



3909 S. Prairie Avenue

March 2024

2023

Brookfield, IL 60513-2143

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

Welcome Spring

From our President,
Sis. Kathy Barcal

Our winter/spring session is in full swing with much success! Thank you for supporting Sokol Spirit and being a part of our Sokol family.

All members are invited to attend our monthly meetings on the first Wednesday of every month starting at 7 p.m. with a social and the meeting at 7:30 p.m. Don't forget every third Friday of the month is our Czech movie series at 7:00p.m and also our beer club that begins at 8:00 p.m! We will be holding our first spring show since Covid (also known as "Exhibition") on Saturday, April 20, 2024 at George Washington Middle School. Please come on out and watch our participants perform in short routines and show off their gymnastic skills! All are invited to attend and then join us after back at the gym for a party in our lower hall. Pork sandwiches and potato pancakes are just a few items on the menu! See the flyer in this newsletter!

The Central District will be holding a Sham Rockin' & Rollin' Gymnastic meet on Saturday, March 16th at Sokol Lodge 306 located at 4855 N. Elston in Chicago. The doors open at 9 a.m., boys' meet begins at 9:30 a.m. Doors open at 10:30 a.m., girls' meet begins at 11:00 a.m. Admission is \$3.00 cash only. VOLUNTEERS are needed! Go to the link below to volunteer.

<https://www.signupgenius.com/go/30E0F44A9A92DA7FA7-48011493-cdshamrock>

The Central District will be having a couple of benefit days at local restaurants. The first one is online only at Panda Express on Wednesday, March 13th. The second one is a Panera fundraising event on Wednesday, April 10th. Please check out the fliers in this newsletter. You can stay up to date about district events at www.cdsokol.com and information about American Sokol at www.american-sokol.org

Stay up to date on events by checking out our website at www.sokolspirit.org

Happy St. Patrick's Day and Welcome Spring!

Kathy Barcal

President

SOKOLYMPICS 2024



Sokol Spirit Spring Show

**Saturday, April 20, 2024
George Washington Middle School
Doors Open-4pm • Show Starts-4:30pm**

**Admission
Adults-\$10 • Children-\$5 • Five & Under-Free**

AFTER-PARTY FOLLOWING THE SHOW AT SOKOL SPIRIT





Panera
FUNDRAISING

Help support us!

CENTRAL DISTRICT OF THE AMERICAN SOKOL ORGANIZATION

25%
OF SALES
WILL BE
DONATED

April 10, 2024
4:00 pm to 8:00 pm CDT
7165 Kingery Highway, Willowbrook, IL

Use code FUND4U at online checkout, in the Panera App,
or at the kiosk in-cafe.*

Bring this flyer or show a digital copy to your cashier when ordering at the cafe or enter the
promo code FUND4U at checkout on Panerabread.com or the Panera App to ensure your
organization gets a portion of the proceeds.**

Learn more at fundraising.panerabread.com

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*Gift card and catering order placed on Panerabread.com, and delivery orders placed through third-party sites are excluded and will not count towards the event. Other restrictions apply. For complete details, visit: <http://fundraising.panerabread.com/terms-conditions/>. **Services vary by café.



FUNDRAISER FOR
Central District of the American Sokol Organization

VIRTUAL COMMUNITY FUNDRAISERS



> When

Wednesday, March 13, 2024

Place your order for pickup or delivery on Wednesday, March 13 !

> Where

Available at Panda Express locations nationwide

www.pandaexpress.com

> How

Online orders only

Apply code **921768** in the Fundraiser Code box during online checkout at www.pandaexpress.com or via App

**28% of sales will be donated to: Central District of the American Sokol
Organization**

We are a 501c3 organization supporting communities through gymnastic and other physical programs.

Please note this is an On-line fundraiser only



Wednesday Wheels Class with coach Jana Mayer from Germany. Coach Jana will be competing in the U.S. Open Wheel Championships in March. Good Luck Coach Jana!!!

~ MEMORIAL FUND ~

In memory of All Member that are no longer with us

from Sis. Blanka Flosman . . \$100.00

In memory of Bro. Jerry Zitko, Bob and Vera Barcal, Mildred and Emil Barcal.

From Sis Susan D'Andrea .. \$100.00

SAVE

**AMERICAN
SOKOL
INSTRUCTORS
SCHOOL**

**JULY 13TH - JULY
21ST 2024**
LEVELS: BEGINNER,
INTERMEDIATE,
ADVANCED,
ADVANCED II

THE

DATE

Sokol Cedar Rapids
5200 18th Ave SW,
Cedar Rapids, IA
52404





WISHES to THANK YOU for donating to the stage “giving” tree filled with warm items for the **Secret Santa Program**...

...a social service arm of the Pillars Community Health (renamed after the merger of Community Nurse Health Association and Pillars) which takes care of local residents through health center services; behavioral health and support services; early childhood educational services; domestic and sexual violence services; and prevention and health education outreach. There are over 1,000 children who attend and are served by the pediatric, well baby, and dental clinics on a documented need basis...and these are for whom the Secret Santa program is targeted. Find more information @ www.pillarscommunityhealth.org about services, volunteering, or becoming involved.

