



SOKOL NOTES

SOKOL Los Angeles

* Issue #23 * September 2011 * Published by American Sokol Los Angeles, 22542 Chaparro Drive, Saugus, CA 91350 *

Editor's Notes: This is our second issue of Sokol Notes in 2011. We have added a correction of the last issue. We will include a Kudos mailbag and a complaints/suggestions mailbag in future issues. If you have something to share about Sokol, your life, your experiences, and why Sokol is important, please send us your story and we will publish it. Please send your stories to SokolNotes@SokolLA.org.

Words to Live By: Let me never fall into the vulgar mistake of dreaming that I am persecuted whenever I am contradicted. ~Ralph Waldo Emerson

Notes for thought: Our wonderful volunteers – Researching on the web we found this quote on the main Sokol website. <http://www.american-sokol.org/volunteer.php>

“American Sokol was built by the efforts of many volunteers, with “neither profit nor glory” as a mantra. We rely a great deal on volunteer time and efforts to accomplish our mission.”

No non-profit organization can survive without volunteers. Sokol LA is very lucky to have a few dedicated and hard working volunteers who keep the organization going. Sokol LA has lost a large portion of our history. At Sokol Los Angeles in the 1950s the names of the army of super volunteers in the following decade were from the families of: Nekuda, Wortner, Řiha, Pokorny, Palas, Gayda, French, Salak, Kiš, Haralik, Vanda, Marek, Koukal, Zbořil, Peřina, Ružička, Komarek, Klojda, Šeda, Bednář, Šikola, Hintnaus, Litochleb, Svoboda, Nachtigal, Brožek, Chemliř, Hlavaček, Finek, Ingriš, Stelibski, Fuchs, Jackl, Zelenka, and many others whose names we would like to remember and publish. Most of our current members have no idea what a great group of volunteers put their dedication and sweat to make Sokol Los Angeles grow. Please share your stories about Sokol members from the past that have made a difference as volunteers for Sokol Los Angeles. We reserve the right to edit the articles. Please send your stories to SokolNotes@SokolLA.org.

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

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

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

NAZDAR!

Sister Lillian Roter, Editor



We got mail!

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

Mail we gratefully appreciate – a thank you or encouraging and complimentary mail – We may include part or all in the Notes.

Mail we appreciate – constructive criticism– a few minor corrections received from members; these will be covered later in these Notes.

Mail that we find a little disturbing – ALL CAPS in emails means you are shouting at us. If we left out something that is important to you, please forgive us for the omission and include that information in your email. We will do our best to publish it in the next edition. We welcome suggestions and ideas. Remember that we are all volunteers. Please treat us as you would like to be treated.

We love pictures – Thanks to members who included pictures with their requested stories. A picture is worth a lot of printed words. Sometimes we forget names from long ago, but the faces we may still recognize. If you send a picture, please remember to include the names of pictured individuals.



Corrections to last Sokol Notes

One member pointed out that the pages were not numbered in sequence. There were only 13 pages in the June Sokol Notes, not 15, as indicated by the page numbers at the bottom of the page. The cover page was page 1 and 2, but the numbers were not printed. In the future the numbers will be for the printed document pages only and not the cover sheet. Another complaint was that the pictures were too small. In the future we may have fewer pictures, so they can be larger.

We missed mentioning Sister Cynthia Zuber's hard work in volunteering her time and effort in helping Sister Lillian Roter organize the last two Sokol dances and putting together the raffles as well as her singing performances. Our apologies for forgetting to recognize all her fine work. We know that Sister Roter considers her a very helpful volunteer.

Please remind us of items you deserve acknowledgment for – time, gift items, etc. Sometimes, with our busy schedules, we forget to publicly acknowledge those who selfishly give of themselves to help make our functions successful. While a personal thank you is appreciated, public recognition is also warranted.

Our apologies for accidentally omitting the life stories received for the departed Sokol members who were listed in the last issue of Sokol Notes. We have included their stories below in this issue's "In Memoriam" column as well as the stories of our most recently departed.

Officers and Directors for 2011 Elected November 20, 2010:

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

American Sokol is an organization dedicated to the physical, mental and cultural advancement of its members, the youth and adults that attend its programs and the local communities it serves. Sokol was founded on the Tyrs philosophy that only physically fit, mentally alert, and culturally well-developed citizens can make a nation strong and give life to the honorable spirit of patriotism.

Sokol Los Angeles, founded in 1909, is an American Czech/Moravian/ Slovak social, gym and educational organization established to carry on the ASO philosophy. Our organization is open to all individuals interested in the Czech/Moravian/ Slovak cultures and the ASO philosophy.

Sokol is the Czech word for falcon, a symbol of strength, beauty, harmony and freedom. People participating in Sokol activities are themselves often called "Sokols."



* * * * *

Laughter – The Best Medicine:



"My doctor told me to avoid any unnecessary stress, so I didn't open his bill."

Membership: Since the last issue of Sokol Notes, three Sokol Los Angeles members have departed this world. Brother Dušan Klein has passed away along with his wife. Their deaths made the local news from LA to Las Vegas. Sister Ethel Pauline Winslow, a former member and the mother of Brother John Winslow. Antoinette Chemliř, who touched the hearts of the current Sokol Czech Class. Our sympathies are with the families of the dearly departed in their sorrow. While they are no longer with us, they have all left us with fond memories that we will cherish forever.

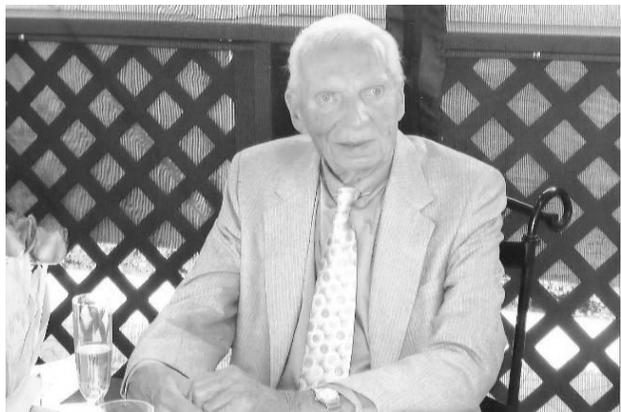
In Memoriam

*"As long as hearts remember,
As long as hearts still care,
We never part with those we love--
They are with us everywhere..."*

*Ethel Pauline Winslow 10/1/1918 – 6/27/2011
Dušan Klein 3/21/1952 – 6/30/2011
Antoinette Marie Chemliř 4/2/1919 – 7/23/2011*

Jiří Karger

While Jiří Karger was not a Sokol member, we honor him as a good friend of Sokol and for his wonderful artwork that graced Sokol Hall, Sokol publications and event flyers.



