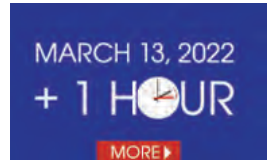




What Is Standard Time?

Standard time is referred to the local time in a country or region when Daylight Saving Time (DST) is not in use. Standard time is also known as winter time while DST (Daylight Saving Time (DST) may be called Summer Time. More than 60% of the countries in the world use standard time all year. The remaining countries use DST during the summer months, generally setting clocks forward one hour from standard time. DST Period Longest. The periods of standard time and DST are not equally long. The standard time period is often shorter than the DST period. For instance, the standard time period is only around 4.5 months in the US and Canada. Most European countries are on standard time 5 months of the year and spend 7 months on DST.



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- Masquerade Ball for Little and Tall - March 19, 2022
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- SAVE THE DATE - Tennis Tournament- April 23, 2022

RECAPS

- Annual Bača Cup Ski Race
- Polar Bear Plunge Challenge

HISTORICAL CORNER

- Charlotte Garrigue Masaryk

TRADITIONAL RECIPES

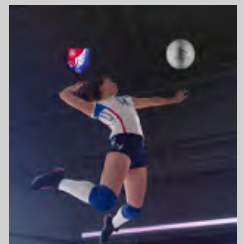
- Goulash

WEEKLY ACTIVITIES

- Sokol Volleyball Season
- Sokol for Life
- Czech and Slovak School

IN EVERY ISSUE

- Join Us and Make a Difference - Support Sokol Washington, D.C.
- Shop with Amazon Smile, earn money for Sokol Washington, D.C.
- Sokol Washington, D.C. Facebook & Instagram
- Thank You



MONTHLY MEMBERSHIP MEETING

WEDNESDAY, March 2, 8:00 PM

Please join us at our Monthly Membership Meeting, share ideas, and participate in planning future events. It is your opportunity to play a part in shaping the future of our unit and meet our newly elected board.

We meet every 1st Wednesday of the month at 8 PM. You can participate via Zoom. If you are interested, please RSVP to sokol@sokolwashington.org and we will send you all the necessary information.

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



FEBRUARY MEMBERSHIP MEETING VIA ZOOM

We continue in ZOOM meetings, and our activities are picking up. During the meeting, we discussed the volleyball tournament and award ceremony. We agreed to look for a place and continue to monitor the covid situation to plan any social gathering. Preparation for the masquerade ball is under the way. Also, plans for the tennis tournament are shaping up... We would like to attract new players and increase participation. Our new race coordinator, Peter Minar, joined us, and we discussed new strategies and options for locations and communication for this tournament.



Ice Hockey - The Most Popular Sport in Czechia and Slovakia

Ice hockey has been the most popular sport in Czechia and Slovakia. The main reason is that it has a long history in our countries. For decades our teams have achieved tremendous success in this sport.

The Czech men's national ice hockey team is one of the major powers in world hockey. Many Czech players have been successful in the NHL, most notably Jaromir Jagr, considered one of the greatest NHL players.

This sport was also prominent before their independence. Together with the Czech Republic, they were part of Czechoslovakia, and their national team was one of the most successful teams in ice hockey history.

Slovak hockey legends such as Miroslav Šatan, Žigmund Pálffy, and Peter Bondra, the leading goal-scorer in the history of the Washington Capitals, are now retired.

Slovakia has a new young star Juraj Slafkovsky who makes seven goals to lead Slovakia to bronze at the Winter Olympics 2022. The 17-year-old forward scored seven goals - the highest tally in the tournament to help Slovakia claim their first Olympic hockey medal.





March 19th, 2022, 4:00 - 6:00 pm

Masquerade Ball for Little and Tall On ice!



The event starts at 4:00 pm. Come a little earlier, rent your ice skates and get ready in the heated area. The snack bar will be open.

We will play games on ice, practice our skills, have a parade of goblins, bunnies, princesses, and other creatures. Please participate in our creative costume competition. We have a special award for those who best incorporate their safety helmet into the costume.

