

3909 S. Prairie Avenue **December 2013** 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 new-and-improved website:

www.sokolspirit.org



SUNSHINE REPORT from Sis. Blanche Wostratzky BWOSTRATZKY@SBCGLOBAL.NET or 708-788-4644

Wedding Congratulations to Casey and Lindsay (Mihm) Rocush. The big day was September 28, 2013. It was a beautiful day and a wonderful affair. Casey is the son of Chuck and Carol Rocush. Welcome to the newest Mrs. Rocush!

We would like the Sokol Spirit Family to join us in celebrating Laddie and Lorraine Vanek's 55<sup>th</sup> Wedding Anniversary! Happy Anniversary Mom (Nana) and Dad (Děda)! With Love, Valerie, Wes, Vicki, Pat, Leane, Ron, Hilary, Rich, Gabriela, Kylie and Fiona. Hugs and Kisses from All!

Wishing a speedy recovery to Jeremy Roberts following his laproscopic thoracotomy for spontaneous pneumothorax surgery. (In other words he had surgery for a collapsed lung). Get well soon, Jeremy!

Many good wishes for a mended arm go to Sis. Janice Polz of the Sr. Co-Ed class. Jan's arm was broken while bicycling near her home in Elburn, IL. We'd give you the details of the accident but they were too gruesome to recall (!). Being the Sokolka that she is, she continues to attend class regularly (w/cast in place) and aims to reach her goal of once again completing a great cartwheel to impress her grandchildren. (Us, too, btw). Go, girl!

And.....we're all too happy to see Bro. George Lacina back in the same Sr. Co-Ed class after the heart attack that hospitalized him a few months ago. Can't wait to start that cal, hm, George?

Our sympathies to the family of long time Sokol and Sokol Spirit member Anne (Anci) Dusek who passed away on October 29th. Sis. Dusek was a very active member of the Sokol Organization and took care of, with her family, the Sokol Berwyn Hall for many years. Our thoughts and prayers are with the Dusek, Vydra and Yesnik family.

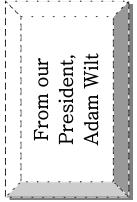
These days, I have the unique responsibility of being both an active member of Sokol Spirit as well as the President of the American Sokol. Over the last 10 years, we have been working very hard to elevate our activities and our operations to new levels. These efforts help to spread our Sokol theory and methodology to more and more people. I wanted to take a moment today (in both my roles) to thank Sokol Spirit for going above and beyond by trying new things and reaching the mission of our American Sokol.

Sokol Spirit's efforts to reach out to our community, try new programs, update the facility, and provide excellence in instruction is right in line with what we expect of every Unit in the American Sokol. From the Wheel and Spin classes, to the Octoberfest, to the language and artist classes, to the re-painting and revitalizing of the building, I am proud to be a Sokol Spirit member and a member of a growing American Sokol. Kudos to our Executive Board and to those members who are stepping up every day to make a difference and to share this great Sokol program with all of our members...and beyond!

Momes Pay

Nazdar,

## Resolutions



The New Year is fast approaching and it's time to reflect on the current year and to plan for the next. Do you make New Years' Resolutions? How are your 2013 resolutions going? I hope they are going well, or maybe you can't remember what they were. Either way there is still a little bit of time to get on track. Each year, I too, make resolutions or as I call them goals. I try to split these into a few categories like family, health/fitness, career and involvement. I'm sure that even those of us who don't make resolutions are likely to have general goals in mind for what we would like to accomplish in the short and long term. Our Unit, albeit an organization and not an individual, operates in the same way. In order to improve we need to constantly refer to our mission and then create short and long term goals to fulfill this mission.

**Sokol Spirit's Mission** is to provide fitness and community for individuals and families through physical, educational, cultural and social programming.

This mission for our unit was formally established by our executive board in the summer of 2011, but themes of this mission remain the long standing charge of the Sokol Organization. Fulfilling this mission is the ongoing priority of our unit. Here are some of our short/mid-term goals (plus their status) that will help direct us to that end:

### Goals for the 2013-14 Sokol Year

### • Develop Daytime/New Programming

- Our BOI has assumed the charge of overseeing all fitness programming.
- We are exploring additional opportunities for using our building more often during the day/weekend. Including partnerships with other organizations.
- Our Educational Director has continued to increase our educational offerings to include Cultural Events, Czech Movie Nights and New Classes (i.e. CPR/AED)

### o Improve Membership Numbers and Offerings

- We are proud to announce that our most recent membership count is up. As of the 3<sup>rd</sup> Quarter of 2013 we have:
  - 296 Voting Members (100 Men, 196 Women)
  - 8 Non-Voting/Associate Members
- We are working to make our membership benefits more enticing for the community as well as for our existing membership (i.e. Membership Appreciation Days, etc.)

