



PROUDLY SERVING THE ENNIS COMMUNITY SINCE 1908

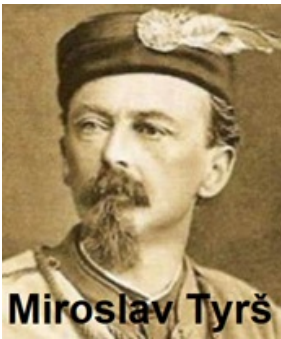
"The mission of the American Sokol is to provide fitness and community for individuals and families through physical, educational, cultural, and social programs."

A BIG THANK YOU SHOUT OUT

To everyone that stepped up and helped make the Polka Festival a successful event for Sokol KHB!!!!!!!

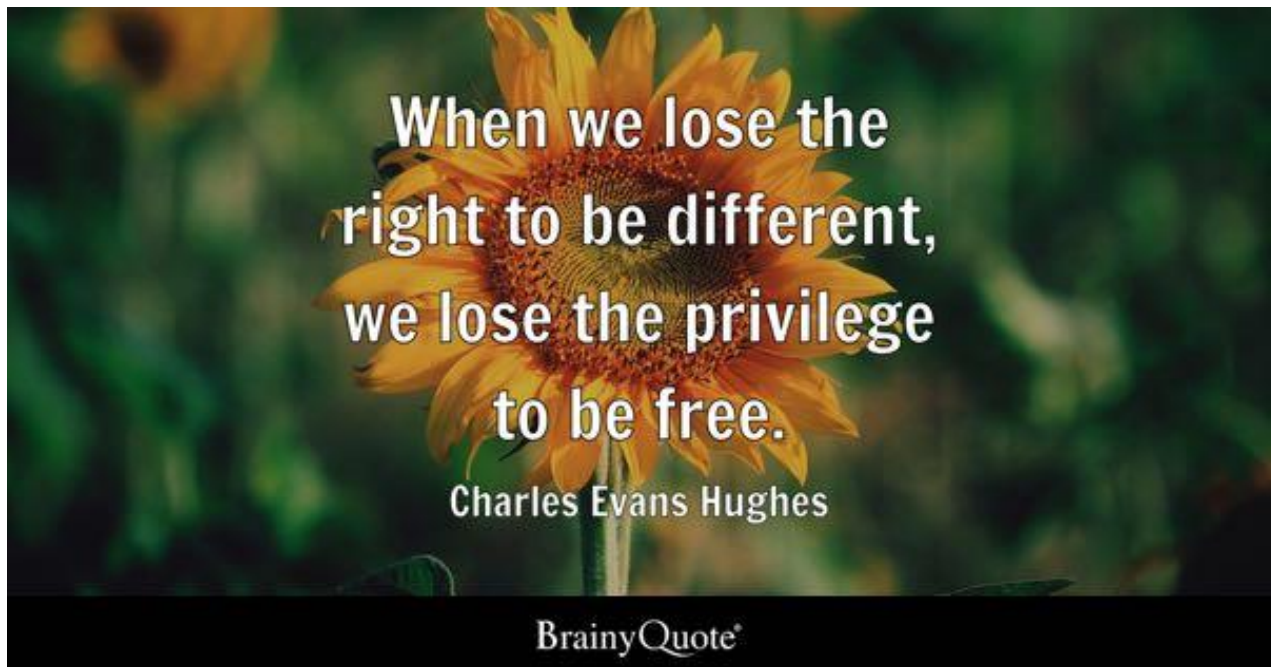


Grand Opening of Tyrš Swimming Pool June 3rd



The grand opening of the Sokol Ennis Tyrš Swimming Pool will take place Saturday, June 3rd, 1pm-5pm. There will be door prizes & complimentary burgers & hotdogs. Music by DJ Don. This event is open to the public & there is no cover charge. Contact 972-921-1962 / swim@sokolennis.com for more info.

The swimming pool was named after Miroslav Tyrš (pronounced like "Teersh"), the founder of the first Sokol in Prague, CZ 1862.



GYMNASTICS REPORT

Southern District Slet! The competition was on May 6, 2023 at Ft. Worth Sokol. We had 31 competitors.

We had a very successful polka festival. We had a parade float that Jamie Nixons company Bristol Hospice paid for and Brian Clark drove the trailer.

