



AMERICAN  
**SOKOL**  
WASHINGTON, DC



Providing fitness and community for individuals and families of Czech, Slovak and Moravian heritage, as well as for any other interested persons.

FEBRUARY 2021

*A sound mind in a sound body*

## MEMBERSHIP MEETING

We meet every 1st Wednesday of the month

Wednesday,  
February 3rd at 8:00 pm

The meeting will be available virtually through Zoom.

Please respond to  
[sokol@sokolwashington.org](mailto:sokol@sokolwashington.org)  
if you wish to participate.

All members and non-members are welcome to join.

## SUPPORT ►

American 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.



## Cross Country Skiing February 6th\*

Family planned

# WINTER ACTIVITIES

Join our Sokol community on **Saturday, February 6th**, for this family Cross Country Skiing event in White Grass, WV. We'll meet by the lodge at 10:30 am and ski together in groups. All ages are welcome! Ski rentals are available. White Grass boasts 50 km of maintained trails. More Info: [events@sokolwashington.org](mailto:events@sokolwashington.org)

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## Czech or Slovak School

As soon as we can safely open both our Czech and Slovak schools in full, we plan to do so. In the meantime, please follow this monthly newsletter and communications from Lucie and her team.

## Become a Member

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.

*\*Due to Covid restrictions these are not official Sokol events, rather family planned activities*

## Ski Valentine's Day

# SKIING, SNOWBOARDING AND WINTER FUN!



Please wear a Sokol sign or look for a blue jacket, yellow pants, white helmet as it is quite difficult to recognize one another with face masks.

For those that love skiing and Sokol, come join us at Whitetail Ski Resort for downhill skiing on Sunday, February 14th. Join our Sokol community family event and enjoy this traditional Sokol sport for at least a day since we can't have our ski trip to Vermont this winter.

As a bonus, our Starosta, Milos Toth, will serenade the ladies as he skis down the majestic mountains in honor of Valentine's Day. You won't want to miss this.

The Whitetail Resort has excellent skiing conditions (now). Reservations are needed! Please book ASAP (you can always cancel) - Whitetail Ski

Ski rentals are available. The best ski conditions are in the morning – Slopes open at **9:00 am**.

**8:45 am**

**1st Gathering //** early birds at **8:45 am** in front of the Whitetail Express Quad for the first rides.

**10:30 am**

**2nd Gathering //** at ease at **10:30 am** in front of the Whitetail Express Quad

**noon**

**3rd Gathering //** for lunch, chit chat, pictures at **noon** in front of the Base Lodge.

Please direct your questions to [school@sokolwashington.org](mailto:school@sokolwashington.org) or check our FB or website for updates.

## Happy Valentines Day!



Celebrated every February 14th when loved ones express their affection to their spouses, partners, and sweethearts with gifts and greetings. Years of traditions and customs have made it into the holiday that we celebrate today. Besides the United States, Valentine's Day is celebrated in Canada, Mexico, the United Kingdom, France, and Australia. Many other countries celebrate Valentine's Day, too, each in their own way.

Different cultures have developed their own traditions for this celebration. In some parts of the world, Valentine's Day is a day for expressing love between family members and friends, rather than romantic couples. Some traditions include leaving candies and gifts for children, and others have acts of appreciation between friends. In Czechia it is celebrated with calls for blood donorship and activist campaigns.



## Holiday Exercise Challenge

### We Made it Across the Czech Republic!

That is correct. Nineteen of our Members, Family and Friends throughout the Washington D.C. area and in the Czech Republic and Slovakia participated in the Holiday Exercise Challenge. Participants set their own walk, run or hike goals and then set out to exceed them. In total, the 19 participants did 2,075 KM's or just under the distance across the Czech Republic, but we'll let it slide that they didn't get the extra 215 KM's in. After all, there was Christmas and New Year's Day in the mix.

We will have more Exercise Challenges in the future. Please join. They will never be competitive but only inspirational and fun.



## Recap

# A WINTER HIKE AT THE SHENANADOAH NATIONAL PARK



On January 17th, Sokol members and friends, along with a rescue dog, participated in a Robertson Mountain hike and unwinded at Sharp Rock vineyard afterward.

For those interested in future hikes, check our FB page or website regularly or contact [events@sokolwashington.org](mailto:events@sokolwashington.org).

## BEAR PLUNGE CHALLENGE

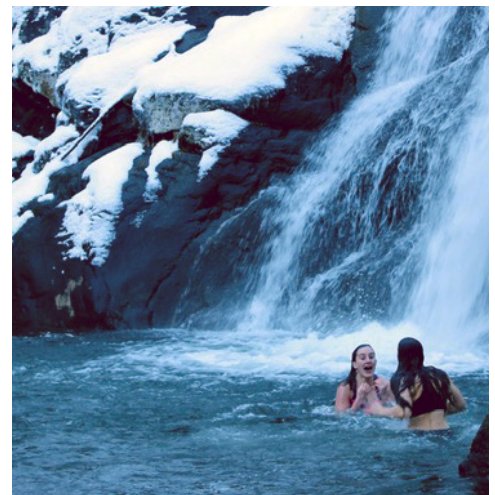
According to Wikipedia, a polar bear plunge is an event held during the winter where participants enter a body of water despite the low temperature. Pictures of our participating members inspired a wave of interest. With no specific goals, just for fun and personal challenge. Could I do it? Swim, dip, or plunge? Each person has different endurance, yet all reported that it was fun and a great warm feeling all over your body. And the satisfaction of "I MADE IT" was incredible!

There are similar events all over the world that have a long tradition.

Be safe, practice with care, a cold shower, and you will soon feel the benefits of this.