### • Engage the Community

- We continue to have a presence in the community and to promote our programs at Farmers Markets, Parades, Events, and side by side with the Brookfield Recreation Department in their Program Guide.
- We are in the initial process of establishing an ADA (American with Disabilities Act) Compliance plan. This will be a long process but in order to obtain grants, a plan needs to be in place. By being ADA Compliant we would be able to work with the Brookfield Recreation Department and other groups.

This may seem daunting, but we also have many other sub-goals, plus the day-to-day operations of the Unit. With your help we can continue to provide our current offerings as well as achieve the goals that will help us better fulfill our mission.

My request of each of you is: during the coming year, please add one "Sokol Resolution" to your list. Whether it be something that will help our unit achieve one of the above mentioned goals or simply something that will contribute to our mission, your help is very much appreciated. As Sokol Spirit plans, add us to your plans for 2014!

NAZDAR!

Adam Wilt, President

P.S. If you would like to find out how you can become more involved in our organization or have any questions please ask me at 708-804-4400 or <u>adam.wilt@sokolspirit.org</u>



Dear Santa,

For this year I'm requesting a **fat** bank account and a **small** body. P.S. This year, please don't mix them up like you did last year!

## Halloween Party - October 29



## **BOO!!**

This year's Halloween party was super spooky. Thanks to the Juniors for all the work in making the Haunted House scary!

Thanks to everyone who helped and made it a great night for the kids!

Pictures: Tots (left), 1<sup>st</sup> class girls and boys, 2<sup>nd</sup> class girls and boys.



## Spaghetti Dinner – November 2













We had a great turnout! Thank you to everyone: Bro. John Bazata, Bro. Jim Hedderman, the Mens' Club, the volunteers, the Juniors and the supporters (aka the eaters).

## Quiz Night - November 16 - Babysitting Night

Thank you to everyone who came out to our Adult Quiz night! We had over 108 adults in attendance so it was a huge success! Pictured below (left) is the Silver Team - the champions of the night! You could call this Team Zahrobsky! Everyone gave a very gallant effort! Loved the competitiveness of the teams too! Thanks for Bob and Kathy Barcal for coordinating Quiz Night. And while the adults were busy, the kids were busy too at Babysitting Night, a Junior-sponsored activity. Great job everyone!



(P.S. The Newsletter Editor is wondering why the last-place team is not highlighted or pictured. No reason in particular...)

# Central District Junior Girls' & Women's Volleyball Tournament – November 17





Q: Why doesn't Santa suffer from claustrophobia when he climbs down the chimney?A. Because he had his flue shot

Three women's teams participated in the tournament. There were seven teams...the most we have had in the last few years! There were two teams from Sokol Stickney, one team from Sokol Tabor and one team from Sokol USA Lodge 306. The women on the Sokol Spirit 2 team were the Central District 2013 volleyball champs! Spirit 1 took second and Spirit 2 took third.

There were four junior girl teams that participated in this event. Sokol Tabor had two teams and so did Sokol Stickney. Sokol Spirit juniors played very well and brought home second place! Sokol Tabor 1 took first place.

Congratulations to our women and junior girls on doing such a great job...it was a very long day, but we had fun!





Team Members: Front (l-r) Caroline Geisert, Izzy Smith, Lilly Smith, Rachel Lemont Back Row (l-r) Kathy Barcal (Asst.), Alex Gatsos, Hruska

### ~ MEMORIAL FUND ~

#### In Memory of John M. Satek

from Gloria and Chas Schultz......\$10.00 from Helen R. Vik .....\$25.00

In Memory of Anne (Anci) Dusek

from Gloria and Chas Schultz . . . . . . \$10.00 from Mildred Pultorak . . . . . . . . \$10.00 from Dorothy Becker and family . . . . . \$25.00 from Blanche Wostratzky . . . . . . . \$10.00 from Meribeth and John Tooke. . . . . . . . . \$50.00

In Memory of Frank Ludicky

from Meribeth and John Tooke ...... \$50.00 from Laddie and Lorraine Vanek. .. \$20.00

