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In October, autumn comes into full swing. Let's get in the fall mood!

This month's name stems from the Latin *octo*, "eight," because this was the eighth month of the early Roman calendar. When the Romans converted to a 12-month calendar, the name October stuck even though it's now the 10th month!

October's full Moon, also known as the Hunter's Moon, arrives on Sunday, October 9. Like September's Harvest Moon, the Hunter's Moon is closely tied to the autumnal equinox.

October's full Moon reaches its peak on Sunday, October 9, 2022, and will reach peak illumination at 4:54 P.M. Eastern Time.



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Pepik's Peeps



IN THE COMMUNITY

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Czech Embassy Bike Challenge
Kids Euro Fest Film
Double Exposure Investigative Film Festival



TRADITIONAL RECIPES

Kulajda



IN EVERY ISSUE

Join Us and Make a Difference – Support Sokol Washington, D.C.
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Sokol Washington, D.C. Facebook & Instagram
Thank You

MEMBERSHIP MEETING

WEDNESDAY, October 5th, 8:00 PM

You are welcome to join us at our Membership Meeting, share ideas, and participate in planning future events. Be a part of shaping our unit's future and meet our new board.

We meet every 1st Wednesday at 8 PM in the community library.

If you are interested, RSVP to sokol@sokolwashington.org, and we will send you more information.

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

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

Please congratulate our new board members for the upcoming year as they plan and coordinate activities and events promoting

“A Sound Mind in a Sound Body” while also embracing Czech and Slovak culture, heritage, and traditions.

MEET THE NEW BOARD



2022/23 AMERICAN SOKOL WASHINGTON D.C. BOARD OF DIRECTORS



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MIŁOS TOTH



Vice President I /
Education Director
DAGMAR MERKOVÁ



Vice President II/
Cosp. Secretary
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OPEN



Members at Large
KEVIN DAWSON

When you can't keep going, go faster!

Friday Parents Club invites you for the movie night.



[James Frecheville](#)

Carderock Spring Elementary School - Cafeteria
October 14, 7-9 pm

Film: ZATOPEK (2021)

In Autumn 1968, the Australian running record holder Ron Clarke came to Prague, hoping that his old friend and role model, Emil Zátopek, the most famous Czech athlete of all time, would help him overcome the biggest crisis of his career.

Director: [David Ondricek](#). • **Writers:** [David Ondricek](#), [Alice Nellis](#), [Jan P. Muchow](#). • **Stars:** [Václav Neuzil](#), [Martha Issová](#),

Please register at [EVENTBRITE](#). Free for Sokol members, \$5 donation from non-members recommended.
The movie is screened as a part of a project [#movingtowardsthefuture](#)

American Sokol Washington, DC gratefully acknowledges a \$200 **grant from the American Sokol** to purchase a projector for screening movies and for education purposes under the goal of "Spreading the Czech cultural heritage" as is state in the grant. Let this be one of many opportunities to do so.

Pediatric/Geriatric Marathon or Bike Ride



Saturday, October 15, 2022, at 9:00 a.m.

Sokol Washington members and friends meet yearly on a pleasant October day to walk along the C&O Canal. Meet at [Violettes Lock](#) and walk towards Harper's Ferry and back; the total distance is 42 km 195 m, but, as the name suggests, it is an event for all ages and skill levels, and the walking distance is self-determined.

C&O Canal is a perfect place also for biking, especially if you choose to make up the recently canceled Annual Sokol Bike Ride due to hurricane Ian.

Register and contact: Pavel Klein KleinP@epilepsydc.com

SOKOL RUN Is Back!



Saturday, October 29, 2022, at 8:00 am.

The Sokol Run is an annual celebration of the founding of Czechoslovakia. Hence the run around October 28! The organizers based the concept on a similar idea to the Olympic torch relay. Instead of a flame, they were conveying greetings to the first president of the Republic, T. G. Masaryk. For the fourth year, Sokol organizations rejuvenated this idea and are organizing runs in many locations in the Czech Republic and abroad. The American Sokol Washington D.C. would like to invite you to this race at:

[Meadowbrook Park, Chevy Chase, MD](#), on **Saturday, October 29, 2022, at 8:00 am.**

Registration is open until October 14: behrepublikyid.cz

On the website, pick the location of the race in **Washington, D.C.**

Fee: \$13 for adults, the free short race for kids (up to 15-year-olds), t-shirt (optional; it will be delivered on race day)

NOTE: During the registration process, you are prompted to pay your registration fee only. If you also select a t-shirt, you will get a second email with the number of your t-shirt/s order. You have to submit a separate payment for that one yourself. If you paid by PayPal go to your PayPal account and send money for t-shirts to Czech organizer Sokol Certovka; in case of bank transfer, send money from your bank account. Do not forget to include a note of your order number stated in the email or in your behrepublikyid.cz account!



