



*There's something to be said for spring with its new life, warmer weather, blooming flowers, and trees coming into leaf. After an interruption due to Covid, Sokol Washington, D.C., comes back recharged with new energy and enthusiasm. Our members and friends can participate and enjoy the magic that spring brings by attending these delightful events that we have planned. Energizing outdoor and cultural activities are back in full swing with excellent attendance.*

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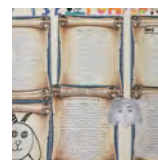
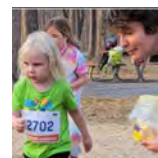
Sokol Volleyball Season  
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### CZECH AND SLOVAK SCHOOL

My Advanced Czech Grammar Fairy Tale Class

### IN EVERY ISSUE

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 Sokol Washington, D.C. Facebook & Instagram  
 Thank You



## MONTHLY MEMBERSHIP MEETING

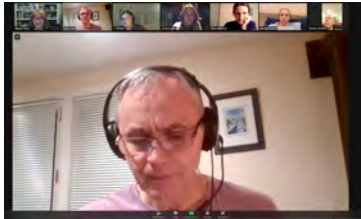
WEDNESDAY, April 6, 8:00 PM

[Little Falls Community Library](#), 5501 Massachusetts Ave, Bethesda, MD 20816

Please join us at our Monthly Membership Meeting, share ideas, and participate in planning future events. It is your opportunity to play a part in shaping the future of our unit and meet our board.

We meet every 1<sup>st</sup> Wednesday of the month at 8 PM in the community library. If you are interested, please RSVP to [sokol@sokolwashington.org](mailto:sokol@sokolwashington.org) and we will send you more information.

All members and non-members are welcome to join us!



## LAST MEMBERSHIP MEETING VIA ZOOM

As usual, we had treasurer and membership reports, Safe Sports certificate reminders, and a report from our Czech and Slovak schools and gymnastics. It looks like our activities are picking up. We had a long and fruitful discussion about preparations for multiple events: Masquerade Ball on Ice, Volleyball Tournament, and Josefska Celebration/Picnic. We also had a discussion about how to help the people of Ukraine. We agreed to donate \$1000 and asked board members to help support this goal. We raised \$1,788.93 and sent this amount to Direct Relief with the designation Ukraine Crisis.



### Famous for tennis.

Martina Navratilova, is considered among the greatest tennis players of all time. Born October 18, 1956, in Prague, Czechoslovakia, a Czech American player who dominated women's tennis in the late 1970s and '80s.

Navratilova played in her first tennis tournament when she was eight years old. She ranked number one in Czechoslovakia from 1972 to 1975, a player who won international notice when she led her team to victory in the 1975 Federation Cup. That year, she went into exile in the United States because the Czechoslovak government tried to control her tennis career. She was stripped of her Czech citizenship and became a U.S. citizen in 1981. Later she regained her Czech citizenship, thereby gaining dual citizenship. She stated that she has not renounced her U.S. citizenship, nor does she plan to do so and that reclaiming Czech nationality was not politically motivated.

Legendary tennis champion Martina Navratilova is undeniably one of the greatest athletes of all time.

But there is far more. Martina played tennis with singular energy, passion, and emotion. To this day, Martina is known for taking women's tennis to an entirely new level with her speed, aggression, and fitness.

Martina Navratilova has been statistically the **second-best female player of the 20th century**, right behind Steffi Graf. Today, there are 8 female Czech players in the top 100 world rankings. The Czech Fed Cup team has also won six Fed Cup titles since 2011.

Did  
You  
Know  
?

## UPCOMING EVENTS



## Vizovicke Pastry Workshop

April 15, 2022 | 7 pm

We invite you to come and bake with us to try this traditional baked decoration from Vizovice (not edible). It is a two-centuries-old tradition usually prepared (baked) for Easter and Christmas holidays, mainly as gifts for children. The original ceremonial meaning is now forgotten. Where baking is still maintained, it is not tied to the original tradition but is still made for all holidays, feasts, birth celebrations, and weddings.

Please, let us know if you are interested in exploring this unique



tradition. Let's get together and create Easter and spring creations – bunnies, sun, wreaths, and other figures.

