



3909 S. Prairie Avenue
Brookfield, IL 60513-2143

September 2020

Moving? Please let us know your new address! Contact:
Dorothy Becker
340 Lake Shore Drive North
Barrington, IL 60010-3425 BeckerD9749@SBCglobal.net

Check out our website:

www.sokolspirit.org

From our
Board of
Instructors (BOI)

Dear Sokol Spirit Families,

First and foremost, we hope that you and your loved ones are safe and healthy. We have received questions from the community about if and how COVID-19 will change this year's Sokol Season. We know this outbreak has been stressful to many and recognize that exercising and participating in activities like sports can be a healthy way to cope with stress and connect with our community.

After careful thought and planning, we are excited to begin the 2020-2021 Sokol Spirit year while following CDC considerations to protect athletes, families, and our community.

The health and safety of our athletes, families, and volunteers remain our highest priority. Below, you will find a summary of actions we are taking and guidelines for athlete participation to help ensure we are lowering COVID-19 risk as much as possible.

- **Masks** - All athletes, coaches, and spectators will be required to wear a mask covering their nose and mouth for the duration of the class.
- **Temperature Checks** - We will be taking and recording temperatures of all coaches and participants prior to the start of class. Anyone with a temperature of 100.4 degrees or higher will not be allowed to participate.
Anyone who is sick or has been in contact with someone who has COVID-19— including athletes, family members, and coaches — should not attend class. Be on the lookout for symptoms of COVID-19, which include fever, cough, or shortness of breath. Call your doctor if you think you or a family member is sick.
- **Water** - Please bring your own water bottles. There will be no access to the drinking fountains in the building.
- **Bathrooms** - We encourage you to use the bathroom at home before arriving at Sokol Spirit.
- **Hand sanitizer** - Please take advantage of our hand sanitizer dispensers as needed.
- **Spectators** - One spectator per participant will be allowed in the building.
- **Spotting** - Coaches will be spotting participants and will follow safety measures.
- **Equipment Cleaning** - Class times have been adjusted to allow for sanitization of equipment between classes.
- **COVID-19 Waiver** - All participants must sign a COVID-19 safety waiver prior to participation.



With these safety measures in place, we welcome you back to the gym, and back to Sokol Spirit. If you'll be joining us for classes, please see the schedule on the next page. If Oktoberfest food is more your thing, we got you covered on page 3. And if you're looking to for an activity to do, how about taking in a Czech movie, taking Czech lessons, or joining us for World Beer Club?

We miss seeing everyone around. Hopefully we'll be able to recognize you with your mask on. (It's been a while :)).

Sokol Spirit Fitness Class Schedule

Fall 2020 Session

12 Week Session (September 21 - December 18)

*No classes week of 11/23

Tots (Preschool & Kindergarten) - **Monday** 5:15-6:00 p.m. **OR** 6:15-7:00 p.m.

Girls (Grades 1-5) - **Monday** - 7:15-8:15 p.m. **OR Thursday** 6:30-7:30 p.m.

Boys (Grades 1-5) - **Tuesday** 6-7:00 p.m.

Junior Girls (Grades 6-12) - **Thursday** 7:45-8:45 p.m.

Junior Boys (Grades 6-12) - **Tuesday** 7:30-8:30 p.m.

Women (Ages 18+) - **Thursday** 9-10 p.m.

Men (Ages 18+) - **Friday** 8:30-9:30 p.m.

Senior Co-Ed (Ages 55+) - **Wednesday** 10:00 - 11:00 a.m.

Spin Class (Ages 16+) - **Monday** 7-8 p.m **OR Saturday** 8-9 a.m.

Wheel Gymnastics (Ages 6+) - **Wednesday** 5:30-6:30 p.m.

Fall 2020 Session Pricing

Tots Class - \$155*

Boys, Girls & Juniors Classes - \$190*

Wheels Class - \$95

Adult PM Classes - \$125*

Senior Co-Ed AM Class - \$55**

*These prices include our required family membership fee. Families with more than one child will see a discount at checkout as they will only have to pay the membership fee once. Families who return for our Winter 2021 Session will not be charged this fee again.

