

American
SokolTM

SOKOL NOTES
Sokol Los Angeles

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Editor's Notes

As we begin a new year, I thank all who contributed to the success of our newsletter in 2012. With the team of editor's helpers we accomplished our goal to publish four editions. I hope everyone had a safe holiday and that you are ready to move forward.

I wish you and your families a Happy and Healthy New Year. *Šťastný a zdravé Nový Rok!*

In this issue you will find recaps of several events since our last issue, the results of Sokol Los Angeles elections in November, a look at upcoming events, obituaries of our dearly departed and some fun items.

Challenges for 2013: Enjoy Life, Eat Well and Move More. Start your day with a healthy breakfast to jump start your system and improve concentration. Every effort you make to move more is good for your health – your body, mind, and spirit! Let's also plan for more activities; send in your suggestions for consideration.

This newsletter is about you and for you. Please send us your stories and news items to SokolNotes@SokolLA.org to share with your Sokol friends. Remember to include photos if you have them.

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

Dear Members and Friends,

I wish a happy and healthy new year to all! The year 2013 promises to be a good year for our Unit and I look forward to seeing more of you (and your friends) at our monthly meetings. Thank you to all who helped throughout 2012 at meetings and events; our volunteers are important to our existence.

We ended 2012 with our December meeting and Christmas luncheon, which was well attended by members and guests who enjoyed our home-cooked Czech cuisine prepared by myself and Janelle Palas. Others brought



goodies to share. Unfortunately, Mikulas did not make an appearance this year; he must have been busy elsewhere.

A bittersweet year, 2012 began and ended with 99 members -- a net gain of zero. Four new members joined, one resigned and three members passed away. We welcome our new members and mourn the loss of those dearly departed. We were unable to achieve the membership goal of 5% gain established by ASO.

In July our senior calisthenics slet team, which included six Sokol San Francisco members, performed beautifully in Prague under the direction of Otto Notzl. He drilled us hard throughout the months leading up to our performance to ensure our success. We did not let him down at our evening performance in pouring rain and at our afternoon performance under a clear sky.

We experienced a year of teaming with the Czech Consulate in Los Angeles and look forward to a continuing relationship. Czech Consul General Mikal Sedlacek is proactive in the Czech community. He helped establish a Children's School, which is conducted at the Consulate offices and is sponsored by Sokol Los Angeles. To assist with the operation of the Czech School, we received a donation of \$946.33 in September 2012 from SVU-LA (Czechoslovak Society of Arts and Sciences), which represents a one-sixth share of monies received from the Czech Ministry of Foreign Affairs. We thank them for their support.

Our next event will be the Annual Spring Social at Knollwood Country Club on April 7, 2013. Dust off your dancing shoes and plan to be there to enjoy a catered lunch and music by The Band. Flyers will be sent in early March.

Please note that the 2013 Membership Dues are now payable. A letter from Financial Secretary Darine Klega is included in this newsletter (page17) with specific details for submittal. Your dues help keep our Unit operating and help us offer all the wonderful programs you have been enjoying.

This is a big year for American Sokol as host for the 2013 Sports Festival/Slet XXIII, which will be held in Milwaukee, Wisconsin, June 25-30. While Sokol Los Angeles will not be sending a contingent to participate this year, members are urged to include "Wheelin' in Milwaukee" in your vacation plans. More information is included in this newsletter.

Nazdar!

Lillian Roter, President

New Members:

Sokol Los Angeles welcomes our two newest members Peggy Burhenn and George Dvorsky who were sworn in at the November Czech class on November 18, 2012.



Happy New Year 2013!!!



Humorous sayings for New Year

"People are so worried about what they eat between Christmas and the New Year, but they really should be worried about what they eat between the New Year and Christmas." – Anonymous

"Many people look forward to the New Year for a new start on old habits." – Anonymous



The Chinese New Year 2013 is the Year of the Snake

The sign of the snake: The Snake is the intuitive, introspective, refined and collected of the Animal Signs. Snakes are attractive people who take crises with ease and do not become flustered easily. They are graceful people, exciting and dark at the same time.

Contemplative and private, the Snake is not outwardly emotional. He can appear cunning and reticent and works very modestly in the business environment. The Snake will plot and scheme to make certain things turn out exactly as they want them to. They are not great communicators and can become quite possessive when they set their minds on achieving the interest of a partner.

Snake facts: People born in the Year of the Snake share certain characteristics: Acute, Aware, Cunning, Proud, Vain, Vicious

The characteristics of the Snake are tempered by one of the five Chinese elements of Metal, Water, Wood, Fire and Earth overlaying a 5-year cycle of characteristics on the original 12-year cycle.



The Water Snake 2013: Water Snakes are influential and insightful. They manage others well and tend to be good for organizations to utilize as staff. They are quite motivated and intellectual, very determined and resolute about success. They will have what they desire, despite the conclusion or outcome they generate because it is worth it to them to not only be recognized for their efforts, but to be rewarded as well. They are affectionate with their families and friends but do not show this side of their personality to colleagues or business partners.

