



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



*Merry Christmas
&
Happy New Year
from
David, Michelle,
Josef & Isabella Slovak*

**MERRY CHRISTMAS
AND A
HAPPY NEW YEAR**

**FROM
DAVID & DIANE LISKA**

**Merry Christmas
& Happy New Year
from
The Mike & Nannette
Liska Family**

**MERRY CHRISTMAS TO ALL
AND BEST WISHES
FOR A
SAFE, HEALTHY, AND HAPPY NEW YEAR
from
THOMAS BETIK FAMILY**

**Merry Christmas
& Happy New Year
from
The Elleven Family**

**DECK THEM HALLS, Y'ALL
from
THE SOKOL KHB ADULT CLASS
ADELL, DOROTHY, GEORGIE,
LIZ, CAROLINE, PAULA
JAN & CHUCK**

<p>MAY EVERYONE HAVE A BLESSED CHRISTMAS!! FROM BENNY & LAURA TROJACEK</p>	<p>VESELÉ VÁNOCE FROM BENNY & LAURA TROJACEK & FAMILY</p>
<p>MERRY CHRISTMAS AND A HAPPY NEW YEAR FROM THE SOKOL KHB OFFICERS AND MEMBERS</p>	<p>MERRY CHRISTMAS FROM RANDY AND DEBBIE OWENS</p>
<p>MERRY CHRISTMAS FROM BEN TRICKETT</p>	<p>WISHING ALL THE BEST AT CHRISTMAS & IN THE NEW YEAR FROM SANDRA RAYFORD</p>

Dues Are Due!

by Ray Elleven

We have mailed the 2020 dues invoice to our members this past November and are due by December 31, 2019.

It's important we keep good records and we are asking your help. Everyone, including Lifetime and Honorary Life members, received a form letter and a self-addressed envelope. If there are any errors on your invoice, please make the corrections on the letter and mail them us, call me at 972-921-1932, or email me at Dues@sokolennis.com.



**SOKOL KHB ENNIS ANNUAL
MEMBERS DAY
SAT. DEC. 7, 2019 9AM-8PM
CLUBROOM & GYM**

9:00 Breakfast
Kolaches & Coffee provided

10:00 Annual Meeting & Elections

12:30 Member Awards

1:00 Luncheon
Ham & Klobase provided
Please bring covered dish

2:00 Gym Exhibition
Guests welcome

3:30 Santa

4:00 Christmas Party
Music by Czech & Then Some
Goulash provided / Guests welcome / No cover charge

Members Day occurs annually on the first Saturday of December

Sokol KHB Members Receive Awards

The following members will be receiving American Sokol Membership Awards at the Members Day event, December 7th, 2019. The awards ceremony is set to begin at 12:30pm.

Five Years Membership

Elleven, Raymond
Guthrie, Stacy
Mikel, Stanley
Mikula, Corey
Mraz, Ronald
Ojeda, Adamarisse
Prasifka, Kaylee
Prasifka, Lindsay
Rowland, Christy
Trickett, Benjamin
Trojacek, Benny
Trojacek, Laura
Zapletal, Joshua

Ten Years Membership

Jakubik, Sara
Valek, Matt

Fifteen Years Membership

Dvorak, Jennifer

Twenty Years Membership

Belew, David
Boyd, Jonathan
Hutyra, Matt
Ozomy, Patricia
Slovak, David F.
Slovak, Michelle
Wester, Elizabeth
Zajic, Lewis

Twenty Five Years Membership

Davis, Cindy

Thirty Years Membership

Houdek, David
Liska, David
Trull, Shirley
Vyers, Lisa

Thirty Five Years Membership

Bouska, Edwin J.
Matous, Joseph
Valek, Glenda

Forty Years Membership

Falkenbach, James
Liska, Michael
Liska, Rhonda
Liska, Tommy
Stout, Ellene

Forty Five Years Membership

Knapp, Shirley
Rogala, Martin

Fifty Five Years Membership

Kalat, Janet
Kudrna, Dorothy

December, 2019

GYMNASTICS REPORT

Our gymnasts are getting ready for the Christmas Program in December.

We're doing a cartwheel-a-thon during the Christmas program!

Tumbling classes are well on their way!



December, 2019

Peas, lentils and mushrooms: old Bohemian Christmas meals

Ruth Fraňková 12-21-2018

The festive dinner on Czech Christmas Eve is mostly associated with fried carp and potato salad, but few people know that this is a fairly modern tradition, established only after the Second World War. In the old days before the tradition of fried carp and salad was established, Czechs used to eat more humble meals, although in a rich variety of styles.

