

[View this email in your browser](#)

Happy Holidays.....

The holidays and winter are upon us. In these challenging times, we want everyone to know that we are here for you. Whether your travel plans overseas have been postponed or you plan to spend time this holiday season with just your immediate family, we wish everyone a safe and happy holiday season.

During this time, if you need assistance with shopping or other task or would just like someone to talk to, please reach out to help@sokolwashington.org. All inquiries will be handled discretely and while we can make no promise, we'll do what we can to help or lend an ear.

We do have some exciting things planned this month. Take a look below for more information. And, if we don't see you this month, we look forward to seeing you next year. Merry Christmas and Happy New Year.

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 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 canceled at the last minute. Contacts for each event are listed in the event listing below.

IN THIS ISSUE:

UPCOMING

St. Nicholas Treasure Hunt - Saturday, December 5

100 KM with Sokol Holiday Exercise Challenge - Wednesday, December 16 - Thursday, January 14

[Peceme Vanocky Online](#) - Baking Vanocky online - Saturday, December 5

Cookies for Sale benefitting the Czech & Slovak Heritage Association (CSHA)

AFI European Union Film Showcase - Czech Film "Charlatan" 2020

Membership Meeting - Wednesday, December 2

Czech/Slovak School - December 4, 11 & 18

Kids Yoga Classes - December 4

Make a Difference - Support Sokol Washington, D.C.

Shop with Amazon, earn money for Sokol Washington, D.C.

American Sokol Library and Archival Museum

Sokol Washington, D.C. Facebook

Join American Sokol Washington D.C. and Become a Member

Thank you

ST. NICHOLAS TREASURE HUNT

MIKULAŠSKÁ



A fully outdoor and socially distanced event

Join us on

Saturday, December 5

A designated time slot between 10:00 AM - 2:00 PM

Register at [eventbrite.com](https://www.eventbrite.com)

Information and updates on [Facebook.com](https://www.facebook.com)

[Lake Accotink Park- Marina](#)

[Lake Accotink Park Road, Springfield, VA 22150](#)

About the St. Nicholas Treasure Hunt

This is fully an outdoor event where families sign up and arrive during designated time slots to participate in a treasure hunt and meet St. Nicholas, an Angel and a Devil.

Each child will receive a special gift from St. Nicholas, in a socially distanced manner.

Sign-ups are available in 15-minute time slots between 10 a.m. and 2:00 p.m. There will be staggered start times and visits with St. Nicholas.

Families are then welcome to hike on their own around the lake or anywhere else in the park.

Please note that this is a non-traditional way to see the traditional trio of St. Nicholas, an Angel and a Devil. Due to health and safety precautions, this event comes with several requirements including mandatory pre-registration and COVID-19 safety protocols.



Participants are expected to:

- Register your family in advance. Walk-ins will not be allowed.
- Arrive at the Registration Desk during your family's timeslot.
- Registration fee will be returned if you cancel in advance through EventBrite.
- As per Fairfax County Park Authority rules: Visitors ages two and older must wear a mask when social distancing cannot be maintained.
- At Registration Desk: All participants must wear a proper face mask and declare that they do not have COVID symptoms. Temperature will be taken of each participant. (Body temperature must be below 100.4 degrees Fahrenheit).
- Bring your own drinks and food.
- Select a short course (~1 km) or a longer course (~2 km). These two courses are planned to better improve social distancing.
- When waiting to meet or meeting with St. Nicholas, the Angel, and the Devil: Keep a mask on and maintain social distance. When finished, leave the area as quickly as possible – do not linger.
- Restrooms and Sanitation: Restroom facilities will be available. Hand sanitizer will be available for participants' use at the registration desk and at St. Nicholas station.

Register at eventbrite.com

100 KM WITH SOKOL HOLIDAY EXERCISE CHALLENGE

Or, Set Your Own Challenging Goal.

December 16, 2020 - January 14, 2021



The Holidays are here and the New Year is upon us. It's time to get in shape, make exercise gains, improve health, shrink the waistline or whatever your motivation.

No better way to do it than with American Sokol Washington, DC's "100 Kilometer Exercise Challenge"

Email us at events@sokolwashington.org to join in the fun

DETAILS: Set your own personal monthly distance exercise goal for 30 days. For instance, 100 Miles or 100 Kilometers - Walk, Run, or Hike

Your goal is your total Walk, Run or Hike exercise distance for the month, not a total distance (exercise and non-exercise) or steps for the day

You then choose to complete your distance as you see fit. Every day, every other day, 5 days a week. At the end of 30 days, you should reach your exercise goal that challenges you. Plus, you'll have the rest of us in the group to encourage you

Email events@sokolwashington.org by **Tuesday, December 14**

Include your Name, Email address, Monthly Goal Distance, and Facebook profile (if you have one). Also, include any other family members who will participate and their individual goals. Once you email events@sokolwashington.org we'll send you access to a Google tracking sheet where you can input your daily numbers.

