



AMERICAN
SOKOL
WASHINGTON, DC

A NON-PROFIT EDUCATIONAL AND PHYSICAL CULTURE ORGANIZATION

MAY 2020

May Birth Month Flower: *The Lily of the Valley signifies sweetness, humility, and a return to happiness.*

We miss you more!

Our lives may have been changed but it's within these changes that we realize how much we all mean to each other and how together we create and adapt to a better future. While minor in the scope of today's world events, American Sokol Washington D.C. has been adapting to a better future where being at home with family isn't a chore but a joy to appreciate and where learning and growth can positively be done with family, friends and the Sokol community. We're continuing every Friday evening with our **Czech and Slovak School with distance virtual learning**. If you think only kids are getting their Czech and Slovak language and cultural learning, after the kids are done there are some wine and beer bottles opened and the adults take over the screen. Ok, that last part may not be learning, but it is a way for us to stay connected and adapt to changing times. Information about the school and the following **"Adult Learning Time"** is below. In addition, immediately below, please see how we are reaching out to both provide and allow others to ask for support.

Also inside this newsletter, please find information about the **Online Czech That Film Festival** presented by The Embassy of the Czech Republic and **Online Music Festival** presented by the Embassy of Slovakia. Both are virtual and a great way to keep yourself entertained with unique and creative arts from the Czech Republic and Slovakia. Also, great for the kids are Live Puppet Theatre performances by Boucek Puppet Theatre. Boucek Puppet Theatre has entertained our school children in-person numerous times in the past.

LET'S HELP EACH OTHER!

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



Shopping, someone to talk to, do chores or help with making a home-made face mask. Please contact 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)

Are you interested in a Happy Hour before our monthly board meeting Wednesday, May 6th at 7:00 pm. Please contact events@sokolwashington.org for login information.

Monthly Membership Meeting

As you may have previously read, we have postponed all of our May 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 a teleconference meeting service and will occur on **May 6, 2020, at 8:00 pm**. If you are interested in participating please send an email to starosta@sokolwashington.org for more information. We have a limited number of spaces.



CZECH AND SLOVAK SOKOL (ZOOM) SCHOOL IS BACK!

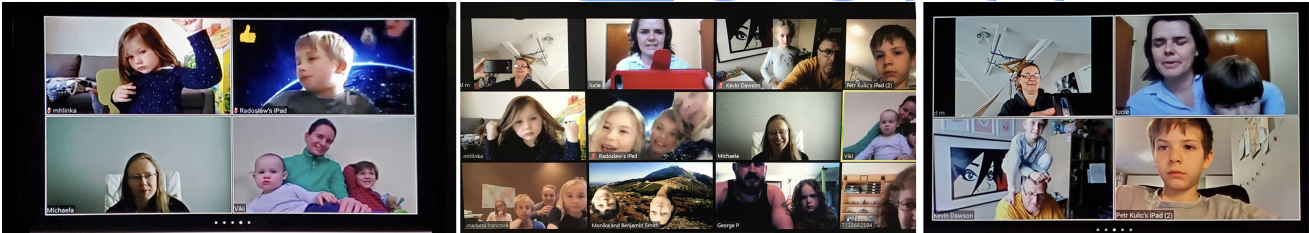


Happy to see all participants at Sokol (ZOOM) School following such a long break. We started at the beginning of April, and we shared positive and negative experiences under the stay-at-home order. Shared how we exercise, play sports, do crafts and art and how we can't wait for this to be over! Now we continue every Friday with tuition in three Zoom classes. We are happy that this way, we can support our kids to stay in touch with each other and the Czech and Slovak background.

