



SPRING  
FORWARD

MARCH 2021

*A sound mind in a sound body*

## MEMBERSHIP MEETING

We meet every 1st Wednesday of the month

**Wednesday,  
March 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.



# FAMILY ORIENTEERING

**Introduction and permanent orienteering courses at Little Bennett Park, MD.**

Join us on **Saturday, March 13**, when we will try one of the permanent courses at Little Bennett Park in Maryland. A permanent course means that you can do it at any time park is open. Follow directions on <https://www.qocweb.org/content/permanent-courses> to get what you need about the course. Print your map, go, or meet at the parking area between 10 and 11 am on Saturday. We will tell you how to use a compass, how to read an orienteering map, follow correct trails, or how to improve your navigational skills. For instructions on the in-person sign-up, email [events@sokolwashington.org](mailto:events@sokolwashington.org) or watch an instructional video on the internet on how to orienteer. Just give it a try. If you like it, come to an upcoming event that the local orienteering club organizes on weekends.

Several Sokol Families are members of this club; they volunteer and help organize local events. Pandemic times restricted social interactions among its members. Still, the club is one of the few that can continue to offer this outdoor activity for individuals and groups.

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- // Email us if you need introduction and a printed map [events@sokolwashington.org](mailto:events@sokolwashington.org)
- // Bring a compass and trail running or hiking shoes
- // Take a picture on the course and send it to us

[www.qocweb.org/permanent-courses](http://www.qocweb.org/permanent-courses)

We will meet at the parking lot of Little Bennett: 25200 Clarksburg Rd, Clarksburg, MD 20871

We will send you instructions on how to download the map or sign up for a time slot if you need hands on instructions. Also, directions on how to register for an official Quantico orienteering meet if you would like to try it out again.



Family planned

## HAWKSBILL SUMMIT

First spring hike at Shenandoah National Park, VA.

We'll meet  
at Sheetz:

600 Blackwell Rd,  
Warrenton, VA

Sunday, March 21  
at 8:50 am

Sing up at events@  
sokolwashington.org  
for possible weather  
updates and last  
minute info

On Sunday, March 21, join us to climb Hawksbill Mountain, the highest point in Shenandoah National Park. Park at the bottom of the hill and we will follow Cedar Creek Run to reach the 4,000 + feet summit. The hike will be 16.8 km long. There is a shorter option route from Skyline Drive that can be a better fit for families with younger climbers or hikers with bad knees.

Hiking shoes, snacks, and enough water for your hike is the best way to enjoy your time. Bring some friends, and it can be a perfect Sunday. After the hike, we can stop at Sharp Rock winery. Bring your snacks, and let's taste some local wine in a family setting.

We are planning our **Annual 8th Olga Hudlicka Memorial mountain hiking marathon** at the end of April. It may be a good opportunity to get some mileage in your shoes, test your gear, with the smell of spring in the air!

### Attention Bača Cup Ski Racers:

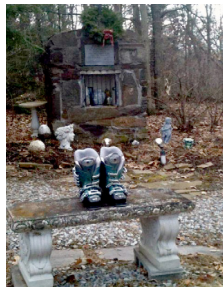
This past weekend should have been our **Annual Bača Cup International Invitational Ski Race** ... Instead for the first time in history a Pandemic got in the way, and while conditions were great for a ski race we just couldn't risk the safety of the Bača's flock. So as the ski season continues (without 2021 Champions) we would encourage our Bača Squad racers to race Nastar where possible and hope you will all make plans to join us as we come "Roaring Back" in 2022. On behalf of the Bača Cup Racing Committee and the Bača of Salas Hills we wish you all a safe and happy ski season and continued health for the coming year. And in loving memory of our Bača's, Jiri Parma and his beloved grandson Jiri Parma Fletcher, we present this Memorial photo and ask you to share in our continued celebration of the Nordic experience and the Love that keeps us coming back year after year.

Blessed be to all! We can't wait to "Ski ya Soon"!

