



## IN THIS ISSUE

### UPCOMING

[Membership Meeting](#) – October 4

[Kozak Bike Memorial](#) – October 7

[Membership Appreciation Picnic](#) – October 15

[Sokol Run Registration](#) Open Now through October 7 – Run on October 28

[Pediatric/Geriatric Marathon](#) with an Optional Bike Ride – November 4

### RECAPS

[Annual Membership Meeting](#) – September 6

[First Day of School](#) – September 8

[Labor Day Camping](#) at Cape Henlopen State Park

### DID YOU KNOW?

[The Oldest Opal Mines](#) are in East Slovakia

### SOKOL WEEKLY ACTIVITIES

[Czech and Slovak School – Fridays](#)

[Mini-Sokolik](#) – Tuesdays

### IN THE COMMUNITY

Sokol Museum & Library – Free Virtual Museum

Czech and Slovak Heritage Association – Czech and Slovak Festival – October 29

Czech Embassy Bike Challenge

DC Book Launch: TEXTile Manifestoes – October 3

Documentary Screening: The Investigator – October 5

Czech Legends and Mythical Creatures – October 17

Lost Europe - On the Edge of Memories – Exhibition: On View until December 10

The 2023 CGSI Conference. October 17– 21, 2023

Czech and Slovak Museum and Library

## THE XVII SOKOL SLET

[American Sokol Slet in Prague 2024](#)

## TRADITIONAL RECIPES

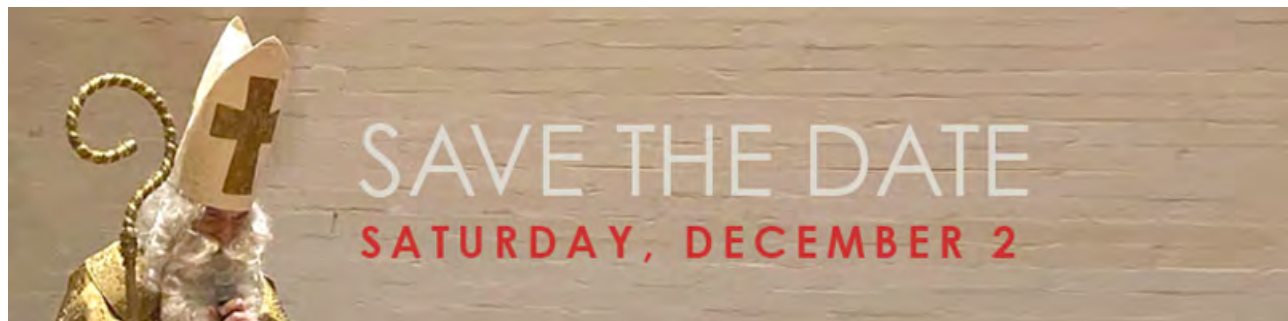
[Langoše – Fried Flatbread](#)

## IN EVERY ISSUE

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

Sokol Washington, D.C. Facebook & Instagram

Thank You



---

*There is a chill in the air overnight, dry leaves crunch beneath your feet and clouds appear when you breathe out. The atmosphere is crisp and the weather is perfect for outdoor activities. We invite you to join us and hope you will have a good time. The holidays are approaching, and more exciting programs are on the horizon. Our school started with a bang; young and older children are having a terrific time. Due to high interest in school, we are working on creating more classes. We want to provide information about local Czech and Slovak community events and nearby areas.*

*And lastly, we would like to hear from you. Please let us know what topics interest you, your comments, and suggestions about our Newsletter so we can have issues that affect you.*

---

*It is with a heavy heart that we inform you of the passing of Věra Valášková, after a long illness which she fought bravely against for long but unfortunately succumbed to it at the tender age of 44. May her soul rest in peace, and may we all find the strength to cope with this immense loss.*



