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Before



After

76 Pounds Later

Inside this issue:

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John has a history of high blood pressure and high cholesterol as well as a family history of diabetes. It took John over a year, but in that year he lost a whopping 76 pounds! Here is his story..

It started with the weight management program at the VA Medical Center in Milwaukee. It was there I had a 4-week class on learning how to eat properly. Looking at portion size and reading labels on products we bought. To aid in my weight loss I joined the exercise class involving walking and aerobics. Our group is called (WAMM) Walk A Mile Or More. On May 24, 2010 at a ceremony at the VA I received an award for my efforts. I have been walking every day for an hour and a half and I have been keeping my weight in check since then. Our group meets every Monday and Tuesday. It's been a very exciting year for me. I hope I will inspire others to lose weight and exercise and change their eating habits.

John F. Kozlik



GENERAL MEMBERSHIP MEETINGS

All meetings are held the first Monday of each month
 Norway House
 7505 W. Oklahoma Avenue from 7:00 – 9:00 pm
 October 4, 2010 - November 1, 2010 - December 6, 2010

Holiday Folk Fair-Celebrate the Culture of Peace

November 19, 20, 21, 2010
 Tickets \$8.00 in advance/\$10.00 at the door
 Advanced tickets can be purchased from Pat Hron (414) 817-0070

Volunteers needed

It's that time of year again. **HOLIDAY FOLK FAIR** time. Both the Food and Sales Booths are soliciting volunteers. **WE NEED YOU!!!!** If you can help we need to know **ASAP**.
 First-come, first-serve for choice days/times.

Food Booth - please call Ann Cramer at 1-920-236-9101 (ALL SHIFTS/TIMES AVAILABLE)
 Sales Booth - please call Pat Hron 414-817-0070

Holiday Folk Fair Baking Sessions (Tentative)

Saturday, October 2 – Contact Denise Stevens or Anna Feldmeier
 Friday, October 8 – Two sessions scheduled 8:00am to 2:00 pm & 4:00 pm to 8:00 pm
 Saturday, October 16 – Contact Colleen O'Mahar for times (414) 761-9180
 Saturday, October 29 - Two sessions scheduled 8:00am to 2:00 pm & 4:00 pm to 8:00 pm
 Wednesday, November 17 Floater Date (as needed)
 Thursday, November 18 Baking Housky/Vanoeka, Coffins and Shisky
 Friday, November 19 Baking Coffee Cakes, Strudel, etc as needed
 Saturday, November 20 Dinner Items
 Sunday, November 21 Dinner Items
 Monday, November 22 Clean up

Please verify scheduled sessions with Colleen O'Mahar - (414) 761-9180)

2013 National Sokol Slet

Sokol Milwaukee's bid to host the 2013 National Sokol Slet was approved at the National Presidents meeting this past April. We have much work to do and look forward to the opportunity of putting Milwaukee on display. Committees are currently being formed to begin the work, and volunteers will be much in demand. Lets all get on board and put on a great show.



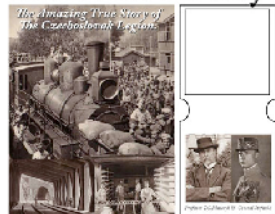
2010-2011 Czech & Slovak Film Series

As part of its cultural and educational program the Milwaukee Sokol/Sokolice gymnastics society will be showing a series of three movies highlighting the history and culture of the former Czechoslovakia. The events are FREE and open to the public. The films will be preceded by short introductory remarks providing background for the film. A social hour will follow.

All showings will be at the Norway House, 7507 W. Oklahoma Ave. For more information please call (608) 770 2153 or visit our web site at www.sokol-milwaukee.org.



Accidental Army



Sunday, January 16, 2011, 1:00 pm

ACCIDENTAL ARMY, 2009

This is the amazing story of the Czechoslovak Legion. The legion fought on the allied side during World War I. Finding themselves caught up in the 1917 Russian Revolution, the Legion was forced to fight its way across the length of Asia, capturing the Trans-Siberian Railway, and in the process helped to found the new nation of Czechoslovakia. After 1948 coup the communist government suppressed the history of the legion and persecuted former legionnaires. Discover the lost history of the Legion!

47 min. In English. Documentary Rated G.

