



**PROUDLY SERVING THE ENNIS COMMUNITY SINCE 1908**

**“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

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Gymnastics

American Sokol Organization Ennis, TX  
A non-profit membership organization - 501(c)(3)

Czech & Slovak Culture

**SOKOL ENNIS**  
**MONTHLY MEMBERS' MEETING**  
**Weds, August 21, 2024 / 7PM**

American Sokol  
Sokol KHB Ennis

**Dining Room**  
**Sokol Activity Center - 2622 E Hwy 34, Ennis TX**

**SOKOL KHB ENNIS**

Clubroom

*All members encouraged to attend*

*Sokol values your interest & welcomes your involvement in the organization. There are many opportunities for youth & adult members to be involved. Involving the entire family in volunteer activities addresses the benefits of youth volunteering while utilizing the volunteer resource of adults with children. Sokol encourages parents and their children to volunteer together!*

*Members are also encouraged to provide feedback & offer ideas on Sokol's educational, physical, cultural, & social programs & activities.*

*Sokol Ennis is a 501(c)(3) non-profit membership organization (American Sokol Organization Ennis, TX)*

**Clubroom also open 5PM**  
*(Members Meetings occur every 3<sup>rd</sup> Wednesday of the month)*

Swimming Pool

Facility Rentals

sokolennis.com

Fitness

Museum & Library

1

## Grants from the American Sokol Foundation

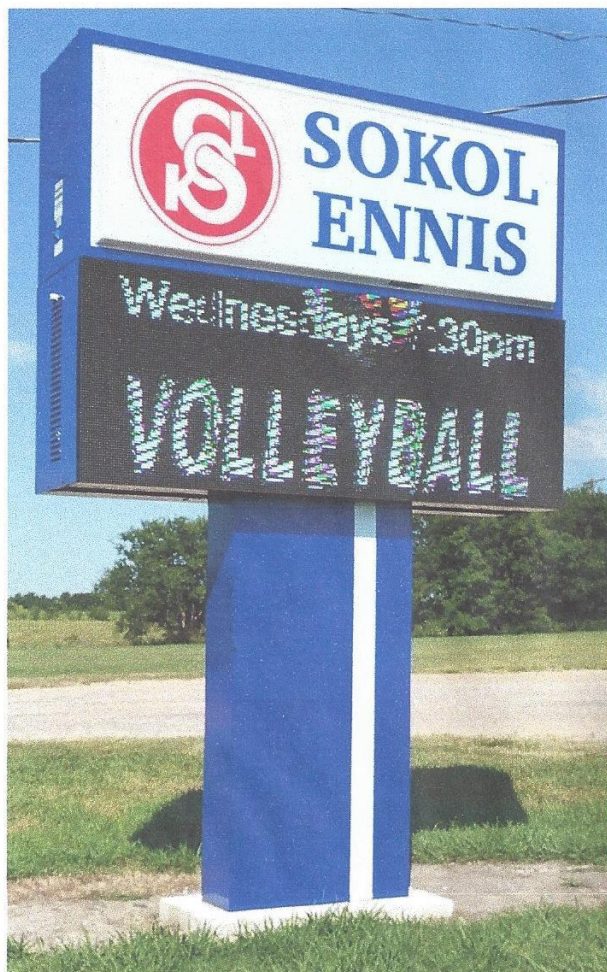
Sokol KHB Ennis offers gratitude to the American Sokol Foundation for three internal grants which they awarded us this year. The funds are going a long way in assisting our unit to make improvements to our property and helping pay our bills.

**Gateway to the Future:** to help with repairs to gymnastics apparatus; purchase of new gym apparatus, plus equipment and chairs for our swimming pool.

**Unit Growth:** toward a new Outdoor Electric Sign at our entrance. It will be lighted, visible day and night to promote our events and programs to bring in more people to our facility who will hopefully become members.

**Unit Corporate Sustainment:** to help us pay our property taxes and insurance this year.

Thanks also go to the Ministry of Foreign Affairs of the Czech Republic, which contributed to these grants.





## Educational Director's Report

The 2024 Summer Olympics are getting underway in Paris. Sokol has a long history with the Olympics.

**1891** – The second Sokol Slet in Prague had more than 2,400 participants and 7,000 spectators. French Barc Pierre de Coubertin attended as a spectator. This grand international event, sparked his vision to create a similar international event for all sports, and thus the idea of a Modern Olympic Games was born.

**1895** – The third Slet brought together 5,000 participants including adolescents and non-Czech foreign nationals and more than 30,000 spectators.

