

April, 2020



PROUDLY SERVING THE ENNIS COMMUNITY SINCE 1908

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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

COVID-19 Update

Sokol Ennis has been monitoring new developments regarding COVID-19 (coronavirus). The health and safety of our guests, members and staff are of the utmost importance.

Ellis County, by Judge Todd Little has put in place an order to help stop the spread of COVID-19 that prohibits public or private gathers and requires us to stay at place of residence. This order is effective 11:59 pm April 3, 2020. The City of Ennis has a similar order that expires April 17, 2021. We at Sokol KHB Executive Board made the following decisions:

CLUB ROOM – Closed

GYMNASTICS – No classes at this time.

RENTALS – March rentals have been cancelled and April rentals are subject to change.

KHB NEWSLETTER (APRIL ISSUE) -- Will only be distributed to KHB members with an email address on file in the membership roles.

We will continue to monitor the virus situation and reevaluate when the current orders expire. Please continue to follow us on Facebook, Instagram, and Twitter. Everyone stay safe!

For specific information about the coronavirus and seniors, visit the *Centers for Disease Control and Prevention's (CDC) [web page on older adults](#).*

You'll also find [targeted information for the older adult population](#) on the *U.S. Dept. of Health and Human Service's Administration for Community Living's* website.

The *National Council on Aging* has a blog post on its website dedicated specifically to older adults and their caregivers and [what they need to know about the coronavirus](#).

Also, check with your local Area Agency on Aging and state aging department for important local updates on the Coronavirus crisis in your state.

April, 2020

\$10k Giveaway – The Annual Good Time!

Our annual 10k was a lot of fun for those who attended and good for Sokol KHB. When all was said and done, we net \$30,000! That money was going to go to building improvements but in light of the Corona Virus, we may need it to pay bills until this thing is over.

A special thanks to Mike Liska, Rusty Liska, and their crew who cut the New York steaks before the event. Benny Trojacek and his crew did a great job cooking the steaks and Mayfair Mullican and her crew kept the kitchen going. It takes a lot of volunteers to put on an event like this and all the volunteers are appreciated by your officers.

The music this year was great. Brad Ackland sang jazz and big band favorites during dinner. Eric Trojacek and his band, Lost Money, got people on the dance floor and during his break, David Slovak and Friends played a few polkas and waltzes.

Every year tickets that did not sell before the event are discounted to \$100 after the kitchen closes. Only those present with a ticket can buy these discounted tickets. Mike Liska and Dwayne Robinson went in together and bought one of those tickets and split the \$10K. Congratulations to both of you.

Save the date for March 6, 2021 for next year's 10k.

2020 \$10K Winner Results

<u>Ticket Number</u>	<u>Seller</u>		<u>Winner</u>
		\$10,000 Winner	
4189	Unknown		Mike Liska Dwayne Robinson
		\$25000 Winner	
4054	Ned Planter		Steven Valek
		\$1000 Winner	
4167	Mayfair Mullican		Todd Fields
		\$250 Winners	
4338	Randy Owen		Chris Reynolds
4516	Darren Slovak		Jade Andrews
4176	Mayfair Mullican		Janis Coleman
4218	Sandra Mikula		Jon & Nicole Mc Donald
		\$150 Winners	
4244	JoAnn Wester		Suzie Gutierrez
4367	Kirby Crow		Jim Liska
4210	John Marek		Trey Kolar
4028	Sandra Mikula		Terry Avants
4024	Sandra Mikula		Kourtney Curry
4235	Unknown		Kimberly Baker
4318	Rowdy Pruitt		Cory Robinson
4108	Randy Owen		Daniel Valek
4353	Larry Trojacek		Billy Walpole
4132	Darren Slovak		Troy Patak
4067	Unknown		Angie & Kevin Newman
4143	Darren Slovak		Greg Blazek
4127	Randy Owen		Ricky Johnston
		50/50 Winner	
		Fred Nicholson	\$1,548

Education Director's Report

Twenty-nine years ago this April, our hall was completed and dedicated in grand celebration. Brand new, bright and shiny, our children have grown up here, and many of us have grown old here, keeping alive the Czech culture that our grandparents and great-grandparents brought to this great country. I started writing my Education Article about this grand facility, and how blessed we are to have been able to build and maintain it, although it is a huge responsibility. Then other concerns emerged to take over our lives and thoughts. We have been blessed, but during these troubling times of a world pandemic, many of us feel the need to turn to spirituality, and pray for certain other blessings of the most basic in nature – our families' and our own lives and livelihoods.

