



AMERICAN
SOKOL
WASHINGTON, DC

JUNE 2022



The month of June brings beautiful bouquets, delicious fruits and vegetables, and an urge to get outside and enjoy the sunshine. No other month in the year begins on the same day of the week as June. It has both the longest and the shortest days of the year, depending on where you're standing! If you live in the Northern Hemisphere, June 21st is the longest day. Most of us in the Northern Hemisphere look forward to June because it heralds the start of warmer weather. If you live in the Southern Hemisphere, though, then it's a time when winter starts to set in properly. The days are shortening, and the nights are becoming fresher and fresher.

No matter where you are in the world, the end of June marks the end of the year's first half, so it's a time to reflect on the year so far. We had a very productive six months, full of old and new activities. There are several events in June if you want to join us. We all enjoy getting back to the swing of things after the enforced isolation of the past two-plus years. We look forward to seeing you in September. Enjoy your summer!

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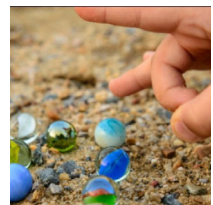
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Join Us and Make a Difference - Support Sokol Washington, D.C.
Shop with Amazon Smile, Earn Money for Sokol Washington, D.C.

Sokol Washington, D.C. Facebook & Instagram

Thank You

SEE YOU IN SEPTEMBER



MONTHLY MEMBERSHIP MEETING

WEDNESDAY, June 1, 8:00 PM

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

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 board.

We meet every 1st Wednesday of the month at 8 PM in the community library. If you are interested, please RSVP to sokol@sokolwashington.org and we will send you more information.

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

Canoe or Kayak on Shenandoah River on June 4 and/or 5th

with Optional Camping





Join us for a day or two on a kayak or canoe.

Or just come for a night or two and bring your "kytaru" to the Campground by the Shenandoah River.

Saturday - Sunday, June 4-5

Want to do a one or two-day adventure in a canoe or kayak? It's up to you.

If you want to camp one night on **Saturday** or start already on Friday, you'll need a tent, a sleeping bag, some food, and utensils. We'll have cooking equipment and a fire or two.

Enjoy roasted sausages on the fire, clean air, sing campfire songs, drive in the beautiful Shenandoah Mountains, and make new friends.

If you prefer no water sports, you can go on an individual hike in the area and join us around a campfire in the evening.

The minimum age in a watercraft on the Shenandoah River is Five (5) with close parental supervision.

On **Saturday**, we plan to make a 5-mile trip on the river, and on **Sunday**, a 12-mile trip on the river or about 5-6 hours with stops, subject to change based on water conditions. There will be an option for interested folks to go down the Compton Rapids (class I-II).

CONTACT: events@sokolwashington.org to reserve a canoe or kayak or to book a shuttle for your own canoe or kayak. For a discount on the rental, please [RSVP](#) no later than **Thursday, June 2.**

PRICING:

Camping for Members: **\$10/family** (ASW Family Membership is \$50 annually)

Camping for Non-Members: **\$10/person** (waived if you join ASW)

Canoes and Kayaks: **10% Group Discount** may be given. Pricing is available here: <https://www.downriver.com>

WHEN and WHERE:

FRIDAY, JUNE 3, in the afternoon/evening, campers can start arriving at Golden Rock Campground, 9751 US-340 N., Rileyville, VA 22650 c/o Downriver Canoe Comp. Access with code only. We will share a code with those who RSVP.

SATURDAY, JUNE 4 - Camping, Canoeing/Kayaking (from upstream to the Campground). MEET AT 10:30 AM at [Downriver Canoe Company](#)
[884 Indian Hollow Road, Bentonville, VA 22610](#) | www.downriver.com

SUNDAY, JUNE 5 - Camping, Canoeing/Kayaking (from the Campground downstream). MEET AT 10:30 AM at [Downriver Canoe Company/Golden Rock Campground](#), 9751 US-340 N., Rileyville, VA 22650

2022 Open House - June 10th, 6:30 pm

American Sokol Czech and Slovak School Registration

Please join us on our last day of School In [Norwood Park](#) (4700 Norwood Drive Bethesda, MD 20815) for a picnic and meet our language school's teachers, volunteers, and families.