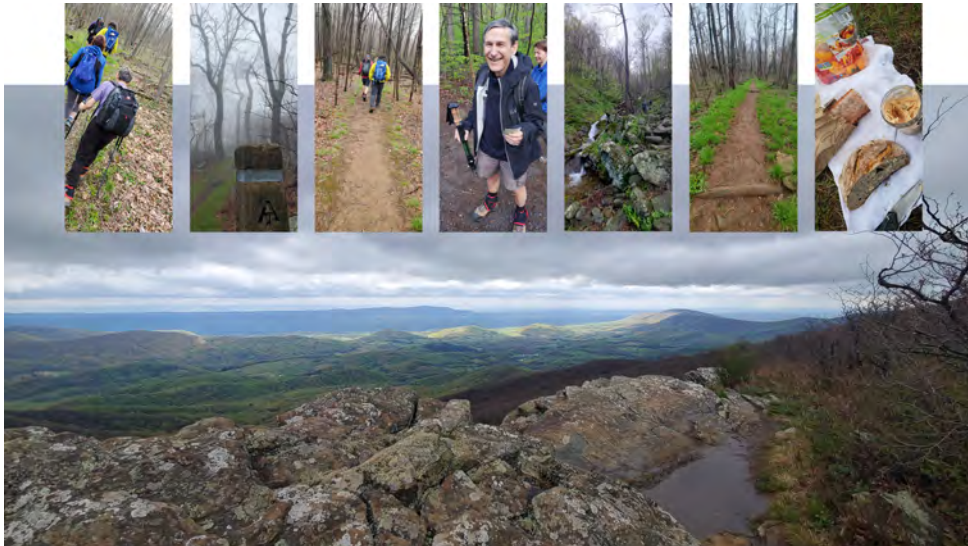
Please register with Dasa/Veronika at [se.sokolem@sokolwashington.org](mailto:se.sokolem@sokolwashington.org). Include your name and email and we will send you updates, location, and a list of things you will need to bring for this workshop.



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## Hudlicka Memorial - Hiking Marathon

SATURDAY, APRIL 16



Dear Sokol sisters and brothers and friends,

The 9th annual mountain marathon, the Olga Hudlicka Sokol Memorial, will take place on **Saturday, April 16, 2022**.

The route, as usual, will start with Little Devils Stairs and continue over Hogback and Marshall Mountain. We are still trying to find an ideal loop. Will have very fruitful discussions about that on the way but we will do 42.195 km with 1500m of the climb.

We'll meet at 7:50 am at the Little Devils Stairs trailhead, hike starts at 8 am (Babi Olga liked to be on time)

**The rain date is the next day, Sunday**

Bring your friends, plenty of water, and good snacks!

**WHERE:** [Little Devils Trailhead, Shenandoah NP, VA](#)

**CONTACT:** Pavel Klein ([KleinP@Epilepsydc.com](mailto:KleinP@Epilepsydc.com))

<https://www.hikingupward.com/SNP/LittleDevilsStairs/>

Let's go up and down ...

Pavel

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## Easter Egg Quest | April 17, 2022 | 9 am - 1pm



Looking for more than just an Easter egg hunt? Join us for our Easter Quest at Hidden Pond Nature Center. Register all the kids you want to bring for free and enjoy running, jumping, thinking, balancing, or just walking with your family to follow our Easter Bunny on its activity trail. After the activity trail, stay with us for a while and you can have a family picnic in this beautiful park. We will have some more additional games and activities to share.

**RSVP:** <https://easterquest.eventbrite.com>

**Where:** Hidden Pond Nature Center, West Springfield (To Be Confirmed)

**Contact:** Dasa/Veronika ([se.sokolem@sokolwashington.org](mailto:se.sokolem@sokolwashington.org))

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## Tennis Tournament | APRIL 23, 2022 | 9:00 am – 5:00 pm



Sokol Washington invites you to a tennis tournament again. Both Sokol members and non-members are welcome to participate. All skill levels are welcome. We plan to have a single (women and men divisions) and a doubles category. We hope to create a juniors category for 14-year-olds and under, pending participation. The singles will have a consolation competition for those who lose in the first round. Everyone signing up for singles is guaranteed to play at least two games and possibly more.

