



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

To Our Medical and First Responder Heroes



“If man is to survive, he will have learned to take a delight in the essential differences between men and between cultures. He will learn that differences in ideas and attitudes are a delight, part of life's exciting variety, not something to fear.” — Gene Roddenberry

Clubroom

Our clubroom is now open on Mondays and Wednesdays at a 25% capacity. All members and guests need to adhere to the COVID-19 health protocols set forth by the State of Texas. We are following all safety protocols with the Covid-19. Continue to follow us on Facebook, Twitter, and Instagram for updates on when we can open fully.

(Below: Members enjoying the reopening of the Clubroom May 25th)



Scholarships

This year Sokol KHB is awarding 3 - \$250 scholarships to our graduating seniors. We would like to congratulate Josef Slovak, Ksenia Marek, and Kaylee Wester.

Thank you for your contributions to Sokol KHB and good luck on your future endeavors

Swimming Pool

In other news, there are no plans to open the swimming pool this year.

Please continue to follow us on Facebook, Instagram, and Twitter. Everyone stay safe!

COVID-19 Update

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

- 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.

“If we cannot end now our differences, at least we can help make the world safe for diversity.” — John F. Kennedy

June, 2020

From the Education Director

Freedom Denied

Prague Spring is the term that designates a reform movement during the first half of 1968 in Communist controlled Czechoslovakia when the new First Secretary, Alexander Dubček, attempted to ease hard-line Communist restrictions and introduce “socialism with a human face.” Although Dubček was raised believing in Communist ideals and rose through the ranks to high political party offices, he attempted to introduce a degree of citizen rights, while still socialist, that allowed freedom of speech, removing censorship on media, more freedom of cultural expression, travel, and less centralized regulations of some types of businesses.

What brought about this season of hope in a repressive Communist-governed state? Was there room for these freedoms in a Communist state?

Antonín Novotný, a Stalinist hardliner, had consolidated his power as both First Secretary of the Communist Party of Czechoslovakia and as President of Czechoslovakia. Under the Communist rule of Novotný from 1953 to 1968, the economy of the Czechoslovakia had been on a decline, and Novotný exercised excessive imprisoning and killing anyone who protested against the Communist regime. The Slovak branch of the Communist Party had enjoyed a certain degree of autonomy and that privilege had been curtailed and completely centralized in Prague. Student protests in late 1967 in Prague for University electricity to be turned back on were met with unusually harsh brutality. So both the Czechs and Slovaks had become increasingly angry. Novotný's accumulation of power had also begun to concern Party leaders as well. Even Leonid Brezhnev, General Secretary of the Central Committee of the Communist Party of the Soviet Union, refused to back him. Novotny was forced to resign as First Secretary in January 1968, replaced by Alexander Dubček, former First Secretary of the Slovak Communist Party, and later was replaced as President by Ludvík Svoboda in March 1968.

While Dubček maintained his complete loyalty to Communism, he had a vision of a more humane socialist order. He had witnessed firsthand the famine in Russia when his family lived there during his youth. As a political leader in Slovakia, he was angry about Novotny's suppression of that region. But with newfound freedom of expression, the younger generation of reformers surged past his control and moved too far, too fast for Moscow.

- More freedom of speech in the media spurred spirited debates between reformers and hardliners, which were more than the Soviet Communist party leaders could tolerate.
- The possibility of an opposition party in upcoming elections threatened the supreme power of the Soviet Communist uncontested election system.
- A softer version of Communism would weaken the Soviet model of centralized authoritarian government in other Soviet satellite nations.
- Patriotic feelings of Czech independence once again began to emerge among reformers.

Was there room for individual freedom in a centralized government-controlled Communist state? The answer was “No” and it came on August 20, 1968 when 600,000 Soviet Warsaw Pact troops invaded Czechoslovakia, killing more than 80 persons, and returned the Czech and Slovak citizenry to Stalinist “normalcy.” Dubček was forced to resign and expelled from the Communist Party.

Sources used / for more reading: The Communist States in Disarray 1965 – 1971, Bromke and Rakowska – Harmstone; New York Times, Marc Santora; Private Prague Guide; Prague Spring and the Student Movement, Jan Kavan; Wikipedia.

Watch for “Museum Features of the Month” on our Sokol Ennis facebook page.



CONGRATULATIONS TO THE 2020 UNIT APPLICANTS for the UNIT GROWTH and GATEWAY TO THE FUTURE INTERNAL FOUNDATION AMERICAN SOKOL GRANTS

The Foundation Committee recommendations were approved unanimously by the American Sokol Executive Board at their April 28, 2020 meeting.

UNIT GROWTH:

1. Sokol Milwaukee \$520 Church bulletin advertising for the year from where they hold the classes in a rented church gym and conduct all Sokol events
2. Sokol Zizka, Dallas \$1,000 to upgrade website
3. Sokol Washington D. C. \$1,646 Tent, banner, travel microphone to “go on the road”
4. Sokol Minnesota \$2,500 2020 Fall Festival start-up assistance
5. Sokol Greater Cleveland \$4,000 for Large Electric signage with extension to finish project in 2021 (Note: \$4,700 was given for same project in 2019)

GATEWAY TO THE FUTURE:

1. Sokolice Tabor \$300 Artistic Gym Equipment
2. Sokol Spirit \$600 Recover Hi-Beam
- 3. Sokol KHB, Texas \$900 Relamp room to LED**
4. Sokol Zizka, Dallas \$900 (\$500 Stage 2 finish and rest to Stage 3 LED Lighting project)
5. Sokol Ceska Sin \$900 Men’s Bathroom Remodel and update
6. Sokol Detroit \$1,200 for the Camp drainage project
7. Sokol Chicagoland \$3,365 Outside/In Security Cameras and System, Stage 1
8. Sokol Tabor \$3,835 Tuckpointing to all four outside brick walls plus a lintel quote on east side

The Unit Growth fund was started by an anonymous donor in 2011 with \$100,000. The current balance is \$64,744.16*. First use of this fund was in 2014 with a membership drive contest between units and last year was devoted to signage and publicity. The 2020 expanded the possibilities of how to “grow a unit” with beautiful and clever ideas.