We raffled off a quilt that our sewing circle does for the gymnastics kiddos. The winner was Hillary Galekky. We raffled off a corn hole set that Brandon Smith donated and Palmer ISD made them winner was Charles Walker. We also raffled a lottery scratch off basket the winner was Ray Elleven.



VOLLEYBALL REPORT

Adult Volleyball free play is Wednesday 730 till around 10. Must be 17 for these teams! A one-time \$50 insurance fee per season and adult has to have a gold membership with Sokol and that is \$65 and then every January dues are due of \$65

GET FIT WITH SARA REPORT

Sara Jakubik email at Jakubiksara4@gmail.com for more information.

POOL REPORT

Pool Grand opening is June 3, 2023 1pm to 5pm! Live Music/DJ, Door prizes, and Food!



We soft opened the pool on May 23!

Must be a silver or gold member to access/participate, or to rent the pool!

Water aerobics will be \$5 a class or you can buy a punch card 7 classes \$30 or 30 classes \$140. We will do morning and evening water aerobics.

We have a few days left in June for pool rentals.



If interested in Registering, New membership to Sokol, and swim passes you can email me at jnoplis80@gmail.com, come to the pool when open or come by the clubroom Monday and Wednesday!

Thank you
Joanna Wilson

Physical Director/Gymnastic Manager/Pool Manager Sokol KHB Ennis
Southern District Women's Director

Educational Director's Report

The Purpose and Meaning of the Sokol Training Program

This article was prepared by O.J. Kudrnovsky for the Tyrs Institute of the American Sokol. It explains why our physical program includes activities and skills other than apparatus and tumbling. Because it was written many decades ago, the language is a little archaic, but still understandable and informative.

Dr. Miroslav Tyrs founded the Sokol organization for the purpose of the maximum development of physical mental and moral powers of every individual member. In order to achieve this goal he designed a training program by selecting various physical activities in terms of their educational worth. Let us look at various activities of our training program and point out their educational outcomes, aims and objectives.

The first large group of our Sokol program comprising Marching and Free exercises were selected:

- To attain good posture, general body growth and development.
- To cultivate sense of rhythm.
- To aid in promotion of individual expression and creative ability.
- To promote the recognition of self as a part of a group.

The purpose of the second large group containing gymnastic apparatus is:

- To increase organic power, strength and stamina.
- To develop mechanical efficiency in the use and manipulation of the body.
- To aid in the development of desirable personal traits, such as courage, perseverance and quick nerve-muscle reactions.

Pyramid building and group activities (i.e. special rhythmic numbers) forming the third large group provide the opportunity for self-expression, creativeness and development of appreciation of the harmonious relationship and joint interest.

The primary aim of the combative and competitive activities representing the fourth large group is:

- To aid in the development of desirable personality traits.
- To develop team work, a recognition of the contribution an individual may make toward the success of the group enterprise.
- To develop self-assurance and courage by use of elements of danger and challenge.

In order to aid in the attainment of a balanced living regimen, a portion of our regular gym class is devoted to training in Sokol principles. Your life success and happiness, to a great extent, are affected by your physical and moral habits and attitudes acquired during the period of your growth.

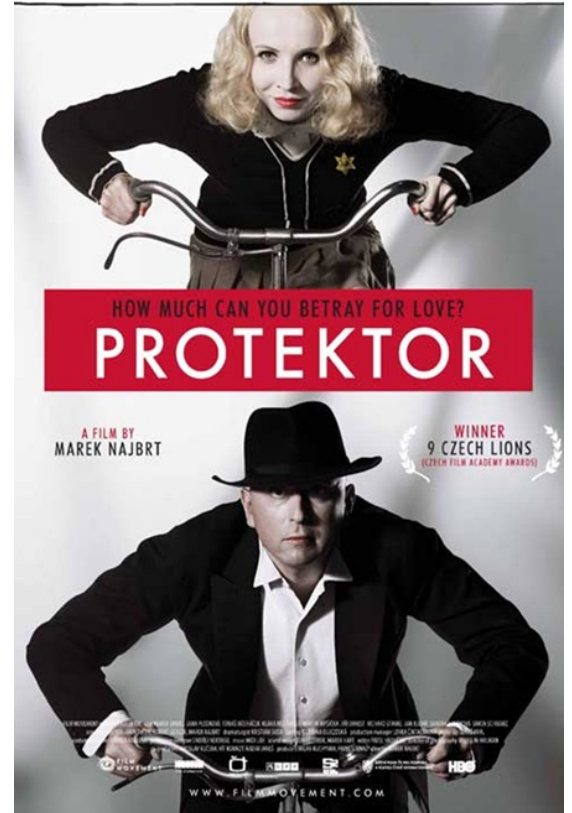
Na Zdar! Sister Liz Moucka Krajca -- Educational Director, Sokol KHB

