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Summer is here and that means a short hiatus from official events for American Sokol Washington D.C. However, that doesn't mean we aren't working on our end-of-summer and fall events. In fact, the hiking, camping, canoeing event the 3rd weekend of May (highlights below) was so popular we are looking to do another similar event in early September. Plus, we are already planning our usual full calendar of hiking, biking, volleyball, membership appreciation picnic, etc....events that are such a big hit in September and October. If you have questions or want to volunteer please reach out to events@sokolwashington.org. In addition, while this last year was challenging in so many ways, it also made us think of new ways to handle events and activities safely. This includes the incredible graciousness of the Embassy of the Czech Republic volunteering to host our children's Czech & Slovak language school to operate every Friday this past year in-person. As we get more information about the upcoming school year we will be sure to send out communication. Please be on the lookout for information about the school and other events as we post them.

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- End of School Year Picnic and Farewell to the Beranek Family June 4th
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- Shenandoah Hike - Recap
- Shenandoah Camping - Recap
- Shenandoah River Canoe Trip - Recap
- Camping and Canoeing - SAVE THE DATE - Labor Day Weekend
- 10,000 Steps-A-Day Exercise Challenge - Recap
- Ride For Gambia - Thursday, June 3rd
- Czech and Slovak School Updates

ONGOING

- 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
- Thank you

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.

ASO Grant Approval

We are pleased to announce that we have received a 2021 Foundation Grant from American Sokol Organization to Revamp our American Sokol Washington DC website and our monthly newsletter. We have already updated our Homepage at the beginning of 2021. The grant will help us to improve all content pages within www.sokolwashington.org as well as help us with producing our monthly newsletter.

We thank American Sokol Organization for awarding us this grant! Please visit our website at end of this 2021 calendar year, you should be able to see the changes and improvements thanks to this grant.

END OF SCHOOL PICNIC & FAREWELL



Friday, June 4th at 5:30 pm

End of the school year picnic and a Farewell to the Beranek Family

Meadowbrook Park

7901 Meadowbrook Ln, Chevy Chase, MD 20815

This is a potluck picnic

Please sign up for a dish and/or drinks you can share with others

- Games and activities for children
- "Vysvědčení"/Final Report Cards
- Guest - David Miřejovský, a reporter from the Czech TV (ČT)



Marie Provazníková the "chief" for falcons

Česká televize (Czech TV) crew is seeking information about Ms. Marie Provazníková, who emigrated to the USA and later became a Sokol President. If anyone knew her and has a story or information about her contribution to Sokol New York, please let us know at

school@sokolwashington.org

Father of these boys who visit our Czech and Slovak School he'll be writing for Sokol Sport magazine about Sokol in the US, traditions, and our organization in present times. He wants to capture the community-friendly atmosphere at the picnic and show a contrast between content filmed before the pandemic.

please contact Michaela Kiss
mishah@hotmail.com
school@sokolwashington.org

Chase and Catch with bears ("Na honěnou s medvědy")

RECAP



What an opportunity our families had in beautiful [Sky Meadows State Park](#)!

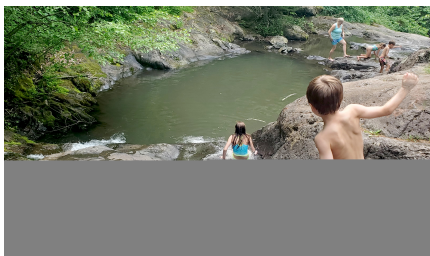
The first weekend in May, we spent a beautiful Saturday in the Sky Meadows State Park together with about 15 children with parents. As the name of the event suggests, we talked about the lives of bears - where they live, what they eat, how we can identify that a bear walked nearby. We walked a 7 km (4.3 miles) hike. Along the way, the children completed various tasks such as recognizing footprints or droppings, but we mostly found those of cows or dogs only. The children, especially the little ones, were very attentive. The most popular question was: "Is this bear poop?" pointing to cow droppings. We illustrated bear habits by playing games. One being, pulling a rope between children and parents to compare their strengths. When we called "hungry bears," kids had to climb the nearest tree. Overall we had lots of fun, and everyone, young and not so young, enjoyed this fun-filled day!

