *****

Verna Garda Meets for Lunch

Submitted by Lillian Roter

Members of Verna Garda met for lunch at Maximilans on April 19, 2012, after exercising at the North



Hollywood senior center. Since it was a beautiful spring day, we enjoyed our lunch on the patio. The portions were quite generous and several took food home. Enjoying the outing were Jiřina Cymbal, Libby Pelc, Bill Zelenka, Natalie Zelenka, Pavel Jordan, Raj (our Russian lady), Hana Paulson, Vera Hlavaček, Ilsa Maier, Marv Roter and Lillian Roter (not pictured). Pictured below is one of the favored meals, chicken schnitzel served with potatoes and rice. We were also served red cabbage and cucumber salad with our meal. Some of us were brave enough to order dessert.

* * * * *

Pacific District Holds Prague Slet 2012 Clinic

Submitted by Lillian Roter

On the weekend of April 28-29, 2012, members from Sokol Los Angeles and Sokol San Francisco met in Fresno, California, to practice calisthenics routines for *Jen pro ten dnešní den* in preparation for the July 2012 Slet in Prague.



We worked long and hard under the direction of our two instructors, Los Angeles Men's Director Otto Notzl and Chicago Sokol Ellie Babka. We received excellent help with our routines to ensure that we will be ready in July. We were in a rented church hall on Saturday from Noon until 8:00 pm and on the grass area adjacent to the church on Sunday from 8:30 am until 2:00 pm.

Los Angeles Sokol Cheri Riddle arranged the practice hall for us. She brought us lunch, water and coffee on Saturday; snacks on Sunday; and plenty of water both days. She even made delicious *kolače* for us to enjoy on

Sunday. Thank you sister Cheri.

Otto Notzl and Mirek Vondrus rose early Sunday morning (4:00 am) and jogged to the park before breakfast to claim our space. They set up our drill area with staked markers and took turns staying at the park to make sure no one took over our space. (They even performed community service by cleaning the park of debris before the team arrived.) Through brother Otto's careful planning and brother Mirek's assistance, our team was able to start drilling as soon as we arrived.

Our weekend of practice was very successful, and Sunday's drilling in the park was beneficial to our performance on the field in Prague. At the end of practice we were all very tired, but our dedication to our success in Prague made it all worthwhile. We are excited to be participating in the Prague Slet 2012 and are grateful to Ellie Babka for traveling to California with her husband Bernie to help Otto with our training.

Sister Babka wrote, "... The rest of the country needs to know how hard and dedicated you all are about being part of the Praha Slet and that there is, indeed, a Pacific District that has to overcome long distances to stay in existence. I thought that the Southern District had a lot of territory to cover – you have much more."

Pacific District Sokol members live miles apart, ranging from Oregon State to San Diego, California. We owe our successes to Otto Notzl who has been teaching us the routines since Fall 2011, traveling between Los Angeles, Central California and San Francisco. The Fresno Clinic was the first time Pacific District participants (18 minus one) were able to practice together. It was a new experience with two full blocks practicing together. It gave us a better perspective of what it will be like in Prague. We are very fortunate to have such a dedicated Sokol as Brother Notzl.

While our concentration was on our success as a team, we did find time to have some fun during rest periods -- sharing stories and experiences with our Chicago visitors. San Francisco Sokol Jara Dusatko wrote about the clinic, "We think last weekend was successful, even fun!"





Fresno, California

April 28-29, 2012



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May Czech Class

Normally the monthly Czech class meets on the second Sunday of the month at Pasadena City College. Since Mother's Day was on the second Sunday in May, we were told we could not have the third Sunday because of the Pasadena Marathon hosted on campus. We knew the first Sunday of each month, a Swap Meet is at PCC, it gets crowded early in the day, parking is hard to get. It turns out that the Swap Meet has grown since the last time we had a class on the first Sunday of the month. It used to be held at the east side of campus leaving the west side free for parking. Now the swap meet was on both sides of the campus, making parking almost impossible for latecomers.

We had a small class, with lots of practice speaking for all that were present. It was quite educational; we learned the fallacy of using translating programs for translation from English to Czech and vice versa. Nothing

beats using dictionaries and hard work. As always we all learned something, especially that languages change and some words become obsolete and many anglicized words spelled the Czech pronunciation way has become part of the language.

Later we learned that on the 3rd Sunday of the month, our brother Mike Vondrus participates in Bicycle Marathons. He biked at the Pasadena Marathon Bicycle tour, his fifth marathon, he finished in a good 1:41.5. We congratulate him for finishing the five marathons, we should be at the sidelines to cheer him on. Way to go, Mike!



* * * * *

Czech Class outing to Zina's – May 12

By K Hanken

Six members of the Czech class met at Zina's on Saturday for a planned lunch. Some of us were there at eleven when the restaurant opened. Several members came from the outer portions of Southern California, like Santa Clarita, Mission Viejo and Tujunga. We waited for all to arrive before ordering, but did order two appetizers and a couple of beers.

Two local CSA members, Marion Jones and Barbara Seymour joined our gathering. They like to go to Zina's but also enjoy the company of other Czech groups whenever they have an event closer to the South Bay area. Our Sokol member Maria Zajic Elias came, since as a friend, she has wanted to attend our Czech class, but forgets to put it on her calendar. Meeting some of our wonderful students, I figured she would be more likely to put it on her calendar after going home from lunch.

