

June, 2018



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PROUDLY SERVING THE ENNIS COMMUNITY SINCE 1908

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

Email Updates

By Ray Elleven

Email is a great way to send out notices to large numbers of people at one time. And when you have approximately 300 members, email is the way to go for those last minutes reminders, changes to the calendar, or notice of something important that cannot wait for the next newsletter. Email is also used to distribute the bi-monthly KHB Newsletter.

If you are not getting our emails/newsletters, it might be because we either don't have your current email address or possibly we are not in your address book and your system will not accept our emails.

We changed from Yahoo to Gmail some time ago because Gmail is friendlier for us to sending large numbers of blind copy emails. To make sure your address is current, please send us an email to EnnisSokol@gmail.com with "Please Update My Address" in the subject line and we'll take care of updating your records.

Support Your Sokol

Sokol Ennis is a 501(c)(3) non-profit organization. Donations can be tax deductible. Donations can be made in person, by mail or online through PayPal at our Payments/Donations tab on our website. As a non-profit organization, donations from the members and community are vital to keeping the costs for programs low for the participants. We truly are working toward making a deep impact and to make a difference in the lives of the people in our community. We appreciate any donations made.

Please be sure to watch our website (www.sokolennis.com) for upcoming events. You can also follow us on Facebook, Instagram, & Twitter.

June, 2018



Successful Cheese Roll Bake – 70+ Made and Sold!!

It took lots of people (more than are shown here)



Kentucky Derby Celebration Fundraiser



Sokol Tyrs Pool Opened May 29

Open Swim daily

Tuesday through Saturday - 1:00 to 6:00

Sunday – 2:00 to 6:00

Swim passes available

\$100 per person or \$300 for a family pass (3 to 5 people)

Water Aerobics

every Tuesday & Thursday from 6:00 to 7:00 p.m.

\$7 a class or \$100 for a Water Aerobics Pass

Swim Lessons

June 19 – 29 by Anna Slovak 972-903-9983

Members are able to book 2-hour private parties

Pool phone number: 972-875-8058

**Follow “Sokol Ennis” on Facebook for up-to-date info regarding
the Sokol Tyrs Pool**

NEW at Sokol Ennis this summer

OPEN GYM

Every Monday evening from June 18 through the end of July (7 weeks)

6:00 to 7:00 pm – “Introduction to Gymnastics” for Beginners with little or no experience in gymnastics
7:00 to 8:00 pm – “Keep your Skills” for Gymnasts who want to maintain their skills during the off-season

- Experienced gymnastics instructors will be in charge of each session.
- Parental waiver required for participants who are not currently enrolled in Sokol gymnastics.
- Participate by the week at \$15 per session – no long-term registration required.
- Commit to the entire summer for \$80 (a \$25 savings).
- Just show up Mondays. Come to the southwest door at Sokol – behind the flag pole.
- For more information, call 972-765-3733.

Birthday Bash

Every month on the second Wednesday we have birthday celebration for those members having a birthday that month. There is plenty of food and those with a birthday are given an adult beverage of their choice.

June Birthdays	
Last	First
Anderson	Warren B.
Beebe	Jean Paul
Betik	Alexandra
Betik	Kristine
Cazares	Esteban
Collard	Mary Ann
Davis	Cindy
Evola	Corin
Goodman	Stacy
Hamilton	Stuart G.
Holiday	Jennifer
Holland	Rita Jane
Howerton	Steve
Laznovsky	Lil
Mendoza	Juana
Morales	Mark
Mullican	Cliff
Navarro	Eudelia
Oats	Jimmie
Pleiner	Libby
Pleiner	Sammy
Prasifka	Lindsay
Rhodes	Kimberly
Stacks	Cathy
Toth	Robert
Trojacek	Laura
Turner	Hollie
Valek	Vickie
Vrla	Marie
Zaidle	Rita

July Birthdays	
Last	First
Boggan	Donna
Bouska	Charles A.
Chandler	Retta
Dvorak	Jennifer
Falkenbach	James
Holland	Jerry
Hovis	Chad
Hughes	Silas
Jurcik	Charles L.
Krajca	Elizabeth
McIntosh	Max
Mercer	Norma
Mikula	Andy
Patal	James
Rebmann	Cheryl
Schumacher	John
Slovak	Darren
Slovak	David
Tejeda	Corina
Toth	Arthur
Trojacek	Benny
Wester	Jerry
Wilson	Glen
Zmolik	Lawrence

Back in Time Prom!

