

APRIL 2023



AMERICAN
SOKOL
WASHINGTON, DC

NEWSLETTER

Beautiful Spring, and Happy Easter! There's something to be said for spring with its new life, warmer weather, blooming flowers, and trees coming into leaves.

Our Sokol invites you to several outdoor and indoor events, starting with our Czech and Slovak Interdenominational Easter Service. Please read on for more information, and join us whenever you can.

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

Thank You

UPCOMING EVENTS



MEMBERSHIP MEETINGS

Wednesday, April 5 | 8:00 PM.

Future meetings: May 3 and June 7

You can join us at our Membership Meetings, share ideas, and plan future events. Be a part of shaping our unit's future. We meet monthly in a community library. Zoom option is also available.

If interested, RSVP to sokol@sokolwashington.org, and we'll send you more information. All members and non-members are welcome to join us!

Little Falls Community Library, 5501 Massachusetts Ave., Bethesda, MD



CZECH AND SLOVAK INTERDENOMINATIONAL EASTER SERVICE

Saturday, April 1st, 2023 – 4:30 pm – 7:00 pm

We invite you to join a Czech and Slovak Easter Service. After the service, we'll have a social hour to rejoice and welcome the awakening spring.

Emmanuel Lutheran Church | 7730 Bradley Blvd., Bethesda, MD 

(Corner of Bradley Blvd and Seven Locks Road)

Saturday, April 1st, 4:30 pm – 7 pm

4:30 pm - Doors Open

5:00 pm - Service Begins

6:00 pm - Social with Refreshments



The interdenominational church or organization subscribes to no particular Christian denomination but does incorporate expressions stemming from several denominations.

HUDLICKA MEMORIAL HIKING MARATHON



Saturday, April 29, 2023 | Shenandoah National Park, VA

The 9th annual mountain marathon, the Olga Hudlička Sokol Memorial, will occur on Saturday, April 29. The route, as usual, will start with Little Devils Stairs and continue over Hogback and Marshall Mountain. We are still trying to find an ideal loop and have very fruitful discussions about that on the way, but we will do 42.195 km with 1500m of climb.

Let's meet at **7:50 am** at the Little Devils Stairs trailhead; the hike starts at **8 am**. (Babi Olga liked to be on time).

The rain date is the next day, Sunday
Bring your friends, plenty of water, and good snacks!



[Park here](#) at the trailhead of the [Little Devil Stairs hike](#).

Contact: Pavel Klein KleinP@Epilepsydc.com



Masquerade Ball for Little and Tall
On ice!

New Date: May 20 at 2:00 pm!

[Tickets are available here!](#)

Canoe/Kayak on the Shenandoah River: Sunday, June 4



with Optional Hiking and Camping on Saturday, June 3

MONTHLY RECAPS



PETR JANDA – LEGEND OF CZECH ROCK MUSIC CONCERT



The Czechoslovak Society of Arts and Sciences (SVU-DC) with Roman Kostovski, organized a benefit concert to support its activities in Greater Washington D.C., featuring [Petr Janda](#) – the legend of Czech rock music for over 60 years and the frontman of the band Olympic. Janda, touring the East Coast, graciously accepted the invitation to perform at the Czech Embassy on March 1 – a unique opportunity to see and listen to a true icon of Czech rock music. Great concert!

HIKE IN SHENANDOAH



By Dasa Merkova

We started at the bottom of Cedar Creek Trail on a crisp Saturday morning. The trail starts relatively flat but soon begins a gradual ascend. The uphill trek requires some exertion. The scenery quickly makes it worthwhile. On your way up, you can see breathtaking cascading waterfalls. One of them is a perfect natural water slide that became our favorite spot for this hike.

Even the cold water couldn't stop some, and they enjoyed a perfect slide into a little pool. It has become our tradition in the spring to say this symbolic goodbye to winter. It is also an excellent opportunity to challenge yourself and recharge your inner battery. A quick change, and we continue to climb to the juncture where the trail intersects with White Oak Canyon Trail. The descent on White Oak Canyon trail offers a different perspective of the park, with plenty of rocky outcroppings, mossy boulders, wildflowers, and tall waterfalls to admire while resting for a little snack. This hike is the perfect way to experience the natural beauty of the park and get a great workout at the same time.

