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From the Starosta...

Dear Sokol members and dear friends of Sokol Washington,

I would like to wish you a healthy and prosperous 2021. We are one year older and perhaps a little bit wiser. Another year is behind us. One day, when we get much, much older, and we look back, the year 2020 will stick out. In our memories it will be the year during which our lives shifted. They changed in ways none of us could hardly have imagined in 2019. We might say to our grandchildren: "Before 2020 we could walk on the street and go to the store without wearing masks; when we unexpectedly bumped into our good friend, whom we hadn't seen for a while, we would shake hands and exchange huge hugs. We could even give a kiss. But when COVID-19 landed on humanity in 2020, the norms of personal interactions changed. New norms of gathering and interacting with each other were established. Instead of sitting in a classroom with fellow students, kids had to sit in front of the computer monitor in their rooms. Their teachers and friends wouldn't be in the classroom either--they also sat at home, similarly, staring at their monitors. Everything one requires--desks, chairs, chalkboard--was replaced with zoom or some other similar online tool. The physical schools and gyms with ropes, mats, and parallel bars were closed. We were not allowed to go to Sokol on Friday evenings to meet friends--friends who speak the same language. We were not allowed to have fun by running and exercising in the gym with our fellow young Sokols...

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ONGOING

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Thank you

Monthly Membership Meeting

WEDNESDAY, JANUARY 6th, 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. We meet every 1st Wednesday of the month.

Membership dues for 2021 are due on January 15th!

You may have already received a personalized email from me regarding ASW 2021 membership dues for current members. However, if you have not, that means that I do not have your email on file. If this is the case, please email me at membership@sokolwashington.org to have it for future reference.

For our current members and those interested in joining:

SOKOL WASHINGTON MEMBERSHIP TYPES:

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**

One of the methods of payment is to use the PayPal QR code attached below. All you have to do is scan it with your phone and pay the amount of [\$40.00, \$75.00, \$50, or \$80].

Alternatively, you can visit our website and pay via PayPal there. Please see below for the link to our site: <https://www.sokolwashington.org/about-us/join-us/>

If paying with PayPal, please leave a note with your "NAME" and "Membership 2021." If PayPal does not give you a "note" option, then email me directly at membership@sokolwashington.org and let me know that you have paid through PayPal.



Scan. Pay. Go.

You can also send a check to the following address:

American Sokol Washington Membership

% Gabriela Kohlmayer
6848 McFall Pl
McLean, VA 22101

Please note: \$5.00 late fee will be added if dues are not paid by January 15th.

There is still time to join the



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 the remaining days. For instance, 50 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 the time, 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 to join

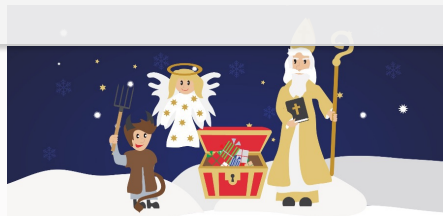
Include your Name, Email address, Monthly Goal Distance, and Facebook profile (if you have one). Also, include any other family members who will participate and their individual goals. Once you email events@sokolwashington.org we'll send you access to a Google tracking sheet where you can input your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



ST. NICHOLAS TREASURE HUNT -- MIKULÁŠSKÁ

An outdoor, socially distanced event turned out to be a great success!


by Zuzana Steen, VP

Even COVID-19 could not stop St. Nicholas AKA Mikuláš with an angel and a devil from visiting our Sokol community. While keeping their social distance they posed for photos and gave treats to 58 of our children in a pavilion in the Lake Accotink Park. Prior to meeting with them, the kids and their parents went on a family treasure hunt hike that led them to the pavilion. The weather was great for early December and kids also got to play on the sandy beach there.

Feedback from kids and their parents was overwhelmingly joyful, especially the fact that they still could safely enjoy the Mikuláš tradition – albeit altered – during the pandemic and also that they could see so many of their friends again while maintaining a safe social distance outside. It was obvious people were hungry for fellowship. “*Děkujeme, moc jsme si to užili!*” (“*Thank you, we enjoyed it so much!*”) and “*Let’s do this again!*” were the most common phrases from Sokol friends and members.

Thanks to all 20+ volunteers, including 7 Sokol teenagers and young adults, who made the event possible, and to those who so enthusiastically participated.