July 21, 2018

7:00PM-11:30PM

Sokol Hall



2622 E Hwy 34 - Ennis, TX 75119

**Adult prom - 21 &
up. \$15 per person**

Music and snacks provided. Come
dressed in any era!

Doors open at 6:00

972-875-7959

www.sokolennis.com

Southern District Slet 2018

KHB athletes successfully participated in competitions at Dallas Sokol June 8 -9. Our volleyball teams brought home the first and second place trophies. The Special Tumbling Number performed by our Level 2 and 3 girls under the direction of Ksenia Marek earned a trophy for their presentation. Five of our senior class performed the traditional group calisthenics in the closing program. Thanks to Sokol Žižka Dallas and American Sokol Southern District for hosting this wonderful family event.

In all, Ennis had 19 youths participate in the Southern District Slet.

Level 1

Charlotte Robie
Madelene Zarate

Level 2

Mikaela Morales
Madeline Wilson
Gracie Zhanel
Reece Zhanel

Level 3

Landry Bohanon
Emma Fones
Jenna Holiday
Jypsy Holiday
Brooklyn Johnson
Naysha Morales
Grace Strunc
Georgia Tabb
Adalee Updegraff

Boys Level 3

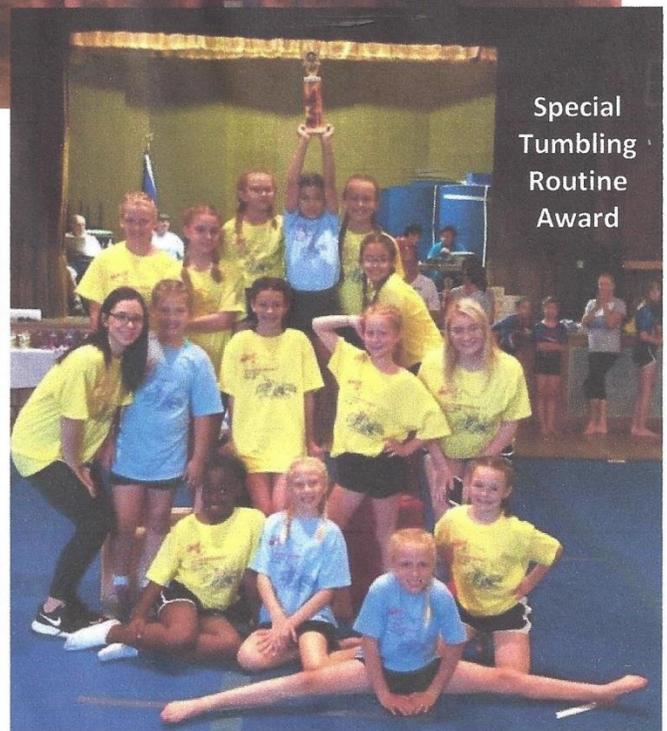
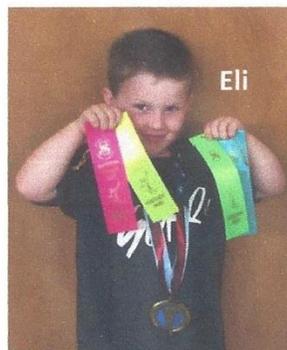
Tyler McManus
Eric Puckett
Ian Smith

Tots

Eli Gilbert

Thanks to our Coaches

Ksenia Marek
April Dvorak
Josef Slovak
Kristine Betik



**Congratulations
KHB Teams
Well done !!**

Nazdar !

Liz Moucka Krajca, Sokol KHB Physical Director

Calendar of Upcoming Events

Sokol Clubroom open Mondays & Wednesdays 5PM – Close

Sokol Museum – open for special events and by appointment

Please be sure to watch our website (www.sokolennis.com) for upcoming events. You can also follow us on Facebook, Instagram, & Twitter.