The two replica statues of the "Infant Jesus of Prague" in our Sokol museum are currently featured on our Facebook page, but not all our members frequent the internet, so it seemed appropriate to share the story at this time with those who do not know it. The original statue is significant to Czech heritage.



This statue was donated to the Sokol KHB Museum by member Ray Elleven, who purchased it in the Czech Republic.

The actual "Infant Jesus of Prague" statue resides in the Church of Our Lady Victorious (also called Our Lady of Victory) in the Mala Strana section of Prague, Czech Republic, actually about 2 blocks from the Sokol headquarters complex, Tyršův Dům. The statue is a 19-inch tall wooden and coated wax representation of the Infant Jesus clothed in an elaborate gown. His left hand holds a globus cruciger and the right hand is raised in a Benedictine posture.

The statue was first recorded in 1556, when María Maximiliana Manriquez de Lara y Mendoza brought the image from Spain to Bohemia upon her marriage to Czech nobleman Vratislav of Pernstyn. An old family legend reports that María's mother had been given the statue by Saint Teresa of Avila herself. It has also been speculated that Maria obtained the statue from a monastery in Bohemia. María, in turn, passed on the Holy Infant statue to her daughter, Polyxena. In 1628, Lady Polyxena presented the statue to the Discalced Carmelites at the Church of the Virgin Mary Victorious in Prague saying, "I am giving you what I most esteem of my possessions." This statue became known as the "Infant Jesus of Prague. "

Since then, the statue has remained in Prague and has drawn many devotees worldwide to go and honor the Holy Child. Graces, blessings and miraculous healings have been received by many who petitioned before the Infant Jesus. Replicas of this little statue are one of the most popular souvenirs of Prague. One of the most astonishing facts is that the statue was recovered from a rubble pile where Nazis had discarded it upon their occupation of Czechoslovakia.

The Infant Jesus has 46 outfits made of elegant fabrics with imperial regalia, which are traditionally changed by the Carmelite nuns 10 times a year. The costly vestments, preserved to this day, have been donated by various benefactors, among who are Empress Maria Theresa and Emperor Ferdinand I of Austria.

Nazdar!

Liz Moucka Krajca -- Education Director



This statue was donated to the Sokol KHB Museum by member Sandy Rayford, who was given the Infant Jesus statue in gratitude upon repairing a pair of statues for an acquaintance.

GYMNASTICS REPORT

The gun raffle in August 2019 went to repadding, covering, and get all 5 beams correct and to travel fund. The gun raffle were in now is still continuing we have 98 tickets left. Those have been the only fundraising we have done. The money that came from estate to BOI went to new uneven bars, vault table, fixing 3 vault bars, new landing pad for under boys bar, new landing pad under the new uneven bars, boys mushroom, and vault run.

Nazdar !! Joanna Wilson

Calendar of Upcoming Events

- Gymnastics: Monday-Thursday – CANCELLED UNTIL FURTHER NOTICE
- Zumba: Monday & Wednesday – CANCELLED UNTIL FURTHER NOTICE
- Volleyball: Wednesday 7pm - – CANCELLED UNTIL FURTHER NOTICE
- Clubroom: Regular business hours Mondays & Wednesdays 5pm –11pm – CLOSED UNTIL FURTHER NOTICE
- Museum and Library: Open by appointment and for special events – CLOSED UNTIL FURTHER NOTICE
- Membership Meetings: 3rd Wednesday of each month – Dining Room – 7pm– CANCELLED UNTIL FURTHER NOTICE
- Ennis Bluebonnet Festival - – CANCELLED by the City of Ennis
- National Polka Festival: Annually Memorial Day weekend (May) – CANCELLED by the City of Ennis

REMEMBER THE SUMMER OF 2016?

In the interest of safety for all involved, the 2 week National Instructors School that was to be hosted by Sokol KHB this summer has been CANCELLED by the American Sokol National School Board and American Sokol National Board of Instructors. Venues for the next couple annual schools are already in the works, so Sokol KHB will not be hosting the event for some time.

We had already begun planning efforts. We would like to thank everyone that stepped up to accept responsibilities for the various hosting activities and volunteer in other capacities. Some members had also already offered donations. We appreciate you all.

April, 2020

Message from the Membership Committee

Sokol KHB Ennis is continuing 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/>

PLEASE ENCOURAGE YOUR FAMILY, FRIENDS, AND RELATIVES TO JOIN.

Consider joining Sokol KHB Ennis for 2020!