This activity is not for everybody but it has great health benefits. Take a dip in a cold wintery creek/river or lake. As an example, look at our Sokol ski instructor Viki and her friend on a recent hike, quite refreshing, right? Best to prepare for such a cool dip is to have a brief cold shower every day. (Please share your pictures with us: [events@sokolwashington.org](mailto:events@sokolwashington.org))

Note: Dipping in the heated pool or swimming on Florida beaches is not considered a challenge.







Offers a variety of services for children including language and grammar instructions, lessons in history, traditions, music, folklore, and gymnastics. We have primarily served and educated the children of families within the Czech and Slovak American Community of the Washington, DC metropolitan area, however, our school is open to all that are interested in learning about our culture and languages.

We are proud that our Czech and Slovak School has been flourishing and is benefiting many children and families in the Washington, DC metropolitan area.

## Recap

# CZECH AND SLOVAK SCHOOL

As soon as we can safely open both our Czech and Slovak schools in full, we plan to do so. In the meantime, please follow this monthly newsletter and communications from Lucie and her team.



*Kindergartners surprise performance of Three Wise Men, from the gospel of Matthew Caspar, Melchior, Balthazar / Tři králové - Kašpar, Baltazar.*



In January, we focused mostly on Czech grammar. With help of our student Apollo, we received books that we ordered from the Czech Republic. Peter Kulic, Apollo's father, brought these books for us from Prague. Each student can now work with their textbook. Mr. We are grateful for this excellent opportunity and it is a great help for our school. Thank you, again.

At the beginning of the month, our kindergartners surprised us with a charming performance. Dressed as Three Wise Men, from the gospel of Matthew Caspar, Melchior, Balthazar / Tři králové - Kašpar, Baltazar, and Melichar were sharing the story with older children.

Children can again enjoy yoga class or karate instructions. For those who would like to join our kid's yoga classes from home, please contact Lucie Berankova at [school@sokolwashington.org](mailto:school@sokolwashington.org), and you'll receive a Zoom link.

Due to Social Distancing and capacity regulations, all Czech in-person learning for children has been filled. We regret the inconvenience, but due to Covid-19, our capacity is less than usual. If you are interested in getting your children on the waiting list for either Czech or Slovak language classes, please reach out to Lucie Berankova at [school@sokolwashington.org](mailto:school@sokolwashington.org)



## Recipes

# FEBRUARY

## Cauliflower pancakes

*Please submit your favorite recipes before the 20th every month and we'll publish them*



### INGREDIENTS

1 head cauliflower  
2 large eggs  
3 - 4 cloves garlic  
1/2 to 1 cup bread crumbs  
1/2 cup flour  
1/4 to 1/2 tsp pepper  
1/4 to 1/2 tsp salt  
1/4 to 1/2 tsp marjoram  
2 to 3 tablespoons olive oil  
Light sour cream for garnish  
Thinly sliced green onions for garnish

### INSTRUCTIONS

Cut cauliflower into florets and cook in boiling water until tender, about 10 minutes.

Drain and mash the cauliflower while still warm.

Add eggs, crushed garlic, salt, marjoram, ground black pepper, caraway seed, flour and breadcrumbs. Mix together well. With a spoon, make small pancakes out of the dough, which we wrap in breadcrumbs. Fry in hot oil.

Coat the bottom of a skillet with oil over medium-high heat.

Form the cauliflower mixture into patties about 3 inches across.

Cook/fry until golden brown on each side.

Join Us!

## BECOME A MEMBER

### 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.

### ASW 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)

### American Sokol Library and Archival Museum

Would you like to get rid of documents, photos, art, books, collections, merchandise, technical material and articles that are inherently valuable and significant to the Sokol movement, its founders, members, culture, philosophy, 150 years of history in America and 70 years of history in Washington, D.C. metropolitan area

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

### Shop with Amazon Smile earn money for Sokol Washington

Please support us every time you shop at Amazon, at no cost to you. AmazonSmile 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 first visit to AmazonSmile.

Your shopping through Amazon Smile will go to support your American Sokol Washington, DC

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### American Sokol Washington, DC Facebook

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.

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)





## ORGANIZATIONAL PROFILE

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This +That

## DID YOU KNOW?



*Her dad's - John Voight's (Ján Vojtko by his original name) grandfather emigrated from Košice (Slovakia's 2nd largest city today).*



## THANK YOU

We would not be able to flourish as an organization without the constant help of our many volunteers. American Sokol. That's why it's important that all members and friends, at least from time to time, offer their contribution to help our Sokol Unit thrive. Our Unit can be only as good as our members' participation in its activities.

## KEEP IN TOUCH

We value you as our audience! Stay engaged and informed about our oncoming an educational, cultural, folk or sporting events and do not miss our MailChimp campaigns. Please make sure that our e-mail [sokol@sokolwashington.org](mailto:sokol@sokolwashington.org) is included in your Contacts/Mailing list and does not end up in your Spam or Trash box.

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

## BOARD MEETING - JANUARY RECAP

The Executive Board met on January 5th. We discussed plans for the upcoming month, organized safe events during quarantine, and encouraged Sokol families and friends to continue in small group outdoor activities, such as hiking and skiing. We will try to provide tips and some guidance for such activities. We also discussed the renewal of our insurance policy. Ideas and thoughts about Baca Cup organized every year by the Fletcher family and supported by our Unit were compiled.

The next board meeting is on February 3rd Wednesday. Everybody is welcome, member or friend of the Sokol. Contact [sokol@sokolwashington.org](mailto:sokol@sokolwashington.org) to get information about our online discussion.