June 10th, 6:30 pm



We will be accepting registrations for the new school year. Please fill out our [online registration](#) school form and submit payment before June 30, 2022 in order to take advantage of 20% early bird discount.

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. Teachers are native speakers.

Children learn through games, songs, and rhymes. With older children, we are using modern Czech/Slovak textbooks used in Czech/Slovak schools and Czech textbooks for foreigners, and many other advanced tools. [READ MORE](#)

Payments and tuition for one semester - 1 child: \$135/tuition + \$25/fee
Each sibling additional \$55 (**due before July 1, 2022**, 20% increase after deadline)

Our language classes are held at Carderock Springs Elementary School (7401 Persimmon Tree Ln, Bethesda, Maryland 20817).

Fridays, September - June, 6:45-8:00 pm

Every child can join our Sokol gym classes and cultural activities **8:00-9:00 pm**

CONTACT: Sis. Michaela Kiss at school@sokolwashington.org
We hope to see you there - all are welcome, member or not!

We are accepting applications for children three years old and up.

- **Are you interested in teaching Czech and Slovak language classes on any level?**
 - **Do you have experience in folklore dances?**
 - **Contact our school representatives for openings at school@sokolwashington.org**
-



Baroque, Gothic, Renaissance, Romanesque, Classicism, Art-Nouveau, Cubism, Functionalism and even architecture of the Communist era are all on display around the country.



THE CZECH REPUBLIC IS A COUNTRY OF ARCHITECTURE.

The Czech Republic is a crossroads of many cultures and architectural styles of all times. From Bohemian Gothic to Bohemian Baroque through Renaissance, the Czech Republic has followed the trends of European architecture with its particular contributions. The XX century left contributions of the Cubist Czech interpretation of the architecture, socialist realism and famous iconic works of the modern architecture like Villa Tugendhat of Mies van der Rohe which is a world heritage site. Its beautiful capital, Prague, with its old bridges and modernist buildings also offers masterpieces of contemporary architecture that are a must see.

By Monica Rokus

Sokol Convention in Ennis, TX, June 9-12



Every four years, delegates from all units of American Sokol meet and review their bylaws and procedures, vote for a new executive board, and plan a budget for the following period. The last four years were not easy for any organization, and many things were changed and tested. We hope all these changes will reflect at the convention, and changes to bylaws will help our Sokol Family to continue in this long tradition.

Good luck! We're all rooting for you.

Our youth Sokol members are going to represent the USA this summer in World Championships:

2022 ICF JUNIOR AND U23 CANOE SLALOM WORLD CHAMPIONSHIPS
IVREA, Italy - July 5-10, 2022



Marcelka and Isabelka Altman

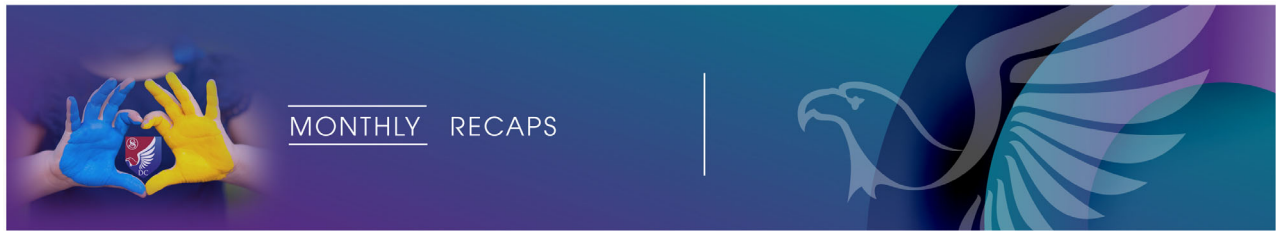
<https://www.canoeicf.com/canoe-slalom-world-championships/ivrea-2022>

JUNIOR WORLD ORIENTEERING CHAMPIONSHIPS 2022
AGUIAR DA BEIRA, PORTUGAL - July 9-17, 2022

Alex Merka

<https://www.jwoc2022.pt/www/>





"Pálení čarodejnic" (Burning of Witches)