### SCHEDULE

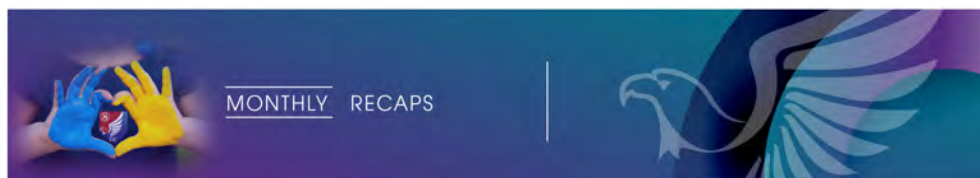
8:30 am Check-in  
8:45 am Drawing of Matches  
9:00 am First Games Start  
4:00 pm Winner Ceremony (estimated time)

Winners in each category will receive trophies. Food and refreshments are always on hand for participants and spectators alike. **Calling for volunteers!** Please, contact us if you can help Petr Minar or Milos Toth at [events@sokolwashington.org](mailto:events@sokolwashington.org). Thank you!

**CONTACT:** Peter Minar or Milos Toth at [events@sokolwashington.org](mailto:events@sokolwashington.org)

**PLACE:** [Bluemont Park](#), 601 N Manchester St, Arlington, VA, 22203

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## Sokol Run Supporting Ukraine

By Dasa Merkova

This month, we registered our Sokol Washington, D.C. team for the Run to support Ukraine and completed our runs in the following weeks. Some people ran individually, some joined our minisokoliks on Tuesday, March 22, and others ran together with our Sokol president on Sunday, March 27.

The Run for Ukraine had over 3000 people registered, running a total of 19,000km, and raising over 500,000KC. Our Sokol unit signed up to run 100km (with a donation of 3,100KC). Thank you for joining us and supporting Ukraine!



## Masquerade Ball for Little and Tall

By Dasa Merkova

Our Masquerade Ball for Little and Tall on Ice was a lot of fun for all. We started at 4 pm at the Cabin John Ice Rink. Once again, we had a couple of Wonder Women, Pikachus, princesses, dragons, bears, dogs, firefighters, mimes, and sumo fighters on the ice. We even had several traditional Masopust village characters: a chimney sweeper, a cleaning lady, a bear, a hunter, a gypsy, and an angel. The best masks were awarded but that was not all. Children could show off their skills on the ice on an ice obstacle course, by playing hockey or just by skating around...

*Masquerade Ball  
for Little and Tall  
On ice!*





## 41st Annual Eastern Division Tournament



*By Peter Knapp*

On Saturday, March 19, 2022, Volleyball enthusiasts gathered to continue the Sokol volleyball tournament tradition after a “not-so” brief pause caused by the pandemic. A total of 8 teams participated in the 41st Annual eastern division volleyball tournament. Sokol NY was represented by one team. Our Sokol Washington was present under the leadership of Radovan Kohlmeyer. There were two teams from Baltimore and four from the Washington, D.C. area. We were lucky to attract the attention of a few players from the Slovak Embassy; Milos Toth took the leadership role of this team.

It is hard to tell what people did for fun during the quarantine. It was evident that everyone was in the best shape from the very beginning. It must have been volleyball; how else would you explain such a great defense, setting, blocking, hitting, and overall impressive skills throughout the whole day. Players of all ages spent the last ounce of their energy on the court and went home with a smile. We played on two courts, split into four teams. No more than 3 points decided all games.



I want to thank everyone who helped make this a great event. Please know that you have my tremendous appreciation for all your help and assistance. Again, this showed how close-knit the Sokol Washington community truly is. Without seeing most of you for the last 2+ years, when asked for help, nobody hesitated. I received a tremendous amount of support. Again, thank you so very much.

**For those of you wondering who won, here is the list of the top five:**

1. Team “CIA” – local DC team (college students)
2. Team “It Doesn’t Matter to me” – a team from Baltimore.
3. Team Sokol Washington – Radovan, Andrea and Jakub Kohlmeyer, Petra and Pavel Tojls and Mati 6’5” tall friend of Kuba 6’7”.