*in loving memory*  
of

**Věra Valášková, nee Janečková**

24.4.1979 - 8.9.2023

*role of the Angel during the St. Nicholas Day celebration, served as an instructor at the winter Sokol ski camp, and led exercise classes for adults while kids participated in gymnastics on Friday nights. Věra was a talented musician with a mystical voice who played violin and guitar at too many campfires to count. In 2002, Vera and others from Sokol performed a memorable Cimrman's play, "The Conquest of the North Pole," where she performed the role of pharmacist Šofra. We can still hear her voice saying, "Back to our home, to Prague, to Podolí, to pharmacy, to..."*

*A talented artist, her intricate mandalas and other artwork are in many of our homes, reminding us of her creativity and impact on our community. We extend our heartfelt condolences to her family and friends. We will never forget her contributions to the Sokol community and her beautiful artwork that will continue to inspire us.*

***Věrka, we miss you greatly!***

UPCOMING EVENTS



# MEMBERSHIP MEETING

**Wednesday, October 4 | 8:00 PM**

Please join us at our Membership Meetings, share ideas, and plan future events.

Be a part of shaping our unit's future. We meet monthly in a library and take a break in July and August. Zoom option is also available.

If interested, RSVP to [sokol@sokolwashington.org](mailto:sokol@sokolwashington.org), and we'll send you more information. All members and non-members are welcome to join us!

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



---

# ANNUAL KOZAK MEMORIAL BIKE RIDE

**Saturday, October 7, 2023 (Rain date: October 8)**



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!

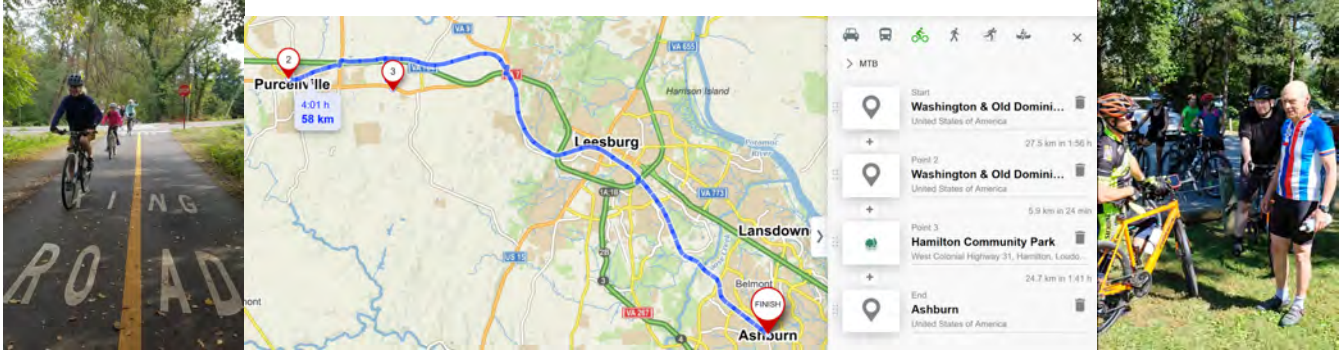
**RSVP:** [Michal.Jarnik@gmail.com](mailto:Michal.Jarnik@gmail.com)

## INSTRUCTIONS:

**Individual Routes:** Register, and you will receive instruction for 50-200km rides

**Traditional Route:** Meet at 9:45 am on Saturday, October 7, at 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)

**Shorter Option:** Our Director of Men, Miro Honzak (mens.director@sokolwashingt.org) will lead younger kids or those interested in a shorter route.



## MEMBERSHIP APPRECIATION PICNIC



**Sunday, October 15, 12-5 pm 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, D.C., 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, paddleboard, 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.**

---

## **Pediatric/Geriatric Marathon with Optional Bike Ride**



### **Saturday, November 4, 9 a.m.**

Sokol Washington members and friends meet yearly on a pleasant October day to walk along the C&O Canal. Meet at [Violettes Lock](#) and walk towards Harper's Ferry and back; the 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.

C&O Canal is a perfect place also for biking.

