



3909 S. Prairie Avenue
Brookfield, IL 60513-2143

October 2022

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



We hope you all had a very safe and relaxing summer with your families! Thank you for participating in the Pet Parade and Fourth of July parade with us over the summer. Hope you were able to stop by and visit us

at the Brookfield Farmer's Market in the Village parking lot and National Night Out at Ehlert Park. Thank you to those who joined our summer wheel class!

We are about to embark on the start of a new Sokol year! We have been busy over the summer cleaning and updating our building in preparation for classes to begin on September 11th! Class registration will be available soon! Check out our website for further information about classes and other events at www.sokolspirit.org

Be sure to mark your calendars for our Oktoberfest on Saturday, September 9th. The event will be held in our parking lot from 3 p. – 11 p.m. We will have food, drinks, live entertainment and activities for the children. The Brookfield Fire Department will bring a firetruck for the children around 5. Our monthly Czech film event will begin on Friday, Sept. 15th at 7 p.m. in addition to our monthly beer club at 8 p.m. Our calendar of events can be found on our website.

We are looking forward to seeing you all at Sokol Spirit in September!

Nazdar!

Kathy Barcal

President



Termination of validity and exchange of CZK 100 to CZK 2000 banknotes with thin silvery thread

The CZK 100, CZK 200, CZK 500, CZK 1000 and CZK 2000 banknotes issued in 1995–1999 are invalid from 1 July 2022.

The invalid banknotes are most easily identified by the width of the silvery thread – a security feature which crosses the banknote vertically. The thread on the invalid banknotes is narrow and does not change colour when tilted, whereas the valid versions have a wider thread which changes colour from puce to green when tilted.

The versions also differ in terms of the year featured on the face side of the banknote and some other security features.

The exchange of invalid banknotes will be possible at the cash offices of all credit institutions providing cash services and at all seven CNB regional offices until 30 June 2024. From 1 July 2024, the exchange will be possible only at the CNB's cash offices for an unlimited period of time. Credit institutions providing cash services and the Czech National Bank must exchange invalid Czech banknotes free of charge, provided that they are sorted by denomination.





SOKOL FLASHBACK



Here's an old photo with an interesting side story. This photo was taken in November of 1975 after the Brookfield team won the St. Louis Thanksgiving Volleyball tournament.

In the front, Charley Klapp, L to R in the back row, Jim Hantak, Jerry Michalek, Dave Harlan, Paul Vanek, John Bazata
It's hard to believe that this photo is going on 50 years old!

The side story is the hole in the wall above Paul Vanek, Charley Klapp was putting the uneven bars away without lowering the upper bar hence punching a hole in the wall. He earned the nickname Charley Wallbanger after that. That hole wasn't patched for a few years.

Nazdar,
Jim Hantak


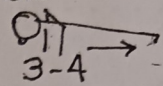
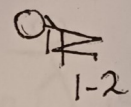
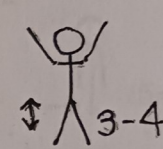
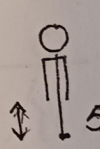
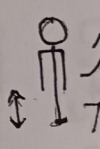



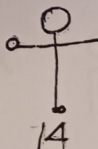

Editors Note: Thank you to those who have been sending in photos & stories. I will do my best to include them when space permits. Since being part of Sokol is about making memories, I thank you for sharing. **FUN FACTS** can be emailed to me as well to share.

Sokol Fun Facts

Back in the day, instructors were given typed sheets with STICK FIGURES to use to teach classes a specified routine that all Units would be performing both by themselves and together. Below is an excerpt from one of those pages.

For FUN, see if you can follow along!!! **TRIPLE POINTS** for any long time members who can tell me what class level performed this routine **AND** what it was called. **QUARDRU-PLE** if you can name the author.