Jiří Karger on his 85th birthday



George (Jiri) Karger was born on April 22, 1924 in Opava, Czech Republic. He grew up in Opava and Olomouc, graduated from State Graphic School and Umprum in Prague with the title of Academic Artist. As an art student, he worked with his class on stained glass windows for St. Vitus Cathedral, which remain there today. He continued his education at Charles University before having to leave his homeland in 1949 when the Communists came into Czechoslovakia.

He lived in exile in Ludwigsburg, West Germany from 1949-1950. During this time he took part in starting many first emigrant cultural magazines as well as political revues, being responsible for graphic design and illustrations. He continued his education in exile. While in Ludwigsburg he married Milena in 1949 and, in 1950, their daughter Daniela was born.

In the year 1951, the three of them emigrated to Norway. They became Norwegian citizens and Jiri owned a successful design studio in Oslo. In 1955 the family emigrated to Sweden where he worked for SAS as an art director in Stockholm.

In 1960 they emigrated to California and five years later they became US citizens. Jiri became an art director for Carson Roberts advertising agency. In 1967 he was creative director for CBS until his retirement in 1989. He was painting as well during all this time and had numerous gallery showings. His paintings are displayed in friends' homes around the world. He was very involved in various organizations: SVU (Czechoslovakian Society of Arts and Science) where he served as president and The Czechoslovakian Culture Club of Los Angeles.

He painted a mural at the Sokol Hall and created many cover designs for Sokol Los Angeles. Designed covers for Vestnik of the Czech Catholic Mission dating back to the 1960's. He was very proud of the bronze statue in Prague that was designed by him to honor all the people that lost their lives due to political reasons under Communism.

He was such a versatile and talented man who was fortunate enough to actually be able to have a successful life-long career doing what he loved. He lived a full long life, and his beautiful paintings will live on forever.

In 1999, his dear wife Milena passed away. They had nearly 50 years of marriage together. He left behind his loving daughter Daniela, her husband Jeff Murray, and his three grandchildren, Nicholas, Lauren, and Alan. *Daughter Daniela Murray submitted her father's life story.*

MAR

SOKOL LOS ANGELES BULLETIN

1976

The official publication of American Sokol Los Angeles

SERVING THE CZECHOSLOVAK COMMUNITY OF SOUTHERN CALIFORNIA

SOKOL NOTES

500 N. Western Ave.

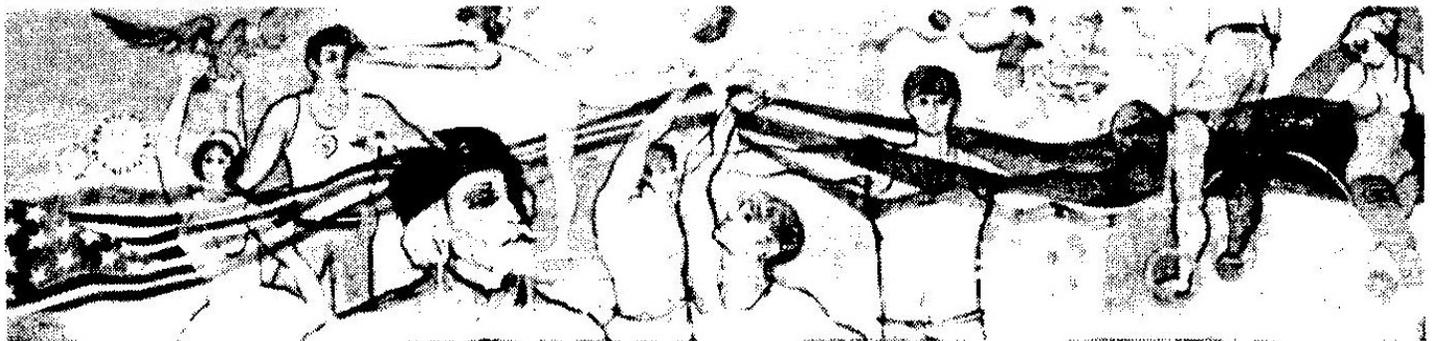
Los Angeles, CA 90004

(213) 465-3424

AMERICAN SOKOL

Educational and Physical

Culture Organization, Inc.



Design by Jiří Karger

Dušan Klein



Dušan and Renata Klein

A certain mystery surrounds the death of Brother Dušan Klein and his wife, Renata. The picture on the left you might recognize from the news created in Los Angeles and in Las Vegas. First their disappearance was publicized, last seen on the weekend of June 11-12. Then the news report of the body of Renata found in the hills of Big Tujunga Canyon on the 15th of June, and on June 30th, Brother Dušan's body was found in the hills near Las Vegas. The last news article seen was when the Nevada coroner proclaimed that Dušan was identified by his dental records and had committed suicide. Some reports about their family dog, Cindy, who is still missing, and some specified that the couple lost their home to foreclosure. It is a sad story; nothing is ever so drastic that something cannot be done in the future. It seems like a very final solution to a temporary problem.

Brother Dušan was a relatively new member, not too many members were able to get to know him personally. No one in the organization was aware that Dušan was having any financial problems. At the publishing of this edition, no more information could be found on the Internet. According to the news, they leave behind a son named Robert Klein, 32, who lives in New York. According to the reports, Robert spoke to detectives and said his parents wanted to move out of the country soon and find a better life. They liked hiking in the local mountains. Renata liked to bake and cook Czech food; she was a very nice person. They seemed to have been happily married for over 30 years.

Ritta Tvrdek

Sister Ritta Tvrdek joined Sokol Los Angeles in April 1969, along with her husband Ted Tvrdek. She was born Ritta Swartz on March 20, 1926 and passed away on June 14, 2010. Her two daughters, Sonia and Gabriela Tvrdek, survived her. She also left behind three grandchildren, Veronica Cueva Ballesteros, Miguel Cueva Jr. and Timothy Blada and three great-grandchildren Matthew Ballesteros and Natalie Ballesteros.

Both Ritta Tvrdek and Ted Tvrdek really loved being part of Sokol. Her daughter Sonia remembers the fun times in Los Angeles when she and her sister were part of the gymnastics group at Sokol Hall. They participated in many, many of the Czech traditions.

Sonia's mom is remembered as the most wonderful mom, grandma and great grandma anyone could ever ask for. She was caring, loving and extremely unselfish; her family was everything to her. Also extremely important to her was her heritage of being a Czech descendant. She was very proud of being Czech. Ritta spoke six languages, Czech, English, Spanish, German, Hungarian, and Polish. Everyone who was acquainted with the Tvrdek family knew that the mother was the rock of the family. She is being missed more than words could ever express.

Daughter Sonia Tvrdek submitted her mother's life story.