July 21, 2018 - Back in Time Prom - 6pm Hall

- Monthly Member Meetings are held the 3rd Wednesday of every month – dining room.
- Monthly Member Birthday Celebrations are held the 2nd Wednesday of every month - clubroom

HELP BUILD OUR MEMBERSHIP

Hello members,

At the annual member meeting in October, I was elected to the office of Membership Director. My task is to manage the membership committee which mainly creates and oversees programs and activities to solicit new members as well as retain existing members. We need your help in building up our membership base, so please tell your family and friends about Sokol Ennis. Check out our webpage at www.sokolennis.com to learn more. The member application can be found on the membership page of the website or in the Clubroom, which is open Mondays and Wednesdays at 5PM. If you would like to join the membership committee or have any questions about memberships, please contact me at 214-906-0891 or membership@sokolennis.com

Thanks & Nazdar! David Slovak -- Membership Director



Polka Festival Float

June, 2018

7th Annual National Senior Health and Fitness Day Sokol Karel Havlicek Borovsky – Ennis, Texas

On Wednesday, May 30th, the Senior class at Sokol Karel Havlicek Borovsky (KHB) – Ennis, Texas, welcomed friends, members of the Ennis Ladies Sewing circle, and our Brothers and Sisters from Sokol Fort Worth to share its celebration of the 2018 National Senior Health and Fitness Day. Senior Class coaches Jan and Chuck Kalat, assisted by recent college graduate returnee Kristine Betik assembled the group ranging in age from 60's to 90's, in a line to receive a "welcome" and instructions/outline for the activities planned.

Three activities were conducted simultaneously. One squad assembled for some balance and beam activities, under the direction of Coach Jan, using the high beam as a ballet bar and various heights of beams ranging from 0 (a Velcro strip) way up to about 6 inches. Another squad was ushered into the clubroom under the direction of Coach Kristine, where they enjoyed a session of challenging armchair aerobic fitness exercises targeting all parts of the body following a DVD presentation on the 60" flat screen "fitness" TV. The third squad led by Coach Chuck, exercised their muscles through a series of simple exercises in chairs with weights; and then passed, tossed, and kicked around one or more playground balls simultaneously in different patterns. Oh, yes the laugh muscles got a real workout. The ball activity ended trying to keep a beach ball in the air volleyball style as long as possible – attempts ranged from 1 to a high of 70+ hits. After about 25 minutes, all the squads took a 5 minute breather and rotated to their next activity.

After all rotations were completed, each participant received an official 2018 National Senior Health and Fitness Day participation certificate and a series of health and fitness related one page handouts. Everyone socialized during the luncheon of "left-overs" from the National Polka Festival held the previous weekend. For those that still hadn't had enough and hung around, the Sokol KHB and Sokol Ft. Worth Senior II folks practiced the "500 Miles" calisthenics number they had learned for their Southern District Slet.



June, 2018

Czechs, Slovaks to Mark Pittsburgh Pact 100 Years Ago

One hundred years ago, Pittsburgh was the scene of the Pittsburgh Agreement - the historic one-page document that outlined the unification of the Czech Republic and Slovakia into one nation: Czechoslovakia.

By DAN MAJORS, Pittsburgh Post-Gazette, May 29, 2018

PITTSBURGH (AP) — Simply putting a pen to paper doesn't create a nation. Such an undertaking takes inspirational leadership and dedicated followers. One hundred years ago, Pittsburgh was the scene of just such forces, coming together to draw up the Pittsburgh Agreement — the historic one-page document that outlined the unification of the Czech Republic and Slovakia into one nation: Czechoslovakia. And even though they have since separated, the bond reflected in that momentous pact is being remembered and celebrated here this week and later this year in the two nations. "It's fascinating, really, that it happened in Pittsburgh," said author Robert W. Doubek, founding president of the American Friends of the Czech Republic. "But it couldn't happen in Europe. The Czechs and Slovaks were in an occupied territory, and calling for political activity could get you in trouble." It was 1918, and World War I was ending. The nations and empires of Europe were about to change. Some would vanish and others would be created. The people of the Czech Republic and Slovakia saw both a risk and an opportunity. Fearful of being assimilated by the shifting boundaries of neighboring nations, there was a movement to unite as they had in the form of the "Czechoslovak Legion" during the war. "They had been recruited out of POW camps in France, Russia and Italy to form this allegiance to fight on the side of the Allies," Doubek said from his office in Washington, D.C. "That gave them a tremendous amount of credibility, and they were considered part of the victorious nations." The champion of the independence movement was Tomas Garrigue Masaryk, a wildly popular politician who traveled to America to prevail on President Woodrow Wilson for support. Masaryk also toured the country, making stops in Chicago, home of the largest number of Czech emigres, and Pittsburgh, which had the greatest Slovak population in the States. "Masaryk was half-Czech and half-Slovak and both sides could identify with him. There was a huge rally at Grant Park in Chicago in early May. There were tens of thousands of people," said Doubek, whose grandfather was among those in attendance. Masaryk's visit to Pittsburgh a few weeks later coincided with the Memorial Day holiday. Ten thousand jubilant Slovaks and Czechs paraded through the streets of the North Side and Downtown before Masaryk's address at the Exposition Music Hall, according to the Pittsburgh Press. History was in the making.