Information on the year of the snake gathered from website <http://www.usbridalguide.com/special/chinesehoroscopes/Snake.htm>

Words of Wisdom:

I don't know the key to success, but the key to failure is trying to please everybody.

~Bill Cosby, *entertainer*

Beautiful things happen in your life when you distance yourself from all the negative things.

~Author Unknown

Don't mix bad words with your bad mood.
You'll have many opportunities to change your mood,
But you'll never get the opportunity to replace the words you spoke.

~Author Unknown

Laughter – The Best Medicine:

Received from a friend, source unknown

To My Senior and Soon-to-Be Senior Friends

Several days ago as I left a meeting at a hotel, I desperately gave myself a personal TSA pat down. I was looking for my keys. They were not in my pockets. A quick search in the meeting room revealed nothing. Suddenly I realized I must have left them in the car. Frantically, I headed for the parking lot.

My wife has scolded me many times for leaving the keys in the ignition. My theory is the ignition is the best place not to lose them. Her theory is that the car will be stolen. As I burst through the door, I came to a terrifying conclusion. Her theory was right. The parking lot was empty.

I immediately called the police. I gave them my location, confessed that I had left my keys in the car, and that it had been stolen. Then I made the most difficult call of all, "Honey," I stammered; I always call her "honey" in times like these. "I left my keys in the car, and it has been stolen."

There was a period of silence. I thought the call had been dropped, but then I heard her voice. "Idiot", she barked, "I dropped you off!"

Now it was my time to be silent. Embarrassed, I said, "Well, come and get me."

She retorted, "I will, as soon as I convince this policeman I have not stolen your car."

Yep ~ it's the Golden Years.

In Memoriam

Frank Klojda 9/23/1923 – 11/18/2012

Milada (Milly) Urbanski 8/30/1924 – 11/21/2012

Dasa Kovarik 4/14/1923 – 11/27/2012

Eva Jaroslava Litochleb 1924 – 12/22/2012

Peter Schindler 4/20/1940 – 8/15/2012

Miss Me But Let Me Go

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

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

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

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

Frank Klojda (1923-2012)



“The first time I met Frank was at Sokol Hall on Western Avenue in 1955. He was the gym instructor for the young girls. We all loved his humor and his encouragement that we could really handle the rings and make that horse our own. There was always laughter with his easy going humor and friendly smile.” *(from Kathy Hanken)*

Frank was a strong supporter of Sokol Los Angeles, his humor at the meetings will be missed by all. He was very active in Sokol as well as in American Czech Association (ACA) and Pasadena Beseda.

More about Frank Klojda will appear in the next issue of *Sokol Notes*.



Frank Klojda, Eva Pilik & Bill Zelenka at Sokol Hall on Western Avenue

Milada Urbanski (1924-2012)



Our beloved Sokol Los Angeles member, Milly Urbanski, passed away peacefully on Wednesday morning, November 21, 2012, at the young age of 88, covered in warm and cozy blankets. One of her last wishes was to live long enough to enjoy Christmas 2012, Christmas being one of her favorite holidays. Milly was one of a kind, a lady who loved people -- always doing good and bringing cheer to all. Her laughter and sense of humor will always be with those who were privileged to know her. Many of us considered her a really great friend. She had that twinkle in her eye that meant mischief and brought happiness and laughter to all around her.

Milly was a good Sokolice all her life. She started at Sokol New York when she was a young girl and attended Czech School every Saturday.

Born in Astoria, Long Island, NY, Milly moved to Ballston Lake, NY in her late teens when her father Ferdinand Polach bought a farm there. Her mom Helen Skubik Polach passed away from dropsy when Milly was only 5 years old, but Milly had fond memories of their short time together. She was an only child and had many aunts, uncles and cousins growing up. When her father remarried, she had to live under her stepmother's rules.

Milly graduated from Columbia University with an MA in Psychology. She married Casimir Xavier Urbanski, Jr. in 1953. They moved to Florida in 1955 and bought the Oak Ridge Motel in Fern Park, FL. There she lived with her husband and daughter Denise until 1971 when Cas suffered a serious heart attack at age 49. They moved to Forest City, FL, where Milly took a job at the nearby Cemetery, Highland Memory Gardens. She worked there helping people in need until she moved to California to live with Denise and her husband Paul Fleck in April 2000, bringing along her Shetland sheepdog Duchess. Milly always had dogs in her life in New York, Florida and California and one cat Rosebud (because Denise insisted on a kitten). Milly once told her best friend Chickie, "Go ahead pet her, she won't bite." and Rosebud promptly bit her friend on the finger!

During Denise's early and teen years Milly served as Brownie and Junior Girl Scout Leader; PTA President at English Estates Elementary School, Teague Middle School, and Lake Brantley High School; and President of the County Council of PTAs. She was Band Booster President, served on the Drug Council (LOL) and was always

busy helping others. She played the piano, spoke some German (even took Scientific German in college), and obviously Czech, Slovak and English.

