



Happy Fall to All! October was a wild ride, even though we had to cancel our annual Bike Ride due to weather conditions caused by hurricane Ian. People could bike with our hikers during a Walkathon along the C&O Canal or join the Czech Embassy Bike Challenge. Our members and friends also joined our annual 5K Sokol Run celebrating the founding of Czechoslovakia. Please review the event recap below and join us at upcoming November & December programs, including our children and adults' favorite St. Nicholas Party.

Wishing you a happy Velvet Revolution anniversary on November 17 and beautiful Thanksgiving season. Thankful for all of you ❤️.

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Friday Gymnastics
Pepik's Peeps

IN THE COMMUNITY

Czech Embassy Christmas Market – November 5

Avalon Movie Theater: Bird Atlas - November 9

Book Launch: Paper Bridge - November 9

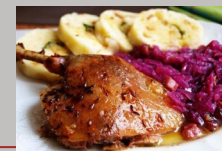
Sokol Scrapes: Folk Dress in the Czech Lands - November 13

Formost Czech Democrat Vojtech Naprstek - November 13



TRADITIONAL RECIPES

Roasted Duck PEČENÁ KACHNA



IN EVERY ISSUE

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Sokol Washington, D.C. Facebook & Instagram

Thank You



UPCOMING EVENTS



MEMBERSHIP MEETING

WEDNESDAY, November 2nd, 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. Zoom option also available.

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

Gingerbread Decoration Workshop – Christmas Edition



Friday, November 11, 2022 - 6:45-8:45 pm.

Parents Friday Club will host a Gingerbread Decoration Workshop.

Join us to learn or share different decoration techniques. Bring your baked cookies and share them for people to decorate, or drop in and contribute a \$5 fee for supplies. We will offer some of these gingerbread cookie creations for a bake sale at our St. Nicholas/Mikulášská Party. Stay tuned for other possible dates.

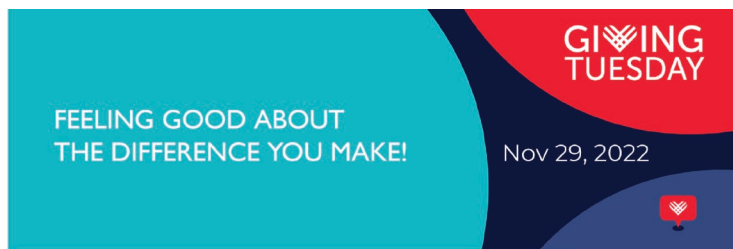
Where: [Carderock School](#), MD

CONTACT: Dasa at events@sokolwashington.org

Giving Tuesday, November 29, 2022

Our Sokol, Washington, D.C., is a non-profit organization run 100% by volunteers. Have you enjoyed our multiple complementary events such as Membership Picnic, movie nights, gymnastics, or Pepik's Peeps? Please help us continue these and other offerings and **DONATE** here. Your donations will enable us to purchase Czech and Slovak folk costumes for our youngest Sokols or help update the gym and other equipment for your activities.

Thankful for all of you!



St. Nicholas Party, SUNDAY, DECEMBER 4

With traditional delights, baked goodies, drinks, and Christmas carols.



ADMISSION:

Adult Sokol Member..... \$15.00*
Adult Non-Member..... \$20.00*
Children under 1 Year Free
Child Sokol Member..... \$8.00*
Child Non-Member..... \$12.00*

* In exchange for this financial contribution, adults will receive \$15 and children \$8 in Sokol spend money ("Sokol Dollars"). Use them to buy Dinner, Dessert, Drinks, traditional homemade baked goods from Bake Sale, Jitnice/Jaternice (hash-and-crumbs sausages)

Jelita/Krvavničky (black-pudding sausages), books, etc. Complimentary coffee and tea will be available.

CONTACT: Zuzana at events@sokolwashington.org

WHEN: Sunday, December 4, 2022. • 4:00 pm – 6:30 pm

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

ADVANCE REGISTRATION: <https://mikulas.eventbrite.com>

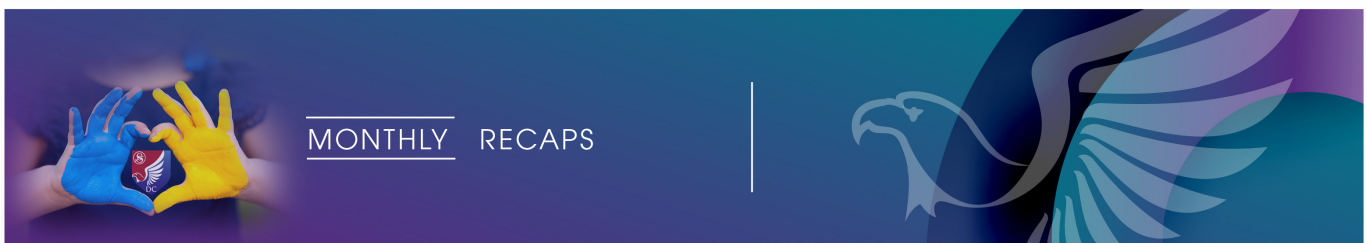
ALL ARE WELCOME, MEMBER OR NOT. WALK-INS ARE ACCEPTED ON A SPACE-AVAILABLE BASIS.