The nine of us did talk Czech a little, introduction to Zina were done in Czech, but without our great teacher, we reverted to socializing in the American language. The two favorite dishes appeared to be svíčková and vepřo knedlo zelo orders with one segedínský guláš. Everything was very filling and delicious.

Zina's Restaurant and bar is located in southern Torrance, on 4525 Calle Mayor.



* * * * *

Olga Fikotova Connolly Visits Sokol Los Angeles

Submitted by Lillian Roter

On Saturday, May 19, 2012, Sokol Los Angeles members were honored with a visit from Olga Fikotova Connolly, Olympics gold medallist. Competing in the discus event at the 1956 Summer Olympics in Melbourne, Australia, she was Czechoslovakia's only gold medal winner that year.

The room was silent as Olga spoke of her competition experiences and how she became a discus thrower. Of how she was given a special permit to marry a foreigner, American athlete Harold Connolly. Of how she was no longer allowed to compete for Czechoslovakia after she moved to the United States with her husband. Of how ugly the old Olympics uniforms were compared to those of today. We were amazed at the story she told.

At the end of our meeting Olga stayed to watch members of our 2012 Prague Slet team practice the calisthenics routines for *Jen pro ten dnešní den*. There must have been a special aura in the room, because our practice was almost flawless with her watching us. Olga, now a personal trainer, gave the ladies some helpful hints on posture, exercises and "mechanics" of the body.



Members of our slet team from left: Zdenka Svitek, Abel & Elizabeth Balint, Karen Miller, Olga Connolly, Lillian Roter, Otto Notzl, Darine Klega, Mirek Vondrus

Sokol Los Angeles came in contact with Olga Connolly through an e-mail she sent me regarding a trip to California by the Czech Olympic Club. She wrote, "... the group of visitors from Czech Republic asked me to guide them during their visit in Los Angeles.

They are members of the Olympic Club, most former Olympic competitors in various events. The 17-member group is led by František Kolar, Olympic historian and member of the Czech Olympic Committee, and, among others, include five gymnasts: one gold and two silver medal holders. Three of them initiated restoration of the SOKOL movement in 1990 and expressed interest in meeting American Sokols. . If you or somebody else from the Sokol organization would be free and interested to spend time with the Czech Olympians, please let me know."

Kathy Hanken worked with Olga to arrange a meeting time and place. Unfortunately their busy schedule did not allow for our members to meet with them. However, our Slet team will have an opportunity to meet them in Prague, thanks to Olga.

Mila Prochazka remembers being at Olga's wedding in 1957 in Staroměstské náměstí (the Old Town Square), Prague, Czechoslovakia.

With an open invitation to Olga, we look forward to her attending some of our future meetings and events. An amazing and vibrant person, she is a pleasure to be around.

* * * * *

Rhythm on My Heels

Submitted by Bill Zelenka

The Consulate General of the Czech Republic in Los Angeles and The Society of Arts and Sciences in Los Angeles presented a program commemorating the late Czech novelist Josef Skvorecky. It was presented at the Italian Cultural Institute on May 24, 2012, closing night of the Czech Film Festival.

Consulate General Michal Sedlacek and the film Director Andrea Sedlackova introduced the screening of the Czech film *Rytmus v patách* (Rhythm on My Heels). The film takes place in Czechoslovakia during the 1950's and is a musical tragedy complicated by love in a dangerous and complicated time. Danny, representing the alter ego of Josef Skvorecky, has a passion for beautiful young ladies and jazz music. This passion attracts the attention of the authoritative communist regime as anti regime. Danny and his friends form a jazz band. They try to live a normal life but undercover police and beautiful girls complicate it.

The screening was followed by questions from the audience that was answered by the director and the cast. This was followed by an excellent jazz concert featuring Emil Viklicky at the piano, a three-piece Jazz Trio and songs from the movie sung by seven leading actors who are from the Czech Republic.

The food and drinks before and after the presentation were an enjoyable additional feature along with the conversations among the attendees.

* * * * *

June Sokol Czech Class – June 10

We had a full class of sixteen students and guests in the classroom before the 9:30 start time. Jiří Harajda was back in town with his new group of Czech tourists. These visits are really enjoyed by both students and the visitors. The students have an opportunity to talk to Czech Republic residents who don't speak as slowly to make themselves understood. The visitors enjoy hearing that their language is being studied here in California and also get to practice English to translate what they said to some of the beginning students. Everyone had a good time, even our beloved Milly Urbanski showed up with her new accessory her doctor insisted she use.

The Czech humor and love of hearing about the states was evident in the classroom. What a wonderful group. They already had an adventure in Amsterdam where they were forced to stay overnight because of a mechanical failure of their plane. Then in Detroit, they changed planes and half of the visitors did not find their luggage. Jiří was the last one to receive his, just the night before our class visit. After visiting us, the group went to Universal Studios and then for a three-day trip to Las Vegas the next day.

The visit invigorated us and we had a few Czech discussions as we changed partners to discuss pictures provided by our teacher, Daša. It was a good class; two visiting students want to join the class. It seemed short, but that was because we all talked with our visitor for over an hour. We all know who Ms Popularity of Sokol LA is, not only did Milly have a crowd of laughing Czech citizens around her, one who was proposing, but when the group said their good-byes (we hope it is *nashledanou* for real), Milly had a second group, the students all huddled around her. She is definitely a people person, our Ms Personality.

We look forward to seeing the next year's group; we enjoy being a tourist stop, and it forces everyone to speak Czech in long sentences and listen.