Mary Jane Dabalack

Sister Mary Jane Osterberg Dabalack was born on July 31, 1938 and departed this earth on October 23, 2010. Her maiden name was Ciskal. She lived in San Diego with her husband Brother Frank Dabalack. Besides leaving her beloved husband behind, she left many cousins, aunts, uncles and dear friends who reside in Buffalo, New York area. She belonged to the House of Pacific Relations International Cottages in Balboa Park, San Diego. She was a member of Mended Hearts, Mission San Diego de Alcalá, a volunteer of Kaiser Hospital on Zion, past member of the Business Women of Buffalo, New York and the Czech and Slovak House of H.P.R. (House of Pacific Relations). She was a current active member of Sokol Los Angeles.

Story submitted by husband Frank Dabalack.



*George and Kay Youhouse,
Frank and Mary Jane Dabalack*

*Sokol LA members from San Diego
at Sokol Heritage dance
September 2008*

Mary Jane Dabalack and her friend, Kay Youhouse along with their husbands, joined Sokol Los Angeles after the first bus trip Sokol LA made to the San Diego Balboa Park to enjoy the Czech and Slovak festivities sponsored by the House of Pacific Relations International Cottages. Our members met them at the Czech and Slovak house serving wonderful pastries donated by Czech and Slovak ladies of San Diego and serving the ever-delicious sausages with sauerkraut. We all just loved those international cottages that displayed the world's cultural differences, and of course the singing and dancing performance was a treat. It was wonderful to have these four people attend our dances; they drove the distance to be with us. We truly enjoyed their friendship and will miss these two wonderful ladies that died within a short time of each other.

Lois (Kay) Youhouse

Sister Kay Youhouse was born on November 24, 1927 and departed this earth on January 8, 2011. She lived in San Diego with her husband Brother George Youhouse. Mass for her was held on January 20th at 10 am at the Our Lady of Grace Church Featheringill Mortuary. Her obituary was published in the San Diego Union-Tribune on January 15, 2011. Sister Kay is the one who sent an email informing Sokol LA of the death of her friend Mary Jane Dabalack.

Ethel Pauline Winslow

Ethel Pauline Kristofek was born October 1, 1918 with help of a midwife in New York City to immigrant parents who arrived in the United States via Ellis Island. She and her parents lived off the Boston Post Road in NYC and she attended the NYC public school system until age 8. Her father left to find work as a bellman at the Hollywood Roosevelt Hotel. Ethel and her mother then left New York and traveled by ship through the Panama Canal to Los Angeles.

Ethel was active in Sokol Los Angeles and helped out with Czech athletes in the 1932 Olympics held in Los Angeles. She also helped with her mother's restaurant (Krist's Foods) on Wilshire Blvd. in the late 1930's while attending Mount St. Mary's College. She double majored in Botany and Biology and graduated in 1939.

At the beginning of World War II, Ethel worked for Douglas Aircraft in Santa Monica where P-3 pursuit planes were built. She then became a Wave and was stationed at Long Beach Naval Hospital and Oklahoma City.

After the war, Ethel worked at County Hospital as a lab technologist and also at Temple City Medical Group. Her last job was ten years of service with City of Hope Medical Research Hospital as a Microbiologist.

Ethel met Thomas Winslow and they married in 1946, a marriage that lasted 50 years. They lived in Arcadia from 1946 through 1978 raising their children Mary, Suzy and John. They retired to Montana in 1978 and decided to return to California (Carlsbad) in 1985 when Thomas got a case of pneumonia. Thomas passed away in April 1997. Ethel remained in the Carlsbad home until May 2000 then went to live with her son John in Santa Clarita for four years. After having back surgery, she moved to Hillcrest in La Verne where she lived in an apartment and then in assisted living. She passed away on June 27, 2011.

Her four children, Mary Winslow Given, Leslie Winslow of Wisconsin, Sue Winslow Chandler and brother John Winslow, survive Ethel. She also has five grandchildren, John Given Jr. of Oklahoma, Leslie Given of Wisconsin, Andrew Chandler of Florida, Marianne Chandler Barrosa of Glendora, and Peter Chandler of Glendora, and four great-grandchildren, Kayla Given, Jordan Given, Clara Lee Given, and Elise Chandler.

Ethel always enjoyed reading books, studying languages and doing crossword puzzles. She was an independent person. Brother John says she was a great Mom and a great friend.

Her son, John Winslow, submitted the life story of Ethel Winslow.

Ella Nachtigal



Sister *Ella Nesuda Nachtigal* passed away August 28, 2010 in Los Angeles, California, where she had lived more than 60 years. Ella was born in Dallas, Texas on July 10, 1923. She graduated from Crozier Technical High School. While in California, Ella found her passion in volunteering at hospitals and at Pierce College. Ella was a member of Sokol Los Angeles for many decades, where she served as secretary for many years. She also was a member of the American-Czech Women's and Men's Club of Los Angeles. Her parents Will A. Nesuda and Mary Petr Nesuda and her brother Milton W. Nesuda of Dallas preceded Ella in death. Her brother Albert Nesuda and Fujii Quan of Alexandria, Virginia and numerous friends and relatives, including Los Angeles friends Leonard Savage, and Dominique Sedeno and adopted grandson, Alex Sedeno, survive Ella.

Ella was a dedicated Sokolice, she acted in the Sunday plays put on by Sokol Los Angeles in the past, participated in many slets, was a hard working volunteer wherever she was needed. Everyone knew her in the organization as a friendly, smiling and helpful person, but hardly anyone knew much about her private life accomplishments. A few lines in the Ellis, Texas newspapers told us that she probably lived in the area at some time. In Sokol LA people remember her as a beautiful woman both inside and outside. She was a good dancer, during her married years, her husband Jerry and Ella made a beautiful pair on the dance floor, some members still remember the grace of their dancing together.

Sister Anne Plachy recently reminisced with Ella and her daughter about a cute story that took place some time ago. When Anne's daughter was young, around ten years old, she adored Ella and her personality, her beauty and her grace. At that time she could not pronounce the word "elevation" it came out "evevation". Since the little one was so fond of Ella, the

parents suggested that she think of Ella and say her name before saying the word. Lo and behold, she was able to pronounce “elllavation” without any problems.

Sister Lillian Roter had quite an adventure trying to track down the passing of Ella after the Sokol Heritage flyer was returned on 9/10/10. LA Coroner’s office confirmed her passing on August 28th, 2010. Remains were picked up by the Neptune Society and ashes shipped to Dallas where they were buried with her mother. Service was held in Dallas on October 16th, 2010.

Antoinette Marie Chemlir



The dedication of Antoinette Chemlir at the Funeral Mass officiated by Revered Joe Wah, submitted by her daughter, Karen Miller.

