



There's something to be said for spring with its new life, warmer weather, blooming flowers, and trees coming into leaves. Our Sokol, Washington, D.C., is here recharged with new energy and enthusiasm. Our members and friends can participate and enjoy the magic that spring brings by attending events that we have planned. Energizing outdoor and cultural activities are back in full swing, and you are welcome to join us. Regretfully, we had to postpone our popular event Sibrinky indefinitely due to scheduling conflicts.

March is National Reading Month!

The month kicks off with National Read Across America Day on March 2, where children, teachers, parents, caregivers, and community members come together to read books and celebrate the joy of reading.

"The more that you read, the more things you will know. The more that you learn, the more places you'll go."

- DR SEUSS

In honor of Dr. Seuss' birthday, March is National Reading Month - a month to motivate Americans of all ages to read daily.

March Reading Month focuses on encouraging children to read. Expose them to the wonders of the book world. Share the thrill of exploring picture books, majestic stories, and thrilling mysteries.



IN THIS ISSUE



UPCOMING

Membership Meeting – Thursday, March 2
Shenandoah Whiteoak Canyon Hike – March 4
Masquerade Ball for Little and Tall on Ice – March 12
Film Club BESEDA – Tuesday, March 14



MONTHLY RECAPS

Baca Cup
Ester Wiesnerova Concert at the Slovak Embassy



DID YOU KNOW

Czechs spend more time reading than any other European nation.

SOKOL WEEKLY ACTIVITIES

Czech and Slovak School | Pepik's Peeps



IN THE COMMUNITY

Dinner and a Movie event! AT AVALON
Youth Choir: Cancioneta Praga



THE XVII ALL-SOKOL SLET GATHERING IS UNDERWAY!

JUNE 30 – JULY 5, 2024, PRAGUE, CZECHIA



TRADITIONAL RECIPES

Česnečka – Garlic Soup

IN EVERY ISSUE

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

UPCOMING EVENTS



UPCOMING MEMBERSHIP MEETINGS

Thursday, March 2 | 8:00 PM

Future meetings: April 5, May 3, and 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.

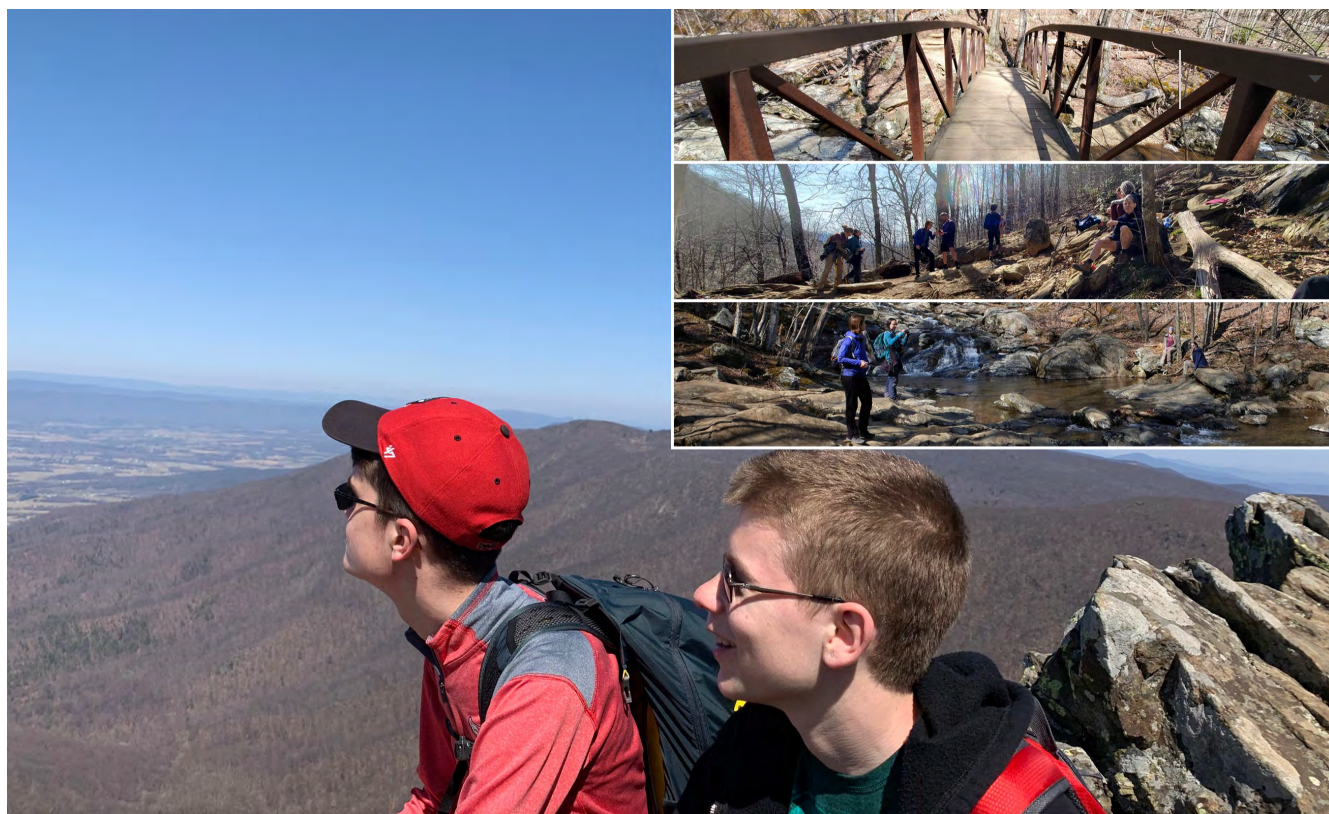
If you are interested, RSVP to sokol@sokolwashington.org, and we will send you more information.