It was a custom in the old days to fast for the whole day on Christmas Eve, which is still observed by pious Christians today. People would only sit down at the table when the first star appeared in the sky and unlike today, the festive dinner would not start with a bowl of soup, explains journalist and food critic Petra Pospěchová: *“If we go back, let’s say two hundred years, the first dish was actually a Christmas biscuit. The dry biscuits would start the whole dinner and in most parts of the country people would eat it with honey. In some regions there were more unusual combinations. It could be honey and garlic, or honey, garlic and herbs, such as celery or parsley leaves, and sometimes rosehips. So, it was the beginning of the dinner and it had a very symbolic meaning.”* Soup, which is today the first dish of the Christmas Eve dinner, would only follow as a second course. And there would often be two or even more soups to choose from, since the number of dishes symbolized the future wealth of the household: *“Christmas soups would be commonly made of fried peas, lentils, and mushrooms, or, in some cases, sauerkraut. Some of the soups had a symbolic meaning. For instance, sauerkraut soup was supposed to be good against cold fever. So, if you had it on Christmas Eve, you would be protected for the rest of the year. Some soups combined all these ingredients, so there would be dried fruits, such as pears or plums, lentils and dried peas, as well as mushrooms. It was a wild mixture, but it was rich, and that was the goal. In the east, on the border with Slovakia, this soup is called Štědračka, which literally means a rich soup.”*

Pulses appeared on the Christmas table for many reasons. The most important thing was that it was easy to store them until winter and they were rich in nutrients. Mushrooms, on the other hand, were ascribed a symbolic and ritual meaning. Both pulses and mushrooms were part of the most typical Christmas dish, called houbový kuba: *“Among the most common Christmas meals were porridges or various baked dishes. Houbový kuba was made of barley and mushrooms, baked together with marjoram and garlic. It was a typical South Bohemian dish and it came in many varieties. In other regions, like North Bohemia, they would call it houbovník and it consisted of pieces of old bread with small pieces of smoked meat, some garlic and mushrooms. So that would be the northern version of Kuba. And in other regions, it was also made with baked millets.”*

Apart from pulses and mushrooms, other fruits of nature, such as dried fruits, garlic and honey, were supposed to be present on the Christmas table as a sign of gratitude for Nature’s gifts. While the ingredients used across the country were more or less the same, there were countless ways of preparations, so the final outcome would differ quite significantly from region to region, says Petra Pospěchová. There were also major differences among what the rich and the poor had on their Christmas plate: *“In poor households, Christmas dinner was basically a richer version of the everyday meal, so you would have the same sauerkraut soup, but once a year it came with cream. In rich families, it was more common, even in the olden days, to have fish. Later, when fish became more common, most people would have carp but the rich ones had something better. Prague, in the 19th century, started to be influenced by France, so there would be exotic delicacies at Christmas such as snakes with herb butter.”*

Carp became a traditional Christmas dish only around the mid-19th century or so and carp fried in breadcrumbs became a nationwide Christmas staple even later, after the Second World War. Until then, the most common ways of preparing the fish was kapr na černo (black carp), baked with sweet sauce made with dried plums, or kapr na modro (blue carp), which changed color by being cooked in vinegar.

The Czech Christmas dinner wouldn’t be complete without the traditional Christmas pastry known as vánočka. The sweet bread was originally made only in rich families but in due time, it became increasingly common in most households. *“In many regions there would be one big vánočka on the table, but they would also make a little one for all the members of the household. If you included all the helpers, the guys working in the fields for the family, it could be 40 or 50 vánočkas altogether. Sometimes people would hide things in the pastry, such as coins or large pieces of dried fruits, and those who found it would be lucky or rich the following year.”*

Speaking about extended families, in the old days, domestic animals were also considered part of the family and they were included in the Christmas festivities, says Petra Pospěchová. In some regions, people would give the animals a bit of every dish they had on the table, to thank them for feeding the family throughout the year. *“For example in the southeast of the country, the goat would have her own plate and she would have three bites of every dish on the table. In the north, mountainy part of the country, in Pokrkonoší, people would bring the food remains to the cows. One part of the story is pagan: people wanted to ritually keep the animals well in the coming year. And the other part of the story is Christian: the animals were in the stall with Little Jesus so they had to share the Christmas Eve dinner with the people.”*

Source: Czech Radio 7, Radio Prague International

December, 2019



**The KHB Beseda Dancers participated along with the SPJST dancers
in the 2019 Czech & Slovak Heritage Day.**

Message from the Membership Committee

Sokol KHB Ennis is starting its annual membership drive for 2020. All members are needed to help with this endeavor. Please encourage your family, friends, and relatives to join. The membership application can be found on the membership page at sokolennis.com or in the Sokol clubroom. For more information regarding membership, please contact Membership Director David Slovak 214-906-0891 or membership@sokolennis.com.