4. Team Sokol NY – team under the leadership of Kirill
5. Team OM – team under the leadership of Peter and Chris



## Josefska Celebration/Picnic



BEFORE

COOKING GOULASH FOR JOZEFSKA

AT JOZEFSKA & AWARDS

by Zuzana Steen

After a break during the pandemic, we brought back the St. Joseph's Day celebration in the form of a picnic. More than 40 Sokol members and friends gathered in Norwood Park in MD to enjoy Goulash, kielbasa (klobasy), and dessert, reconnecting with each other and celebrating the top three teams of the Volleyball Tournament held earlier that day. The weather was picture perfect, and even though we rented a manor house in the park, we could stay outside most of the time.

Thanks to all who helped with this event, including our grill master, Goulash chefs, and bakers.

*Josefská zábava – St. Joseph's Feast (St. Joseph's Day – March 19) was a traditional celebration of one of the most common male names, but chiefly it was a celebration of the coming of spring, as St. Joseph's name-day coincides with the spring equinox.*

## Cedar Run Trail Hike



by Dasa Merkova

March weather can be very uncertain, and you never know if you will hike in a t-shirt or bundled in a scarf with gloves. We had it all. Saturday's rain, snow, and wind forced us to postpone our trip one day. On Sunday, it was a sunny and crispy 23°F on the trailhead. We had a lovely white mountain ahead of us—icicles hanging from the rocks and very fresh water in the creek. Lucka tested out our favorite slide on Cedar Run Trail, and she deserves the title of "Sokol Polar Bear of Winter 2022". Matyas is a "Polar Cub". Few restrictions and snow did not deter us from enjoying every minute of the day while being somewhat creative. See you next time. Nazdar!

## Commemorating Candle Manifestation

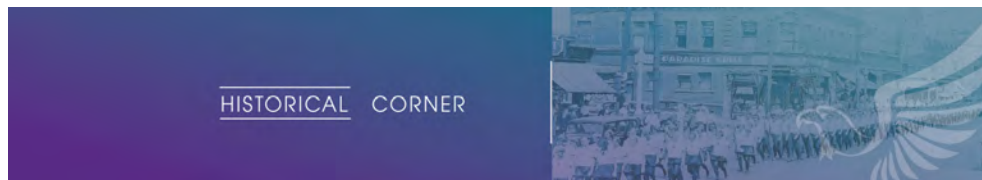
at the Slovak Embassy





The day communism began to fall in Slovakia...

Candle Manifestation is an annual event that resonates deeply with Slovak society to symbolize Slovak resistance to the communist regime. On the 34th anniversary, Slovak Embassy in Washington, D.C., commemorated this day. Our youngest Sokoliks made our evening with their lively performance.



## Marie Provaznikova

By Dasa Merkova



**1948 Summer Olympics: London: Marie Provaznikova, a Czech who was President of the International Gymnastics Federation, was the first person ever to defect from the Olympics because "there is no freedom of speech, of the press or of assembly." In 1948, Czechoslovakia had recently become a satellite of the Soviet Union, and Provaznikova knew her country wouldn't be the same. She fled to the United States, where she later taught gymnastics. Provaznikova lived in the U.S. until 1991, dying at 101.**

Provazniková was an innovative teacher who advanced girls' and women's gymnastics as Women's Director of Czech Sokols. She served on the governing board of the Federation of International Gymnastics, was an organizer of the 1948 Olympics. She assembled the Czechoslovak Women's Gymnastic team, winning the London Olympics gold medal. Due to the Communist takeover, she defected to the U.S. where she continued her work with the American Sokols, by training teachers and coaches of gymnastics, and as a college professor. She wrote several books and played a key role in the establishment of Rhythmic gymnastics as a sport.

None of the women left such a deep mark in Sokol as a professor at the university club for the education of physical education teachers at secondary schools. She was born during the Austro-Hungarian Empire in 1890. Her Sokol life began two or three years before the end of the 19th century and lasted an incredibly long time: through WWI (1914-18), the Czechoslovak Republic 1918, WW2 (1939-45), Communist putsch (1948), and Velvet Revolution and Iron Wall Fall (1989).