Monthly Czech Movie & Social June 15th & July 6th

The next Monthly Czech Movie & Social is Thursday, June 15th in the Clubroom. Doors open 5pm. Accordion music by David Slovak at 6pm. The featured film is "Protector" at 7pm.

About the film: A story of Hana and Emil Vrbata, a couple living in German Occupied Czechoslovakia, in the Protectorate of Bohemia and Moravia, during World War II. Hana is a young Czech film actress who also happens to be Jewish. She has just appeared in her first feature with her leading man, an older Jewish actor, who warns her that her career is over. He furthermore tells her that their picture will "never see the light of day" due to the fact that the Nazis will never allow its release. He hands her a forged passport and papers to get out of the country but she throws them in the trash, not believing what he says about the imminent German invasion. Throughout the film, we catch glimpses of the film's protagonist, Emil, pedaling furiously, superimposed over the screen's larger canvas. This cyclist becomes a symbol for the man who pedals furiously but is actually going nowhere. That man is the Czech "every-man" of 1938 who desperately wishes to escape his tragic circumstances but in reality remains motionless, trapped by the forces of tyranny. The 2009 film is in Czech w/ English subtitles.

Pizza, chicken strips, corn dogs, French fries, cheese sticks, jalapeno poppers, fried pickles, onion rings, bread pretzels & snacks available for purchase at bar. Non-smoking event (smoking allowed on patio). Czech Movie & Social occurs monthly normally on the first Thursday by the Ellis County Czech Heritage Society. All Sokol members welcome.



**“Reputation is what other people know.
Honor is what you know about yourself”**

Lois McMaster Bujold

Friday Night Patio Party with The PBR Band June 16th

We will have a Friday Night Patio Party on June 16, 2023. Music by The PBR Band 7pm-11pm. Doors open 5pm. No cover charge. Patio Kitchen will be open selling burgers, fries & more. No Smoking in Clubroom (Smoking allowed outside).

Monthly Members Meeting June 21st & July 19th

Our next monthly members meeting is Wednesday, June 21st at 7pm in the Dining Room. All members are encouraged to attend. Sokol values your interest & welcomes your involvement in the organization. There are many opportunities for youth & adult members to be involved. Involving the entire family in volunteer activities addresses the benefits of youth volunteering while utilizing the volunteer resource of adults with children. Sokol encourages parents and their children to volunteer together! Members are also encouraged to provide feedback & offer ideas on Sokol's educational, physical, cultural, & social programs & activities. Members Meetings occur every 3rd Wednesday of the month.

CALENDAR – UPCOMING EVENTS

2023

Jun 3 Grand Opening of Swimming Pool 1pm-5pm / Music by DJ Don

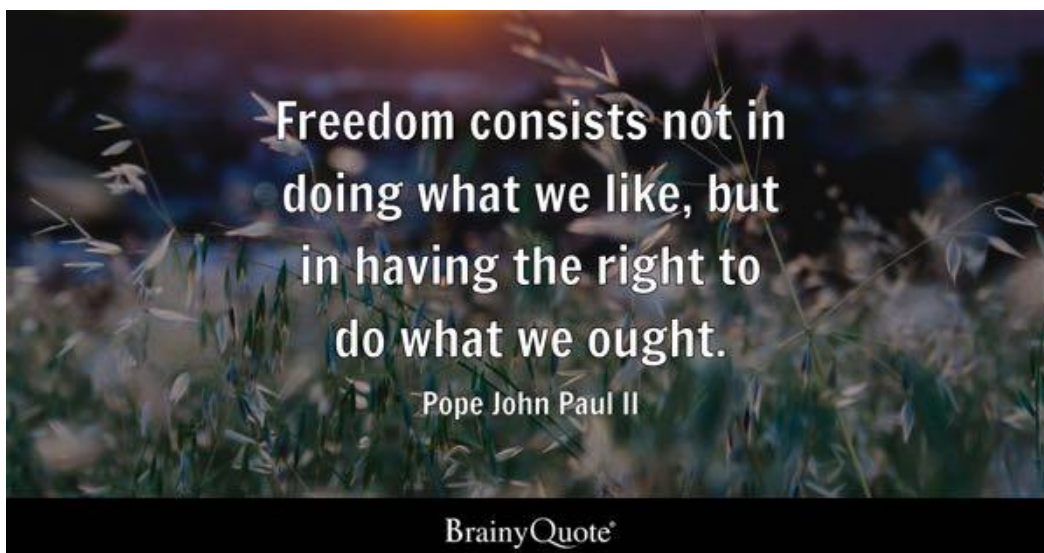
Jun 15 Czech Heritage Society Social & Czech Movie: "Protector" 7pm - Clubroom 5pm