But why Pittsburgh? As similar as they might have been, the Czech Republic and Slovakia had their differences, which were reflected in the immigrants who came here. The Czechs had been part of Europe's industrial revolution, Doubek said, and "they became the most literate ethnic group to arrive at Ellis Island." They were craftsmen, blacksmiths and tailors. "The Czech families came mostly from the Bohemia area, and they came to a part of Troy Hill called Bohemia Hill on the very edge, facing the city," said Carol Hochman, 78, of Swisshelm Park and an honorary consul of the Czech Republic since 2007. "Troy Hill was part of Deutschtown, where the Germans were, and these folks were familiar with Germany. It was like home." The Slovaks, on the other hand, were of a more rural background. "They were among the ethnic groups that did the hardest work," Doubek said. "The Slovaks in Pittsburgh settled in Homestead because of the language and because it was close to the steel mills and coal mines," said Joe Senko, 82, of Mt. Lebanon and an honorary consul of the Slovak Republic for 20 years. "They also settled on the South Side." Like so many of Pittsburgh's old neighborhoods, the communities were defined and kept together by their jobs, churches, schools, languages, markets and pubs. The immigrants came to Pittsburgh at the turn of the 20th century for economic and political reasons. They came together on Penn Avenue in May 1918 to form a new nation. The Pittsburgh Agreement, which is displayed at the Heinz History Center in the Strip District, is relatively short. Its six points include the formation of Czechoslovakia as a republic with the assurance that the Slovak language would be retained. It was signed by 29 individuals, including Masaryk, who would return to Czechoslovakia to serve as its first president. The transition was surprisingly smooth. "From my reading of history," Doubek said, "the Czechs and Slovaks (in Europe) were celebrating so hard, the authorities had to tell them to quit celebrating and go back to work. The Austrians sort of accepted it, and the military and government representatives in Prague packed up and left peacefully. They turned the whole thing over to the locals."

On Thursday, the 100th anniversary of the signing, the University of Pittsburgh will hold a symposium on its importance at Posvar Hall, Room 4130 in Oakland. Panelists will be Hugh Agnew, of the Elliott School of International Affairs at George Washington University; Matej Hanula, of the Institute of History of the Slovak Academy of Sciences in Bratislava; and Milada Polisenka, of the Anglo-American University in Prague. Doubek will be in town to serve as moderator for the event, which is free and open to the public. Hochman and Mr. Senko also have planned an evening reception at the history center with more than 250 people, including Slovak Ambassador Peter Kmec, Czech Ambassador Hynek Kmonicek and other dignitaries from the two nations. Interest in the events has been high, they said, especially considering that the ethnic personalities of the neighborhoods has been diluted by the years. "At one time, I think there were 21 Slovak churches in the area," Senko said. "Now, there might be one left. "I remember Bohemia Hall on Vinial Street," Hochman said. "It was the centerplace for Czech gatherings. But it burned down in the 1960s. And the young people got cars and moved away. You still hear the Czech names around Pittsburgh, but we're not gathered much anymore." "A lot of these people who are coming are older," Mr. Senko said. "They remember their grandparents being from there, but they don't speak the language anymore." There's also the fact that Czechoslovakia — the nation penciled out in Pittsburgh — no longer exists. Hitler overran it during World War II and then the nation re-divided in the 1990s. "They called it the Velvet Revolution because nobody got killed," Doubek said. "And each country was happy to retain its own identity." And each country is planning to exhibit the Pittsburgh Agreement. It will be sent to the Slovak National Museum in Bratislava next month and then to the National Museum in Prague in October. "Today, they're like a pair of brothers," Doubek said of the two nations. "They probably have the best relations of any two countries in Europe."

Source: www.usnews.com

6 Unusual Signs of Dehydration You Should Know About

Your breath, skin, and body temperature may be telling you you're running low on water.

