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## We miss you!

*It's been a challenging couple weeks. Working from home, limited trips out, staying connected to what is going on in our Czech and Slovak homes and our families & friends abroad. Our thoughts are with each of you as we overcome the Coronavirus pandemic together.*

## LET'S HELP EACH OTHER!

*Do you need help at this time or can you provide help?*

Shopping, someone to talk to, help with making a home-made face mask or helping to find employment. Please contact [help@sokolwashington.org](mailto:help@sokolwashington.org). We can make no promise, of course, but we'll do what we can to help you. *(All inquiries will be handled discretely)*



As you may have previously read, we have postponed all of our March and April events. We appreciate your patience as we make decisions regarding how to proceed. For now, we would like to inform you about our **Monthly Membership Meeting**. Our next meeting will be held using the teleconference meeting service, Conference Call, and will occur on **April 1, 2020, at 8:00 pm**. If you are interested in participating please send an email to [starosta@sokolwashington.org](mailto:starosta@sokolwashington.org) for more information. We have a limited number of spaces.



While events have been and will be canceled for the foreseeable future we are moving forward with the planning of future events including our a **Weekend Youth/Family Camping** weekend in West Virginia, a **Family Camping Trip** and **Canoeing** as well as our always popular **End of School Year Party**.

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*We are looking forward to seeing you again soon!*

*We plan to hold our activities as soon as it is safe or reschedule them for later in the year.*

By now you have seen all the sites for news and information about the Coronavirus here in the states. Here are some great ones to go to for information in the Czech Republic and Slovakia:

English language news about the Czech Republic. Expats CZ: <https://www.expats.cz/>

English language News about Slovakia: The Slovak Spectator: <https://spectator.sme.sk/>

Radio Prague: <https://www.radio.cz/en>

As always, you can keep up with information at:

The Embassy of the Czech Republic at <https://www.mzv.cz/washington>

The Embassy of Slovakia at <https://www.mzv.sk/web/washington-en>



## How can you stop coronaviruses spreading?

### If you need to cough or sneeze



**Catch it**  
with a tissue



**Bin it**



**Kill it**  
by washing  
your hands with  
soap & water or  
hand sanitiser

### You should wash hands with soap & water or hand sanitiser



**After breaks  
& sport  
activities**



**Before  
cooking  
& eating**



**SCHOOL  
ETC.**  
**On arrival at  
any childcare  
or educational  
setting**



**After using  
the toilet**



**Before  
leaving  
home**



Try not to touch your  
eyes, nose, and mouth  
with unwashed hands



Do not share items that come  
into contact with your mouth  
such as cups & bottles



If unwell do not share items  
such as bedding, dishes,  
pencils & towels

While many of us are adjusting to working from home, if you have kids, you're now a home school teacher, as well. Here are some fun and informational learning links that you can use with your kids in Czech and Slovak language:

**Krajanek ve svete:** A site dedicated to Czech kids living abroad.

Many of the articles are written by AWS member Zuzana Dawson <http://krajanekvesvete.cz/>

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## CZ & SK School Activities with social distance

We are keeping in touch and providing additional information about learning that you can do at home with your children such as Czech and Slovak school on-line • Folklore dancing on YouTube • Gymnastics with TYRŠ FIT.



[Kouzelná školka](#)



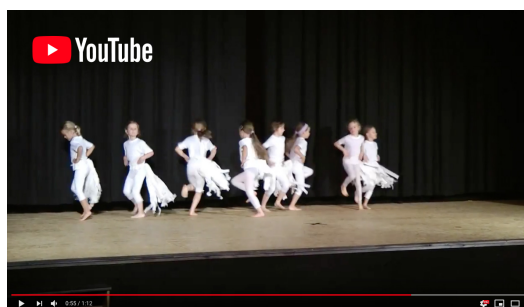
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[UčiTelka: Český jazyk](#)



[Jiří Pavlica - Hop, hop, můj koníčku](#)



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## Czech Sokol offering exercising classes online with options for kids and adults



<https://sites.google.com/sokol.eu/sokolcvicionline/>



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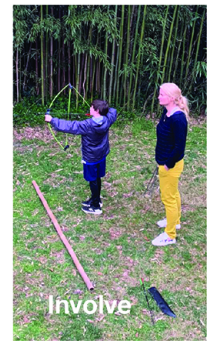
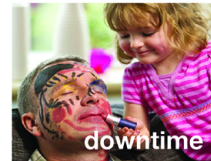
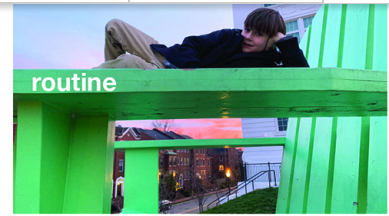
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**being our children's primary teacher, here are some great ideas from our Board Members:**