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

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

Shenandoah Whiteoak Canyon hike

SATURDAY, MARCH 4, 2023



Join us on our Shenandoah Whiteoak Canyon hike. Hiking shoes, snacks, and enough water for your hike is the best way to enjoy your time. Add some friends, and it will be the perfect Saturday. Afterward, we can stop at Sharp Rock winery. Bring your snacks, and taste some local wine in a family setting.

Starting point: Lower Whiteoak Canyon Fee Station, [187 Chad Berry Ln, Syria, VA 22743](#)

Hiking start time: 8:45 am March 4, 2023, **End time:** around 2 pm

Hike map: https://www.nps.gov/shen/planyourvisit/upload/WhiteoakCanyon_RoadTrail.pdf

-the hiking loop starts at Whiteoak Boundary Parking > left on Cedar Run Trail > right at Hawksbill Gap Parking > Whiteoak Canyon Fire Road > right on Whiteoak Canyon Trail > finishing at the basin of Lower Falls with an optional "polar bear plunge" into the Whiteoak Canyon swimming hole.

Whiteoak Canyon Trail info: <https://gohikevirginia.com/whiteoak-canyon-trail/>

Driving from the Washington DC area to Whiteoak Boundary Parking is about 2.5 hours.

Driving time from Sheetz Gas station in Warrenton, VA, to Whiteoak Boundary Parking is about 1.2 hours.

Meeting time: Saturday morning, March 4, at 7:30 am.

At Sheetz Gas station, 600 Blackwell Rd Warrenton, VA

If you would like to join us, please send an email with the subject Whiteoak hike to: events@sokolwashington.org



SUNDAY, MARCH 12, 11:40 - 1:30 pm

Iceskating starts at noon. Come a little earlier, rent your ice skates, and get ready in the heated area. The snack bar will be open.

We will play games on ice, practice our skills, and have a parade of goblins, bunnies, princesses, and other creatures. Please participate in our creative costume competition. We have a special award for those who best incorporate their safety helmet into the costume.

Or just come and skate!