**All registrants in the Senior Co-Ed AM Class must pay an annual membership fee with an American Sokol Unit.

Register at sokolspirit.org NOW!



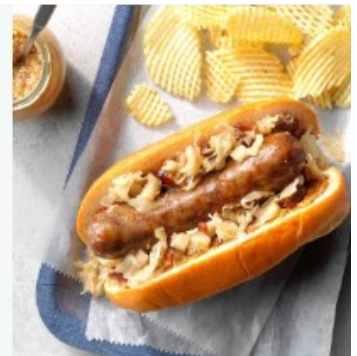
Potato Pancakes (3 per package)
\$5.00



Hot Dog and Bun w/ Chips
\$3.00



Knockwurst w/ Side
\$6.00



Bratwurst w/ Side
\$6.00



Sam Adams Octoberfest
\$12.00 - \$20.00



DIY - Quart of Potato Pancake Batter
\$8.00



"Drive Thru" Event
Saturday, September 12
5:00 - 7:30 p.m.

Place your order by Thursday,
September 10 at
sokolspirit.org!



Pilsner Urquell
\$8.00 - \$15.00



DIY - Bratwurst w/ Buns
\$16.00



DIY - Knockwurst with Buns
\$16.00



DIY - Hot Dogs with Buns
\$10.00



Oktoberfest Donation
\$1.00 - \$50.00

Summer Sokol

This summer the Sokol Spirit BOI hosted 3 weeks of Socially Distanced Summer Sokol. We were proud to provide fun and fitness for a total of 13 youth participants over the course of 6 days. All classes were held in the Sokol Spirit parking lot and Mother Nature was looking out for us with beautiful weather on each evening. The program consisted of 4 different classes, Tots, Track & Field, Skills Drills & Conditioning, and Games. Wheels class and Women's class also met in this outdoor environment a few times. It was a joy to see coaches and participants join together after such a long hiatus from classes. We were also able to use this program as a time to enact new safety measures and cleaning procedures that we will be able to continue into the 2020-2021 Sokol Season. Thanks to all the instructors and families that made Summer Sokol a success!

Falcon Key Club Update

You may have noticed that you did not receive a letter this year for Sokol Spirit's Annual Falcon Key Club. The mailing was scheduled to go out to the membership in April. However, at the April 1st meeting the Executive Board voted not to solicit for donations at this time due to the economic uncertainty and financial hardships some members may be experiencing from COVID-19. Thanks to all who have previously contributed to the Falcon Key Club over the years. Your generosity helps keep our programs running and we look forward to your support in the future.

COVID-19 Cal Competition

The Central District offered a new kind of Calisthenics competition, an online only event called the COVID-19 Cal Virtual Competition. Participants created and submitted a recording of their version of a cal (calisthenics) to compete against other Sokols from around the district. The vision was to provide this NEW virtual Sokol experience for our members to stay inspired, stay positive, stay connected, stay strong, continue to grow, and KEEP ON SOKOLING during the pandemic. Spirit Senior Women Sis. Kathy Barcal and Sis. Debbie Shields submitted a cal with two other Tabor women. Congratulations to Junior Boys Jake and Cole Heetel who won the Mixed division with their cal. All cals can be seen on Facebook.

Choose "Smile": As you do your online shopping, you may be asking: How can I easily support Sokol Spirit without wearing a mask? We've got the answer for you: *Amazon Smile*. Go to smile.amazon.com, choose "Sokol Spirit" as your charity, and then shop as you normally would. Sokol Spirit gets a portion of the sale. Remember to use *Amazon Smile*, and tell your family and friends about it, too. And, speaking of smiling. . .

Why are these people smiling?

These are officers on the newly-elected Executive Board!

Please see all officers and delegates on the next page.



