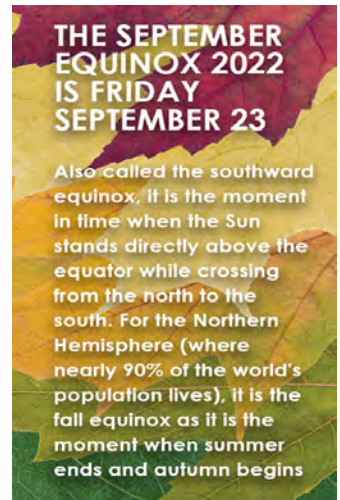




Vacations and lazy days of summer are almost over. Days are shorter, and nights are cooler. The sunlight becomes less intense. A month of new beginnings - September marks the return to familiar routines. It gives the enthusiasm for new beginnings and a fresh start.

With new energy, we are focusing on creating exciting programs and events such as Family Camp-Henlopen, Bike Memorial, Membership Picnic, Sokol Run, Walking Marathon, Mikulaška Party, Ski Trip, Sibrinky, Masquerade on Ice, Volleyball Tournament, Tennis Tournament, and more. We are planning a new program **ZZZ - Zálesácký závod zdatnosti** - Camp - Learn - Race.

We hope you that will enjoy and participate. We look forward to a successful year with old and new activities, fun events exciting programs, and seeing you all.



## IN THIS ISSUE

### UPCOMING

Membership Meeting – Wednesday, September 7

Family Camping, Henlopen State Park, DE – September 3-5

Back to School – Friday, September 9

Membership Appreciation Picnic – Sunday, September 25

16th Annual Kozak Memorial Century Cycling Event – Saturday, October 1

Pediatric/Geriatric Walking Marathon – Saturday, October 22

Annual Sokol Run – Saturday, October 29 (registration deadline October 1)



### RECAPS

Bike Nonstop US

Sokol Convention in Ennis, TX – June 9-12

Altman Sisters at the World Champs



### **SOKOL WEEKLY ACTIVITIES**

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Czech and Slovak School

Sokolik – Folklore Dancing and Singing

Sokol for Life with Pepik



### **MUSIC/BOOKS CORNER**

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Jiri Trtik – Concert for Forest

### **IN THE COMMUNITY**

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Niagara Illuminated in the Colors of the Slovak Flag

Mutual Inspirations Festival 2022 – Voskovec & Werich

Movie Night at Avalon – The Last Race



### **TRADITIONAL RECIPES**

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Tomato and Pepper Stew - Lečo



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Sokol Washington, D.C. Facebook & Instagram

Thank You

Did  
You  
Know

?

It is an understatement to say that the Czech Republic has a strong beer culture. Famous for being the birthplace of pilsner, the country consumes more beer per capita than anywhere else in the world. Beating out Germany, Ireland and Belgium, the country drinks on average about 161 liters of beer per person each year.



## CZECHIA CONSUMES MORE BEER PER CAPITA THAN ANYWHERE ELSE IN THE WORLD.



1. The Czech Republic consumes more beer per capita than any other country in the world.
2. Czech beer has been brewed since 993 AD (at least).
3. In Prague, beer is cheaper than bottled water.
4. The Czech Republic has its own Budweiser... since 1785.
5. You can sleep in a Czech brewery.
6. Traditional bars serve only one brand of beer.
7. The tram in Prague has a beer car.



**SEPTEMBER 3-5, 2022**  
**LABOR DAY WEEKEND**



# **CAMPING**

## **AT CAPE HENLOPEN STATE PARK**



Please join us at Cape Henlopen State Park for camping during  
**Labor Day weekend | September 3-5, 2022**

**Where:** Primitive group camping

**Check-in** on September 3 between 12 pm - 4 pm

**Leave** on September 5 before 11 am

**Activities:** Camping, beach activities, biking around the state park on designated biking paths (bikes can be rented for free) and more.

**For more information** contact [mens.director@sokolwashington](mailto:mens.director@sokolwashington)



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## **ANNUAL MEMBERSHIP MEETING**

**WEDNESDAY, September 7, 8:00 PM**

You are welcome to join us at our Annual Membership Meeting, share ideas, and participate in planning of future events. It will include elections of 2022-23 Officers. Please take this opportunity and play an active role. Be a part of shaping our unit's future and meet our new board.