Jun 16 Friday Night Patio Party - Clubroom Patio 5pm / Music by PBR Band - 7pm

Jun 21 Monthly Members Meeting - Dining Room 7pm

Jul 6 Czech Heritage Society Social & Czech Movie: TBA 7pm - Clubroom 5pm

Jul 19 Monthly Members Meeting - Dining Room 7pm



Join Sokol Ennis Members Group on Facebook



Group by Sokol Ennis



Sokol Ennis Members

June / July Member Birthdays

MONTH	DATE			MONTH	DATE		
June	1	Cormier	Alexandra	July	3	Gurley	Amy
June	2	Goodman	Stacey	July	4	Blazek	Donna
June	5	Foust	April	July	4	Falkenbach	James
June	5	Hernandez	Sabrina	July	7	Slovak	David
June	7	Holland	Rita Jane	July	9	Evans	Julie
June	8	Beebe	Jean	July	9	Holland	Jerry
June	8	Betik	Kristine	July	13	Dvorak	April
June	8	Pleiner	Sammy	July	16	McIntosh	Max
June	8	Hollingsworth	Ronda	July	16	Toth	Arthur
June	9	Pleiner	Libby	July	17	Chandler	Retta
June	11	Mullican	Cliff	July	17	Dickerson	Louise
June	13	Gillentine	Rebecca	July	17	Moucka-Krajca	Elizabeth
June	13	Hamilton	Stuart	July	17	Wilson	Glen
June	15	Andrle	Paula	July	21	Mikula	Andy
June	17	Cepak	Rick	July	21	Schumacher	John
June	18	Toth	Robert	July	21	Slovak	Darren
June	20	Anderson	Warren B	July	22	Bouska	Charles
June	21	Trojacek	Laura	July	22	Wester	Jerry
June	22	Stacks	Cathy	July	25	Mercer	Norma
June	26	Robinson	Angela	July	26	Skinner	Pam
June	26	Valek	Vickie	July	28	Jurcik	Charles
June	28	Hickman	Kari	July	28	Patak	James
June	28	Honza	Megan	July	29	Reyes	Sandro
June	29	Davis	Cindy	July	30	Trojacek	Benny
				July	30	Zmolik	Lawrence
				July	31	Houdek	Jennifer

DONATIONS

Sokol Ennis always appreciates donations to our organization, whether they be “In Memory” of a deceased member, or simply because you are able to help continue the Sokol mission. We have different areas, or accounts, where your donation can be applied. Therefore, it would be helpful to let us know in a note accompanying your donation, how you wish us to apply your generosity.

- General Fund (operations, dues support, etc.)
- Building Fund (improvements, maintenance, etc.)
- Scholarship Fund
- Swimming pool
- Gymnastics
- Museum - Education

2023 Sokol Ennis Sponsors - Thank you for your support!

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<p>17th Annual ENNIS CZECH MUSIC FESTIVAL Sokol Hall Sat., February 17, 2024 ENNISCHECHMUSICFESTIVAL.COM</p> 	<p>the Grounds Guys a neighborly company 214-971-7200 Irrigation & Lawn Care</p> 	<p>MATOUS ELECTRIC LLC</p>  <p>3868 FM 1181 Ennis, Texas 75119 TECL #23078 972-875-8005 JoeMatous@yahoo.com</p>
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Donations and news worthy items to support the Sokol KHB Newsletter should be sent to Sokol KHB Newsletter, P.O. Box 205, Ennis, TX 75120