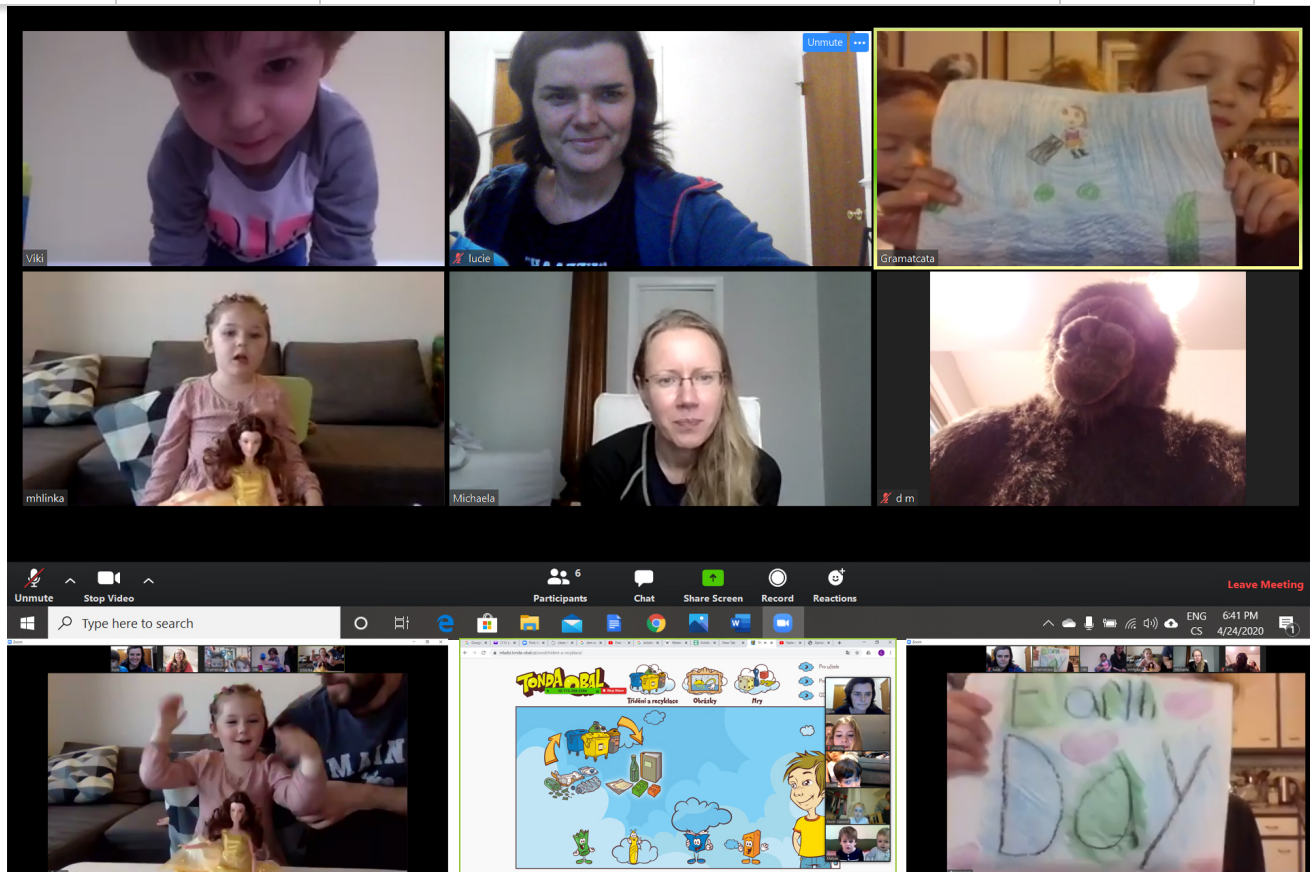
Please join the class you believe best for your family. If you are not on the school information distribution list and you wish to join one of the below classes or the Parents Happy Hour, please contact school@sokolwashington.org

1. 6:30 - 7:00 pm: Slovak Preschool - ZOOM MEETING with Míša
2. 7:00 - 7:30 pm: Czech Preschool - ZOOM MEETING with Lucie
3. 6:45 - 7:30 pm: Czech School - ZOOM MEETING with Monika
4. 7:30 pm: Parents Happy Hour!





First Zoom Czech and Slovak School

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More Czech and Slovak Zoom classes

Members are staying active at home

"A strong mind in a sound body."

While our events are canceled for the foreseeable future, our members are creating their own versions of what we like to do as a community, such as **exercising outdoors** and upside down, **Family Camping/Picnic** in your backyard, **Cycling, Walking, Tennis** and much more.

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Exercise outdoors and upside done



Picnic

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Cycling and other wheels...



Tennis anyone?

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Walking Marathon in woods and beach

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.

Please share your own experiences on our [Facebook](#) page or send in photos and a brief description to events@sokolwashington.org.

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>



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/>

Ceruzky vo Svete: Online magazine for Slovak children abroad ceruzkyvosvete.iseia.eu

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Join us for Happy Hour right after School ends at 7:30 on Friday's. Please contact Lucie at school@sokolwashington.org for login information.

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.

