



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

THANKS!!!!!!

Thanks to everyone who helped with the Ennis Chamber of Commerce Dinner and Auction – meal planners, steak grillers, potato bakers, bar tenders, food preparers, dessert donators and preparers, steak & potato servers, dessert servers, tea servers, food stockers, trash handlers, dish washers, shoppers, security, and anyone else that did anything else.

WE VOLUNTEERS DID ANOTHER GREAT JOB AND SHOULD BE PROUD OF OURSELVES!!!!

IF INTERESTED IN BECOMING A MEMBER, APPLICATIONS AVAILABLE AT SOKOLENNIS.COM

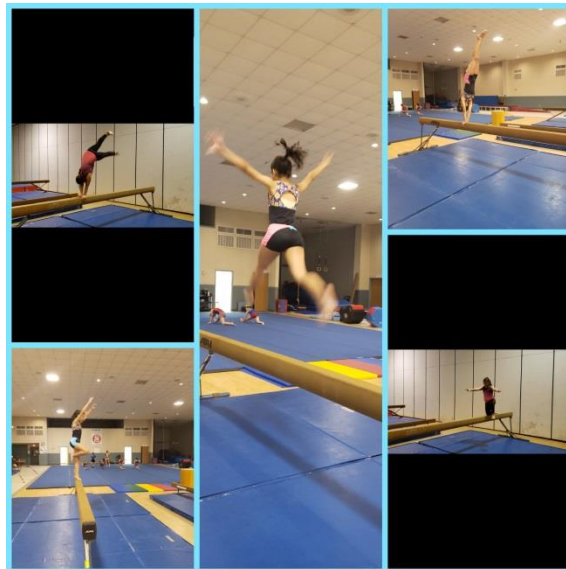


GYMNASTICS REPORT

Our gymnastics season started August 26, 2019. The gymnasts are working hard!



We have refurbished all of our beams. The gymnasts love the new padding on their feet.



New to this year's schedule is a tumbling class Thursday nights 5:30pm to 6:30pm! Come check it out. They're working on back handsprings, back tucks, front flips, front handsprings and much more!

Nazdar !! Joanna Wilson - Gymnastic Director

Quick Note / Reminder

If anyone has any personal items in the Sokol Storage Building, please remove them immediately. We will be cleaning out the building and keeping only what Sokol needs. Personal items will be discarded.

October, 2019

Message from the Nominating Committee

The annual member meeting and elections of Sokol KHB Ennis will take place Saturday, December 7th at 10AM in the Clubroom. All members are encouraged to attend and participate. If you are interested in being an officer or on a committee, please contact Nominating Chairman David Slovak 214-906-0891 or membership@sokolennis.com.

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.



**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

Calendar of Upcoming Events for 2019

- Every Monday -- Monday night football in the clubroom – food provided (different menu each Monday)
- October 18 -- DJ Don Lewis Karaoke – Clubroom 7-11pm (bring a snack or covered dish)
- December 7 -- Annual Member Day (annual membership meeting, gymnastic exhibition, membership awards & dinner, family Christmas party)
- December 23 -- Clubroom Christmas party/Monday Night Football watch party 6pm; main dish provided, (bring a covered dish or snack)

Clubroom regular business hours are 5pm to 11pm Mondays & Wednesdays
Zumba – See Schedule

Museum & Library open for special events and by appointment
Member Meetings take place every 3rd Wednesday of the month
in the Dining Room at 7pm

Annual Member Day will be Saturday, December 7th(time TBD)
(Consists of annual meeting, gymnastics exhibition, member awards program, & Christmas party)

Be sure to follow us on Facebook, Instagram, & Twitter

Sokol Ennis www.sokolennis.com



October, 2019

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 newsletters (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

**“Before you act, listen.
Before you react, think.
Before you spend, earn.
Before you criticize, wait.
Before you pray, forgive.
Before you quit, try.”**

Ernest Hemingway



COME SHAKE YOUR BOO-TY

Mon 9/30 5:30	Tues 10/1 5:30	Wed 10/2 5:15	Thurs 10/3 6:00
Mon 10/7 NO CLASS	*Tues 10/8 5:00 *	Wed 10/9 5:15	Thurs 10/10 6:00
Mon 10/14 5:30	Tues 10/15 10th BIRTHDAY CeLeBrAtioN @ 5:30	Wed 10/16 5:15	Thurs 10/17 6:00
Mon 10/21 5:30	Tues 10/22 5:30	Wed 10/23 5:15	Thurs 10/24 6:00
Mon 10/28 5:30	*Tues 10/29 6:00*	Wed 10/30 NO CLASS	Thurs 10/31 NO CLASS

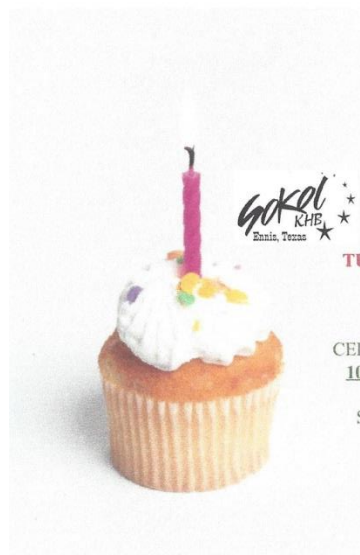
Each class is full of music to move us in a cardio workout & adding toning of legs, arms, abs, & buns all while having FUN!