Antoinette led a full and interesting life, and always seemed to find something to smile about or appreciate even to the last day. She always believed – and said – that things would work out for the best – “God willing”.

She was born in a small village called Lemuy in France. She always enjoyed sharing the story of how her mother, Marie Louise Carrey, was a French War Bride and her father, Anton Warnuska, was an American soldier who had volunteered to fight for freedom in WWI. After the war (in 1920), they settled in Chicago where French was the primary language at home while Antoinette learned English at Kedville Elementary School.

On August 2, 1932 her father moved the family to Brno in Czechoslovakia where she finished high school and college business school. She wrote in her family memoir: “We sailed at midnight and the last I saw of America were the harbor lights and the beautiful city lights of New York and the Statue of Liberty all lit up in her glory”. The song “Harbor Lights” always carried a special meaning for her since that time. She also wrote that her days in Czechoslovakia were “a wonderful time of hiking all over the hills with friends singing all the way! Winters were spent ice-skating and even skiing on borrowed skis. A tennis racket added to [her] pleasure.

With the impending rise of the Nazis in Europe, Antoinette made a decision that would change her life forever. She told her father she wanted to go back to America and, in 1937 on another August 2, she set sail to return to the US. Two years later her mother returned to Europe, but Antoinette bravely stayed in America in care of family friends where she was determined to succeed on her own. She joined the Sokol Havliček Tyrš Club in Chicago and made friends that would last throughout her lifetime. Throughout her life, she expressed great patriotism in being an American and showed pride in her French and Czech heritage.

In 1940 she met her future husband Charles Chemlír, a second generation Czech, at a Sokol event. He could hardly be missed -- flaming red hair and an outstanding [Prebor] gymnast. He took her to the dance that evening, and they kept dancing for the next 62 years after that! They were married on November 4, 1941 and drove to California to start their new life. Antoinette had many stories to tell of the Second World War days in Los Angeles and the victory celebration in downtown Pershing Square; but the birth of their first daughter, Annette, was the highlight of 1945. Later in 1950 the young family moved to San Gabriel and, with the birth of the second daughter Karen in 1951, Antoinette settled into a life of raising a family. This included planning elaborate day trips to Club St. Moritz in Crestline, Doheny Beach, Palm Springs and Santa Barbara, as well as being a Girl Scout Leader and “clinic lady” for Holy Angels School.

Once her first daughter was married and the younger daughter successfully launched into high school, Antoinette began a new adventure working at the California Institute of Technology in Pasadena. Antoinette often said those were very happy years; she met many wonderful people at Cal Tech and returned throughout the years

to keep informed of campus developments. It was also at this time that Antoinette formed close ties with Assumption parish, and it was always her greatest desire to receive her last blessing from this Church.

With retirement came many visits to a small mountain cabin in Idyllwild, as well as trips to Hawaii, Florida and Europe – with Greece holding the most fascination from a lifetime of reading. She took special pleasure in watching her granddaughter, Kathy Tulleners Wood, grandson Charles Herring, and great-granddaughter Dannielle Wood grow into very special people. With her husband’s health failing, Antoinette moved to Temecula to be near her daughter. Sadly Charles passed away in 2003, but she still looked forward to celebrating each wedding anniversary, including this year’s, which would have been their 70th. She always wanted to live by the beach and, the move in the fall of 2010 to be near her granddaughter in Mission Viejo, brought about another “life’s dream”.

For 92 years, Antoinette managed to live a busy life of travel, adventure, style and grace. She had a deep love of nature and enjoyed painting and gardening. Although she became severely blind in 2004, she refused to let it hamper her activities. People seldom knew she could not see. She would say, “Oh, I can see you...just not your face!” Encompassing all of this was a deep trust in God’s will and devotion to the Virgin Mary. Perhaps Antoinette’s greatest gift to her family, friends – and many doctors – was the example of her strong faith. It was the foundation that allowed her to enjoy and appreciate God’s gift of a long life – well lived.



Sister Anne Plachy found this photograph of a group of Sokols taken over 50 years ago. The event is the christening of baby Annette Chemlir, Antoinette’s first-born daughter.

From left to right: 1st row, Anton Warnuska (father of Antoinette), Billy Plachy, Rosanne Mizera, Antoinette holding baby Annette, Charlie Chemlir (Antoinette’s husband), and Barbara Plachy.

2nd row, Mrs Mizera, Mrs Svoboda, Marie Louise Warnuska (Antoinette’s mother), Mildred Nekuda and Arline Nekuda.

3rd row, Mr. Mizera, Mr Svoboda, Jerry Stehlik, Josey Stehlik, Emil Nekuda and Louise Nekuda.



Front left Antoinette and daughter Karen in Sokol LA Czech class April 2007

Sister Antoinette Chemlir was a wealth of information about the Czech Republic and its current and past political issues. The Sokol Los Angeles Czech Class really enjoyed Antoinette when she attended with her daughter, Sister Karen Miller, who wanted to speak more fluent Czech and understand the grammar. The students and instructors enjoyed the historic lessons Antoinette gave during the breaks. She has the admiration and love of all the students, teacher, and most people that have met her.

She was part of our Sokol Los Angeles in the days of the La Crescenta Sokol Hall. Tony and Charlie Chemliř were a fun couple and very dedicated to Sokol in the 1940s. Sister Ann Plachy remembers them well; they were close friends. Sister Roter wrote the following words on the online guestbook for Antoinette's life celebrations; this conveys how all in the Sokol Czech class feel. *"We will always remember Toni's animated accounts during Czech classes and will cherish her desire to share her vast knowledge of the Czech Republic."*

Five Sokol members attended the funeral mass for Antoinette. It was held in a beautiful church, Assumption of the Blessed Virgin Mary Catholic Church, located in Pasadena, California. Most of the current Sokol members are too young to remember Tony and Charlie Chemliř. Sister Anne Plachy and Sister Louise Nekuda remember the young family.

Her remains were laid to rest at the Resurrection Cemetery along side of her husband Charles. Deacon Courtney presented the ceremony. The graves sit on a nice and peaceful hillside under a pine tree.



Meetings, Activities, Special events:

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

General Meetings are scheduled for the third Saturday of each month from 11:00 am to 3:00 pm. All monthly meetings for the balance of 2011 and January thru June 2012 are scheduled at Joe Bridges Clubhouse in Glenoaks Park, 2531 E. Glenoaks Blvd., Glendale, CA 91206.

Invite a Friend: If you know of anyone you would like to have as a fellow Sokol member, invite him/her to one of our meetings or social events and introduce them to the Sokol web sites. It is not important that they be of Czech/ Slovak heritage but that they have an interest in learning about the Czech/Slovak culture. And be sure to tell them that children are welcomed.