[O NÁS](#)[OBJEVITELSKÉ SOBOTY](#)[ONLINE PROGRAM](#)[MEZINÁRODNÍ ZKOUŠKY](#)[PRO ŠKOLY](#)[ABSOLVENTI](#)[KONTAKT](#)

[CTM \(Centrum Talentované mládeže\)](#)



<https://www.jsns.cz/online-vyuka?fbclid=IwAR0VCfZK0yjNz-W-haYn01zi6f3y2aKSM2iHWKtze7AIUBMAAyJeMnX9xG8>



<https://www.mojecestina.cz>



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<https://www.skolasnadhledem.cz/profil/prehled>



NASEDETICKY.SK
PRE ÚSMEV VAŠICH DETÍ

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[Styri kroky dopredu, styri kroky dozadu](#)



<https://moj.kozmix.sk>

Czech Sokol offering exercise classes online for kids and adults



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

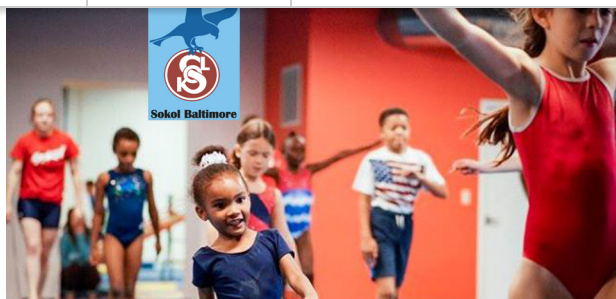


https://www.youtube.com/results?search_query=cvicimesesokolem

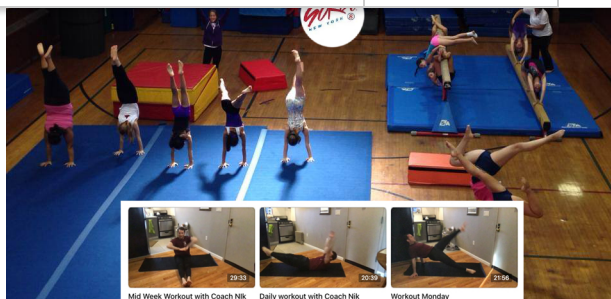
Do you miss gymnastics?

Get motivated by [Sokol Baltimore, Inc.](#)! Every day, one of our Sokol neighbors posts a **"Move of the Day."** Sometimes the balance beam, sometimes a core workout, and sometimes an exercise for young ones. Do them at home, in the garden, on the curbside, or in your room. Visit their Facebook page and look for videos. If you want to practice balance beam moves, use masking tape on the floor/carpet to give you guides and try their tip how to do pivot turns or other **"Moves of the Day"** with Sokol Baltimore coaches: <https://www.facebook.com/SokolBaltimore/videos/672291939978596/?v=672291939978596>

And for adults (and for kids also) you can find some serious workout on Facebook of Sokol New York <https://www.facebook.com/sokolnewyork>

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<https://www.facebook.com/SokolBaltimore>



https://www.facebook.com/pg/sokolnewyork/videos/?ref=page_internal

"VIRTUAL CULTURE" DURING COVID-19

Get your popcorn ready and enjoy!

The Embassy of the Czech Republic invites you to the launch of the stay-at-home edition of the Czech That Film Festival starting **April 27, 2020, and running until June 7, 2020**. Each week, a different film will be featured online for a nominal fee of \$4 at www.czechthatfilm.com. Please check out the schedule below.

Schedule

April 27-May 3: Old-Timers (Stařici)
 May 4-10: Karel, Me and You (Karel, já a ty)
 May 11-17: The Cage (Klec)
 May 18-24: On the Roof (Na střeše)
 May 15-31: Overfingers (Přes prsty)
 June 1-7: The Play (Hra)

All films will screen with English subtitles



Films are screened online for \$4. Navigate to "watch online" and find the film that you would like to screen. Check out the link for complete program details. **Films available online at** www.czechthatfilm.com

In addition, you can find additional Czech movies (with English subtitles) here:

[Czech Centres/ Ceska Centra](#)

Take a seat in your living room and enjoy!

Slovak online festival *Plody doby*. Exceptional musical performances through live concerts streamed **every Tuesday, Thursday, and Saturday at 2:00 pm**.

Responding to the current crisis caused by the pandemic the Slovak project Aby kultúra žila (to make culture live) launched a campaign aimed at bringing culture into your living rooms while supporting artists left out of work.

For more information check out the program on www.plodydoby.sk.

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Or Visit it on [Facebook](#) Slovenské veľvyslanectvo v USA / Slovak Embassy in USA



Live Puppet Theatre Performances on Facebook!

Bouček Puppet Theatre - Boučkov Loutkové Divadlo) has live performances on Facebook **Fridays and Sundays. May 1, 3, 8, 10, 15, 17, 22, 24** (live shows are in UTC time! Noon at ETC)

Please check the schedule of performances offered on [Facebook](#)

American Sokol in Washington, DC hosted Bouček Puppet Theatre multiple times in the past with great success! Hope you enjoy these performances.

<https://www.facebook.com/pg/Bauerovi/events/>



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



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

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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.



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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 with our members, please **CONTACT:** Br. Tibor Bartalos at tbartalos@sokolwashington.org



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 is

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

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