



AMERICAN  
SOKOL  
WASHINGTON, DC

MONTHLY NEWS



*Merry Christmas and Happy Holidays! As we wind down another calendar year, it is good to reflect on the past year. We hope we helped bring some sunshine into your lives as much as we enjoyed seeing you at our Czech and Slovak School, gymnastics, at Sokol for Life with our youngest members or at outdoor events like the Membership Picnic, running challenges, hiking, or camping trips.*

*However, for 2022 the best is still to come. On Sunday, December 4, St. Nicholas arrives. For those coming to our Mikulasska Party, we look forward to seeing you at this annual event with traditional delights, baked goodies, drinks, and carols.*

*No matter what, we wish you peace and joy during the holiday season and look forward to seeing you at our events in the new year.*

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Sokol Advent Challenge

Renew Your Membership



### RECAPS

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### SOKOL WEEKLY ACTIVITIES

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Pepik's Peeps



## IN THE COMMUNITY

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Register for Czech Presidential Election Now  
Get ready for Sokol Slet in Prague 2024



## TRADITIONAL RECIPES

Kapustnica Christmas Sauerkraut Soup



## 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



## UPCOMING EVENTS



## MEMBERSHIP MEETING

**WEDNESDAY, December 7th, 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](mailto:sokol@sokolwashington.org) and we will send you more information.

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

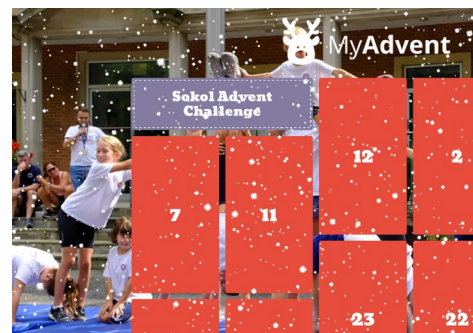
[Little Falls Community Library, 5501 Massachusetts Ave, Bethesda, MD 20816](#)

## SOKOL ADVENT CHALLENGE



This month is overloaded with sugar, butter, chocolate, and other treats. Let's try to balance it and get more activity into our life. Every day you can unfold another activity and challenge yourself. Just open each day a new window, and challenge yourself. You can repeat all exercises from day 1 to increase your challenge.

[Click here to get this challenge!](#) The first window opens on November 30th the first day of Advent. Following days, each morning you will unfold a new one, and you will be able to see all the past once (even if you miss one day, you can catch up))



Ask your family to join you and share some pictures with us. The best one will get a surprise. Submit your photos by December 24 to [events@sokolwashington.org](mailto:events@sokolwashington.org), and the best picture will get a surprise.

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## **YOUR 2023 ANNUAL MEMBERSHIP IS DUE**

**January 15, 2023**

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 Mikulasska Party or Monthly Meeting 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](#)

***AFTER JANUARY 15, 2023, AN EXTRA \$10 WILL BE APPLIED TO THE DUES!***

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# St. Nicholas Party Is Almost Here!

**SUNDAY, DECEMBER 4**

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



Children can't wait for the Mikulašská nádilka – St. Nicholas Feast – a beloved tradition and the most popular event of our Unit. The arrival of Mikuláš (St. Nicholas), along with the angel and the devil, carrying traditional stocking gifts, always delights the children, as well as the adults. He even found his way to visit our children during Covid. We kept it outdoors in the park and at the Czech Embassy, as indoor activities were impossible.

The first Sokol Washington Mikulašská was in 1956 to benefit the Czechoslovak School's children and their friends. We continue the tradition. A fleet of volunteers bakes and provides large quantities of koláčky, vánočky, Christmas cookies, perníčky, and other delicious traditional sweets. We always order a surplus of sausages (jaternice, jelita/krvavničky, klobásy) and offer them for sale at the end of the dinner.

**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>

**CONTACT:** Zuzana at [events@sokolwashington.org](mailto:events@sokolwashington.org)

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



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## Delicious and Beautiful!

Our Parents Club gathered on Friday, November 11, and engaged in a Gingerbread Decoration Workshop. Quite a few people showed up in a festive atmosphere. The sweet-smelling scent of the cookies lingered throughout the room as we opened the boxes to decorate them. The group learned and shared various decoration techniques. Some brought the finished baked cookies, shared them with people, and decorated them.