In Memory of Mike Mongello Sr. from Gloria and Chas Schultz . . . . \$10.00

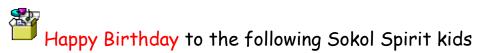
In Memory of Bob Baumruk from JuliAnn Barcal ......\$20.00

In Memory of Anna Maria Nelli from Mary Ann and John Satek . . . . \$10.00

### ~ NEWSLETTER FUND ~

In Memory of Anne Dusek from Helen Sevcu......\$15.00 from Bernie and Ellie Babka.....\$20.00

In Memory of Jerry Rabas from Bernie and Ellie Babka. ...... \$10.00



### September

Marketa Mackova Clare Podczerwinski Mia Martinic Katarina Jecmenic Hazel Daugherty Christian Gatsos Alexandra Gatsos Paula DiPalomares Jenna Noga Bella Conway Haley Avizius

October

#### November

Kayla Johnson Hailey Partipilo Kylie Hyerdall Carter Rojek Aryana Perez Aliyah Brabec Max Daugherty

### December

Leo Fallara

Gabriela Martinic Cole Heetel Valentina Madzarevic Julie Roberts Carmine Fallara -☺-

\*\*If any names were omitted from these lists, we truly apologize, but please let us know.

The Foreign Language Committee under the Education Director would like to acknowledge donations of books, maps, etc. to the Czech Language Program from our own member Sister Blanche Wostratzky. The Slovakian map of castles was mounted and is on the wall accompanied by a similar map for Bohemia and Moravia which assists students taking the new "Land Jewels" class from Mr & Mrs Robert Drake of Brookfield. The Drakes also gave us a 1912 "Memory book" brochure of the Prague Slet which had a theme of "Olympics". One of the books <u>Stare Povesti Ceske</u> by Alois Jirasek 1954 is about Slavic Folklore which will help us with our new course "Czech Post Cards".



## Sokol Spirit Juniors Caroling When: Sunday, December 15th 4:00pm

Where: Juniors will meet at Sokol Spirit and then go to the houses listed on the sign-up sheet.

Do you know anyone who could use some holiday cheer? How about you? If you would like the Juniors to carol for you please sign up on the signup sheet on the gym door. We will be singing around three songs at your house. Donations are accepted and appreciated.

Contact Linda Baran at 708-612-4469 with any questions.





## SOKOL SPIRIT JUNIORS

Will Be Holding A FUNdRAISER Event At

five BEL°W sports. media. crafts. party. candy. room. style. now. THE BEST PLACE TO GET ###STUFF AT COMPRICES AND RAISE MONEY FOR OUR ORGANIZATION!

Date: Dec 20-Dec 21st Time: Friday 10am-9pm, Saturday 10am-9pm Where: Five Below In Countryside Plaza - right off of LaGrange Road (by Home Depot and Best Buv)

30 Countryside Plaza- Countryside, IL 60525 (708)-482-0975

**fiVe BELOW** carries stationery, school supplies, computer software, books, electronic accessories, sporting goods, games, t-shirts, jewelry, hobbies, collectibles, bath and body, candy, snacks and beverages, room décor, storage, seasonal items plus much more! And everything is priced at \$5 or less!

## And 10% of the total dollars spent by our organization will be donated BACK to Sokol Spirit Juniors!

At fiVe BELOW, Whatever You Got Will Buy A Lot!

Visit us at <u>www.fivebelow.com</u> To be completed by a Five Below Associate	join our find us on <b>b</b> follow us <b>facebook</b>
PRE TAX Purchase Amount \$	
Register #: 1 2 3 4 Associate Initials:	

Please don't forget to bring this flyer to the event so we get credit for your purchase!

CPR/AED and Choking Relief Certification Course



Sat., January 11, 2014 9-11:30a.m.

## At Sokol Spirit – 3909 S. Prairie Ave, Brookfield Offered to the Community

Adult/Child/Infant CPR, AED Usage & Choking Relief Course Certification Included \$45 per person in advance (by January 3<sup>rd</sup>) minimum 8 participants

This Course is coordinated in conjunction with Heart Association thru Saving Chicago CPR. Successful completion of this course includes Adult, Child & Infant CPR/AED Certification valid for 2 years.

**To Register/Questions:** Meribeth Tooke at 708/354-9126 or <u>mtooke@ameritech.net</u> **Registrants need to provide:** Name, Home Address, Phone, E-mail (*Indicate if this is a renewal of certification*)

Bring your family, friends and neighbors!