Or just come and skate!

Tickets: \$6 per skater, \$18 per family (good for two adults and all children from the same household) and must be purchased [online](#) in advance. Rental available on-premises: \$4.00/ice skates

NO DOOR SALES Cabin John Ice Rink restricts payments at the door

Registration starts March 1st

For more information:

se.sokolem@sokolwashington.org



Annual Eastern Division



Tournament

SATURDAY, MARCH 19TH | 8:30 A.M.



8:30 – 9:00 am - Registration and Opening

See your captain or bulletin board for a detailed schedule. We play on 2 courts.

Registration Fee: \$60.00 per a team \$10.00 Member, \$20.00 Non-Member

Registration Deadline: March 1st, 2022 at sports@sokolwashington.org

Please, submit all fees by 9:30 a.m.

12:00 – 1:00 pm - Lunch

Free lunch served for all players and out-of-town guests.

3:00 – End of the tournament (Estimated)

WHERE: [Jackson Middle School, 3020 Gallows Rd., Falls Church, VA 22042](#)

CONTACT: Peter Knapp (events@sokolwashington.org)

Volleyball Award Ceremony will be held at 7 p.m. during our **Josefska - Picnic** at [Norwood Local Park in Bethesda, MD](#)

Important:

[RSVP](#) here ASAP - we need to know that you can join us. Space will be limited after we promote the picnic to our members.

Josefska - Picnic



March 19, 6-9 p.m.

Gulash, sausages, and non-alcoholic drinks will be available. Bring your drink. Bring a dessert to share if you want to show off your baking skills.

Musicians are welcome to bring their instruments.

Space is limited; RSVP is required [Eventbrite](#)

Suggested donation: \$6 per person

Any questions?

CONTACT events@sokolwashington.org

WHERE: [Norwood Park Activity Building](#) • [Norwood Local Park, 4700 Norwood Dr.](#) • [Bethesda/Chevy Chase, MD](#)

Hiking in the Shenandoah

SATURDAY, MARCH 12th | 8:30 A.M.



Join us again to climb Hawksbill Mountain, the highest point in the Shenandoah National Park. We'll park at the bottom of the hill and follow Cedar Creek Run to reach the over 4,000-foot summit. The hike will be 16.8 km long. There are shorter options too. Skyline Drive can better fit families with younger climbers or hikers with bad knees (5.3km) or skipping the summit and only admiring the impressive waterfalls (11.5km). Bring hiking shoes, snacks, and enough water to best enjoy your time. Bring friends, members or not, and we plan for a perfect Saturday. After the hike, we can stop at Sharp Rock winery. Bring snacks, and let's taste some local wine in a family setting.

Remember, our annual Olga Hudlicka Memorial! The mountain hiking marathon will be on April 16th.

This may be an excellent opportunity to get some mileage in your shoes and test your gear with the scent of spring in the air! We can still enjoy a cold polar bear plunge in Cedar Creek's natural slides and pools. The water at this time of year is still very refreshing, so pack your swimsuit and towel too.

WHERE [Sheetz gas station at 600 Blackwell Rd, Warrenton, VA](#)

CONTACT Dasa (events@sokolwashington.org)



Polar Bear Plunge Update

By Dagmar Merkova

A few brave people attempted this challenge themselves. Lucka is the month's winner with her dip in the frozen Lipno during her trip to Czechia. Not everybody had such a great opportunity.

Even running with friends around a house barefoot in the snow is quite a fun bonding experience for some of us.

If you have not had a chance to challenge yourself, do not despair, there is still a chance! Join us for a hike in March and test yourself in the refreshing waters of Cedar Creek.

[Read more here ...](#)



Annual Bača Cup Ski Race

By Dagmar Merkova

On race day, the weather was not cooperating. An Arctic front crossed Central PA that morning and early afternoon, bringing a risk of snowstorms and gusty winds that produced brief whiteout conditions. Gusty winds of about 30 mph resulted in stopping ski-lifts, but we still had a lot of fun. Organizers of the Baca Cup postponed the race to Sunday, and it was a wise decision. Blue sky and better skiing conditions allowed racers to be more favorable and safer conditions. There are few medalists among our members. Veronika Clewner won the overall Women Alpine Ski Cup.

