

[View this email in your browser](#)

## Welcome back!

*Summer is over and fall is upon us and fall is when American Sokol Washington D.C. starts to heat up. Whether you stayed put or traveled to the Czech Republic or Slovakia or another great spot this summer, we hope you and your loved ones are safe and healthy. American Sokol Washington D.C. is hard at work planning for the fall and beyond. Check inside the September newsletter for more information.*

*For all in-person events, we will follow the state and local guidelines for health and safety. However, you must make the best decision for you and your family. Please bring masks (the wearing of masks may not be mandatory according to state and local guidelines, but please bring one just in case) and maintain social distance. Please, if you are not feeling well or have any cause for concern please do not attend and seek medical care. In addition, please let us know that you are coming. It helps our planning and we can let you know if an event has to be cancelled at the last minute. Contacts for each event are listed in the event listing below.*

## IN THIS ISSUE:

### UPCOMING

Annual Membership Meeting and 2020/21 Board Elections - Wednesday, September 9  
Czech/Slovak School Information  
14th Annual Kozak Memorial Century Cycling Event - Saturday, October 3  
Annual Sokol Run of the Republic - Wednesday, October 28 - (registration by September 31)  
Teen Summer Backpacking Trip - Highlights  
10,000 Steps-A-Day, 30 Day Challenge  
Fun At Home Activity

### ONGOING

Orienteering - September 27  
Make a Difference - Support Sokol Washington, D.C.

[Subscribe](#)[Past Issues](#)[Translate ▼](#)[RSS](#)[American Sokol Library and Archival Museum](#)[Sokol Washington, D.C. Facebook](#)[Join American Sokol Washington D.C. and Become a Member](#)[Thank you](#)

---

## Annual Membership Meeting and 2020/21 Board Elections

Please join us at our [Annual Membership Meeting](#), which includes elections of 2020-21 Officers. This is your opportunity to participate in shaping the future of our unit!

### Wednesday, September 9, 8:00 PM

The meeting will take place in the home of the current President, Milos Toth. There is limited space for in-person participation due to toCovid 19 recommendations.

We will make the meeting available virtually through Zoom.

Please respond with your choice of participation (in person or virtually) to [sokol@sokolwashington.org](mailto:sokol@sokolwashington.org) .

---

## CZECH AND SLOVAK SOKOL SCHOOL 2020

As many have you have read in the email sent late last week by Lucie Berankova, Director of Education, to our current School List we have formalized temporary plans for in-person learning for our children.

**As of now, all spots for Czech in-person learning for children have been filled.** We regret the inconvenience but due to Covid-19 our capacity is smaller than usual. Nevertheless, we would like to thank the Czech Embassy for providing us a temporary space for our school. Unfortunately, at this time we did not receive enough interest in filling in-person Slovak Classes.

If you are interested in getting your children on the waiting list for either Czech or Slovak language classes please reach out to Lucie Berankova at [school@sokolwashington.org](mailto:school@sokolwashington.org)

As soon as we can safely open both our Czech and Slovak schools in full, we plan to do so. In the meantime, please follow this monthly newsletter and communications from Lucie and her team.



---

## The Sokol 5K Run for the Republic! October 28. Registration open September 10. Register by September 31.

### SOKOLSKY BEH REPUBLIKY

[Subscribe](#)[Past Issues](#)[Translate ▼](#)[RSS](#)LET'S CELEBRATE WITH MOVEMENT AND JOY  
THE FOUNDING OF OUR REPUBLIC

OCTOBER 28, 2020



WWW.BEHREPUBLICKY.CZ

SOKOLSKÝ  
BĚH  
REPUBLIKY

WASHINGTON, DC

WE ARE PARTICIPATING...



One hundred and one years ago, Sokol members organized an anniversary run for the young Republic of Czechoslovakia (the year 1919). The organizers had a similar idea to the relaying of the Olympic torch, only instead of a flame, they were conveying greetings to the first president of the Republic, T. G. Masaryk. For the second year, Sokol organizations have rejuvenated this idea and are organizing runs in many locations. The American Sokol Washington D.C. would like you to join this event on Wednesday, October 28, 2020, at 5:30 pm.