Verna Garda continues to meet Thursdays from 11:30 am to 2:00 pm at the North Hollywood Senior Center under the direction of Sister Libby Pelc. Exercise, socialize and indulge in pastries and coffee while enjoying the company of Sokol brothers and sisters – an opportunity to converse in Czech and English.

The Senior Gym Class provides exercise for health and well being in keeping with the Sokol philosophy for a sound mind and body. Exercises begin with stretching, ball tossing and basket shooting; after a short break, the class partakes in chair exercises to complete the session. Participants exercise at their own pace, doing only what they are able. Our class is growing and we often have guests. Come out and join us.



North Hollywood Senior Center
11430 Chandler Boulevard
North Hollywood, CA
(Corner of Tujunga and Chandler)



Contact Physical Director Libby Pelc for more information.

Czech Language Lessons: Sponsored by Sokol Los Angeles, classes are held the second Sunday of each month, 9:30 am to 1:00 pm, at Pasadena City College on Colorado Boulevard in Pasadena.

We meet in Building R, Room 109.

Our instructor, Daša, is very patient with us and is anxious to help us learn.

Contact Brother Jim Buchanan or visit our web site <http://www.sokolLA.org> for more details.

Classes are free to all Sokol members; non-Sokol members are charged for books and a per-class fee.

Textbooks are free for Sokol members after attending three lessons.



Past Events



A visit with Sister Louise Nekuda June 17, 2011:

Sokol Los Angeles President broTim Kis brought Sokol's recording camera to interview our longtime member, Sister Louise Nekuda, for the DVD he is planning to create now that he is retired and has time for the project. Our belief is better late than never.

Brother Kis' and Sister Roter visited Sister Louise Nekuda at the Thousand Oaks home, along with a few extra people. Sister Louise is a wonderful storyteller; she was a little girl when Czechoslovakia was formed. Her father took her to the celebrations in the streets, telling her to remember this historic event. The beginning of a democracy formed in the image of the US government at that time. She came to the USA on a ship crossing the big Atlantic. The transformation from a city girl in the modern city of Prague to a small town girl in Nebraska took some adjusting. She did not like to milk cows (taught by her grandmother) or use the outhouses, and she missed the modern electric lights of Prague. Her brother was born in Nebraska; he is eleven years her junior.

She is the picture of a true Sokolice, and she continues to claim it is Sokol that helped her live a long life to enjoy her two great great grandsons. She proudly admits that Sokol is her life; she said in the past that Sokol kept her sane during the disasters that happen to us -- called *life*. She still loves all Sokols. She was part of the group of Sokols that were involved in buying the Sokol Hall on Western Avenue back in the 1940s. It was her second home for many decades; she still mourns the sale of the Sokol Hall.



Tim Kis, Louise Nekuda, Lillian Roter At Thousand Oaks Home

Sokol Meeting June 18, 2011:

Our last meeting before summer break had 31 attendees. Most members took part in the dance break in the middle of the meeting. Brother Otto Notzl taught the participating members the two steps for line dancing to make certain that everyone knew them for the Heritage dance in the fall.

Sokol Slet participation registration with a deposit was due early in July. Sister Lillian Roter sent the registration materials to all members.

Our President, Brother Tim Kis, traveled the 470 miles to the LA area to preside over the meeting. He has retired and has moved to his new home in Fallon, Nevada.

Dinkey Creek July 17 - July 24, 2011:

Sokol Dinkey Creek Family Camp 2011

It was one of the best Dinkey Creek Camps of all, and it was pretty full too. We had 40 adults and 24 children under age of 18. There were mainly little children and only three teenagers. Weather was marvelous and there was plenty of water in the Dinkey Creek. All the lakes were also full this year.

All Pacific District Sokol units participated in the camp and it would be too long to name all of them, so only newcomers are named. This year two new families came from Sokol San Francisco, Bro Živny Family with two grandchildren and Bro Jancarik family with four grandchildren. Former Sokol Fresno participated this year with two families, the Philp family with three little children and the Rorro family with two little children. From Sokol LA, the Zemanek Family with four children and Bro Mike Vondruš with his friend Joseph Reidl. Everyone else has been in the camp at least once before.

The following were the camp activities:

Welcome meeting

Entertainment night

Making a group photograph of all participants

Treasure hunt, divided in two age categories

Table tennis competition

Target shooting 2 times

One day hike to Dinkey Dome waterfall

Cops and Robbers 2 times

Night hike to Ghost town

Shelly's Rusty ball competition

Following are a few words of thanks for these activities to the people that were involved.

John Babička did the treasure hunt as he did last year. Kids love him not only because of this fun game but also because he is a great storyteller by the fireplace and helps them in preparing skits for our entertainment night.

Brittney Shear likes to help with children also. She prepared one of Cops and Robbers games for children before they had to leave the camp early.

Venus Perez did both the second Cops and Robbers and the Night Hike to Ghost Town (an abandoned sawmill).

Brother Mike Vondruš taught a class on how to bake his great tasting rye bread and he later e-mailed his secret recipe to all the class participants.

Yvonne Masopust played a guitar and sang at the entertainment night.

Thanks to all participants at that entertainment night, especially to the winner Katie Zemanek, who came without any prior announcement and sang a very rhythmic and clear song for us. Adrian Babička held a microphone the entire evening and received a prize (kite) for his participation. Thank you all who overcame their bashfulness and performed for us, especially to Daniel Kollehner (Sokol SF) for his trumpet solo. Would you believe that this entertainment night took almost two hours? I thought I would be lucky if it lasted for about half an hour. I was very pleasantly surprised. Great job everyone!

I have not mentioned the daily important voluntary activities to make the camp work, such as preparing coffee every day for all of us - it was Cheri Riddle's/Jarka Dusatko's job; cleaning the kitchen by different families every night and the huge job of cleaning everything in the camp on the last day prior to going home. A huge THANK YOU to everyone who signed up voluntarily for all the jobs. Because of your work, I was able to lock the camp on schedule, Sunday at noon.

For next year's Dinkey Creek Camp I hope we can continue with the fun entertainment night and all other games. The table tennis will be organized differently each day for certain age bracket, so we can finish all categories (this year I was not able to finish one of the age categories due to lack of time). I will not be able to direct the camp in the year 2012 because of the Sokol Slet attendance in Prague, but I will give all information to next year's director so we can continue all the activities you enjoy every year.

I am certain there were more participants that I failed to mention by name, but I am sure they will forgive me.

Let's dream about our next Sokol 2012 Dinkey Creek Camp!!!

Nazdar,

Otto Notzl

Director of Dinkey 2011

Photographs provided by Bros Mike Vondruš and Otto Notzl



Dinkey Creek 2011 attendees



Chef Mike Vondruš teaches baking bread.

Tasted great even at high altitude.