**1896** – The games of the First Olympiad of the Modern Era were held in Athens, Greece.

**1901** – Women were included for the first time as participants in the Sokol Slet. Women's gymnastics event were not a part of the Olympics until **1928**. The American Sokol was a pioneer of Women's Modern Rhythmic Gymnastics, which became an Olympic event for the first time in **1984**.



While the Sokol program is based fundamentally on general fitness for people of all ages to improve health, fitness level and overall well-being, there have been many Sokol Olympians.

- Sister Mildred Prchal of Sokol Tabor Chicago introduced rhythmic gymnastics into women's training after studying this new concept in Prague and Paris in the 1920s.
- Brother Frank Kriz, Sokol New York, won a gold medal in the long horse vault at the 1924 Olympics in Paris. He was also a member of the USA teams in 1920 and 1928.
- Bro. Rudolf Novak, Sokol Cedar Rapids, member of the 1924 USA team.
- Bro. Edward Knourek, Chicago, member of the 1924 USA team.
- Bro. Frank Safanda, DA Sokol New York, member of the 1924 USA team .
- Sis. Laddie Hniz Bakanic, Sokol New York, member of the USA Olympics Gymnastic team in 1948 in London.
- Sis. Marie Provaznikova, who defected during the 1948 London Olympics and immigrated to the United States, became president of Sokol New York and taught gymnastics for most of her life.
- Sis. Pauline Gardiner Milan, former manager of Sokol Fort Worth gymnastics, competed in the 1964 Tokyo Olympics on the New Zealand team. She was also on the staff of the 1984 Olympic Games in Los Angeles.
- Bro. Jim Hartung, Sokol Omaha, was a member of the USA Olympics Gymnastic team in 1980 in Moscow and the 1984 team, which won the Gold in Los Angeles.
- Bro. Phil Cahoy, Sokol Omaha, was a member of the USA Olympics Gymnastic team in 1980 in Moscow and the 1984 team, which won the Gold in Los Angeles.
- Sis. Betty Okino, Chicago, member of the USA Olympics Gymnastic team that won Bronze in Barcelona in 1992.
- **Other Participation:**
  - Rome Milan of Sokol Fort Worth was an international Brevet-rated gymnastics judge. He worked in various roles for international competitions, including the Olympic Games and Pan American Games. He ran a segment of the Olympic Torch Relay in Rome for the 2006 Torino Winter Games.
  - Larry Laznovsky and daughter Lori Laznovsky of Sokol Ennis, each ran a segment of the Olympic Torch Relay in Canada for the 2010 Vancouver Winter Olympics.

**Na Zdar!** Sister Liz Moucka Krajca, Educational Director

## GYM & SWIM

### GYMNASTICS REPORT

Gymnastics is on summer break. Registration for the new season is August 13, 15 & 27 6pm-8pm at the gym area (front door). Classes begin September 9th.

### VOLLEYBALL REPORT

Volleyball plays every Wednesday Night and is accepting new members/players! Speak to Brandon or Chris. Just come through the front doors and go to the right side of the gym.

### POOL REPORT

Pool is open. We still have some July and August rental spots but they're feeling up fast.

#### Prices

##### Daily Swim

(ANYONE COMING THROUGH DOOR HAS TO PAY ADMISSION REGARDLESS OF SWIMMING OR NOT SWIMMING)

Member \$7 Guest of Member \$10

Veteran/First responder/Senior/kids under 10 \$5 (MUST HAVE PROOF)

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##### Water Aerobics

\$7 a class -- \$42 punch card for 7 Classes (exp Dec 31, 2024)

##### Pool Package:

- Patio Rental during Open Swim 2 Hours, \$50 for patio and 5 guest (REGARDLESS OF SWIMMING OR NOT SWIMMING) all other guest to party will be charged regular entrance fee
- Private Pool Party (40 people or less REGARDLESS OF SWIMMING OR NOT SWIMMING) 2 Hours, 2 Lifeguards \$350
- Private Pool Party (60 people or less REGARDLESS OF SWIMMING OR NOT SWIMMING) 2 Hours, 3 Lifeguards \$400
- Private Pool Party (75 people or less REGARDLESS OF SWIMMING OR NOT SWIMMING) 2 Hours, 4 Lifeguards \$450
- Extra Fees
  - Rentals (\$100 for every extra hour after a 2-hour min)
  - Bartender (\$50 cash day of party for 2 hours + \$25 extra hour)