Sokol Spirit Officers & Delegates

June 3, 2020 - June 2, 2021

Executive Board

President – Adam Wilt
1st Vice President – Cassie Croft
2nd Vice President – Carol Shrofe
Treasurer – Jenn Baran
Secretary – Howie Maskill
Financial Secretary – Dorothy Becker
Membership Director – Lindsay Kostecki
Information Technology Director – Bob Barcal
PR/Marketing Director – Kristen Kempson/Jessica Rus
Educational Director – Vera Wilt
By-Laws Director – Linda Baran

Physical Director – Alix Fron
Building Management Committee Director – Mark Shrofe

Building Management Committee
Chairman – Mark Shrofe

2019 – 2021 Term: Bob Barcal, Eric Kostecki, Jim Hedderman & Ryan Shields
2020 – 2022 Term: John Bazata, Howie Maskill, Alex Maskill & Mark Shrofe
At Large Members: Elmer Kulousek, John Tooke & Adam Wilt (Ex-Officio)

Board of Instructors
Physical Directors – Alix Fron
Assistant Director – Kathy Barcal
Secretary – Dorothy Becker

Junior Board Officers - New Officers To Be Elected Fall of 2020
Dean Shrofe - Boys Director Lexi Suvetor - Girls Director
Cole Heetel - Secretary Josie Mensik - Treasurer

Standing Committees
Audit Committee:
Diana Rhoades, Mary Novak & Ashley Croft
Budget & Finance Committee:
Jenn Baran, Bob Barcal, Dave Kakareka, Kevin Rutkowski & Adam Wilt
Falcon Key Club Chair: Barb Bossany Newsletter Editor: Kathe Pajer Heetel
Sunshine Chair: OPEN Exhibition Ad Book: Barb Bossany

Delegates to Affiliate Organizations
Central District: Ellie Babka, Kathy Barcal, Howie Maskill, Adam Wilt
Brookfield Chamber of Commerce: Vera Wilt, Bob & Kathy Barcal
Bohemian National Cemetery: Angie Bultas, John & Meribeth Tooke
Czechoslovak American Congress: Barb Bossany & Adam Wilt
Tabor Hills Nursing Home: Angie Bultas & Carol Rocush

News from the Education Director, Sis. Vera Wilt

Once again, we will be offering **Czech Classes** at Sokol Spirit. We finished the last school year by transitioning to Zoom Classes when we shut down the building due to the COVID-19 pandemic.

Like everything else, plans may change quickly as we find our way through this new “normal”. We are prepared to hold classes remotely again, if necessary, but if possible, while following CDC and IDPH guidelines, we will social distance for in-person classes. That may involve holding classes downstairs instead of in the 2nd floor classroom space. The concerns of our participants will be respected.

Participants will need to follow any safety protocols set forth by Sokol Spirit, including masks, and health screenings. Here is our current plan for the coming instruction year:

Basic Conversational Czech - Monday Mornings from 10 AM to 11:30

- Session I – 12 weeks, September 28 to December 14, 2020 - \$190
- Session II – 10 weeks, January 18 to March 22, 2021 - \$160
- Session III – 10 weeks, March 29 to June 7, 2021 - \$160



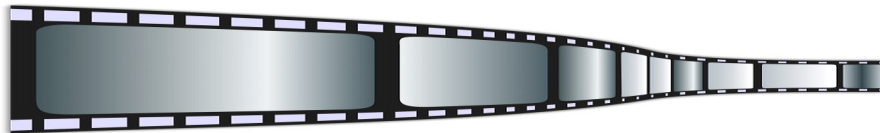
Intermediate Conversational Czech – Wednesday Evenings 7PM to 8:30

- Session I – 12 weeks, September 23 to December 16, 2020 - \$190
- Session II – 10 weeks, January 20 to March 24, 2021 - \$160
- Session III – 10 weeks, March 31 to June 2, 2021 - \$160

Classes are subject to minimum enrollment, and the schedule could change if it becomes necessary. Part-time participation is possible with advance notice and permission of the instructor at a pro-rated fee.

Thank you for understanding that there may be circumstances beyond our control.

Questions? Contact Vera Wilt – 708-268-9350 or czechclass@sokolspirit.org



Friday Films

Join us on the **3rd Friday of the Month** for our Czech Film Series. The Czech films start at 7pm in our Czech classroom upstairs and with donation of \$5 you get a free pilsner, pop, or water. (Films have English Subtitles).