Sokol KHB Ennis is entering its 112th year and there have been many changes since the organization was formed back in 1908. Its core foundations have remained solid, however, in that the organization is there to serve its members and to provide them not only with the finest gymnastics, volleyball, swimming, music and dancing facilities in the district but also to act as a professional host to many special social and cultural occasions we put on each year.

It is certainly true that while the sport of gymnastics – the coaching and the competition – is at the heart of what we provide, we are also keen to ensure that the social and cultural element meets the expectations of all our members. With that being an important focus, we always welcome our members' input.

**For membership info & application form, visit
sokolennis.com/membership**



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Welcome!

You are among a growing number of Americans who are choosing to make a few simple changes to incorporate more physical activity into the daily lives of you and your family.

The National Association for Sport and Physical Education (NASPE) and

Walk4Life, Inc. invite you to experience the joys of being physically active with your family. A commitment to daily physical activity and a balanced diet – including plenty of grains, fruits, vegetables, water and juices – is one of the best investments you and your family can make for better health.

Maintaining a healthy body is not only vital for physical well-being, but also for mental and emotional well-being. This booklet will offer some new ideas for fun family fitness activities. Hopefully this will encourage you and your children to enjoy physical activity as part of a normal routine. Children learn by example – if you enjoy and participate regularly in physical activity, so will your children.



Getting started...

- 1 Schedule regular times throughout the week for your family to be physically active.
- 2 Help everyone find something active that they enjoy and feel successful doing.
- 3 Use a pedometer to determine which activities require the most steps.
- 4 Write down personal goals and track everyone's progress.
- 5 Wear loose fitting clothing and proper shoes to permit freedom of movement.
- 6 Be sure to warm up. Stay flexible by stretching and cool down following your workout.

Remember: it does not have to cost a lot of money to activate the family!

Tips for the home...

- 7 Practice safe balances and stunts during TV commercials.
- 8 Have a tasting party to introduce your family to new fruits and vegetables.
- 9 Select physical activity-oriented gifts with the recipient's skills, interests and/or needs in mind.
- 10 See how many steps you can get on your pedometer while cleaning, baby sitting, cooking dinner or watching television.
- 11 Use physical activity as a reward (e.g., family goes inline skating).
- 12 Create a scavenger hunt on a rainy day and have a race to see who can find everything.
- 13 Emphasize the importance of having fun and learning; avoid a push "to win."
- 14 Get off the couch and change the channel manually—or better yet, turn it off!
- 15 Plan a "Post Thanksgiving Dinner Walk" for the whole family.

Tips for the kitchen...

16

Pack your own nutritious snacks, drinks and meals for family outings.



17

Keep fresh fruit and vegetables washed, cut-up, chilled and readily available for snacking.

18

Have cold containers of water, juice, or sport drinks available during and after workouts.

19

Take the family grocery shopping so everyone can learn to read the nutrition labels (e.g., find the cereal that offers the most fiber per serving; find the tastiest non-fat cheese).

Tips for school...

20

Talk to the physical education teacher about your child's physical education program and how you can provide support.



21

Encourage your principal and school board to make quality physical education a priority.

22

Volunteer to help with physical activity events such as field days.

23

Organize a walking school bus for International Walk to School Week in October.

24

Insist that recess is available daily for elementary school students.

25

Encourage your school to offer intramurals and a wide variety of high school sports.



Tips for work...

26

Pack a lunch that includes whole grains, fruits and vegetables.



27

Get up from your desk every hour or two to walk and stretch.

28

Devote a portion of your lunch break to physical activity (e.g., walking).

29

Walk to a co-worker's desk rather than using the phone or email.

30

Make plans with a co-worker to go to a gym or organize an office softball or basketball team.

Tips for anywhere...

31

Always use the stairs.

32

Carry items (book bags, groceries, etc.) in a manner that maintains proper alignment and helps build strength.

33

Encourage everyone to "act out" a story as you read it.

34

Have everyone choose a city they want to visit. Add everyone's pedometer steps together at the end of the day and convert the steps to miles. See how long it takes to get to each city.

35

Play upbeat music while you twist and shake through your chores.

36

Get off the bus a few stops early and walk.

37

Park a distance from the grocery store so you can walk and get more steps on your pedometer.



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Tickets available at:
 Sokol Activity Center in Clubroom (back entrance)
 Mondays & Wednesdays 5PM - 10PM
 2622 E Hwy 34, Ennis TX 75119 - sokolennis.com

Ennis Pawn & Gun
 901 Lake Bardwell Dr, Ennis TX 75119
www.ennisguns.com

Raffle benefits the Sokol KHB Ennis Educational Program Fund
 Email us at fundraising@sokolennis.com



April, 2020



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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