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Join Us and Make a Difference – Support Your Sokol Washington, D.C.

Sokol Washington, D.C. Facebook & Instagram

Thank You



We bring you the first edition of our monthly newsletter after the summer break. The sunny days have flown by like water, and with them comes the beginning of a new school year and a period full of new opportunities and adventures. For many of you, September signifies a return to school desks, reuniting with friends, and a return to clubs and activities that enrich our free time.

In this issue, we will provide inspiration and information about Czech and Slovak community events to help you make the most of the upcoming period.

We look forward to your continued readership and thank you for your support. We wish you a successful start to the new school year, and hope to see you at our upcoming events, annual membership meeting, and/or at our Friday School and Gym activities!

UPCOMING EVENTS



Labor Day Weekend Camping



Cape Henlopen State Park | September 2-4, 2023 |

Cape Henlopen State Park for camping during Labor Day weekend

Camping: Primal group camping (portable toilets and running water available)

Activities: Swimming, wading, ice cream, surfing, and sand-castle building; Rent bikes from the local cycling club free of charge and cycle around the State Park on designated biking paths.

CONTACT: mens.director@sokolwashington.org

Annual Membership Meeting

WEDNESDAY, September 6, 2023,
8:00 – 10:00 PM



You are welcome to join us at our Annual Membership Meeting, share ideas, and participate in planning future events. It will include elections of 2023-24 Officers. You'll be able to 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, and we will send you more information.

If you wish to nominate someone for a position, please send your suggestion to: nomination@sokolwashington.org

2023/24 AMERICAN SOKOL WASHINGTON D.C. BOARD OF DIRECTORS						
						
President:	Vice President I / Education Director:	Vice President II/ Coresp. Secretary:	Treasurer:	Membership Director:	PR director:	Director of Men:
						
Director of Women:	Bylaws Chairman:	Auditors:	Board of Trustees:	Reconciliation Committee:	Recording Secretary:	Members at Large:

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

[Little Falls Community Library, 5501 Massachusetts Ave, Bethesda, MD 20816](https://www.littlefallscommunitylibrary.org/)

School Picnic

September 8 at Meadowbrook Park, 6-9 pm

Dear Czech and Slovak families and friends,

The new school year is upon us, and we are excited to share essential information regarding the Czech and Slovak School of our American Sokol Washington, D.C.

For this year, there are some changes, so please read carefully.

FIRST DAY OF SCHOOL

The first day of school is **September 8** – we will meet at [Meadowbrook Park \(7901 Meadowbrook Ln, Chevy Chase, MD 20815\)](#) at 6:45 pm. We will have school initiations for kids with their teachers and meet-and-greet for all new and old families. All kids and adults should wear sports clothes. We will also have some exciting outdoor activities (weather permitting).



Schedule and Location

This year, Sokol School will be at a new location - [Wood Acres Elementary School \(5800 Cromwell Drive, Bethesda, MD 20816\)](#). The school has a better-equipped gym, and we hope it will improve our gymnastics/sports classes.

The driving time remains roughly the same in most directions as in the previous location.

The schedule remains the same. We will meet on Friday evenings:

- Please arrive by 6:40 pm
- Czech / Slovak language and culture classes 6:45-8:00 pm
- Gymnastics / Sports class 8:00-9:00 pm

Regular classes at the Wood Acres School will start from **September 15** onwards.

Sokol Community

This year, we would like to organize community, sports, or social activities for parents while waiting for their kids. So please fill out [this concise questionnaire with five questions](#) to indicate whether you are interested in these activities and what special skills you could share with the Sokol community.

Registration

If you still need to register your children, please do so as soon as possible.

Please let us know if you have registered but need more time to attend.

We are super excited to start the new school year and look forward to seeing you all soon.

