

FEBRUARY 2023



AMERICAN
SOKOL
WASHINGTON, DC

THIS MONTH.

We are off to another month filled with Sokol activities and our partner organizations' events. Whether you want to race down the mountain in the Annual Baca Cup ski race (from beginner to advanced, young and old alike participate) or you plan to attend our Czech and Slovak School, Gymnastics, Sokol for Life, or other activities, we look forward to seeing you. See this newsletter for more details, cultural and historical information, and a traditional recipe.

Happy Valentine's Day!



Valentine's Day is a fixed day on the calendar that got lumped into a mid-February holiday on the ancient Roman calendar called Lupercalia—which some historians believe is what led to Valentine's Day being all about love. Lupercalia celebrated fertility and may have included a ritual in which men and women were paired off by choosing names from a jar. In Ancient Greece, people observed a mid-winter celebration for the marriage of the gods Zeus and the goddess Hera.

Valentine's Day is celebrated every February 14th when loved ones express their affection to their spouses, partners, and sweethearts with gifts and greetings. Years of traditions and customs have made it into the holiday we celebrate today. Valentine's Day is celebrated in Canada, Mexico, the United Kingdom, France, and Australia. Many other countries celebrate Valentine's Day, too, each in their way.

Valentine's Day usually means skiing for American Sokol, Washington D.C.

IN THIS ISSUE

UPCOMING

Membership Meeting – Wednesday, February 1

Baca Cup – February 18

ŠIBRINKY 2023



MONTHLY RECAPS

Canaan Valley Skiing



DID YOU KNOW

"Word Robot"



SOKOL WEEKLY ACTIVITIES

Czech and Slovak School

Friday Gymnastics

Pepik's Peeps



IN THE COMMUNITY

Benefit Concert for SVU-DC Petr Janda

Concert: Czech National Symphony Orchestra

Youth Choir: Cancioneta Praga



TRADITIONAL RECIPES

Kolozsvarska Kapusta



IN EVERY ISSUE

Join Us and Make a Difference – Support Sokol Washington, D.C.

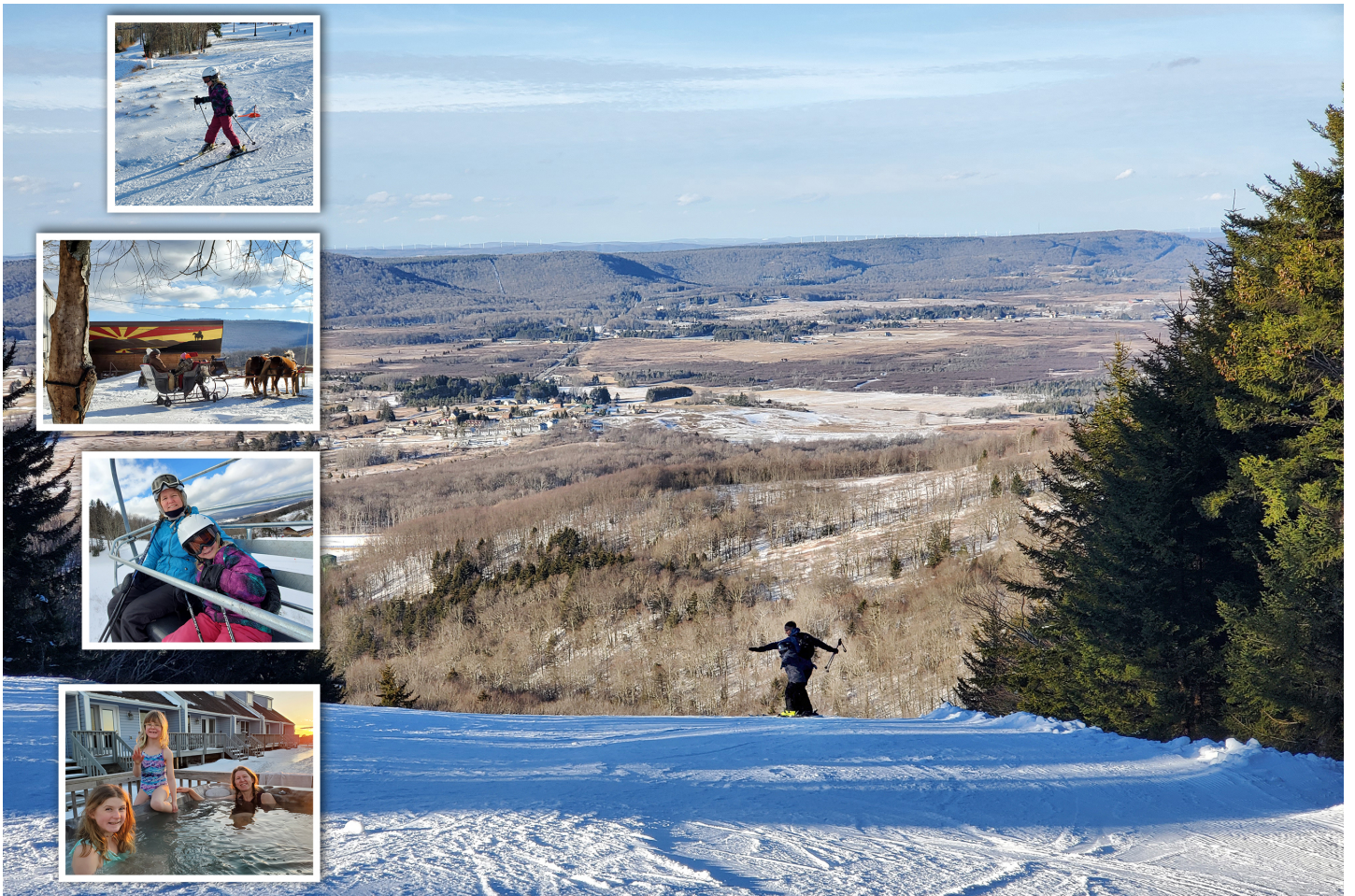
Shop with Amazon Smile, Earn Money for Sokol Washington, D.C.

