



3909 S. Prairie Avenue
Brookfield, IL 60513-2143

August 2025

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 President,

Sis. Kathy Barcal

We hope everyone had a very fun, safe and relaxing summer with your families! Our new Sokol year is about to get underway the week of September 8th! Please check our website at www.sokolspirit.org about class times, pricing and registration, as well as other events.

We would like to thank everyone who participated this summer in the Pet Parade and the Fourth of July parade. Sokol Spirit was very well represented at the XXV American Sokol Slet that was held over the summer. Be sure to see the pictures from the Slet in this newsletter. I would like to thank all of the members who volunteered, attended and participated in the Slet. It was a lot of fun and also VERY hot! —>

Over the summer, we had volunteers working our booth at the Brookfield Farmer's Market. Hope you were able to stop by and visit. Thank you to those who volunteered to represent Sokol Spirit. Also, thank you to those who joined our summer wheels class!



Be sure to mark your calendars for our Oktoberfest on Saturday, September 13th. The event will be held in our parking lot from 3 p.m. – 10 p.m. We will have food, drinks, live entertainment and activities for the children. We will need volunteers for the event. The link to sign up is at SokolSpirit.org. The Brookfield Fire Department will bring a firetruck for the children.

Our monthly Czech film event will begin on Friday, Sept. 19th 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 and on the back page of this newsletter. Put it on your fridge and we are looking forward to seeing you in September!

2025-26 Sokol Spirit Fitness Class Schedule — registration now open at SokolSpirit.org

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** 6:00 - 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.



**Sokol Spirit Officers
& Delegates**
June 4, 2025 - June 3, 2026

Executive Board:

President – Kathy Barcal
1st Vice President – Cassie Croft
2nd Vice President – Sarah Heth
Treasurer – Jenn Baran
Secretary – Kathe Heetel
Financial Secretary – Dorothy Becker
Membership Director – Howie Maskill
Information Technology Director – Bob Barcal
PR/Marketing Director – Alix Fron
Educational Director – Vera Wilt
By-Laws Director – Adam Wilt
Comptroller – Peggy Gilbert-Ulrich
Physical Director – Lauren Wilt
Building Management Director – OPEN

Building Management Committee

2024 – 2026 Term: Alex Maskill, Howie Maskill, Mark Shrofe & Adam Wilt
2025 – 2027 Term: Michael Gonzalez & Kevin Rutkowski
At Large Members: Bob Barcal, John Tooke, Peggy Ulrich & Kathy Barcal (Ex-Officio)

Board of Instructors

Physical Director – Lauren Wilt **Assistant Director** – Tricia Rini

Standing Committees

Audit Committee: Diana Rhoades, Mary Novak & Ashley Croft
Budget & Finance Committee: Jenn Baran, Sarah Heth, Dave Kakareka, Kevin Rutkowski & Kathy Barcal
Newsletter Editor: Howie Maskill
Webmaster: Howie Maskill & Adam Wilt

Delegates to Affiliate Organizations

Central District: Sarah Heth, Bob Barcal & Kathy Barcal
Brookfield Chamber of Commerce: Vera Wilt, Bob Barcal & Kathy Barcal
Bohemian National Cemetery: Angie Bultas
Tabor Hills Nursing Home: Angie Bultas & Carol Rocush

Flight of the Falcon Launch Party – Noon Whistle Brewery – June 13

American Sokol partnered with Noon Whistle for “Flight of the Falcon”, a beer created exclusively for the XXV American Sokol Slet in Chicago. Many Sokols and friends joined us for the launch. It was a great way to kick off the XXV Slet.



Congrats to Sokol Spirit representatives Alfie and Sis. Josie Mensik for completing the 2025 Instructors' School at Lodge 306 (Chicago) the week after Slet. —>

Sokol Spirit at Brookfield's Fourth of July Parade



2025-2026 SPIRIT BUCKS ARE HERE!