Others contributed a fee for ingredients. We had a few that tasted them to ensure they were edible. The plan is to offer these gingerbread cookie creations at the bake sale at our St. Nicholas/Mikulášská Party. Thank you to all that participated!



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## Czech Christmas Market Children's Performance

Congratulations on our folklore group Sokolik's outstanding performance at the Czech Embassy Christmas market. Thank you to all who performed, the soloists, and the choir, plus a big shout out to all parents who helped dress kroje, the kids, and our Sokol tent. It takes a team! And what a team we have! Our gratitude to the pianist Misa Pacesova for accompanying the kids. She was a rock star!



# ŠIBŘINKY

GLITTER *Gala*



AMERICAN SOKOL WASHINGTON, DC • ANNUAL FUNDRAISER

**WHERE:** Embassy of the Czech Republic.

**WHEN:** March 4, 2022

**MARCH 4, 2022**

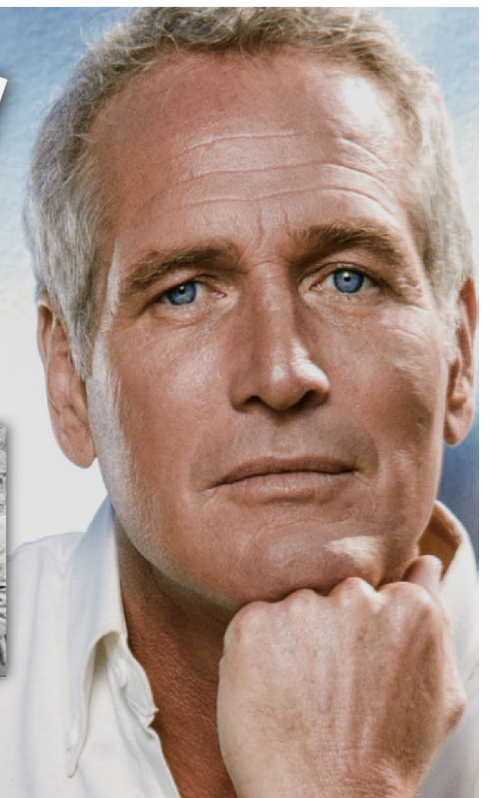
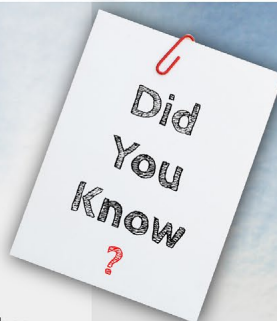
## Paul Newman

Paul Newman was famous and awarded American actor and film director. He is known for films as *The Color of Money*, *The Hustler* or *The Butch Cassidy* films. Moreover, he was a producer, entrepreneur, and racing car driver. Interesting fact is that he also had roots in Slovakia.

His father Arthur Samuel Neumann was Jew (his grandparent were emigrants from Hungary and Poland). However, his mother Terézia Fecková came from Slovakia, from village Ptičie in district of Humenné in the eastern Slovakia, originally Petisce (near Homonna) in the Austro-Hungarian Empire.

Her mother Mária Hocmanová married Štefan Fecko who immigrated to the United States, to Cleveland. After death of her mother and grandmother, Terézia moved to the U.S. to her father. Arthur Samuel Newman was her second husband.

Since then, Terézia stayed in touch with her Slovak family and she was sending them food and clothes. Slovak side contacted Paul Newman and he was very happy to find his distant relatives.

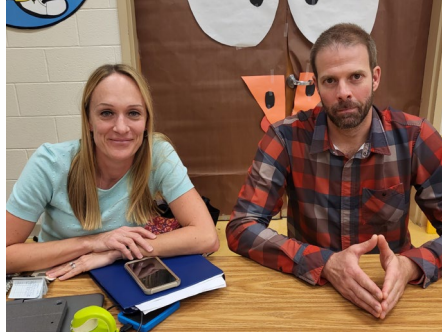


## WEEKLY ACTIVITIES

### 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](mailto:school@sokolwashington.org)

The school is running smoothly. Our children are learning about Slovakia and the Czech Republic, and our new school principal **Zdenek Stepka** is learning how to run it.

At the gymnastics class, children practice handstands, climbing ropes, and parallel bars in the gym.