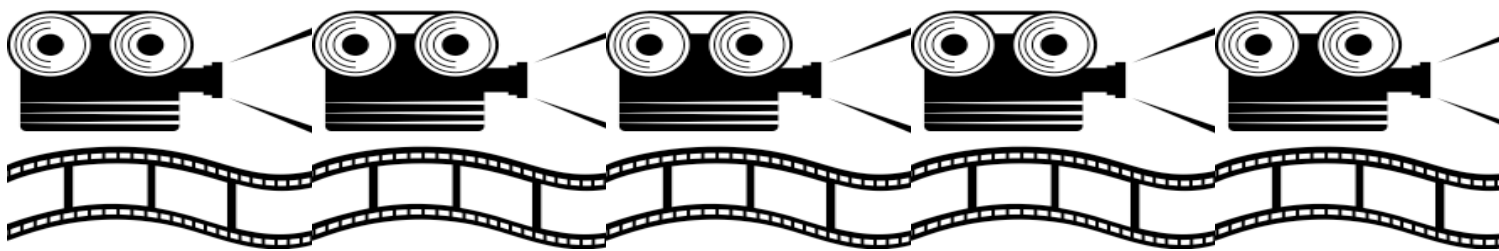
Sunday, April 3, 2011, 1:00 pm

ALL MY LOVED ONES, 1999

Chronicles the fate of a Czech-Jewish family as the Nazi menace slowly closes in on them. The film also recounts the story of real-life hero, British stockbroker, Nicholas Winton, by whose efforts over 600 Jewish children were sent to safety in England before the war in Europe stopped the trains. This joint Czech, Slovak, Polish and German production was the official Slovak entry in 2002 Academy Awards for best foreign film.

1 hr. 32 min. In Czech with English subtitles.

Not rated - some sexual situations and very brief nudity.



Sokol Gymnastics

"A sound mind in a sound body."

2010-11 Season

141st year teaching gymnastics in Milwaukee

Class Date: Tuesday Nights starting September 21st.

Class Time: Tots (5-6 yrs. Old) 6:45 p.m. - 8:15 p.m.

Boys (7-12 yrs. Old) 6:45 p.m. - 8:15 p.m.

Girls (7-12 yrs. Old) 6:45 p.m. - 8:15 p.m.

Juniors (13-17 yrs. Old) 8:00 p.m. - 9:15 p.m.

Location: Norway House
7507 W. Oklahoma Ave. (next to Classic Lanes)

Season: September-May

Season Fee: \$125 (\$100 each additional child)

(please note reduced rates for this season)

(enroll a friend save \$50)

Information: Jim Hron 414-817-0070

Sokol Gymnastics is an affordable recreational gymnastics program for boys and girls ages 5-18. Our program enhances a child's strength, coordination and agility as well as improving concentration, team spirit and a sense of achievement. Gymnastics also proves to be a great training experience for many other sports as well as cheerleading, and dance. Sokol Milwaukee has been teaching gymnastics in Milwaukee for 140 years.



The logo for Sokol Gymnastics, featuring the word "Sokol" in a stylized, colorful font. The letters are purple, red, and blue, with a white outline.

Critics Corner

Too many of our members do not support the gym program. Pathetic is a good description. Except for kinfolks and friends, the number of Milwaukee Sokol members in attendance was small. The Chicago Sokol visitors, including the ASO president, may have exceeded this number.

Following the exhibition the next function on the calendar was the Spring Fling (dinner meeting), what a difference in attendance.

The primary purpose of the Sokol organization is the teaching of gymnastics, which is one reason for our tax-exempt status. We must support and expand our gym program in order to remain a viable organization.

A disgruntled old Sokol Member
J. Novotny

WANTED! Stories from Old Bohemian Hall

By Gerald Novotny

Those of you missed our last meeting in the spring missed the announcement that I am planning to write the history of Bohemian Hall – the home of Milwaukee Sokol from 1895 through 1967. While doing research for our 140th Anniversary I compiled quite a bit of information on the hall. I have facts and figures and dates and names. I know who architect was and how much it cost to build and something of the many events took place there.

What I need now are *your stories*. I realize not all our members have first hand experiences with the old Hall but I would really appreciate hearing from those of you that do.

I'd love to hear your stories of people and events, happy times or sad, high points or embarrassing moments at dances, weddings, exhibitions, or Czech language classes. Your reminiscences would help make the story come alive.

If your willing share some memories, either write them down and send them to me or talk to me at one of our events. If that's not convenient contact me and we can set up an interview by phone.

I can be reached by phone at (608) 770-2153; by e-mail at "novotny01@sbcglobal.net" or you can write to me at: 1409 Iowa Drive, Madison, WI 53704.

Looking forward to hearing from you.

- Gerald Novotny

Just for Fun



Official Unit Conversion Chart For Engineers...

