

MAY 2023



AMERICAN
SOKOL
WASHINGTON, DC

NEWSLETTER

Spring brings beautiful flowers and an urge to enjoy the sunshine outside. You are invited to join us at outdoor events such as the Olympic Run, EU Open House, Canoe Trip with optional Camping, or Trail Cleanup on the occasion of the National Trail Day. There are also great indoor events coming up, such as the Masquerade on Ice. See our Newsletter for details, and see you there!

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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, May 3, and June 7 | 8:00 PM

Please 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 library and take a break in July and August. 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

EU OPEN HOUSE IS BACK!

This staple cultural event is returning to Washington, D.C.
for the first time in three years.



Saturday, May 13, 2023

The Embassies of the European Union countries and the EU Delegation will open their doors to the public between

Performance of our children folklore group SOKOLIK will be at **1:30 PM**

American Sokol, Washington, D.C., will be participating at both Embassies. We will have a tent at the Czech Embassy and a table at the Slovak Embassy. Stop by to say Hello!

COME AND SKATE WITH US!

Saturday, May 20, 2:00-3:45 PM



Masquerade Ball for Little and Tall
On ice!

Pool season is starting, but we will be cooling down on the ice! Join us for the popular Masquerade parade on the ice, a little game of hockey, and skill games!

Tickets: \$6/Skater and \$18/Family (2 adults and all children of the same household).

Tickets are for skaters only; no tickets needed for observing, and no people on the ice without wearing skates are allowed.

Tickets are available:

Online via [Eventbrite](#) 

In-person (check or cash): Friday Evening at Sokol School,
contact Dasa Merkova or Veronica Clewner.

NO DOOR SALE! (Cabin John Ice Rink restricts payment at the door)

Cabin John Ice Rink

10610 Westlake Drive Rockville, MD 20852



Ice-skate rental is available on-premises for \$4/pair. Come early to arrange for your rental.

Join our Sokol for National Trail Day, June 3



The National Trail Day, on the first Saturday in June, recognizes all the incredible benefits federal, state, and local trails provide for recreation and exposure to nature. Events held throughout the U.S. help promote awareness of the trail systems' wide variety of services.

Help us to give back to nature, which has given so much to us.

Help the Chesapeake Bay and Shenandoah River State Park trails by picking up trash along the Bluebell Trail. Dress for working outdoors and in unstable terrain. We will go off-trail to get the trash out of the woods and visit the island next to the boat launch! Feel free to bring your work gloves.

WHEN: Saturday, June 3, 10 AM - 12 PM

WHERE: [Shenandoah River State Park](#), 

350 Daughter of Stars Dr., Bentonville, VA 22610. Boat Launch

OTHER DETAILS:

Standard parking or admission fee applies: **Yes**. | Extra fee: **No**. | Children welcome: **Yes**.

RSVP: events@sokolwashington.org

Canoe or Kayak on the Shenandoah River

Sunday, June 4

with Optional Camping on **Saturday, June 3**



Water enthusiasts can enjoy our Sokol's annual canoe trip down the Shenandoah River. Join us for fun and adventure on one of America's most beautiful rivers as you paddle through the Shenandoah Valley with the National Park to the east and George Washington National Forest to the west.

The minimum age in a rented canoe or kayak is 5, with close parental supervision.

START on Sunday, June 4 at 9:30 AM from the Downriver Canoe Company 884 Indian Hollow Road, Bentonville, VA

Optional Camping at Low Water Bridge Campground next to Downriver Canoe Company.

CONTACT: events@sokolwashington.org to reserve a canoe or kayak and a camping spot. For a discount on the rental and group camping, **RSVP by Wednesday, May 31.**

T-Mobile Olympic Run / Olympijsky beh

Sokol Washington D.C. in cooperation with the Czech Embassy and the Czech

Olympic Foundation

Wednesday, June 21, 6:00 PM

at Meadowbrook Park in MD



Registration: <https://www.olympijskybeh.cz/>

Deadline: June 11



Different runners, different places, the Olympic idea. This is the slogan the T-Mobile Olympic Run has been linked to for several years. Whether you are a competitor or only run occasionally; whether small or large; if you prefer to run in the city or wilderness, on a field, or a track. The Olympic Run is all about moving and primarily for fun. We celebrate the joy of movement and sport at the Olympic Run. The event commemorates International Olympic Day - the founding of the International Olympic Committee.

Olympic Day is celebrated on June 23, with running races always on a Wednesday closest to this date. In 2023, we will meet on Wednesday, June 21. The Czech Ambassador to the USA, Miloslav Stašek, will start the race.

Are you ready to join us?

REGISTER

Entry fee includes a start number, T-shirt, and commemorative medal at the finish.