Plus, we'll add you to a private Facebook group where we can encourage each other to achieve our health goals and to be an inspiration to one another while we get through the Holidays together and keep those yummy Czech/Slovak cookies from invading our waistlines.

[Read it here on Facebook](#)

If you don't have a fitness tracker like Garmin, Fitbit, or iWatch, your mobile phone has an Activity app that tracks your distance. However, you can find inexpensive fitness trackers online (Amazon, etc...).

Let's get moving.

Email events@sokolwashington.org to get started.

BAKING CHRISTMAS - ONLINE via SKYPE



To divert Advent time during this challenging time, Beseda Belgie prepared a
BAKING CHRISTMAS EVENT ONLINE

December 5th, 2020

Group 1 -- 10:00 am - 3:00 pm

Group 2 -- 3:00 pm - 8:00 pm

Please sign up:

[CLICK HERE](#)

More information: [Beseda.be](https://www.beseda.be)

TRADITIONAL HOMEMADE CHRISTMAS COOKIES FOR SALE



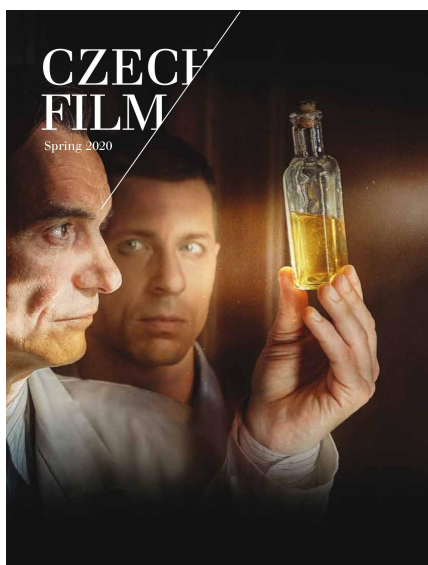
\$30/pound (about 36 assorted cookies) + **\$7 shipping** (max. 5 lb per order)

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

the Czech and Slovak Heritage Association (CSHA)

[Click Here to Order](#)

The cookies will be **shipped between December 7-18** or
orders can be **picked up on December 13, 2020** between 3 - 5 PM at Baltimore, MD or Perry Hall, MD locations.

[ORDER MOVIE HERE](#)

AFI European Union Film Showcase

CHARLATAN (2020)

Available December 5, 2020, 9:00 AM EST

A life story of Czech healer Jan Mikolášek ([Ivan Trojan](#)), who was persecuted by both Nazi and Communist regimes, is directed by Agnieszka Holland (*Mr. Jones*, *Spoor*, *Burning Bush*, *In Darkness*, *Europa Europa*). The Czech Republic submitted a drama [Charlatan](#) for the best International Feature Category at the 93rd Academy Awards.

\$ 13. After this content becomes available on December 5th at 9:00 am EST, you'll have 7 days to start watching. Once you begin, you'll have 48 hours to finish watching.

Monthly Membership Meeting

WEDNESDAY, December 2, 8:00 pm

The meeting will be available virtually through Zoom.

Please respond to sokol@sokolwashington.org if you would like to participate. All members and non-members are welcome to join.



Czech and Slovak School

November, we commemorated the anniversary of the **Velvet Revolution - November 17, 1989**

- the fall of Czechoslovakia's communist regime. We tried to introduce children to the time and events happening around November 17. We discussed the topic and watched a documentary film about the year 1989. The preschoolers made little velvet hearts. Since there should not be much singing during the pandemic, we listened to the Czech National Anthem, and the children painted. We have very talented and creative children.



Yoga Classes



Children also enjoy Yoga classes...For those who would like to join our kid's yoga classes from home, please contact Lucie Berankova at school@sokolwashington.org, and you'll receive a ZOOM link.

Kids yoga classes will be in December 4, at 8:10 pm.

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

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

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.



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 the 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

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.

 DONATE NOW

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: media@sokolwashington.org

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: membership@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 starosta@sokolwashington.org
[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)
American Sokol Washington, DC · 1101 3rd Street, SW, # 704 · Washington, DC 20024 · USA