Congratulations to all winners!

[Baca cup 2022 gallery](#) and [results](#).



SAVE THE DATE

APRIL 23, 2022



After a long hiatus due to Covid, we are energized to plan exciting activities like our well-liked **Tennis Tournament!** Come join us for some enlivening Tennis action. It is an opportunity for members and friends of all ages to compete and socialize. As we are planning this event, we ask you to respond if you are interested in participating. Please answer **YES**, we are interested in participating in Tennis Tournament to Petr Minar or Milos Toth at events@sokolwashington.org and state your name, a number of interested participants, their ages, and categories.

THE TENNIS TOURNAMENT IS PLANNED FOR THE WEEKEND OF APRIL 23, 2022

Please reserve your spot in the tournament and email Peter Minar or Milos Toth at events@sokolwashington.org if you are interested in participating.

CONTACT: Peter Minar or Milos Toth at events@sokolwashington.org



Charlotte Garrigue Masaryk

and her influence on visions and views of Tomáš Garrigue Masaryk

By Mirka Mimrova

March 7 will mark 172 years since Tomáš Garrigue Masaryk (1850-1937), the founder and first president of Czechoslovakia, was born. His wife, Charlotte Garrigue Masaryk (1850-1923), played an essential role in shaping his views and visions. She was always a source of inspiration for him. He admired her intellect and values and perceived her as the embodiment of a different culture, offering new points of view. They were a progressive couple; both were great idealists, modern intellectuals, and cosmopolitans. For instance, after their wedding on March 15, 1878, in Brooklyn, Masaryk attached Garrigue's name to his own and signed as Tomáš Garrigue Masaryk since then, which was very unusual for that time.



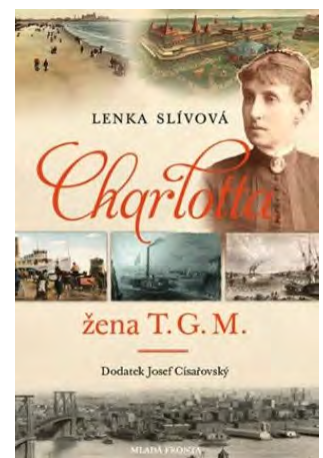
Charlotte Garrigue was born in Brooklyn to a wealthy and very religious family which was a member of the Unitarian Church, proclaiming individual freedom of belief. As a result of her upbringing and the then historical context, she had developed a strong aversion to discrimination of all kinds, including discrimination against women. Thanks to her musical talent, she was sent to study piano in Leipzig. In 1877, she first met T. G. Masaryk, who worked on philosophy habilitation. After their marriage, they first lived in Vienna where they welcomed their daughter, Alice, in 1879 and son, Herbert, in 1880. However, as the family income was meager, Masaryk accepted a professorship at the Czech University in Prague. They moved to Prague in 1882 and had another two children - Jan (1886) and Olga (1901). Charlotte soon learned Czech and got involved in social work and the local women's movement, e.g., fighting for the

enfranchisement of women. She wrote articles on Czech culture for American and European newspapers. A piece on Czech composer Bedrich Smetana, whose work she deeply admired.

Charlotte strongly supported T. G. Masaryk in his fight for the Czech state's independence from Austro-Hungary. She understood that he had an important role in the Czech nation's history. She repeatedly encouraged him not to give up. When World War I began, Masaryk went into exile with his daughter, Olga, and began establishing a ground for Czechoslovak independence by organizing Czech and Slovaks outside Austria-Hungary and establishing international contacts and support to this end. For Charlotte, the following years were challenging. Due to her husband's political activities against Austria-Hungary, she was under constant police surveillance. Her apartment was frequently searched by the police. Her daughter Alice was imprisoned in Vienna for connection with Masaryk's political activities. Her son Herbert died in 1915, and her son Jan had to do military service in Halic. These circumstances contributed to Charlotte suffering from depression and other health issues. When the independent Czechoslovak Republic was declared on October 28, 1918, and Tomáš Garrigue Masaryk was elected its first President, Charlotte Garrigue Masaryk was unable to take the role of the First Lady. Even though she significantly contributed to her husband's achievements, the establishment of Czechoslovakia was one of them. She died in 1923.

