

[View this email in your browser](#)

We still miss you!

Summer is here. We've heard through the grapevine that many of you have traveled or already have plans to travel to Slovakia and the Czech Republic to visit family and friends or just to enjoy a pleasant summer in Central Europe. Whether your plans take you to Europe or some other destination or you plan to stay here and take advantage of the beautiful nature surrounding Washington D.C. We hope you all have a safe summer and stay healthy. American Sokol Washington D.C. is hard at work planning for the fall and beyond. The monthly newsletter will be on hold for July and August, but be on the lookout for other communications as we keep you abreast of our plans.

And, most of all, we miss you and can't wait to see you again.

In memory of Rory



Our great Czech school teacher, **Olina O'Hagan**, lost her beloved son Rory on Sunday, May 10th.

Her little man was beyond special. An angel, a fighter, his beaming smile and joy he spread will never be forgotten. Rory was part of the Sokol family and will be missed greatly!

We send Olina O'Hagan's family, our love and heartfelt prayers that they may find the strength they need to get through each day.

For those that would like to express condolences or share thoughts about Rory, we made a google document titled "[In memory of Rory](#)":



American Sokol Washington, DC, is pleased and honored by the decision of the American Sokol Foundation to award us a Unit Growth Award for 2020. Our project focuses on improving and modernizing the outreach equipment that should allow us to raise the Washington Sokol visibility in our communities. We plan to use the grant on purchasing presentation materials, sound equipment, and a new tent with a beautiful Sokol logo.

We look forward to an even better Mikulasska Party and other events that Sokol Washington organizes or attends.

zoom HAPPY HOUR ANYONE?

Are you interested in a Happy Hour before our monthly board meeting

Wednesday, June 3rd at 7:00 pm. Please contact events@sokolwashington.org for login information.

Monthly Membership Meeting

We have postponed all of our June 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 **June 3, 2020, at 8:00 pm.** If you are interested in participating please send an email to starosta@sokolwashington.org for more information.



ONE CHILD'S PROJECT DURING COVID19

My quarantine project – Robins:

Robins usually lay four eggs, one per day, but my nest had five eggs, and all five of them hatched. Mom sits on her eggs for 12 to 14 days. Then the eggs start to hatch. I was lucky to catch the last hatching on video. Baby robins are cute, but also pretty ugly and naked with only a few feathers spiking out of their body. When they are a few days old, they have VERY big eyes!!! But then when they start growing, their eyes get smaller. They are blind for the first few days. When they think their mom is coming to feed them, they pull their beaks up and look like carnivorous plants. In about a week, they start to look like normal birds, and in about 2 weeks they leave the nest. It didn't take long and the new batch of eggs over my entrance door appeared!!!

– by Kristyna Helova

[Subscribe](#)[Past Issues](#)[Translate ▼](#)[RSS](#)

Pictures: robins hatched on March 29th, last left the nest on April 13th

This is first in the series called **"One Child's Project During COVID 19"**. It was submitted to us by Sokol member *Kristyna Helova*. She loves animals and is a 5th grader at Bluff Park Elementary School in Hoover, Alabama.

We would like to feature in our Newsletter "children's projects" each month, such as Kristyna's Bird watching; a short essay; photo collage of an event, or anything your child can provide.

Please submit a project that your child created with description and photos/videos to: designer@sokolwashington.org

CZECH AND SLOVAK SOKOL (ZOOM) SCHOOL CONTINUES

Our Czech and Slovak language school continues, only for now it is online. As you can see below, attendance is great and our teachers are doing a wonderful job in keeping the kids engaged while providing a great cultural experience.

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 Miša
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!

school classes continue



Friday, May 8th Gymnastics

Vicky and Natálka prepared an awesome exercise routine for online Sokol gymnastics via zoom. It replaced our online school classes that Friday. Good attendance, a great workout, and stretchings were a welcomed change to finish the week.