Milly leaves behind her lovely daughter Denise and Denise's ever-supporting husband Paul; two wonderful canine grand children, Lady Bonsai and Haiku; a stepson Casey Urbanski and step-daughter Barbara Osterhout who live in Schenectady, NY; and 11 step great grandkids.

Milly was considered a surrogate grandmother for many of the children of the Czech community. Milly will be missed at Sokol meetings, gatherings, and Czech class and by all the many friends she gathered in her life's journey. She could always be spotted in a group surrounding her. She was the center of joy for everyone with her vivacious laughter and love of life.

Milly would want everyone to share a hug with someone they love; and if you are so inclined...plant a rose bush to remember her by or think of her when you see a butterfly.

My Mom's Greatest Advice

--Shared by Denise Fleck

When we are young we think our moms have all the answers, but as we embark on our teenage years, we think our moms misplace their wisdom. Fortunately they do recapture their good sense during our adulthood and re-emerge as bright, thought-filled women worthy of our admiration. What gets them through those tumultuous times of sanity lost and regained? Probably the same advice that my wise and loving mom shared with me, "You may not always get what you want and people won't always appreciate you, but the key is to cope by making the best of what comes your way."

There was the new girl who swam faster than me; the Student Council election I didn't win; the easy word misspelled in the County Spelling Bee; the boy who left me in tears; the writing contest lost and the job interview blown, but my mom's advice prepared me to squeeze those lemons into lemonade by moving forward rather than dwelling on what might have been.

Disappointment is no stranger to anyone, but how we handle it is what makes us who we are, and I am one proud woman to have had a mom who sought out the silver lining in every cloud that drifted her way and taught me to do the same.

Dasha Kovarik (1923-2012)



Mrs. Kovarik died in Los Angeles on Tuesday, November 27, 2012 at the age of 89. Dasha Kovarik and her husband Oton came to California in 1966 from Czechoslovakia where they met and married. Both were grateful for their second American homeland that welcomed them. However, they always loved their Czech fatherland and were tireless promoters of Czech culture. The passing of Mrs. Kovarik is a great loss for the Czech community in the United States.

Dear Friends, *(Submitted by Lida Sandera, President SVU)*

I am shocked from the sudden death of my , and all of our, dear friend Dasha Kovarik. Her sharp mind was a source of so much knowledge she shared with me -- history, people.

I love to go to the opera and Disney Hall for concerts. As you all know the freeway in LA around 6pm is a big parking lot; therefore, every trip to Downtown from Manhattan Beach was a minimum one hour drive, if lucky. I always spent the time talking with Dasenka. When I dialed her number around evening, she would immediately ask, "So what are you going to see today?" We would talk about all in Czechoslovakia before the war, during the war and after -- she did know it all! For me, growing up during the hard time of communist rule, this was such great history information no books can provide.

Dasenka told me about the time her brother Karel and sister Jirinka left the Country in 1948 and how she was arrested for having contact with "imperialist" from the West -- about her time in prison with Oton sending her pained notes that even the crazy communist workers in prison were enjoying -- how sadly after that, she was unable to have children -- how they lost their jobs and finally were able in 1966 to emigrate from there and join her brother and sister in America in Los Angeles.

Most of us remember the time when Karel had his restaurant "Heart of Europe" across from Sokol Hall and how we spent many "good times" there. Oton and Dasenka, after their working their regular jobs, worked in the restaurant every day.

Unfortunately, every fairy tale one day ends. We all know how Dasenka and Oton were actually as one. Dasenka extended Oton's life for a few years but neglected her own health; therefore, only two years after his passing, she left us to join her beloved husband.

Our friend Mirek Plavec once dedicated a planet in the Universe to Oton, and I was talking with Dasenka about how crowded the planet will be as more and more friends are leaving us! I hope that Mirek chose a big one!

I am glad, that I was with Dasenka till the last hour of her life and had a chance to help her leave this world a "little easier". She was preparing herself to look great at a party I was doing for Gita Fuchsova. She was planning to attend and just a week later she was gone! Shocked, I still can't understand and feel like freeze went over me.

* * * * *

Eva Litochleb (1924-2012)

Eva Jaroslava Litochleb, a longtime Sokol Los Angeles member, passed away on December 22, 2012. She was 88 years old. She was preceded in death by her husband Vladimír (Vláďa) and is survived by her daughters Catalina (Kathy) Litochleb and Susana (Suzy) Kay, son-in-law Martin (Marty) Kay, and grandchildren Byron and Sabrina Kay.

Eva was born and raised in Prague, Czechoslovakia. She married Vladimír Litochleb, a medical student, and following the communist takeover in 1948, the couple made the decision to emigrate and left Czechoslovakia. They landed first in a refugee camp near Naples, Italy, and eventually settled in Lima, Peru, where their daughters Suzy and Kathy were born.