Carl & Dasha Fletcher,  
Bača Cup Race Coordinators

February 13th should have been our Annual Bača Cup

### Bača Cup 2021



Daylight Saving Time  
starts at 2 a.m. for a reason.



Daylight Saving Time doesn't begin at the stroke of midnight like you might expect it to. Rather, the time change is delayed until most people (hopefully) aren't awake to notice it. By waiting until 2 a.m. to give or take an hour, the idea is that most workers with early shifts will still be in bed and most bars and restaurants will already be closed.

Move your clock forward Sunday, March 14

MASOPUST • MARDI GRAS • FAŠIANGY

## ŠIBŘINKY

Looking back



This time of the year, American Sokol Washington, D.C. traditionally celebrates its popular fundraising event ŠIBŘINKY (MARDI GRAS • FAŠIANGY • MASOPUST). In the past five years, it was graciously hosted by the Embassy of the Czech Republic.

Due to Covid restrictions, this year it is cancelled. We are **Looking forward** to next year's celebration.

Recap

## CROSS COUNTRY SKIING IN WHITE GRASS, WEST VIRGINIA



For the Cross country ski trip, our group met at White Grass Ski Touring Center in WV. It is a place that offers unique opportunities for Midatlantic Nordic ski lovers. It has nicely groomed farmland and an excellent trail network for both beginners and experienced cross country skiers. It is also a gate for backcountry skiers. Just follow trails that allow you to gain some elevation, and you can get to fairy tail-like countryside and views from the top of the Bald Knob with an elevation over 4,000 feet above sea level that gazes over the Canaan Valley. Our families enjoyed skiing there this weekend and will get back there, pending snow conditions.

Recap

## WHITETAIL SKIING ON VALENTINE'S DAY

### Valentine's Day

Ski lovers who signed up for this family Ski event with Sokol families enjoyed perfect ski conditions and wonderful comradery at Whitetail ski resort on Valentine's Day. Young and not so young loved the crispness of winter cold and fresh air on the slopes.

Overall, it was a great time, with a combination of great people and awesome skiing!

Whitetail provides slopes with varying levels of difficulty. The trail system is designed to separate skiers of different skiing abilities. The separate first time, more comfortable, intermediate, and most difficult areas are lined up in sequence across the mountain, each operated by a different lift system.

Whitetail Mountain Resort is a four-season resort located on Two Top Mountain, a mountain in the Bear Pond Mountains (a sub-range in the Appalachian Mountains of Pennsylvania).





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, D.C. 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.



## Art Class Creating:

# MASOPUST CARNIVAL MASKS

February is when the people in the Czech Republic celebrate a season of merrymaking and masquerading called Masopust.

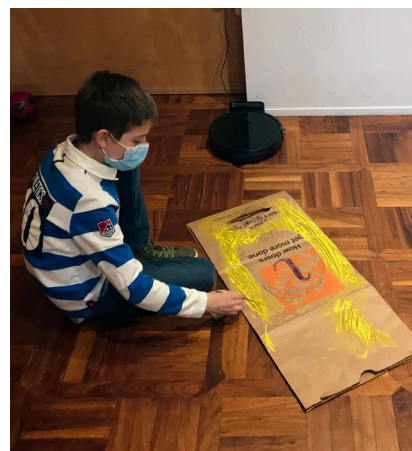
Specifically, it is the time between Epiphany (Den tří králů) to Ash Wednesday (Popeleční středa). You may be more familiar with its similarity to Mardi Gras (think New Orleans)

Masopust is a Slavic carnival and the word masopust means “good-bye to meat.” This is a time of plenty in which butchering and pork feasts are traditionally held along with pre-Lenten carnivals. These celebrations have traditionally been both the most colorful and the wildest folklore events held under various names.

We talked about this tradition with our children in school, and in our art class, we made carnival masks that are illustrative for this feast. We used huge paper bags, and children could make anything they chose to be. They were extremely creative!



