



*A sound mind in a sound body*



APRIL 2021

## MEMBERSHIP MEETING

We meet every 1st Wednesday of the month

**Wednesday,  
April 7th 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.

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**Family planned \***



Find your clues,  
complete the tasks,  
and find where  
Easter Bunny  
placed the eggs.

## ON A QUEST FOR EASTER EGGS

**Saturday, April 3, 10-1pm**

Wheaton Regional Park, where our quest will take place, has a friendly trail system adjacent to beautiful gardens. The estimated time to complete your search is about 60 minutes. Afterward, you can enjoy a walk to the nearby Brookside gardens known for beautiful spring flower settings. Or just hang out at the park.

**Please note that this event has several requirements, including mandatory registration for time-slots and COVID-19 safety protocols**

- Register their family in advance at [quest2021.eventbrite.com](https://quest2021.eventbrite.com). Walk-ins will not be allowed.
- Come to the Check-In desk during your time slot.
- No fee for registration, but we kindly ask for a donation to support our future activities that American Sokol Washington will prepare. Donate with PayPal ([paypal@sokolwashington.org](mailto:paypal@sokolwashington.org)), check, or cash in a dropbox. Thank you for your support.
- As per rules: Visitors ages two and older must wear a mask when they cannot maintain social distancing.
- At Registration Desk: All participants must wear proper face coverings and declare they do not have COVID symptoms. The course is about 2-3 km long.

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

| Registration: [quest2021.eventbrite.com](https://quest2021.eventbrite.com)

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





## Few of Czech and Slovak Easter customs and traditions

Easter is undoubtedly one of the most celebrated holidays in both Czechia and Slovakia. Once again, families get together and worship traditions more than on other smaller holidays.

Starting Friday (Good Friday) through Easter Monday. Preparations begin days before to be ready for the feast, bake pastries, cookies, and cakes. Girls paint Easter eggs.

The Easter menu is always festive: potato salad with mayonnaise, cooked ham, cold cuts, open-face sandwiches, and most delicious sweets.

**Good Friday** is the day when people of faith celebrate the anniversary of Jesus Christ's crucifixion. This is an observance that involves people fasting and praying.

**Easter Sunday** is a culmination of the celebrations of the crucifixion and resurrection of Christ. The feast begins early morning.

The most feared holiday of the year for girls and women (understandably so) is the **Easter Monday** tradition of whipping girls into health and pouring cold water on them for health and beauty.

Boys are rewarded with sweets, drinks, and a decorated egg.



Whipping girls into health and pouring cold water on them for health and beauty

# OLGA HUDLICKA'S MEMORIAL

## 8th Annual Hiking Mountain Marathon in Shenandoah National Park

**Saturday, April 24  
at 8:00 AM**

Rain date  
**Sunday, April 25**

**MEET:  
7:50 AM**

Parking Lot Little Devils Stairs trail-head (end of VA670 / Keyser Run Rd.)

Join our group On **Saturday, April 24th**, for the Mountain Hiking Marathon ("Horsky Chodecky Marathon - Memorial Olgy Hudlicke") in Shenandoah National Park. Will include Little Devils stairs, Appalachian trail, Hogback Mountain, Marshal Mountain.

We'll return the same way to the top of Little Devils Stairs, Keyser Run Fire Road, with a total elevation gain of 4,921 feet (1,500 m). Duration: 11 hr 10 min, 26.2 miles (42.2km)

Bring plenty of water, a healthy snack, an energy bar, and perfect shoes. Full-length distance is for experienced hikers. Let us know if you would like to join us for a part of the marathon hike and join us for other hikes we organize during the year. We are going rain or shine!

CONTACT: Pavel Klein at [KleinP@epilepsycd.com](mailto:KleinP@epilepsycd.com)



## BEAR PLUNGE CHALLENGE

### Update:

We continue to improve our heart and immunity by dipping in the cold spring waters too! We got picture from Zdenek (Sparta, New Jersey Bear Plunge - 40°F ; March 13, 2021, there is still ice on the surface) and a couple of brave individuals tested the fresh spring Bear Plunge on the *waterslide* into very cold swimhole in Shenandoah. Lucky for them, it was a beautiful crisp Sunday afternoon.



## SPRING FORWARD

# 10,000 STEPS-A-DAY CHALLENGE

IT'S TIME TO GET THE LEGS MOVING.

**FROM APRIL 15 - MAY 14,**  
American Sokol Washington, DC  
is doing the 30 Day  
10,000 Steps-A-Day Challenge.

The weather is beautiful and it is time to get outside (or inside on the Pelaton or treadmill if you prefer) and join us for the Spring Forward 10,000 Step-A-Day Challenge. This event is open to all. Enjoy this activity on your own, with your family or safely gather with you friends from Sokol. Plus, if 10,000 Steps-A-Day is too much or not enough for you personally, then you create your own limit. This isn't a competition. We will encourage you no matter your fitness level. The objective is to meet your own goal and share your achievement along the way

For the first ten people to register and complete the challenge, you will receive a Buff Bandana. The same ones that Mikulasska handed out during our St. Mikulas Treasure Hunt.

