



Our Sokol continues to take advantage of the beautiful spring weather and there are several outdoor activities you are invited to join us at. Check out the Olympic Run, Canoe and Kayak Trip on the Shenandoah River with optional Camping or National Trail Day, in addition to our regular activities and new opportunities. Read our Newsletter for details and see you there!

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Pre-registration Is Open

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Grenadier Mars

IN EVERY ISSUE

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

Sokol Washington, D.C. Facebook & Instagram

Thank You

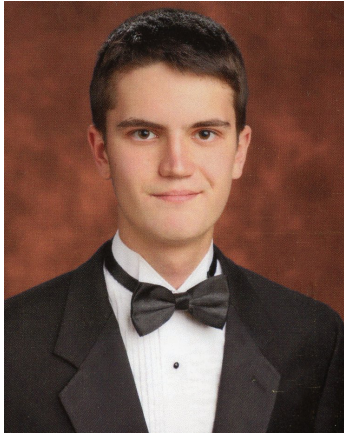


GRADUATES – The Class of 2023

Scarlett Kiss, a long-time American Sokol Washington, D.C. member, graduated from St. John's College High School. While at SJC, Scarlett was the Student Government President and Best Buddies Club President. She is a member of the National Honor Society, Sociedad Honoraria Hispanica, Tri-M Music Honor Society, and the International Thespian Society. This fall, Scarlett will begin her college journey at The Ohio State University, where she plans to major in Finance.

She thanks Sokol for the fond memories of attending Czech School and singing and dancing with the Sokolik group at the embassies and the St. Nicholas Party.





Milan Erik Steen, a member of the American Sokol Washington, D.C. since he was three, graduated from Unity Reed High School in Virginia with Summa Cum Laude and the International Baccalaureate Career Programme Certificate. He has been accepted to the Anglo-American University in Prague and plans to major in Business Administration: Accounting and Finance. At the age of 15, Milan earned an Eagle Scout, the highest rank in Scouts USA, and he credits our Sokol with teaching him valuable life skills during many of our activities that helped him do well in scouting. He appreciates Sokol for these and many other opportunities, such as canoeing and camping, dancing with Sokolik, practicing the Czech language and learning grammar, and building long-lasting friendships. He has been happy to volunteer with our Sokol whenever possible.

Join our Sokol for National Trail Day, June 3



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.**

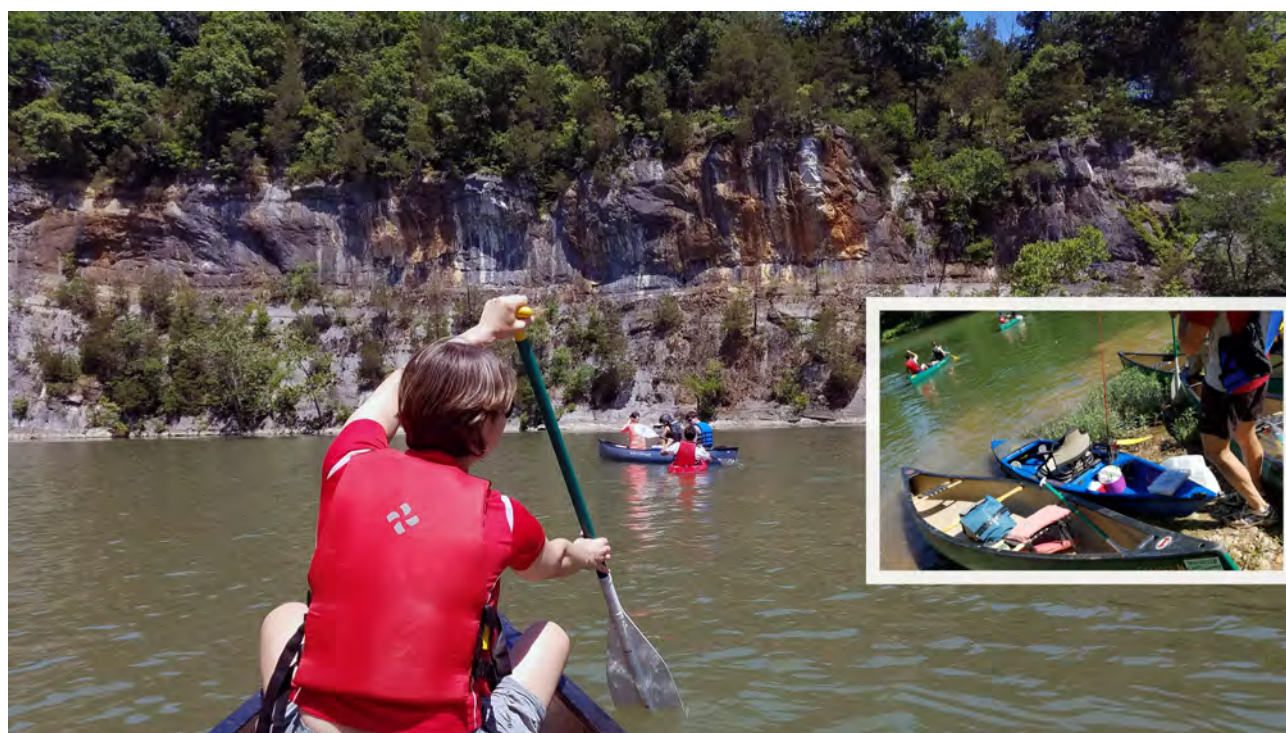
Extra fee: **No.** | Children welcome: **Yes.**