**We meet every 1st Wednesday at 8 PM in the community library.**

**If you are interested, 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!

Little Falls Community Library, 5501 Massachusetts Ave, Bethesda, MD 20816

# BACK TO SCHOOL - weekly activities registration is open!



## American Sokol Czech and Slovak School Registration

We are still accepting registrations for the new school year. Please fill out our [online registration](#) school form and join us on **September 9, 2022**, at Carderock Spring Elementary school at 6:30 pm to start our regular activities.

### FRIDAY

[Carderock Spring Elementary School](#)

#### Language SCHOOL (75min)

The School offers three levels in each Czech and Slovak language – preschool, beginner, and intermediate. The ages range from 3 to 5 for preschool and 6 to 14 for beginner and intermediate levels. The availability of classes depends on interest. Classes last 75 minutes. All teachers are native speakers. The availability of classes is limited.

Children learn through games, songs, and rhymes. With older children, we are using modern Czech/Slovak textbooks used in Czech/Slovak schools, Czech textbooks for foreigners, and many other advanced tools. [READ MORE](#)

#### Gymnastics for 3+ (60 min)

The children learn the basics of gymnastics, such as rolls, handstands, cartwheels, and various jumps using mats, parallel bars, rings, and a vault. Children do not have to participate in language classes to participate in gymnastics.

#### Friday Club

Open to all parents and Sokol members. We plan to circle different activities, plan regular exercise classes for adults (YOGA), and hold special workshops and movie nights.

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

### TUESDAY

[Carderock Park](#)

6:00 pm

#### Mini-Sokolik for Children 3-6 (45 min)

This program follows a unique curriculum for children from 3-6 years old. It will help children develop and practice physical skills appropriate to their age and manipulate balls, ropes, and other gymnastic tools. This activity takes place mainly in the park, and during the winter, we use library meeting rooms.

#### Sokolik (60 min)

Folklore singing and dance group. All year-round activities will prepare children for solos and performances at special events. The group is divided into subgroups by age.



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

We hope to see you there - all are welcome, member or not!

*We are accepting applications for children three years old and up.*

***Are you interested in teaching Czech and Slovak language classes at any level?  
Contact our school representatives for openings at [school@sokolwashington.org](mailto:school@sokolwashington.org)***

## Eastern District Annual Meeting at Sokol Baltimore

September 24, 2022 | 1-4 pm

### Sokol Baltimore

[3218 Noble St., Baltimore, MD](#)



Sokol Baltimore is celebrating its 150th anniversary this year. You can read about their rich history on their website at <https://www.sokolbaltimore.org/history>.

They will hold an **open house** just before the annual meeting from 1-2 pm. Let us know if you are interested in joining us.

After the open house, there will be an **Annual Eastern District meeting**. Join us for reports about past activities and elections of new officers for the following year.

**What is Eastern District?** The American Sokol Organization is divided by geographical location into five districts. Sokol NY, Sokol Little Ferry, Sokol Baltimore, and our unit, Sokol Washington, D.C., are all part of the Eastern District. More information about the structure of our organization is at <https://www.sokolwashington.org/community/sokol-worldwide/>.

## Membership Appreciation Picnic





**Sunday, September 25, 2022 | 12:00 - 5:00 pm (Rain date: October 15)**

[Fletcher's Cove Boathouse](#)

4940 Canal Rd NW, Washington, DC 20007

Sokol members and friends of all ages meet at Fletcher's Boat House on the C&O Canal in Washington, D.C., to enjoy games, boat rides on the canal, and, of course, the delicious klobásy and other traditional delicacies – all complimentary. Over the years, the Membership Appreciation Picnic has become one of our most enjoyable and popular events.

For more information, contact: [events@sokolwashington.org](mailto:events@sokolwashington.org)



