

October, 2016



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

ANNOUNCING

SOKOL KHB

**ANNUAL MEMBERSHIP MEETING
WEDNESDAY, OCTOBER 19, 2016
7 PM IN THE DINING ROOM**

ELECTION OF OFFICERS

MEMBERSHIP DUES INCREASE???

**DIRECTION OF THE ORGANIZATION
BYLAW CHANGES???**

REFRESHMENTS AND SOCIALIZING AFTERWARD

October, 2016

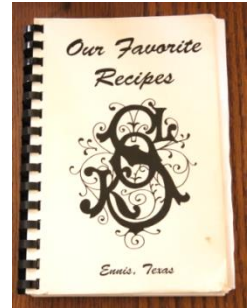
Gymnastics Report

October 2016

By Liz Moucka Krajca, Gymnastics Manager

We currently (at deadline) have 52 students enrolled in youth gymnastics classes that started September 14, and calls are still coming in for enrollment. The Girls classes for all levels on Monday and Wednesday are both full, but we still have space in the Advanced "Mighty" Tots, Boys and Level 1 Girls classes on Tuesday. The Seniors class, not included in this count, begins October 4. The gymnastics class schedule is posted on our website at www.sokolennis.com then click on 'Gymnastics Program.'

One of the fundraisers we will be doing this year is a reprint of the Sokol "Our Favorite Recipes" cookbook last printed around 25 years ago. The next generation and newcomers are asking for it. We will be adding more recipes, including an expanded Czech section. Please email your recipes to sokol.strong.khb@gmail.com, bring them to gym classes on Monday, Tuesday, or Wednesday evenings, or place them in 'Recipe' boxes in the clubroom and main entrance of the Sokol hall.



Levels 3 and up Monday Class

More pictures next time. Also, a couple of these Monday Level 1 girls will be moving up to Level 2, and that will create a couple of openings in the Monday class.



Level 1 Wednesday Class



Level 1 Monday Class

Thanks to all our Gymnastics instructors for helping make our gymnastics program a success:
Erin Solomon, Ashley Johnson, Wes Mach, Chuck and Jan Kalat, Ksenia Marek, Josef Slovak, Courtney Chapman, Lauren Hinson, and Anna Slovak. Special thanks to Kim Hajek and Debbie Slovak for helping to organize our program this year.

Level 2 Monday Class



Nazdar !!

From the **BUILDING MANAGER** (Lori Macalik)

Thank you to all our volunteers for helping out during the Chamber of Commerce event. All help was greatly appreciated.

Calendar of Upcoming Events

Sokol Clubroom open Mondays & Wednesdays 5PM – close

Sokol Museum – open for special events and by appointment

- Oct 16 2016 – Heritage Day at the State Fair of Texas – at the African-American Museum - Czech Food, Kolaches, Beer, Ethnic Musical Performances inside and Folk Dance Performances on the stage outside all day long. Sokol kids performance at 4:00pm.
- Oct 19 2016 – **Sokol KHB Annual Membership Meeting** – 7pm – Dining Room
- Oct. 22 2016 -- Benefit for David Trojacek
- Nov 11-13 2016 – Gun Show
- Nov. 23 2016 -- Thanksgiving Bash - Hall

Be sure to keep up to date on events through our website, Facebook, & Twitter

October Is Breast Cancer Awareness Month – Wear Pink

Stay Safe on the Scariest Night of the Year

Children and parents alike enjoy Halloween, the costumes, and the candy, and the chance to spend some time together. Just remember to keep your young trick-or-treaters safe as you go door to door. Here are some tricks for collecting treats without danger:

- **Costumes** - Whether you buy your child a costume or make one, be sure it will be highly visible to cars and passersby. Bright colors and reflective tape will help youngsters show up on the dark streets.
- **Snacks** – Serve your kids dinner or a healthy snack (and eat something yourself) before going out. Children will be less likely to gorge themselves on the candy they collect if they're already full.
- **Props** – Masks are fun as long as they don't interfere with children's vision or obstruct their breathing when walking through the neighborhood. If their costumes include canes, toy swords, or any other sort of accessory, check that they're not too difficult to carry while walking or crossing streets.
- **Route** – Decide on a clear and safe path through your neighborhood before you go out. Accompany small children, and discuss safety with older kids going out as a group. Give them flashlights and a cell phone, and carry those yourself.
- **Inspection** – Go through the bags before children eat anything, and get rid of any candy that looks suspicious. Don't let kids consume too many goodies at once, ration the candy out over a few days or weeks so they don't make themselves sick.

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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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