Sokol Washington, D.C. Facebook & Instagram

Thank You



Canaan Valley Skiing



Epic conditions - powder snow and perfect weather! A few Sokol families enjoyed winter weekend to the fullest in the beautiful [Canaan Valley Resort](#), West Virginia, for downhill skiing. Getting there, they drove through a raging blizzard that brought fresh, natural snow to all runs on the mountain. The following two days of skiing were a pure delight and enjoyment to all participants, regardless of age.

Canaan offers 49 trails for all skill levels, and with an annual snowfall of 180 inches, there's always plenty of snow to go around! Fifteen miles long by three miles wide, [Canaan Valley](#) is the highest mountain valley east of the Rocky Mountains, with a base elevation of 3,100 feet.

UPCOMING EVENTS



UPCOMING MEMBERSHIP MEETINGS

Wednesday, February 1, 8:00 PM

Future meetings: March 2, April 5, May 3, June 7

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

We meet monthly in a 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](#)

YOUR 2023 ANNUAL MEMBERSHIP

Your membership dues enable our Unit to be part of an American Sokol Organization and 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, and free participation in gymnastics for youth and adults.

EARLY BIRD 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**

PAYMENT

- At our Monthly Meetings only: cash, check, or credit card
- Make checks payable to *American Sokol Washington, D.C.*, and mail them to our [membership director](#):
Alexis Merka, 2216 Washington Ave #204, 20910 Silver Spring, MD, 20910
- Use the Pay Online button here with a note "membership 2023" and your name



PAY ONLINE



February 18, 2023

The "Bača of Salas Hills" cordially invites you to celebrate and participate in the
"44th ANNUAL BAČA CUP INTERNATIONAL INVITATIONAL SKI RACE."

Sponsored by our Sokol, the Baca Cup is an "All Ages All Skills Ski Race."

Additional information is available at <https://www.BacaCup.com>, including [Online Registration](#).

WHERE: [Blue Knob - 4 Seasons Resort](#) in Claysburg, Pennsylvania

WHEN: February 18th, 2023

COMING SOON!

LATER IN APRIL



WHERE: Embassy of Czechia

More information is forthcoming.

DID YOU KNOW?

Karel Čapek & Josef Čapek

IN 1921,
CZECH WRITER

KAREL CAPEK

OFFICIALLY INVENTED THE TERM ROBOT TO DESCRIBE FICTIONAL AUTOMATA.

The word **ROBOT** is a relative newcomer to the English language. The Czech artist Josef Čapek created the word robot.

It was the brainchild of his brother Karel Čapek, the Czech playwright, novelist, and journalist, that introduced it in his 1920 hit play, R.U.R., or Rossum's Universal Robots. Karel describes robots as creatures that could perform all the work humans didn't want to do and had no soul. Sounds right! The term comes from a Czech word, **robotá**, meaning "forced labor."

THE WORD "ROBOT"

WEEKLY ACTIVITIES



FRIDAY TWEETS

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





PEPIK'S PEEPS

SOKOL FOR LIFE Tuesday 6:00 pm

Dolley Madison Library
1244 Oak Ridge Ave

McLean, VA 22101

CONTACT: se.sokolem@sokolwashington.org



It is mid-winter, and we are still practicing indoors.
We are looking forward to warmer weather and being outdoors.