Ratio of an igloo's circumference to its diameter = Eskimo Pi
 Time between slipping on a peel and smacking the pavement = 1 bananosecond
 Half of a large intestine = 1 semicolon
 Shortest distance between two jokes = A straight line
 2,000 mockingbirds = 2 kilomockingbirds
 52 cards = 1 decacards 1 kilogram of falling figs = 1 FigNewton
 2.4 statute miles of intravenous surgical tubing at Yale University Hospital = 1 IV League

A quiz for people who know everything.

There are only nine questions. These are not trick questions, but straight questions with straight answers. The answers are on the last page of the newsletter.

1. Name the one sport in which neither the spectators nor the participants know the score or the leader until the contest ends.
2. What famous North American landmark is constantly moving backward?
3. Of all vegetables, only two can live to produce on their own for several growing seasons, all other vegetables must be replanted every year. What are the only two perennial vegetables?
4. What fruit has its seeds on the outside?
5. In many liquor stores, you can buy pear brandy, with a real pear inside the bottle. The pear is whole and ripe, and the bottle is genuine; it hasn't been cut in anyway. How did the pear get inside the bottle?
6. Only three words in standard English begin with the letters "dw" and they are all common words. Name two of them.
7. There are 14 punctuation marks in English grammar. Can you name at least half of them?
8. Name the only vegetable or fruit that is never sold frozen, canned, processed, cooked or in any other form except fresh.
9. Name 6 or more things that you can wear on your feet beginning with the letter "s".



What's New in the Library?

By Gerald Novotny

Next time you're in the Norway House look for some new titles in our library. The first three items are related to our Czech & Slovak movie series:

The Czech Legion: 1914 -1920

Before we screened "Accidental Army" last year I ordered this book on the Czechoslovak Legion to donate to the library. It finally arrived and is now available. It gives a brief history of the Legion with lots of pictures and illustrations of the various uniforms worn.

The Lost Legion

This first hand account by Legionnaire Gustav Becvar covers events from his capture by the Russians in 1915 through his eventual return to the new country of Czechoslovakia in 1920. You'll find our copy of this long out-of-print book in a 3-ring binder.

Owlet

If you attended April movie "Zelary" you know that the film is based on the short stories of Kveta Legatova. I placed a copy of one of the Zelary stories, "Owlet", in the library. This particular story line was not included movie.

Summer Meditations by Vaclav Havel

In these essays written while he was the last president of Czechoslovakia Havel talks about his ideas on morality in politics, the breakup of the Czechs and Slovaks. This book will give you some insight into the thinking of a most unlikely politician.

The Joke by Milan Kundera

This is his first novel written in 1965 and my favorite of those I've read. Kundera tells the story of Ludvik an enthusiastic communist student who writes a joking postcard to a girl that results in his expulsion from the party. Years later an attempt at revenge backfires.

Love & Garbage by Ivan Klima

In this novel a banned Czech writer "sweeps the Prague streets with a group of the society's other outcasts--an old sailor given to drink, a sickly teenager, a foul-mouthed former beauty, a failed inventor, and an ex-pilot. As they go about their mindless job, the narrator learns of the dreams and sorrows of his coworkers and meditates on the life and work of Franz Kafka, the power of literature, and his relationship with his dying father. A meditation on death, the nature of love and freedom, commitment and guilt, this poetic and gently sad autobiographical novel by a major Czech writer." From: Library Journal.



*About
Sokol/Sokolice
Milwaukee...*

Sokol/Sokolice Milwaukee
Is a Czech Organization,
offering Gymnastic classes
and activities for people of all

Web Master
Harold Kralik
[hkralik@sokol-
milwaukee.org](mailto:hkralik@sokol-milwaukee.org)
[http://www.sokol-
milwaukee.org/index.html](http://www.sokol-milwaukee.org/index.html)

**"A Sound Mind in
a Sound Body."**

Sokol/Sokolice Milwaukee
7507 W. Oklahoma Avenue
Milwaukee, Wisconsin 53219
(Located in the Norway House)



Answers to Quiz

1. Boxing
2. Niagara Falls
3. Asparagus and rhubarb
4. Strawberry
5. It grew inside the bottle.
6. Dwarf, dwell, and dwindle
7. Period, comma, colon, semicolon, dash, hyphen, apostrophe, question mark, exclamation point, quotation mark, brackets, parenthesis, braces, and ellipsis.
8. Lettuce
9. Shoes, socks, sandals, sneakers, slippers, skis, skates, snowshoes, stockings, and stilts.