# Sokol Spirit Pancake Breakfast

At the Sokol Spirit Hall in Brookfield

January 26, 2014 7:00 a.m. until Noon



AdultsChildren Under 12\$7.00\$4.00

Come enjoy a delicious breakfast with good friends!! Breakfast Includes:

Pancakes, Scrambled Eggs, Sausage, Coffee and Juice



## ALL YOU CAN EAT!!!

( Eggs, Coffee and Juice are included!) @

Bring this coupon for \$1 off your Sokol Spirit Pancake Breakfast. Can you believe how lucky you are to get this newsletter? Go to the breakfast and use the coupon, OK? See you there! Expires noon January 26, 2014. Limit 1 coupon per family.

As a little girl climbed onto Santa's lap, Santa asked the usual, "And what would you like for Christmas?" The child stared at him open mouthed and horrified for a minute, then gasped: "Didn't you get my E-mail?"

Sunshine Report Correction: Alexandra Zahrobsky is currently employed at Athletico. (oops) Memorial Fund Correction: A donation was made in memory of Marie Hosek from Millie Jezek The Newsletter regrets these exceptionally unusual, rare, infrequent, erratic and atypical errors  $\circledast$ . Send all complaints to:

Kathe Heetel, Editor, 1233 Woodside, LaGrange Park, IL 60526 Email news to: SpiritNews@hotmail.com

### Including Sokol Spirit in Your Will or Trust

### What does it mean to bequeath to Sokol Spirit?

A bequest to Sokol Spirit may take one of four forms and may be unrestricted or restricted as to purpose. Language reflecting unrestricted bequests allows Sokol Spirit to determine the best use of the funds at the time that they become available. Sample language for unrestricted bequests includes:

**SPECIFIC BEQUEST:** (A specific bequest designates a fixed dollar amount or specific asset(s) to Sokol Spirit.) "I give to Sokol Spirit, 3909 Prairie Avenue, Brookfield, IL 60513, [\$\_\_\_\_(dollars)] or [designated asset(s)]."

**PERCENTAGE BEQUEST:** (A percentage bequest designates a percentage of your estate to Sokol Spirit.) "I give to Sokol Spirit, 3909 Prairie Avenue, Brookfield, IL 60513, \_\_\_\_\_ % (percent) of my estate."

**RESIDUARY BEQUEST:** (A residuary bequest designates the remainder of your estate after all expenses have been paid and all specific bequests have been satisfied.) "I give [all] or [\_\_\_\_\_\_% (percent)] of the residue of my estate to Sokol Spirit, 3909 Prairie Avenue, Brookfield, IL 60513."

**CONTINGENT BEQUEST:** (A contingent bequest designates a bequest to Sokol Spirit if other beneficiaries are not alive when your will takes effect.) "I give to \_\_\_\_\_\_ (name) the greater of \$\_\_\_\_\_ (dollars) or \_\_\_\_\_ % (percent) of my estate. In the event that he/she shall predecease me, I direct this sum, or percent, to be paid to Sokol Spirit, 3909 Prairie Avenue, Brookfield, IL 60513."

When a donor wishes the bequest to be utilized for a specific purpose, a restricted bequest is made, such as in the following statement: Restricted Bequest: "I give to Sokol Spirit, 3909 Prairie Avenue, Brookfield, IL 60513, the greater of \$\_\_\_\_\_\_(dollars) or \_\_\_\_\_\_% (percent) of my estate for the following purpose: \_\_\_\_\_\_."

### \*\*If you have an existing will, you can amend it with a codicil to include Sokol Spirit.

NOTE: Sokol Spirit's tax identification number is **36-2250163.** For more information contact Adam Wilt, President at 708-804-4400 or <u>adam.wilt4@gmail.com</u>

### 

### Please Take a Moment to Help Us Learn About You, Our Members

Name:	
Email Address:	* Sokol Spirit will not share this with non-Sokol entities
In lieu of standard mail, would you be interested in gettin	ng our newsletter via e-mail?YesNo
Birthdate: (Used to determine me	dian age of our membership. Year won't be published $\varnothing$ )
Professional Background and Skills What is your current/retired professional field?	What other trade talents/skills do you have?
Please share this information with other members	Please share this information with other members
Personal/Sokol Background *This information will not be	made public and is our info only
What is your ethnic background? (Check all that apply)	How did you find out about Sokol?
□ Czech □ Slovak □ Other(s) - include all th	at apply
What can Sokol Spirit do to improve your membership e	experience?