Last but not least, we would like to express our sincere gratitude to **Michaela Kiss**, who has managed and coordinated all school activities for the past 12 years. Her spirit, energy, and good humor brought life and smiles to many faces every Friday evening. We thank her for all that she has done for the school. Misa is stepping down and rejuvenating her energy. She will still be coming to our school and will be in touch, but the school's management will now lie in the hands of **Martin Hunka**, **Petr Kulic**, and **Dasa Merkova**. Do not hesitate to contact us at [this email](#) or personally, if you have questions, concerns, or ideas or want to talk.



Thank you



PEPIK'SPEEPS SOKOL FOR LIFE

We're starting! Our youngest members' first gathering will be on September 5th at Carderock Park. The local Sokol organization cordially invites you to join for physical activities, songs, stories, outings, and other activities for children aged 3 to 6. The "With Sokol For Life" program develops physical literacy and teaches a love not only for movement. Instruction mainly occurs in Czech but is open to all interested in Czech and

Slovak culture and language. It is adapted to the children's age and utilizes the methodology of the Czech Sokol program for the youngest children. If you have any questions and register, please email se.sokolem@sokolwashington.org. And follow "Pepik Peeps" down below in the regular activities section.

Where: [Carderock Park \(MD\)](#).

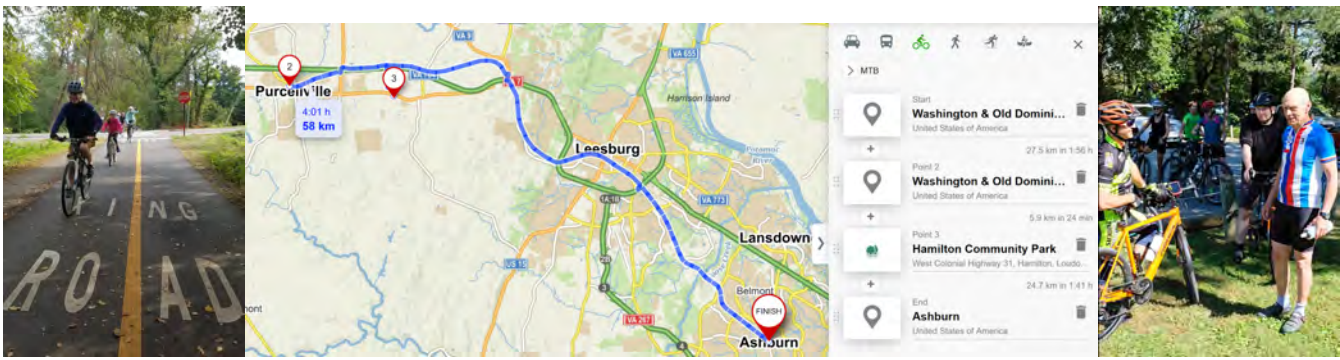
When: Every Tuesday

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 7, 2022 (Rain date: October 8)

WHERE: Old Dominion rail-to-trail and other parts of Northern Virginia/Southern Maryland.

Please register by September 26, 2023

RSVP: Michal.Jarnik@gmail.com

INSTRUCTIONS: Meet at 9:45 am on Saturday, October 7, on Washington & Old Dominion (W&OD) Railroad Regional Park Ashburn Parking Lot and bike to trailhead in Purcellville, VA and back. Stop by at Hamilton Community Park for a snack (26 km)

Our Director of Men, Miro Honzak, will lead younger kids or those interested in a **shorter route**, from Leesburg, please contact him for meeting place and time at mens.director@sokolwashington.org



Membership Appreciation Picnic

is planned for Sunday, October 15, 12- 5pm at the [Fletcher's Boathouse](#)

Join us for a delightful day of friendship, fun, and camaraderie at our Membership Picnic! A hidden gem for kayaking or paddle boarding, Fletcher's Boathouse in Washington, DC is a beautiful outdoor space tucked away along the Potomac River with scenic views that make you believe you're much further outside the city than you are. Celebrating our community and welcoming new members into our unit is a terrific opportunity. It is a day filled with engaging conversations, volleyball, delicious food, and compelling activities for all ages. Bring your canoe, paddle-board, or bike. Whether you're a longstanding member or a recent addition to our group, this picnic is a chance to forge new friendships and strengthen existing bonds.

