



3909 S. Prairie Ave, Brookfield, IL 60513

www.sokolspirit.org

August 2026

From the President's Podium

Sis. Kathy Barcal



We hope everyone is having a safe, fun and very relaxing summer! The 2026 - 2027 Sokol year will soon be underway. Sokol classes will begin the week of September 14th. Please visit our website at www.sokolspirit.org to obtain further information about class times, pricing and registration. Check out the year of events under the calendar tab.

Thank you to everyone who joined us this summer in the Pet Parade in LaGrange and the Brookfield Fourth of July parade. Stop by at the Brookfield Farmer's Market to visit our booth. We will be at the market one last time on 9/12. Over the summer, we held our wheels class. Thank you to all who participated.

Our annual Oktoberfest will be held on Saturday, September 12, 2026. The event will be held in our parking lot from 3 p.m. - 10 p.m. We will have food, drinks, music entertainment and activities for the children. We will have further details to follow.

Our monthly Czech Film event will begin on Friday, September 18th at 7 p.m. as well as our monthly beer club at 8 p.m.

We look forward to seeing everyone in September!

Nazdar! Kathy Barcal, President

**SPRIT
BUCKS!**

Once again, Sokol Spirit is giving back to YOU, our members. Included in this newsletter are \$10 per member in Spirit Bucks which may be redeemed in person at Sokol Spirit events over the next year. We encourage you to take advantage of this membership benefit. We thank you for being a part of our Sokol family!



REGISTER NOW

Fitness Classes

2026-2027 SEASON

Tot Class (Preschool/Kindergarten)
Girls and Boys Fitness Classes (Grades 1-5)
Competitive Gymnastics Prep (Grades 1-5)
Junior Co-Ed Class (Grades 6-12)
Men's and Women's Classes (18+)
Senior AM Class (18+)
Wheel Gymnastics
Pickleball
Spin

Register for Fall Season or Full Year
www.SokolSpirit.org

CLASSES BEGIN
SEPTEMBER 14



YOUTH FITNESS

PROGRAMS

MONDAYS 5:30-6:30PM	TOTS CLASS INTRODUCTION TO GYMNASTICS; CALISTHENICS; AND MOTOR COORDINATION GAMES/ACTIVITIES.
MONDAYS 6:45-8:15PM	GIRLS COMPETITIVE GYMNASTICS PREP PARTICIPANTS WILL LEARN SKILLS, PROGRESSIONS AND ROUTINES THROUGH USA GYMNASTICS XCEL PROGRAM (BRONZE, SILVER, GOLD), AND COMPETE IN COMPETITIONS
TUESDAYS 6-7:15PM	BOYS CLASS RECREATIONAL SPORTS AND GAMES; GYMNASTICS; AND FITNESS ACTIVITIES. OPTIONAL COMPETITIONS.
WEDNESDAYS 5:30-6:30PM	WHEEL GYMNASTICS INSTRUCTION ON THE GERMAN GYMNASTICS WHEEL AND RELATED SKILLS TO ENHANCE STRENGTH, BALANCE AND BODY AWARENESS.
WEDNESDAYS 7:45-8:45PM	JUNIORS CLASS GYMNASTICS; DANCE ELEMENTS; STRENGTH & CONDITIONING; VOLLEYBALL AND OTHER RECREATIONAL SPORTS. OPTIONAL COMPETITIONS.
THURSDAYS 6:15-7:30PM	GIRLS CLASS GYMNASTICS; DANCE ELEMENTS; STRENGTH & CONDITIONING; AND RECREATIONAL SPORTS. OPTIONAL COMPETITIONS.



ADULT FITNESS

PROGRAMS

MONDAYS 7-8PM	PM SPIN THIS IS A GROUP SPIN CLASS FOR AGES 16+. JOIN FOR AN UPBEAT WORKOUT IN A FUN AND HIGH-ENERGY ENVIRONMENT.
MONDAYS 8:30-9:30PM	PICKLEBALL JOIN US TO PLAY A FEW GAMES OF PICKLEBALL. PICKLEBALL IS A RACKET/PADDLE SPORT THAT COMBINES ELEMENTS OF TENNIS, RACQUET BALL AND OTHER RACQUET SPORTS.
TUESDAYS/FRIDAYS 8:30-9:30	MEN RECREATIONAL/COMPETITIVE VOLLEYBALL LEAGUE; VARIOUS SPORTS AND GAMES; CALISTHENICS; GYMNASTICS (OPTIONAL). THIS CLASS INCLUDES LEAGUE VOLLEYBALL ON FRIDAY NIGHTS THROUGH DECEMBER. 18+
WEDNESDAYS 10-11AM	SENIOR CO-ED IN THIS CLASS YOU WILL EXERCISE AT A MODERATE PACE, REST IF TIRED, BUT YOU LIKELY GO HOME ENERGIZED. WALKING; STRETCHING; LITE CARDIO; GAMES; CALISTHENICS.
THURSDAYS 8-9PM	WOMEN AEROBICS; RECREATIONAL VOLLEYBALL AND GAMES; CALISTHENICS; PERFORMANCE ROUTINE WITH DANCE/MARCHING ELEMENTS. (OPTIONAL: BEGINNER TO INTERMEDIATE LEVEL GYMNASTICS) 18+
SATURDAYS 8-9AM	AM SPIN THIS IS A GROUP SPIN CLASS FOR AGES 16+. JOIN FOR AN UPBEAT WORKOUT IN A FUN AND HIGH-ENERGY ENVIRONMENT.