Every once in awhile, we'll sneak in a workout for the kids. Led by our director of women and a teenage volunteer, these classes are designed to stimulate the mind and body. Oh, there is nothing against the parents joining in the fun.



CONGRATULATIONS ALEXIS!

Orienteering USA's (OUSA)

Junior National Team Members

Alexis Merka (16) made The Junior National Team (JNT). It is focused on helping juniors become internationally competitive. JNT members build on their orienteering skills focusing on increasing their training and technical skills.

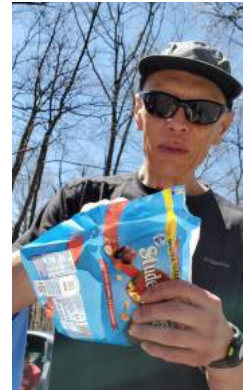


Member activities indoors and out

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.

[Subscribe](#)[Past Issues](#)[Translate ▼](#)[RSS](#)

Wearing homemade masks, making homemade masks, and homemade birthday cards



Walking Marathon in woods while social distancing



Fresh air on the water



Fun with a jump rope and playing a game of Fling Golf

[Subscribe](#)[Past Issues](#)[Translate ▼](#)[RSS](#)

Outdoors close-up and not so close...



In the air - on the water - on the ground



At home - watching movies outdoors, painting and reading indoors

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.

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/>

AFTER SCHOOL "HAPPY HOUR"

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.



October 1, 2020 at 3 pm
Cloister of the New Town Hall in Brno

The exhibition opening by
Mayor of the Statutory City of Brno Markéta Vaňková
and Governor of the South Moravian Region Bohumil Šimek.
Music by Pavel Fajt and drummers.

Under the auspices of

Mayor of the Statutory City of Brno Markéta Vaňková
President of the South Moravian Region Bohumil Šimek
Minister of Defense of the Czech Republic Lubomír Metnar
Mayor of Brno-Královo Pole Karin Karasová

October 1, 2020 at 6 pm
Brno Observatory and Planetarium

Discussion with members of the 311th RAF Bomber Squadron
Wg Cdr Jiří Pavel Kafka, F / Sgt. Tomáš Lom and others.
Moderated by Petr Brod.

Organized by Jan and Sabina Kratochvíl, ÚSTAV K2001, z.ú.
in cooperation with Observatory and Planetarium Brno
Co-organizer is Statutory city of Brno

With financial contribution

Regional Office of the South Moravian Region
Jan and Sabina Kratochvíl
Former President of the Supreme Court (2002-2006) Iva Brožová
of the village of Malá Skála
The Volunteer Fire Brigade of the Malá Skála village

For more information and inquiries please contact muzeumexil@gmail.com
<http://muzeumexil.cz>

[Click Here](#)

Subscribe

Past Issues

Translate ▼

RSS



PRAGUE SPRING 2020

on-line concerts



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.mojcestina.cz>

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

<https://nasedeticky.sk>

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

<https://moj.kozmix.sk>



<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>



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



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

More Interesting Online Exercise Videos:

Exercise with people from CZ Olympic team on Czech TV:

<https://www.ceskatelevize.cz/porady/13394657013-ucitelka/12773-telocvik/>

Sokol youtube canal CvicimeSeSokolem

<https://www.youtube.com/watch?v=mPJLNkfHuEw&list=PL23YQg8oaixIJt1tTD9xtI3KqWVifFLTA>

[Subscribe](#)[Past Issues](#)[Translate ▼](#)[RSS](#)