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



Benefit Concert for SVU-DC Petr Janda – Lead Singer of the Olympic

The Czechoslovak Society of Arts and Sciences (SVU-DC) is organizing a benefit concert to support its activities in the Greater Washington DC area. The concert will feature legendary Czech rock musician Petr Janda from the Czech rock group Olympic, celebrating its 60th anniversary this year. Janda, who is touring the East Coast has graciously accepted our invitation to perform at the Czech Embassy on March 1, 2023 at 6:00 pm. Beer will be offered at the event so mark your calendars. This is a unique opportunity to see and listen to a true icon of Czech rock music.



Wednesday, March 1, 2023 | 6:00 PM – 9:00 PM

Embassy of Czechia

3900 Spring of Freedom Street Northwest Washington, DC 20008 Tickets: Evenbrite

Concert: Czech National Symphony Orchestra

February 12, 2023 | 2:00 PM - 5:00 PM



The Czech National Symphony Orchestra, conducted by Steven Mercurio, will perform at the Center for the Arts at George Mason University on **February 12 at 2 pm**. The acclaimed Czech National Symphony Orchestra (CNSO) returns to the Center with an uplifting program of masterworks and embraces the sheer joy and optimism of Beethoven's Seventh Symphony.

Program:

Brahms: *Violin Concerto in D major, Op. 77*

Beethoven: *Symphony No. 7 in A major, Op. 92*

Location: Center for the Arts at George Mason University
[4373 Mason Pond Drive, Fairfax, VA 22030-4444](https://www.gmu.edu/center-for-the-arts)

Tickets: \$70, \$60, \$45; half-price for youth through Grade 12

This performance is appropriate for all ages.

For tickets and additional information: <https://cfa.calendar.gmu.edu/czech-national-symphony-orchestra>

Before the Performance

A pre-performance discussion will take place in Monson Grand Tier, located on the third level of the Center for the Arts Lobby, 45 minutes before curtain.

Youth Choir: Cancioneta Praga PM - 8:00 PM

February 22, 2023 | 6:00

The Embassy of the Czech Republic presents the Czech youth choir Cancioneta Praga, led by choirmaster Lukáš Jindřich. The program features classical selections such as Dvořák's *Largo* from the New World Symphony and Novák's *Gloria*, followed by popular musical tunes including *Dancing Queen* (Mamma Mia!) and *Oh Happy Day* (Sister Act). It concludes with a range of international folk songs. Sit back and relax while enjoying this talented choir from Prague in the heart of Washington, DC.



Location: Embassy of the Czech Republic
3900 Spring of Freedom Street, NW Washington, DC 20008

RSVP required: <https://CancionetaPraga.eventbrite.com> Admission is free.

[More about the Choir](#)

Virtual University of the Third Age



Virtual University of the Third Age (abbreviation in Czech - VU3V) is one of the

forms of **Lifelong Learning** organized by the Faculty of Economics and

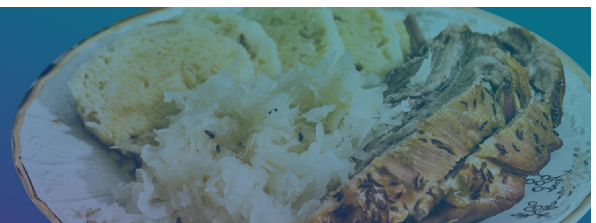
Management. VU3V aims to enable seniors' education in the regions of the Czech Republic. Students do not need to take part in the lectures on campus and can thus study regardless of distance without limitations.

The U3V study includes a two-year complex study program, computer literacy courses, and conversational language courses.

VU3V is based on the use of communication technologies and the Internet. It introduces a new modern alternative to the typical U3V (full-time study) teaching. It has elements of distance education and e-learning and is didactically adapted to the specifics of seniors' education.

VU3V: <https://e-senior.czu.cz/>

TRADITIONAL RECIPES



Koložvárska kapusta – Layered sauerkraut casserole with pork

My Mom often made this wonderful wintery dish after Christmas. So my brother and I named it "Christmas Sauerkraut"

(Vianočná Kapusta), while they called it just "Layered Sauerkraut" (Rakott Káposzta in Hungarian, which we spoke with our Mother).

It is beautifully balanced, tart, meaty, savory, spiced with lots of paprika, and quite rich. It is a delicious layered sauerkraut casserole featuring sauerkraut, pork & rice with a sour cream topping.