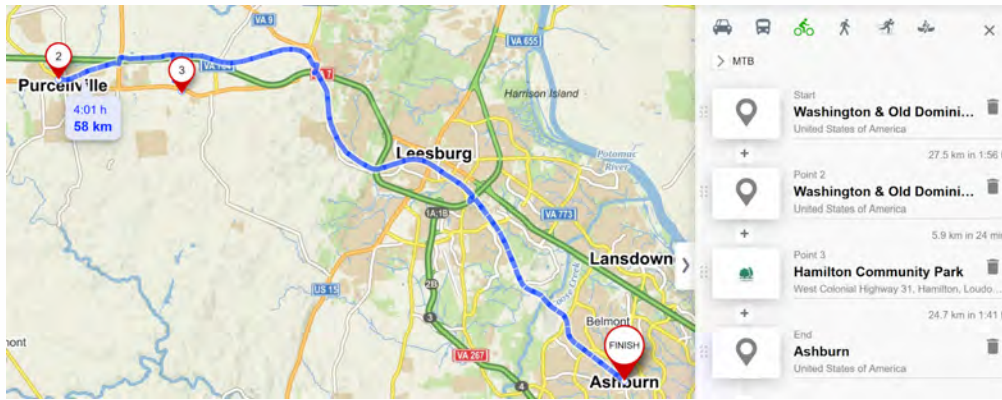
*Fletcher's Cove is a park and recreation area owned and managed by the National Park Service, located at 4940 Canal Road, Washington D.C., between Chain and Key Bridges, part of Chesapeake and Ohio Canal National Historical Park. Fletcher's Cove, called by many "Fletcher's Boathouse," has been in this location since the 1850s and is renowned as a fishing and recreational area in a natural cove formed in the rock of the Potomac riverbank. The area surrounding the boat house was officially named Fletcher's Cove, though most people still call it Fletcher's Boat House.*

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## **ANNUAL KOZAK MEMORIAL BIKE RIDE**

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 routes lead 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!



**WHEN:** Saturday, October 1, 2022 (Rain date: October 2)

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

**Please register by September 26, 2022**

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 Saturday, October 1, in Leesburg at the intersection of [Harrison St. SE and the Washington and Old Dominion Trail](#) and bike to Hamilton Community Park, Hamilton, VA (13 km) or both ways (26 km)

**CONTACT:** Michal Jarnik at [mjarnik@gmail.com](mailto:mjarnik@gmail.com)

## Pediatric/Geriatric Marathon



**Saturday, October 22, 2022 at 9:00 am**

[Violettes Lock](#)

Walk with us along the C & O Canal. Sokol Washington members and friends meet every year on a pleasant October day to walk along the C&O Canal. Meet at Violette's Lock and walk towards Harper's Ferry and back, total distance is 42 km 195 m, but, as the name suggests, it is an event for all ages and skill levels, and the walking distance is self-determined.

Register and contact: Pavel Klein [KleinP@epilepsydc.com](mailto:KleinP@epilepsydc.com)



## SOKOL RUN is back!



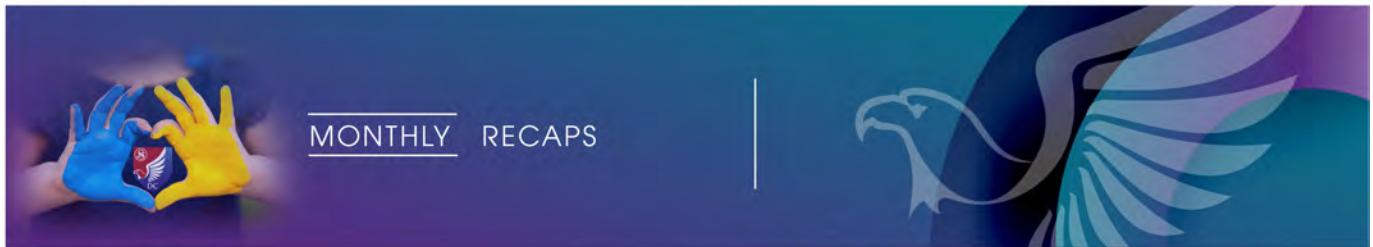
**Saturday, October 29, 2022, at 8:00 am.**

103 years ago, Sokol members in Czechoslovakia organized an anniversary run for the young Republic (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 fourth year, Sokol organizations have rejuvenated this idea and are organizing runs in many locations in the Czech Republic and abroad. The American Sokol Washington, D.C. would like you to join this race at Meadowbrook Park, Chevy Chase, MD, on Saturday, October 29, 2022, at 8:00 am.

**Register by October 1** at [behrepublikyid.cz](http://behrepublikyid.cz) and pick the location of the race in Washington, D.C.

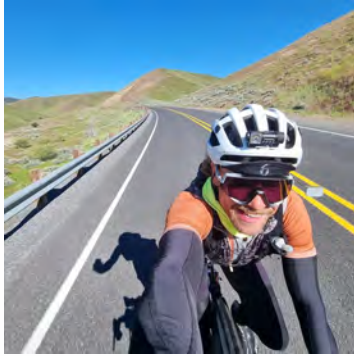
**Fees: \$13** for adults, the **free short race for kids** (up to 15-year-olds), T-shirt (optional; it will be delivered on race day) at [Meadowbrook Park](#).