Once again, Sokol Spirit is giving back to our members. Included with this newsletter are \$10 per member in Spirit Bucks which may be redeemed in person at Sokol Spirit events this year. We encourage you to take advantage of this membership benefit and thank you for being a part of our Sokol family! You'll find Spirit events on the back page of this newsletter and on the website calendar—mark your calendar!

Sokol Spirit Golf Outing – August 2

23 brave golfers teed off from Meadowlark Golf Course for the annual Sokol Spirit Golf Outing. Here are some of the winners:

- Women's closest to the pin and longest drive: Sarah Ulmann
- Longest putt: Frank Tudisco and Dave Kakareka
- Longest drive for men: Jeff Fron
- Closest to the pin for men: Bob Barcal
- Best score (36): Frank Tudisco, Bob Barcal, Jim Hantak and Dave Kakareka (middle)
- Highest score (45): Tooke family (top right). They got the jacket this year.



American Sokol Foundation Grants

The American Sokol Foundation Committee awards financial grants to support specific initiatives to units. American Sokol also receives assistance from the Ministry of Foreign Affairs of the Czech Republic. Grants are written and submitted for different categories. Sokol Spirit is currently in the process of beginning roof repairs this summer. A Gateway to the Future grant was submitted to the Foundation Committee to receive financial assistance for these repairs. This grant is to assist with expenses such as gym equipment, building equipment, restoration, replacement and repairs. Sokol Spirit received \$2,113 to be applied to our roof repair expenses.

Sokol Spirit submitted another Gateway to the Future grant for assistance with the purchase of a new Range/Oven in our kitchen in the lower hall. We replaced the current range (approximately 80 years old) to ensure the safety of our building and the well-being of those who use our kitchen. Sokol Spirit received \$1,489 to be applied to the purchase of the range.

Sokol Spirit would like to thank the American Sokol and Ministry of Foreign Affairs of the Czech Republic for the availability to receive financial assistance to keep our unit safe for members, families and friends. Nazdar! Kathy Barcal

Happy
Birthday
to Spirit
members
with
August &
September
birthdays!

Greg Baran
Kenyon Duner
Jim Hantak
Jake Heetel
Charles Klapp
Lance Malina
Howie Maskill
Mark Novak
Charles Rocush
Ellie Babka
Jessica Childs
Ashley Croft

Sean Birmingham
Alan Cushing
Chas Dvorak, Jr.
Richard Leja
Casey Rocush
Justin Simik-Valadez
Richard Wostratzky
Michael Gonzalez
Linda Bednar
Katie Grunow
Shannon Janecko
Susan Kozelka

Kristen Proper
Maria Kumis
Alex Maskill
Terry Maskill
Debbie Milas
Erin O'Brien Bonfiglio
Marianne Ronquillo
Seleste Reyes
Wendy Sanders
Meribeth Tooke

Sandra Michelin
Samantha Mitchell
Melissa Ortiz-Vondra
Nancy Pajeau
Melissa Potter
Carol Shrofe
Deborah Simik
Janice Sowinski
Kim Shrofe
Lauren Wilt





We celebrated our XXV American Sokol Slet from June 25-29th in the Chicago area. Many flocked to the Chicago suburbs from across the globe. Huge thanks go out to Sokol Spirit members for their planning, participation and enthusiasm to make this Slet a success! Sokol Spirit was well represented throughout the event. Special thanks to our Spirit members who served on the Slet planning committee:

Cassie Croft - Co-Chair
 Howie Maskill—Co-Chair
 Pat Satek—Secretary
 Bob Barcal—Treasurer

Adam Wilt - Sponsorship
 Mary Cushing - BOI Physical Director
 Matt Carlozzi - PR/Marketing

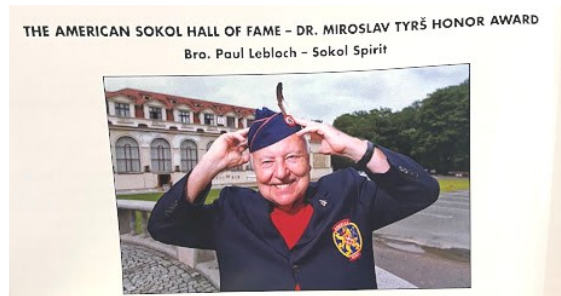
Multiple Spirit members were recognized at the Slet banquet for their many years of service to Sokol. We were proud to celebrate them as they received these National Awards.