The following items were delivered in December 2023.

38 pairs of gloves or mittens

18 pairs of socks

2 hats

1 fleece blanket

56 pairs of Hat with mittens or gloves

141 Individual items!

ONE OF THE BEST IN RECENT YEARS! Sokol Spirit is very proud that this is the 23rd year of giving...and we remain on the top 10 list for the Secret Santa program. It is nice to see a not-for-profit like Sokol Spirit giving to another not-for-profit during these economic times when government funding is cut back for these local programs. This year the collection is handled by the LaGrange Rotary with storage at the Park District of LaGrange Building on East Avenue near 47th Street.

NAZDAR.....thanx for making the Holiday Season a special one for those less fortunate than we are!



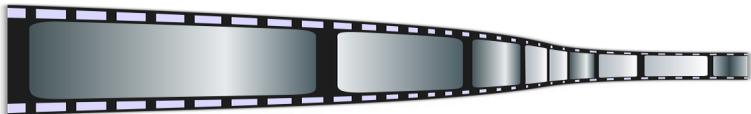
2023-24 Educational Line-Up of Czech Film Classes (English Subtitles)

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! Mark your calendars now!

March 15, *Zátopek*, 2021, 131 minutes, Subtitles, PG Athlete Ron Clarke competes at the 1968 Summer Olympics but fails to win any medal. Feeling disappointed that he might have lost his last chance to win an Olympics medal he starts to doubt his career and decides to meet Emil Zátopek (Czech Olympian) whom he adores. The film is about their dialogue during which the audience can learn retrospectively about Zátopek's sports career and his life. A GREAT Sports film, many shots show athletes in Sokol uniform and stadiums like the Strahov where several Slets have been held.

April 19, *Servants/ Sluhové*, 2020, 80 minutes, B/W, Subtitles, PG Czechoslovakia, 1980. The totalitarian Communist regime demands allegiance from all its subjects, including the clergy. Michal and Juraj are conflicted novitiates whose seminary is under increasing pressure to mold its students into satisfactory citizens. With the school on the brink of dissolution, and its head priest a target for blackmail, the two must choose between collaborating as informants or becoming targets of the secret police. Shot in striking, atmospheric black and white, *Servants* is both a brooding morality tale and a taut Cold War era political thriller that “shivers with anti-authoritarian sentiment beneath its serene monochrome aesthetic”.

More information about the whole line-up is on the Sokol Spirit website. Sokol Spirit's Education Committee reserves the right to change movies due to circumstances beyond their control.



Don't forget: World Beer Club follows in the building's lower level starting at 8pm!

World Beer Club— March 15th & April 19th



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! :)





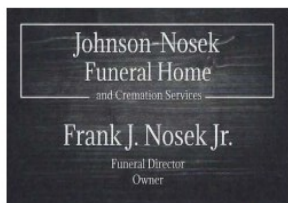
I think she likes it!!!!

Thanks to our wonderful cooks, servers , clean up crew and organizers. And of course, thank you for coming out and letting us do the cooking for you!!

In TRUE Sokol Spirit after a plate or two of pancakes, sausage and some coffee a recliner awaits me, but NOT these brave Sokol members and all others who competed in the 2024 Flapjack Open. 21 brave individuals divided into 4 teams by blind draw played their calories off. Team Crispy Sausage took 1ST PLACE!! Team members were: Mary Novak, Mark Breckerman, Kevin Rutkowski, Jeff Fron, Kenny Fron and Jenn Baran. Congratulations!!



Did you get to join us for the January Pancake Breakfast? Thanks to the following Spon-



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JOIN CYCLE BROOKFIELD --
GO TO
"CYCLEBROOKFIELD.COM"



Enjoy the
breakfast!
LINDA SOKOL FRANCIS
BROOKFIELD LIBRARY
3541 PARK AVENUE BROOKFIELD, IL 60513
www.lfbbrookfieldlibrary.org



(708) 485-9224



Share Food Share Love
Food Pantry

9030 Brookfield Avenue
PO Box 22
Brookfield, IL 60513

(830) 347-5390

contactus@sharefoodsharelove.com
www.sharefoodsharelove.com



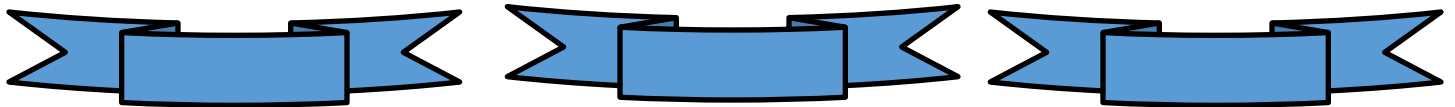
Stay tuned for details on this event. If you have never been to a Slet (bonus points if you know what the word means). The best one to start with is the one in your own backyard. A great opportunity to meet members from other gyms across the world. We are an international organization. The large group performances are something to behold.



As much as we enjoy seeing everyone in our classes, we also would like to hear about your exciting news. Was there a recent graduation, birth of baby, a gymnastic accomplishment, a community or school achievement, etc.? If so, please consider sending in a photo and caption to tell us all about it. Please send to spiritnews@hotmail.com.