SEPTEMBER 18 FAMILY FRIEND (A FRIEND OF THE FAMILY) /Rodinný přítel from the Garden Store trilogy (Zahradnictví) 2017; 130 Minutes; PG-newsreels show violence; Subtitles; Drama. The first part of the trilogy Garden Store, is a melodrama set in the 1940's, during the German occupation. Three young women and two children await the return of their imprisoned husbands and fathers. In those difficult times, a family friend and doctor Jiří is selflessly helping the family community, forced by war to live together. Gradually feelings grow between him and one of the women. The film is a story of love that could not be fulfilled. The filmmaking team of Czech director Jan Hřebejk and writer Petr Jarchovský, two of the most prominent figures in the local film industry, are best known for two films made at the turn of the century: 1999's nostalgic communist-era **Pelíšky** (Cozy Dens) and **Musíme si pomáhat** (Divided We Fall) which was nominated for an Oscar.

OCTOBER 16 THE DESERTER/Dezertér from the Garden Store trilogy (Zahradnictví) 2017; 115 Minutes; PG-Adult themes; Subtitles; Drama. The film is set in the years immediately following WWII, when a brief period of relative freedom and license gives way to communist party rule, impacting the three prosperous families at the center of this saga. Blustery mustachioed Otto indulges his outsized entrepreneurial spirit by opening a swanky spa and hair salon, complete with imported espresso machine. When a dim-witted young party lackey usurps control, Otto's short-lived revenge plays out in a comic set piece worthy of The Three Stooges, but has bitter repercussions.

NOVEMBER 20 THE SUITOR/Nápadník from the Garden Store trilogy (Zahradnictví) 2017; 113 Minutes; PG-Adult themes; Subtitles; Drama. On its own, Suitor is a sweetly charming little feature that quite nicely captures the lives and attitudes of the common people in full-throttle communist Czechoslovakia in the late 1950s. Without the external drama of the first two films, however - the horrors of WWII and its aftermath, followed by the tensions surrounding the communist coup, which drove apart the central family.

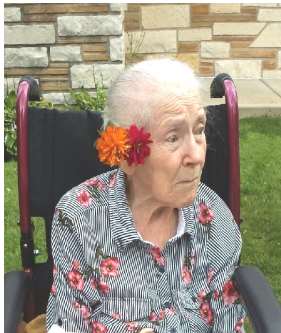
Czech Film Series and World Beer Club

Join us on the **3rd Friday of the Month** for our Czech Film Series and World Beer Club! The Czech films start at 7pm in our Czech classroom upstairs and with donation of \$5 you get a free pilsner, pop, or water. (Films have English Subtitles). World Beer Club starts at 8pm in the lower hall. More information about the film schedule is in this newsletter or see the schedule at <http://www.sokolspirit.org/education/czech-film-series/>. Mark your calendars for Friday Film Series and World Beer Club every third Friday of the month, starting September 18!



Have you heard...?

Tell us about Sokol Spirit member news:
SPIRITNEWS@HOTMAIL.COM ~ 708.370.7335



<— Enjoy this photo of our long-time member, Sis. Emily Polacek, who just turned 102 on July 22nd this year! A Brookfield fire truck and a small parade passed her home to help celebrate her special day. She was very active as a child in Sokol and came back to our Sr. II class for many years. She was also a volunteer at the Zoo for a long time - walking distance from her home in Brookfield. Happy birthday, Sis. Emily! We hope you had a birthday to remember.

Condolences to the family of Sis. Diane Mrizek who passed away July 13th. Diane started as a member of Sokol Berwyn, participated in our Women's class and was a 52-year member of Sokol Spirit. She is survived by her three children, their spouses and their children. Michelle, Debbie and Scott all were members of our classes until Juniors. Her husband Skip was not a member, but he was always there to help with all of our fundraisers and was there to support the unit.

Also, our thoughts go out to the family of John R. Satek who passed away on July 3rd. John (Jay) spent his childhood as an active member of Sokol Spirit (formerly Slavsky), participating in gymnastics and volleyball. John's family has been very involved in the American Sokol and in Sokol Spirit. Please keep his family, including his wife Joy, daughter Kristina, son Ryan, mother Sis. Mary Ann and siblings Sis. Patricia, Pamela, and Bro. Dave in your thoughts and prayers.