PART I

I	1-2	Hold		1-2 Hold
	3-4	Thrust legs rearward to frontarm support lying (push-up position)		3-4
II-IV	5-16	Hold		5-16 Hold
<hr/>				
V	1-2	Uphop to front support squat		1-2
	3-4	Uphop to stride stand; uparm outward, palms front		3-4
VI	5-6	Uphop to closeheel, closearm stand		5-6
	7-8	Uphop 180° turn left		7-8
VII	9-10	L forestep, frontarm		9-10
	11-12	180° turn to right to stand left reartouch; arms arc upward and closearm thru frontarm w/turn		11-12
VIII	13	Close L to R, flex sidearm (fists in front of shoulders)		13
	14	Thrust to sidearm		14
	15-16	Closearm (open hands)		15-16

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p. 1-B

PARADE ANYONE?



Thanks to all who came out and gave up some time on the 4th of July. What a great group of parade marchers we had!!!

Brookfield Street Dance



Our brave volunteers who served wine & beer to those in need at the June 10th event. Great job everyone!! Everyone gets community service points galore.



SOKOL SPIRIT, 3909 Prairie, Brookfield

PRESENTS ITS 2023-24 EDUCATIONAL LINE-UP OF CZECH FILM CLASSES

(English Subtitles) on the **3rd Friday of the Month** to coincide with the Sokol Spirit World Beer Club which starts at 8pm! The Czech films start at 7pm in our Czech classroom upstairs and with donation of \$5 you get a free pilsner, pop, or water. Our Czech language instructor will be introducing you to all the film background and will be there to answer questions. This is our 10th season!

5/2023a

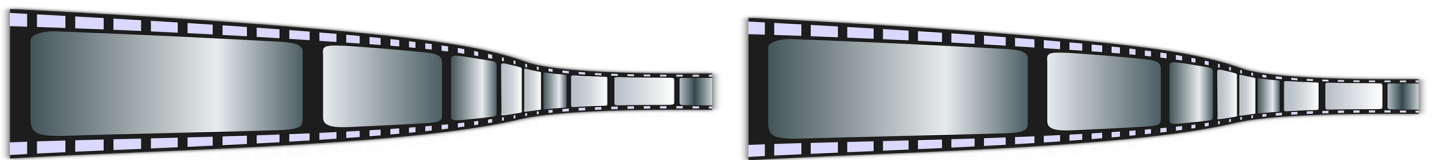
MARK YOUR CALENDARS NOW!!!!!!

2023

September 15 Accidental Army: The Amazing True Story of The Czechoslovak Legion (in World War I), 2009, 46 minutes, English, Documentary. PG Most of the action of this story takes place on a train. Fitting, because with every anecdote, interview and unearthed image, Accidental Army moves like a train. It is fast paced, covering a slew of improbable heroes and ruthless villains. Only WWI and the Russian Revolution could have overshadowed the unlikely birth of a great European nation...many participants were American Sokol members who returned to their native land. Guest speaker asked.

October 20 The Noonday Witch/ Polední čarodějnice, 2016, 85 minutes, Subtitles. PG, Drama. During a blisteringly hot summer, an attractive widow moves with her young daughter to her mysteriously deceased husband's native village, but the stresses of single parenthood and the new locale threaten family serenity in the psychological horror film.

Sokol Spirit's Education Committee reserves the right to change movies due to circumstances beyond



DO NOT FORGET THE WORLD BEER CLUB follows in the building's lower level starting at 8pm!