Secret recipe is no longer a secret; the students each received a copy.



Brother Notzl giving instructions



Hikers had to cross a creek

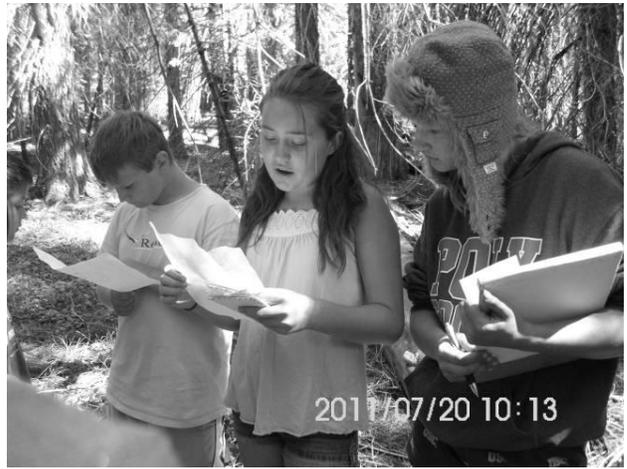


Campfire and kids having fun





Lynn Miller and family from Sokol SF



Scavenger hunt



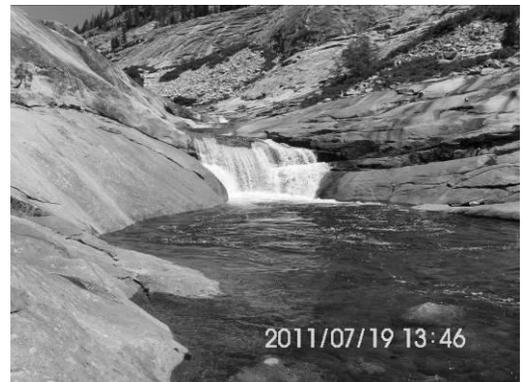
Two groups of the scavenger hunt – one of the prizes was an ice cream from the general store



Getting a ride



Hiking through a forest



Dinkey Creek slide was a full waterfall

Editor helper's comments: Looks like a lot of fun. Thanks to Bro Otto Notzl for documenting the camp's activities and to both Bros Mike Vondruš and Otto Notzl for sharing their photographs so that all can share in the great times at Dinkey Creek Camp in the Sierra Mountains.

Czech Classes summer 2011:

Learning Czech does not take a summer holiday. Once a month is not enough to learn the language without a lot of practice and studying at home in order to improve our vocabulary. In the past we had to do research on Czech history and castles, as the homework assigned was to inform the class about an event or one of the many castles found in the Czech Republic.

During the July class, students shared their stories of American Presidents. The homework was to write about an American President in Czech. Many interesting little known facts were brought up during the sharing of the homework. The student had to summarize the chosen president in Czech, not just read the homework. We are conversing in Czech more and have an application for a new student and future member of Sokol LA.

Homework for the August class was to write up a paragraph on a US state. Not only are we learning new words but we are also teaching our instructor, Daša PallovaTyler about American history and geography. Brother Rocky outdid every student in the August class by creating a CD with pictures from the family vacation drive to Alaska in 2005. He had lived in Alaska as a child and his love for that state showed in the work he put into his presentation. He added his Czech narrative and pronounced some relatively hard Czech words for students. He learned a lot with that homework exercise, as did all the students that attended the August class. There were many numbers, from simple to thousands, in the presentation and included words like "čverečnicích kilometru", words that seem to be a little challenging for some students to pronounce. There are visible improvements in the Czech language speaking skills of the students attending the classes.

The class is also informed about the life of the past instructors who have returned to the Czech Republic, thanks mainly to sister Urbanski who keeps in touch with them and reports the news to the class.

Věrna Garda – July 28, 2011

Věrna Garda – end of the Year celebration

Submitted by Lillian Roter

On Thursday, July 28, the exercise class lunched at Maximilian's Austro-Hungarian Restaurant in North Hollywood. Marv Roter had suggested at the previous class that we go to Maximilian's for lunch since this would be our last class until September 8. The response was unanimous.

Ten hungry class participants reconvened at Maximilian's after exercising at the North Hollywood senior center under the direction of Sister Libby Pelc, Sokol Los Angeles Women's Director. In attendance were Libby, Jiřina Cymbal, Hanna Paulson, Vera Hlavacek, Ilsa Maier, Pavel Jordon, Natalie and Bill Zelenka, and Marv and Lillian Roter. Eight of us enjoyed The Original Wiener Schnitzel with red cabbage and parsley potatoes and two had Chicken Paprikas with dumplings and cucumber salad. The food was delicious and ample, hardly leaving room for dessert. Some ordered Apple Strudel with French Vanilla bean Ice cream to share and Poppy Seed Sour Cherry Strudel with pistachio ice cream, while I ordered palacsinta (Hungarian name for palačinka) to go.

Maximilian's has a nice patio area that would be adequate for a springtime outing for Sokol members. Their menu includes roast duck, goulash, pasta entries, and stuffed cabbage to name a few. Marv and I will be returning to try other items on the menu.

The website for the restaurant is: <http://www.maxiatnoho.com/home>

Věrná Garda attendees July 28, 2011



Věra, Libby, Marvin, Lillian, Bill, Natalie, Ilse



Ilse, Hanna, Jiřina, Pavel, Věra

Upcoming Events

The Czech- Moravian-Slovak Heritage Dance October 9, 2011

This event will be at the Knollwood Country Club in Granada Hills. The food will be served at noon, and the dance band plays from 11 AM to 3 PM. There is Valet Parking arranged by Sokol Los Angeles. The line dance steps practiced at the meetings will come in handy for everyone on the dance floor with or without a partner. The flyer with more information will be sent out in September and will also be available online at the Sokol Los Angeles website, <http://www.sokolla.org/>

Bus trip to San Diego Czech/Slovak Day October 16, 2011

Sokol LA will be going to San Diego once again to visit the House of Pacific Relations Cottages in Balboa Park. There will be a special Czech/Slovak program in the afternoon starting at 2 PM. Prior to the program, all the cottages of many lands are open with samples of ethnic foods and displays of each country. Food of sausages with sauerkraut and bun and many homemade pastries will be available for a nominal price.

Holiday Brunch at Alpine Village – December 4, 2011

Sokol LA is planning to join the WFLA and CSA organizations that have an annual holiday brunch at Alpine Village Inn early in December. The champagne brunch is a big buffet set up on the dance floor, featuring: Omelet Bar, Waffle Bar, Carving Station with a selection of meats, Old World Favorites such as sauerbraten, rouladen, potato pancakes and goulash, Fresh Smoked Salmon, Scrambled Eggs, German Sausages, Bacon and Breakfast Sausages and ENDLESS glasses of Orange Juice and/or Champagne.