6:00 PM Start of the Event

6:30 PM Start of the Race for Children (700 m)

7:00 PM Start of the Primary Race (5 km)

8:00 PM Award Ceremony

SUPPORT CZECH OLYMPIC FOUNDATION

Czech Olympic Foundation supports the sporting ambitions of children who come from disadvantaged backgrounds. The financial grants are intended for sports equipment, membership fees, and training camps – the basic requirements of children, regardless of their talent, to keep going with their favorite sport.

The foundation's commission decides to grant support and comprises its patrons, Olympic medalists. In addition to financial help, the Czech Olympic Foundation helps motivate children to participate in sports as it mediates children's meetings with Olympians, organizes camps for them, and involves them in events related to the Olympics. Children supported by the foundation will, of course, also participate in the T-Mobile Olympic Run in 2023.



Czech and Slovak Easter Interdenominational Service



For many years, the Washington community of Czechs and Slovaks enjoyed Easter and Christmas celebratory services with a "homeland flavor". The Czechoslovak Society of Arts & Sciences (SVU), Washington, D.C. Chapter, started this tradition several decades ago, and now the American Sokol Washington, D.C., will continue it at the suggestion of our president, Milos Toth.

On Saturday, April 1st, we held our first Czech and Slovak pre-Palm Sunday church service. Zuzana Steen organized it with Pastor Derek W. Solberg at the Emmanuel Lutheran Church in Bethesda and read a captivating testimonial.

Daša Merkova found participants to sing in a mini choir, which she gathered in record time. Alex Merka played the piano and organ, which she quickly learned only a few days earlier since we couldn't get an organist on such short notice. Pavel and Milan Steen, together with Elishka Martinez and Alex, formed an impromptu praise band and played a couple of worship songs. Scripture readings in Czech and Slovak were done by Frank Safertal and Stanislava Buchtova of the Slovak Embassy, and a social gathering followed the Service with traditional food prepared by our members.



Hudlicka Memorial Hiking Marathon



On **Saturday, April 29**, our Sokol held the 9th Memorial Olga Hudlicka spring mountain hiking marathon. Sandwiched between two very rainy days, we had perfect weather, cloud inversion, with perfect hiking temperature. We enjoyed the spring budding in the mountains, the company, conversations, and the bears - sadly, only their ex-greetings. Another lovely day in the Blue Ridge Mountains!





KAREL HYNEK MÁCHA.



On May 1st, many couples gather at statue of Karel Hynek Mácha, the Czech Romantic "poet of love," in Prague's Petřín Park. They lay flowers, spend a few moments, and share kisses beneath its many blossoming trees. He was a Czech Romantic poet and author of the epic poem Máj (May). The poem tells about the tragic love of two young people and has become a poetic masterpiece of the Czech Romantic period and Czech literature in general.



THE FIRST DAY OF MAY – A TIME FOR KISSING UNDER THE BLOSSOMING TREES

Perhaps every Czech can recite at least a few verses from Máj (May), a famous poem by the romantic poet Karel Hynek Mácha. The poem is a tribute to the beauty of spring and tells the tragic love story of Vilém, a bandit, and Jarmila, the girl he loves.

I.

Byl pozdní večer — první máj —
večerní máj — byl lásky čas.
Hrdliččin zval ku lásce hlas,
kde borový zaváněl háj.
O lásce šeptal tichý mech,
kvetoucí strom lhal lásky žel,
svou lásku slavík růží pěl,
růžinu jevil vonný vzdech.
Jezero hladké v křovích stinných
zvučelo temně tajný bol;
břeh je objímal kol a kol;
a slunce jasná světů jiných

WEEKLY ACTIVITIES

FRIDAY TWEETS



CZECH & SLOVAK
SCHOOL

AMERICAN SOKOL WASHINGTON, DC

6:45 PM Czech and Slovak School

8:00 PM Gymnastics for Children

7:00 PM Friday Parents' Club

CONTACT: school@sokolwashington.org

Carderock Spring Elementary School: 7401 Persimmon Tree Ln., Bethesda, MD 20817

CONTACT: school@sokolwashington.org

PEPIK'S PEEPS

SOKOL FOR LIFE – Tuesdays at 6:00 PM

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



We practice our dances and songs regularly and enjoy them with our parents. We are constantly improving on balance beam drills, dips, jumps, or stepping over obstacles. We work on our core to improve tree climbing abilities and enjoy the big fields in the park for running wild. Instead of a traditional Easter Egg Hunt, we had an Easter Quest. We explored nature and trees in the park. We were challenging our bodies and found little treasures at the end. We are planning our camping trip in May; let's call it *Tots and Teens Camping*, as our Sokol big brothers and sisters will help us build a camp. And in June, we plan on a canoe trip. Stay tuned!

Also we have to decide about our presence on Slet 2024 in Prag. Slet is a significant event and must be planned well ahead. It is an excellent opportunity to meet people, make new friends, have fun, and travel to Prague for Slet's activities together.