Have you heard...?

Tell us about Sokol Spirit member news:
SPIRITNEWS@HOTMAIL.COM ~ 708.692.8350



Jenny and Ryan Wasielewski are excited to announce the arrival of Elliot Scott Wasielewski! He was born on 3/25 at 6lb 6oz and 18.5in long. Big sis Addie already can't get enough of him!

Welcome to the world
(and to Sokol), Eli!



In our June newsletter we told you about Sokol Spirit participants traveling to Gottingen, Germany for the Wheel Gymnastics World Championships.

Pictured below is Hope Spatzek with one of the welcoming posters at the hotel where the athletes stayed. On the right is Hope doing straight-line in competition.



The group on the right is the entire USA team including athletes, coaches, judges, and delegates—including judge Ken Nagel and competitors Hope Spatzek and Emily Temmer.



"Dear Sokol Spirit, Thank you for the opportunity to perform at the [April] beer club, as well as for the generous support and donations received. I look forward to Wednesdays each week because they allow me to engage with the children and practice my skills. Your generous donations will tremendously help cover the finances for my adventure to Germany. I will never forget your generosity, kindness, and compassion. Once again, thank you so much for everything you have provided me throughout my wheel gymnastics journey. Sincerely, Hope Spatzek"

In Memoriam



Sokol Spirit lost three long-time, dedicated members during the month of July.

Bro. Chuck Rocush, age 84, passed away on July 3, 2026 and was a 54-year member. Chuck was a veteran who proudly served in the Marines. He is survived by his wife Sis. Carol (Keg) Rocush who he was married to for 59 years. He is also survived by his four children: Cara (Scott) Craft, Sis. Colleen Swinarski, Bro. C.J. (Sis. Gina) Rocush, and Bro. Casey (Lindsay) Rocush. He is also survived by eight grandchildren. The Rocush family has been very influential in their continuing support of Sokol Spirit. Chuck will be missed by many who considered him a friend, uncle, father-figure, and just a generally good guy. A memorial celebration of his life was held at Sokol Spirit on August 1, 2026.

Sis. Joanne Bazata, age 93, passed away on July 12, 2026 and was a 60-year member. She was predeceased by her husband Ronald Bazata. Joanne was the beloved mother of Bro. John Bazata and Sandy (Oscar) Martinez. She is also survived by five grandchildren and two great grandchildren. Joanne was a kind and loving person who welcomed you with a bright smile. She was so honored to receive her 60-year membership certificate from Spirit at our membership event in May. A memorial celebration of life was held at the Johnson-Nosek Funeral Home on August 8, 2026.

Bro. Frank Michalek, age 92, passed away on July 10, 2026. Frank was a dual member of both Sokol Chicagoland for over 70 years and Sokol Spirit for 13 years. He and his late wife Carolee, who passed away in 2017, joined our Senior II Coed class and decided to join our unit. Frank was the youngest of six brothers. He taught physical education for over 40 years and always enjoyed staying physically fit. Frank was a proud military vet serving in the Marines. Frank was the father of Geri Lynn (Michael) McCafferty, Jodi Otwirk, and Michael (Brenda) Michalek, and the grandfather of seven and great grandfather of one. Frank firmly believed that movement was the key to a long life. Frank's visitation was held at Mount Auburn Funeral Home on July 27-28, 2026.

MEMORIAL FUND DONATIONS

From Elmer Kulousek—Charitable Bequest

In Memory of Chuck Rocush —from Pat Satek

In Memory of William Kostecki —from Diane Pitrak

In Memory of Joanne Bazata

Linda Baran

Allan & Sally Kapso

Carolyn Renn & Family

Pat Satek

Nancy Schuller

ADA FUND DONATIONS

In Memory of Joanne Bazata, Chuck Rocush & Frank Michalek

From John & Meribeth Tooke & Jon Kovar-Tooke

XXIII American Sokol National Convention



Sokol Spirit delegates and guests were proud to attend the XXIII American Sokol National Convention. Our organization's quadrennial convention was held June 12-14 in Saint Paul, Minnesota. Congratulations to all who worked hard during the convention, including the newly elected American Sokol Executive Board. We wish them a successful four years in office.

