



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

Successful National Polka Festival



On Memorial Day weekend, the Sokol KHB membership once again participated in the National Polka Festival event held throughout Ennis. The Sokol Hall featured the Moravians, Squeezebox with Ted Lange and Mollie B, the Dujka Brothers, and the Country Concert with Love and Theft / Madison King. The membership came together - from the door folks, to the cleanup/setup crews, to the decorating crew, to the bar staff, to the kitchen staff and servers (BBQ and roast Pork dinners/sandwiches were served at the hall throughout the weekend), to the food cookers (especially David Podhrasky), to the dessert bakers, to the

downtown water booth crew, and especially building manager Lori Macalik – EVERYONE - should be proud of the effort and commitment put forth to make this event a success.

The KHB Leadership thanks all the help we had during the National Polka Festival Memorial Day weekend. It's a lot of work, but it's well worth it to show our support for the Czech Heritage -- so much a part of the Sokol mission. We could not have done it without you.

Unit Gymnastic Competitions

On May 20th and 22nd, the Director and the Gymnastic Staff conducted unit competitions for all classes to help prepare them for the Southern District Slet competitions. **Girls participants** included: Jasmine Alejandre, Destiny Oretga, Kendall Walker, Georgia Tabb, Raeleigh Gonzales, Tabatha Green, Lauren Tran, Katy Jo Keller, Samie Green, Emilie Benavidez, Grace Gardner, Katelyn Estes, Misty Dvorak, Heather Campbell, Ksenia Marek, Adeline Trojacek, RubyLaine Walker, Jordan Jenkins, Sidney Chaplin, Karlye Hendrix, Trinity Mahoney, Trinity Crews, Kaylee Wester, Alex Freeman, and Samantha Liska. **Mom & Me participants** included Sophia Hernandez, Cali Castillo, Adelynn Liska, Audrey Smith, Ma'Liyah Malone, Sydney Jones. **Tots participants** included Gracie Zhanel, Ian Smith, Kaylee Jurica, Isabella Slovak, Carly Williams, Laurie Castillo, Landry Bohanon, Aspyn Newman, Reese Zhanel, Tyler McManus, Taylor McManus, Astin Donet, Kynlie Kubin, Haven Castillo.

Special thanks go out to Judges Kim Hajek, Stephanie Minor, and Michelle Mercer.

June, 2014

SUMMER 2014 POOL NEWS

It's almost summer time!!! Whoo hooo the kids can not wait! All pool information is on FACEBOOK (SOKOL POOL ENNIS) or on the SOKOL website (www.sokolennis.com).

Official Opening day for summer 2014 is Saturday, June 7 at 1:00 pm.

2014 Summer hours: TUESDAYS - SATURDAYS -- 1:00 to 6:00 pm daily
 SUNDAYS - 2:00 to 6:00 pm
 CLOSED ON MONDAYS!

Daily entrance fee is \$5.00 for age 4 and up (Sokol members only). Entrance fee for younger ones:

- Age 1 - \$1.00 dollar
- Age 2 - \$2.00 dollars
- Age 3 - \$3.00 dollars
- Ages 4 & up - \$5.00 dollars

Summer 2014 swim passes available for purchase (BEST DEAL):

- 1 child pass \$100.00
- Family of 3 to 5 people (best deal & most popular) \$300.00

EVENING POOL RENTALS: 2 hour party rentals available ONLY! MEMBERS AND NON MEMBERS: Must come out to pool during open business hours to reserve pool and pay your deposit.

POOL/SWIMMING "WAIVER" REQUIRED--

Everyone who enters the pool or pool area needs to print a "waiver" and fill it out BEFORE they arrive for their first swim. It's so much easier if you have it taken care of before you get to the pool. If not, the pool will have some at the door for PARENTS to fill out. The waiver is on the SOKOL website. www.sokolennis.com . One waiver per family (or individual) per summer. PLEASE HAVE IT READY BEFORE YOU COME TO POOL FOR THE FIRST TIME.

NOTE: Please do not drop off your kids without filling out a waiver or they will not be allowed to swim.

We are looking forward to a wonderful summer season and encourage new members to enjoy our great big swimming pool!

Check out the Sokol KHB Website sokolennis.com frequently for News, Updates, and Information regarding Sokol KHB.

Calendar of Upcoming Events

Sokol Clubroom open Mondays & Wednesdays 5PM – 11 PM

We now have karaoke on Wednesday nights in the clubroom! Doors open at 5:00pm; karaoke starts at 7:00pm. Come out & enjoy!

Sokol Museum – open for special events and by appointment

Zumba – Tuesdays and Thursdays - \$5 per class

DATE	EVENT	LOCATION	TIME
June 13	Kareoke (Southern District Slet)	Clubroom	
June 13-14	Southern District Slet (volleyball, gymnastics, tumbling, program, etc). See schedule elsewhere in this newsletter	Entire Building	Friday Evening – All day Saturday
June 16	Swim Party for all class members and their families	Pool	
June 19	Monthly membership meeting	Clubroom	7:00pm

Gymnastics End of year swim party: June 16th will be our end of the year swim party at Sokol pool. All gymnasts from the 2013-2014 season are invited, even if you do not attend Slet. It will be from 6:00-8:00pm. Sokol will provide hot dogs and the stuff to go on them and lemonade. We are asking that the following classes bring the listed item to share with all that attend.