After the class ended, eight of us went out to lunch at the Polish restaurant, Polka in Glendale. We picked it in honor of Milly, since she was not able to join us that day, and it is one of her favorite restaurants. If the restaurant makes *palačinky*, it becomes her favorite.



Picture of the students and the Czech visitors with their leader Jiří Harajda of Žatec, Czech Republic.

* * * * *

June Sokol meeting – June 16, 2012

The last US practice for our Sokol LA Slet team took place before and after this meeting. Their next practice is in the Czech Republic just prior to the start of the slet. We thank them for representing our unit, and wish them a wonderful trip. We are very proud of all of you! Thank you for all the effort you put into the practices, a huge thanks goes to brother Otto Notzl, whose organization and hard work is why the group looks great. Thanks to brother Mirek Vondrus for arranging the practice sessions on the Cal Tech campus, and to the director, John Carter, for allowing them to use the facilities for hours of practice.

A Czech national came to the meeting, her name is Eva Macháčková. She would like to stay in the US. What a trooper, she already volunteered to help with the picnic in August.



Eva Macháčková with Pepik Riedl, Mirek Vondrus a Yvonne Masopust

A new member, Marilyn Damenico, was sworn in by President Sister Lillian Roter. She is delighted to have found a Czech and Slovak group. Her family has Slovak roots. Welcome, Marilyn! Glad to have you aboard.

Brother Mirek Vondrus will have the honor of carrying the Sokol Los Angeles flag at the slet in Prague. The flag traveling with our group was shown to the membership.



Displayed by Otto Notzl and Lillian Roter is the two sided Sokol Los Angeles flag that Mirek will carry.

The flag on right is the Pacific District of Sokol flag displayed by Lillian Roter and Mirek Vondrus.



The August picnic was initially planned for Rush Park, but the city of Rossmoor changed the rules. Since we do not have a member living in the city, we were not allowed to reserve the park. Thanks to Thomas Jahn for trying to acquire Rush Park for us for months, we appreciate his effort. Many parks were considered, some were too expensive and some were already booked for the two dates in August. Brother Otto Notzl stopped at the Cerritos Regional Park on his way home and found it to be pretty nice for our picnic. The park has a lake in the center. We were able to reserve the snack shack picnic area south of the lake in the park. Parking is located on both sides of the park, with the picnic area almost at the center between the two parking areas. An Olympic size swimming pool is west of the lake. The walk/run around the park is 1.41 miles. We were in time to get the reservations for August 5th. The park is located on Bloomfield Avenue and the corner of 195th St. in Cerritos. Fliers for the picnic will be sent out early in July.

The next Sokol meeting will be after the summer break on September 17th. The monthly Sokol classes continue year round on the second Sunday of the month in Pasadena City College. The Consulate Czech classes for children ended early in June and will resume on August 25th to allow completion of the fall term before Christmas.



We get mail!



Request to publish article from American Sokol home office American Sokol's Next Strategic Plan

The Strategic Planning Task Force (SPTF) met in August 2011 to discuss next steps with our Strategic Plan and felt it was time to put a new one in place. Based on feedback we had received, we know it is important that we get a broader base of volunteers (based on demographics) to work on this project. At the January 2012 National Leadership meeting a small group was assigned with the task of putting together a base action plan for this new team, decide how this team would be created, and review and comment on the components of this new plan. This leadership team decided to prepare a communiqué to invite all interested Sokols to join this team we are calling Future Planning Team. The goal of this team is to "Further develop the element components of the next strategic plan by December 31, 2012."

Following are some basic responsibilities of this new team:

- Review strategy created by SPTF and suggest/recommend changes/additions/deletions
- Agree by consensus with SPTF on final strategy which will then be presented to Executive Board and Board Of Governors for approval
- Develop steps and deadlines to achieve agreed upon strategies
- Decide how success will be determined
- When required contact outside experts for assistance
- Suggest ways National/District/Units can achieve desired results
- Periodically contact all areas (National/District/Units) to determine how they are working to achieve results or provide assistance
- Ability to consistently meet for teleconferences (date, time, how often will be determined by this team)
- Ability to take on homework assignments/tasks and meet deadlines

If you are interested in being considered for this team, please submit your name and reason for interest to maryannfiordelis@american-sokol.org as soon as possible. We need you to help American Sokol grow by providing your input for our future direction so please volunteer for this team today.

SP Leadership Planning Team:

Jolene Dalton, Mickey Dalton, Maryann Fiordelis, Candy Short, Irene Wynnyczuk

The Hummingbird Whisperer

By Marv Roter

As Lillian and I arrived Thursday June 7th for our Verna Garda exercise class, we noticed several of our friends were amused by the plight of a tiny Hummingbird. He was flying around the gym just inches below the ceiling trying to find a way out. He seemed afraid to fly low enough to use the doors, which were wide open. We could tell that the little fellow was frightened and probably panicking.

There was a short piece of string hanging from the ceiling near the middle of the room. The bird would rest on it for a moment before flying around again. It was obvious that he was tiring. His flights were shorter and shorter.

My dear wife was not about to stand by and watch the little dear falter. The lady who, at home, tries to talk to squirrels, rabbits and baby birds in nests, took charge.

From the hummingbirds that come to the feeders at our house, she learned to imitate the clicking noise they make to communicate with each other.

She took a position under the string and began to make the sound. I was a doubter. To me one click sounds pretty much like any other.

Wonder of wonders the little guy flew down, clicking away like crazy. As luck would have it Lillian was wearing a bright red T-shirt. The hummingbird checked out her eyes, nose and ears, then landed on her red covered shoulder.