By Nancie George

Dehydration occurs when the body has insufficient water to function properly. While mild dehydration may be just uncomfortable, more severe dehydration can lead to blood clots, seizures, and other potentially fatal complications. Clearly, severe dehydration must be treated promptly, but even mild dehydration can have adverse effects on mood and energy. It's important to catch any degree of dehydration early, but the signs of dehydration aren't always obvious ones like thirst and fatigue.

Here are six surprising signs and symptoms of dehydration.

1. Bad Breath. Saliva has antibacterial properties, but dehydration can prevent your body from making enough saliva. "If you're not producing enough saliva, you can get bacteria overgrowth in the mouth, and one of the side effects of that is bad breath," says John Higgins, MD, an associate professor of cardiovascular medicine at the University of Texas in Houston and the chief of cardiology at Lyndon B. Johnson General Hospital in Houston.

2. Dry Skin. "A lot of people think that people who get dehydrated are really sweaty, but in fact, as you go through various stages of dehydration, you get very dry skin," Dr. Higgins says, adding that skin may appear flushed as well. When pinched, the skin of a dehydrated person may remain "tented" and take some time to return to its normal, flat appearance.

3. Muscle Cramps. Dehydration is only one potential cause of muscle cramps, but it's one worth considering if you get cramps while exercising, particularly in hot weather. "The hotter you get, the more likely you are to get muscle cramps, and that's from a pure heat effect on the muscles. As the muscles work harder and harder, they can seize up from the heat itself. Changes in the electrolytes, such as sodium and potassium, can lead to muscle cramping as well," says Higgins. Even in cooler weather, dehydration is possible if you don't drink enough fluids while working out. According to Higgins, symptoms may be milder or come on slower, but dehydration carries the same risks, regardless of the outside temperature.

4. Fever and Chills. If your body is severely dehydrated you may experience fever and chills. Fever, in turn, can worsen dehydration, and the higher the fever, the more dehydrated you may become. In infants, so-called dehydration fever may develop if there is inadequate fluid intake, diarrhea, or vomiting. Any fever in an infant or toddler is cause for concern. Ask your pediatrician for guidelines on when to call for help. Adults should seek medical help if their temperature reaches 103°F.

5. Food Cravings, Especially for Sweets. "When you're dehydrated, it can be difficult for organs like the liver, which uses water, to release glycogen [stored glucose] and other components of your energy stores, so you can actually get cravings for food," Higgins says. While you can crave anything from chocolate to a salty snack, cravings for sweets are more common because your body may be experiencing difficulty breaking down glycogen to release glucose into the bloodstream to use as fuel, he says. It's also not uncommon for the body to confuse the feeling of thirst with hunger, meaning that you may feel hungry when all you really need is water.

6. Headaches. Even mild dehydration can cause a dehydration headache and even trigger a migraine headache. Since it's often not clear what is causing a headache, drinking a full glass of water and continuing to sip more fluids during the day is an easy way to ease your pain if, in fact, dehydration is contributing to it.

How to Tell if You're Dehydrated

If you're thirsty, you're already dehydrated. But lack of thirst doesn't necessarily mean you're well hydrated. Here are two other ways to check whether your body is dehydrated:

Try this skin test. Use two fingers to pinch up some skin on the back of your hand, then let the skin go. The skin should spring back to its normal position in less than a couple of seconds. Higgins says that if the skin returns to normal more slowly, you might be dehydrated.

Check your urine. If you're well-hydrated, your urine will be mostly clear with a tinge of yellow (the color of light lemonade before it hits the bowl). Darker yellow or orange are the "warning" colors to watch for. See those colors - start drinking fluids.

Tips for Staying Hydrated

When it comes to daily water intake, the Institute of Medicine recommends that most women get about 2.7 liters of water a day (or about 12 cups), and most men get about 3.7 liters a day (or about 15 cups). Those totals include water gained from foods and beverages like tea, milk, and fruit juice. Here are some tips for getting all the fluids you need and avoiding dehydration:

Keep your water bottle handy. "If it's right next to you, you'll likely get into the habit of sipping it without even realizing it," says the nutrition expert and Everyday Health columnist Johannah Sakimura.

Spice up plain water. "If you don't love plain water, jazz it up by adding a splash of fruit juice or chunks of fresh or frozen fruit," says Sakimura. "Or try naturally flavored, calorie-free seltzers — their fizz and fruit flavor makes them more appealing than plain, flat water."