For additional information, contact [events@sokolwashington.org](mailto:events@sokolwashington.org)



## Bike Nonstop US - Bike Race

*By Milos Toth*



On June 17th, 2022, our organization received an email from **Aleš Zavoral** informing us about his intention to participate in the bike race **Bike Nonstop US** and seeking help after he would arrive at the finish point, which was Washington, D.C. The starting point of the race was in Portland, Oregon. The length of the race was 3,528 miles (approx. 5,700 km). He was starting on June 19th, expecting an arrival between July 7th and July 14th, with 12 participants. We replied to Aleš's email and offered to help him upon arrival in Washington, D.C.

Aleš's performance in the **Bike Nonstop US** race was impressive. He crossed the finish line in first place in 18 days and 11 hours on July 7th, 2022. Each day he biked about 200 miles (320 km) with an average speed of 12 mph (20 km/h). The second racer crossed the finish line in Washington, D.C. 4 days later, the third one seven days after.

One of our board members offered Aleš accommodation in her house after he finished the race. He shared about his adventures from the bike race with several of our members and friends in the evening before he left back home to the Czech Republic (Aleš is in the picture in the middle holding the Czech flag).

We congratulate Aleš Zavoral for his excellent triumph during to **Bike Nonstop US** race, and we wish him all the best in his other bike races.

*Note:* You can find more info about the bike race here: <http://trackleaders.com/bikenonstop22>

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## Sokol Convention in Ennis, TX, June 9-12

By *Dasa Merkova*





After four years, I was again ready to travel to the Sokol Convention. This time it was my first travel as a delegate of our unit. To be a delegate is not simple. You must follow the chain of emails, reports, and forms well ahead of the meeting, read information from committees, inform unit officers about changes and collect their thoughts. Finally, after six months, I had to take leave from work and travel to the city that was hosting the Convention. It was in Ennis, TX. You participate for hours and days in the Sokol Hall, follow discussions, comment, vote, talk about your unit's problems and successes, listen to others, and share ideas during official meetings and breaks. It might not sound that

appealing, but the truth is, it was gratifying. You meet people from Sokol units like yours who have both very similar and vastly different challenges from yours. Still, they share your enthusiasm. They are people who live for Sokol. People radiate energy and willpower and continue to say "Nazdar!" to new generations in gym classes, Sokol camps, language schools, or folklore dance groups. Sokol Ennis was a perfect host! I hope I brought back some of that Sokol Energy to our unit. But what is the reason for such a meeting? The Sokol Convention has the authority to update bylaws, review organization finances, and elect new officers for the next four years. I hope we did our share in Texas and that Sokol will take a fresh breath after Covid and resume all functions and activities.

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*(PHOTO) The following delegates represented the Eastern District and Units at the Convention 6/9-12 at Sokol Ennis in Texas – District: Irene Wynnyczuk, Judy Badalamenti, Julie Slavik-Weiss, Nancy Sijansky Hellegers, Joseph Ehrenberger – Units: Kate Ehrenberger (Baltimore), Ellen Nyemcsik (Little Ferry), Donna Sbriglia-DeChecchi (N.Y.), Dagmar Merkova (Washington, D.C.)*

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## **Altman Sisters about Sokol on Czech iRadio!!**

Marcella and Isabella Altman represented the U.S. in the [2022 ICF JUNIOR AND U23 CANOE SLALOM WORLD CHAMPIONSHIP](#) in Italy this July. Fifteen countries took part in the TIP in **IVREA, Italy - July 5-10, 2022**

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Marcella and Isabella Altman interviewed by [iRozhlas](#).





## WEEKLY ACTIVITIES

### Weekly activities registration is open! [REGISTER NOW](#)

#### FRIDAY SEPTEMBER 9, 16, 23, 30

- 6:45 pm **Czech and Slovak language school**
- 8:00 pm **Gymnastic for children**
- 7:00 pm **Parents Friday Club**: social hour, movie night, yoga/strength training, crafts (drop in)

CONTACT: [school@sokolwashington.org](mailto:school@sokolwashington.org)

#### TUESDAY SEPTEMBER 13, 20, 27

- 6:00 pm **Sokol For Live**
- 6:45 **Folklore singing and dancing**

CONTACT: [se.sokolem@sokolwashington.org](mailto:se.sokolem@sokolwashington.org)

## MUSIC/BOOKS CORNER

By *Mirka Mimrova*

### Jiří Trtík and his Concert for Forest

**Jiří Trtík** is a young Czech composer, conductor, and educator. He created and was involved in many interesting musical projects in the Czech Republic, the USA, and many other places. In his classical music compositions, he is, among other things, strongly inspired by nature and goes beyond by exploring the mutual relations between nature and mankind and the consequences human activity may have on nature. However, he does not want to be called an environmentalist as he feels that any movement that goes to the extreme may become propaganda and be harmful in the end.