Our Unit is well represented on the 2026-2030 Executive Board, with the following Sokol Spirit members elected: Adam Wilt—President, Mike Ryan—Treasurer, Mary Cushing—Educational Director, Lauren Wilt—Foundation Director, Matt Carlozzi—Member At-large, and Howie Maskill—Member At-large.

Święto Konstytucji 3 Maja

On May 2, 2026 the Puchala/Jewett family gathered for the 135th Polish Constitution Day Parade in Chicago. The Polish American community in Chicago comes together on the first Saturday in May to celebrate the history, patriotism, culture and heritage of Poland. The theme of this year's parade was "*Happy Birthday, USA! One Spirit, Two Nations.*" The event is also to remember that Poland enacted a constitution, second only to the constitution of the United States. It was adopted on May 3, 1791 and became the first constitution in Europe.

John Puchala can be seen here proudly wearing his military uniform from his time served in the Polish army.



Sokol Spirit Beer Club 2026-2027 Series

We are continuing our beloved Friday beer clubs on the 3rd Friday of the month, as it has become a great social opportunity to meet with friends and fellow sokols.

Keep these dates on your calendar and we hope to see you this year! Friday night beer club is welcome to all, with an option to purchase a flight of beer for a tasting (age 21+), and non-alcohol options are available as well. Bring a snack to enjoy or come as you are for some comradery and a good time. We kick off at 8:00pm.

September 18 — October 16 -- November 20 -- December 18

January 15 — February 19 -- March 19 -- April 16 -- May 21

We've heard some creative ideas for themes and general interest from our attendees, so we are offering up the opportunity to continue to **host** a beer club night again this year. We love seeing new faces as "beertenders" picking out brews for all of us to try, bringing us new breweries to highlight, and fun themes throughout the year. As a host (or team of hosts), you can create the menu yourself, serve behind the bar, or both. This gathering has created such a great community itself, we want to welcome you to lend us your ideas and creativity to keep it fun.

If you love beer club and want to host, please scan the QR code to complete this form →
Or just send a message to Matt Carlozzi: mccarloz@gmail.com



Please be on the lookout for updates & further details on the Sokol Spirit website and on our social media accounts.



From your Financial Secretary...

As we start a new session of classes in September, please remember that you will be asked to pay your 2027 membership dues at the time of registration. Membership dues currently are \$75 for the 2027 calendar year. Paying your dues with your registration will save you from getting the dreaded "letter" in December when funds might be tight due to the holidays. Hope to see many of you in classes this coming year.

Nazdar, Dorothy Becker

2026 Brookfield Independence Day Parade



Reminder: This newsletter can be found in full color at sokolspirit.org on the Membership page

All in the Family

Pictured on the left is Tyler Kos (back row, far right) with his Sokol Brookfield classmates after a gymnastics meet in the 1990's. On right is Tyler's daughter, Emma after she competed in her first Sokol meet last Spring. Sokol continues to be an organization rooted in family, tradition, and generations of shared experiences.



Trivia Good Luck Charm

Bro. Joe Placek and I attend a monthly trivia night at Elmwood Park Library and for the May and June events we brought this falcon statuette (which we named Pavel) that I got from Bro. Paul Lebloch's collection earlier this year. Our team name is of course the "Falcons" and we took first and second place in the two months Pavel has joined our team. Good luck charm? Maybe, but Pavel will be with us every time we go. Bro. Placek thinks that Pavel may be from the 1948 Prague Slet due to markings inside the statuette. This is significant because that Slet was the first since Nazi occupation and the last until Communist rule ended. I think this is a great way to honor Bro. Paul and keep his legacy alive.

Nazdar,
Bro. Jim Hantak



Event plug: save the date for Sokol Spirit's annual trivia night on Saturday, February 20th!

Paul's Plants — Submitted by Sis. Jenn Rutkowski

I've known Paul Lebloch for many years, but our bond over plants started the summer after the most recent Slet in Prague in 2024. I had gone out to water our garden when I heard a familiar voice on the patio asking rather loudly, "Can you hear me now?"

Paul lived in the condos directly behind my house and we had never run into each other before. We reminisced about the trip and then started talking about all the plants he had on his balcony. After that first meeting, plants became our go-to topic of conversation.

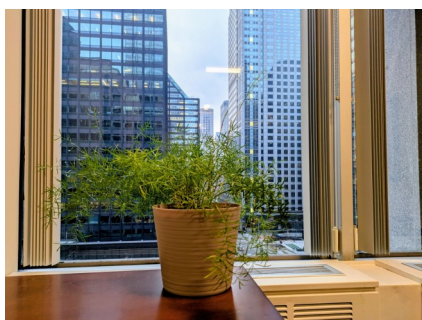
We chatted in January and we were both very excited for spring and I planned to help him move his plants outside for the summer and maybe even share a propagation of mine with him.