The cost of all this food is \$19.95 per person with kids under 12 costing only \$9.95. It is quite a spread and they also have a table of delicious desserts. The chocolate mouse and the apple strudel are the favorites; there is a variety to choose from, constantly re-filled.

The website for Alpine Village is: <http://www.alpinevillagecenter.com/>

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

National Czech & Slovak Museum & Library

Submitted by Lillian Roter

In June 2008, the National Czech & Slovak Museum & Library (NCSML) was devastated by flood. It lay directly in the path of disaster and was engulfed by over ten feet of water. Five museum-owned buildings in Czech Village were affected; however, 75% of the museum collection was safe from the flood with most of the remaining items being conserved.

The NCSML is in the process of moving and elevating its flood-damaged museum building, which will become part of a new and expanded facility. The 15-year-old structure is an architectural icon in Cedar Rapids and the decision to move it was carefully

Sokol LA is planning a trip to Cedar Rapids in 2012 (May/June timeframe) to attend the grand opening of the new expanded facility. Sokol LA would like to have good representation at the opening. Brother John Krato is chairing the Cedar Rapids 2012 committee. Leah Wilson from NCSML is keeping us informed of progress and the



schedule for next year's activities at Czech Village. The photo at right is an artist's rendering of what the building will look like after the move.

Visit the NCSML website for details of the flood, clean-up activities and progress on the move.

<http://www.ncsml.org/Content/Recovery-Rebuilding/Our-Flood-Story.aspx>

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

Our Sokol Los Angeles Treasurer and Financial Secretary, Sister Lillian Roter, sent out all the notifications received about the Prague slet next year. The deposits are due now for the participants in the slet and for any attendees that want to be part of the tour packages. The final payment is due by March 1, 2012. If you are planning to attend please fill out those applications; if you do not have them please email or call Sister Roter at gemlil@aol.com or check the website <http://www.sokolla.org/>

Our gymnasts found lifetime comradeships when they participated in the Texas Slet in 2009.

The videos and music have arrived for the Slet programs, be ready to start the training for next year. Brother Otto Notzl will distribute them to the participants. If you plan on participating in Prague next year, make certain you register and let bro Notzl know you are coming.

Join this Sokol Los Angeles group and enjoy a summer to remember in the beautiful city of Prague, in the heart of Europe country, the Czech Republic.

Articles from our members

Tribute to Antoinette Chemlir

By Milly Urbanski

Selfishly, we are all saddened by the loss of our Antoinette, a lovely and vivacious lady with enough “joie de vivre” to go around us all!

As a beloved member of our Sokol Czech Class, she brought joy to us monthly with her unending knowledge of Czech history, culture and current politics. She was our Czech encyclopedia and instilled in us her knowledge and enthusiasm. Her sight was failing her but not her brain.

We are all thankful that she was such an asset to our Czech Class, thereby making us better humans for having known her. She left a bright light in our hearts that can never be extinguished. We thank you, Antoinette, for being such an important part of our lives and our hearts. She was our Energizer Bunny and is continuing to tell her wonderful stories in Heaven.

Karen, you were blessed with one another and she was appreciative of your everlasting love and devotion. God needed another angel in Heaven and Antoinette had all the qualifications. We will miss her love, vitality and endearing personality that touched us all!

A mother's love is like a rose...each passing day it grows and grows!



Belated Thank you

For and from Cynthia Zuber

Sister Cynthia Zuber sent us some pictures from the 2011 Spring Social at the Knollwood Country club along with her story; we appreciate all photos and her story.



Sister Zuber created the attractive children's bags to be given to all attending children as raffle prizes at the April 2011 Social and she enjoyed performing and singing Czech songs with the band, the Phil Anthony Band. The children really enjoyed getting their own prizes, it was a hit. The faces of the children were a joy to watch. Sister Cynthia made enough to make certain all children received one package and some extras in case another child arrived instead of an adult.

The editor helpers would like to add that Sister Lillian Roter wrote about Cynthia's participation: "Cynthia did a great job shopping for items and preparing the gift bags for the children's raffle, which turned out to be a big success with the parents as well as the children". The last child to have his number called was so excited he ran to the front of the room to collect his prize. There were twelve children present, including four from the Czech Consulate, our distinguished visitors. This was the most children in attendance since Sokol LA started to hold the socials at the Knollwood Country club.

At the same April Spring event, Marvin Roter also sang with the orchestra and Pavel Jordan entertained the attendees with his musical abilities on the harmonica. A big THANK YOU to all three of these volunteers and all the others behind the scenes that made the Spring Social such a success.



Children chose from the various gift bags as their very own raffle numbers were called.

Our Canine Friends

By Kathy Hanken

Many members have pets in their household; the membership seldom sees these loyal friends unless they come with them to meetings or to the annual picnics where dogs are allowed (William S. Hart Park only allows dogs on leashes).

Poncho

Sister Lillian and Brother Marv Roter recently adopted a dog from the Burbank Animal Shelter where Sister Milly Urbanski's daughter Denise Fleck volunteers and was elected the president of the Volunteers of Burbank Animal Shelter (VBAS). Denise and her volunteers are frequently on the KTLA TV news and they show animals *from the shelter that need to be adopted.*



One day, there was a Doberman Pinscher (who did not have cropped ears and tail) called Situation shown along with two other small dogs. Lillian watched the show that day, fell in love with the big dog and decided to adopt that Doberman Pinscher to replace their dearly beloved Astro who went to doggie heaven over a year ago and is very much missed by his family.

Lillian and Marvin renamed their newly adopted dog child, Poncho. Poncho is two years old and started a little shy in his new environment. It has been three months now and he is slowly taking over the household. He is a joy to have around the house, has many toys to play with, and is still a little on the shy side with men. He prefers "his" lady who feeds him. Most dogs from a shelter seem to be a little edgy around men who have deeper voices; given time, patience and love that distrust goes away.

The picture of Poncho taking over the patio shows proof that Poncho knew how to pick and charm his new owners.

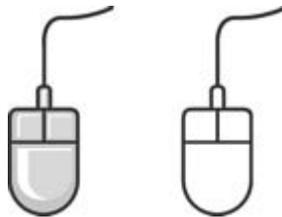


Haiku

Sister Milly Urbanski has two grand-dogs, Lady Bonsai and Haiku. Recently these two active Akitas ran into each other and the smaller Haiku was hurt and started to run around on three legs. Denise took him to the vet to find out that Haiku will need surgery. After costing \$\$\$ and staying at the vets overnight, Haiku came home with a soft cast and a shaved behind. He does not run around as much and is getting really spoiled by his mom and grandmother. Picture shows Haiku looking very sad and unhappy with his cast. He is currently getting physical therapy to improve his muscle in this hind leg. The other picture is of happy Haiku with his mom, Denise Fleck before his accident.