**Registration open on September 10. Please register by September 31, 2020,** at [behrepublikyid.cz](https://behrepublikyid.cz) for the 5K race at Washington DC (in Czechia) or contact Dasa Merkova [events@sokolwashington.org](mailto:events@sokolwashington.org).

Registration Fee: \$10 adults, Free short race for kids (up to 15-year-olds), [tshirt](#) (optional \$16)

**WHEN:** Wednesday, October 28, 2020. 5:30 pm

**WHERE:** Meadowbrook Park

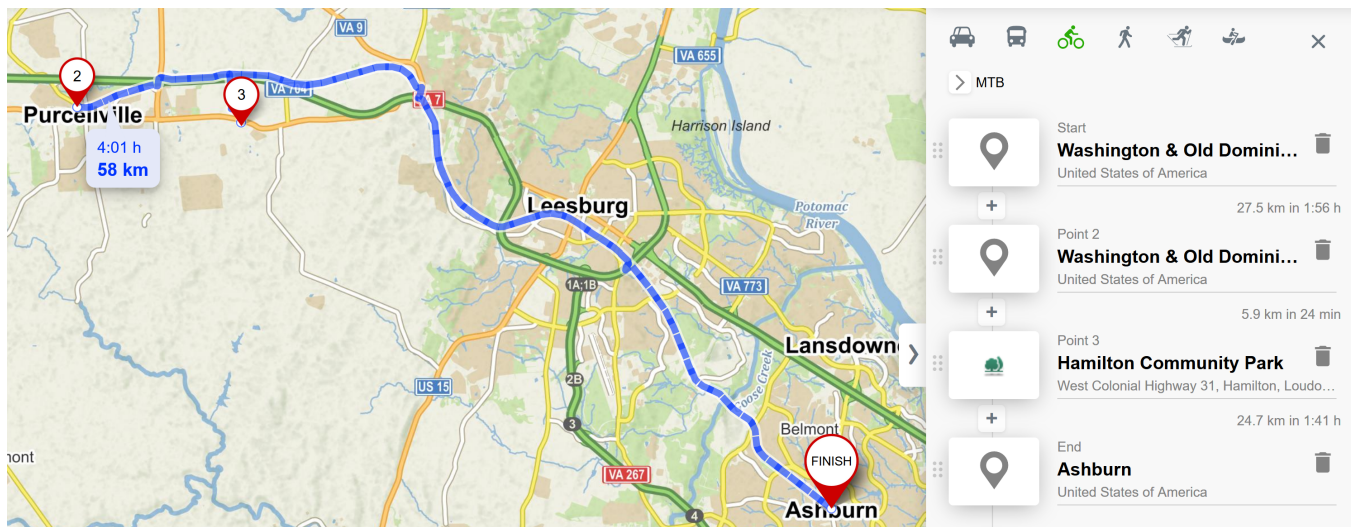
**CONTACT:** Dasa Merkova [events@sokolwashington.org](mailto:events@sokolwashington.org)

## 14th ANNUAL KOZAK MEMORIAL CYCLE RIDE Long and Short Route

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

In 2007, our Unit held the first of what has become an annual bike ride held in memory of our member, Brother Libor Kozák, who tragically lost his life while descending Mt. Everest. Libor was a great sports enthusiast; thus, this event fittingly honors his memory.

The bike ride leads through the beautiful landscapes of Northern Virginia and southern Maryland. Routes vary in length to accommodate bikers of all ages and abilities. As usual, we will do a potluck picnic at Hamilton Park, VA. We hope you can join us!



Please register by September 28, 2020  
to Michal Jarnick at [mjarnik@gmail.com](mailto:mjarnik@gmail.com).