Jiří earned his bachelor's and master's degrees in composition from the Cleveland Institute of Music, where he lived and studied for four years. He considers his study stay in the USA a significant experience in many aspects. He describes it as highly professional, encouraging students to get deeply immersed in their studies and work hard. In addition, his stay in another part of the world has expanded his views in general. Currently, he lives in the Czech Republic, composes for various international orchestras and ensembles, and teaches at The Department of General Theory at the International Prague Conservatory. He was successful in several music competitions. He won the WCSMS 2018 Promising Young Composers Competition. He received 2nd price and Special Prize for The Best Czech Composition at the International Composition Competition Generace 2019 at the Janáček International Music Festival in Ostrava.



He received 2nd price and Special Prize for The Best Czech Composition at the International Composition Competition Generace 2019 at the Janáček International Music Festival in Ostrava.

His family comes from Číhošť, and thus Jiri has been strongly influenced by the fate of Father Josef Toufar. He was tortured to death by the communists in 1950. It inspired Jiri to put one of Toufar's prayers to music in 2015, and the composition is called My Jesus (Můj Ježíši).

Nature is an excellent source of motivation for Jiri. After visiting Yellowstone, he wrote

the composition Echos of Yellowstone (Ozvěny Yellowstonu).

Concert for Forest was one of his most significant recent projects to reestablish our connection to nature. Jiří was the author of the music, and established ensemble STRO.MY to this end, and raised money for it by crowdfunding. This



unusual concert took place this July in an untraditional environment of a cut-down forest in Mnisek pod Brdy. The musicians played in the woods, and the chorus represented the dead trees walking inside the forest while singing. Jiří says that this was a unique and very moving experience for him.

More about Jiří and his work is at the following links:

[www.jiritrtik.com](http://www.jiritrtik.com) | [stro.my\\_ensemble](https://open.spotify.com/album/37920112000000000000000000000000) | [youtube](https://www.youtube.com/channel/UC...)

[vltava.rozhlas.cz](http://vltava.rozhlas.cz): [Fagot je pro me velke tema, prinasi moi do ivota stesti.](#)

[plus.rozhlas.cz](http://plus.rozhlas.cz): [Jsem z Cihoste - mam idealy a budu je mit](#)

IN THE COMMUNITY



## Niagara Falls is illuminated in the colors of the Slovak flag.



We are pleased to inform you that  
Niagara Falls will be illuminated in the Slovak tricolor to celebrate  
30th Anniversary of the Constitution of the Slovak Republic

on September 1, 2022 from 10PM to 10:15 PM EST

GOOD IDEA SLOVAKIA

Ambassador Vít Koziak, teamed up with the Slovak Embassy in Washington, DC, Ambassador Radovan Javorčík, and are bringing you a unique opportunity to celebrate the 30th anniversary of the Constitution of the Slovak Republic.

This unique cross-border event will connect Slovaks on both sides of the Canadian - U.S. border and will celebrate the



strong partnership and friendship of Slovakia with Canada and the United States of America.

Join us on September 1, 2022, at 10 PM EST in person or via a web camera at this link <https://www.cliftonhill.com/niagara-falls/livecam>

[#Slovakia](#) [#GoodIdeaSlovakia](#) [#SlovakiaInUS](#) [#ProudToBeSlovak](#) [#Niagarafalls](#)

*“The lighting of Niagara Falls, specifically the Canadian Horseshoe Falls, in Slovak colors is a symbolic demonstration of the long-term interaction between Slovakia and Canada. Common democratic values, as well as the large indigenous community. Slovak island in Canada, creates a good relationship between the two countries.*

“ said Slovak Ambassador to Canada Vít Koziak.