The tallest wooden altar in the world is in Slovakia



WEEKLY ACTIVITIES

FRIDAY TWEETS



6:45 pm **Czech and Slovak School**
8:00 pm **Gymnastics for Children**
7:00 pm **Friday Parents' Club**

[Carderock](#)

[Spring Elementary School:](#)

7401 Persimmon Tree Ln.,
Bethesda, MD 20817

CONTACT:

school@sokolwashington.org

In the advanced class we explored the life of the famous Czech teacher of Nations, Jan Amos Komensky, and enjoyed games to learn spring *weather lores* ("pranostiky"). [Check here](#) if they sound familiar. Students learned about our Easter traditions, decorated hollowed Easter Eggs, and enjoyed a soccer game in the gym. We will have a spring break in the first part of April and resume classes on April 14.



PEPIK'S PEEPS

SOKOL FOR LIFE
Tuesdays at 6:00 pm

[Dolley Madison Library](#) 
1244 Oak Ridge Ave
McLean, VA 22101



In our classes, we jump, bounce, and stretch all the time. We work on a perfect roll, walk and bend on the balance beam and practice different jumps. And we learned a new dance too! What's our favorite? Parachute! After spring break, we would like to move outdoors! **Please let us know if you are interested in joining us.**

CONTACT: se.sokolem@sokolwashington.org



TRADITIONAL CZECH PUPPET THEATER

WEDNESDAY, APRIL 19, 2023 | 6:00 PM | The Embassy of Czechia



Boucek Puppet Theater is back in DC! Bring your children and enjoy a traditional Czech puppet theater for an unforgettable performance at [the Czech Embassy on April 19.](#)

Performed on a classic puppet stage with traditional hand-made marionettes, take advantage of this opportunity! Bauerovi Josefov is

visiting us on their last USA tour and will perform 'Kašpárek a princezna' and 'O prasátku.'

TICKETS: <https://czechpuppets.eventbrite.com/>

The East Bohemian Tradition of Puppet Theater was on UNESCO's List of Intangible Cultural Heritage in 2015.

EU OPEN HOUSE IS BACK! Saturday, May 13, 2023



The Embassies of the European Union countries and the EU Delegation will open their doors to the public between **10:00 AM – 4 PM.**

RIVER CLUB: VINTAGE VLTAVA

Czech Wine Tasting & Sounds of the Bohemian River



April 13, 2023 | 7:30 pm

As part of the RiverRun Festival, the Kennedy Center will present *Vintage Vltava: Czech Wine Tasting & Sounds of the Bohemian River* on **April 13**, beginning at 7:30 pm.

The event is presented with the Embassy of the Czech Republic and the Karel Komárek Family Foundation.

Enjoy the evening sampling wines from the Czech Republic, presented by internationally recognized communicator **David Furer**, a veteran of over 30 years in the wine trade. He will be virtually joined by noted architecture professor Henry Hanson and on stage by **Drew Hairston**, Beverage Director of Maydan DC. Following the tasting, savor a short concert of Czech piano music featuring **Katelyn Bouska** performing jazz and classical piano selections, including Smetana's celebrated *Vltava (The Moldau)*, which evokes the sounds of Bohemia's longest river.



Studio K at the Reach

Kennedy Center for the Performing Arts,
2700 F Street, NW, Washington, DC

Tickets: Can be purchased [online](#)

Jan Smigmator will sing his American Song Book at Carnegie Hall in NY.

April 29, 2023

The young Czech jazz singer and radio show host Jan Smigmator debuts on the Carnegie Hall stage with a classy program of famous jazz and swing standards for which he has been dubbed the "Ambassador of the Great American Songbook" in Europe. Super-talented Czech musicians and American jazz legends accompany Jan in his swingin' New York premiere. Look forward to unforgettable songs by the Gershwin brothers, Johnny Mercer, Henry Mancini, Harold Arlen, Burton Lane, Jule Styne, and Michel Legrand, along with a few of his originals!



More information and tickets [here](#).