The Litochlebs emigrated to the United States in 1958, became U.S. citizens and settled in Alhambra in the Los Angeles area. In 1965 the family moved to Vienna, Austria, where Eva's husband Vláďa intended to pursue medical studies. This did not work out and a year later they returned to Alhambra, their former home. In 1966 the Litochlebs bought a home in Mission Viejo in Orange County, and they remained in that area. Vláďa preceded Eva in death in 2001.

The Litochlebs were for many years active members of Sokol Los Angeles. Vláďa was instrumental in organizing the annual Labor Day Weekend Camps on behalf of Pacific District and Sokol Los Angeles. For 36



years, the Litochlebs never missed a single Labor Day camp. They remained active Sokol Los Angeles members for four decades.

Eva was an excellent cook who enjoyed making all of the typical Czech dishes, but she had other talents as well. She had a flair for interior decorating and design, dressmaking, gardening, art appreciation, and playing the piano. She loved to learn, especially languages, and in her late 40s started taking classes at Saddleback College. She went on to attend UC Irvine and earned a Bachelor of Arts Degree in Linguistics, Summa Cum Laude (with the highest distinction). She especially loved the French language and found others with the same interest. For many years she would meet weekly with her circle of friends to read and discuss books in French, long before it became fashionable to join a book club. Their perennial favorite was Proust, for whenever she was asked what they were reading, it was invariably Proust's Swann's Way (In Search of Lost Time).

Eva was an art lover, gourmet cook, Francophile, polyglot, and a woman of wit and spirit, who enjoyed life to its fullest. She will be missed.

Friends and relatives attended Chapel Services on Sunday, January 13th at 1:00 pm at Fairhaven Memorial Park in Santa Ana. Open House Reception followed at Suzy and Marty's house in Santa Ana.

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Peter Schindler (1940-2012)

Peter Schindler se narodil 20. dubna 1940 v Praze. Na 15. srpnu 2012, nasledkem masivni mozkove mrtvice, zemřel doma v přítomnosti jeho dcery, syna a manželky Petr Schindler. Zde se take konala Oslava Petrova Života. Oblíben pro jeho humor, vždy ochoten podat pomocnou ruku, známý pro jeho pracovitost, Petr žil plně. Všichni, kteri jsme ho znali, jsme vděční, že byl součástí našeho života. Petre drahy, máme mnoho milých vzpomínek, moc nam schází.

Peter Schindler was born on 20 April 1949. On August 15, 2012, as a result of a massive stroke, he passed away at home with his daughter, son and wife by his side. The Celebration of Peter's Life took place here as well. Much liked for his humor, always willing to offer a helping hand, known as a hard worker, Peter lived fully. All of us, who knew him, are grateful that he was part of our life. Peter dear, we have many wonderful memories; we miss you.

We were Sokol members for many years, beginning sometime in the seventies; I do not remember when we quit our membership. Iva Prochazka and Pavel Horak are my husband's cousins, and they suggested announcing Peter's passing in Sokol Notes. I don't think we were members of any other organization, even though we attended the events that Iva and her family were part of (Hume Lake camps, Beseda dances). Both our children were dancers and also attended the Dinkey Creek camps. Iva Prochazka has been the glue of our growing extended family.

Nazdar! Ilona Schindler

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*** Past Events ***

October 21 – Czech Class at PCC

The monthly Czech class is growing. Some students are diligent and show up every month while others miss for vacations and other reasons and make up the work as they continue. We are currently doing research on the Czech comedy music (satirical) of Ježek and Werich. Student requests for singing Czech songs started this side project, which means more homework. The class is currently working on sentence construction and speaking and listening with some grammar. There is much improvement in the students that do all their homework.

One of our students is going to spend a year Prague; we are looking forward to seeing her after she returns. Another student spent vacation in the Czech Republic; he visited the outskirts of the large cities during this trip where he was forced to speak Czech. You would not believe how much his Czech language has improved. There is nothing like total immersion into a foreign country without the benefit of a translator to speed up the learning of a language.

After the three-hour class, some of the students gather at various nearby restaurants in Pasadena to eat lunch together. In October those staying for lunch visited the Continental Burger near the corner of Lake and California streets. It is not expensive and has a variety of food that includes Middle Eastern cuisine. To our surprise, there was a Belly Dancer performing during our lunch hour. We have two adventurous souls among our members, Lillian and David, who were brave enough to get up and dance at the Belly Dancer's request. Marvin enjoyed the dancing by Lillian very much. Needless to say, we also have fun outside the classroom.



October 28 -- Heritage Celebration Co-hosted by Czech Consulate in Los Angeles



Celebrating the Czech holiday - Czechoslovak Independence Day

Czechoslovak independence was declared on Wenceslas Square (Václavské náměstí) on October 28, 1918, beginning a new era for the newly formed republic, which had previously been part of the Austro-Hungarian Empire.





Consul General of the Czech Republic in Los Angeles, Michael Sedláček, speaking at the Annual Heritage Dance in celebration of Czechoslovak independence.
<http://www.mzv.cz/losangeles/en/index.html>

At right: Sokol members in krojs -- submitted by brother Mike Vondrus.