She started in Sokol Karlin as a student. After the First World War, she was a member of the women's team of the Česká obec Sokolská (ČOS), and in 1931 she became the head of ČOS women division – "náčelnice".

Provazniková worked hard to include skiing in the Sokol training program, led women to do figure skating, swimming and rowing, reformed the women's gymnastic practice, and tirelessly wrote about all this. During her tenure as chief of staff, Provazniková participated in the organization of the Sokol Slets in 1932, 1938, and 1948, especially women's performance at the Slet in 1938 with over 30,000 performers in the stadium. She was a gymnastic team leader for the Olympic Games in London (1948) and did not return home from them in view of political events in Czechoslovakia. She spent the rest of the year in London and after Christmas, she moved to the United States to her new home. She was 58, even though working as a physical education professor in New Jersey, she continued to devote herself to the Sokol organization. She helped establish the headquarters of the Czechoslovak Sokol Abroad, which set out to protect the Sokol legacy until the totalitarian conditions of preserving and cultivating Sokol's democratic ideas in Czechoslovakia disappeared. Provazniková considered it one of her life tasks. At an advanced age, she worked for several years at the headquarters of the Czechoslovak Sokol Abroad as chief, deputy chief, and journal editor.



The socio-political changes that took place in Czechoslovakia in 1989 filled Maria with great satisfaction. Her dream was to return to her native homeland: "Not only Prague attracted me", but she also stated in one of her letters in the early 1990s:

"I wanted to be with you". As a witness to the old days, she believed that she could bring to the renewed Sokol the ideals she considered to be the legacy of the First Republic and that she proclaimed in exile for four decades. Even at the age of 100, she was called and had a major influence on what was happening in Sokol. She planned her trip to the Czech Republic which she never made. She died at the beginning of 1991. During her wake, NY Sokol played her message, urging Sokols to stay true to



lyrs's and Masaryk's legacy, to stay truthful. The Sokol ideals are based on a true character as it was during the First Republic. *At that time, we all trusted each other, and that is why we did well.* A few months later, her urn was transported to Prague and is in Sokol Prague-Strašnice with other past Sokol Leaders.

You can learn more about her story and her association with the Sokol movement in an online event [A WOMEN TO REMEMBER](#).

**Source:**  
[Wikipedia](#) | [GymnasticHistory.com](#) | [SokolMuseum.org](#) | Magazine Sokol 01/21 (COS)



## A WOMAN TO REMEMBER

### MARIE PROVAZNÍKOVÁ (1890 –1991)

**Sunday, APRIL 10, 2022 at 2PM (EST)**

**ONLINE**

APR 10

**A Woman to Remember: Marie Provazníková (1890 –1991)**

by Czechoslovak Society of Arts and Sciences(SVU), New York Chapter

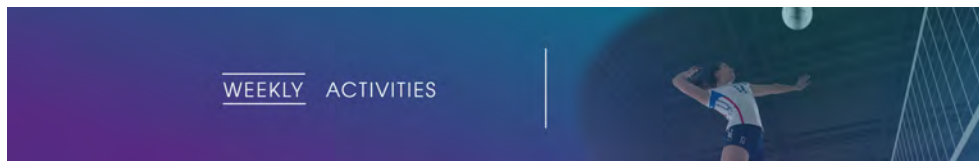
166 followers [Follow](#)

Free



Organized by Czechoslovak Society of Arts and Sciences (SVU), New York Chapter, in collaboration with Czech Sokol (Česká obec sokolská) and Sokol USA, with the support of the Bohemian Benevolent and Literary Association in New York.

A tribute to a visionary leader of the Sokol organization and innovator in international women's gymnastics. Register at [Eventbrite](#)



## Volleyball Fridays



**WHEN:**  
Fridays from 8-10 pm

**WHERE:**  
[Jackson Middle School](#)  
Main Gym (Room 304)  
[3020 Gallows Road Falls Church, VA 22042](#)

**CONTACT:**  
Radovan Kohlmayer  
[sports@sokolwashington.org](mailto:sports@sokolwashington.org)

Pick-up volleyball has been a favorite weekly adult sports activity for our members and friends of both genders, varied ages, and skill levels for many years.