SAVE THE DAY – Winter Ski Camp



As in previous years, Sokol plans a ski camp for families with children during the winter holiday (usually from December 26 to January 2). We are still determining which Epic pass-compatible ski resort will be the most suitable for us. The selection will mainly depend on the availability of affordable accommodations (last year, the camp was at the Hunter Mountain Resort, NY).

Please let us know before November 12 if you are interested in participating so we can set up a Zoom call to discuss possible arrangements. Please provide the name of each potential participant and their age. So that you know, the camp will take place only if enough families are interested and willing to contribute to providing ski instruction to the



Movie Night Zatopek

The screening of this movie was a treat! Thanks to the Czech Embassy for arranging movie rights for us and the American Sokol educational grant for a projector. Now that we have tested it we can have another movie night soon! Stay tuned.



Walking Marathon

A brave group of hikers completed an Olympic marathon distance along the C&O canal and enjoyed a beautiful, warm autumn day. Several individuals decided to bike the same distance. It was a perfect place for biking to make up for the recently canceled Annual Sokol Bike Ride due to hurricane Ian.



Czech National Day – October 28

To commemorate the Czech National Day, on October 27, our Sokol leaders participated in a wreath-laying ceremony celebrating the legacy of Tomáš Garrigue Masaryk at the Masaryk Memorial in Washington, D.C.



SOKOL RUN COMPLETED

Great Success!

The Sokol Run, our annual celebration of the founding of Czechoslovakia, took place Saturday morning, October 29, 2022, at Meadowbrook park in Chevy Chase. A brisk autumn morning greeted us and got the runners fired up to start! Warm-up by our starosta Miloš Toth got the racers prepped for the starting line.

Our young members started the race and, with smiling faces, completed the run, knowing that a delicious cake with a Czech flag prepared by Veronika Clewner awaited them at the end! The camaraderie and warmth were contagious. The weather added to the friendly atmosphere.

The adults were ready! Twenty-some minutes later, the winners were emerging. Great run!

Congratulations to the winners and all participants!

A massive shout-out to Dáša Měrková, the organizer that did an incredible job putting this fantastic event together!

AND THE WINNERS ARE:

Children: **1. Kryštof Havránek, 2. Vincent Zabrana, 3. Olivia Weinstein**

Adults Women: **1. Jana Robinson, 2. Katerina Zambrana 3. Katie Rokus**

Adults Men: **1. Lukáš Hadrava, 2. Jan Smilek 3. Petr Tůma**



Did You Know?

"Name day"

If you have seen Czech people celebrating someone by giving them small presents or good wishes, it could be the person's name day! Each day of the year, there is someone's name written on the calendar.

Originally the name days were based, and the list came from the Roman Catholic calendar of saints.

Every day of the year, there is someone's name day, except for state holidays, which don't have assigned names, excluding Christmas Eve, since that day Czechs celebrate Adam and Eva's names.

The name day is an enjoyable reason to celebrate for most Czech families, friends, and colleagues. They wish well to the person and buy small gifts such as a bouquet or a box of chocolate.

The name day is celebrated fairly universally throughout Europe, and in the Czech Republic, it is called svátek or jmeniny.

The name day is not as important as the birthday, but there is one more good reason to celebrate You! Check your name from the [Czech name day calendar](#) and be ready to enjoy that day!

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WEEKLY ACTIVITIES



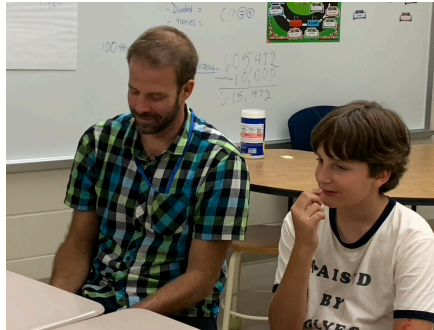
FRIDAYS

6:45 pm **Czech and Slovak Language School**

8:00 pm **Gymnastics for Children**

7:00 pm **Friday Parent's Club**

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



CONTACT: school@sokolwashington.org

Friday Tweets

School is running smoothly. We have kids learning about the Czech Republic.

In the gym, kids practice cartwheels and vault jumps, build ring skills, and, most recently, learn a few basic moves with a gymnastic ribbon.

What about parents? They do not get bored, either. We had a friendly board game session and movie night.