Plan to bring your family and friends.

SOKOL RUN - FALCON RUN OF THE REPUBLIC



<https://www.behrepubliky.cz/washington/r47>

Sokol Run is an annual celebration of the founding of Czechoslovakia, and on October 28, we celebrate through movement! The inauguration of this new tradition saw the light of day in 2019 and became an instant success. Today, we have completed four years of celebrating the republic through this movement, and it continues to grow. Our recent event had nearly 7,000 participants across 61 municipalities, including eight abroad. Join us and celebrate the republic's birth through this movement – **See you on October 28!**

Just like in previous years, we are getting ready to hit the track to celebrate. The race will take place at our familiar site - Meadowbrook Park, where a 5km circuit awaits adult

athletes, a 1km track for our younger runners, and a 500m route for the youngest participants. Registration will close on **October 7**. If you're curious about this year's t-shirt, here is a [preview](#). Look at the Sokol Run website and read more about the fundraiser for Anetka's costly rehabilitation connected to her beloved [twirling](#).

This is just the perfect time for recreational runners to start with training. Slowly increase the distance and speed, and remember to stretch and hydrate!

You can follow training plans, motivate your friends, or just put on your running shoes and keep increasing your distance and speed. Remember to warm up and hydrate again more! Watch the movie [Zatopek at the Avalon](#) showing on September 13 for motivation!

Contact: Dasa (events@sokolwashington.org)

SUMMER RECAPS

Canoe/Kayak trip on the Shenandoah River





During the weekend of June 3, our water enthusiasts enjoyed this year's annual canoe trip down the Shenandoah River. Frolicking on one of America's most beautiful rivers, they paddled through the Valley with the National Park to the east and George Washington National Forest to the west. Some members started the weekend early camping at the Low Water Bridge Campground.

The First-ever Czech Olympic Run June 21, 2023






Despite the rainy weather, the first Olympic Run in Washington, D.C., was a great success! All the little and the adult athletes performed at their best level and relished true Olympic spirit! Thank you, [Embassy of the Czech Republic in Washington, DC](#), for co-organizing this great event with us!



The first ever Czech Olympic Run, currently the biggest annual sporting event in Czechia, was started in 1987 by legendary runner Emil Zátopek. Ninety locations in Czechia participated in the Olympic Run [T-Mobile Olympijský běh](#).

Washington, DC, was the first-ever abroad venue for the Czech Olympic Run. Heavy rain and wind gusts did not discourage fellow runners of all ages from participating in the race. After the warm-up, Ambassador Stašek commenced the race. Kids circled a one-kilometer-long track, followed by adults who set off for a 5 km loop around swollen Rock Creek, a feeder of the Potomac River. Everyone made it to the finishing line - some faster, some not-so-fast, but everyone with pride, joy, and courage by enduring the challenging conditions!

The event was co-organized by the Czech Embassy and American Sokol Washington, D.C. [Here is a link to the](#) article about the Olympic race that was featured last Sunday in the Foreign Correspondents' Notebook on Radiožurnál  Český rozhlas

DID YOU KNOW?





LONG TRADITION OF CZECH

Czech puppetry has a long tradition acknowledged by its inclusion on the UNESCO list of intangible cultural heritage. You can find carved wooden puppets as well as finger puppets in every souvenir shop. But did you know that you can go to see a puppet theatre performance? There are nine professional puppet theatres in the Czech Republic, and approximately one-hundred independent groups and three-hundred amateur companies.

PUPPETEERING



Popular czech marionettes which inspired the whole puppetry world: Spejbl, Hurvinek, Manicka, and Mrs. Katerina

WEEKLY ACTIVITIES

FRIDAYS



CZECH & SLOVAK SCHOOL

AMERICAN SOKOL WASHINGTON, DC

New School location!
Wood Acres Elementary School

5800 Cromwell Dr, Bethesda, MD 20816

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. Classes last 75 minutes. All teachers are native speakers. The availability of classes is limited and depends on the number of interested. Children learn through games, songs, and rhymes.