[Sky Meadows State Park](#) is located in northwest Fauquier County, Virginia in the Blue Ridge Mountains, near Paris, Virginia. It is about an hour outside of the Washington, D.C. metro region.

On the third weekend in May, American Sokol Washington D.C. Members and Friends had the opportunity to participate in great outdoor activities such as **Hiking, Watersliding, Canoeing, Kayaking, and Camping**.



The third weekend in May was genuinely excellent. Hiking was a challenging 9-mile loop that all kids finished. Not sure who was the youngest, but we had a couple of 5 years olds that made the whole loop. In the end, we had fun in swim holes - jumping, sliding, and swimming in the refreshing waters of Overall Creek.



Canoe or Kayak on the South Fork of the Shenandoah River



Many American Sokol Washington D.C. families participated in our Annual Canoe Trip along the Shenandoah River. Over 25 canoes carrying more than 60 participants took the 12-mile canoe trip stopping along the way for swimming. Some enjoyed all three outdoor activities...hiking, camping, and canoeing and others did one or two of them. There was something for everyone and we look forward to seeing you at one of these great weekends soon.

Camping in Shenandoah



What do you do after? Well, how about a campout.

Many of our hikers continued their outdoor adventure with a campout on the banks of the Shenandoah River. There they were joined by others who came up for the camping. Roasted sausages and other goodies were enjoyed and many took a refreshing swim in the cool Shenandoah River water. Later in the evening our campers sat by the fire and enjoyed conversation and singing and the beautiful spring weather.



LABOR DAY WEEKEND!

American Sokol Washington D.C. is planning an End of Summer, Labor Day Weekend of Camping and Canoeing (including canoeing instruction for our youth and beginners) as well as hiking, time around the campfire and just getting out of the city and into nature for a great weekend retreat.

Labor Day Weekend is **Friday, September 3 - Monday, September 6**. You can come for just a day or spend up to all three nights. More details to come, so be on the lookout for information in the coming weeks.

Sixteen American Sokol Washington, D.C. members and friends committed to walking, running, crawling, jumping, hopping 10,000 steps each day from **April 15 - May 14**. In addition, for being the first to register and for completing the task, the following Members and Friends will receive an American Sokol Buff Bandana:

Andrea Kohlmayer, Radovan Kohlmayer, Jakub Kohlmayer, Zuzana Steen, Joe Steen, Pavel Steen, Milan Steen, Miroslav Honzak, Jana Ritter.



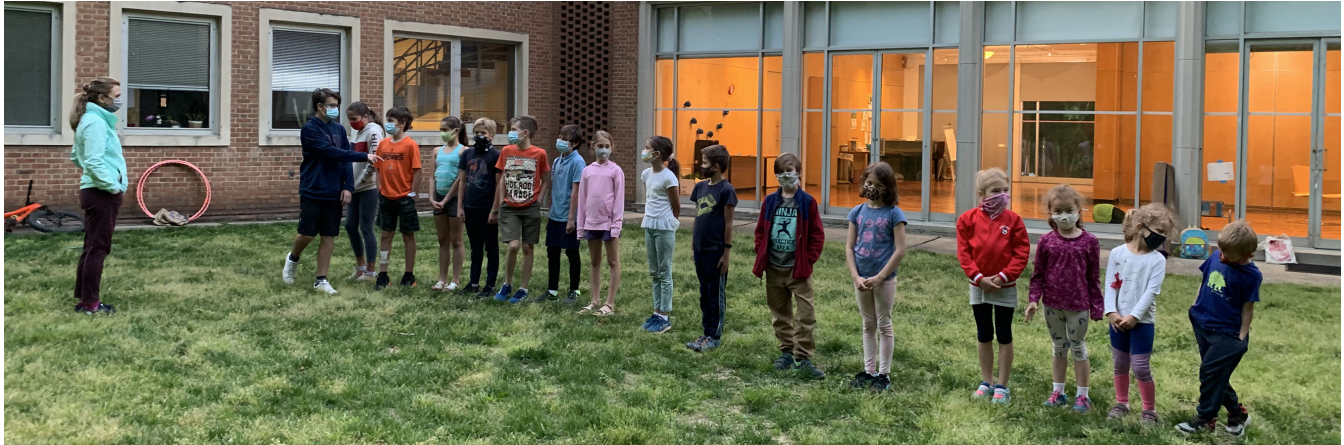
Congratulation to all that participated and we look for to you participating in the next exercise challenge.