**Younger kids** or those interested in a shorter route will be led by the Director of Men (Miro Honzak). Instructions: Meet at 9:45 am on Sunday, Oct. 3, in Leesburg at the intersection of Harrison St. SE and the Washington and Old Dominion Trail ([Google map link](#)) and bike to Hamilton Community Park, Hamilton, VA (13 km) or both ways (26 km)

[Read it on Facebook](#)

WHERE: [Old Dominion Rail-to-trail and other parts of Northern Virginia/Southern Maryland.](#)

## Teen Summer Backpacking Trip

With the pandemic and the lack of social opportunities hitting our teen group hard, they decided to gain some independence. So a Teen Only backpacking trip along the Appalachian Trail (AT) was created. After some planning and negotiation, they set foot on the Maryland part of the AT. Two nights in sweltering and humid Mid-Atlantic weather were the first steps in their travels. Here are a few notes with pictures from their backpacking trip:



In June, Pavel, Milan, Eliška, and I started thinking about going on a backpacking trip. Just the four of us, with no parents. We decided that the Appalachian Trail in Maryland would be the best spot for it since there was cell service, and we would be able to keep in contact with our parents throughout the trip. This was way more comfortable for our parents to let us go. We planned to sleep at the Pine Log shelter the first night, then hike 13 miles to the Crampton Gap shelter where we would spend the second night. Then, all we had left to do was 8 miles to Harper's Ferry.

On the first night, we barely got any sleep. We stayed up until 5 am because we were a little paranoid for no reason. We ended up sleeping until 9, so we started our hike at 10 when the day's hottest time began. The 13 miles felt like a lot, but we made it. However, when we got to the Crampton Gap shelter, it was taken. Thankfully I brought a rain fly (technically for a hammock), so I set that up between a few trees, and we slept on the ground under it. At least this time, we slept all night.

The last day we were tired and very ready to be done. We had lunch at the Weverton Cliffs parking lot, and then all we had left was 3.5 miles on the C&O Canal Towpath to Harper's Ferry. That was the fastest and most accessible part of the entire trip.

As soon as we made it to Harper's Ferry, we laid down on a field there and waited 3 hours for my mom to pick us up. We didn't even really mind waiting. We just appreciated the fact that we could lay down and not carry our backpacks anymore.

— by Alexis Merka



After this experience, they were ready for more and decided to explore Dolly Sods Wilderness in West Virginia. There was much more pleasant weather, swimming in Red Creek, watching the NEOVID comet, and hiking miles of scenic trails that create wonderful bonding experiences for some of our teens.

We would like to feature "children's projects" each month, 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](mailto:designer@sokolwashington.org)

## 30 Day 10,000 Steps-A-Day Challenge



Approximately 30 of our members and friends have committed to a daily exercise routine of completing 10,000 steps-a-day or their own personal goal from August 15 to September 14. We'll report the final results later this month and look out for more challenges coming up.

## AT HOME ACTIVITIES - Coloring pages

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

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.

### 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:** [media@sokolwashington.org](mailto:media@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](#)

[Subscribe](#)[Past Issues](#)[Translate ▼](#)[RSS](#)**Join Us and Become a Member**

Thank you for your interest in becoming a member of Sokol Washington.

**Benefits to our Unit**

Your membership dues enable our Unit to continue our many programs – sports, outdoor, social, cultural and educational.

**Benefit to You**

Membership in our Unit has a number of benefits – discounts at all our social events; free participation in gymnastics for youth; and for adults, and free participation in pick-up volleyball.

**SOKOL WASHINGTON MEMBERSHIP DUES**

- Individual Membership (adult/voting) \$40.00
- Two Adults Membership (both voting) \$75.00
- Family Membership I. (one adult voting / all children up to 26 years & one non-voting adult) \$50.00
- Family Membership II. (two adults voting / all children up to 26 years) \$80.00
- New Member/Reinstated One-time Administrative Fee waived

**CONTACT:** [sokol@sokolwashington.org](mailto:sokol@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](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.

[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](#)



<a href="#">Subscribe</a>	<a href="#">Past Issues</a>	<a href="#">Translate ▼</a>	<a href="#">RSS</a>
---------------------------	-----------------------------	-----------------------------	---------------------

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