With older children, we use modern Czech/Slovak textbooks from Czech/Slovak schools overseas, Czech textbooks for foreigners, and many other advanced tools. [READ MORE](#)

GYMNASTICS 3+ (60 min)

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

FRIDAY CLUB

Open to all parents and Sokol members. We plan to rotate different activities, plan regular exercise classes for adults, and have special workshops and movie nights. CONTACT: school@sokolwashington.org

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 complete our [online registration](#) school form and join us on September 15, 2023, at [Wood Acres School](#) at 6:30 p.m. to start our regular activities.



[Carderock Park](#)

6:00 pm

MINI-SOKOLIK for
Children ages 3-6 (45 min)

This program follows a unique curriculum for children 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 program takes place mainly in the park; during the winter, we use library meeting rooms. CONTACT: se.sokolem@sokolwashington.org

TUESDAYS



IN THE COMMUNITY



51st!!!

SLAVIC AMERICAN FESTIVAL

SEPTEMBER 10, 2023 NOON - 6PM

AT EPIPHANY OF OUR LORD BYZANTINE CATHOLIC CHURCH

WWW.SLAVICAMERICANFESTIVAL.COM

Rummage Sale

Children's Games & Crafts

Slovak and Ukrainian Handcrafts

Herbal Apothecary

Religious and Folk Art

Books, Crosses, and Jewelry

Church Tours

Silent Auction

Polka Band

Take Out and Dine In Slavic Food

Bake Sale

Kolachi (nut rolls)

Get ready for Fall and join us for a day of celebration! Slavic food, cultural and religious items for sale, and fun for the whole family.

Free admission
Free Shuttle Parking
from 3301 Woodburn Rd
No pets, please



September 10

[Epiphany of Our Lord Byzantine Catholic Church](#)
[3410 Woodburn Rd, Annandale, VA](#)

Piano Concert: Matyáš Novák

September 12, 2023, at 6 pm



The Embassy of the Czech Republic welcomes award-winning pianist Matyáš Novák, who will perform a program of renowned Czech composers, including Dvořák, Smetana, and Suk, on September 12, 2023, at 6 pm. Unwind in an evening listening to exceptional pieces by Czech classical composers whose works have transcended time.

Location: Embassy of the Czech Republic | 3900 Spring of Freedom Street, NW
Washington, DC 20008

RSVP required: <https://matyasnovak.eventbrite.com/>

Admission is free.

AVALON
THEATRE
100 YEARS



One Show Only! | **Wednesday, September 13 at 8 PM**

Considered one of the greatest runners of all time, ZÁTOPEK stars Václav Neuzil as a long-distance runner and four-time Olympic gold medalist Emil Zátopek. The “Czech locomotive” achieved an unprecedented hat trick at the 1952 Summer Olympics in Helsinki, winning the 5,000m, 10,000m, and Marathon.

Czech with English subtitles

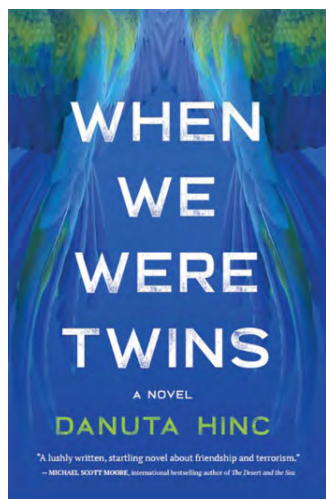
MORE



Book Launch

September 23 | 6:00 PM – 7:30 PM

Plamen Press's next official book launch is just around the corner, featuring *When We Were Twins* by Polish-American author Danuta Hinc. The event will be at The Writer's Center in Bethesda on September 23, 2023, at 6:30 p.m.



A Q&A with the author will follow an in-person reading and presentation. A reception and refreshments will follow.