For additional information about local run, contact events@sokolwashington.org

The Czech & Slovak Heritage Association



CSHA MARYLAND

The 34th Czech and Slovak Festival



Saturday, October 23, 2022, at Noon

There will be traditional meals, pastries, Czech and Slovak beer, and plenty more. There will be traditional sweets and goodies for purchase from vendors. You will be able to enjoy music by the Slovak folk band Pajtasi, dancing, and **gymnastic routines performed by children from our American Sokol Washington, D.C.**

The indoor event will take place at the American Legion Hall on 125 York Rd, **Towson, MD**, with plenty of free parking for visitors.

Please come to our festival and bring your family and friends with you. We cannot wait to see you there. Click [here for the festival poster](#).

Where: [at the American Legion Hall on 125 York Rd, Towson, MD](#)

SAVE THE DATE! SUNDAY, DECEMBER 4



Our **Annual Mikulasska Party** will be held at River Road Unitarian Universalist Congregation in Bethesda. Our Sokol is in contact with St. Nicholas, who has agreed to meet with our children. We hear that he will have an angel and little devil accompanying him. In addition to food & drinks, our children's group Sokolik will perform Christmas carols.

Stay tuned for more details.

[River Road Unitarian Universalist Congregation](#) • 6301 River Road, Bethesda, MD 2081

HISTORICAL CORNER



October 8th - Sokol Day

October 8 was proclaimed Sokol Memorial Day by the Czech Parliament to commemorate and honor around 1,500 Sokol members arrested by the Gestapo on the night of October 7-8, 1941 ("Operation Sokol").

[#CeskaObecSokolska](#) organization was dissolved by SS-Gruppenführer Gen. Reinhard Heydrich ("the Butcher of Prague") on October 8, 1941.

11,611 Brothers and Sisters were arrested and imprisoned during Nazi Germany's occupation of Czechoslovakia (1939-1945). More than twelve hundred Brothers and Sisters were executed, and 2,176 died in concentration camps, jails and prisons.

They won't be forgotten!

By Monica Rokus

Did
You
Know
?



ANDY WARHOL



Although this extravagant artist was born in Pittsburgh, his parents came from the small village of Miková in the district of Stropkov in eastern Slovakia.

His parents Júlia born Zavacká and Andrej, came from a region on the north-eastern borders with Ukraine and hence had the nationality of Rusyns, Ruthenes.

Because of the dire situation in the Austro-Hungarian Empire, Andrej immigrated to the United States in 1914. His mother came later, in 1921, after the death of her parents.

The original surname Warhola was changed in the United States. His mother, Júlia, told the children her memories from Slovakia – about soldiers in nearby forests, so they were aware of their roots. However, Andy used to reply to the question of where he came from – 'I came from nowhere.'

Andy Warhol is famous for his illustrations, advertisements, and reactions to the mass commercial society. He is one of the prominent representatives of the artistic style of pop art.

He did his works by serigraphy, a printing

technique with the possibility of infinite multiplication. His core works include a series of Campbell's soup, Coca-Cola, and portraits of celebrities such as Marilyn Monroe or Elvis Presley.

Besides printing, he made several films and documentaries about his mother, sex, and daily activities. He also worked as a manager for the music band The Velvet Underground. The production and 'performances' took place in his studio, The Factory, which became a center of artistic life in New York then.

In addition to a great Andy Warhol museum in Pittsburgh with Warhol's works, there is also the Museum of modern art of Andy Warhol. The Museum was founded in 1991. It is in eastern Slovakia, in the town of Medzilaborce.

The town lies just 15 km from Miková, his parent's hometown. This Museum presents Andy's objects, letters, and works from Andy Warhol Foundation in New York. Furthermore, you can see the works of his older brother Paul and nephew James both worked as illustrators.