Looking forward to it, next month, we will introduce some new board games that you can easily play with kids, and you may get ideas for some Christmas presents.



PEPIK'S PEEPS

SOKOL FOR LIFE

Tuesday 6:00 pm

NEW LOCATION: we are moving indoors!

[Dolley Madison Library](#)

1244 Oak Ridge Ave, McLean, VA 22101

CONTACT: se.sokolem@sokolwashington.org

This month we celebrated Sokol Day with our youngest members. We created little boats from tree barks, twigs, and leaves, lit up a beeswax candle, and let them flow down the stream of the Potomac River in memory of Sokol heroes who fought and died in WW2. Similarly, this special day is celebrated all around the Czech Republic.

The cold is setting in, but we still enjoy the fresh air outside. We quickly warm up while we gain better balance and work on strengthening our core and practicing log roll, pencil roll, superman roll, and egg roll, gaining skills to make a perfect forward roll.



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



Czech Christmas Market 2022

November 5, 9:30 am - 6:00 pm

Browse the stands filled with beautiful handcrafted ornaments, Bohemian crystal, exquisite bead and glass jewelry, fine art, Moravian wines, and traditional liquors.

Enjoy the taste and smell of mulled wine, an assortment of delicious Czech pastries, gingerbread, and savory cuisine.

Adore the array of live animals from the Nativity scene for selfies. Listen to children of **American Sokol**

Washington DC and Slavic American Sokol performing Czech Christmas carols and live music by Czech pop artist Thom Artway.

Our Children's Folklore group Sokolik will perform at 2 pm!

Reservations are required | Admission is free | [Eventbrite tickets](#)



Lions of Czech Film

November 9, 8:00 pm

[Bird Atlas](#) (92 min)

in Czech with English subtitles

[Official Site](#) | [View on IMDB](#)

AVALON
THEATRE



An aging proprietor of a tech company (Miroslav Donutil) has dedicated his whole life to his business. His world flips upside down when he finds out that payments to his suppliers have been put on hold. Someone within the company has been embezzling funds, and now he owes millions. He can't rely on anyone, even his own family. Who can he trust? Perhaps the truth lies with the Greek chorus of birds chirping somewhere up in the trees... BIRD ATLAS was nominated for the Crystal Globe for best director at the prestigious Karlovy Vary International Film Festival.

BOOKS AND AUTHORS



Paper Bridge

Dupont Underground and Plamen Press invite you to a **Book Launch**
Ukrainian poet Vasyl Makhno's
Paper Bridge
Translated by Olena Jennings

November 9, 2022
at Dupont Underground
doors open at 7:00 pm

Plamen Press presents an outstanding book of poetry that brings Ukrainian awareness of the present time, both personal and collective, and of our world of alienation and solitude, empty like the subway. With anthological poems like “Books,” “Awakening,” “Winter Poem,” “Elegy with an Onion,” “Sermon On The Mount,” “The World is an Empty Subway Car,” and many others, Makhno builds a paper bridge between the world’s sides – it

is a bridge which can burn or resist, but in both cases is a witness to the existence of a traveler through souls, bodies, and spirits, through our consciousness.



November 9, 2022, at 7:00 pm: Join us for the book launch of our newest publication Paper Bridge by Ukrainian Poet Vasyl Makhno, translated by Olena Jennings at Dupont Underground Doors.

RSVP: [Eventbrite](#)

HISTORICAL CORNER



Sokol Scrapes: Educational Series #0002



Origin, Development and Demise of Folk Dress in the Czech Lands

Presentation by Bc. Josef Vacek
Deputy Director of Muzeum Ostrov Lidových Krojů
Sokol Scrapes Educational Series #0002

About *Muzeum Ostrov Lidových Krojů* (Island of Folk Dress Museum): Located on a lovely Baroque-Renaissance farm, this museum boasts the largest collection of Kroj from all over the Czech Republic. JOIN this FREE EVENT, learn about the most interesting collection items they have and listen to some of their riveting stories!

Sunday, November 13th, 2022
Noon – 1pm Central Time

Zoom: <https://us02web.zoom.us/j/83076898271?pwd=QUdvU2JlQWVhRFFpaTdlK20zVVZmZz09>
OR Dial: 1-309-205-3325, Meeting ID 83076898271#, Passcode 630660#
This will also be broadcast live to the American Sokol Facebook page



FOREMOST CZECH DEMOCRAT: Vojtěch Náprstek (1826-1894)

Sunday, November 13, at 4 PM (EST)



Presented by the Czechoslovak Society
of Arts and Sciences in New York

Dr. Michael Schouten will provide an overview of the fascinating life and times of his ancestor, Vojtech Naprstek, Czech patriot, největší český demokrat (foremost Czech democrat), ethnographer, and the person who loved progress.

