

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.

IN THIS ISSUE

UPCOMING

Czech and Slovak Easter Service — Saturday, April 1
Membership Meeting — Wednesday, April 5
Film Club BESEDA — Thursday, April 20
Hudlicka Memorial Hiking Marathon — Saturday, April 29
Masquerade on Ice — Saturday, May 20
Shenandoah River — Sunday June 6

MONTHLY RECAPS

Hiking in the Shenandoah Petr Janda Concert at the Czech Embassy

DID YOU KNOW?

Slovakia - The tallest wooden altar in the world

SOKOL WEEKLY ACTIVITIES

Czech and Slovak School Pepik's Peeps

IN THE COMMUNITY

River Club: Czech Wine Tasting & Music – April 13

Jan Smigmator: American Song Book in Carnegie Hall – April 29

Online Sokol Lectures in Czech – April 16

THE XVII ALL-SOKOL SLET UPDATES

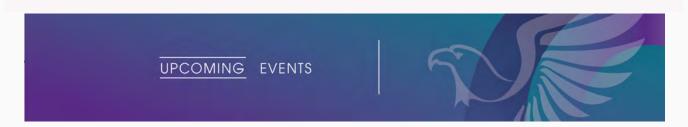
JUNE 30 – JULY 5, 2024, PRAGUE, CZECHIA

TRADITIONAL RECIPES

Lečo – Lecho Tomato and Pepper Stew

IN EVERY ISSUE

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



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 I 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.



Thursday, April 20, 7:00 pm

Friends of Czech and Slovak Film enjoyed the premier event of Film Club Beseda. It was followed by a discussion about the eighties in the Czech Republic and the process of coming of age of the main character in the movie **Kalamita** last month. We hope you will join our Film Club and become an American Sokol Washington, D.C., member or support our club differently.





This time, we will continue within our club by screening a Slovak movie, with the generous cooperation of the **Slovak Embassy** in Washington, D.C. Based on the book by <u>František Švantner</u>, **The Ballad of Piargy** is a symbol of modern Sodom and Gomorrah, a mirror of the distorted morals of society. At the same time, it is a naturalistic metaphor for the subordinate position of women in the patriarchal society. A discussion will follow afterward.

Tickets: FilmClubBeseda.eventbrite.com



Embassy of Slovakia I 3523 International Ct NW, Washington, DC 20008

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 Klein P@ Epilepsydc.com



Masquerade Ball for Cittle and Tall

New Date: May 20 at 2:00 pm!

Tickets are available here!

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

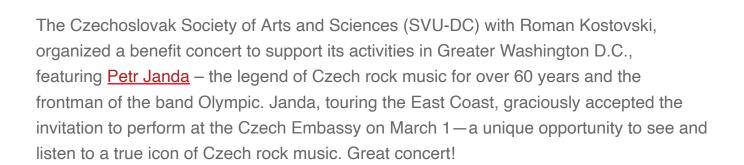


with Optional Hiking and Camping on Saturday, June 3



PETR JANDA – LEGEND OF CZECH ROCK MUSIC CONCERT





HIKE IN SHENANDOAH

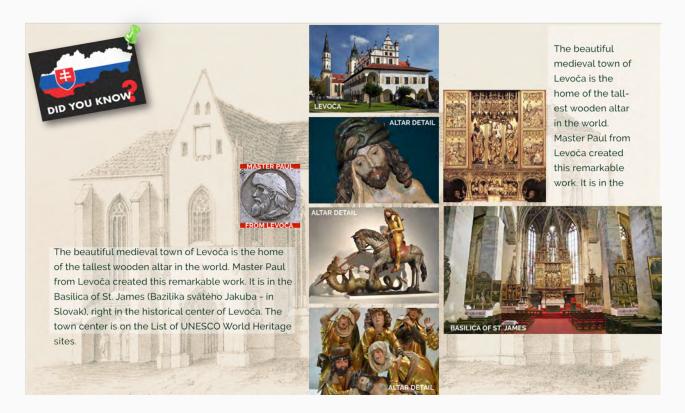


By Dasa Merkova

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





FRIDAY TWEETS





6:45 pm Czech and Slovak School8:00 pm Gymnastics for Children7:00 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.



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: <u>se.sokolem@sokolwashington.org</u>



TRADITIONAL CZECH PUPPET THEATER

WEDNESDAY, APRIL 19, 2023 I 6:00 PM I 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 I 7:30 pm

As part of the RiverRun Festival, the Kennedy Center will present Vintage VItava: 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 VItava (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. Supertalented 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 <u>here</u>.

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 MRAVENCI (PŘEDŠKOLNÍ DĚTI) SKLADBA 2/12 #sokol

Interesting Online Lectures (in Czech)



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.



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: akg-uwyy-nhu



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 WashingtonPlease 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 UnitYour 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 nonvoting 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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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

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