Czech National Day Celebration

--as reported in the Consulate's Newsletter

The Czech Republic recently celebrated its National Day of independence on October 28, 2012. Events took place all over the world, including Los Angeles where the Consulate General of the Czech Republic, in cooperation with expatriate organization American Sokol Los Angeles, launched the holiday with an official luncheon and reception full of fun, song and dance, and other cultural activities.



The Consulate General would like to thank Mrs. Lillian Roter, President of Sokol Los Angeles, for her invaluable contributions to the event. The luncheon at the Knollwood Country Club showed the beauty of traditional Czech dress (kroje), and was accompanied with singing and dancing for the whole family. The Sokol organization worked hard to bring together the Czechs and Slovaks that are living abroad, and hosts many other events throughout the year.

Several Sokol members presented a routine from their performance at the 2012 Sokol Congress during the National Day celebration (see picture at left).

Consul General Michal Sedláček recognized the day with remarks commending the important bilateral trade and cultural exchange that occurs between the United States and the Czech Republic. Director of Federal Relations Jim Clarke for the City of Los Angeles, Deputy Chief of Protocol of LA County Lourdes Saab, and Wayne Wedin for Orange County, presented three plaques commemorating years of cooperation between the two nations. The plaques were signed by Mayor of Los Angeles Antonio Villaraigosa, the five Supervisors of LA County, and the Chairman and Vice Chairman of the Orange County Board of Supervisors.



Celebrations also took place in San Diego on October 14, with a cultural mixer hosted by the House of Czech and Slovak Republics with the participation of Consul General Michal Sedláček and a performance from dance group Karyška (photo at right – International Dancers).

Fall Heritage Social & Czech Independence Day Celebration October 28, 2012

--submitted by Cynthia Zuber

Celebrating Los Angeles Sokol's participation in the 2012 Sokol Slet in Prague, CZ, team members performed a shortened version of the calisthenics drill they performed in July 2012. As always, the music and the choreography were well-thought out so the movements were graceful and synchronized. Team member Yvonne Masopust introduced the performance with a fact-filled, historical account of the slet's purpose in the Sokol organization. Attending guests thoroughly enjoyed this segment of the heritage celebration.

After singing the Czech, Slovakian, and American national anthems, lunch was served; all of the entrées turned out to be delicious. Pilsner beer was available for purchase as were mixed drinks and wine. After lunch, members and guests wearing authentic native costume, or kroj, gathered into a group to display their dress. Then a trio led a sing-a-long of a few, popular Czech songs and one Slovakian folk song.



Ballroom and line dancing followed; just about everyone got up to dance at least once! The live band did a good job playing for this event. Raffle tickets sold earlier gave way to a tombola prize giveaway that even included kid's gifts and the table centerpieces. (I got one of those!) The red, white, and blue color theme matched the occasions we celebrated!

To top off the afternoon, the Czech Consulate took the podium in commemoration of the Czechoslovak independence on October 28, 1918. Certain California city officials also attended and presented plaques to the Czech Consulate (as noted above).

All-in-all, this was a joyful, fun-filled and educational afternoon!!



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Sokol Los Angeles Annual Meeting and Election of Officers & Directors – November 17, 2012

Several members were absent due to car problems, weather, illnesses, and other commitments. Voting results of the Sokol Los Angeles membership present are as follows:

Officers and Directors for 2013 Elected on November 17:

President -- Lillian Roter Vice-President -- Don Hauser
Secretary/Financial Secretary -- Darine Klega
Treasurer -- John Winslow
Education Director -- Jim Buchanan
Membership Director -- Yvonne Masopust
Public Relations Director -- Cynthia Zuber
Men's Physical Director -- Otto Notzl Women's Physical Director -- Libby Pelc
Editor Sokol Notes -- Lillian Roter
Bylaws Chairman -- Lillian Roter
Property Committee Chairman -- Larry Phillips

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Alpine Village Brunch with CSA and WFLA - December 2, 2012

The brunch gathering was once again held in the beautiful Emerald Room of Alpine Village, giving friends a chance to converse and catch up with news. Members had to carry their plates a little farther, but the nice tablecloths and the quiet surroundings more than made up for this minor inconvenience.

The layout of the brunch is always fabulous. The three groups, CSA, Sokol, and WFLA, were in attendance. Everyone had a good time. This is the second year that Sokol LA was joined by the two Czech and Slovak fraternal organizations, CSA and WFLA. Last year was a great success with many members of all three groups attending.

Sokol Meeting December 15, 2012

It was a good meeting. The weather was lovely. Probably 30 members and guests attended.

Our talented President Lillian Roter baked several, wonderful pork roasts (vepřové) and prepared sweet-and-sour sauerkraut (zely)! Janelle Palas made dumplings (knedlíky) from scratch; my guest Kevin McVay thought he was being served bread because the dumpling slices looked like sliced bread to him! Kevin soon learned that Czech and Slovakian dumplings are not small, round concoctions. (Our cooks and servers, photo at right: Lillian Roter, Zdenka Svitek, Janelle Palas, Yvonne Masopust)



While we honored and mourned the recent passing of two of our members, the holiday spirit shined through as everyone shared a meal with pleasant company and conversation. There were ample desserts and a few gifts to share with those who participated in the Gift Exchange.