More information on Charlotte Garrigue Masaryk can be found, for instance, in the award-winning book *Charlotta: žena T.G.M.* (Charlotte: T.G.M.'s wife), written by a Czech author, Lenka Slivova, published in 2018.

Sources: De Haan, Francisca; Daskalova, Krassimira; Loutfi, Anna: *A Biographical Dictionary of Women's Movements and Feminisms: Central, Eastern, and South-Eastern Europe, 19th and 20th Centuries*. Central European University Press, Budapest, 2006





Volleyball Fridays



Pick-up volleyball has been a favorite weekly adult sports activity for our members and friends of both genders, varied ages, and skill levels for many years

WHEN:

Fridays from 8-10 pm

WHERE:

[Jackson Middle School](#) Main Gym
(Room 304) [3020 Gallows Road](#)
[Falls Church, VA 22042](#)

CONTACT:

Radovan Kohlmayer

sports@sokolwashington.org

Sokol for Life

"The world doesn't end outside the door; we learn from animals to run, jump, climb, and more"



By Dasa Merkova

Due to travel and covid issues, we had some cancellations this past month. Despite these challenges, we enjoy new obstacle courses practicing balance and jumping. We are still in the library, but we are watching the daylight and can't wait to move outdoors.

While in Czechia, I had an opportunity to attend a seminar in Prague organized by the Czech Sokol Training School for instructors and teachers of Sokol for Life. The event took place in the beautiful historical building of the Prague Sokol, built by the founding Sokols 110 years ago. The workshop had tons of great ideas. We had knowledgeable and experienced lecturers. The founders of this program showed us how to use training materials and sheets with a group of kids. We went through all of the topics of the yearly plan, learned new methods and games, and worked with music. Of course, we were testing all the games and exercises ourselves. Not to mention, it was entertaining to see adults learn to crawl and play children's games properly. The biggest challenge for me came when we tried to jump over the vault. It was quite difficult because ... it's been, erhm, a long time ;). It was very motivating to share this day with like-minded people with similar interests. The intensive seminar was very practical. I'm looking forward to sharing all the new games, songs, and exercises with our mini-sokoliks.

WHEN:

Tuesdays 6-7:30 pm

WHERE:

Dolley Madison Library, VA.

CONTACT:

Veronika Clewner se.sokolem@sokolwashington.org

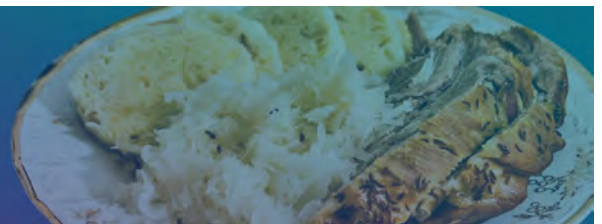
Czech and Slovak School



By Michaela Kiss

On February 11th, the Czech & Slovak School students participated in an all-school project. The theme was: “What comes to your mind when you think of Czechia or Slovakia?”. At home, children prepared a presentation, which they then shared with the whole school. The creativity and effort our students put into it were amazing. We saw beautiful photos, pictures, and descriptions on tri-folds, poster boards, and cardboard. However, the best part was seeing and hearing the children on stage presenting their work. With the help of their parents, our youngest students talked about their grandparents, other family members, favorite food, cartoon characters, and even the official Czech crest and what each animal stands for. Our older students mentioned their family, favorite places to visit, things they like to do and eat (dumplings, řízek, and halušky are popular) in Czechia and Slovakia. We also learned about Věra Čáslavská and her gymnastics career and successes, or how the events in Munich in 1938 affected Czechoslovak history. It was a fun way for the kids to get creative, work on their public speaking in Slovak and Czech, and get to know one another a bit better. All participants were rewarded with loud applause and a sweet treat.