3909 S. Prairie Avenue, Brookfield, Illinois 60513-1404 www.sokolspirit.org

Contact us at: czechclass@sokolspirit.org or language@sokolspirit.org or phone: 708-354-9126

Sokol Spirit is a not-for-profit 501C3 gym/fitness/educational organization

2014 Winter/Spring Czech Foreign Language, Appreciation and Cultural Classes

Head instructor: Pavlina Dropka

### CZECH LANGUAGE/CONVERSATION/CULTURE CLASSES:

MONDAYS, @ 6:30-7:30pm, BEGINNING CZECH INSTRUCTION: 12 sessions \$150 each Minimum 3 students Textbook: Basic Czech I by Ana Adamovicova and Darina Ivanovova (Amazon \$18) Session I: January 6, 2014 through March 24<sup>th</sup>

\_\_\_\_\_

Session II: April 7<sup>th</sup> through June 30th

TUESDAYS @ 6:30-8pm, LIFE LEARNERS CZECH INSTRUCTION: 10 sessions \$150 Minimum 4 students Textbook/CD available from Sokol Spirit for \$45: Czech, Step by Step by Lida Hola, '08 edition February 4, 2014 through April 8<sup>th</sup>

WEDNESDAYS @ 7-8:30pm, INTERMEDIATE CZECH Grammar & Conversation: 12 sessions \$100 each. Minimum 8 students. Textbook: Basic Czech I by Ana Adamovicova and Darina Ivanovova (Amazon \$18) Session I: January 8. 2014 through March 26<sup>th</sup> Session II: April 9<sup>th</sup> through July 2<sup>nd</sup>

THURSDAYS @ 6:30 – 8pm, CZECH & SLOVAK LAND JEWELS: 6 sessions each following regions and large towns. **\$90** or **\$15** per drop-into class. Minimum 4 students Custom Handouts – Narrative in English...possibility of extension of this course if participants have special interests. February 6, 2014 through March 13<sup>th</sup>

### **NEWWWWWWWWWW**

SATURDAYS @ 9:30 – 11am, CZECH & SLOVAK POSTCARDS: 6 sessions each with different areas covered such as spas; breweries, glass, music or folklore. \$90 or \$15 per drop-into class. Minimum 4 students Custom Handouts – Narrative In English...possibility of extension of this course if participants have special interests. February 1, through March 8<sup>th</sup> 2014

!!!!Please note if the minimum students are not reached, the number of lessons may be shortened!!! Sponsored by the Foreign Language Committee of Sokol Spirit Questions? czechclass@sokolspirit.org

PRIVATE LESSONS, TUTORING and TRANSLATIONS available by SOKOL SPIRIT teachers, \$30/hour in the 2<sup>nd</sup> floor Czech Language Classroom with one of our Czech Language teachers. Building WIFI connected. Regular Appointments available on Mondays, after Beginning Czech Instruction starting at 8pm.



Sokol Spirit's 1<sup>st</sup> Friday of the Month 2013-4 CZECH FILM SERIES 7-9:30pm

Donation \$4/person English subtitles Pop/Water or 1<sup>st</sup> pilsner beer free! Presented by Pavlina Dropka

January 3rd RUSALKA OPERA (2002) 155 Minutes; PG rating; Dvořák's three-act opera is based on two fairy tales and tells the story of a water-nymph. Please note that the Lyric Opera of Chicago will be performing this opera the end of February thru March, 2014.

February 7th Stebou mě baví svět /I ENJOY (LIKE) THE WORLD WITH YOU (1982) Family Comedy 82 mins; PG13 March 7<sup>th</sup> ZELARY (Town name) (2003) Underground WWII in Moravia 150 minutes; R April 4<sup>th</sup> Horem Padem/UP and DOWN (2004) Comedy/Drama 108 minutes; R

SPECIAL SPRING/EASTER CULTURAL PROGRAMMING SATURDAY, MARCH 29th 9-11:30 am Activity Stations: Egg decorating-3 types including wax-resistant; Corn husk doll, Wheat weaving-Heart Spring spray; and Spring mask. Preregister for 2 different activities for \$10 Adults//\$8 for children 6-12 years old....\$2 more at door. More info in next newsletter. Sponsored by the Foreign Language Committee of Sokol Spirit. Questions? czechclass@sokolspirit.org or visit our new website for film reviews.