The plan was to give him a ride to the outdoors but it only worked for a moment. Every time they came close to the door the bird flew to the ceiling.

Finally, with more clicking she coaxed the hummingbird to land on her thumb. She had laced her fingers to form a shelter over her two thumbs and with the grateful little hitchhiker she walked out one of the open doors and let him fly.

Everyone there was in awe. It was like a religious experience. He probably would have died within hours but nature was made a speck gladder that day.

* * * * *

Introducing Brother Jonathan Phillips MD

Congratulations, Jon!!!

"Linda and I would like everyone to meet our son Doctor Jonathan Phillips", wrote proud father, Brother Larry Phillips. There is a reason that Linda and Larry Phillips are very proud parents this year. On Saturday, June 2, 2012, their son Jonathan graduated from the University of California Irvine as a Doctor of Medicine. Following is what Larry wrote about their son, who has been a Sokol member for twelve years.

He is doing his internship in general surgery at Huntington Memorial Hospital in Pasadena. He will be living at his grandmother's house in Glendale while at the hospital. Jon took time off from school to do research on heart disease, Huntington's disease and Orthopedics. He collaborated on three research papers for all three fields that eventually were published in the American Medical Journal.

Jon went to Africa and did a hospital rotation that was an eye opener in itself. At another point in time Jon went to Nicaragua for two rotations in a hospital there. He also went to Haiti as a volunteer and worked in a hospital while living on a church roof (a room with a view and fresh air) NOT!

I could go on and on about Jonathan as you can see Linda and I are very proud of Jonathan and know he will be a successful Doctor.

Pictured below from the graduation of Jonathan and a very proud family.



Jonathan's graduation day

Jonathan and Grandmother Helen Vrana

American Sokol Los Angeles wishes new
Doctor Phillips
Success and luck in his future.



Sokol LA Memories from the past

By K. Hanken

Picture circa 1960's

These are some more of pictures that were taken at the Sokol Hall event on Western Avenue that was published in the April Sokol Notes. We received no more information from members about the date of this event attended by Los Angeles Mayor, Sam Yorty.



Sister Yvonne Masopust sent us these pictures from Sokol Hall days in 1976. This was the play Chodská Svatba. Among the Sokol member actors you might recognize Eva Riesner, Jan Schatz, Pepik Seda, and some others.



Also from Sister Yvonne Masopust, a couple of pictures from the American Sokol Los Angeles activities of prior years. We thank her for taking the time to send these precious memories to us.



September 5, 1971

Hume Lake camp

Labor Day weekend campout



September 3, 1972

Volley
Tournament



October
8, 1972
Moravské
Hody



Daniela Murray, daughter of the late Sokol member George Karger, sends in these photos. They were sent to about a year ago. The Sokol Notes issue was already longer than it should be, so I put them aside for the next issue. My filing system leaves something to be desired, but not much is lost, just a matter of time to be found. The date is approximately forty years ago. We appreciate any pictures from our Sokol LA history, not many of us still remember those days. History should not be forgotten.

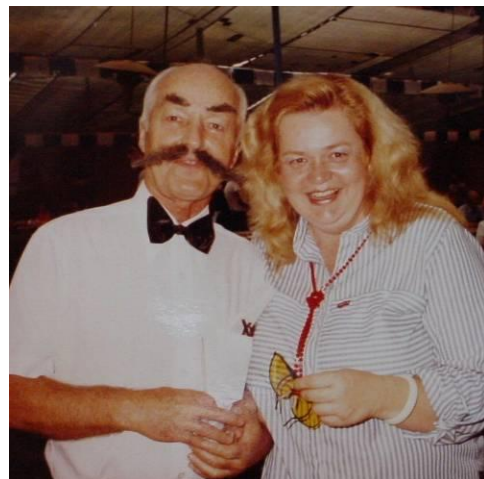
These pictures all include Joe Seda, sent on my inquiry of whether Daniela remembered Joe Seda. She received them from Larry and Yvonne Čermák.



George Karger, Jiří Peřina, Larry Čermák, and Joe Šeda



Larry Čermák, Doris Klega, and Joe Šeda



Joe Šeda and Yvonne Čermák

Computer corner

Technical article



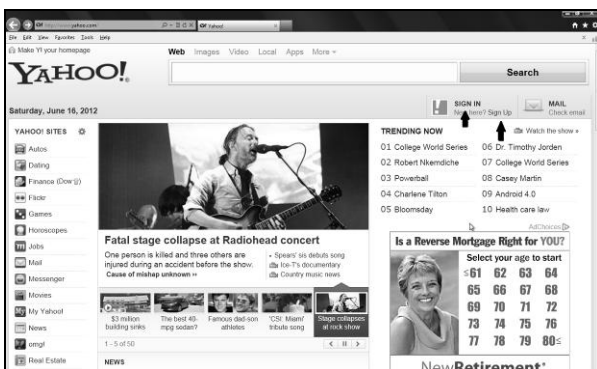
E-mail services, what they look like (a bit more advanced e-mail).

As indicated last month 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 continue looking at the various e-mail connections we have available. Again, 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).

