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Monthly Membership Meeting - June 1, 2016



This month's membership meeting will be held at the Potomac Community Library.

Please mark your calendar for the upcoming dates:

All are welcome, member or not!

When

Wednesday, June 1, 2016 - 8 PM

Where

[Bethesda Regional Library](#)
[7400 Arlington Rd.](#)
[Bethesda, MD 20814](#)

Contact

Bro. Milos Toth at starosta@sokolwashington.org

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Sokol School - June 3, 2016

Please make your check payable to "ASW, DC School Fund", and mail it to:

American Sokol Washington, Inc.

Michaela Kiss

4439 Ellicott Street NW

Washington, DC 20016

We accept registrations for children (ages 6 & up) and adults for Czech and Slovak classes, Czech & Slovak Preschool (ages 2 to 5), and children's gymnastics, for 2016.

<http://www.sokolwashington.org/about-us/join-us/>

Schedule:

Czech and Slovak School - Youth	7:00 - 8:00 pm
Czech and Slovak Preschool	7:00 - 8:00 pm
Youth Gymnastics	8:15 - 10:00 pm
Czech Adult/Young Adult Classes	8:00 - 9:00 pm
Yoga for adults with Dasa	7:00 - 8:00 pm
Traditional Dances for Youth with Marina	8:00 - 8:45 pm

Here is the Czech & Slovak School Library link. Let me know if you wish to borrow any books.

https://docs.google.com/spreadsheets/d/18Xvs2_N-JLnZ1g_Euo8RyggAeOWKJ_aG9eAogOEvn4c/edit#gid=0

Reminders

PARENTS:

- children must be supervised at all times!
- no running in the hallways
- no eating anywhere, except the All Purpose Room
- no sitting or standing in the hallways; you can do so in APR
- only use bathrooms in the hallway; don't use bathrooms in classrooms
- **at least one parent (or designated parent who has agreed to play the parental role) should stay for the duration of gymnastics as this is a parent participatory program, and given the large size of the class we require BOTH parental "activity assistance" to run a good program and parental availability on the sidelines for good behavior.**

TEACHERS:

- after each class, you are responsible to WALK children back to All Purpose Room. No unsupervised children in the hallways.
- please do not let children out of classroom before 8pm; the only exception is bathroom use.

Preschool - parents must pick their child/children up at the classroom at 8pm and walk them to APR, gym or leave.

When

June 10 - last day of Czech & Slovak lessons. Children will get a final school report.

June 17 - **Farewell-to-Rehak-Family/End-of-Year Party** will be held at Carderock Springs Elementary School, in the playground area behind the school. All are welcome.

Looking ahead: Czech & Slovak School Open House will be held on September 9th 2016.

Where

[Carderock Springs Elementary School,](#)
[7401 Persimmon Tree Ln,](#)
[Bethesda, MD 20817](#)

Contact

Michaela Kiss at school@sokolwashington.org

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[Annual One Day Canoe Trip - June 19, 2016](#)



Water enthusiasts of all ages and skills are cordially invited to our annual [one-day canoe trip](#) on the South Fork of the Shenandoah River.

START: 9:15 AM sharp from the HQ of Downriver Canoe Company (884 Indian Hollow Road Bentonville, VA 22610-2206) www.downriver.com

TRIP #5: J.R.'S CAMPGROUND (5hrs.) This full day's paddling adventure begins right where the river "gets good" about 4 miles above Compton Rapid (class I.-II.); **TRIP #4:** (if water is low);

NOTE:

- The date is a subject to change if the water level is either too high or too low.
- Minimum age: 5 with close parental supervision!
- No glass containers on the river!
- Musical instruments are welcome!
- Plan your beverages and snacks for 7-8 hrs. on the river.
- Do not forget your Sun Protection & Water Shoes (available also at Down River Canoe Co. store), Mini-Coolers, Waterproof Bags, Waterproof Camera Cases and especially your Exceptionally Good Mood.
- Driving from Washington, D.C. may take you 2 hrs. (85 miles). Your cars will stay at Down River Canoe Co. - our trip starts and ends there.

RSVP: Bro.Tibor Bartalos at tbartalos@sokolwashington.org by June 11, 2016 to reserve your canoe (2 adults per one canoe).

For more information visit [Sokol's website](#) or on [Facebook](#).

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[Youth Summer Camp at Modra Skala, WV - August 20 - 27, 2016](#)



Youth Summer Camp at Modrá skala – Blue Rock, Monongahela National Forest for families with young children is scheduled for August 20 - 27, 2016.