## Pepik's Peeps: Sokol for Life

*By Dasa Merkova*

Minisokoliks are moving outdoors! We have enough daylight to return to Carderock Park. We had our first outdoor session and tested our climbing skills by completing a Ninja Obstacle course with a climbing ladder, flying on a swing like an airplane, and walking on a slackline.

We also joined our Sokol team in the Run for Ukraine. We ran with the Minisokoliks on Tuesday, March 22. We warmed up by running the alphabet. Everybody had a chance to run 50m segments, and each component received a token to place in a cup. Our goal was to fill it for Free Ukraine. We know that Minisokoliks have small steps, but everybody joined, and we jointly completed 10km.



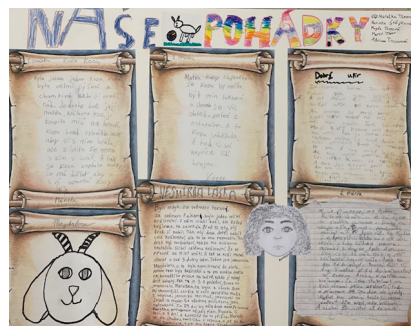
## My Advanced Czech Grammar Fairy Tale Class

By Radmila Percy

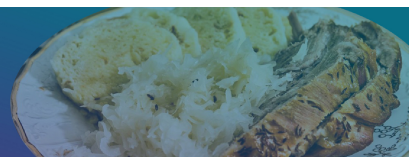
We all love fairy tales! In our last two classes, children learned about the literary genre of *Fairy tales*.

They got acquainted with various types of fairy tales, such as the *folktale* (collected by Karel Jaromír Erben and Božena Němcová) and *fairy tales by authors* such as Karel Čapek, Jan Werich, and Zdeněk Svěrák.

For homework, children wrote their original fairy tales. Beautifully illustrated, they presented them on posters.



## TRADITIONAL RECIPES



By Monica Rokus

## KNEDLÍKY (CZECH DUMPLINGS)

Czech cuisine consists of comforting recipes for soups, stews, and meat dishes such as pork, beef, poultry, and game birds. Czech dumplings are distinct sides to many meals.

If you like Czech food, make this authentic recipe! Czech Dumplings (Knedlíky) is a traditional side dish that uses dough similar to bread dough. They're boiled and sliced and served with several dishes. They are served with saucy stews and roasts like Czech beef goulash (hovězí guláš), Czech marinated roast beef with creamy vegetable sauce (svíčková), roasted pork (vepřo knedlo zelo), goose or duck.

### Ingredients

- 1 ½ cups milk (warm to the touch) 1 teaspoon granulated sugar
- 1 teaspoon dry active yeast
- 1 large egg
- 4 ¾ cups (635 grams) quick-mixing or instant flour (such as [Wondra flour by Gold Medal](#), not all-purpose or bread flour.)
- 1 ½ teaspoon kosher salt

### Instructions

- Combine the warm milk, sugar, and yeast. Let it mature (rest) for about 10 minutes. Beat the egg and add to the mixture.
- Combine the flour and salt in a large mixing bowl. Stir in the milk and egg mixture. Knead together for a few minutes until smooth. The dough can be a bit tacky but shouldn't be sticky. If it's sticky, add a bit more flour. Cover with a towel and let it rise in a warm place for about two hours or until doubled in size.
- Divide the dough into thirds, and shape each piece into a 2-inch thick rope. Cover with a towel, and let the shaped dumplings rise for 15 minutes.
- Meanwhile, bring salted water to a boil in a large pot (at least 10-inches wide). Boil the dumplings uncovered for 20 minutes, flipping them over halfway through. They will expand quite a bit.
- Remove from the boiling water and poke them immediately with a toothpick to let the steam out. Cool for at least 5 minutes before slicing. Use a serrated knife, thread, or dental floss and cut into ¾-inch-thick slices.