**Nazdar!!** Joanna Wilson -- Physical Director/Gymnastic Manager/Pool Manager Sokol KHB Ennis

## August/September Member Birthdays ~ HAPPY BIRTHDAY!

August				Sept		
2	Newton	Dolores		1	Baker	Katey
3	Honza	Patricia		1	Monroy	Rosendo
4	Nuno	Consuelo		1	Spurlock	Kollin
4	Wester	Elizabeth		3	Zmolik	Rachel
5	McIntosh	Theresa		4	Estrada	Haley
5	Pochobradsky	Dena		5	McCarty	Lacy
6	Gilburt	Christopher		5	Mikel	Stanley
7	Kalat	Charles		6	Mikel	Jeremiah
8	Chapman	Richard		8	Haynes	Maureen
9	Toepperwein	Tammy		9	Browning	Julia
9	Wester	Chad		9	Frossard	Johnny "Tex"
10	Betik	Suzie		9	Marek	Kevin
11	Kubin	Bruce		9	Mikula	Sandra
11	Oates	Connie		9	Reeves	David
12	Vyers	Lisa		9	Reyna	Ulises
14	Toth	Eric		12	Anderson	Lou
15	Cryer	Phillip		12	Barak	Alan
15	Gilburt	Savannah		12	Turnage	Lucy
15	Knapp	Shirley		13	Pitts	Jeri
15	Marek	Ksenia		14	Harris	Keyna
17	Green	Sarah		15	Barton	Joe
18	Morales	Pete		16	Hajek	Dennis
18	Trujillo	Julian		16	Smith	Brandon
18	Wiginton	Joe		16	Valek	Larry
19	Zambrano	Luke		18	Patak	J Gayle
20	Tabb	Judi		18	Steed	Ashleigh
21	Liska	Rhonda		20	Zhanel	Brian
21	Liska	Tommy		21	Rejcek	Denise
22	Pace	Kelsie		21	Slovak	Deborah
22	Zapletal	Patricia		21	Sullivan	Lisa
23	Gerich	Vanessa		22	Hamilton	Jay
23	Kudrna	Dorothy		22	Jayme	Jurik
23	Phillips	Ronald		22	Smith	Tracey
24	Mikuda	Lana		23	Betik	Deanna
25	Zambrano	Seth		24	Hamilton	Mark
29	Curry	Caleb		24	Liska	Barbara

August				Sept		
29	Flores	Tonya		24	Turner	Amy
30	Hernandez	Ana		24	Watson	Hannah
31	Hutyra	Matt		27	Smith	Courtney
31	Pochobradsky	Victor		28	Robinson	Stacey
				28	Trojacek	Kathy
				29	Saxon	Danessa
				29	Vrla	Libbie
				30	Knize	Wesley
				30	Perales	Lilia

## DONATIONS

Sokol Ennis always appreciates donations to our organization, whether they be “In Memory” of a deceased member, or simply because you are able to help continue the Sokol mission. We have different areas, or accounts, where your donation can be applied. Therefore, it would be helpful to let us know in a note accompanying your donation, how you wish us to apply your generosity.

- General Fund (operations, dues support, etc.)
- Building Fund (improvements, maintenance, etc.)
- Scholarship Fund
- Swimming pool / Gymnastics
- Museum – Education

## Membership Drive 2024

It's that time again for our annual membership drive going into 2024. 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 [www.sokolennis.com/membership](http://www.sokolennis.com/membership) or in the Sokol clubroom. For more information regarding membership, please email [membership@sokolennis.com](mailto:membership@sokolennis.com).

**"The most important thing in the Olympic Games is not to win but to take part, just as the most important thing in life is not the triumph but the struggle." - Pierre de Coubertin**

Pierre de Coubertin, the founder of the modern Olympic Games, articulated the fundamental principle of Olympism with this quote. He emphasized the value of participation and the journey of striving for greatness rather than solely focusing on the outcome.