THE XVII ALL-SOKOL SLET

JUNE 30 – JULY 5, 2024, PRAGUE, CZECHIA





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

Are you interested in performing at the Slet 2024 in Prague? Please let us know! Planning for an event like this takes a long time. It is a long-term commitment for which we'll need to collect information for participation very soon. Please, feel free to express your interest at events@sokolwashington.org soon.

Check performances for Slet 2024 in Prague!



[#SLET2024 SKLADBA ROCKOVÁ SYMFONIE \(DOROST MUŽI A ŽENY\) SKLADBA 11/12](#)

[#sokol](#)

[#SLET2024 SKLADBA MRAVENCÍ \(PŘEDŠKOLNÍ DĚTI\) SKLADBA 2/12 #sokol](#)

Interesting Online Lectures (in Czech)

NEDĚLE 2. 4. 2023
18:30
ONLINE

CÍLE SOKOLSKÉ VÝPRAVY NA UKRAJINU V LISTOPADU 2022 **PETER SZENASY, MILAN PILMAJER**

Sokolské symboly svobody, rovnosti a bratrství platí dodnes. Skupina sokolů překročila práh své komfortní zóny a vydala se do válečné zóny, aby projevila solidaritu s místní sokolskou organizací.



NEDĚLE 16. 4. 2023
18:30
ONLINE

ŽENY V SOKOLE **KATEŘINA POHLOVÁ**

O tom, jaké bylo postavení žen v původně ryze mužském spolku. Představíme si i některé významné sokolky průkopnice.



Budečská Sokol County invites you to a series of lectures about the history of Sokol, the principles of our association, current relevant Sokol topics, influential Sokol women leaders, and other powerful stories of our organization. There are eight online lectures and two personal meetings. Looking forward to the lectures.

All you have to do is connect via the link on Sunday evening to the online space and listen -

[on the Google Meet platform, meeting code: akq-uwyv-nhu](#)

TRADITIONAL RECIPES



LEČO – LETCHO TOMATO AND GREEN PEPPER STEW

This tomato and peppers stew (Hungarian Lecho) dish uses the freshest summer ingredients like ripe tomatoes, green and banana peppers, and luscious zucchinis. When it simmers, the house smells incredible.

INGREDIENTS

One onion (diced)
One red or orange pepper (diced)
One green bell pepper (diced)
One yellow pepper (diced)
One small zucchini (diced) optional
One cup tomatoes
(chopped, use large plum or cherry)
8-inch piece of Polish sausage
or kielbasa (diced)
3 – 6 eggs, mix in the bowl before adding
1 Tbsp. lard, rendered duck fat, or light oil
Hungarian Paprika, good quality
salt and pepper to taste



Notes

Sausage is optional here, and you can make this dish vegetarian or vegan. I use Polish sausage, but you can use any sausage you'd like.

You can use two peppers of any color; we like the blend of different colors. You can also use more Polish sausage if you like it a bit meatier.

DIRECTIONS

Begin with having all the ingredients ready (diced). Melt the lard (or warm up the oil), and add the onions, Stir and cook for 6 minutes, until the onions look translucent. Add the peppers and sausage. Add the tomatoes last. Cook for three/four more minutes, and add your spices.

Some like it hot, others not so much. I use 'sweet' Hungarian paprika. The 'hot' version is pretty hot. Depending on the freshness of the peppers and tomatoes, give it another minute or two before adding the egg. Now, if you like it eggier, use more eggs. If you want to taste the vegetables more, use less. Begin to stir, and allow the eggs to cook. How much you like the egg cooked depends on you. Some like their eggs runny, and others like them cooked all the way through.

Lečo, like its French semi-counterpart ratatouille, often stands alone as a lunch dish and is often consumed with bread.

Plate it and serve it with good rye bread or a crusty baguette.

DONATE NOW

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 and tax-deductible.

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

Join Us and Become a Member

We appreciate 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 adults, and free participation in pick-up volleyball.

PAY ONLINE

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

THANK YOU VOLUNTEERS

We can only flourish as an organization with the constant help of our many volunteers. That's why it's vital 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 take advantage of our MailChimp campaigns. Please ensure that our e-mail sokol@sokolwashington.org is included in your Contacts/Mailing list and does not end up in your Spam or Trash.

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

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