Event by [Plamen Press - Where Words Ignite](#)

4508 Walsh St, Chevy Chase, MD 20815-6006, United States

Public · Anyone on or off Facebook

REGISTER: <https://www.writer.org/event/danuta-hinc/>

[fbclid=IwAR0Lcxg08h3p18Fx5sq9OJqmfREBOnlcNp8VN0aB0LilsVsAAL8yITFe_7U](#)

American Sokol Newsletter - July 2023



<https://sway.office.com/CK4PT2q2gOwxdpVx?ref=Link&loc=mysways>

We are sharing the American Sokol Newsletter with you so that you can view their activities and exciting topics. Note the day of **September 27**, when our American Sokol, Washington, D.C., is hosting a **Town Hall Meeting**. You can learn more about the upcoming Sokol Slet and the Sokol tour to Prague and the Czech Republic, which will support the participation of our Sokols in the Prague Slet 2024.

American Sokol Organization

TOWN HALL MEETINGS

2023 Dates & Times
Wednesday, September 27 - 2024 Prague Slet
Thursday, November 30 - Education

Future Town Hall Topics (Dates TBD)
Passing the Torch to New Leaders
Insurance/Risk Management (Closed to Sokol Leaders)

8PM EDT | 7PM CDT | 5PM PDT

Zoom Info:
Meeting ID: 850 5541 9346 Passcode: falcon

ADULT LANGUAGE CLASSES

Where can you find low-cost classes in the Czech and Slovak languages and learn about

the history, culture, and current events related to this heritage here and abroad?



REGISTRATION OPEN FOR ALL LANGUAGE CLASSES:

[Registration Form - Fall 2023](#)

The Czech and Slovak Language School for Adults.

Škola češtiny a slovenštiny pro dospělé

Škola češtiny a slovenčiny pre dospelých

Our School for Adults offers Czech and Slovak language classes for beginning, intermediate and advanced students. Classes usually meet online on Saturday mornings. Please reach out about our special weekday options.

Welcome to our **[fall 2023](#)** semester. We wish you a terrific school year, many new friends, Czech and Slovak connections, and fun in class and at our other events.

[Register](#) with payment by **September 6** so we know whether we have enough students and can send you the link needed to sign into classes.

Class dates: September 9, 16, 23, 30
October 7, 14, 21, 28
November 4, 11, 18
December 2, 9

The following courses include grammar, conversation, reading, and writing:

Czech 101 (Introductory First Year Students) 9:00 – 11:00 a.m.

Czech 201 (Intermediate) 9:00 a.m. – 11:00 a.m.

Czech 102 (Second Year) 11:15 a.m. – 1:15 p.m.

Slovak 101 (Beginning) 11:00 – 1:00 p.m.

Slovak 201 (Intermediate) 9:00 a.m. – 11:00 a.m.

The following courses emphasize conversation with some translation and writing:

Advanced Czech Conversation 11:15 a.m. – 1:15 p.m.

Tuition: \$100 per course. When you register, we will provide information about textbooks.

Because CSHA subsidizes the Language School, we encourage you to join at \$25 per year (due in January) using the separate membership form in newsletters or on the

website. For more information about teachers and classes, call 410-243-1710 or e-mail LHybl@verizon.net.

[The Czech and Slovak Heritage Association](#)

To register or ask questions, don't hesitate to contact Lois Hybl at 410-243-1710 or e-mail LHybl@verizon.net info@cshamaryland.org.

You may also download and complete the registration form at the link above and mail it to Language School, CSHA, P.O. Box 20261, Baltimore, MD 21284-0261.



<https://ncsml.org/ncsml-events/>

September 2 @ 9:30 AM - 4:00 PM

[Free First Saturday for Students](#)

Students of all ages (preschool through college) are invited to visit the NCSML's exhibits for free on the first Saturday of each month.