"With Sokol For Life" (Se Sokolem do zivota) is a program supported by Czech Sokol Organization (COS).

CONTACT: se.sokolem@sokolwashington.org

IN THE COMMUNITY



Lions of Czech Film

<https://www.theavalon.org/films/il-boemo/>

AVALON
THEATRE



CZECH LIONS - 2023

WINNER OF 6 AWARDS
INCLUDING BEST CZECH
FILM AND BEST DIRECTOR

Thursday, May 10

"The award-winning Czech director Petr Vaclav has created a marvelous period piece, rich in costume and music, not to mention performances by real-life opera stars. "

– Liza Foreman, Variety.

The biopic follows the extraordinary life of 18th-century opera composer Josef Mysliveček, "Il Boemo" (1737-1781), who inspired Mozart and became his friend. This Czech-born cosmopolitan playboy was one of the most sought-after composers of the Italian opera scene at the height of his career. Delve into the life of this little-known mastermind of music. The film took home the top prize for Best Czech Film at the prestigious 2023 Czech Lion Awards as well as awards for best director, sound, art direction, costumes, and makeup. The film stars Vojtěch Dyk in the lead.

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

Lucia Maruska Levendis Scholarship Applications

The American Sokol Washington, DC Scholarship Program aims to provide financial support to students who have assisted regularly with Sokol Washington activities and promoted the principles of community service.



This Scholarship is available to applicants who are college-bound high school seniors or college freshmen, sophomores, or juniors. The applicant must have participated or currently participate in Sokol Washington programs. The applicant's parents or the applicant (if over 18) must be a Sokol Washington member in good standing, have maintained a GPA of 3.0 or better, and demonstrate leadership and sportsmanship attributes through participation in community and academic activities.

For more information about the application process:
<https://www.sokolwashington.org/school/scholarship/>

The application deadline is May 15, 2023



11TH ANNUAL CONFERENCE OF CZECH
SCHOOLS IN NORTH AMERICA

JUNE 2-4, 2023

WWW.CZECHSCHOOLSAMERICA.ORG





THE XVII ALL-SOKOL SLET

JUNE 30 – JULY 5, 2024, PRAGUE, CZECHIA

We are planning on going to SOKOL Slet 2024 in Prague!



Are you ready to join us for group calisthenics? Watch this short video from the last Slet that was held in 2018 (left) to get the flavor and mood of this fantastic event.

Experience the vibe of friendship, and travel to Prague in the summer of 2024. You will enjoy a Sokol parade through the city, performances by other Sokols at unique locations, visit Tyrs House, Petrin, and practice for a group calisthenics performance for women and men called **Rock Symphony** and for kids **Little Ants** (Mravenci).

Contact: sokol@sokolwashington.org

Check performances for Slet 2024 in Prague! Watch the videos below.





ČOČKA NA KYSELO – Sour lentil

Cooked brown or green lentils mixed with onion roux, seasoned with salt, vinegar, and a pinch of sugar. Side dishes such as dill pickles, sunny side eggs, sausage, or smoked meat are often added to the plate.

INGREDIENTS

For lentils:

- One and ¼ cups dried lentils (250 g)
- 4 cups cold water (1 ltr)
- One teaspoon salt
- Two bay leaves
- ¼ teaspoon granulated sugar
- 2 Tablespoons white wine vinegar with 5% acidity

For onion roux:

- One onion medium-sized
- One tablespoon of pork lard or vegetable oil (sunflower or canola)
- One tablespoon of all-purpose flour
- One cup lentil broth (240 ml)



INSTRUCTIONS

Rinse lentils in a colander under running water. Pour rinsed lentils into the pot. Fill with water about three times the volume of the lentils. Add the bay leaves, cover with a lid, and bring to a boil.

Turn down the heat on the stove and cook lentils according to the manufacturer's instructions until tender. Drain the cooked lentils and reserve broth in a bowl.

Roux with onion: Finely chop an onion. Heat lard in a non-stick frying pan. Fry chopped onions until golden brown. Add flour and cook for two more minutes, stirring constantly. Slowly add lentil broth, stirring well to prevent lumps from forming. Lower the heat and let the roux slowly cook for about 15 minutes. Stir occasionally.

Mix cooked lentils with the finished roux. **Now add salt, vinegar, and a pinch of sugar.** Stir well. If necessary, season more.

NOTES:

*Makes four servings. Finished lentils should be served **warm** with various side dishes, such as fried onion rings, fried sausage, sunny side eggs, pickles, and rye bread. They should be served **immediately**. Over time, the lentils will absorb the sour taste of the vinegar, and the dish will become bland. Brown or green lentils are best suited for this dish.*

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, Film club, Newsletter from American Sokol, our national organization.

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

CONTACT: media@sokolwashington.org