- + Stay calm and create a daily **routine** during the COVID-19 Crisis.
- + Get up, get dressed and make yourself feel like you are in the office. You may not want to put on your everyday work clothes. Who wants the dry cleaning bill if you don't have to. However, your work outfit should not be your pajamas or lounging about clothes.
- + Replace your morning commute with (additional) **exercise**.
- + Replace your evening commute with reading, self-help or, heck, try to understand your 9th grader's math homework. Use this time to learn.
- + Create a dedicated space to work. When in that space, your **family** should treat you like you are at work and not at home.
- + Set a specific time throughout the day to make sure your kids are **staying on task**.
- + Have your kids establish a **calendar** much as you do at your own work.
- + **Involve** your kids in your work. Let the older kids listen in on conference calls, sales presentations, service calls, etc....Let them see and hear what a professional environment really is.
- + Chances are you don't sit in one spot all day at work. You have some **downtime** throughout your day in the office. Do the same at home. Take a short walk, check your 401k (actually don't do that one), call up a coworker, family member, friend or fellow Sokol member to just **chat**.



There is no reason to believe that cold weather can kill the new coronavirus or other diseases. The normal human body temperature remains around 36.5°C and 37°C, regardless of the external temperature or weather. The most effective way to protect yourself against the new coronavirus is by frequently cleaning your hands with alcohol-based hand rub or washing them with soap and water.



#Coronavirus #COVID19

**FACT:**  
Cold weather and snow  
**CANNOT** kill the new  
coronavirus



Taking a hot bath will not prevent you from catching COVID-19. Your normal body temperature remains around 36.5°C to 37°C, regardless of the temperature of your bath or shower. Actually, taking a hot bath with extremely hot water can be harmful, as it can burn you. The best way to protect yourself against COVID-19 is by frequently cleaning your hands. By doing this you eliminate viruses that may be on your hands and avoid infection that could occur by then touching your eyes, mouth, and nose.



#Coronavirus #COVID19

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disease



## Links with useful suggestions:

Daily tips for parenting during the crisis, via email · Comprehensive resources for parents on coronavirus topics

<https://childmind.org/coping-during-covid-19-resources-for-parents/>

Google launches COVID-19 page and searches portal with safety tips, official stats and more, US-only for now

<https://techcrunch.com/2020/03/21/google-launches-covid-19-page-and-search-portal-with-safety-tips-official-stats-and->



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Useful Links

*Be safe and keep you and your family healthy. We miss you and can't wait to see you all again.*

*Show us what you have been up to. Post your fun pics, activity ideas, etc...on our Facebook page.*

*Wash your hands!*

## STAYING SAFE WHILE WORKING ON THE NEWSLETTER FOR YOU!

**AMERICAN SOKOL WASHINGTON, DC**  
A NON-PROFIT EDUCATIONAL AND PHYSICAL CULTURE ORGANIZATION

**APRIL 2020**

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**Please stay in touch and send us photos and stories about how you cope.**

**CONTACT:** Monica Rokus: [mrokus11@gmail.com](mailto:mrokus11@gmail.com)

**'Humor Is Healing': Laughter Soothes Nerves During COVID-19 Trauma**

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### American Sokol Library and Archival Museum

Would you like to get rid of documents, photos, art, books, collections, merchandise, technical material and articles that are inherently valuable and significant to Sokol movement, its founders, members, culture, philosophy, 150 years of history in America and 70 years of history in Washington, D.C. metropolitan area

**CONTACT:** Br. Tibor Bartalos at [tbartalos@sokolwashington.org](mailto:tbartalos@sokolwashington.org)

### Make a Difference - Support Sokol Washington

Please give us your consideration when you are deciding on your donations.

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



**SUPPORT SOKOL**  
through a tax-deductible donation

### Shop with Amazon Smile, earn money for Sokol Washington

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For a limited time, 0.5% from your shopping through Amazon Smile will go to support your American Sokol Washington, DC



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

### Sokol Washington, DC Facebook

Sokol Washington, D.C. offers additional ways for members to communicate and stay informed about additional events we may not include in our monthly newsletters.



Please check out American Sokol, Washington D.C. on Facebook: [See us here](#)

If you have a cultural, folk, educational or sporting/athletic event you would like to share



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We would not be able to flourish as an organization without the constant help of our many volunteers. American Sokol. That's why it's important that all members and friends, at least from time to time, offer their contribution to help our Sokol Unit thrive. Our Unit can be only as good as our members' participation in its activities.



## KEEP IN TOUCH

We value you as our audience! Stay engaged and informed about our oncoming an educational, cultural, folk or sporting events and do not miss our MailChimp campaigns. Please make sure that our e-mail [sokol@sokolwashington.org](mailto:sokol@sokolwashington.org) is included in your Contacts/Mailing list and does not end up in your Spam or Trash box

Washington, D.C. Chapter, is a 501(c)(3) a non-profit organization and all of its officers are volunteers.

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