**It's time to get the legs moving. So, from April 15 - May 14 , American Sokol Washington DC is doing the 30 Day 10,000 Steps-A-Day Challenge.**

**DETAILS:** For 30 days starting April 15, run, crawl, jump, 10,000 steps each day through exercise, walking around your house or office, going to the store, chasing your kids....any way you can get it done. Or, you can choose to do a 5-mile bike ride or equivalent each day in another activity (kayaking, rowing, etc....). This isn't a competition. It's a good way to get out of the house or into the gym, etc...Just get moving.

Send an email to [events@sokolwashington.org](mailto:events@sokolwashington.org). We'll send you access to a Google tracking sheet where you can input your daily numbers.

Plus, we'll add you to a private [Facebook](#) group where we can encourage each other to achieve our health goals and to be an inspiration to one another.



Family planned \*

Geocaching is an outdoor recreational activity, in which participants use a Global Positioning System receiver or mobile device and other navigational techniques to hide and seek containers, called "geocaches" or "caches", at specific locations marked by coordinates all over the world.

(-Wikipedia)

To SIGN UP or more information:  
[events@sokolwashington.org](mailto:events@sokolwashington.org)

## THE ULTIMATE TREASURE HUNT

# GEOCACHING HIKE

**SATURDAY, APRIL 10**

Cunningham Fall park - meet at parking lot at 9 am 39.5869389N, 77.4360189W

Last month we tried orienteering, where we used a map to navigate through terrain and find checkpoints. This time we will use our new skills to enter the woods and look for more than just an orienteering pole or bag. We will look for "geocaches."

*What is that?*

It can be anything. It is usually a small metal, wooden, or plastic box that can withstand the elements with a log and pencil and sometimes tiny treasures inside and is hidden in a safe but non-intrusive place. It is another fun activity suitable for the whole family, youth group, or just individuals interested in solving puzzles, playing games, and exploring new places.

You will need a GPS (the one on your phone will work well) and an app on your phone. You can printout from the website [Geocaching.com](http://Geocaching.com).

There are millions of geocaches hidden around the world—there are probably some near you right now.

We will explore geocaches located in the local park. We'll explain different types of geocaches; We will learn what a travel bug or "CITO" is and will discover that it is not important what is inside, but the fun of the hunt, the thrill of discovery, and the sheer delight of finding new places with good friends.

**This activity is suitable for all ages.**

Join us and let us know at  
[events@sokolwashington.org](mailto:events@sokolwashington.org)



# NAVIGATING WITH MAP & COMPASS

Introduction and permanent orienteering course at Little Bennett Park, Maryland by Alex and Dasa.



Orienteering is a sport that requires navigational skills using a map and compass to navigate from point to point in unfamiliar terrain while moving at speed.

Using a permanent course maintained by a local orienteering club, Alex and Dasa provided orienteering instructions for beginners. They explained more advanced strategies to run and make the right route choices to more advanced runners. They had 3 groups to start a beginner course,

3 teams of advanced beginners, and 4 individuals or groups to try an intermediate orange level course. There was a choice of 3 paths. MapRun app that lets you check your results after the run was also available. The youngest kids enjoyed walking in nature while observing animals and flowers, climbing trees, and crossing little streams. The more advanced runners tested their skills to identify attack points and go off the trail using a compass. Some even got lost a bit, but that is an important lesson

for your orienteering. Finding yourself and resume your course. And, of course, afterward - evaluations of the route choices. Orienteering can be a very individual sport if you are looking for solitude and relaxation. It can also be where you make new friends and talk to others about their route choices, reading glasses, or animals you spotted on your journey. Follow local orienteering club webpage for their recent nearby events in Virginia (**April 11th** at Pohick Bay, Virginia, or **April 18th** at Lake Needwood, Maryland)

<https://www.qocweb.org/events/2021/4/11/pohick>

<https://www.qocweb.org/events/2021/4/18/lake-needwood>

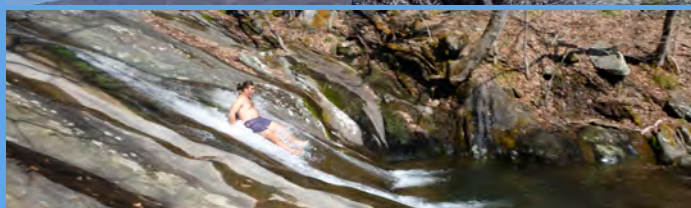
<https://www.qocweb.org/events>

## SUNDAY SPRING HIKE

### From a hikers diary:

**Sunday:** we conquered the Hawksbill mountain today. Its elevation is 1234 meters (4049feet), and we completed over 11 miles(or almost 17km). It was beautiful, warm, spring weather, so we had a well-sized group. We started climbing up on the Cedar Run trail. Our first stop was at a natural waterslide, where some brave individuals tested the fresh spring waters. Right before the Skyline Drive, we continued and split into two groups where half of the people hiked over to the White Oak Canyon trail on which they descended, while the other half crossed Skyline Drive and continued up to the summit of Hawksbill Mountain. At the top, one more family joined us for the next few kilometers.