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

---

**Sokol Run - REGISTER NOW!**



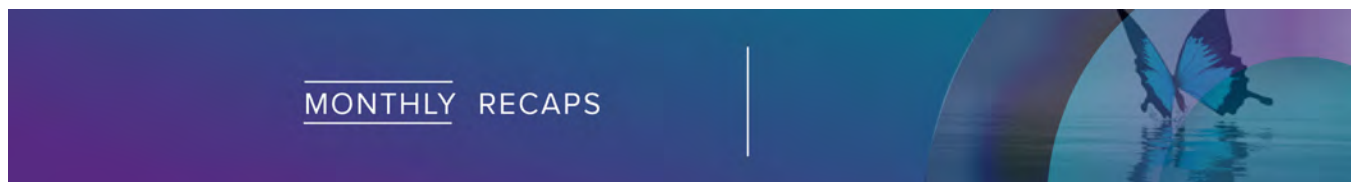
<https://www.behrepubliky.cz/washington/r47>

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 training. Slowly increase the distance and speed, and remember to stretch and hydrate!

**Contact:** Dasa ([events@sokolwashington.org](mailto:events@sokolwashington.org))



**Annual Membership Meeting – September 6, 2023**

**Meet the New Board 2023-24**



**President** – [Milos Toth](#)

**Vice President I** – [Dagmar Merkova](#)

**Vice President II/ Corresp. Secretary** – [Zuzana Steen](#)

**Treasurer** – Ondrej Schneider

**Membership Director** – Edita Hester

**PR director** – Monica Rokus

**Education Director** – Martin Hunka

**Director of Men** – Miroslav Honzak

**Director of Women** – Veronika Kaczor

**Bylaws Chairman** – George Levendis

**Auditors** – Jana Saidlova, George Levendis

**Board of Trustees** – Pavel Klein, George Levendis, Misa Kiss

**Reconciliation Committee** – Peter Kukura, Misa Kiss, Pavel Klein

**Recording Secretary** – OPEN



---

## First Day of School





The Czech and Slovak school is back! We started the new school year on September 8 at the Meadowbrook park. Our lovely teachers met their old and new students, and then we had fun, sporty activities like jumping a big rope, slackline, and acrobatics. One week later, we returned to classrooms with regular Czech and Slovak lessons, songs, and games. It is great to see how even the little kids are expanding their vocabulary - for example, “mrňous” should now be known by everyone. As usual, after the language lessons, we had our gymnastics sessions. The kids had so much fun running, climbing, jumping, and competing!

Due to a significant interest in the School this year, we expanded the number of classes to include a new pre-kindergarten for our 3-year-olds. We may soon open a Slovak pre-K class. So stay tuned! If you still need to register your kids, you can do so by filling in the [registration form](#).

***We meet every Friday at 6:40 PM at a new location this year - the Wood Acres Elementary School.***

---

## Labor Day Camping at Cape Henlopen State Park



This year's Labor Day Weekend camping at Cape Henlopen State Park was an enormous success. Over ten Sokol families with small children joined the camping, had fun at the beach, and enjoyed riding their bikes. For some children, it was their first time sleeping under a tent in the wild and cooking meals over a campfire (they all loved it). We remembered to bring a guitar this year, so the children learned to sing several traditional Czech campfire songs. The bike ride was to the small historic town of Lewes, where we visited the Lightship Overfalls, learned about the area's maritime history, and tasted ice cream at the local ice cream shop. However, as always with both young and old, the most enjoyable time was spent together at the beach, relaxing, building sandcastles, playing in the waves, and practicing beach sports. What a great end to the summer!

---

DID YOU KNOW?



## THE OLDEST OPAL MINES IN EAST SLOVAKIA



A unique location of the oldest opal mines

extends amidst Slánske vrchy mountains. The Dubník mines (Dubnícke bane) are an internationally, historically, and culturally significant area whose roots date back to pre-Roman times. Precious Slovak opal enchanted many monarchs, alchemists, and poets. Today – it's still fascinating!

There is a mysterious underground world of famous opal mines. Slovak opals have been highly valued in the world markets for centuries due to their unique properties. The underground corridor grid reaches up to 35 kilometers and connects a complicated underground mining system until 1922. The mines were dormant for almost 100 years and re-opened to the public in 2015 thanks to the enthusiasm of volunteers.