This camp gives children an opportunity to socialize with Sokol's peers at camp fires, with songs and story-telling time, and with themes that would foster their Czech and Slovak language skills and appreciation of their heritage.

All participants can expect to be exposed to a variety of outdoor adventures and sports – climbing, camping, hiking, swimming, and canoeing. Children are expected to speak either Czech or Slovak during the duration of the camp.

Please check out our photo gallery to see how much fun it has been in the few past years
<http://www.sokolwashington.org/photo-gallery/>

We are also looking for capable youth instructors that would be willing to help with organizing the camp's program.

Please let the Director of Men (email below) know by June 15 if you and/or your child plan to participate. More detailed information will be sent to those who plan to participate in the coming month.

When

Saturday August 20 - 27, 2016 - 7:00 AM

Where

Monongahela National Forest

Contact

For details, contact Miroslav Honzák at mens.director@sokolwashington.org

For additional information visit [Sokol's website](#).



American Sokol Washington is planning to participate in this festival and prepare certain performances such as the traditional CZ and SK folk dancing and singing of CZ and SK campfire songs.

We will finalize headcount of performers by early September.

Anyone is welcome to attend and thus support the large community of enthusiasts in Virginia with CZ and SK heritage who will appreciate having our Sokol visitors and performers there.

More information about the festival can be found here: <http://www.virginiaczechslovak.org>.

When

Saturday, October 15, 2016

Where

[Prince George Regional Heritage Center,](#)
[6406 Courthouse Road,](#)
[Prince George, VA 23875](#)

Contact

With questions or to sign up to participate please contact Radka and Zuzana at events@sokolwashington.org.

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Volleyball Mondays



We encourage new volleyball players to check out our competitive volleyball Monday group.

Due to the large group size and skill level, new players might get limited volleyball play time.

<http://www.sokolwashington.org/activities/sports-activities/volleyball/>

When

Mondays from 8 pm to 10 pm

June: 6/6, 6/13

Where

[Bannockburn Elementary School,](#)
[6520 Dalroy Lane,](#)
[Bethesda, MD 20817](#)

Contact

Bro. Miloš Toth at starosta@sokolwashington.org or Vladimir Kovac at tysesty@gmail.com

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Orienteering



Come and enjoy this family friendly sport. Events are organized by the local orienteering clubs and offer great fun for the whole family.

This is a great skill for kids to master.

June 12 - [Jug Bay, Caretaker's House Area, Bristol, MD](#)

Feel free to check the website of the organizer and even try it on your own. Please, also check website for changes due to the weather.

<http://qoc.us.orienteering.org>

All are welcome and for those interested, please contact brother Miroslav Honzák at sports@sokolwashington.org or Radka Herndon at Rradunka@aol.com

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[Make a Difference - Support Sokol Washington](#)



SUPPORT SOKOL
through a tax-deductible donation

Please give us your consideration when you are deciding on your [charitable contributions](#).

All your contributions to the American Sokol Washington, D.C., a 501(c)(3) non-profit organization, are tax deductible.



If you are contributing through the United Way, our **CFCNCA** designation code is **93300**.

Your support will directly benefit all our activities and is greatly appreciated!

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[Shop with Amazon, earn money for Sokol Washington.](#)



Please support us every time you shop at Amazon, at no cost to you. [AmazonSmile](#) is a simple and automatic way for you to support us! You only need to select (Search) - American Sokol Washington, DC - before you begin shopping on your first visit to [AmazonSmile](#).

Your Smile will directly benefit all our activities and is greatly appreciated!

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[Sokol Washington, D.C. Facebook](#)



Bro. **Tibor Bartalos** has been exceptional at leading this effort.

Please bookmark and check our unit's Facebook page on regular basis at <https://www.facebook.com/pages/Sokol-Washington-DC/191155580916592>

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[SpaRun Marianske Lazne - July 16, 2016](#)



If you are summer vacationing in the Czech Republic, please consider this fun run. There are some members of Sokol Washington D.C. who participate in this race annually.

More information can be found here:
<http://www.sparun.wz.cz/SpaRun.html>

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[Thank You](#)



The American Sokol Washington, D.C. would not be able to flourish as an organization without the constant help of our many volunteers.

Thank you!
American Sokol Washington, D.C.

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If you have any suggestion or would like to add users to thank you notes, do not hesitate to contact us at sokol@sokolwashington.org.

We look forward to seeing you at one of our events

Sokol Washington DC

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