The Gateway to the Future was started from 150 anniversary income plus and came into shape through the previous direction of Brother Allen Cushing, Foundation Director from 2014-2018 (Start June 2015). Money (\$52,729 thru 2019) has been distributed to 22 units in the last 5 years. One of the Foundation’s (2018-2022) business goals is to build this fund to \$250,000 by 2022 to allow it to give out at least \$10,000 from its gains each year to units, districts, and executive board committees. The current balance is \$111,813.41. The Gateway fund has received awards from the Ministry of Foreign Affairs of the Czech Republic in both 2019 and again 2020 to raise the fund to the endowment level.

Sis. Meribeth Tooke, Foundation Director

“Men build too many walls and not enough bridges.”
— Joseph Fort Newton

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 – OPEN at 25% capacity**
- 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

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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The Great Outdoors...

38 Discover what free and low-cost physical activity areas are near your home (e.g., park, bike trail, hiking trail, tennis court, swimming pool, etc.).



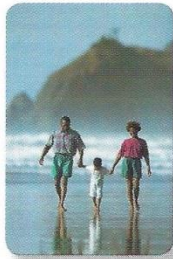
39 Volunteer to help a neighbor mow their lawn, rake leaves, or clean up their yard.

40 Shovel snow; build a snow sculpture; make snow angels; build a snow house.



41 Dig and plant in the garden. Have family members plant their own vegetables, fruits and flowers.

42 Chop and stack wood.



43 Take a long walk or jog on the beach, in the park, or around your neighborhood.

44 Cross country ski around town and into the woods.

45 Use a compass to map out a course – then set out on a walk, jog, or bike, hike.

46 Canoe or kayak for an entire afternoon.

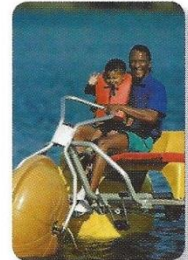


47 Ice skate for a great winter workout.

48 Skiing always gives the family a lift.



49 Enjoy water exercise activities.



50 Play a game of mixed-age backyard or water volleyball.

51 Have the whole family jump rope while practicing spelling.

52 Take a nature hike at an outdoor education center.



53 Go up, up and away with a kite-flying day.

54 Go to a driving range and hit a bucket of balls.



55 Go camping where you can pitch a tent, gather firewood, fish, bike, and walk.

56 Visit farms throughout the year where you can pick your own strawberries, peaches, and apples.



57 Plan cycling trips on safe trails by finding on-line references for biking trails.



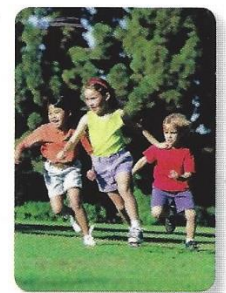
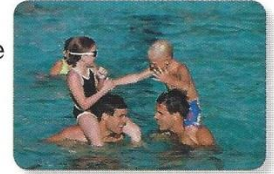
YES in your backyard...

- 58 Walk, jog, and run on a family treasure hunt.
- 59 Toss around as many different-shaped balls/objects as you can find.
- 60 Learn to juggle with the entire family.
- 61 Play "Hit and Go" croquet – hit the ball and run to it – across the whole yard.
- 62 Count how many hula-hoop rotations everyone can do.
- 63 Jump rope – practice rhythms, rhymes and tricks.
- 64 Play a "hot potato" game with a Frisbee and the family dog.
- 65 Plan an action-packed game of badminton... serve from where the birdie drops.
- 66 Jump on a Pogo stick and count bounces.
- 67 Build stilts and walk on them to create laughter and exercise. Remember safety with non-slip pads.
- 68 Ride on a skateboard. Don't forget the helmet and the knee, wrist, and elbow pads.
- 69 Play hopscotch or four square and organize a family tournament.
- 70 Invite the neighbors to play and share favorite tag games.
- 71 Host a sports party where you play traditional games like basketball, softball, volleyball, tetherball, etc.
- 72 Practice inline skating (with knee, wrist and elbow pads and helmets) going further and getting faster each day.
- 73 Take the family pet for a walk or jog.
- 74 Volunteer to wash several elderly neighbors' cars.



Tips for the neighborhood, community and beyond...

- 75 Create your own Olympic events or friendly challenges at a family reunion or neighborhood block party.
- 76 Organize a family swim outing – be sure to swim with a buddy in supervised areas.
- 77 Enjoy a weekend afternoon of physical activities at a local community center.
- 78 Plan a "walkie talkie" (walk and talk) with a friend the same time everyday.
- 79 Walk or bike to a nearby playground – challenge family members to try their skills swinging and crossing a horizontal ladder (monkey bars).
- 80 Take a historical (or architectural) walk or cycling tour.
- 81 Plan a "Block Fitness Festival."
- 82 Adopt a highway, park, or beach, and keep it clean.
- 83 Participate in a "volksmarch." This German "people's walk" is social in nature and is usually 10 kilometers (6.2 miles).
- 84 Take part in a mall walk – especially in bad weather.
- 85 Research and build a new community exercise opportunity.
- 86 Enter a "Fun Run" or a walk-a-thon for a good cause.
- 87 Create or build a fitness trail or par course for the community.



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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 - sokolenis.com

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

TICKET SALES END JUNE 26



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

June, 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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