- Sis. Meribeth Tooke (below, left) - Jindřich Fügner Service Award
- Sis. Ellie (below, middle) and Bro. Bernie Babka - Tomáš Garrigue Masaryk Leadership Award
- Bro. Paul Lebloch (below, right) - American Sokol Hall of Fame - Dr. Miroslav Tyrš Honor Award

Our members performed in cal and folk dance and competed in volleyball, pickleball, fitness challenge, gymnastics, tug-o-war, and the relay race. A few highlights of the week included Sokol Spirit women winning gold in volleyball and the Central District first place relay team, which was made up of all Spirit members! Our Unit had a great impact on the Slet field as well. Kudos to the Spirit performance authors - Aaron Mensik, Phil Tudisco, Michael Barcal, Alix Fron and Adam Wilt.

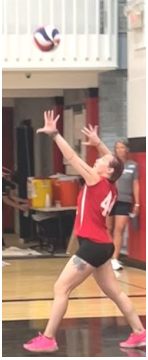
One of the highlights of the week was the Friday night social which was held at the Sokol Spirit hall. Many guests loved the environment of socializing in a Sokol building. Some participants from Czech Republic even said it made them feel at home.

The 8 years between American Sokol Slets was well worth the wait. In the meantime, enjoy some photos in this newsletter and view more Slet photos at <https://photos.app.goo.gl/4ooTBCEA2zhfSEpi8>. We can't wait for the next one!



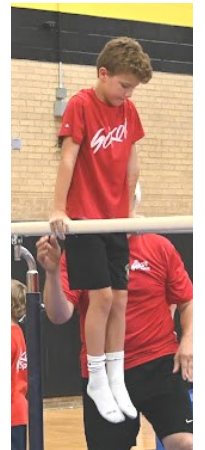
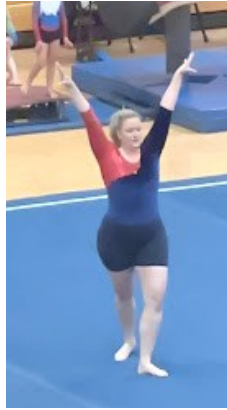
XXV AMERICAN
SOKOL SLET
CHICAGO 2025
WHERE TRADITION MEETS
EXCELLENCE
JUNE 25-29, 2025

Thursday, June 26—Volleyball Tournament and Slet Banquet





Friday, June 27 – 1st Slet Pickleball Tournament, Gymnastics Competition, Brewery Tour and Chicago-Style Social (at Spirit)





Saturday, June 28 – Slet Performance



(Too much to share! Due to space limitations, no photos are included in this newsletter for the Kick-Off Party (June 25), Youth Social and Accidental Hero Movie (June 26), Fitness Challenge and Slet Museum Tour (June 27), Celebration Dance (June 28) or Golf Outing (June 29).

Please visit: <https://photos.app.goo.gl/4ooTBCEA2zhfSEpi8>



Brookfield Farmers Market

Last chance to volunteer in 2025:
Saturday, September 13



Sokol Spirit was represented again this summer. This Saturday market is hosted at the Brookfield Village Hall parking lot 8am-1pm. Our unit has become a mainstay at the market, and our Wheels are always a treat for the market folks. Thank you to those who worked at our booth throughout the summer, whether it was taking full, partial or multiple shifts. We could not have done it without you.

We have one more Farmers Market to staff and we need your help. You may be asking: What do our volunteers do at the market?