Then we got the news of his passing. After some time, I was able to connect with Paul's niece to understand what was going to happen to Paul's plants. Paul, similar to myself, cared deeply for his plants and I wanted to be able to take the task of caring for them off the family's plate while they navigate all other necessary to-dos. With my neighbor's help, we wheelbarrowed Paul's plants across the pipeline and brought them into my sunroom. There were A LOT. So many so that I needed to pause to realize what I committed to as I saw my sunroom turn into a maze of plants. When Kevin came home from work that evening, he was less than thrilled as he looked into the forest that was the sunroom. I tend to have a green thumb and he thought I intended to keep them all!

The next month included many, many hours moving plants in and out of the garage, giving them haircuts and dividing them and fitting them for new pots so they could be shared by those who loved Paul the most. To this day, there is still excitement in everyone's voice when "My Paul plant has a new sprout" or "My Paul plant is blooming," and it's the best news to hear. Paul's memory lives on through the plants he cared for so deeply, and now a little piece of him continues to grow in many of our homes.



Jenn, working hard repotting plants



Kakareka office — high-rise river view!



Kakareka home



Rutkowski home



Shrofe home



Barcal home



Carlozzi home



Vachata home



Maskill home



Fron home

2026 Sister Carol Crosson Endowment Foundation Grant

This grant is made available through an Endowment set up on behalf of Sister Carol Crosson and administered through the American Sokol Foundation and is meant for American Sokol traveling youth participants. This application is for those youth traveling to 2026 Instructor School and National Camp and Event Registration.

This year, Sokol Spirit had one individual receive the Carol Crosson Endowment Foundation Grant to attend the 2026 Instructor School. Josephine Mensik attended her last Instructor School that was held at Sokol USA Lodge 47 Monessen from June 27, 2026 - July 5, 2026. She graduated from the Advanced II level on July 4, 2026. Josephine has been an instructor for Sokol Spirit for out tots and girls classes for several years. Congratulations Josie, we are very proud of you and all of your hard work and dedication!



2026 Gateway to the Future Grants

In an effort to support local Units, the American Sokol Foundation Committee has funds available for Sokol Units to alleviate expenses associated with building upkeep and repairs. This summer we replaced the boiler in our building and also had the gymnasium floor refinished. We applied for the American Sokol grants to help offset some of the project costs. We are happy to announce that Sokol Spirit was awarded \$6,240 to-



wards the new boiler and \$3,090 for the gym floor. Maintaining and improving our building is important to us, and these funds go a long way in helping us achieve this goal. Thank you to the American Sokol Foundation Committee for their continued support!

*Many
Thanks!*

: : : : SOKOL SPIRIT : : : :

OKTOBERFEST

★ SATURDAY SEPTEMBER 12 ★

3pm

Free
Entry

BEER
FOOD
MUSIC



SOKOL SPIRIT PARKING LOT

3909 PRAIRIE AVE. BROOKFIELD, IL



www.sokolspirit.org

PROST! SPECIAL
ALL YOU CAN
DRINK FOR \$35
INCLUDES 2
POTATO
PANCAKES AND A
KEEPSAKE MUG



2026 GOLF OUTING

AND LUNCHEON

GOLFERS:
9 HOLES*

SEPTEMBER 19 Option 1: Golf + Luncheon + 2 drinks - \$65
SATURDAY Option 2: Golf + Luncheon + open bar - \$80
9AM *Cart not included in price

LUNCHEON IMMEDIATELY
FOLLOWING GOLF
AT SOKOL SPIRIT

3909 Prairie Ave. Brookfield IL

Register by 9/10 at

SOKOLSPIRIT.ORG

Questions?

Contact Frank Tudisco

773-502-5235 or

fstudisco@yahoo.com

LUNCHEON ONLY:

Option 1: Lunch + 2 drinks - \$20

Option 2: Lunch + open bar - \$40

Meadowlark Golf Course :
11599 W. 31st Street, Westchester, IL



Save The Date

Sokol Spirit's
CRAFT & VENDOR FAIR

NOVEMBER 14, 2026
9AM TO 3PM

\$50 per table
3909 Prairie Ave. Brookfield, IL
www.sokolspirit.org



Recurring meeting— First Wednesday of the month
Unit Meeting 7:30 pm—*All members are welcome*

Upcoming:

September 12: Oktoberfest

September 14: Gym Classes resume

September 18: Czech Film 7pm; Beer Club 8pm

September 19: Golf Outing

Save the dates:

October 15: Czech Film 7pm; Beer Club 8pm

November 7: Spaghetti Dinner

November 14: Vendor Fair

November 20: Czech Film 7pm; Beer Club 8pm



Follow us on social media



Moving? Please let us know your new address. Contact: Dorothy Becker

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