Tickets: \$6 per skater, \$18 per family (good for two adults and all children from the same household) and must be purchased online via Eventbrite or in advance during Sokol School Friday nights. Rental available on-premises: \$4.00/ice skates

NO SALES AT THE DOOR

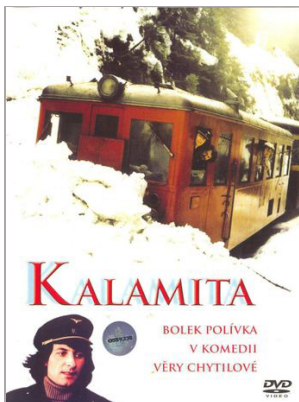
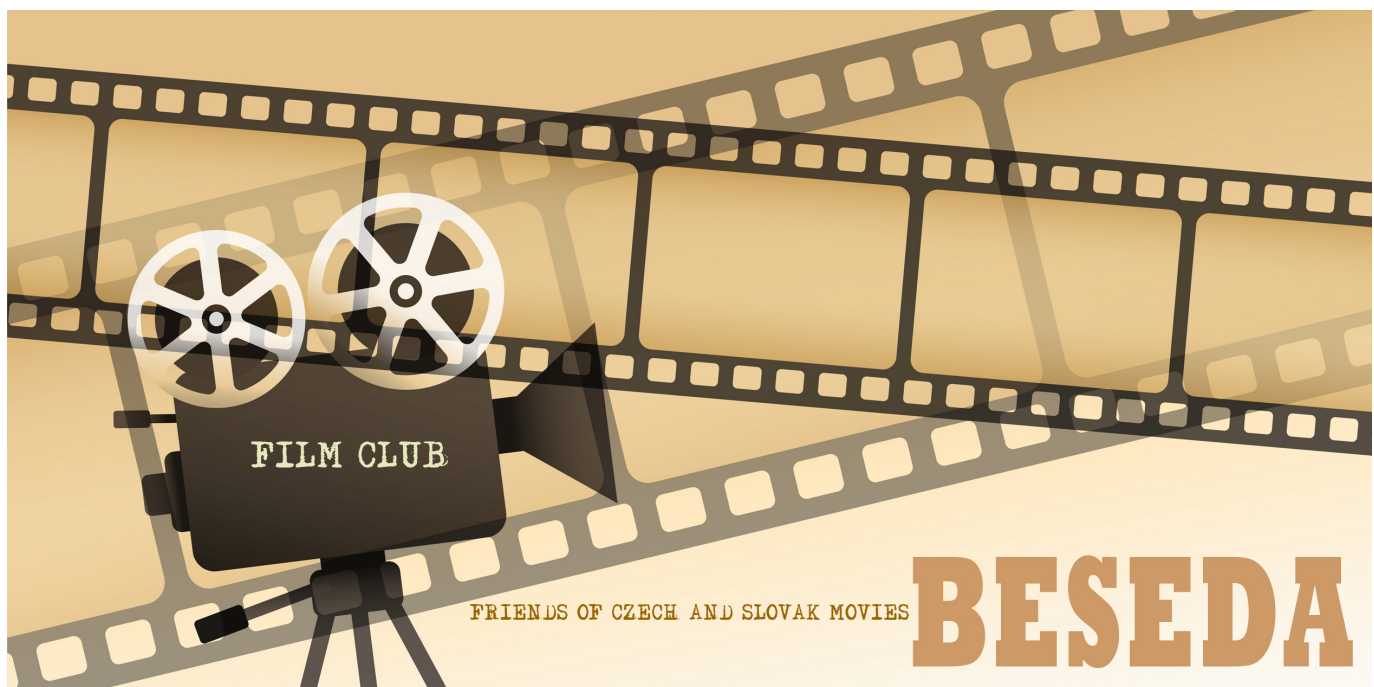
WHERE: Cabin John Ice Rink | [10610 Westlake Dr. Rockville, MD 20852](https://www.google.com/maps/place/10610+Westlake+Dr,+Rockville,+MD+20852)

WHEN: Sunday 3/25/23 11:40 - 1:30 pm

TICKETS: maskarninalede2023.eventbrite.com

Contact: se.sokolem@sokolwashington.org

Movie Night BESEDA



TUESDAY, MARCH 14, 2023 - 7:30-10:00 pm

Our Movie Night, "Beseda," is focused on Friends of Czech and Slovak Movies. The first showing is the movie *Kalamita*, a renowned Czech film directed by Viera Chytilova that will transform us into a cold winter in 1980. It is a funny banter about love, sex, social status, and other ideals while a new railway employee is trained and sent on his first run as a driver.