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Try different teas. Sakimura recommends drinking unsweetened teas, which are available in lots of different flavors. “Sip fruity iced teas during the day (with lots of ice if it’s hot out), or cozy up with a mug of hot peppermint or chamomile tea at night — they all count toward your daily fluid goal.”

Make over your snacks. “Swap dry snacks like chips, pretzels, and crackers — which have a very low water content — with refreshing munchies like fresh or frozen fruit, yogurt, healthy smoothies, celery with peanut butter, and cut veggies with hummus,” recommends Sakimura.

Pile on the produce. “Aim to make half your plate produce at meals. All those vegetable and fruit servings will supply water as well as a hearty dose of vitamins, minerals, and fiber,” says Sakimura.

“In fact, some fruits and vegetables are more than 90 percent water — including cantaloupe, strawberries, watermelon (of course), cucumber, celery, lettuce and leafy greens, zucchini, tomatoes, and bell peppers,” Sakimura says.

Sip more during meals. “Sipping water with meals will help you eat more slowly, pace your eating, and, of course, stay hydrated,” Sakimura says.

Dehydration in the Elderly

Elderly people may be at higher risk for dehydration for a number of reasons.

Some elderly people become chronically dehydrated if they take certain medications such as diuretics, have a diminished sense of thirst, are not able to get themselves a glass of water easily, or forget to drink because of dementia. Chronic dehydration in an elderly person may lead to confusion, low blood pressure, dizziness, and constipation.

If you have an elderly relative with mobility limitations or cognitive problems, be sure to monitor them for signs of dehydration or ask their caregivers to do so.

Source: www.everydayhealth.com

Moravian Sugar Cake (Authentic)

Ready In: 4 hrs 45 mins & Yields: 2 large sheet cakes

Ingredients:

- 1 (1 tablespoon) package dry yeast, dissolved in
- 1/2 cup lukewarm water
- 1/2 cup sugar
- 2 eggs
- 1 1/2 teaspoons salt
- 2/3 cup shortening
- 1 cup hot mashed potatoes (if using instant, use water for liquid & do not add salt)
- 1 cup scalded milk, cooled to warm
- 6 -7 cups flour
- 1/2 cup melted butter
- *Topping*
 - 1/2 cup flour
 - 1 lb light brown sugar
 - 4 tablespoons butter
 - 1 dash cinnamon

Directions:

1. To proof yeast, add a pinch of sugar to the yeast in lukewarm water (hot water will kill yeast action). If it foams, it’s good.
2. In large mixing bowl, cream eggs, salt, sugar & shortening till smooth.
3. Gradually add warm milk & mashed potatoes, stirring a bit. Then add yeast, mixing well. Add flour, a cup at a time, until dough is stiff enough to turn out on a floured board.
4. Knead dough until soft & spongy (about 10-15 minutes by hand, or if done in a food processor, mix until it forms a ball). Place in large greased bowl in a draft free, warm place & cover with a damp towel. Let dough double in size (approx. 2-3 hours).
5. Punch down and divide dough.
6. Place in greased pie pans or large cookie sheets, cover & let double in size again (approx. 1 1/2 hrs.).
7. Spread melted butter on top of cakes, punching holes in dough about 1 inch apart with fingers. Be careful not to punch down to bottom of pan but only half way down. Mix the topping thoroughly & pour into holes in the dough.
8. Sprinkle remaining crumbs over top & sprinkle with cinnamon.
9. Bake in pre-heated oven at 350 for 20 minutes or until golden & fully baked on the bottom. Serve warm.

Source: www.geniuskitchen.com

2018 Sokol KHB Sponsors - Thank you for your support!



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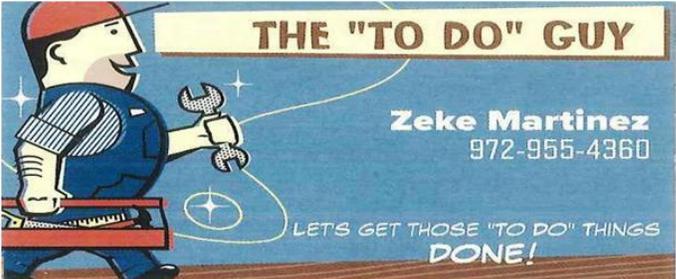
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June, 2018



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

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