By Dasa Merkova

On the last day in April, we had a special event with our Mini-Sokoliks. We were invited to a garden party with fire and some old traditions. Little kids enjoyed a church playground nearby, and older kids helped to prepare a fire. We said goodbye to winter and burned the old witch in the fire made of old trees, twigs, and rags. All of us were longing for some sunny warm days. We prepared a maypole to get into a spring mood (a tree without branches decorated with wreaths and ribbons). We danced around a pole to weave ribbons in a nice pattern on the trunk. It was not easy to coordinate our Mini-Sokoliks and teenage kids together, we could call it a bit chaotic, but we made it! We all had fun and the maypole looked beautiful. Of course, we got hungry so we grabbed sticks and started our dinner: roasted sausages, a signature food in our homelands. After that, another classic: guitar songs accompanied this time by a saxophone. What a cultural treat!

CZECH TRADITIONS - Pálení čarodějnic (burning of witches)

A night full of magic and rituals

The last night of April is traditionally associated with the burning of witches. Thousands of fires and fireplaces spread throughout the country, bringing people together mainly for roasting sausages and entertainment. But few people associate this night with magical rituals that our ancestors believed in, who attributed great power to them.

In ancient times, people believed that evil forces ruled on the night of the Philippines-Jacobean night, and witches landed on the Sabbaths. Therefore, fires burned on hills, protecting the villages from witches.

Some carried a fern, holy chalk, and other symbolic items to protect them against evil. In addition, crops and cattle needed protection in the villages.



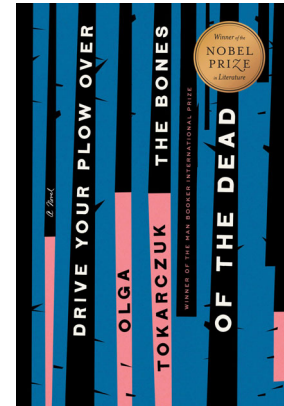
By Mirka Mimrova

Olga Tokarczuk

"Drive Your Plow Over the Bones of the Dead"
Olga Tokarczuk's idealized view of the Czechs



Drive Your Plow Over the Bones of the Dead is an unconventional mystery novel by a 2018 Polish Nobel Prize winner in literature. Olga Tokarczuk (born 1962) took place in the Polish part of Silesia near the Czech border. In this region, Tokarczuk herself used to live and with which she developed a special relationship. The book, by some, is referred to as a moral thriller. Janina Duszejko, a woman in her sixties, narrates it. She can be best described as eccentric and quirky.



She loves animals more than people, is obsessed with astrology, and finds the world out of order. This former bridge engineer lives in a small remote village in the Kłodzko Valley, where she teaches English at

the local school. Janina helps her friend translate the poetry of her favorite English poet William Blake (1757-1827), whose work (*The Marriage of Heaven and Hell*), the novel's title is drawn, finds herself in a murder mystery. Permeated with humor and irony, the story is full of surprises, leaving the reader with plenty of fruit for thought regarding animal rights, hunting, death, and loneliness.

What struck me the most about this book as a reader from the Czech Republic is how Tokarczuk lets the protagonist idealistically describe the life of Czechs living behind the Polish border as a "paradise". Through Janina's narration, we learn that after her friend finds a work of William Blake in a small bookshop in the Czech town of Nachod, she imagines that "these good people, who live on the other side of the border, and who speak to each other in a soft, childlike language, come home from work in the evening, light a fire in the hearth and read Blake to one another." She also believes that "in the Czech Republic things are completely different. The people there are capable of discussing things calmly, and nobody quarrels with anyone else. Even if they wanted to, they couldn't, because their language isn't suited for arguing." When I read this, I could not believe the author was serious. In a 2009 interview after the book was published, Tokarczuk shared a very similar view of the Czechs: "I envy many things - Czech, for example their ease, their unpretentious naturalness. I envy that they shameless play of folk music on almost all radio stations. I often hear the oompah-oompah brass in the countryside. I envy them for being rooted in their Czechness. It's so natural to be Czech." I wish that Tokarczuk's words were entirely accurate for us Czechs. Then life in the Czech Republic would be a true paradise.