Join us for a discussion of this cinematographic achievement in its historical context.

WHERE: [Dolley Madison Library](https://www.dolbymadisonlibrary.org/), 1244 Oak Ridge Ave, McLean, VA

WHEN: Tuesday, March 14, 2023 | 7:30 - 10 pm

TICKETS: FilmClubBeseda.eventbrite.com



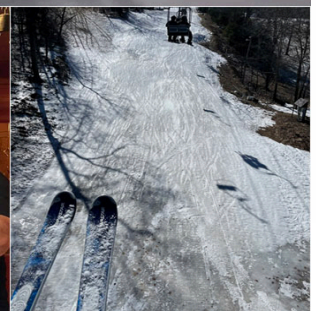
BAČA CUP 2023

Due to bad weather conditions with substantial winds, the organizers could not provide a safe and accessible race-course. The cancellation of the Bača Cup Race at Blue Knob on Saturday was a great disappointment for all participants.

Nonetheless, people enjoyed a few runs on slopes that were available for skiing on this cold sunny day.

The Annual Celebration at the Salaš Hills residence went as planned and was enjoyed by all that came. Good food, good friends, and great conversations were part of this lovely weekend.

Thank you to Dasha and Carl Fletcher for organizing and opening your home to all!



Ester Wiesnerova Concert at the Slovak Embassy

Commemorating the 30th anniversary of Slovak independence

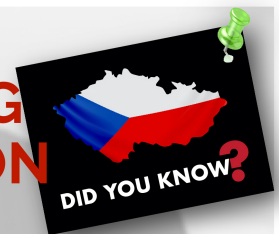
The Slovak Embassy in Washington, DC, presented a delightful concert with gentle, enchanting jazz tunes that Ester Wiesnerova and her international quartet invited us to relish. Ester transforms the ordinary into beauty and invites us to listen more intensely to the transforming power of art.

Ester Wiesnerova is Slovakia's internationally active vocalist, composer, and educator. She was discovered on a television singing competition, "The Voice of Czechoslovakia," before starting her professional musical endeavors. Recently, Ester was named in Forbes' 30 under 30 list and awarded the Gunther Schuller Medal.

Her critically acclaimed debut album Blue Journal was released in May 2022. The music is recorded by a unique international quintet featuring a jazz harp and percussion.



CZECHS SPEND MORE TIME READING THAN ANY OTHER EUROPEAN NATION



A newly released study says people in the Czech Republic read more than anywhere else in Europe as well as a number of other nations in the world

"As far as heavy reading is concerned, Czechs are above the average. As far as passionate reading, more than fifty books read per year, the Czech Republic is again at the very top."

The Czech Republic has always had a strong reading culture. Czechs are known for having extensive home libraries; to this day, a book is considered one of the most popular birthday and Christmas gifts.

During the Communist era, books by forbidden authors were secretly passed down from hand to hand.

A recent survey has shown that the Czech Republic has the densest network of public libraries in the EU, with almost as many libraries as towns. Does that mean that Czechs still belong among the most avid readers in Europe?



THE XVII ALL-SOKOL SLET GATHERING IS UNDERWAY!

JUNE 30 – JULY 5, 2024 PRAGUE, CZECHIA



The 17th All-Sokol Slet gathering is set to take place in Prague from June 30 to July 5, 2024, the organizers announced. Around 20,000 people are expected to attend the event, which will have an accompanying program at the National Theatre and other venues.

Preparations for one of the largest sports and social celebrations, (SLET) "The 17th All-Sokol Slet gathering", are underway for everyone worldwide. Such gatherings are held every six years by Sokol, a gymnastics and fitness association that dates back to the 19th century Czech National Revival.

The rally team expects the participation of 20 thousand trainees and over 40 thousand spectators from all corners of the Czech Republic and abroad.

An estimated number of 100,000 Sokols will participate in the event. Over 1000 gym units will be involved in the event. Sokol operates in 18 countries of the world. It was the foreign units that kept the tradition of gatherings at the times when the Sokol activities were banned.