I led the Christmas Carol sing-a-long. We sang "Tichá Noc" or "Silent Night" in both English and Czech. We sang, "Nesem Vám Noviny" or "I'm Bringing You the Newspaper" in Czech. We also sang a few other well-known American Christmas songs. I am discovering that Los Angeles Sokol members really do like to sing!

Joyfully submitted, Cynthia Zuber



David Luboff, Cynthia Zuber, Zdenka Svitek,
Otto Notzl, Jon Babicka

Czech Mission Christmas Mass December 25, 2012

At the Polish Center in Yorba Linda, California, a colorful and holy Christmas Service was organized by members of the Los Angeles and Orange County Czech Mission. It is a Catholic Mass in the Czech language led by the Czech Bishop Peter Esterka. The authors of the mass booklet, or misslet, very considerably matched the Czech liturgy with the English translation directly on the facing page so a non-Czech speaker could follow along, find, and understand a few biblical terms in Czech.

The Catholic altar was adorned with colorful tapestries and paintings along with bunches of fresh, red poinsettias and decorated Christmas trees. There was also a large display of the Nativity scene created with real wood, flowers and porcelain statues.

During the mass, the Bishop spoke clearly and concisely so that even an intermediate speaker of Czech could understand him or at least easily hear every spoken word of the sermon.

A lunch was prepared and served after the Mass. It was a genuine home-cooked ham (šunka), home-made dumplings (knedlíky), sauerkraut (zeli) and bread rolls (housky). Beer and soda were also sold. Home-baked desserts such as fruit squares (koláče), filled buns (búchty), and poppyseed roll slices (mákové plátky) were included with the meal.

After lunch raffle tickets were sold and prizes given to the winning ticket holders. Although the afternoon grew dark from an oncoming storm cloud, everybody in attendance exuded good will and gratitude!

Respectfully submitted, Cynthia Zuber



Kevin McVay, Father Esterka, Cynthia Zuber

* * * * *

We get mail!



Received from a Sokol member with request to print in Sokol Notes

Czech-American TV Is Celebrated Nine Years of Existence in December

Do you want to learn more about Czech heritage, how to make traditional Bohemian dumplings or want to speak Czech? You are at the right address: Czech-American TV will offer you all of that and more. Czech-American TV dedicates itself to promote Czech culture, tradition and history through various educational programs and documentary films.

This very unique broadcast platform was founded nine years ago by John Honner - an American of Czech origin with experience as a TV producer and cameraman. Today, Czech-American TV has branches in multiple states in USA and in Europe. Content is viewable on the Internet, which offers the broadcast to hundreds of thousands of viewers across the US and worldwide.

On Czech-American TV you can watch documentary films about genealogy, cuisine, language video classes, folk art, music and dances that create the Czech culture. All shows are in English, which makes them accessible to a large audience. Streamed shows of the past 6 months are conveniently stored in the online archive for viewers to watch.

Czech-American TV is a non profit organization 501(c)(3) that offers ad-free broadcasts and spends its financial resources mainly on technical expenses. Support comes from various grants, gifts and donations from

viewers. It basically works on the same foundation as PBS. Staff of the Czech-American TV consists of many volunteers who like to donate their time and skills to achieve well rounded programming.

Czech-American TV broadcasts for the benefit of many Czech Americans from all around the USA. Any cooperation with Czech American heritage organizations is greatly valued and appreciated.

The Czech-American TV programs are available via Internet at www.catvusa.com any time. The website gets refreshed with new content every Monday/Tuesday.

Ivana Scott / Public Relations Manager

Phone: (708) 813-0028 , email: media@catvusa.com , web: www.catvusa.com , Facebook/czechamericantv

Address: Czech-American TV, P.O.Box 100001 , Cape Coral, FL 33910

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Many thanks to Ivonne Masopust and all people (Sokols), who found some time and sent me greetings from the land beyond; honestly thanks. It is very nice and kind. It makes me happy. To you and all Sokols in USA I wish all the best and happiness to year 2013. Hey!

Velký dík Ivonne Masopust a všem lidem (Sokolům), kteří si našli ten čas a poslali mi pozdravy ze země vzdálené. Upřímně děkuji. Je to od Vás velmi milé a laskavé, hřeje mě to u srdce. Vám i všem Sokolům v USA přeji ve zdraví prožitý rok 2013.

Aleš Chaloupka	Zelený pruh
Vršovická 90	103/1608
Praha 10, 100 00	Praha 4, 140 00
- pracovní místo (work)	- domov (home)

* * * * *

Dear Sokol Brothers and Sisters,

I'm sorry that I have not been able to attend any meetings or Czech class these past few months. I have gotten a few emails and calls wondering where I have been.