The month of May offered warm weather, and after the Czech language classes, we spent more time outside. Children would do sports, gymnastics with Veronika, or played sports games. In the Czech grammar class, children recapitulated

the "not státní jména, vzory, pády, číslovky". In contrast, in the Czech conversation class, they learned more about Prague, how to find the way to Hradčany, Staroměstské náměstí or Karlov most on the map. As we are almost at the end of the school year, children prepared thank you cards for their teachers. They also created a large thank you card for the Czech Embassy. Thanks to the Embassy, we spent a beautiful year full of Czech grammar, literature, experiences, traditions and holidays, and a little bit of the Sokol sport.

I want to thank all children and parents for the endless support and trust in us in the times of the pandemic. Huge thanks to all teachers Monika, Radka, Radmila, for their perfect preparedness and teaching our children. Thanks to Olina for her amazing art classes and yoga and Miloš for his time teaching yoga and martial arts. Last but not least, I would like to thank my partner Míša for her unwavering support and trust in me.



The first day of school is planned for **September 10th**.

More details to come, so be on the lookout for information in the coming weeks.

Dear Sokol Fiends,

I would like to say good bye to all of you. Five years passed, and is time for us to return home to Prague. Thank you all for the five beautiful years that we could spend with my family among this great Czech and Slovak community. We enjoyed all of the events like Mikulášská, Šibřinky, Skiing in Vermont or Canoe trip on Shenandoah river and many many others. We will carry home all the memories of our Bety and Tonik wearing kroje attending the Czech folk festival in Virginia or singing Czech carols at Czech or Slovak Embassies. We made so many beautiful friendships that will last us for the rest of our lives.

I would also like to thank you for the excellent opportunity to lead the Czech and Slovak school. I must say I enjoyed every piece of this beautiful work with children. I have to admit; my biggest challenge was to be the leader of the folklore group Sokolík.

I would never ever in my life think that I could prepare kids folklore performances for the Czechoslovak festival in America because the only thing that connects me with folklore is that I am a girl from Moravia with a strong Moravian accent.

I hope that you will stop by for a glass of wine or beer any time





WORLD BIKE DAY



Celebrate World Bike Day by joining the **Ride for Gambia** in a symbolic bike journey from the Czech Republic to Gambia that will start on **June 3, 2021, at 5:30 pm EDT**, at the Embassy of the Czech Republic in Washington, DC, and finishing at the Embassy of Gambia.

Through this ride, participants will support Gambian school-aged children, giving them a way to get to school. Donate to support the purchase of a public bike repair station for Jarumeh Koto School in Gambia, empower local children to service bicycles delivered from the Czech Republic, and win unique prizes, hand-made in Gambia. In addition, everyone who records his or her journey between the embassies in Cyclers, the Czech-made world's most powerful cycling app, will get a 4-month premium membership for free to enjoy all its features!

Can't join the ride? You can still support the project by donating and cycling in your free time until June 10, 2021. Don't forget to share your picture(s) with the #rideforgambia hashtag on Facebook.

This event is presented by the Embassy of the Czech Republic, in collaboration with the Embassy of Gambia and Czech Bikes for Gambian schools.

Event Details: June 3, 2021, at 5:30 pm EDT

Starting Point: Embassy of the Czech Republic
3900 Spring of Freedom Street, NW, Washington, DC 20008

Destination: Embassy of Gambia
5630 16th Street, NW, Washington, DC 20011

To participate in the event:

Make a donation and register for the ride at: <https://www.kolaproafriku.cz/projekty/12-ride-for-gambia-roztoc-kola-pro-afriku>

Length of ride: 3.2 miles (4 km) | 30 minutes



Czech Bikes for Gambian Schools is a nonprofit organization based in the Czech Republic. The charity works in close cooperation with the Gambian Ministry of Basic & Secondary Education (MoBSE), focusing on mobility and education availability of Gambian children. The charity provides donated bicycles to needy children, trains school bike mechanics, and helps Gambian youth to elevate their lives.

CYCLERS

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.



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CONTACT: media@sokolwashington.org

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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.



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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

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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

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