The branding for the XVII all-Sokol gathering

In November, at a press conference at the Tyrš house in Prague. Visuals were presented in cooperation with a high-end design studio and an influential artist Jaromír 99. They also launched a [website](#) with a countdown to the beginning of the XVII all-Sokol gathering.

The letters in the word 'SLET' contain illustrations depicting one of the sports (climbing, basketball, fencing, volleyball, gymnastics, etc.)



Guests are looking forward to the Festive Evening in the National Theater and the Sokol Gala, a show of Sokol performance sports combined with dance performances by Sokol folklore ensembles, which traditionally takes place in O2 Arena.



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

We are learning how to jump and how to climb over the obstacles. By learning childrens folklore songs we are learning how to march, to dance and work as a group. Our favourite song is "Pasla ovecky v zelenem hajjcku, "



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



DCEFF Screening: **Wilder than Wilderness**

March 21, 2023 | 6:00 PM - 8:00 PM | Embassy of the Czech Republic

As part of the Environmental Film Festival in the Nation's Capital, the Embassy of the Czech Republic will screen *Wilder than Wilderness (Planeta Česko)* on March 21 at 6 pm. Join us as we uncover the resiliency of plants and animals in the Czech Republic.

WILDER THAN WILDERNESS (Planeta Česko)

Directed by: Marián Polák, 2017, 83 minutes

The wildlife film essay focuses on Czech nature's resilient power and variety. Within the environment of open-cast brown coal mines and spoil tips reminiscent of a lunar landscape, one paradoxically finds an accurate tale of an impregnable wild countryside. For most people, it symbolizes an ecological catastrophe, like the abandoned industrial complexes and former army training ranges. But for nature, they are untamed spots that bring a process of recovery and self-preservation. Just beyond our backyard,

we see everyday dramas of animals and plants taking place, which fascinate us in films from the far reaches of our planet.

Trailer: <https://vimeo.com/309244986>

Rated for All Ages | Admission is free | Registration required <https://WilderthanWilderness.eventbrite.com>



AVALON THEATRE

Lions of Czech Film - Recent award-winning and popular Czech films presented in partnership with the Embassy of the Czech Republic. Screenings are held every 2nd Wednesday in January, March, May, July, September, and November.

[Lions of Czech Film - The Avalon Theatre Project, Inc.](#)

<https://www.theavalon.org/films/a-report-on-the-party-and-guests/>

A Report on the Party and Guests

Wednesday, Mar 8 at 7:45 PM One Show Only!

Dinner and a Movie event! – THE AVALON THEATER

[Jan Němec](#) | Director

In Jan Němec's surreal fable, a picnic is rudely

transformed into a lesson in the political hierarchy when a handful of mysterious authority figures appear. This allegory about oppression and conformity was banned in its home country but became an international success after it premiered at the New York Film Festival. Jan Němec established himself as one of the most inventive filmmakers in a group that included Oscar-winning directors Miloš Forman and Jiří Menzel.



Join us for a special evening of the famous Lions of Czech Film program in the majestic main theatre celebrating Avalon's Centennial! A dinner of Czech cuisine prepared by the Czech Embassy's Chef (beef goulash with bread and apple strudel) is available for a limited number of guests. An introduction by Michal Bregant, Director of the Czech National Film Archive in Prague, will open the screening, and a Q&A follows.

Doors for Dinner and Movie – 7 PM (limit of 135 available)

Doors for Movie Only – 7:30 PM | **Film Introduction** – 7:45 PM | **Film Start** – 8 PM | **Film Q&A** – 9:15 PM



Česnečka – Garlic soup

Czech Garlic Soup, aka Česnečka, is regarded as a cure for all ailments, including the common cold and, of course, hangovers.

Anti-inflammatory garlic makes for a warming and healthful traditional soup. It boasts garlic, potatoes, and crunchy rye bread croutons!