Born in 1826, **Vojtěch Náprstek** came of age when the Czechs were reasserting their national identity after 200 years of Austrian oppression. He was exiled to the United States for his role in the 1848 Revolution. He spent ten years living on the American Frontier, where he was heavily influenced by America's progressive thinking and democratic values. Returning to Prague, he made numerous contributions to the Czech National Revival (národní obrození) as a philanthropist, politician, and innovator. Notable examples still endure today include the Náprstek Museum of Asian, African, and Native American Art (now part of the National Museum), the American Ladies Club, and the Náprstek Library.



Always surrounded by colorful, influential, dynamic personalities, Vojtěch Náprstek's life is entertaining, informative, and historically significant.

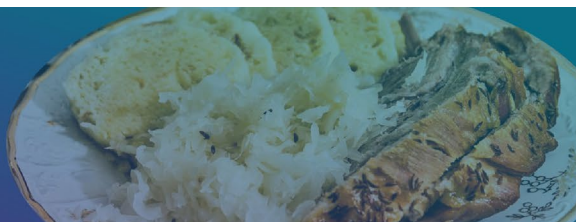


[REGISTER](#) here to receive the [ZOOM](#) link!

Michael Schouten was raised in New York but has settled in Scotland after receiving a Ph.D. in Artificial Intelligence from the University of Edinburgh. He has a longstanding interest in Vojtech Naprstek's life and has previously delivered a similar presentation to the Edinburgh Czech Society. He is related to Vojta Naprstek through Vojta's Grandfather.

This event will celebrate the anniversary of the Velvet Revolution on November 17, 1989, and a return to democracy in Czechoslovakia.

TRADITIONAL RECIPES



Monica Rokus

ROASTED DUCK PEČENÁ KACHNA

Slow-roasted duck with crispy skin is a festive dish in the Czech Republic and Slovakia. It is often served with braised red cabbage and potato dumplings. The duck in this recipe is first slow-roasted, or more accurately braised under the lid, for 2 hours in the oven at 320 °F. Then we remove the cover and let the duck roast at a higher temperature of 360 °F (for about half an hour until a golden crust).

You can use an oval cast iron pot with a lid. It's perfect for the oven and stove, slow braising and roasting, and all types of heating, including induction.



Rinse the duck well under cold running water. Dry with paper towels. Cut the wings off (if desired). You can cut the extra skin off the neck (depending on how the store prepared the duck).

- Salt generously on all sides, including the belly cavity. Rub the caraway seeds into the skin of the duck.
- If you cut the wings off, put them in the bottom of the baking dish. (They create insulation between the meat and the bottom of the roasting pan, the duck doesn't stick to the bottom, and the skin doesn't tear when turning). Place the duck on top of them, breast side down. Cover the roasting dish with a lid and place it in a

preheated oven at 320 °F for 2 hours.

- After two hours, remove the lid from the roasting dish and turn the duck breast side up. Increase the temperature to 360 °F and let the duck roast until a crispy crust forms on the surface, about half an hour.

TIP: For crispier skin, you can switch to the grill function. Be careful; the grill is powerful and will produce a golden crust on the duck swift (within 10-20 minutes.)

CZECH BRAISED RED CABBAGE

INGREDIENTS

- 1 head red cabbage.
- 3 onions medium
- 2 Tbsp pork lard or sunflower/canola oil
- ½ cup (100 g) white sugar
- ½ cup (120 ml) white wine vinegar
- 1 tsp salt
- 1 tsp caraway seeds



INSTRUCTIONS

- Remove the wilted top layer of cabbage leaves. Halve the cabbage, and cut the tough stem from both halves of the head. Slice or grate the cabbage.
- Fry the finely chopped onions until light brown.
- Move the onion to the side of the pot. Put the sugar on the free surface of the pot. Let it melt; if necessary, increase the heat to speed up the caramelization of the sugar.
- Once the sugar turns golden, add the chopped cabbage and mix everything. (Don't be alarmed if the sugar forms hard lumps - it will dissolve as the cabbage stews).
- Salt the cabbage, add the caraway seeds and pour in the vinegar. Stir, and turn down the heat. Cover the pot with a lid and simmer at low heat for about 45 minutes.
- Remove the lid, increase the heat to medium and allow any liquid that the cabbage has released to evaporate. Stir occasionally. The cabbage is done when the liquid evaporates, and the cabbage starts to stick to the bottom. (about 30-45 minutes)



American Sokol Newsletter is back!



American Sokol Newsletter



After a limited time of publishing the *American Sokol Newsletter*, the regular periodical about the Sokol organization in USA four times a year.

For the archive of the Quarterly Newsletters

CLICK HERE



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Please consider us when you decide 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.



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 sports, outdoor, social, cultural, and educational programs.

Benefit to You

Membership in our Unit has several 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.

CONTACT: media@sokolwashington.org



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