For example, a certain newsletter editor had her favorite daughter get engaged!! Kevin popped the question while they were out to dinner with Jenn's best friend from college and she said "YES". Jenn has been a member of Sokol since she was 3 and recruited Kevin a few years ago.

Can't wait to hear your news!!!



Can you see that the ribbons above are blue? NO? Consider signing up for digital Newsletters. **NOTE:** we will NOT discontinue mailing them. Receiving them digitally also let's you capture the color photos used for your memory books , access the information anytime and save the Unit some money.

Sound interesting? Please send an email to info@sokolspirit.org and let us know. It may not happen right away, but we are looking to move forward with this option if we get enough interest.

TRIVIA NIGHT 2024

Trivia Night was held on Saturday, February 24th in our lower hall. We had a full house of about 80 in attendance!! Teams were VERY creative in giving their names. The winning team was the Purple People Eaters!! The team members were Amy Tudisco, Frank Tudisco, Frank Tudisco III, Hannah Kreinik, Mary Tudisco, Brook Schiera, Debbie Tudisco and Joe Tudisco.

Winners receive a tee shirt.

Thank you to the volunteers and assistants: Lauren Wilt, Lindsay Classen, Carol Rocush, Colleen Swinarski, Alix Fron and Kathy Barcal. A **HUGE** thank you to Adam Wilt for coordinating a successful event.



At Sokol, we work hard, but we play hard as well and along the road we make friends we will have for life!! Age is just a number to us. All are welcome. Look at our upcoming events and feel free to join in. The more the merrier!!



Why do Bylaws matter?

Submitted by Adam Wilt

Sokol Spirit Bylaws Director & American Sokol President

The Sokol movement started in 1862 in Prague, and only three years later was established in the United States in St. Louis. Soon after more units formed stretching from New York to Nebraska. These units experienced mixed success at the beginning and formed the "National Union of Sokols". This was eventually replaced by the American Sokol in 1917 where Sokol units across the country have been united by common bylaws and purpose ever since.

In the early years of Sokol there were many differences of opinion including determining the location of the Sokol headquarters, paying national fees, and even offering insurance. Bylaws were crucial to preserving order and were necessary to establishing the framework that helped our organization from its formation.

Alice Sturgis in her book, "THE STANDARD CODE OF PARLIAMENTARY PROCEDURE" (p. 194) notes: "Good bylaws alone do not make an effective organization; they are an outline of its structure. However, suitable bylaws are necessary to enable an organization to function well."

The purpose of the [Bylaws of Sokol Spirit](#), as well as those of the Central District and the American Sokol, is to outline our structure and to fit the needs of our organization. In our country the Constitution serves this purpose, and we all know that this is amended. Similarly, when Bylaws don't fit our needs, or prohibit our work, they can be revised.

For those of you who have attempted to change a Bylaw, you may note that this isn't always easy, but that is intentional. That is done to ensure that members within an organization agree about an organizations structure and needs.

Sturgis added later in her book that, "Bylaws should be custom made to fit each individual organization." That's why Bylaws are needed, because they are the custom template to outline our structure and ensure proper functionality.

I encourage you to take a look at our Bylaws (<https://www.sokolspirit.org/membership/bylaws/>) and decide if these set up a structure for success. If you have any suggestion for improvements, please let me know at awilt.sokol@gmail.com. Thank you!

References used for this article include:

- <https://sokolmuseum.org/sokol-comes-to-america/>
- [The American Sokol Bylaws](#)
- <https://www.parli.com/>

Fun Fair = fun for all!!



In June, members of American Sokol will be traveling to the Czech Republic to participate in the XVII Všesokolský Slet (gathering). In order to prepare for this event, members from Sokol Spirit, Tabor and United attended a workshop to learn the Rock Symphony calisthenics. Bros. Petra Sádek and Tomáš Tomsa traveled to the United States to teach not only members from Illinois but Cleveland and Washington D.C. All are invited to travel to Prague and participate in this celebration of Sokols from all over the world.

While Petra and Tomas were in Illinois, they were able to attend the Central District Top Golf event as well as see some sights in the City and around the area. We appreciate the time they took to travel across the sea to teach us the calisthenics.

Check out the website to learn more about this spectacular event in Prague.
<https://slet2024.cz/>



Meanwhile back in the gym...the show must go on. It all begins with our Tots.





Then the girls sporting their holiday look.



And the boys of course.



And all together





And lest we forget the Monday girls. Rocking
out the holiday show.



And our wonderfully talented Juniors





And we'll complete the circle with the Wheels Class.



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

First Wednesday

Sokol Spirit Unit Meeting 7:30 pm

March 25-31 No Classes—Spring Break

April 19th: Czech Film Event 7pm, World Beer Club 8pm

April 20th : Exhibition

April 28th: Membership Brunch

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

May 18th: Central District Gymnastic Competitions

May 19th: Central District Sokol Day

Save the Dates:

June 5th: Annual Membership Meeting

June 21st: World Beer Club

Watch for information on our website or by email. All events at Sokol Spirit unless otherwise noted.



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



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Brookfield, IL 60513-2143

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