SEVENTEEN LEVELS OF TUNNELS, SHAFTS AND ADITS STRETCHING MORE THAN 13 MILES WERE MANUALLY EXCAVATED IN THE VOLCANIC HILLS, SOME DOWN TO A DEPTH OF MORE THAN 150 YARDS. IN 1922, THE FIVE LOWEST LEVELS WERE FLOODED.



### OLDEST OPAL MINES

#### WEEKLY ACTIVITIES



## CZECH & SLOVAK SCHOOL

AMERICAN SOKOL WASHINGTON, DC

## FRIDAYS

### New School Location!

Wood Acres Elementary School

5800 Cromwell Dr.  
Bethesda, MD 20816

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.

---

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

# TUESDAYS



## **Pepik's Peeps**

Playing with balls, running in the park, dancing in the grass is September for us. We try to stay outdoors until we run out of daylight, as October will eat sunlight fast. We plan to celebrate Sokol Day by lighting Sokol lights, riding our bikes, and resisting our fear of magical creatures in Embassy Woods. We will move to the library by the end of the month and will practice our Mravenci slet calls. Attention on your marks! Nazdar!

IN THE COMMUNITY



## THE CZECH AND SLOVAK HERITAGE ASSOCIATION

Sdružení Čechů a Slováků pro Uchování Národních Odkazů  
Združenie Čechov a Slovákov pre Zachovanie Národných Odkazov

PRESENTS

# THE THIRTY-FIFTH CZECH AND SLOVAK FESTIVAL



TRADITIONAL MEALS

PASTRIES

HOT DOGS

BEER, SOFT DRINKS

VENDORS

EXHIBITS

FELLOWSHIP

DANCING

**MUSIC BY PAJTASI**

**SUNDAY, OCTOBER 29, 2023 | 12 noon to 6 p.m.**

**Location:** LEGACY HALL | 6680 SYKESVILLE RD, SYKESVILLE, MD 21784

**Admission:** Adults \$10, Children 3-16 \$1

For more information, visit the website [www.cshamaryland.org](http://www.cshamaryland.org) or send an email to [info@cshamaryland.org](mailto:info@cshamaryland.org)

*Czech and Slovak Heritage Association is a 501(c)(3) nonprofit organization – donations to which are tax-deductible to the fullest extent allowed by law.*

**OUR VISION**  
"Sharing the story of Sokol's contributions to gymnastics, culture and democracy"

**SOKOL**  
MUSEUM & LIBRARY

<https://sokolmuseum.org>



## FREE VIRTUAL MUSEUM NOW AVAILABLE

- History of Sokol • History of Gymnasts • History of Prague Slets •
- Sokol Buildings in America • Sokol in America • Sokol in WWI and WWII •
- Sokol Slets in America • Sokol Souvenirs & Treasures •
- Competitive Sokol Gymnasts •

*Sokol Museum and Library (SML) is a non-profit (501c3) organization providing a virtual museum and library materials for educational, cultural and historic purposes.*

<https://sokolmuseum.org>



Embassy of the Czech Republic  
Washington, DC

## Czech Embassy Bike Challenge Washington, D.C. & throughout the US September 28 - October 28, 2023

The Czech Embassy invites you to its fourth annual Czech Embassy Bike Challenge to celebrate the upcoming Czech Independence Day. Cycle anytime during the challenge period.

[Click here](#) for more details.

**CZECH EMBASSY BIKE CHALLENGE**  
September 28 - October 28, 2023

Embassy of the Czech Republic  
Washington, DC

Pilsner Urquell

# DC Book Launch: **TEXTile Manifestoes**

The Embassy of the Czech Republic

**October 3, 2023, at 6 pm**

The Embassy of the Czech Republic invites you to the DC book launch of *TEXTile Manifestoes* on October 3, 2023, at 6 p.m. The publication is presented in the presence of its editors Pavel Liška and Robin R. Mudry, as well as Liběna Rochová (UMPRUM, Prague), with a contribution by Shelley Burian (The George Washington University Museum and The Textile Museum).

Copies of *TEXTile Manifestoes* will be available for purchase following the event.