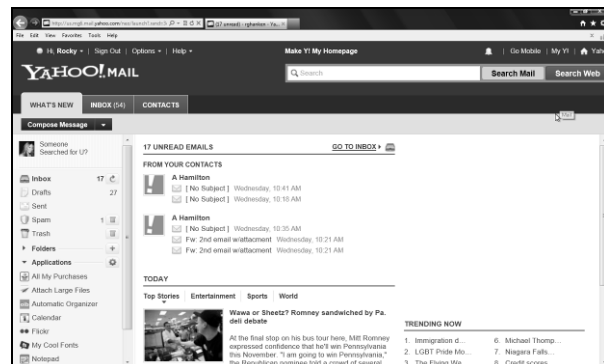
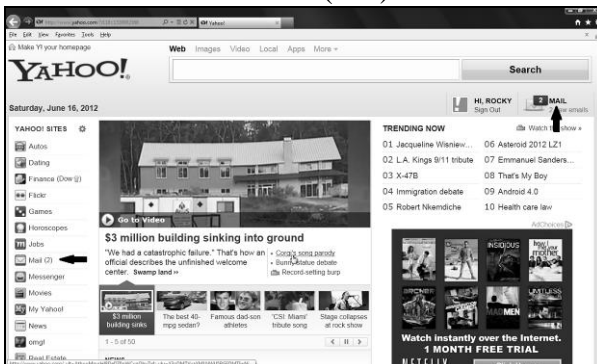
Last time we looked at Verizon Web mail, this time we will cover Yahoo mail – to get to this you open your Browser (Internet Explorer or IE, Firefox, Google Chrome, Safari or others) and go to the following address:

<http://www.yahoo.com/>

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

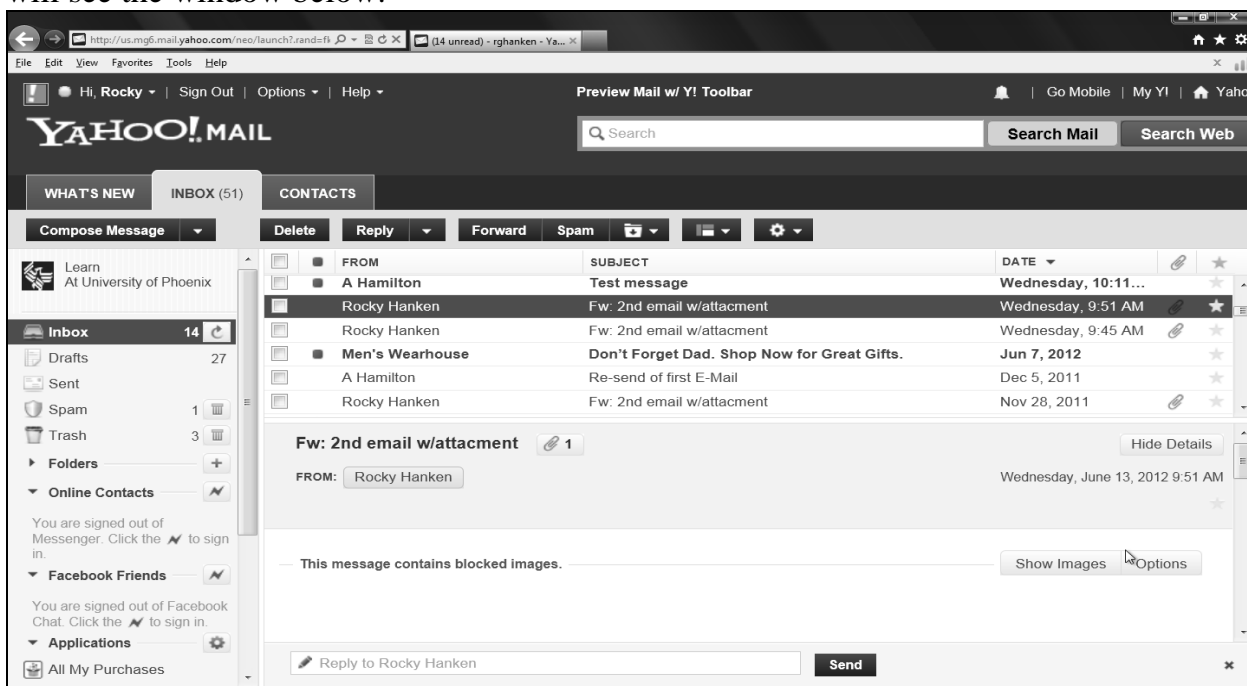


You Click on Sign In (the left arrow above). If you do not have a Yahoo ID click on Sign Up (the right arrow above). After clicking Sign In you will see the window on the right, enter your User ID and Password above, press enter. I suggest you never check the box that says “Keep me signed in”, this can result in your email address being locked for up to two weeks if things go wrong. You will then see the window below (left).