- Set up/take down of our tent/table (There is help on-site)
- Speak to market goers about what Sokol is, what classes Spirit offers, social events and your own experience as a member. (Not sure of our class offerings or details? You'll have all the info at your fingertips at the booth!)
- Support other local businesses, enjoy the community, listen to live music

Please feel free to email Cassie Croft at bombage2@aol.com if you'd like to volunteer! Thanks in advance for your help!

World Beer Club – September 19, October 17, November 21



We are continuing our beloved Friday beer clubs on the 3rd Friday of the month, but it's time to shake things up. We are still looking for members and friends to volunteer as 'beertenders' again this year. We will have different options for the events this year, including our traditional beer club with tasting flights and other Friday night Sokol socials welcoming all members and friends with a BYO and cash bar option. We will have some theme nights throughout the year, including our holiday parties and introducing a wine tasting month in the spring. Exciting things are happening with our beer club, and we want everyone to be a part of it! Below is this Fall's schedule:

- September 19: Traditional Beer Club, 6-beer flight (host creates menu)
- October 17: Traditional Beer Club, 6-beer flight (host creates menu)
- November 21: Traditional Beer Club, 6-beer flight (host creates menu)
- December 19: Spirit Holiday party, guests BYO, volunteer bartenders for cash bar

Please be on the lookout for updates & further details on the Sokol Spirit website and on Facebook. If you love beer club, volunteer to host your own! The volunteer form is on the Sokol Spirit website. Email Cassie with any questions: cassandraLcroft@gmail.com



~ MEMORIAL FUND ~

In memory of Bro. Paul Lebloch *from Charles and Dorothy Ptacek*

In memory of all those who passed *from Blanka Flosman*

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

From our Education Director, Sis. Vera Wilt

Why do we say "**Nazdar**", and what does it mean?

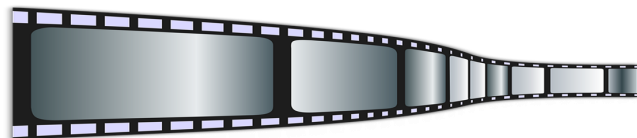
Originally, it was two words, "Na Zdar", literally meaning "to the success". The response we use in classes is "Zdar," or "Success". In 1851 the Czech National Theater coined the phrase "Na Zdar Národního Divadla" "To the Success of the National Theater, in a fundraising campaign.

The expression worked its way into the common Czech language as one word, Nazdar, and is still a greeting equivalent to Hello. In really familiar or fun social situations people may say "Nazdárek" which might be more like "Hi" or "Howdy".

So you don't have to wait until Sokol class to say Nazdar. It is a valid greeting to any Czech!



**SOKOL SPIRIT,
3909 Prairie,
Brookfield**



PRESENTS ITS 2025-26 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 11th season! 5/2025a

MARK YOUR CALENDARS NOW!!!!

September 19 MEDIEVAL; 2022;125 Minutes; Color; American film; Rating R for Violence. It is about the life of [Jan Žižka](#), a Bohemian military commander who never lost a battle. The film is set prior to the [Hussite Wars](#) (1419–1434), when Žižka was young. It tells the story of how Žižka became a famous military commander. In the 14th century, [Wenceslas IV](#) from the [House of Luxembourg](#) is the [king of Bohemia](#), [King of Germany](#) and [Roman emperor](#) at the same time. Wenceslas has received the throne after his father [Charles IV](#), but his reign is not as successful, and the kingdom seems to fall apart under his weak rule. The country is actually ruled by [Henry III of Rosenberg](#), the most powerful nobleman in the country. Of note is the filming all occurring in central/southern Bohemian and with Academy Award winner Michael Caine as one of the many historical characters. Also of note is that the American army notes many of Žižka's military inventions and moves in their educational classes today.