THE COMPUTER CORNER



Technical article

How to Pick an ISP (Internet Service Provider)

E-mail is one of the primary reasons to use computers and the Internet. It should be used properly to ensure that our information is kept private and our computers safe from external influences.

First, the computer must be connected to the Internet to be able to send and receive e-mail. To make this connection some form of arrangement with an Internet Service Provider (ISP) must be made. The common ISPs are the phone companies, the cable companies and various others that use the phone company or cable company access media. Access media is the wire, fiber optic cable or available wireless connections that the common carriers have available. The term “common carrier” means the phone and cable companies. Most areas in Southern California have either Verizon or AT&T as the local phone company, and the most common

cable companies are Time Warner, Cox and Comcast. For the wireless support there are cell phone companies like Verizon, AT&T, Sprint, etc.

Most people call their common carrier and ask to have their Internet connection set up. You can also call a few other companies to gain access – Earthlink, Netzero, DSL Extreme, etc. – these companies have agreements with the common carriers that allow them to use their access media to connect to their service. For most connections today we have four (4) access media types available. They are fiber optics (Verizon – Fios, AT&T – Uverse), regular phone line copper (Verizon, AT&T – DSL), cable company coax and the phone company cell structure (mobile broadband).

Fiber optics and phone line copper are the media from the phone companies (Verizon & AT&T) – in many areas they are trying to replace the old copper phone lines with fiber optics. This is being done because fiber optics can carry more information faster, with fewer errors, less interference, and lower maintenance costs. They are running the fiber optics to the house, and each house has a dedicated run to the central office, just like the old copper connection... This provides better basic security for your connection since you are not sharing any resources until the central office.

A cable company connection usually has fiber optics as the main backbone of the network, but the final connection to the house is made by a copper coax cable. This connection adds a speed limit to the connection since a cable connection made with coax cannot run as fast as a full fiber connection. Another issue to be aware of when using cable is you will be sharing a segment with other subscribers. Each segment has a maximum band width (amount of data that can be sent per unit of time) that will be shared by everyone on the segment – a segment may have close to 2,000 subscribers. If everyone is on at the same time, all will run slower since they all have to share. Also if someone knows how to configure their computer properly, they can monitor all the traffic on the cable segment.

The fourth media type is the cell structure, the same system used by the cell phones. This only works where you have cell coverage, just like a cell phone. You can use your computer while moving, so this is most common with laptops or other portable computers. This is also less secure since everything is being broadcast by radio – remember your cell conversations are **NOT** private; therefore these communications are **NOT** private either.

So, which do you choose? First it depends on what is available in your area, not all areas have everything available. Cable has the longest reach – if you can get a TV cable connection in your area you can get an Internet connection. To get an old copper phone company connection (DSL) you have to be within 3,000 meters of a central office (this has kept many from using DSL). To connect using fiber optics the stated distance from a central office is 10,000 meters – which should be good for just about everyone. The only problem with fiber optics is, the installation has not yet been completed in all areas – you have to ask if you area is done yet – also there is a delay in and around multiple family residences. The issue is who does the installation work and who owns it. If you travel a lot and you are in an area that has good cell support, you can opt for the mobile broadband, be prepared to pay for it, it is the most expensive option. My personal preference is for a fiber connection, why – reasonable security, faster speed at an acceptable cost. Do your homework and check the availability and costs in your area.

Now that you have chosen an ISP, and placed your order, you need to get it installed. The installation process will depend on what you ordered. If you ordered fiber optics, the phone company will have to come to your home to install the equipment. They will come out and install a Fiber Optic Terminal – usually a box on the outside of your house. To that they will connect the fiber cable from the pole (or underground), a UPS (Uninterruptible Power Source), the old phone wires from inside your house, a connection to TV set top boxes and your TVs if you get TV support and router and network cables to your computers. The routers will support both wired and wireless PC connections. When I had this done it took between 4-6 hours to complete, it could take a full day for a complex job.

If you order DSL from your phone company, they will usually send you a package that contains a router and a bunch of short wires with little boxes in the middle of them (these are mini-filters) and installation instructions. You have to install a mini-filter between each phone, answering machine, FAX, etc. that you have

in the house and the wall jack. Install the router by hooking it to the power cord and plugging one cable (the one with the large phone type connectors) from your PC to the router and the cable with the small phone type connectors between the wall jack and the router (without a mini-filter). If the phone line is set up properly the DSL and Internet lights will flash for a while and then turn on solid – you should be able to connect – read and follow the directions that were in the box.

If you order a cable connection you will get a box similar to the DSL package above, the difference is no mini-filters and you do nothing with your phones, you will connect the router to the cable company coax cable (connect a splitter between the TV and the wall) and connect the cable (looks like a large connector phone cable) from the router to the PC, plug the power to the router and follow the directions to turn it on and connect.

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

Brother Rocky Hanken



Calendar of Events:

(Cut out and tape to refrigerator)

2011

- | | |
|--------------------------------|--|
| Thursday, September 8: | First meeting of weekly Verna Garda class – North Hollywood |
| Sunday, September 11: | Czech language class – Pasadena City College, Room 109 |
| Saturday, September 17: | General Meeting – Joe Bridges Clubhouse, Glendale |
| Sunday, October 9: | Heritage Celebration – Knollwood Country Club, Granada Hills |
| Saturday, October 15: | General Meeting – Joe Bridges Clubhouse, Glendale |
| Sunday, October 16: | Bus Trip to San Diego – Czech/Slovak Day Balboa Park |
| Sunday, October 23: | Czech language class – Pasadena City College, Room tbd |
| Sunday, November 13: | Czech language class – Pasadena City College, Room 109 |
| Saturday, November 19: | Annual Meeting – Joe Bridges Clubhouse, Glendale |
| Sunday, December 4: | Christmas brunch w/WFLA and CSA – Alpine Village, Torrance |
| Sunday, December 11: | Czech language class – Pasadena City College, Room 109 |
| Saturday, December 17: | General Meeting – Joe Bridges Clubhouse, Glendale |

Please volunteer to help. While working with others, you will make new friends and feel more like a Sokol Los Angeles family member. There are many things needed to help in participating in these extensive activities as well as the monthly meetings and activities.

Visit our website www.sokolla.org for Sokol LA information and updates on meetings and events. Our Webmaster Jim Buchanan continues to do a great job keeping the site updated

And don't forget to visit the National American Sokol website for information on Sokol events around the country: www.american-sokol.org

Other local websites on local activities to visit are www.mzv.cz/losangeles the Czech consul in LA and the Czech Church in Yorba Linda www.czechchurch.org

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!