TRADITIONAL RECIPES



By Monica Rokus

Goulash

Goulash is a delicious beef stew (or soup) with a rich paprika seasoned broth. This dish is warm and comforting, perfect for a cold-weather day.



Ingredients

- 3 tablespoons [pork lard](#), or butter or bacon grease (pork lard is traditionally used and gives a great flavor)
- 1 1/2 pounds yellow onions, chopped
- 1/4 cup [quality genuine imported Hungarian sweet paprika](#)
- 1 1/2 pounds stewing beef, cut into 1/2 inch pieces
- 5 cloves garlic, minced
- 2 red bell peppers, seeded/membranes removed, cut into 1/2 inch chunks
- 1 yellow bell pepper, seeded/membranes removed, cut into 1/2 inch chunks
- 2 tomatoes, diced or canned
- 2 carrots, diced
- 2 medium potatoes, cut into 1/2 inch chunks
- 5 cups beef broth (traditionally just water is used but beef broth adds so much more flavor)
- 1 bay leaf
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon [crushed caraway seeds](#) (optional, not traditional in all regions)

Instructions

Melt the [pork lard](#) or butter/oil in a Dutch oven or other heavy soup pot. Over medium-high heat, cook the onions until brown, about 7-10 minutes. Add the beef and cook until the meat is just brown, 7-10 minutes.

Add the bell peppers, tomatoes, and garlic and cook for another 6-8 minutes.

Remove the pot from the heat and stir in the paprika, salt, pepper, and caraway seeds (if using) (note: paprika becomes bitter if at all scorched).

Add the beef broth, bay leaf, return to the stove and bring to a boil. Reduce the heat to medium, cover, and simmer for 40 minutes. Add the carrots, tomatoes, and potatoes. Return to a boil, reduce the heat to medium, cover, and simmer for another 30-45 minutes or until the beef is nice and tender. Add salt to taste. Remove the bay leaf.

Goulash freezes perfectly, making it ideal for making in batches for the winter.

Goulash, Gulyas, Guláš...

Like many of our favorite dishes, Goulash started as humble peasant food, a rustic rural dish that originated with the hard-working cow herders of the central Hungarian plains, who spent long days out in the field working up an appetite. The dish's name comes from gulyás hús, herdsmen's meat.

After their long days tending cattle, herdsmen would gather around fires at night for pot cooking, stirring grains, onions, lard, and seasonings in a cauldron over a fire. They ensured that there was always one "sickly" creature that had to be slaughtered along the way. The flesh provided them with magnificent gulyáshús.

Goulash is a popular meal predominantly eaten in Central Europe and other parts of Europe. It is one of the national dishes of Hungary.

Czech and Slovak versions of Goulash are loaded with big chunks of beef and onions spiced with paprika. They like their rich and thick sauces and, therefore, they thicken their Goulash with flour. The chunky sauce/stew is served with dumplings and/or warm crusty bread!





Czech Guláš



Slovak Gulaš Soup (stew)



Goulash, Guláš



Kotlikovy Guláš (In Cauldron)

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Make a Difference - Support Our 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.



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.



Please 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 and Become a Member

Thank you for your interest in becoming a member of Sokol Washington.

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.

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



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 educational, cultural, folk, or sporting events, and do not miss our MailChimp campaigns. Please make sure that our e-mail sokol@sokolwashington.org is included in your Contacts/Mailing list and does not end up in your Spam or a Trash box

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

Newsletter Publication and Information

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Photography: Lucie Kosatova

Distribution: Kevin Dawson

Please send news, articles, and pictures before the 15th of the prior month. **CONTACT:**
media@sokolwashington.org