October 17 THE GIRL ON THE BROOMSTICK/ *Dívka na koštěti*; 1972; 80 Minutes; Color; English subtitles; Rating G. Saxana is a young [witch](#) who is just learning her craft at a witch school. When one day he stays after school for 300 years, he uses the Lexicon of Spells to transport herself to the human world for 44 hours, where she wreaks havoc with his variously successful [spells](#). Gradually, she falls in love with Honza, which is why she does not want to return to the fairytale realm. Only drinking the decoction from the grandmother's ear, which she diligently searches for, can save her from returning. He doesn't know that the lady's ear actually means [sagebrush](#), and is looking for an actual human lady's ear. Slavic School of Magic, is a school founded by the pure-blood Ivan Vorobyov in 1567. From the American Sokol Lending Library.

November 21 (JOHN AMOS) COMENIUS-Life and Legacy / (Jan Amos) KOMENSKÝ; 2021; 96 Minutes; Color; English & English Subtitles; Rating: PG. The story starts as the Dutch artist, Rembrandt paints his picture. John was a bishop of the Brethren Church, scholar, linguist, and reformer of education. He became an orphan as a young boy and then lived with his uncle and aunt in Straznice until they were killed when the Boesky soldiers invaded the town. He married three times and had six children but rarely spent time with them because he was devoted to his teaching and books. He didn't agree with the way the teachers used physical punishment and introduced the idea that a picture could help when reading a story. He wrote over 200 treatises and books. From the American Sokol Lending Library.

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



Sokol Spirit Czech Language Programs - Fall 2025 REGISTRATION & PAYMENT FORM

PLEASE CHECK ALL THAT APPLY

Option 1: Conversational Czech for Life Learners

Monday Mornings from 10:00 to 11:30 AM

In-Person classes

Minimum enrollment of 3 students

- Session I - 6 classes: Sept. 22, 29, Oct. 6, 13, 20, 27, 2025 - \$96 \$_____
- Session II - 5 classes: Nov. 3, 17, 24, Dec. 1, 8, 2025 - \$ 80 \$_____

Option 2: Individual Czech language lessons via Zoom/In-person

Schedule as agreed between Student and teacher @ \$30 per hour, payable monthly

Dates _____ # of lessons _____ x rate _____ = TOTAL \$_____

Option 3: Virtual Czech Language Social Club

Meets 1 Wednesday per month, at 7:00 PM via Zoom (login upon registration)

Basic Czech conversations with life learners on familiar topics and more

Dates: Sept. 24, Oct. 29, Nov.19, and Dec. 3 - all 4 sessions total \$40 \$_____

Registrant

Please print

Today's Date _____, 2025

(Last & First Name) _____

Address _____

City _____, State _____ Zip _____

Home phone ____/____ Cell phone ____/____ are you on Facebook? Y / N

Preferred phone to leave a message _____ Text OK? Y / N

E-mail _____

Emergency contact: Name _____ Relationship _____

Phone _____ E-mail _____

Form of Payment for class/session:

_____ Check # _____, Bank _____;

_____ Cash \$ _____

_____ Credit/Debit - <https://www.sokolspirit.org/education/czech-classes/> - blue pay online button

Please complete and submit this form, no matter what form of payment you use.

SOKOL SPIRIT, 3909 South Prairie Avenue, Brookfield, IL 60513

Sokol Spirit is a not-for-profit 501(c)3 organization - incorporated in Illinois



Recurring meetings resume in Fall!

First Wednesday Sokol Spirit Unit Meeting 7:30 pm
All members welcome to the Unit meetings!

August and September:

Class registration now open!

September 3: Spirit Unit Meeting 7:30pm—all are welcome!

Week of September 8—12: Sokol classes begin

September 13: Sokol Spirit Oktoberfest! 3-10pm

September 19: Czech Film 7pm & World Beer Club 8pm

September 22: Czech language classes start

Save the dates:

October 17: Czech Film 7pm & World Beer Club 8pm

November 2: Central District Annual Meeting

November 8: Spaghetti Dinner

November 15: Holiday Vendor Fair

November 21: Czech Film 7pm & World Beer Club 8pm

Welcome back and stay well everyone!



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



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