*Children are concentrating on making the colorful carnival masks that they learned about in class.*



*Creating his colorful carnival mask that are typical for this feast.*

## MARCH RECIPES

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

### KOBLIHY

#### Czech Carnival donuts



#### INGREDIENTS

4 cups (500 g) flour  
10 tablespoons (80 g) powdered sugar  
2.5 oz. (70 g) butter, room temperature  
2-3 tablespoons white wine  
3 egg yolks  
1 cup (250 ml) milk  
2.5 oz (70 g) yeast  
1 tablespoon vanilla extract or 1 vanilla sugar packet  
jam, cream cheese or pudding  
oil or lard for frying

#### INSTRUCTIONS

Crumble the yeast into a bowl, add a little flour, sugar, warm milk and leave in a warm place to leaven. Whip the egg yolks, butter, powdered sugar, vanilla, and white wine. Add the flour, yeast, milk, and the leavened yeast mixture. Mix well with a wooden spoon until well incorporated. Cover with a cloth and leave in a warm place to rise. After it has doubled in size, stir it with the wooden spoon stretching and pulling the dough. Cover with a cloth and leave to rise another time.

When the dough has leavened again, roll it out on a floured

surface to about ¼ inch (1 cm) high and cut out circles with an upturned glass. Place a dollop of jam on half the circles, then cover another half. Press the two halves together and leave to rest on a floured surface. Cover with a cloth to rise. In a pan, heat the oil, and fry both sides until golden brown.

Remove from oil drain on a paper napkin. Sprinkle with powdered sugar while still warm.

Koblíhy can also be rolled out, cut in circles, and fried before the filling is added. After frying, insert a pastry tube into the side and fill the center with your favorite jam or pudding.

#### 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.

#### BENEFITS 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, 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

[Shop Amazon Smile](#)

### 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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Vice President  
ZUZANA STEEN

Treasurer  
DAGMAR MERKOVA

Membership Secretary  
GABRIELA KOHLMAYER

Correspondent Secretary  
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Director of Public Relations  
KEVIN DAWSON

Creative Director  
MONICA ROKUS

Director of Education  
LUCIE BERANKOVA

Deputy Director of Education  
MICHAELA KISS

Director of Women  
VERONIKA KACZOR

Director of Men  
MIROSLAV HONZÁK

Volleyball Coordinator  
RADOVAN KOHLMAYER

Recording Secretary  
ANDREA KOHLMAYER

By-Laws Chairman  
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Reconciliation Committee  
PETER KUKURA  
MICHAELA KISS  
PAVEL KLEIN

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

## This + That

# DID YOU KNOW?

Perhaps the biggest event in the history of contact lenses was the invention of the first hydrophilic hydrogel soft contact lens material by Czech chemists **Otto Wichterle** and **Drahoslav Lim** in 1959, that led to the 1971 launch of the first FDA-approved soft contact lenses in the United States — Bausch + Lomb's "SofLens" brand contacts.



## THANK YOU

We would not be able to flourish as an organization without the constant help of our many volunteers. That's why it's important that all members and friends, 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.

## FROM PRESIDENT'S TOWN HALL MEETING

President of the American Sokol, Jean Hruby, is holding monthly meetings for the leaders from all units and districts. It is not a formal meeting but it is a great ground to hear how different units in American Sokol are dealing with conditions during pandemic and sharing ideas for fundraisers, events and classes. At the last meeting, February 22, discussion about Sokol Convention was started. Convention is a gathering that is held every 4 year to

update bylaws and communicate current needs for bylaws changes. Last Convention was held in 2018 and there are steps that have to be done before the next one in 2022.

## OUR MONTHLY MEETING

Was held on February 3rd via ZOOM. After regular reports were done, we discussed the new membership database needs, renewal of our insurance, and funds distribution. Our school continues to flourish under strict conditions, and all families and kids are enjoying this opportunity. Discussion about future events, ideas were explored. Our president, Milos Toth, reported that a new trade business name was registered for our Sokol Unit with the D.C. government. The name is American Sokol Washington DC.

The New Homepage of our website was presented. The change was an implementation of better access for maintenance and minor changes that were the primary goal. We hope we will be able to get resources to continue updates.

A new format for our Newsletter was presented, and it was approved.

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