David Slovák
Membership Director - Sokol KHB Ennis
membership@sokolennis.com
972-875-7959
<https://sokolennis.com/>

**.IF YOU HAVEN'T GOT ANY CHARITY IN YOUR HEART,
YOU HAVE THE WORST KIND OF HEART TROUBLE.**

Bob Hope

Calendar of Upcoming Events

Gymnastics: Monday-Thursday

Zumba: Monday & Wednesday

Volleyball: Wednesday 7pm

Feel Good Fitness: Tuesdays & Thursdays 5am – 5:45/6:00am

Clubroom: Regular business hours Mondays & Wednesdays 5pm – 11pm

Museum and Library: Open by appointment and for special events

Membership Meetings: 3rd Wednesday of each month – Dining Room – 7pm

\$10K Giveaway Building Fund Benefit: Annually the 1st Saturday in March

Ennis Czech Music Festival: Annually the Saturday following the Superbowl (February)

National Polka Festival: Annually Memorial Day weekend (May)

Dec 7 – ANNUAL MEMBER DAY (annual meeting, gymnastics exhibition, membership awards, & Christmas party)

Dec 8 – Ellis County Toy Run

Dec 9 – Monday Night Football watch party 5pm – 11pm

Dec 16 – Monday Night Football watch party 5pm – 11pm

Dec 23 – Annual Clubroom Christmas Party / Monday Night Football watch party 5pm – 11pm



SOKOL KHB ENNIS IS SEEKING SPONSORS FOR 2020!

Sponsorship Packages:

\$2500 Platinum – Four 10K Giveaway tickets with first table reservation option; ad on personalized 10K event sponsor banner; clubroom/dining room rental; 1-year club membership; ad on Sokol Ennis sponsors banner; newsletter/website ad; monthly recognition on Sokol Ennis Facebook, Twitter, and Instagram

\$1750 Gold – Three 10K Giveaway tickets with second table reservation option; 1-year club membership; ad on Sokol Ennis sponsors banner; clubroom rental; newsletter/website ad; monthly recognition on Sokol Ennis Facebook, Twitter, and Instagram

\$1000 Silver – Two 10K Giveaway tickets; 1-year club membership; ad on Sokol Ennis sponsors banner; newsletter/website ad; monthly recognition on Sokol Ennis Facebook, Twitter, and Instagram

\$500 Bronze – One 10K Giveaway ticket; 1-year club membership; ad on Sokol Ennis sponsors banner; newsletter/website ad; monthly recognition on Sokol Ennis Facebook, Twitter, and Instagram

\$150 Friend - Ad on Sokol Ennis sponsors banner; ad in newsletter/website; monthly recognition on Sokol Ennis Facebook, Twitter, and Instagram

- Sponsors will be sent an invoice/receipt
- Sponsor ads will be printed on last page of 6 bi-monthly newsletter (Feb/Apr/Jun/Aug/Oct/Dec 2020)
- Sponsor ads will be posted on the sponsor page of sokolennis.com (Jan thru Dec 2020)
- Sokol Ennis sponsors banner will be displayed all year in Sokol Activity Center

Deadline – Sponsorships and ad designs must be submitted no later than Jan 25, 2020. Mail to P.O. Box above or drop by Clubroom Mondays/Wednesdays 5pm-10pm. Ad designs can be emailed to fundraising@sokolennis.com.

Annual 10K Giveaway will be held March 7, 2020 at Sokol Activity Center. Doors open 6PM.

American Sokol Organization Ennis, Texas is tax exempt under Section 501(c)(3) of the Internal Revenue Code

2019 Sokol KHB Sponsors - Thank you for your support!

 <p>Eric Toth President Cell 972-880-2610 eric@blacklandbs.com</p> <p>1701 S Kaufman Ennis, Texas 75119 Tel 972-878-0995 Fax 972-878-1341 www.blacklandbs.com</p>	 <p>Shellie Smiley 101 NW Main Ennis, TX 469.245.5274 shellie@citytrealestate.com</p> 
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2019 Sokol KHB Sponsors cont. - Thank you for your support!

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THIS COULD BE YOU!

December, 2019



Sokol KHB – Ennis

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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.”

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

HAPPY HOLIDAYS FROM SOKOL KAREL HAVLICEK BOROVSKY

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