To All Our Sokol Friends Across the Country -Vánoční Přaní and a Healthy Happy 2014! Bro. Bernie and Sis. Ellie Babka

To All Members of Spirit Co-Ed Class: Christmas Blessings and Peace to All. Gerald and Arlene Von Schwedler

Všechno nej lepší do nového roku 2014. Přeje Pavel Lebloch

Veselé Vánoce from the Barcal family!

To All Our Sokol Family! Season's Greetings! The Becker Family

To All the Sokol members and friends: Happy Holidays and a Happy healthy New Year! Mildred Jezek

To One and All: May the joy of the holiday season be with you and last throughout the New Year! Angie Bultas

> Veselé Vánoce a Štasný Nový Rok! Bruce, Diana, Kyle and Keith Rhoades

Merry Christmas and a happy and healthy New Year to All! - Dick and Marie Ptacek

Wishing you a safe and wonderful Holiday Season and a peaceful and happy New Year! Jackie Ptacek-Rada and family

To Our Sokol Friends: Merry Christmas & Happy New Year – Wishing you good health and much happiness in the coming year! - Leo and Agnes Pajer

To our Sokol Friends - Veselé Svátky! Many good wishes for the Holidays and the coming New Year. Elaine and Jerry Zitko

> Wishing you all the best for the Holidays! Gloria and Chas Schultz

> Holiday Greetings! - The Kotynek Family

To Sokol Spirit: Best Wishes to All! Lillian Havel

Merry Christmas and Happy New Year! Rudy Ondrovic To All my great Sokol friends: Best wishes for a joyful Christmas and the best of good health in the New Year. Slavia Sula and family

Wishing everyone Happy Holidays and good health and happiness. - Millie Pultorak

To Our Sokol Family and Friends: Best wishes for a Happy Holiday and a Healthy New Year. The Bazata Family

Have a Great Holiday Season. Love the Pajer Family – Tom, Kandi, Max and Scarlet

To All Our Sokol Friends: Deck Them Halls Y'All! Jan and Chuck Kalat

To Sokol Spirit: Veselé Vanoce - Štástný, Zdravý Nový Rok! - The Pavlas Family

Joyous season, gentle beauty, warm wishes. Helen Sevcu

To My Co-Ed Family: Merry Christmas and a Healthy New Year! - Mary Bubenicek

To All the Sokol members and friends: Happy Holidays and a happy healthy New Year! Linda Storek and Lana Van Maren

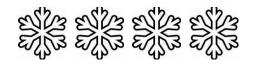
Happiest of Holidays! Chuck and Keg Rocush Cara, Scott, Jordan and McAna Craft Colleen, Steve, Cali and Chaz Swinarski C.J., Gina, Mila, A.J. and Audrey Rocush Casey and Lindsay Rocush

To All our Sokol Friends far and near: Merry Christmas and a Happy New Year! Doris Barda and Diane and Jessica Rus

May the peace, love and joy of the Christmas season be yours throughout the year! - Vlasta Stribrny

To All My Sokol Family (Near and far. . . you know who you are. . . !): Merry Christmas and Happy New Year! Valerie (Vanek) and Wes Schoenberg

To My Sokol Friends: Best Wishes for a Merry Christmas and a happy, healthy New Year! Marie Bultas





First Wednesday Third Monday Sokol Spirit Unit Meeting 7:30pm Sokol Spirit BOI Meeting 7:30pm

### December 2013:

December 7 – Boys & Men's Skills Competition (Sokol Spirit) December 8 – Rhythmic Skills/Comp (Sokol Chicagoland) December 10 – Burger King Benefit Night (bring flyer on page 7 with you) December 15 – Junior December 20 & 21 – Five Below Benefit Night (bring flyer on page 7 with you) December 21-January 12, 2014 – Holiday Break

### Save the Dates:

2014

Find us on: facebook

January 3-5 – Progressions Clinic Week of January 13 – Classes resume © January 26 – Pancake Breakfast (clip coupon now!) March 3 – Your Newsletter Editor's Birthday March 15, 4:30 p.m. – Sokol Spirit Annual Exhibition (please note date/ time change) March 16-23 – No Sokol (recover from Exhibition) April 12 – Special Number (to be confirmed)



Check in at the gym: www.facebook.com/sokolspirit

We've been busy so watch for Boys and Girls Track and Field and Mens'/Junior Boys' Volleyball results in the next newsletter. Also, upcoming Exhibition information.

Wishing you and yours a very healthy and happy holiday season!



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