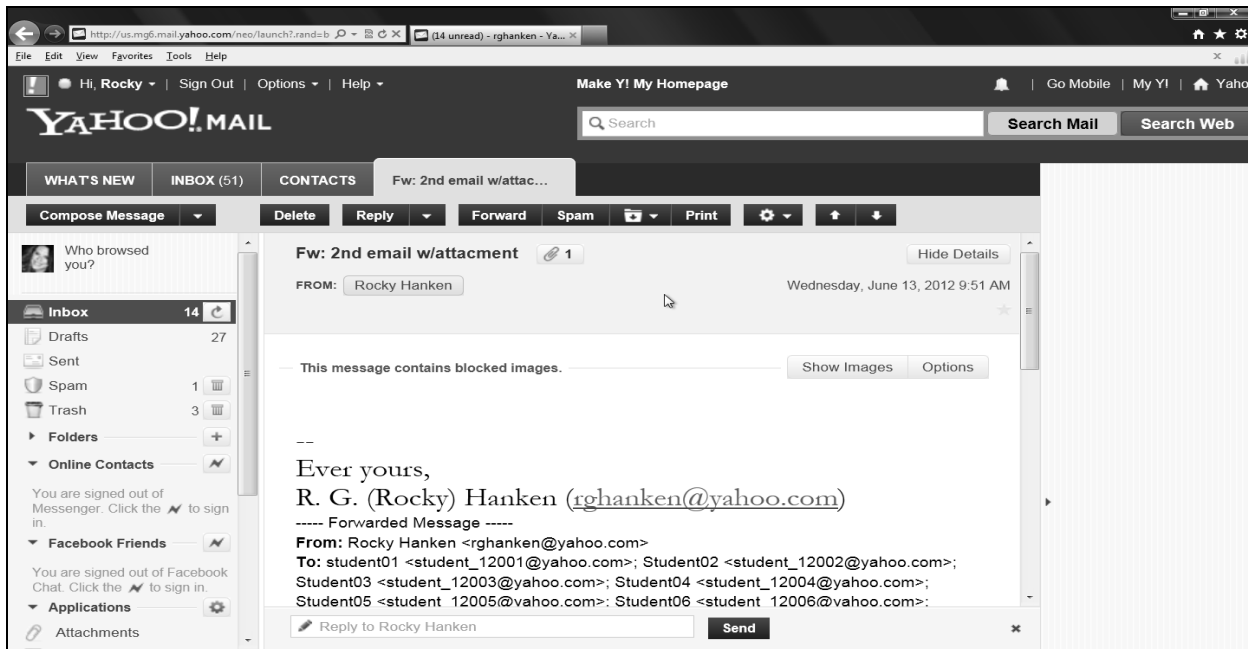


On the Yahoo screen you have access to the different Yahoo Sites – I will only cover Email. Notice the two arrows in the window above on the left, they both point to Mail, click on either one and you will see the window on the right above, this is the main Yahoo Mail window. Across the top are three tabs, “What’s New”, “Inbox” and “Contacts” – on the left are the folders, Inbox, Drafts, Sent, Spam, Trash and Other Folders (folders you can add as needed). The additional folders and content will not be covered at this time.

First the folders on the left: Inbox, Drafts, Sent, Spam, and Trash. These are the standard folders all Yahoo users have when you start using yahoo. The folders may have a number after the name – this indicates the number of mail items in the folder that have not been read (looked at). The Inbox is the folder all new messages arrive in unless they are directed elsewhere by a filter – for example a spam filter, which would put the Email in the Spam folder. The Drafts folder is where you store a message you may send later, also any message you are working on and has not been sent when the connection with Yahoo is broken or terminated gets saved in the Drafts folder and will be marked as unread. The Sent folder is where a copy of any Emails you send is kept. The Spam folder is the folder used to contain any Email Yahoo determines to be Spam if you have turned on Spam Filtering. One important note – Yahoo does not do a great job of Spam filtering, you may find some of your expected Email is in your Spam folder – in other words treat the Spam folder as Inbox#2, check it every once in a while. The Trash folder is where things go when you say Delete. You have a chance to recover anything from the trash as long as you have not emptied the trash yet. The Inbox, Spam and Trash all have an Icon on the far right. For the Inbox it is a curved arrow that points Clockwise and the Spam and Trash folders have a Trashcan Icon. If you click on these Icons they perform a task – for the Inbox – It will check for new mail and for the Spam and Trash folders it will empty the contents of the folder (erase everything in the folder). Below the trash folder is where you can add your own folders to meet any storage needs you may have. If you click on the Inbox tab at the top of the page or on the Inbox folder on the left you will see the window below:

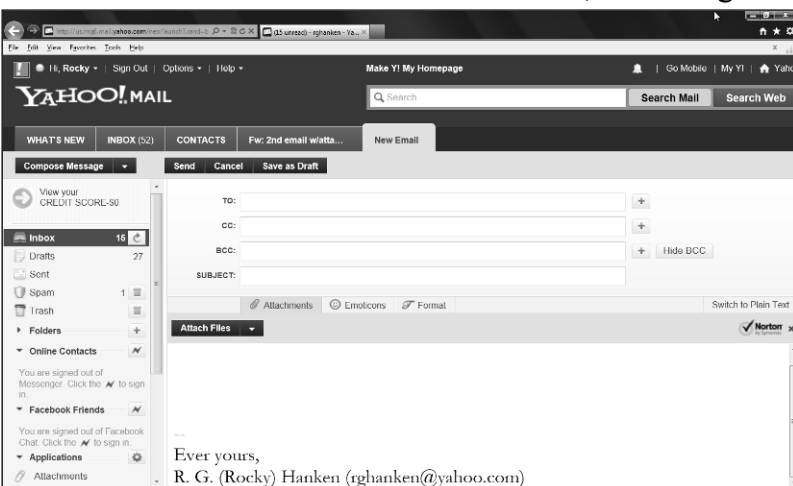


From this window notice that the Inbox on the left has 14 while the tab on the top has (51) – this means there are 51 messages in the Inbox and that 14 have not been read. Also note that when “What’s New” was selected (previous page) you saw “Compose Message” right below and that with “Inbox” selected Delete, Reply, Forward, Spam and 3 Icons (Move, View, More Actions) have been added. If an Email is clicked on (single click – like the 2nd email above) the message will display on the bottom half of the window. If you double-click on the email though you will open the Email in a new tab as shown in the window below:



The advantage to using the double-click is, you will see the whole message at one time, not just part of it. From this window (or the previous one) you can read the mail you have in your Inbox. By clicking on Reply or Forward a composition window will open, for a Reply message all you will have to enter is your message and to remove any information from the new email you do not wish to send. For Forward you will have to enter the Address(es) you wish to send the email to – do not forget, use BCC if sending to multiple recipients. If you intend to store messages for an extended time, it is useful to create appropriately named folders and move the messages from the Inbox to the folders.