Parents are also staying busy, helping with choir practice, singing along with kids, and practicing Christmas carols for performances of our choir Sokolik.



### PEPIK'S PEEPS

**SOKOL FOR LIFE**

**Tuesday 6:00 pm**

[Dolley Madison Library](#)

1244 Oak Ridge Ave, McLean, VA 22101

Our activities this month include the following:

- Dynamic stretching with sticks and scarfs
- Practicing our rolls and jumps
- Dancing while singing songs



All of these activities help to improve children's locomotion skills and balance. We also use a parachute, which lets us coordinate our movements as a group and keep the rhythm together. And did I mention we sing and dance?

**A special treat for advent from falcon Pepik:** The advent calendar (in Czech only) can be downloaded as a PDF [here](#)

**December 20, 6 pm:** Special Christmas Trail and Traditions for mini-Sokolik children and their friends 2-6 years of age. RSVP for nonmembers only:  
[se.sokolem@soklWASHINGTON.org](mailto:se.sokolem@soklWASHINGTON.org)





## Czech Movie: Ordinary Failures

Sunday, December 04, 2022

05:30 PM

Thursday, December 08, 2022

04:45 PM

*Special Features: North American Premiere*



[BĚŽNÁ SELHÁNÍ]

On the verge of the apocalypse in the near future, three lost souls cross paths, each struggling to find her place in the world, even as it seemingly ends. Hana (Tatjana Medvecká) is recently widowed and jobless, and her only companion, a robotic dog suddenly on the fritz. Tereza (Nora Klimešová) is a lonely teenager navigating her sexuality and overbearing parents. After a disastrous birthday party, she flees to find food for her newborn kittens. Silva (Beáta Kaňoková) is an overwhelmed mother, her rebellious toddler pushing her to the brink of a nervous breakdown. Needing a break, she drops him off at a playpen for much-needed alone time. As the skies open and explosions rock the city, the women all find themselves at the mall as they make the last pass at finding peace.

Hungarian-Romanian filmmaker Cristina Groșan won Best Director Under 40 at the 2022 Venice Film Festival for this beautifully intimate sci-fi tale. DIR Cristina Groșan; SCR Klára Vlasáková; PROD Marek Novák. Czech Republic/Italy/Hungary/Slovak Republic, 2022, color, 85 min. In Czech with English subtitles.



## Slovak Movie: Nightsirens

Friday, December 02, 2022

07:00 PM

*Special Features: Q&A with filmmaker Tereza Nvotová and actress Natália Germáni*

NIGHTSIREN [SVETLONOC]

After a terrible accident destroyed her childhood, Šarlota (Natalia Germani) returns to her regressive mountain hometown for the first time in 20 years. She finds her mother's house burned to the ground, so she takes refuge in a supposedly haunted cabin abandoned on the edge of town by a witch. As old and new wounds reopen, she connects with Mira (Eva Mores), a rebellious young woman with secrets of her own. It's not long before the locals suspect Šarlota herself is a witch, as strange and unexplainable incidents pile up.

Winner of the Golden Leopard, Filmmakers of the Present competition at the 2022 Locarno Film Festival, Tereza Nvotová's beguiling folk horror breakthrough is a ferocious takedown of the toxic patriarchy and the way society handles women who dare to break the mold.

Winner, Best Fantastic Genre Feature Film, Best Actress (Natalia Germani and Eva Mores) – Special Mention and Best Direction – Special Mention, 2022 Sitges Film Festival. Official Selection, 2022 Fantastic Fest. DIR/SCR Tereza Nvotová; SCR Barbora Namerova; PROD Milos Lochman. Slovak Republic/Czech Republic, 2022, color, 110 min. In Slovak with English subtitles. NOT RATED





# Slovak Movie: Victim

**Saturday, December 10, 2022**

**07:00 PM**

*Special Features: U.S. Premiere. 2023 Oscar® Selection, Slovak Republic*

[OBET]

Slovak director Michal Blaško's first powerful feature motion picture, *Victim*, is a tense social thriller set in a small Czech border town. Ukrainian immigrant Irina (Vita Smachelyuk) is preparing her application for European citizenship while working as a housekeeper and caring for her 13-year-old son Igor (Gleb Kuchuk), a promising young gymnast.