~ MEMORIAL FUND ~

In memory of John R. Satek

From Jerry Connolly. \$100.00

From Anna Ramirez. \$100.00

From Anonymous. \$100.00

From Dave Satek. \$50.00

From Marie Ptacek. \$25.00

From John & Meribeth Tooke. . \$25.00

From Patricia Mazzanti. \$25.00

From Lynne Ptacek-Goodridge, Rich Ptacek and Jacki Ptacek-Rada. \$30.00

From Pat Satek. \$100.00

From Kelly Kusch. \$100.00

From Adam and Lauren Wilt. \$50.00

From Sue Huntensburg & Jill Jonas. . \$50.00

From Dorothy and Henry Becker. . . \$25.00

From Lynne Gonzalez. \$25.00

From Howie and Alex Maskill. \$20.00

Thank you!

Please send any Memorial Fund and Newsletter Fund donations to the address in the footer on the front page.

The following pages display ads that were to be included in the Exhibition Program book in March. Most of the ads were included in the last (June) newsletter, but these three full-page ads would not fit. Please find them on the next three pages. Thank you to ALL who submitted ads for the Program to support Sokol Spirit!



From top left David, Joe, Max, Dan, Danielle, Nicole, Brittney, Angela, Christina, Jenna, Tiffany.



Julie and Craig

Sokol Naperville Tyrs Celebrates 36 years conducting classes in District 203.

Our staff of highly qualified coaches and assistants excel in working with girls and boys of all levels of abilities.

Schedule: Tuesday and Thursday 6 - 7:30, to 8 PM for ages 12-18 (juniors)

Wednesdays Special Needs classes 6 - 7 PM ages 6-11,

7 - 8 PM ages 12 to 17.

All classes are held at Naperville Central High School.

Congratulations to Sokol Spirit on their Sokol Spirit!
Long Live Sokol!

Contact Lynda at 630 240 1873 for additional information - sokolnaperville.com

PROUD TO SUPPORT

SOKOL SPIRIT

16TH ANNUAL
GYMNASTICS EXHIBITION



**First
Midwest
Bank**

BANK WITH MOMENTUM 

Miriam Barr, Branch Manager
8601 W. Ogden Ave., Lyons, IL
708.871.7048

FirstMidwest.com

Member FDIC



Best wishes on your Exhibition!



Riverside Township

Celebrating 150 Years!

Vera A. Wilt, *Supervisor*

Liane J. Blauw, *Clerk*

Frances Sitkiewicz, *Assessor*

Trustees:

Mary Rob Clarke

Michael C. Dropka

Timothy Heilenbach

Tom Lupfer

27 Riverside Road – Riverside, IL 60546 – (708) 442-4400

www.riversidetownship.org

Anniversary Celebration – Saturday, September 19, 2020



Looking forward to
getting back to
Sokoling soon!
Register for classes
today!





Meetings resume in September! All members welcome to Unit meeting!

First Wednesday

Sokol Spirit Unit Meeting 7:30 pm

Third Monday

Sokol Spirit BOI Meeting 7:30 pm

September 2020:

Sept 10: Deadline to place Spirit Oktoberfest order at sokolspirit.org

Sept 12: Brookfield Farmer's Market 8am-1pm

Sept 12: Spirit Oktoberfest (Drive-thru event)
5-7:30pm

Sept 18:

Friday Film (Family Friend/Rodinnny Pritel) 7pm
World Beer Club (1/2-way to/from St. Patrick's Day featuring Irish beers) 8pm

Sept 19: Brookfield Farmer's Market 8am-1pm

Week of September 21: Sokol Spirit Fitness Classes begin

Save the dates:

October 24: Trivia Night Zoom opens 7:00 starts: 7:30

November 7: Spaghetti Dinner

November 14: Vendor Fair

November 21: Trim a Tree—Brookfield Zoo

See the website for more and current information about these and other events!



Events subject to change.



Don't forget to check in at the gym: www.facebook.com/sokolspirit



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