WEEKLY ACTIVITIES

FRIDAYS

6:45 pm **Czech and Slovak language school**

8:00 pm **Gymnastics for children**

7:00 pm **Parents Friday Club**

[Carderock Spring Elementary School](#): 7401 Persimmon Tree Ln, Bethesda, MD 20817

CONTACT: school@sokolwashington.org



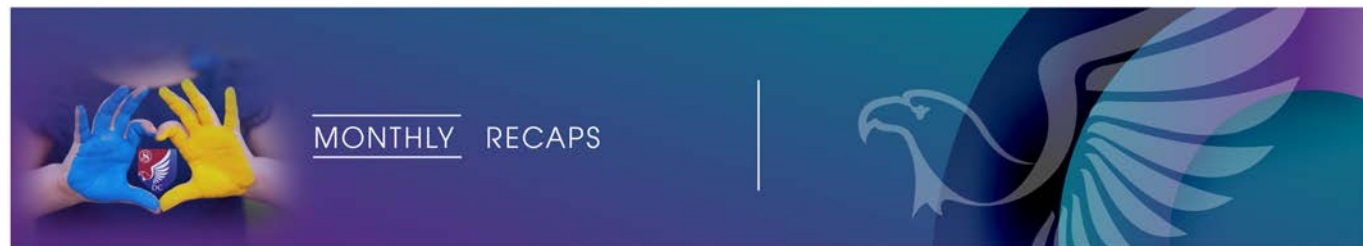
PEPIK'S PEEPS

TUESDAYS

Sokol For Life: we start at 6:00 pm at

[Carderock Park](#)

CONTACT: se.sokolem@sokolwashington.org



Family Camping, Henlopen State Park, DE

Labor Day weekend | September 3-5, 2022

This Labor Day weekend, Sokol families with young children enjoyed the last warm days of summer camping at the Cape Henlopen State Park, Delaware. They explored this beautiful landscape full of open beaches, giant sand dunes, and biodiversity-rich wetlands on foot and on bikes. They swam in the warm ocean, played in the sand, and watched the sunset from the giant dunes at the end of each day.



Member Appreciation Picnic



What a great time was had by all at our Annual Membership Appreciation picnic held on a September Sunday afternoon in Washington, D.C., along the banks of the Potomac River at the Fletcher's Boat House. As always, there was Czech sausage, cooked to perfection by Vladimír, sides, desserts provided by volunteers, games, and activities. The best part was the friendly atmosphere and seeing all that came to this popular annual event.

We look forward to seeing you at all upcoming events and the Membership Appreciation Picnic next year.

Sokol USA Instructor's Schools

By Dasa Merkova



This summer, I decided to improve my instructor skills. I signed up for the Instructor's School that American Sokol organizes yearly to train its instructors. This year's program was compressed into one week from its original two weeks. I packed my sleeping bag and gym shoes and drove to Detroit to spend my week with participants much younger than me. I was encouraged and reassured by some of Sokol's peers at the Convention that age does not matter and that I do not have to perform somersaults and cartwheels in the gym.

It was a one-week, all-day intensive program, and we were trained to instruct gymnastics and other physical fitness activities. There is a strong emphasis on safety and spotting and the responsibilities associated with becoming an instructor.

The first day was shocking: no phones, strict rules, and schedules accompanied by a thick manual with a colossal folder. OK. I'm ready. I even brought some books to read and my computer to work on in my spare moments. Ultimately, I read no books, had no spare moments, and did not miss my phone. Every day I had more and more to learn, and in the evening, I gladly closed my study material to get as much sleep as possible.

We learned how to read and write Sokol terminology, which is used to write calisthenics and apparatus routines. Sokol history, Czechoslovak and Sokol songs, and folk dancing are part of the curriculum, as are marching and games. Most attendees develop lifelong friendships at Sokol School and have fond memories of their days at "Kurz" (Course). We had one day to relax, visiting Sokol Detroit Camp, where we could enjoy a boat ride on the lake with a special dinner. What a treat! We also had one test day in the local gym to teach our gymnastic class. And, of course, we had a final ceremony with our dancing, marching, and calisthenics to perform for our visitors. As I drove home the following Sunday, my head was full of ideas and Sokol spirit, planning how to share all that with my local Sokol Family. Sokol Instructor School Organizers and teachers deserve my big thank you and my friend from the Sokol convention that motivated me to go!

Are you interested in teaching folklore dancing or Czech or Slovak language classes at any level?

Contact our school representatives for openings at school@sokolwashington.org

IN THE COMMUNITY



Embassy of the Czech Republic
Washington, DC



EU2022.CZ
Czech Presidency of the Council
of the European Union

CZECH EMBASSY BIKE CHALLENGE



Join the Czech Embassy Bike Challenge in celebration of the upcoming Czech Independence!