Sauerkraut casserole is a complete meal in a spoonful.

Ingredients

Sauerkraut layer

3 tbsp bacon fat (or shortening)
1 28 oz jar or bag of sauerkraut
1½ tsp caraway seeds
One garlic clove, minced
½ onion, diced
salt and pepper
½ tsp dill

Meat layer

1 tbsp bacon fat (or shortening)
½ lb ground pork
One sliced sausage/kielbasa (optional)
1 cup brown rice
One garlic clove, minced
½ onion, diced
½ red bell pepper or ½ jar of roasted red pepper
2 tsp Hungarian sweet paprika
2 tbsp tomato paste (optional)
1 cup chicken or vegetable broth

Dairy layer

¾ cup sour cream
½ cup milk or Half and Half

Instructions

Prepare the sauerkraut layer

Drain the sauerkraut, rinse once, and drain thoroughly.

In a skillet over medium heat, melt the bacon fat.

Add the onion, garlic, salt and pepper, and caraway seeds, and cook for approximately 10 minutes until the onion softens.

Add sauerkraut and mix thoroughly before cooking until translucent and glossy over medium/medium-low heat, approximately 15 minutes. Set aside.

Prepare the meat layer.

Cook the rice per package instructions until just done.

In a skillet over medium heat, melt the bacon fat.

Add the onions, garlic, salt, and pepper and cook for about 10 minutes until the onions soften.

Add the sausage (kielbasa) and cook for 3 to 5 minutes.

Add the paprika and stir to coat and combine.

Add the tomato paste and cook for 1 - 2 minutes until it deepens in color.

Increase the heat to medium-high and add the pork.

Cook while crumbling the pork and incorporating it into the onion mixture. This step infused the pork with the onion/paprika flavors.

Add the stock and simmer for 10 to 15 minutes on medium/medium-low heat before removing from the heat.

Cook the rice according to the package instructions.

Prepare the Dairy layer



Mix the sour cream and milk and set aside.

Putting it all together

Preheat the oven to 350 degrees.

In a 9x12 baking dish, layer 1/2 sauerkraut, 1/2 meat, 1/2 cooked rice, and 1/3 dairy.

Bake for 35 to 45 minutes or until browned on top.



Summer Camp in Canada >>

Camp Hostyn is a multicultural, international environment and fully bilingual (English and French) counselors with kids from Europe, the USA, and even Asia.

In **2023** the summer camp for children runs for three weeks from **Sunday, July 2, to Saturday, July 22**. Camp Hostyn offers a traditional co-ed sleepaway/overnight camp for kids 6 to 16 years old.

Located in St. Calixte-Nord (Lanaudiere region), Camp Hostyn is just about one hour north of Montreal. The facility's center is a principal building with a kitchen, dining room, office, and restroom. **The accommodation is in rustic but comfortable 3-bed cabins.**

We offer all the above at very affordable prices (no sales taxes, with a receipt for income tax purposes):

One week **\$ 500** | Two weeks **\$ 900** | Three weeks **\$ 1.200**

Space is limited; we take reservations on a first-come/first-served basis.

Registration: Dr. Joe Maxant (450) 465 - 4844 www.hostyn.org



Shop with Amazon Smile and Support Sokol Washington, D.C.

Please support us whenever you shop at Amazon through [AmazonSmile](#), at no cost. It is a simple and automatic way for you to support us!

You must select (Search) American Sokol Washington, D.C., before shopping on your AmazonSmile. Amazon will automatically donate 0.5% of the total they receive from your shopping through Amazon Smile at no cost to you.

How to Turn on AmazonSmile in Your Amazon App: Open the App and find 'Settings' in the main menu (≡). Tap on 'AmazonSmile' and follow the on-screen instructions to turn on AmazonSmile on your phone.

[Smile while shopping!](#) Your Smile will directly benefit all our activities and is greatly appreciated!

Make a Difference - Support Our Sokol Washington

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) [PAY ONLINE](#)
\$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.

Published monthly by American Sokol, Washington, DC

Contributors: Dagmar Merkova, Monica Rokus, Zuzana Steen, Milos Toth

Photography: Dagmar Merkova, Monica Rokus

Design and Production: Monica Rokus

Distribution: Sokol Washington, D.C.

Please send news, articles, and pictures before the 20th of the prior month.

CONTACT: media@sokolwashington.org



[Forward to Friend](#) Copyright © 2022 Sokol Washington, Inc., All rights reserved.

American Sokol Washington, DC

[Add us to your address book](#)

[unsubscribe from this list](#), [update subscription preferences](#)