Igor is the Victim of an attack that lands him in hospital. He indirectly identifies the assailants as three local Roma boys. The community is swift to rally around the young man. Still, as latent anti-Roma sentiment bubbles to the surface and Igor's case becomes co-opted by right-wing campaigners and others stoking racist and xenophobic flames, Irina notices some inconsistencies in her son's story. Faced with an impossible moral dilemma and feeling manipulated from all sides, Irina must navigate a highwire act between justice and her impulse to protect her son and the life she built.

Official Selection, 2022 Venice and Toronto film festivals. DIR Michal Blaško; SCR Jakub Medvecký; PROD Jakub Viktorín, Pavla Kubecková. Slovak Republic/Czechia/Germany, 2022, color, 91 min. In Czech and Ukrainian with English subtitles.



[CLICK HERE FOR OTHER FESTIVAL FILMS](#)

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## Are You Interested in voting in January 2023 Czech Presidential Election?

***IMPORTANT: December 4, 2022, is the deadline for registration of Czech voters living abroad. You must register at the Czech Embassy or your corresponding Czech consular office.***



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The first round of voting in the USA is scheduled for **Thursday, January 12, and Friday, January 13, 2023.**

The election date in the Czech Republic is scheduled for **13 and 14 January 2023**, with the possible second round **Friday, January 27, 2023.**

Because of the time difference, the first round of voting in the USA is scheduled for Thursday, January 12, and Friday, January 13, 2023. A possible second round of the presidential elections would be held on Thursday, January 26, and Friday, January 27, 2023.

Polling stations will be located within the premises of four Czech diplomatic and consular missions.

**Polling stations will be open to Czech citizens eligible to vote from 2 pm until 9 pm in local times on the above-mentioned days.**

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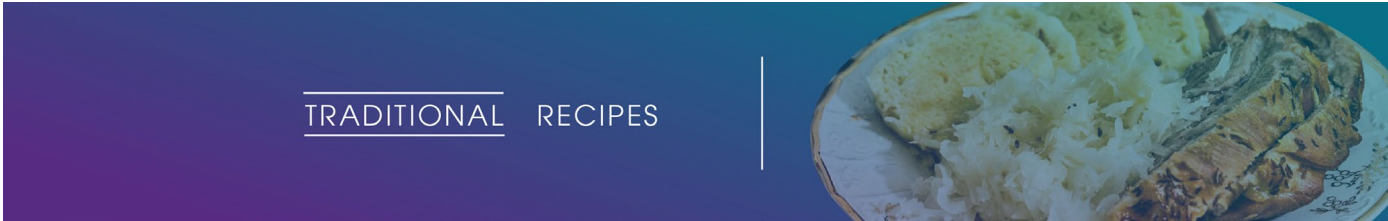
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More information at [SOKOL.EU](http://SOKOL.EU)



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### GU Yf\_fU h/`GU guj YGci d

Kapustnica is a festive Slovak Christmas soup. This soup is usually made around wintertime and Christmas but is excellent for any day if you ask me. It is made with sauerkraut, sausage, mushrooms, and flavorful spices like caraway seeds, paprika, and marjoram. Spices will vary with each family.

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## Directions

Rinse the sauerkraut in water, so it is not too acidic. (I save some of the juice just in case I rinsed it too much and need to add acid).

Place the sauerkraut, broth, peppercorns, bay leaves, marjoram, salt, and mushrooms into a large pot, and bring to a boil. Add the sausage. Let it simmer over medium heat for 1 1/2 hours.

Remove the sausage from the soup, and set aside. Remove bay leaves, and discard.

Heat the oil in a large skillet over medium heat. Add the onion, and fry until transparent. Sprinkle the flour and paprika over the onion; cook and stir for a minute. Gradually stir in the water with a fork so that no lumps form. Bring to a boil, and allow to thicken. Pour into the soup pot. Slice the sausage, and put it back into the soup. Bring to a boil, and cook for another 10-15 minutes.

To serve, ladle into bowls and top with a dollop of sour cream.

You can leave the soup for a day or two after it's cooked; it will gain depth and flavor.



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

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## 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.

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## 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](mailto:media@sokolwashington.org)

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## 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](mailto:membership@sokolwashington.org)

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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](mailto:sokol@sokolwashington.org) is included in your Contacts/Mailing list and does not end up in your Spam or Trash box.

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