World Beer Club – September 15 & October 20

Join Sokol Spirit every 3rd Friday of the month as we enjoy the vast variety of the beers from around the world. \$10 cover charge per participant (must be 21 or older) includes a flight of 6 beers. Each month will feature beers/tasters from a different region or with a unique theme. Beers will be rated by all tasters. Receive a punch card to earn a free flight. Be part of the "Club": WBC glasses available: \$5. If you haven't joined us yet, give WBC a try! You may enjoy the company more than the beer! :)

Dear Sokol Brothers and Sisters,

It is with great sadness that I inform you of the passing of Sis. Lorraine L. Cerny at 98 years old on June 1, 2023. Sis. Cerny has been a member of Sokol for 16 years. She was the wife of the late Chester Cerny, mother of Kathleen (James) Isley and James (Holly) Cerny. Grandmother to Brian Isley, Jennifer (Brandon) Zuro, Heather (Don) Porous, Lisa (Daryl) Kiselewski and great-grandchildren Alexis (Noah) Thompson, Olivia Isley, Maggie Todd, Owen and Cole Zuro and Kendall and Adam Kiselewski. There will be no service.

IN MEMORIAM

Our sincere condolences to our Sokol family. We, at Spirit, have lost 14 dedicated members since January of 2022. Of those 14, the average length of membership was 63 years. What a remarkable testament to the ideals of a strong mind, body, and spirit. Sokol is family, and membership continues through the generations. Since our last newsletter was published, we have lost the following well-loved members.

Sis. Lorraine Hynek who passed away in April 2023 was a 54-year member. She is the mother of Sis. Susan Hynek Seiffert and Sis. Kathy Hynek Zitny.

Bro. Joseph Prikazsky who passed away suddenly May 2023 in New Jersey was a 50-year member. He is the brother of Sis. Mary Prikazsky Novak.

Bro. Vladimir (Laddie) Vanek who passed away in May of 2023 was a 74-year member.

Sis. Lorraine Cerny who passed away in June 2023 was a 16-year member

Sis. Helen Sevcu who passed away in June 2023 was an 83-year member.

We call our members sisters and brothers because we are a family and these family members will be dearly missed. May they rest in peace.

~ **MEMORIAL FUND** ~

In memory of Sis. MaryAnn Satek and Sis. Blanche Wostratzky
from Julie Barcal. . . \$50.00

In memory of Sis. Blanche Wostratzky
from John G. Connelll. . . \$50.00

In memory of Sis. Helen Sevcu
from Angie Bultas and Linda Makdah. . . \$50.00

In memory of Sis. Lorraine Cerny
from Marion and Charles Hartmann. . . \$50.00

In memory of Sis. Lorraine Hynek
from Susan Seiffert. . . \$100.00
from the family of Lorraine Hynek. . . . \$100.00

~ **NEWSLETTER FUND** ~

In memory of Sis. MaryAnn Satek and Sis. Blanche Wostratzky
from Julie Barcal. . . \$50.00

Did someone say, FREE MONEY????

Introducing Sokol SPIRIT BUCKS!

This year, we are giving back to our members in a new way. Included in this issue is \$10 per member in Spirit Bucks which can be redeemed in person at Sokol Spirit events over the next year. We encourage you to take advantage of this membership benefit and thank you for being a part of our Sokol family!

If you have any questions, please contact membership@sokolspirit.org



Our very own Sokol Spirit Junior/Tots Instructor/Girls Class assistant, Josephine Mensik attended the 2023 American Sokol Instructor School at Sokol Greater Cleveland from June 24, 2023 to July 2, 2023. Josie participated in classes like Spotting & Progressions, Marching, Calisthenics, Apparatus Terminology, Games, and Singing. Other active lectures were covered including topics such Static and Dynamic Warm-ups, Safety, Tots, First Aid/Taping, Pyramids and Combatives, Biomechanics, Conditioning, Shapes, Folk Dance, Behavior Management, and Teaching Strategies.

Josie had the opportunity to practice teaching a Sokol lesson to small groups of youth participants from Sokol Greater Cleveland while she was there. She was able to put together everything she learned about spotting a skill, setting up progressions for a skill, structuring a class, and commanding a group of students. Josie taught skills on the Balance Beam and Uneven Bars for her 2 lessons. She received feedback about her teaching to help her improve between the 2 teaching opportunities and will hopefully come back to Sokol Spirit with a plethora of knowledge about coaching.