Ingredients

- ½ tablespoon unsalted butter
- 6 to 8 cloves garlic, crushed (even more if you'd like!)
- 6 cups chicken, beef, or vegetable broth or stock
- Kosher salt and freshly ground black pepper
- 1 pound potatoes (white, yellow, or red—not russets), peeled and diced
- 1 teaspoon dried marjoram
- 1 teaspoon caraway seeds
- 1 large egg, beaten (optional)
- 3 ounces (3 to 4 slices) rye bread, cubed
- 1 teaspoon olive oil or olive oil spray
- 4 ounces cubed cheese, Emmental, Gruyere, or Camembert—rind removed (optional)
- 2 tablespoons finely chopped parsley



Instructions

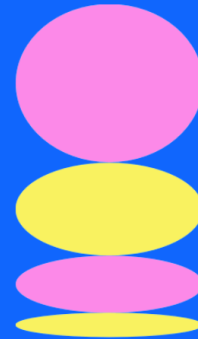
1. Melt the butter in a medium pan over medium heat, and add the garlic. Cook until softened and aromatic, about 4 to 5 minutes (lower the heat if it gets brown). Add the broth and bring it to a boil over high heat.
2. While boiling, season with salt and pepper, then add the diced potatoes, marjoram, and caraway seeds. Reduce heat and simmer, covered for 15 to 20 minutes until the potatoes are tender. Adjust seasoning as needed.
3. If you add an egg, pour it in slowly while mixing the soup to create ribbons of cooked egg (similar to Chinese egg drop soup).
4. Meanwhile, heat an oven or toaster oven to 350°F. Add the cubed rye bread to a small sheet pan and either drizzle with olive oil or spray with olive oil spray, and toss with your hands to coat. Toast for 10 to 15 minutes, occasionally stirring, until golden brown and crispy. Set aside until the soup is done.
5. Serve the soup topped with croutons and parsley, and stir in cheese if desired (or put the cheese in the bowl first and then pour the soup on top). Serve immediately.

A—FILMTEENSFEST FOR SCHOOLS AND YOUTH ORGANIZATIONS

INTERNATIONAL FESTIVAL OF FILMS MADE BY CHILDREN AND TEENS AGED 6-20

3RD YEAR ————— 8.2. - 12.3. 2023

ІНФОРМАЦІЯ ДЛЯ ГЛЮДАЧІВ З УКРАЇНИ







A-FilmTeensFest is an international online competitive festival showcasing 170 short films produced by youth ages 6 to 20 from 37 countries worldwide on five continents.



After an excellent onset in 2021, the third edition will be online – on this [website](#) as well as in the following movie theaters, Kino Mnichovo Hradiště, Aula Akademie Škoda Auto, Kino Kartonka 1904 in Vrchlabí, Kino 70 Jilemnice, Kino in Rychnov nad Kněžnou and Kino 70 in Dobruška. The screenings are for schools and after-school organizations for children and youth (see "For schools") and individuals of any age. The movie theaters will also hold screenings for the public (see "For the public"). We also have a program for children and teenagers, aged 8-20, for pre-schoolers and first graders. All films can be viewed by the "older ones" 20+, parents, and certainly seniors (some of our films may be enjoyable for them). We are a festival for all generations!



			
1. For Non-readers Short films for preschoolers and non-readers – tastings across...	2. You Make My Day Short film comedies and films for fun...	3. Protect the Land on any Land On how to protect the planet, no matter how big or small we ...	4. Protect the Land on any Land 2 About the environment and what harms it...
• LOCKED	• LOCKED	• LOCKED	• LOCKED

There are online movies for you to watch (You have to [register](#))
Only [registered users](#) can unlock competitive movie blocks!



Camp Hostyn

SUMMER CAMP 2023

JULY 02-22	500\$ / 1 WEEK 900\$ / 2 WEEKS 1200\$ / 3 WEEKS	SINCE 1954
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FOR REGISTRATIONS AND INFO:
DR. JOE MAXANT • (450) 465-4844 • WWW.HOSTYN.ORG

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 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.

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

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.

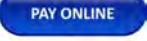
Benefits to our Unit

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)  \$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 whose officers are volunteers.



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

CONTACT: media@sokolwashington.org