---

## Czech Embassy Events



**The Mutual Inspirations Festival 2022 – Voskovec & Werich** will build upon legacy as well as today’s thirst to see and experience art, theater, film, and dance. Voskovec and Werich are the embodiment of artistic success on either side of the Atlantic, which we hope inspires new collaborations and enriches the arts. We look forward to seeing you at our events! <https://www.mutualinspirations.org/>

- **Film and Beer Night!** The Embassy of the Czech Republic will launch the Festival with a film and beer night featuring the duo’s slapstick comedy Heave-Ho! (Hej -rup!). **Tuesday, September 6, 2022, 6:00 PM – 8:00 PM** <https://www.eventbrite.com/e/mutual-inspirations-festival-launch-film-and-beer-night-tickets-405327263757>
  - **Book Talk** – The Embassy of the Czech Republic will host a talk on two books, Recovering Face and The Politics of Joking, with author and esteemed cultural anthropologist Dr. Jana Kopelent-Rehak at the Czech Embassy on **Friday, September 16, 2022, 6:00 PM** <https://www.eventbrite.com/e/book-talk-recovering-face-the-politics-of-joking-tickets-405334154367>
  - **Fitness Challenge** – the Czech Embassy’s main hall will turn into a training facility with DC’s leading personal trainer, coach, and fitness specialist, Tomas Trnka, on **September 21, 2022, 5:30 PM**
  - **Mountaineering Day** - the Embassy of the Czech Republic, in collaboration with additional member states of the European Union National Institutes of Culture (EUNIC), invites you to Mountaineering Day on **September 24, 2022, 10:00 AM to 2:00 PM**
-

# Movie Night: The Last Race

The Avalon Theatre will screen *The Last Race (Poslední závod)* on September 14, 2022, beginning at 8 pm. The drama recounts the true story of Czech skiing pioneers Bohumil Hanč and Václav Vrbata, who participated in a skiing race in Krokonoše mountains in 1913.

For more information visit [Avalon Theater](#)

## TRADITIONAL RECIPES



By Monica Rokus

## Tomato and Pepper Stew - Lečo [lecho]

### A perfect summer meal

The season of fresh vegetables is peaking. This tomato and peppers stew (Lečo) dish uses the freshest summer ingredients like ripe tomatoes, green and/or banana peppers, and optional zucchinis. The preparation is simple, and the result is tasty, seasonal, and above all, full of vitamins.

*(You can prepare this dish using fresh or canned vegetables, whichever you have on hand throughout the winter.)*

**NOTE:** Onions should be sliced, not finely chopped. All vegetables peeled.

Roast the peppers, peel, and slice. Scald the tomatoes with boiling water, peel, and slice.

This method is tedious – you can use raw vegetables without peeling.

### Ingredients

- 1 onion
- 2-3 cloves of garlic
- 3 tomatoes
- 4 peppers
- summer zucchini (optional)
- 3 eggs
- 1 cup tomato sauce
- salt
- ground pepper
- sweet red paprika  
(smoked red paprika optional)
- sausage (optional)



### Directions

In a dutch oven or other heavy pot, heat one tablespoon of oil;

Add sliced onions and cook for 3 minutes;  
Add two chopped pieces of garlic and one tablespoon of fresh thyme and cook for another minute;  
Add one tablespoon of tomato paste and 1 cup of sausage (if using one) and cook for 5 minutes;  
Add cubed tomatoes and zucchini (optional);  
Add 1 cup of tomato sauce, one teaspoon of sweet and smoked paprika (you can add 1/4 teaspoon of hot Hungarian paprika for a spicier version);  
Add eggs and mix;  
Season with salt and pepper, cover, and let it simmer for 20 minutes;  
Serve with fresh bread or rice.

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American Sokol Washington, DC gratefully acknowledges a \$2,000 **grant from the American Sokol Foundation** for this year's Christmas Party fundraiser (Mikulasska) that will be held in early December. The grant was approved for our application that argued that our activities, including the Christmas party, are crucial for the further development of the Sokol Washington unit. Namely, we expect that it will:



- Increase awareness of the Washington region's Sokol Washington DC unit activities.
- Raise the paid membership in the Sokol Washington DC unit.
- Attract young families with children to become regular participants in the Sokol Washington activities.



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

Please support us every time you shop at Amazon through [AmazonSmile](#), at no cost. 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.



## 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 Trash box.

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Washington, D.C. Chapter, is a 501(c)(3) non-profit organization and all of its officers are volunteers.

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Please send news, articles, and pictures before the 15th of the prior month.

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



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