The Graduation was held on Saturday, July 1st at Sokol Greater Cleveland. The students showcased the various new skills developed throughout the week such as marching, calisthenics, pyramids, folk dance, special number, and singing. During the graduation portion of the program it was announced that Josie finished with the 2nd highest score in the Beginner Class! We are so proud of her hard work and we can't wait to see her put her new skills to good use at Sokol Spirit!

Sokol Spirit's Physical Director Alix Fron served as an Instructor at this year's school dedicating her time and knowledge to developing the future leaders of American Sokol.





Batter UP!!!

The American Softball team played 14 games at Janura Park in Berwyn on Monday evenings. The team was made up of members from various Sokol units. No matter, win or lose, the team had a great time! Thank you to all of our members who played on the team and represented American Sokol. Thank you to the fans who supported us this summer and our sponsor, Fill Up Station.



Bogie, Par, Birdie, Eagle



On August 19th, amid amazing weather, 11 foursomes teed off at Meadowlark Golf Course in Westchester. After hours of fun on the course, many met back at Sokol Spirit and enjoyed a lovely lunch and beverages.





And the 2023 winner with the lowest score of the day and receiving the coveted Green Jacket is..... Dan Maskill!!!!






Sokol
Spirit
Oktoberfest!

**SATURDAY,
SEPTEMBER 9
3P-10P**

**LIVE MUSIC / POTATO
PANCAKES / SAUSAGES/
BEER/AND MORE!**

**SOKOL SPIRIT
PARKING LOT 3909 PRAIRIE AVE
BROOKFIELD, IL**

ATTENTION ALL MEMBERS:

Due to continued expenses of maintaining our building (roof, boiler, gym floor, etc, etc, etc), and due to the increase in dues that were assessed by the American Sokol Organization, our unit members voted to increase the annual dues donations at the annual meeting in June. Adult dues will now be \$75 starting January 1, 2024. Student dues will be \$50 starting January 1, 2024. Members who have 60+ years of continued membership are considered honorary Spirit members and owe no dues. However, we ask that these special members help us by covering the assessments we need to pass on to the ASO and the Central District. This amount would also be \$50. We thank all of you for your continued support of Sokol Spirit. We continue to have the largest membership in the Central District, and we have one of the best programs in the country, in my opinion!!!! Thank you again for your support.

Dorothy Becker, Financial Secretary

COACHES/INSTRUCTORS NEEDED: Do you or do you know someone who would like to be an instructor or coach for our children's classes. The pay is not good, but the rewards are astounding. The classes usually meet once a week, which is good. If you or you know someone who might be interested, please contact our Board of Instructor's directors, Sis. Alix Fron at alixwilt@gmail.com or Sis. Tricia Leja at tricialynn.leja@gmail.com or the gym at programs@sokolspirit.org. Think of all the fun you will have training our enthusiastic youth. We need coaches to keep our programs going...don't let us down.

Thinking of going to Prague for the 2024 Slet (gathering)? Watch for more information in the months to come. Several of our Spirit members are already Planning!!!



Sokol Spirit is taking a new approach to our Czech Language lessons. People are busy, and do not want to commit to many weeks of classes. Many travel or work long hours, and are not available for the full 8 or 10 week session. That makes it hard for everyone to progress in an orderly forward motion.

Adult learners really do not have time for homework, or sometimes even to review what they have learned to prepare for the next class. Czech grammar is hard, and you probably don't really want to learn all the rules...you just want to get by in communicating.

The old joke is: "How do you eat an elephant? - One bite at a time"

So here's our solution, via Zoom...since we all learned to use that thanks to Covid

New and Improved Zoom Conversational Czech Classes will be offered in short-term sessions, usually, one month at a time! We want you to learn and have fun.

We will also periodically announce a one evening or afternoon event focusing on a topic like: A Historical Event, Holiday Traditions, Artists and Musicians you should know, etc. Those events will be in person.