## Different varieties of Czech dumplings



There are many different ways to make Czech dumplings. They can be called *knedlo*, *knödel*, *kniddel*, and *knédli* depending on the country or culture of origin, including Germany, Austria, Poland, Hungary, and Slovakia.

**Bread** dumplings, or *houskový knedlíky*, uses diced stale bread, flour, milk, eggs, and leavening.

**Bramborové knedlíky** or *potato dumplings*, use mashed potatoes, eggs, flour, sometimes butter.

**Karlovy Vary dumplings** or *Karlovarský knedlík* uses coarse flour, rolls, milk, eggs, parsley, and nutmeg. Versions of these dumplings are also standard in some of the surrounding countries.



## The Czech and Slovak Heritage Association of Maryland



APR  
03

### SPRING FESTIVAL- Czech and Slovak Easter Traditions

by CSHA Maryland

[Follow](#)

Free

Invites you to the SPRING FESTIVAL - Czech and Slovak Easter Traditions.

**WHEN:** April 3, 12-5 pm

**WHERE:** [Maryland State Game & Fish Protective Association](#), 8735 Honeygo Boulevard, Perry Hall, MD 21128

**RSVP:** [Eventbrite](#)

CSHA – Czech and Slovak Heritage Association) will provide live music (Orchester Praževica), delicious food, pastries, beer, soft drinks, and coffee. The program also includes traditional Easter activities for children: egg coloring, pomlázka making, egg hunt, face painting, games, etc.

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## Camp Hostyn in Quebec Canada

**www.hostyn.org**

 <p><b>HOSTYN SUMMER CAMP</b></p>	<p><b>PRICES</b> \$ 440 / week \$ 840 / weeks \$1,040/ weeks [Families get 10% discount for each additional children]</p>	<p><b>JULY 3 TO 23 2022</b></p> <p><b>AHOJ!</b> </p>
	<p><b>SIGN UP!</b></p> <p><b>CONTACT:</b> <b>DR. JOE MAXANT</b> (450) 465-4844</p> <p><b>ONLINE:</b> <b>CAMPHOSTYN@GMAIL.COM</b></p>	

The camp was founded in 1954 by the Jesuit Fr. Bohuslav Janíček.  
We have been successfully organizing a children's camp for the last 20 years.  
Applications for participation in children's camp or summer work are available at [www.hostyn.org](http://www.hostyn.org).

Zdravím všechny, Josef Maxant

*We are currently looking for a head chef and a [leader to lead children \(paid jobs\)](#)*



## The First Slovak Crystal Show

Friday, April 8, 2022 between 4:00 – 7:00 pm  
at the Slovak Embassy in Washington D.C.

Come and enjoy the fragile and sparkling beauty of the best Slovak glass and crystal products from Sonne Crystal, Peter Dolinaj, Rona, R- Glass and Denisa Piatti.

**The First Slovak Crystal Show** Friday, April 8, 2022, 4:00 – 7:00 pm  
[Slovak Embassy in Washington D.C.](#)

Eventbrite

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## Shop with Amazon Smile and Support Sokol Washington, DC



Please support us every time you shop at Amazon through [AmazonSmile](#), at no cost to you. It 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 visit to AmazonSmile. Amazon will automatically donate 0.5% of the total they receive from your shopping through Amazon Smile, at no cost to you.

**How to Turn on AmazonSmile in Your Amazon App:** Open the App and find 'Settings' in the main menu (≡). Tap on 'AmazonSmile' and follow the on-screen instructions to turn on AmazonSmile on your phone.

**Your Smile will directly benefit all our activities and is greatly appreciated!**

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## Make a Difference - Support Our 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.



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## We are on Social Media

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 and Instagram

If you have a cultural, folk, educational or sporting/athletic event you would like to share with our members, please **CONTACT:** [media@sokolwashington.org](mailto:media@sokolwashington.org)

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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

**CONTACT:** [membership@sokolwashington.org](mailto:membership@sokolwashington.org)

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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.

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## 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](mailto:sokol@sokolwashington.org) is included in your Contacts/Mailing list and does not end up in your Spam or a Trash box

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