## CALENDAR

- **Gymnastics Regular Season (Sep-May) Mondays, Tuesdays & Thursdays**
- **Adult Volleyball Wednesdays - Ages 17 & over 7:30pm**
- **Clubroom regular business hours are 5pm to 11pm Mondays & Wednesdays**
- **Swimming Pool (See SWIM page at [www.sokolennis.com](http://www.sokolennis.com))**
- **Museum & Library open for special events and by appointment**
- **Membership meetings take place every 3rd Wednesday of month in Dining Room 7pm**
- **Czech Heritage Society of Ellis County Social/Czech Movie 1st Thurs of month at 5pm**
- **\$10K Giveaway Building Fund Benefit occurs annually the first Saturday of March**
- **Annual Members Day / Christmas Celebration occurs the first Saturday of December**
- **Ennis Czech Music Festival occurs annually the Saturday following Super Bowl (Feb)**
- **National Polka Festival occurs annually Memorial Day Weekend (May)**

### Special Reminders

Aug 8 Czech Heritage Society Social & Czech Movie: "Grapes 1" 7pm - Clubroom open 5pm  
Aug 21 Monthly Members Meeting - Dining Room 7pm  
Sep 12 Czech Heritage Society Social & Czech Movie: TBA 7pm - Clubroom open 5pm  
Sep 18 Monthly Members Meeting - Dining Room 7pm

\*\*\*\*\*

**"I don't run away from a challenge because I am afraid.  
Instead, I run toward it because the only way to escape fear is  
to trample it beneath your feet."** - Nadia Comaneci

Gymnastics legend Nadia Comaneci's quote embodies the spirit of embracing challenges head-on, dismantling fear through courage and tenacity, and serves as a powerful source of motivation for athletes.

\*\*\*\*\*

**"Failure I can live with. Not trying is what I can't handle."**  
—Sanya Richards-Ross



2024 Sokol Ennis Sponsors - Thank you for your support!

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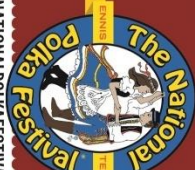
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**Ellis County Czech Heritage Society**  
**Czech Movie & Social**  
**Thurs. Aug. 8, 2024 in the Clubroom (back entrance)**

**Sokol Activity Center**

**2622 E Hwy 34 – Ennis TX**

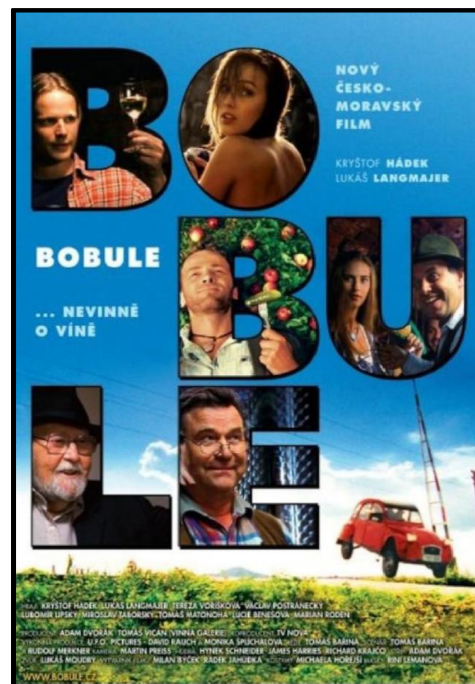
**Doors Open 5pm / Accordion Music by David Slovak 6pm /  
 Featured Film: "Grapes 1" 7pm**

Old members, new members, friends and neighbors are all invited to the social & 2000 Czech movie: "Grapes 1". Film is in Czech w/ English subtitles & will be shown in the Clubroom (back entrance).

No Cover Charge / Full Bar / Pizza, chicken strips, corn dogs, French fries, cheese sticks, jalapeno poppers, bread pretzels, tater tots & snacks also available for purchase at bar.

**About the Film:**

**Grapes 1 (Bobule 1)** is a summer comedy that takes us to the Moravian vineyards. It is a story of two friends Honza & Jirka, who check in as complete opposites on every level; Honza is a polished urbanite, Jirka a nickel-&-dime crook with a flair for wooing women. The men's friendship is characterized by an unending series of wild schemes & escapades. When Honza learns of his grandfather's impending death, it brings him face-to-face with his own mortality & encourages him to fulfill his long-held dream, while he still has the opportunity: to embark on a dream vacation to the vineyards of Moravia, with buddy Jirka in tow.



Questions or comments: Victor Havel 817-714-8323 or Kyle Stuckly 817-925-1673





# FOOD TRUCK

## Sokol Activity Center

### TUESDAYS & THURSDAYS

### 1PM-9PM

***Smash Burgers \$8***

***Brisket egg roll \$10***

***Brisket bbq sandwich \$9***

***Extra Crispy Fries \$4***

Part of the proceeds benefit the Sokol Ennis Swimming Pool Fund

2622 E Hwy 34, Ennis TX | 972-921-1962 | [www.sokolennis.com](http://www.sokolennis.com)