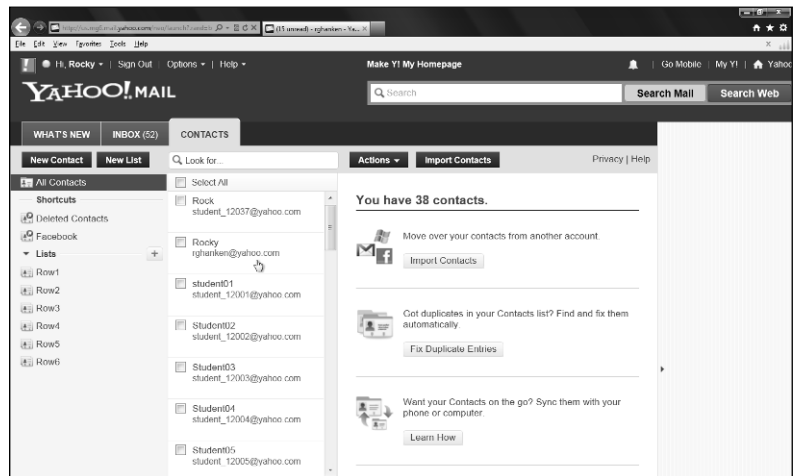
For new messages click on the Compose Message button and fill the message out just as was covered in earlier articles. Note in window below, on the right end of the TO, CC and BCC lines the “+”



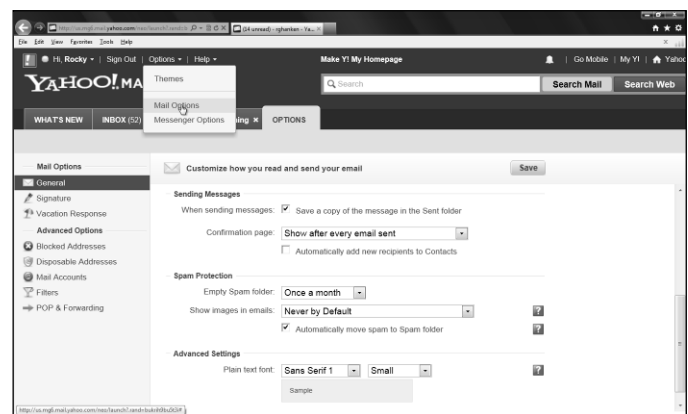
buttons. You click on the “+” to open the contact list and select the addresses you wish to include on that line. If you are sending a message to more than one person, remember to send as Bcc. You can also type in an address for anyone that is not in your contact list – it must be a complete email address or the message will result in an error (form is – UserID@DomainName.ext – as an example rhanken@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 you 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 you email and save a copy in your sent folder. After clicking Send your display will return to your Inbox view (the third window shown above).

The next area to cover is Contacts or your address book. With this information you are able to properly address you 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 New Contact and fill out the information as needed. To send messages to groups of people at the same time in Yahoo we create a list and assign the people we want included in the list, we can then send email to the members of the list. To create a list you click on “+” after Lists – in that window you will type in the new name for the group (no spaces allowed) click on OK. After you click on OK, use your mouse to drag the contacts on the right (with all contacts displayed) and drop them on the list name you want the name included in. The names will now be part of that list.



Next we click on Options (see window on the right) to change the settings used to control the various parts of the email program. When you click on the Options Button you will see a list that will give you three areas to control – Themes, Mail Options and Messenger Options – click on the one you wish to modify or review. In the Mail Options section you will be able to set the General Options as well as other mail and advanced options. The General section is where you control the options for how your email is handled, this includes how often the Spam folder contents get automatically removed and whether images are blocked or not (I suggest “once a month” and “never display images by default”). Don’t forget to save your changes.



The next article will cover another IMAP email service – Gmail and then 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.

Brother Rocky Hanken



Upcoming Events

Dinkey Creek family camp - July 22-29



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

Photograph of the participants in the bread baking instructions given by Brother Mike Vondrus for any interested campers at Dinkey Creek Family Camp 2011 last summer.

PICNIC – August 5



This year the picnic will be in the Cerritos Regional Park located at the corner of South Bloomfield Avenue and 195th Street in Cerritos. The address is 19800 South Bloomfield Ave. in Cerritos. This park is open sunrise to sunset, has a fishing lake, picnic areas with BBQ grills, children play area, and a swimming pool that opens around noon. Fishing license required. General location in the greater LA area is south of the 91 freeway and east of 605 freeway

Shaded picnic tables are available in the **snack shack area** and are reserved for us from 10 am to 4 pm. You may want to bring a blanket or chairs along with suntan lotion. Volunteers will grill hot dogs. Bring a healthy dish to share if you wish.

Please contact Sokol President, Sister Lillian Roter at gemiil@aol.com for any questions and to give her the number of people coming. Reservations are for 50 up to 75 attendees.