You sign up when you know you can make all the classes in 3 to 5 week groupings. Understand that no one will be fluent by taking weekly Czech lessons, but Czechs are very forgiving, and love it if you try to communicate in their languages. They already know it is a hard language.

Each session will focus on giving you the tools to communicate in certain situations, or for specific purposes. We will always announce the focus of the term, and we welcome your requests and suggestions so you get the most out of the experience.

For example, next Spring, we will offer one or two session courses to help you navigate travel to the Czech Republic. Travel Lessons will include essential words and phrases, cultural differences (i.e. what not to do), how to get around on public transportation, must see landmarks to plan your trip, etc.

The first Conversational Czech session will run October 4, 11, 18, and 25, 2023 at 7:00 PM via Zoom. This session will focus on general knowledge for getting started: pronunciation, basic vocabulary, days, months, numbers etc.

Registration for classes will be found on the Sokol Spirit website, beginning in early September.

"Czech out" our new classes and register at:

<https://www.sokolspirit.org/education/czech-classes/>



23-24 Sokol Spirit Fitness Class Schedule

Tots (Co-ed) (Preschool & Kindergarten) - **Monday** 5:30-6:30 p.m.
Girls (Grades 1-5) - **Monday** - 6:45-8:00 p.m. **OR Thursday** 6:15-7:30 p.m.
Boys (Grades 1-5) - **Tuesday** 6-7:15 p.m.
Juniors (Co-ed) (Grades 6-12) - **Thursday** 7:45-8:45 p.m.
Women (Ages 18+) - **Thursday** 8:45-9:45 p.m.
Men (Ages 18+) - **Tuesday** 8:30-9:30 p.m.
Senior Co-Ed (Ages 55+) - **Wednesday** 10:00 - 11:00 a.m.
Spin Class (Ages 16+) - **Monday** 7:00-8:00 p.m **OR Saturday** 8:00-9:00 a.m.
Wheel Gymnastics (Ages 6+) - **Wednesday** 5:30-6:30 p.m.
Pickleball (Ages 18+) - **Monday** 8:15-9:15 p.m.

We are now offering registration options for just our 13-week Fall Session **OR** for the full 31-week Sokol Season. Signing up for the full season will save you money! Not ready to commit to the full year just yet? Sign up for just the Fall Session starting in August and registration for our Winter/Spring Session will become available in December.

<u>Fall 2023 Session Pricing</u>	<u>Full 23-24 Season Pricing</u>
13 Week Session (Sept 11 - Dec 15) No classes week of 11/20 Tots Class - \$205* Boys & Girls Classes - \$235* Juniors Class - \$220* Wheels Class - \$220* Adult PM Classes - \$160* Senior Co-Ed AM Class - \$85** Spin Class - \$160 Pickleball - \$115	31 Weeks (Sept 11 - May 17) No classes week of 11/20, 12/18-1/6 and week of 3/25 Tots Class - \$350* Boys & Girls Classes - \$425* Juniors Class - \$385* Wheels Class - \$385* Adult PM Classes - \$255* Senior Co-Ed AM Class - \$185**

*These prices include our required family membership fee. Families with more than one child will see a discount at check-out as they will only have to pay the membership fee once. Families who return for our Winter/Spring 2024 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.



Recurring meetings resume! All members welcome to the Unit meetings!

First Wednesday

Sokol Spirit Unit Meeting 7:30 pm

September & October 2023:

September 9: Oktoberfest

September 11-15: Classes Begin

September 15: Czech Film Event 7pm, World Beer Club 8pm

October 20: Czech Film Event 7pm, World Beer Club 8pm

Save the dates:

November 4: Spaghetti Dinner

November 5: Central District Annual Meeting (tentative)

November 11: Vendor Fair

Nov 17: :Czech Film Event 7pm, World Beer Club 8pm

Nov 18: Central District Turkey Tumble

Watch for information on our website or by email.



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



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