**The DC book launch is organized under the auspices of H. E. Mr Miloslav Stašek, Ambassador of the Czech Republic to the United States.**

**Date/Time: October 3, 6 pm** (doors open/welcome drink)

**Location:** Embassy of the Czech Republic, 3900 Spring of Freedom Street, NW

**RSVP required:** <https://textilemanifestoes.eventbrite.com/>. **Admission free** | **Business Attire**



**Documentary Screening:**  
**The Embassy of the Czech Republic**  
**October 5, 2023, at 6 pm**

The Embassy of the Czech Republic presents the screening of the documentary film *The Investigator*, followed by a Q&A with special guest Vladimir Dzuro on October 5, 2023, at 6 p.m.

In the film, Czech investigator Vladimir Dzuro takes us on a tour of horrifying war crime sites in former Yugoslavia. What happened to the people who survived executions and still live there haunted by agonizing memories? What is the significance and meaning of international justice? *Directed by Viktor Portel, 2022, 74 minutes, in Czech with English subtitles. | Admission free.*



**Embassy of the Czech Republic 3900 Spring of Freedom Street, NW**

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

---

**Czech Legends and Mythical Creatures**

**The Embassy of the Czech Republic**  
**October 17, 2023** (Book session below.)

The Czech Embassy will host an evening of scares and thrills for young children, *Czech Legends, and Mythical Creatures* on October 17, 2023. (Book session below.)

Ever heard of the Bogeyman, the Forest Demon, the Water Goblin, Rusalka, or the Noonday Witch? Join us for a glimpse into Czech fairytales and folklore. An introduction to Czech mythical creatures will be followed by a walk, intended for children’s amusement, through the haunted forest upon the grounds of the Czech Embassy. Pondering Czech legends, adults will enjoy understanding the origins and explanations behind the most notorious, intriguing, and a few lovable, fictitious yet legendary sprites, spirits, and ghosts.

It is a children’s event as part of the *Mutual Inspirations Festival 2023 – Eliška Junková*. This





event is intended for children ages 5-10.

**EVENT DETAILS:** *(Please Don't be late)*

**Session I. – October 17, 2023, 6 pm (Doors open), 6:15 pm - Main Program Starts**

**Session II. – October 17, 2023, 8 pm (Doors open), 8:15 pm - Main Program Starts**

*In case of rain, the event will be rescheduled to October 18, 2023, at 6 p.m. All registered guests will be notified via email.*

[Embassy of the Czech Republic 3900 Spring of Freedom Street, NW](#)

**RSVP:** [czechembassypr@gmail.com](mailto:czechembassypr@gmail.com) **by October 10**

---

**Exhibition: On view until December 10**

**Lost Europe - On the Edge of Memories**

**AU Museum at the Katzen Arts Center**

Take an intimate walk across rural Ukraine through the lens of three Czech photographers: *Karel Cudlín, Jan Dobrovský, and Martin Wágner*. The exhibition features over 75 photographs taken between 1991 and 2018. Through these images, step into a place full of the poetics and drama of a world that will soon be gone forever.



**Visit:** <https://www.american.edu/cas/museum/visiting.cfm>



**Join the 2023 CGSI Conference.**

The conference will be held **October 17–21, 2023**, at [The Ingleside Hotel](#) outside Milwaukee, Wisconsin.

**Genealogy History & Culture.** The CGSI Conference is the premiere event to learn about techniques for genealogical research in the areas now known as the Czech Republic and Slovakia.

A CGSI conference is a great place to learn, share, and connect with the genealogy history and culture of those from the Czech and Slovak ancestral lands of Central Europe. The format lets you connect with information resources and other attendees via presentations, networking opportunities, and social events.



Download [2023 CGSI Conference Booklet](#)

**MORE**



## OCTOBER EVENTS

**October 6 @ 1:00 PM - 2:00 PM**

Coffee and Kolach

Brew a pot of coffee, powder your kolaches, and join NCSML each first Friday of the month for Coffee & Kolach! We'll discuss a different monthly topic via Facebook Live or YouTube Live. Before you know it, the holidays will be here, so tune in this month to see how our award-winning Museum Store prepares for the holiday season.