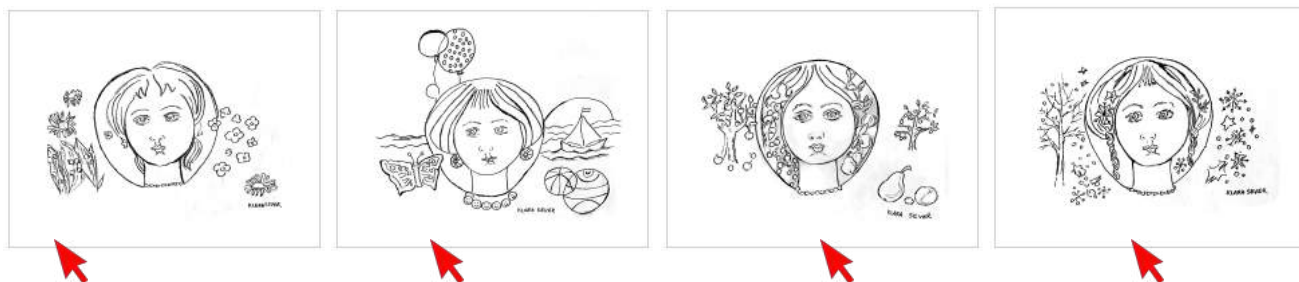
<https://www.youtube.com/playlist?list=PLYXq5NduV1rHjLNjYAsx29R-XR-cgWmP>

and for soccer players

<https://www.youtube.com/playlist?list=PLr0RetjY3g2GuAgWN2sh5WJituRvXtCG>

AT HOME ACTIVITIES - Coloring pages

CLICK ON THE PICTURE YOU WANT, PRINT FULL SIZE AND HAVE FUN COLORING



Klara Sever, an extraordinary local sculptor, created these coloring drawings as a thank you to the first responders for their selfless service. Doodling on a piece of paper, the Nurse with a flower became her first picture. Inspired, she kept drawing, and more drawings came to life.

Here, Klara is offering these as coloring pages to download for free and have fun coloring!

KLARA SEVER (born in 1935 as Klara Klein) grew up in Trebišov, Slovakia, during the beginning of WWII. Studied in Bratislava at the Academy of Fine Arts and Design. As an artist, she worked on restoring castles throughout Czechoslovakia. After the invasion of Czechoslovakia in 1968, Klara and her family lived in Paris. In 1969, they came to the U.S., first to New York and later to Washington, D.C. She has her own company - Klara Sever Studios.

Some of her latest works include a bust of General Milan Rastislav Štefánik, displayed at the National Czech and Slovak Museum and Library in Cedar Rapids, Iowa. She is the creator of several artworks in Washington, D.C. (US Navy Memorial

The bust of General Milan Rastislav Štefánik was commissioned by the Embassy of Slovakia with the support of individual and institutional donors.

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)



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 **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.

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



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. Voluntary contributions can be made on www.plodydoby.sk/podporte.



Or Visit it on [Facebook](https://www.facebook.com/SlovenskeveľvyslanectvoUSA) Slovenské veľvyslanectvo v USA / Slovak Embassy in USA

Live Puppet Theatre Performances on Facebook!

Bouček Puppet Theatre - Boučkov Loutové Divadlo) has live performances on Facebook **Fridays and Sundays. June 14, 20, July 4, 5, 11, 18, 19, 20, 21, 22, 23, 24, 25**, (live shows are in UTC time! Noon at ETC) Please check the schedule of performances offered on [Facebook](https://www.facebook.com/Bauerovi/events/)

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/>



The Newsletter will return in September

We hope you'll have a great summer. The newsletter will make its return in September with information for all the great American Sokol Washington D.C. events and happenings.

[Subscribe](#)[Past Issues](#)[Translate ▼](#)[RSS](#)

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

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

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.

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

[Subscribe](#)[Past Issues](#)[Translate ▼](#)[RSS](#)

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 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.

[Forward to Friend](#) *Copyright © 2020 Sokol Washington, Inc., All rights reserved.*

Our mailing address is:

American Sokol Washington, DC
1101 3rd Street, SW, # 704 • Washington, DC 20024

[Add us to your address book](#)



[unsubscribe from this list](#) [update subscription preferences](#)



This email was sent to <<Email Address>>

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

American Sokol Washington, DC · 1101 3rd Street, SW · Apt 704 · Washington, DC 20024 · USA