Sources: Tokarczuk, Olga: *Drive Your Plow Over the Bones of the Dead*, Fitzcarraldo Editions, London, 2018 [\[Wikipedia\]](#)



Volleyball Tuesdays



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:
Tuesdays 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

Pepik's Peeps: Sokol for Life

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



By Dasa Merkova

We are enjoying the outdoors! The spring flowers in the park, warmer weather, and many trees and rocks to climb. We did a little hike on the C section of Billy Goat Trail with tasks to complete, such as finding a blue flower or three ants, climbing a tree, touching some moss, and listening to nature. We also found a giant turtle, a colorful beetle, and a challenging rock to climb. Another night we were practicing for a ninja course that we were planning to have on Friday at Sokol Gym, learning how to climb the rope and swing on it.

We also learned to play a very old game - Cvrnkání kuliček. You'll need marbles and a hole. Then you need to know the proper technique of "cvrnkani." (Ball Chirping: One of the oldest games in the world that will never get boring)



Volleyball Tuesdays

School in May

By Dasa Merkova

During the following weeks, we had "Outdoor School" - "Škola v přírodě". Carderock Elementary School had planned activities, we could not use their classrooms so we gathered in the park. Each class found a picnic table or a spot in the grass and continued their lessons. The weather was great!

After language classes, we had our outdoor gym, and we learned how to climb the rope and practiced other climbing skills in preparation for the Ninja course that our instructors prepared. Climb the net, walk a slackline, crawl in the tunnel, and swing on a rope. It was a grand challenge. Even adults tried rope climbing. Some did an excellent job as our starosta; some could not fight the gravity that well, but we all had fun.

We also acknowledged and thanked our former folklore instructor Elena. She is moving back to Chicago. We will dearly miss her! She is an excellent dancer and loves working with our kids. She led a few performances for our Sokolik and took on the challenge of teaching our teens classical and folklore dances. *Elena - many thanks!*



Call for musicians and singers

Do you play an instrument? Do you like folklore music? Do you want to join a group of music lovers?
Contact Honza Zicha at jan.zicha@gmail.com

Call for a folklore dancer teacher!

Do you love folklore and love working with kids? We are looking for a dance instructor, folklore lover, and/or musician to accompany our folklore group, Sokolik. More information at sokol@sokolwashington.org



Hey fourth graders and families! See America's natural wonders and historic sites for free.

Every Kid Outdoors - You and your family get free access to hundreds of parks, lands, and waters for an entire year.

Fourth graders - This is for you! Explore ancient dwellings. See a waterfall taller than a building.

<https://everykidoutdoors.gov/how.htm>

Parents and guardians - Stay close to home, or travel somewhere new. This year is the perfect time for an unforgettable outing. Your child can take you to amazing places!

Fourth graders can bring family and friends on adventures free for a full year with the pass.

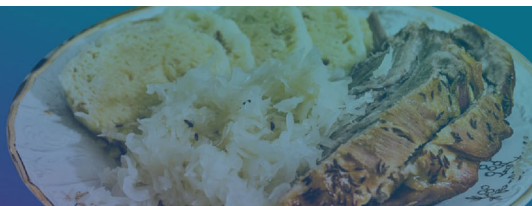
Educators - Get passes, download our activity, or plan a life-changing field trip for your fourth-grade students.



Get passes for your students - As a fourth-grade educator, you can download an activity form and print paper passes for each of your students.

This program only provides passes for fourth graders.

Maryland Park Service honors this program! Read more: <https://dnr.maryland.gov/publiclands/Pages/parkpass.aspx>



By *Monica Rokus*

SZEGEDIN GOULASH (Székely Gulyás)

Szegedin Goulash uses slow-simmered, meat, onions, and sauerkraut in a rich paprika-infused broth. It's incredibly delicious! *Chunks of soft pork with tangy sauerkraut gravy are flavorful and comforting! Szegedínský guláš is very popular in Slovak and Czech cuisine. It is a traditional Hungarian dish.*

Szegedinsky goulash uses pork shoulder or pork belly meat. It differs from classic goulash mainly because of its sauerkraut content, giving it a unique taste. Sauerkraut is quite acidic, and it is good practice to rinse before putting in the meat. It will ensure that you will not be unpleasantly surprised by it tasting too sour. You can save some of the liquid and add it at the end if you rinsed it out a little too much. Szegedínský guláš is usually served with bread dumplings in Czechia and potatoes or [Spätzle](#) in Slovakia.