**October 23 @ 1:00 PM - 3:00 PM**

Czech 'em Out Book Club

Skala Bartizal Library 1400 Inspiration Pl SW, Cedar Rapids, IA, USA

Join NCSML volunteer Steve Pederson in the Skala Bartizal Library this month, where we'll discuss Miss Fortune's Last Mission. Czech 'em Out Book Club meets on the third Monday of each month's selected book.





# THE XVII ALL-SOKOL SLET

JUNE 30 – JULY 5, 2024, PRAGUE, CZECHIA

We started with our kids and soon we will start adults calcs. We will send email about first meeting soon. The Sokol Gathering in Prague is in full preparation mode and soon we are going to be too. Stay tuned. Rehearsals will happen about once a month:

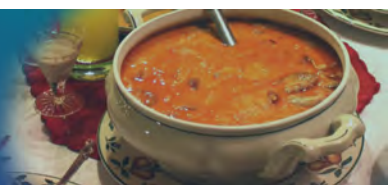
Contact: [slet24@sokolwashington.org](mailto:slet24@sokolwashington.org)

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



**Watch the videos and get inspired!**

TRADITIONAL RECIPES



## Langoše - Fried Flatbread

Hungarian by origin, langoš is a fried flatbread with various toppings. It is a popular street food in Slovakia, the Czech Republic, Austria, Croatia, Serbia, and Romania. The base of any langoš is a fried flatbread with a thin and crispy crust that can either be folded and eaten like a taco or in pieces. The classic langosh is brushed with garlic first, then topped with sour cream and cheese. Typical toppings include cheese, sour cream, meats such as sausage and ham, garlic butter, ketchup, garlic sauce, and tartar sauce. Langos is best enjoyed warm. These days, you can find all kinds of extras: from bacon to roasted peppers to salami, Mexican-style, even langos burgers.

## INGREDIENTS

2 cups all-purpose flour  
(280 grams)  
½ teaspoon salt  
½ teaspoon sugar  
1¼ teaspoon instant yeast  
1 cup lukewarm milk (250 ml)  
Oil for frying

## TOPPINGS

2 tablespoons olive oil  
2 garlic cloves, to taste  
Sour cream  
Shredded cheese  
Ketchup (optional)



## INSTRUCTIONS

Combine flour, salt, and sugar in a stand mixer bowl. Mix with a spoon. Add yeast. Mix again. Add milk and give it a quick mix with a spoon again. Mix on low speed with bread attachment for a few minutes (about 3-4) or until well combined (see note 4).

Cover the bowl with plastic wrap and clean kitchen towel. Let it sit in a warm place until doubled in size (about 45-60 minutes). When ready, transfer the dough onto a well-floured worktop. Divide into four equal pieces. Form a ball out of each piece. Roll out with a rolling pin (about ¼-inch thick and 7-inch diameter).

In a heavy-bottomed pot, heat oil. When hot, add one rolled flatbread. Fry for about a minute before turning it over (use kitchen tongs) and fry for another minute. Langos should be a nice golden brown; some pale spots are fine. Place each fried bread onto a paper towel to remove any excess oil. Spread each with a mixture of crushed garlic & olive oil. Top with sour cream and shredded cheese.

---

[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](mailto: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](mailto: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](mailto: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.*

---

**Published monthly by American Sokol Washington, D.C.**

---

*Contributors:* Dagmar Merkova, Monica Rokus, Zuzana Steen, Milos Toth

*Photography:* Dagmar Merkova, Monica Rokus

*Design:* Monica Rokus

*Distribution:* Sokol Washington, D.C.

---

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

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

---

[Forward to Friend](#) Copyright © 2022 Sokol Washington, Inc., All rights reserved.

American Sokol Washington, DC

[Add us to your address book](#)

[unsubscribe from this list](#), [update subscription preferences](#)

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).



---

This email was sent to [mrokus11@gmail.com](mailto:mrokus11@gmail.com)  
[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)  
American Sokol Washington, DC · 8416 Donnybrook Dr. · Chevy Chase, MD 20815 · USA

---