Parent and me bring: dessert

Tots bring: 1 bag of chips

Level 1: Dessert

Level 2: any kind of dip

Level 3 & 4: any other side you wish

Seniors: whatever you want

REMEMBER TO RECYCLE

USE PAPER RECYCLE BINS AT THE EAST END OF THE PARKING LOT

PROCEEDS BENEFIT THE GYM PROGRAM

3rd Annual National Senior Health and Fitness Day Sokol Karel Havlicek Borovsky – Ennis, Texas

On Wednesday, May 28th, the Senior class at Sokol Karel Havlicek Borovsky (KHB) – Ennis, Texas, welcomed friends, members of the Ennis Sewing circle, and Brothers and Sisters from Sokol Fort Worth to share its celebration of the 2014 National Senior Health and Fitness Day. Senior Class coaches Jan and Chuck Kalat, assisted by physical Director Lezlee Hernandez assembled the group of 30, ranging in age from 60's to 90's, in a long line to receive a "welcome" and instructions/outline for the activities planned.

To get things started, The group was split in two lines facing each other and walked through a "meet me" ice-breaker warm-up. Then, using Sokol Seal secret coded name tags, the group quickly split into 3 squads. Three activities were conducted simultaneously. One squad assembled for some balance and beam activities, under the direction of Coach Jan, using the high beams as ballet bars and various heights of beams ranging from 0 (a line) to about 12 inches high (spot required). Activities included balancing with eyes closed and balancing on one leg with the other leg in various positions; various "walks" across the "beam" of the participant's choice, as well as some balances and turns on the beam. Hoops added yet more variety. Another squad was ushered into the clubroom under the direction of Coach Lezlee, where they enjoyed a session of challenging armchair fitness exercises targeting all parts of the body following a DVD presentation on



our 60" flat screen "fitness" TV. By placing this group in the clubroom, the groaning and heavy breathing did not permeate to the other groups in the gym. The third squad led by Coach Chuck, exercised their arm muscles through a series of pulls and pushes using their own body weight and the low bar of the uneven bars. The toughest part here seemed to be climbing up on the mats to reach the bar at the appropriate height. Then the group moved to a circle of chairs for passing, tossing, and kicking around one or more playground balls simultaneously. Most of the movement here involved getting out of the chair and fetching wayward balls that left the circle. The ball activity ended trying to keep a beach ball in the air as long as possible – attempts ranged from 1 to almost 40 hits (more attempts closer to 1 than 40). After about 25 minutes, the 3 squads rotated to their next activity.



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A large group picture was taken and everyone enjoyed a luncheon of roast pork, dumplings, sauer kraut, BBQ, potatoes, veggies, (all leftovers from the big National Polka Festival event the weekend before and donated by the unit for this activity) and desserts of course. Each a collection of exercise and cloth bag donated by a local seemed to have a good time – more often! All were invited Exercise Class.



Everyone really many saying we should do this to come join our weekly Senior

June, 2014

From the Desk of Public Relations Director Michelle Slovak:

Volleyball:

If anyone is interested in participating in volleyball this summer, contact Rusty Liska.

Purpose of Sokol Ennis

- Provide for training in good citizenship conformable to the spirit of the Constitution of the United States of America.
- Work for the common interest and improvement of the Americans of Czech and Slovak descent in the United States of America and to safeguard their good name.
- Maintain in succeeding generations an interest in Czech and Slovak cultural life in the United States of America.
- Support the learning of the Czech language and culture.
- Promote the preservation of the traditions of democracy.
- Work and cooperate with the Ěeská Obec Sokolská (ĚOS) and other Sokol organizations worldwide in all their social and athletic activities.
- Work and cooperate with the World Sokol Federation.
- Cooperate with Sokols around the world to provide for the physical and moral training of all members in accordance with the Sokol principles of Miroslav Tyr¹, Doctor of Philosophy and Founder of the Sokol movement.

Featured articles:

- If anyone would like to submit an article for the newsletter, please do (ckalat@aol.com – subject KHB Newsletter). The articles can give useful tips, describe life experiences, or explain how to perform a specific task. We like to hear from our members.
- The Ennis Historical Society is looking for photos of the polka festival from the past. Please contact them if you have they could make copies of.
- A suggestion box will be setup in the clubroom soon for all members to use. If you have an idea (anonymously if you wish) that you think would be good for our unit, please put it in the box. The suggestions will be given to the board to review.
- Reminder we have caps, keychains, shirts, & window stickers available for sale!

Recipe:

Slovak Cucumbers in Sour Cream (Slovakia) -- **Servings:** 4-6

Prep Time: 35 mins **Total Time:** 35 mins "This is wonderful!"