- 4 slices thick-cut bacon, diced
- 1 large yellow onion, finely chopped
- 1 green bell pepper, seeded and finely chopped
- 2 cloves garlic, minced
- 1 large tomato, finely diced
- 1½ pounds pork (e.g. shoulder), trimmed of fat and cut into ½ inch pieces (Note: You can use all pork or a combination of pork and beef)
- 4 tablespoons [sweet Hungarian paprika](#) (yes, that's TABLE spoons!)
- 1½ teaspoons salt
- ¼ teaspoon freshly ground black pepper
- ½ teaspoon caraway seeds, coarsely crushed
- 1 bay leaf
- water or beef broth (beef broth isn't traditional but it creates even more flavor)
- 1 cup packed drained real German sauerkraut
- Sour cream for serving



Instructions

In a medium stockpot or Dutch oven fry the bacon until done. Add the onions and cook over medium-high heat until golden. Add the bell peppers and garlic and cook for another two minutes. Add the pork/beef and cook for a minute until some, but not all, of the pink, is gone. Stir in the paprika and remove from heat.

Add the remaining ingredients except for the sauerkraut and sour cream. Add just enough water to barely cover the mixture. Return to heat and bring it to a boil. Cover, reduce the heat to low and simmer for 90 minutes. Stir in the sauerkraut, return to a simmer, cover and simmer for another 20 minutes. Add salt to taste.

Serve with a dollop of sour cream and swirl it in before eating. Serve with crusty bread, [spaetzle](#), and/or a leafy green or cucumber salad. This goulash is even better the next day.



The name Szeged Goulash

The origin of the name Szeged Goulash isn't entirely clear.

It is believed that the dish originated in the Hungarian town of Szeged, famous for its paprika.

There are also those who argue the dish was named after the Hungarian writer, journalist, and poet József Székely. The story goes that he showed up at a restaurant with Petöfy Sándor, a Hungarian poet just before closing time and was told that all they had left was some goulash and sauerkraut. He told them to just mix it together and since that time people began requesting "Székely's Gulyás".

Whatever the origin, one thing is a fact:

This goulash is delicious and it's a very popular dish throughout Czechia, Slovakia, Hungary, Central Europe, and Germany.



American Sokol Washington, DC gratefully acknowledges a \$2,000 **grant from the American Sokol Foundation** for this year's Christmas Party fundraiser (Mikulasska) that will be held in early December. The grant was approved for our application that argued that our activities, including the Christmas party, are crucial for the further development of the Sokol Washington unit. Namely, we expect that it will:



- Increase awareness of the Washington region's Sokol Washington DC unit activities.
- Raise the paid membership in the Sokol Washington DC unit.

See you in September

The newsletter will make its return in September with information for all the great American Sokol Washington D.C. events and happenings.

Of course, we never shut down, so if we hear of a relevant activity or cultural event over the summer, we'll keep you informed.



HAVE A NICE SUMMER

If you have news or an interesting story that you would like to share with us, don't hesitate to get in touch with merkova@sokolwashington.org or mrokus11@gmail.com, and we'll include it in our newsletter.

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Please support us every time you shop at Amazon through [AmazonSmile](#), at no cost to you. It 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 visit to AmazonSmile. Amazon will automatically donate 0.5% of the total they receive from your shopping through Amazon Smile, at no cost to you.

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Your Smile will directly benefit all our activities and is greatly appreciated!

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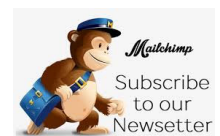
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Please send news, articles, and pictures before the 15th of the prior month. **CONTACT:** media@sokolwashington.org



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