Czech Labor Day Campout – Sequoia Park – August 29 – September 4

Last year there was a re-union of the Sokol Labor Day Campout after many years. They had so much fun that everyone decided to do it annually. This is open to all Sokol member and friends, many there will speak Czech and probably sing Czech songs at the evening fires. The reservations were made for 6 days, but you can attend for shorter time at any time during these reservations. Their usual campground was taken for this year, so a new campsite was reserved. You will be the first ones to explore this site. It sounds very nice on the Internet.

Received this from sister Yvonne Masopust who attended last year: Location - Fir Group Campground has room for 100 people and 31 vehicles, 18 miles from Hume Lake.

From Fresno, take 180 East, then Hwy 198 "Generals Hwy" East, then approx. 10 miles, camp entrance will be on the left. <http://www.us-parks.com/camping/ca/fir-group-campground.html>

Camp organizer is Suzy Kay. You can contact her by phone at (714)-544-9569 or email her at susanakay@gmail.com

Note sent out by organizer, Suzy Kay:

Ahoj Everyone,

I have reserved a campground again this year for us to get together Unfortunately I could not get Aspen Hollow. I have never been to this particular campground so we will all get to decide if this is someplace we would like to return. At least we will have a camp to go to that is not that far from Hume, drivable but probably not walking distance (Hume is about 10 miles away). Everything I tried to get on the Lake was booked the day that I returned from camp last year. Here follows the information about the camp. If we have at least 30 people show up then you will need to pay me \$40 for the whole weekend, less if we get more people. I reserved it Thursday through Tuesday and the camp holds 100 people. I hope you plan to join us for socializing, taborák and games. I will email a reminder again later with a map.

Nazdar,

Suzy Kay (Zuzana Litochlebova)

Site, Loop:001 001, AREA FIR GROUP

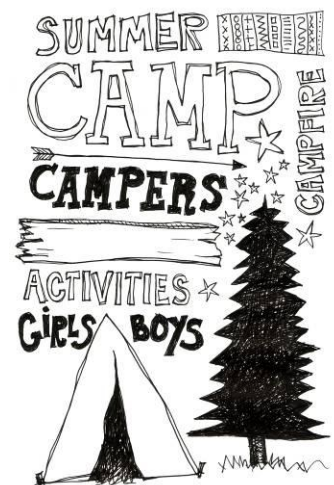
Type: GROUP STANDARD NONELECTRIC

Check-in: 2:00 pm Thursday August 30th

Departure date: Check-out: Tuesday September 4th 12:00 pm

Please contact Suzy Kay to let her know you will be coming, how many and for any questions you may have. She will put your email in the distribution of the map.

Happy Camping!



Autumnfest and Marknad – September 16



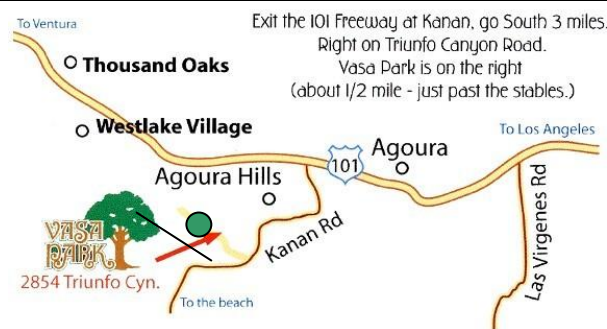
Sokol Los Angeles members and friends are invited to the Swedish club activities at Vasa Park in Agoura Hills. The hours for the activity is 9 to 6. Car entrance fee is \$5. Individual participation, not Sokol planned. Booths selling various foods are set up. Go and enjoy the Pool/Waterslide, Zip Line, Petting Zoo, Children's Games, Folk Dancing, Singing, etc. Enjoy the fun and the festivities. Please check the web site <http://www.vasapark.org/> and contact the coordinator for any questions.

2012 Events at Vasa Park, Agoura, California



2854 Triunfo Canyon, Agoura, California 91301

Look us up on www.vasapark.org



AUTUMNFEST AND MARKNAD

Sunday, September 16th, 2012 9:00 a.m. to 6:00 p.m.

Come and enjoy our Pool/Waterslide, Zip Line, Petting Zoo, Children's Games, Folk Dancing, Singing, etc

For information, contact Kin at 949 295-6331 E-mail usa4kin@dslxtreme.com

Entrance \$5.00 per car



Map of Vasa Park



Mark your calendars for these events:

San Diego Czech and Slovak Lawn program - **October 14**

Heritage Dance co-hosted by the Czech Consul to Los Angeles - **October 28**

Alpine Village Brunch with CSA and WFLA - December 2

Calendar of Events: 2012

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 5:	Sokol family picnic – Cerritos Regional Park
Sunday, August 12:	Czech Class– PCC – R109
Saturday, August 25:	Beginning of fall Czech classes for children
Labor Day weekend:	Sokol past, present & future member 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:	Heritage dance – Knollwood Country Club, Granada Hills
Saturday, November 17:	General Meeting – Joe Bridges Clubhouse, Glendale
Sunday, December 2:	Sokol Alpine Village holiday brunch with CSA & WFLA
Saturday, December 15:	General Meeting – Joe Bridges Clubhouse, Glendale

Sokol Credo:

To build a healthy and beautiful human body;
To cultivate a harmonious and total person;
To develop firm character, a well-rounded disposition
and a love of truth and justice;
To produce strong, lovely and honorable people.
That is the goal of Sokol education.

NAZDAR!