Ingredients

- 2 medium cucumbers, peeled and sliced thin
- 4 tablespoons sour cream
- 1 clove garlic, chopped
- 1/4 teaspoon salt
- 1 tablespoon vinegar
- 1 medium sweet onion, thinly sliced (Optional)
- 1 dash paprika, for color

Directions -- It is important to let the sliced cucumbers sit for 1/2 hour and then squeeze out the water."

1. Combine the cucumbers, garlic and salt in a colander.
2. THIS IS IMPORTANT: Place the colander in the sink and let stand for 1/2 hour.
3. Squeeze out as much water as you can with your hands.
4. Then place in a bowl and add the sour cream, vinegar.
5. (You may also add thinly sliced onions at this point).
6. Mix well and sprinkle with paprika for color.

Source: www.food.com

June, 2014

From the desk of Educational Director Vic Pochobradsky:

Did you know that Former President George Bush and Current Secretary of State John Kerry are distant cousins and Bohemian 'blue bloods'?

Historians generally agree that the 11th century Bohemian King Vratislav II is the 28th great grandfather of John Kerry and George W. Bush is the 30th great-grandson of that same Bohemian King. However noted scholar and genealogist Dr. Miloslav Rechcigi, president of the U. S. based Czechoslovak Society of Arts and Sciences claims their veins can be traced back even further, to Borivoj I, the earliest recorded duke of the Premyslid dynasty, who was born around the 850.

George Bush on his father's side can claim kinship with Britain's Queen Elizabeth, as well as with Kings Henry III and Charles II of England and the Premyslid dynasty of Bohemia.

Like Bush, Kerry is a descendant of English kings, including Henry III and more distantly, Richard the Lionheart as well as to Czar Ivan "the terrible" and the royal houses of Scandinavia.

Although Kerry's Grandfather immigrated from the town of Horni Benesov in today's Czech Republic, Bush's bloodline may be more Czech than Kerry's as both George Bush's father and mother both have Czech heritage.

Barbara Bush's maiden name was Pierce also had some Moravian blood. Her ancestors, by the name of Demuth, came from Moravia in the 18th century and followers of the Hussite teachings, the Moravian Brethren. They had to escape to Saxony, immigrating to America, where they established the town of Bethlehem, in Pennsylvania.

Czech heritage in America is rich. We can boast this rich heritage through the knowledge that those of our same heritage have held the highest offices in the American government. Let us not forget Madeleine Albright.

Bohemian Glass Making

On August 7, 2014 Sokol Ennis will be having an Educational Event at the Ennis Public Library on Bohemian Glass Making. This will be a power point presentation done by one of our own Sokol Members -- Dr. Dennis Zembala. Be sure to mark your calendars for this informative and entertaining presentation. A press release will be given to the Ennis and Waxahachie newspapers shortly before the presentation.

NOTICE: Changed Registration Fee for new members. At the 2014 American Sokol Convention in April, it was voted to raise the registration fee for new members from \$5 to \$15. As a result, new Sokol KHB member applicants must now pay \$70 the first year (\$55 annual dues plus \$15 registration fee). For new applicants between July 1st and October 31st the half year fee is now \$45 (\$30 dues plus \$15 registration fee).

Southern District Slet

Last year, we hosted the Southern District Slet on behalf of Sokol West. This year, Sokol KHB is hosting the Southern District Slet on our own behalf. Come take in the Slet action -- in particular, the Friday evening volleyball tournament and social in the Clubroom (7:00pm), the Saturday Afternoon/Evening Dinner (4:00pm) and Exhibition (6:00pm), and finally the Swim Party and Karaoke Party following the program Saturday evening (7:00 pm). Pick up some souvenirs along the way.

American Sokol Southern District Slet Sokol Karel Havlicek Borovsky-Ennis June 13-14, 2014 Schedule of Activities

Friday, June 13

7:00pm-11:00pm – Social in the Clubroom with karaoke
7:30pm Volleyball

Saturday, June 14

Competition - All Male Levels / Females Level 3 and Up

8:00am – Warm Ups
8:30am – Competition

Competition - Females Levels Novice, 1 & 2

11:00am Open Stretch
11:30am Competition

2:00pm - Tots Skills Evaluation/Tumbling Competition

4:00pm - Calisthenics Practice

4:30pm – 6:00pm Dinner

6:00pm - 7:00pm Program

Assembly, Anthems and Greetings
Special Number Competition
Calisthenics Performance
Competition Awards

7:00pm -9:00pm Swim Party

7:00pm -10:00pm Social in Clubroom and Patio

FOOD

Friday – Nachos, Frito Pie, Popcorn

Saturday – Breakfast: Kolaches, Donuts, Fruit, Coffee, Juice & Milk

Saturday – Lunch: Hot Dogs, Chili Dogs, Nachos, Frito Pie, Chips, Popcorn, Soup

Saturday – Dinner: Pulled Pork, Coleslaw, Pinto Beans, Bread, Dessert, Tea/Water

Child Plate – Hot Dog, Chips, Dessert, Tea/Water

SOUVENIRS

Slet T-shirts, Caps, Koozies, and other Sokol memorabilia will be sold

June, 2014



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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