Every year at this time (fall), for the last eleven years, I participate in the Los Angeles Music Center Spotlight Program. Much more than a competition, Spotlight is an educational program for high school students of all talent levels in Southern California. With an emphasis on self-esteem, preparation and perseverance, this unique learning experience provides a community of support for the development of young artists to help strengthen artistic and performance skills. Spotlight is a nationally-acclaimed scholarship and arts training program for high school students in the performing and visual arts. For more information go to www.musiccenter.org.

We are almost finished for the year so I look forward to getting back to my Sokol activities and seeing you all in the New Year. Thank you again for all your support and votes as your Financial and Recording secretary. I miss you all and I wish you a very Merry Christmas and a Happy New Year.

Nazdar,
Darine Klega

* * * * *

Subject: SOKOL Los Angeles 2013 Dues Notice

Dear Brothers and Sisters,

Your American Sokol membership dues for calendar year 2013 are due and payable as of January 1, 2013.

Annual dues are payable at the beginning of each calendar year. Sokol Los Angeles annual membership dues: \$35.00 for individuals under age 65 and \$25.00 for age 65 and older.

Please mail your check for the appropriate amount payable to **Sokol Los Angeles** to Lillian Roter, 22542 Chaparro Drive, Saugus, CA 91350 by February 29, 2013.

If you have any changes to your home address, phone number or e-mail address, please include that information along with your payment.

If you no longer wish to be a member of Sokol Los Angeles, please respond by return mail.

Nazdar!

Darine Klega, Financial Secretary

* * * * *

We both, Iva and I regret not personally participating in your common activities due to the distance but hope once in a while we will be able to see each other. This is what we wish and this is what we miss. Please extend our warm greetings to Marv and all the officers and members. Hope you all feel well and happy.

Regards, Mila and Iva Prochazka

* * * * *

I was at the Shelter (Burbank Animal Shelter) yesterday and heard they opened a letter and kind donation from Sokol in my mom's (Milly Urbanski) memory. Thank you all so very, very much. I know that is making her smile.

Yours 4 paws, Denise Fleck

* * * * *

Received from Janelle Palas

Regarding the picture of Mayor Yorty at Sokol Hall (April 2012 Sokol Notes). My mother Florence Palas, who was Women's Pacific District Gymnastic's Chairman for the Amateur Athletic Union (AAU), was invited to a luncheon that was held in downtown Los Angeles by the mayor. I believe this event was to honor people who were involved in the mayor's physical education programs. She was asked by the mayor to start a program for seniors. She started the first swimming pool exercise program for seniors at East Los Angeles College long before it became popular with the general public. She had a picture of herself with the mayor taken at this luncheon which hung on our den wall. I believe my brother has this picture now. I believe she was the impetus for the mayor to visit Sokol and see for himself what our organization was about. I do not know if the visit was before or after the downtown luncheon. I do know that she and my father supported Mayor Yorty and attended more than one of his events.



* * * * *

“What in the world is a Sports Festival???”

Interesting...we've heard that question so many times before...but the question has always been slightly different. “What in the world is a Sokol Slet???” The truth is, these two terms mean exactly the same thing. The only difference is that people who are not in Sokol will actually be able to relate to and understand the concept of a Sports Festival.

This is CRITICAL this year. For the first time, we are opening up all of our events, socials, competitions and shows to anyone who would like to join us. The 2009 International Sport and Cultural Festival (2009 Slet in Fort Worth) gave us a chance to whet our whistle with this concept as we partnered with USAG on many activities. This year, we have expanded to a full blown external participation blitz. The objective...to share our fantastic Sokol Slet with the world! It is critical that our external marketing be familiar and comfortable to non-familiar eyes. An outside gymnastics club, volleyball team, dance group, etc... will see “2013 Sokol Slet”, not understand what it is, ignore it as too unfamiliar, and will most likely never be able to experience the power of this great Sokol tradition. We advertise this year as a 2013 Sports Festival in order to bridge that gap between Sokol and the rest of the world. Ultimately, we want to share our secret with everyone!

This is NOT a deviation from tradition. This is NOT an attempt to forget our storied and powerful history. This is NOT a campaign to alienate our Sokol membership. It is simply a way for us to reach out to a general public that needs to be re-educated about what a great organization we are. As you may have seen in our Seals Campaign, we are still celebrating another American Sokol Slet. We may even have some Slet souvenirs. However, when it comes to spreading our wings, just like a falcon, we will do what we need to in order to fly!

So come and celebrate! Bring all of your family AND friends. This is going to be an historic event, and you won't want to miss it!

NAZDAR! 2013 SLET Steering Committee

Sports Festival : Wheelin' in Milwaukee

June 25 to June 30, 2013

Check the American Sokol web site for more information

www.american-sokol.org

email: sportsfestival@american-sokol.org

708-255-5397

NOTE: Sokol Los Angeles will not be sending a contingent to this event. However, members are asked to include this event in their vacation plans.

What's New at American Sokol Headquarters?