After descending from the top of Hawksbill, we enjoyed the view of beautiful waterfalls on the White Oak Canyon trail, which were in full force at this time of year. Finally, after finishing the hike, all tired and satisfied, we stopped by Sharp Rock Vineyards, where we had a lovely picnic while the adults tasted local wines. It was a great day to be outdoors! Spring is officially here!







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.

## Czech and Slovak School

# IN SPIRIT OF EASTER

In March, our students continued to expand their Czech vocabulary and older children on mastering the incredibly complicated Czech grammar. The use of "i/y" is still leaving many baffled. We had two fun sessions of yoga with a bit of martial arts training sprinkled in. The most fun was learning about Czech and Slovak Easter traditions. The most important day for Easter ("Velikonoc") is Easter Monday, and it is a national holiday. Students chuckled at the idea that boys and men braid willow branches into whips (pomlázka) they whip girls and ladies with, and girls/ladies reward them with colorful eggs and sweets. Many thought this was not fair but still funny! Kids used their creativity and made Easter

*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.*

decorations; bunnies and chicks were the most popular. The highlight was egg decorating. Some brought in hard-boiled eggs, some brought hollowed eggs, and all had a great time making their own "Kraslice" (decorated eggs). Our special



visitors, Milos and Pavla Toth, talked to the children about their backyard chickens and how to care for them so they would produce plentiful eggs. Of course, we did not forget to learn about "Mazanec" (sweet yeast bread with raisins), "Beranec" (lamb-shaped cake), egg-shaped gingerbreads, and other delicious treats one would find in the Czech Republic and Slovakia at Easter time.







## APRIL RECIPE

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

# HRUDKA

## Slovak Easter Cheese

This is traditional Slovak Easter cheese is served Easter Sunday. It is served with baked ham and beet horseradish and is great on sandwiches.



### INGREDIENTS

4 cups milk  
12 eggs  
1 teaspoon salt

### YOU'LL NEED

Fine cheesecloth  
Butcher's twine



### INSTRUCTIONS

Step 1 - Measure milk into a bowl, and set over a saucepan filled half way with simmering water. Heat until warm to the touch, then gradually start cracking eggs into the milk while stirring almost constantly. This will scorch very easily. Continue to stir slowly once all of the eggs are in, until the mixture resembles scrambled eggs.

Step 2 - Pour into a cheesecloth bag and tie tightly. Hang from the sink faucet or over a bowl and allow to drain for 1 to 2 hours. Place on a cooling rack set over a pan or bowl and set a heavy object on top to press out the liquid. A cool cast iron skillet weighted with heavy cans works well. Press for about 2 hours.

Step 3 - Carefully remove the weights and cheesecloth bag from the cheese. Refrigerate the cheese for several hours or overnight before slicing and serving.

## 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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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?



## THE SUGAR CUBE



We have been using Czech sugar cubes since 1843. The sugar cube has even a memorial in the city of its origin, Dačice in Moravia, where Jakub Kryštof Rad invented and got a patent for the machine capable of cutting sugar into smaller cubes. And so, the sugar cube was born.

## 2021 VIRTUAL MEETING OF CZECH SCHOOLS IN THE WORLD

June 5-6th, 2021 VIA ZOOM

We expect that the meeting will be attended by representatives of Czech schools from the USA, Canada, and Europe, and other parts of the world. Individuals who meet informally or are interested in founding a school to teach Czech can also take part. This event follows up on the Virtual Exchange of Ideas 2020, which indicated an interest in international virtual meetings of Czech schools, and recent virtual debates of compatriots and compatriot associations with representatives of the Ministry of Foreign Affairs and the Senate of the Parliament of the Czech Republic.

**The meeting is free, but registration is required.** To participate, fill out the [registration form](#), and you will receive more information about the program by email during April 2021. <https://www.facebook.com/events/255593169487801>

## 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.

## OUR MARCH 3RD 2021 MONTHLY MEETING

Reports about past ski events were presented, and plans for family orienteering were suggested.

Storage cost was discussed: considering the cost (It is expensive due to proximity to school we rented, but for the past year there was no actual use of this feature) and impact if we rent smaller space further away. Suggestions for our grant applications were listed, and thoughts about our needs for the following months. An idea to hold town hall meetings, and board retreats, was presented to the board. Members were asked to share their thoughts on how to improve our structure and communication, increase impact and broaden our activities.