Punch cards \$30 for 8 classes or \$5 per class

****SOKOL Members ONLY \$25 for punch cards or \$3 per class****

Join our free Remind 101 by texting 81010 and @jaksxumva for more info or Jakubiksara4@gmail.com

Classes led by Sara Jakubik~ instructor for 10 years & SOKOL member



GET FIT with Sara Jakubik Invites YOU to JOIN US ON **TUESDAY, OCTOBER 15TH @ 5:30 P.M.** FOR A FREE CELEBRATION OF OUR **10 YEARS AT SOKOL!** THERE WILL BE SNACKS AND DOOR PRIZES FOR ALL!

October, 2019



FEELGOODFITNESS



Led by Kourtney Curry (Action Personal Trainer certified)

Classes are located at:

Sokol Hall 2622 E. HWY 34 Ennis, TX
Every Tuesday & Thursday at 5:00 AM -5:45/6:00 AM

Classes will be a mix of:

- interval training
- HITT workouts
- crossfit movements
- modifications will be available!
- These classes are for EVERYONE!

Join my free Remind 101 by texting 81010 and @feelgoodf for class info or feel free to email me @ kbc031288@yahoo.com

Facebook page @ Feelgoodfitness



About me: Two children: Nova 8; Jackson 5. Teacher at EHS. Fitness Addict/Meal prep lover/Husband an Ennis Firefighter.



**PRESENTED BY THE AMERICAN CZECH SLOVAK CULTURE SOCIETY
AND ITS MEMBER SOCIETIES
SPJST, SOKOL, WFLA, KJT, KJZT, RVOS,
AND VACLAV HAVEL CZECH SCHOOL OF DALLAS**

Sunday, October 20, 2019

Sokol Dallas
7448 Greenville Ave
Dallas, Texas 75231

11 a.m. to 6 p.m.

**Folklore Performances
from the Czech Republic!**

**Admission \$5 per person
(ages 16 and under free)
Wear your *kroj*
and get in free!**

Entertainment All Day!

11 a.m. Opening Ceremonies with Dallas Czech Orchestra

11 a.m. to 2 p.m. Traditional Czech Dinner - \$15 per plate
Kolaches, klobase sandwiches, strudel, tea, and coffee
also available for purchase throughout the day.

11:30 a.m. to 3 p.m. Mužácke Sbory Charvátčané a Valtičan
folklore band from the Czech Republic
Beseda Dancers
Folk Dancers
Czech School of Dallas Children's Performance
Sokol Gymnastics Exhibition

3 to 6 p.m. A Live Band
for your dancing pleasure

Children's Activities Throughout The Day!

For more information, contact - Bob Podhrasky pod@att.net
Nina Marcussen czechschoolofdallas@yahoo.com • Lynda Novak magiclady_46@hotmail.com

October, 2019

2019 Sokol KHB Sponsors - Thank you for your support!

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 eric@blacklandbs.com

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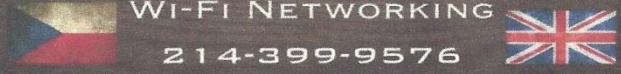
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 ENNIS, TX 75119
 (972) 875-3957



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Zeke Martinez
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LET'S GET THOSE "TO DO" THINGS DONE!



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President/ Owner
 Wayne Robinson
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 TE CL 18590

Bella Italia
 Restaurant & Bar

105 S Kaufman St
 Ennis, TX 75119
972-875-7571
 Catering Available

"Your Neighborhood Italian Restaurant"
 — OPEN —
 Sun, Tues, Wed, Thurs 10am-10pm • Fri-Sat 10am-11pm • Closed Monday



LODGE #147

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 INSURANCE

LORI LAZNOVSKY
 AGENT

Email:
 lori.laznovsky@live.com

Strong Tower Management, LLC
 The Lord is my Strong Tower






Betty Johnson, Mgr

206 Willow Creek Court
 Ovilla, Texas 75154
 strong.tower6478@gmail.com

972-814-6478
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 property management



2019 Sokol KHB Sponsors cont. - Thank you for your support!

<p>ROBERT GILLENTINE Agent</p> <p>911 S. Clay St. Ennis, TX 75119</p> <p>972.875.6506 469.438.6531 rgillentine@txfb-ins.com</p> <p>FARM & RANCH / ANNUITIES / HEALTH</p> 	 <p>...for a healthy home and business</p> <p>MOLD • MOISTURE • AIR DUCT • WATER • ODOR</p> <p>Jimmy Brown President & Owner Office: 972.200.5118 Cell: 469.951.9970</p>   <p>Jimmy.Brown@advantaclean.com</p>
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October, 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.”

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SOKOL KHB
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