OUR HOLIDAY

ACTIVITIES



HIKING



BAKING





Sokol Exercise Fortune Wheel

Click on the wheel and spin it 3 times every school daybreak or 5 times every morning or let each member of your family spin and win an exercise for you!

Stay active!

A sound mind in a sound body.

<https://wheelofnames.com/4xk-by4>



Tips for Trips for Winter in COVID times

It is necessary to stay healthy and follow all CDC recommendations but even at this time, we should enjoy typical winter fun. You need to check on the current status and for most of the activities to make a reservation for a specific time. It may seem to be inconvenient but on the other hand, it gives us a good plan for the day.

Winter Walk of Lights

Want to still enjoy some Christmas moods and have a nice stroll in the park? Reserve a spot in

<https://www.novaparks.com/events/winter-walk-of-lights>

(until January 10, 2021)



Ice Skating

Outdoor ice skating rinks are a great option to enjoy this cold weather. There are many outdoor centers that offer ice skating typical winter activity outdoors. Here is just an example of many outdoor ice skating centers:

Pentagon, VA: <https://pentagonrowskating.com>

Silver Spring, MD: <https://silverspringiceskating.com/>

Reston, VA: <https://www.restontowncenter.com/holidays/>

Downhill Skiing

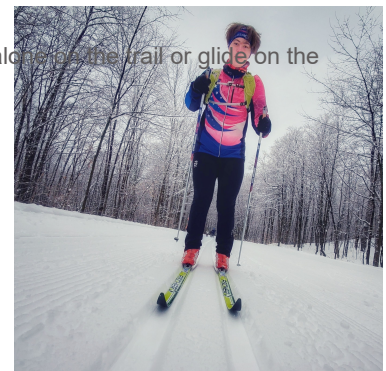
Downhill skiing is available at all ski resorts on the East Coast and beyond. Online ticket purchase in advance is required. Check the status of local resorts Whip, Timberline, Snowshoe, or others here: <https://www.skiresort.info/ski-resorts/mid-atlantic-states>

Cross-country Skiing

For now, it is limited to West Virginia. Cross country skiing is like hiking on skis. You can be alone on the trail or glide on the snowy golf course. A great place to explore is White Grass Ski Center (rental available, check trail conditions: <https://whitegrass.com/>)

Hiking

There are still plentiful options to enjoy a stroll or hike in local parks. Sugarloaf Mountain, Catcotin, Shenandoah, take your pick, put on appropriate winter boots, hat and gloves. Walking poles are also good to have in case you need to hold your balance crossing a creek or slippery frozen path. Best to prepare thermos with tea or hot chocolate waiting for you in the car when you get back, spare dry socks and sweater.



Bear Plunge Challenge

This activity is not for everybody but it has great health benefits. Take a dip in a cold wintery creek/river or lake. As an example, look at our Sokol ski instructor Viki and her friend on a recent hike, quite refreshing, right? Best to prepare for such a cool dip is to have a brief cold shower every day. (Please share your pictures with us:

events@sokolwashington.org

Note: Dipping in the heated pool or swimming on Florida beaches is not considered a challenge.



Orienteering

One must register in advance and check the status of the event on the organizer website. Registrations for local meets are open on Monday before an actual event. If you are new to this activity, check their [tutorial video](#). This is a great family activity as well as an individual challenge.

Also, you can try this activity on your own on the permanent course that was set by QOC members at the Hilton area in Patapsco park <https://goo.gl/maps/Z9FktN9j6SHgy4caA> Print your map yourself and take your family for this outdoor fun: [beginners](#) or [advanced](#)



Czech and Slovak School

On the last school day in December, we tried out several Czech and Slovak Christmas traditions. The children decorated oranges with spices and sweets, decorated gingerbread cookies with traditional icing, observed how each person's walnut candle boat floated on water and predicted their future from apples and melted tin shapes. We prepared Christmas cards and decorated a Christmas tree. And, finally, at the end of the evening, we went outside and sang a few Christmas carols together.

School dates January 8, 15, 22, 29

Kids activity classes start at 8:10pm on January 8 and 22

Children can again enjoy yoga class or karate instructions. 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.

Due to Social Distancing and capacity regulations, all Czech in-person learning for children has been filled. We regret the inconvenience, but due to Covid-19, our capacity is less than usual. 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





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

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You Shop. Amazon Gives.

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](#)

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



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 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.

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