September 8 @ 1:30 PM - 2:30 PM

[Czech and Slovak Fairy Tales with Strings](#)

Czech & Slovak Fairy Tales With Strings is a solo performance with century-old marionettes performed by internationally known Czechoslovak puppeteer, storyteller, and author Vít Hořejš.



September 12

[Beginner's Czech Language & Culture](#)

The National Czech & Slovak Museum & Library continues to partner with Anna Cooková, an instructor with CzechTalk, to offer online Czech language and culture lessons.

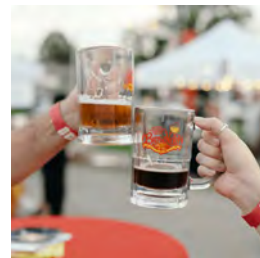


September 15 @ 6:30 PM - 9:30 PM

[BrewNost](#)

BrewNost will be September 15, 2023! BrewNost is the Midwest's premier international

beer festival that supports the educational and cultural mission of the National Czech & Slovak Museum & Library...



September 19 @ 6:00 PM - 7:30 PM

[Czech Village Walking Tour with Mark Stoffer Hunter](#)

Join Mark Stoffer Hunter, Cedar Rapids historian, on a walking tour of the historic Czech Village. Learn the unique history behind this fascinating neighborhood and hear remarkable stories.



THE XVII ALL-SOKOL SLET
JUNE 30 – JULY 5, 2024, PRAGUE, CZECHIA

XVII. VŠESOKOLSKÝ SLET
30. 6. – 5. 7. 2024 PRAHA

The Sokol Gathering in Prague finally has confirmed dates and rehearsals, and we are eagerly awaiting the ordered training materials. Rehearsals will happen about once a month, and we will give you more details later. For those interested in participating in the rehearsals, please register via email at slet24@sokolwashington.org and follow us for more information about practice in our local Unit Sokol Washington DC and sign up at slet24@sokolwashington.org to receive a schedule for the practice of Rock Symphony calisthenics. Await more info tat the end of September.

Children ages 3-7 will practice during our regular Tuesday evenings “With Sokol for Life.”



Watch the videos and get inspired!



Bublanina - Cherry Sponge Cake

This classic sponge cake can be made with almost every fruit from people's gardens – cherries, plums, strawberries, raspberries, peaches, and more. Bublanina is fluffy and ideal for your afternoon tea or coffee.

INGREDIENTS

350 g of soft wheat flour

Six eggs

100 g of butter

200 g of sugar

One vanilla sugar

50 g powdered sugar

baking powder

400 g of cherries (pitted)



INSTRUCTIONS

Mix butter with sugar and vanilla sugar, and gradually add yolks. Whip egg whites and powdered sugar. Mix the yolk mixture with whipped egg whites and flour with baking powder. Put the dough in a baking tray (greased and dusted with flour) and lay pitted cherries on top. Bake in preheated oven at 160°C (320°F) for 40 minutes. Dust with powdered sugar and serve.



[DONATE NOW](#)

Make a Difference - Support Our Sokol Washington. Please consider us when you decide on your donations. All your contributions to the American Sokol Washington D.C., a 501(c)(3) non-profit organization, are charitable and tax-deductible.

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.



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

JOIN US

Join Us and Become a Member

We appreciate your interest in becoming a member of Sokol Washington.

Benefits to our Unit Your membership dues enable our Unit to continue our many sports, outdoor, social, cultural, and educational programs.

Benefit to You

Membership in our Unit has several benefits – discounts at all our social events, free participation in gymnastics for youth and adults, and free participation in pick-up volleyball, Film club, Newsletter from American Sokol, our national organization.

PAY ONLINE

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

THANK YOU VOLUNTEERS

We can only flourish as an organization with the constant help of our many volunteers. That's why it's vital 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 take advantage of our MailChimp campaigns. Please ensure that our e-mail sokol@sokolwashington.org is included in your Contacts/Mailing list and does not end up in your Spam or Trash.

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

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Please send news, articles, and pictures before the 20th of the prior month.

CONTACT: media@sokolwashington.org

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American Sokol Washington, DC

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