The Embassy of the Czech Republic invites you to its third annual Czech Embassy Bike Challenge to celebrate the upcoming Czech Independence Day. Cycle anytime during the challenge period from September 28 to October 28, 2022, in two categories:

Challenger: Cycle the 19.18 km long track from Georgetown to Great Falls (the same track as in 2020 and 2021), record your ride and compare your time with others!

Commuter: Not living in DC or want to cycle less than

19.18 km? The commuter is right for you! Cycle during the challenge period and share the picture from the ride with us. If you can, add something Czech to your photo - it can be a Czech flag, your favorite Czech sight – you decide! Please send the photo submissions with a short text to: czechembassydc@gmail.com

Registration and more info at <https://www.eventbrite.com/e/czech-embassy-bike-challenge-tickets-424165810357>

DOUBLE EXPOSURE INVESTIGATIVE FILM FESTIVAL

The Killing of a Journalist

Sunday, October 16, 2022, 4:30 PM

[Naval Heritage Center, Washington D.C.](#)

On the night of February 21, 2018, investigative journalist Ján Kuciak and his fiancée Martina Kušnírová, both just 27 years old, were brutally murdered in their home. It was the first targeted killing of a journalist in Slovakia's history, and shocked citizens protested on a scale not seen since the fall of communism. Here is a clip:

<https://youtu.be/hTPxV2coo48>. The director is Matt Sarnecki, a journalist, producer, and film director at the Organized Crime and Corruption Reporting Project (OCCRP).

To register, visit <https://doubleexposure2022.eventive.org/welcome> and use code **DX15** to receive a discount.





By Monica Rokus

Kulajda - A perfect autumn meal!

Cream Soup of Mushrooms and Potatoes

Soups have a very ancient tradition in Czech gastronomy. From garlic soup to tripe soup or simple broth, Czech soups are delicious and have an almost magical effect. **Kulajda** is a beautiful cream soup of mushrooms and potatoes. The combination of mushrooms and sour cream helps add sweet and savory flavors to the dish. It consists of diced potatoes, dried mushrooms, and a considerable amount of dill. Poached quail's egg is added to the soup before serving. Regular eggs can be used in place of quail eggs.

You may eat this Czech dish as a starter; the soup is surprisingly filling. Hence, having it as a main meal is more than filling.

Ingredients

- 1 pound of potatoes (450 g)
- ½ stick butter (40 g) unsalted
- 4 Tablespoons all-purpose flour (40 g)
- ¼ cup granulated sugar (50 g)
- One handful of dried mushrooms (porcini mushrooms)
- ¾ cup heavy cream (180 ml) fat content of about 30%
- 3 Tablespoon vinegar 5% acidity
- 3 Tablespoons fresh chopped dill, no stems
- 3 cups beef broth (720 ml) for soup
- 2 cups water (480 ml) to cook dried mushrooms
- salt, ground pepper
- Four quail's egg eggs



Directions

Put dried mushrooms in a pot with 2 cups of water, and bring to a boil. Reduce heat and simmer for 15 minutes. Set aside.

Let's make a roux, which will thicken the kulajda soup: melt unsalted butter over medium heat. Add all-purpose flour, and stir for

1 minute. It will create a bubbling mass.



Start adding beef broth: first, add ½ cup of beef broth, and stir well. Continue until the broth is all used up. This will prevent lumps in the soup.

Strain the cooked mushrooms. Add the mushroom broth to the soup. Taste with salt and stir. Bring to a boil, then reduce heat to a minimum.

Cover and let it cook for about 10 minutes. Meanwhile, peel potatoes and cut them into small cubes (½-inch). Add them to the soup with cooked mushrooms and cook for another 15 minutes until the potatoes are soft. Chop fresh dill, don't use stems, just soft green leaves.

Remove soup from the stove. Pour in the cream and stir. Add vinegar, sugar, ground pepper, and chopped dill. Do not cook anymore.

Mix with a wooden spoon, and season to your liking with salt/or sugar if necessary. Let the kulajda soup sit for 5 minutes and serve.



Tips

- Add dill only at the end. Fresh dill loses its flavor and vivid color the longer is cooked.
- You also can make kulajda from fresh mushrooms. In this case, sear the roughly chopped mushrooms in a pan with fat. Salt and pepper, and add to the soup. Instead of 3 cups of broth, use 5 cups because you don't need to cook dried mushrooms ahead.
- Serve kulajda warm, and add a halved hard-boiled egg into the soup. If you have some fresh dill left, sprinkle the soup with a few green leaves as a final touch.



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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 Trash box.

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

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Please send news, articles, and pictures before the 15th of the prior month.

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