National News from American Sokol President *Tom Pajer*

SUBJECT: New American Sokol Office Manager

It is with great pleasure that I announce Colleen Stransky as the new American Sokol Office Manager. Besides her outstanding experience and qualifications, Colleen has a lifetime of volunteerism invested in the American Sokol. In this recently revised position, Colleen will have many administrative responsibilities, but a large portion of her time will be dedicated to advanced project work in Finance, Membership, Insurance, etc... She will also be integral in supporting the National Executive Board and its officers in accomplishing the many goals that each of them have. Most importantly, Colleen will be a strong and consistent resource for all Districts, Units and Members to contact for information and to stay "connected" to the American Sokol.

Please join me in congratulating Colleen on this new and exciting opportunity.

SUBJECT: New American Sokol Office Position – Operations Advisor

Based on an analysis of the organization as it currently is and a clear direction on where we need to be, it became clear that we needed someone who could spend full time travelling to and meeting with our units to see how our National groups can help them the most.

The position of Operations Advisor has been developed and is focused on meeting with key unit people, doing needs assessments, collecting and analyzing data, market research, developing course correction and providing assistance with implementation of plans. The Operations Advisor will be working with the Executive Board and its committees in the realization and further development of best practices from both our current Units and the industry in general. This position requires extraordinary knowledge of the Sokol organization as well as a solid background in non-profit operations, programming and research. In order for us to hit the ground running, the position also requires built-in credibility and trust throughout our organization.

I am pleased to announce the hiring of Mary Cushing to fill the role of Operations Advisor for the American Sokol. Mary is certainly no stranger to us as she has served throughout all levels of the American Sokol in multiple capacities. Mary will be moving to the Chicagoland area and will be working out of the Brookfield office starting on February 18th. Please stay tuned for more information on this important role.

Please join me in welcoming Mary to her new role!

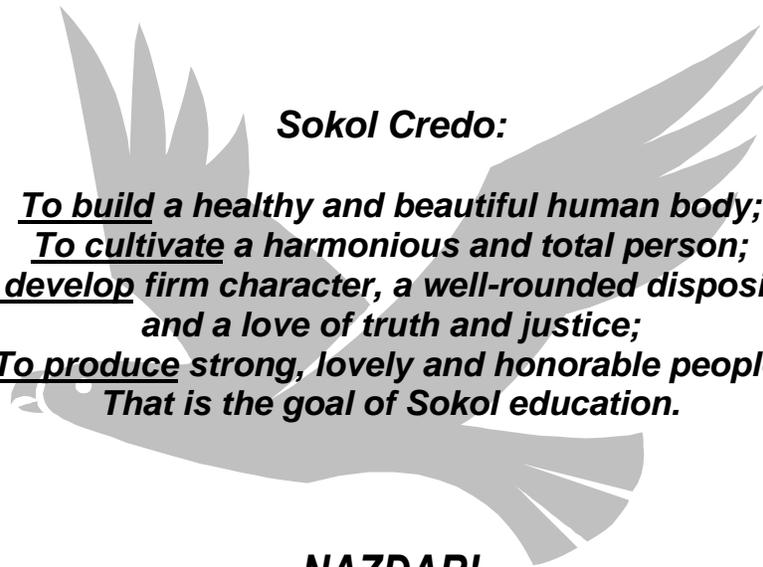
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Calendar of Events Sokol Los Angeles:

2013

Saturday, January 19:	General Meeting – Joe Bridges Clubhouse, Glendale
Saturday, February 16:	General Meeting – Joe Bridges Clubhouse, Glendale
Saturday, March 16:	Easter General Meeting – Joe Bridges Clubhouse, Glendale
Sunday, April 7:	Spring Social – Knollwood Country Club
Saturday, April 20:	General Meeting – Joe Bridges Clubhouse, Glendale
Saturday, May 18:	General Meeting – Joe Bridges Clubhouse, Glendale
Sunday, May 19:	Nordic Spring Picnic – Vasa Park, Triunfo Cyn, Agoura Hills
Saturday, June 15:	General Meeting – Joe Bridges Clubhouse, Glendale
Sunday, June 23:	Midsummer Celebration – Vasa Park, Triunfo Cyn, Agoura Hills
July 14 – July 21:	Dinkey Creek Family Camp 2013 (packets to be mailed at later date)
Sunday, August 17:	Tentative date for Annual Family Picnic – Cerritos Regional Park
Saturday, September 21:	General Meeting – Joe Bridges Clubhouse, Glendale
Sunday, September 29:	Autumn Fest Celebration - Vasa Park, Triunfo Cyn, Agoura Hills
Sunday, October 13:	Czech and Slovak Cottages Lawn Program – San Diego
Saturday, October 19:	General Meeting – Joe Bridges Clubhouse, Glendale
Sunday, TBD:	Heritage Celebration – Knollwood Country Club
Saturday, November 16:	General Meeting – Joe Bridges Clubhouse, Glendale
Saturday, December 21:	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!