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

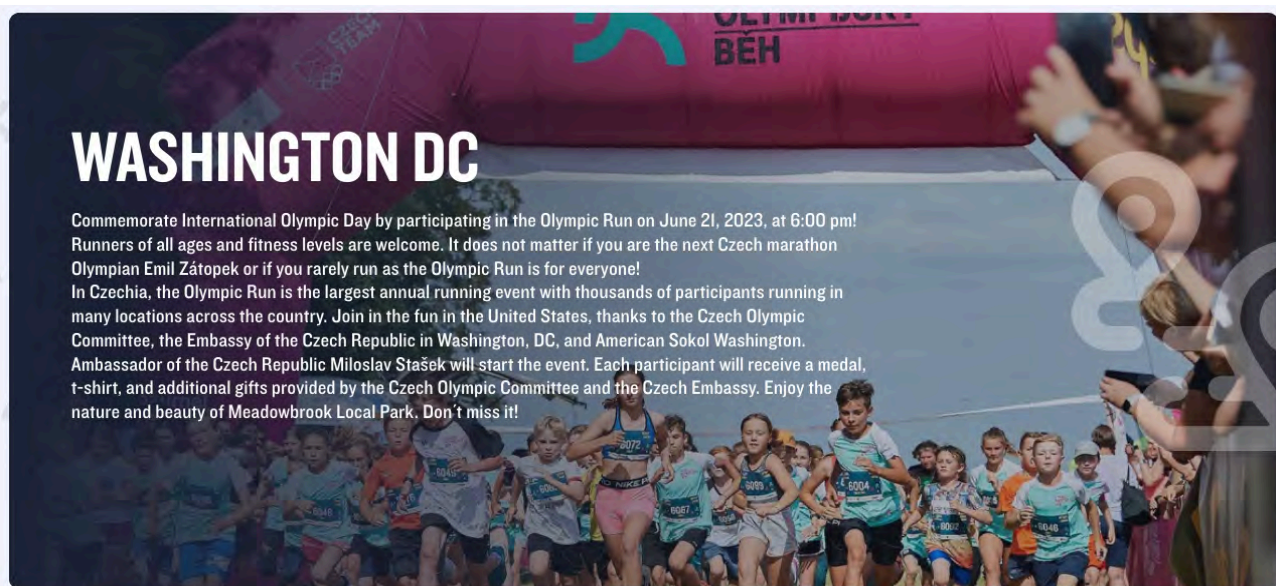
CONTACT: events@sokolwashington.org to reserve a canoe or kayak and a camping spot. For a discount on the rental and group camping, **RSVP by Thursday, June 1.**

T-Mobile Olympic Run / Olympijsky beh

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

Wednesday, June 21,

7 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 on 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 the 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.

[REGISTER](#)

- 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 THE CZECH OLYMPIC FOUNDATION

The 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.

In its ten years of activity, the Czech Olympic Foundation has supported 3,722 children from all over the Czech Republic with CZK 21,455,980.

SAVE THE DATE



Labor Day Weekend Camping

at Cape Henlopen State Park for Sokol Families with Children
September 2-4, 2023

Do you like having fun with friends on the beach? Do you enjoy biking? Do you like ice cream? Then join us at Cape Henlopen State Park for camping during Labor Day weekend (**September 2-4, 2023**).

Camping: Primal group camping (portable toilets and running water available)

Activities: Swimming, wading, ice cream, surfing, and sand-castle building; rent bikes from the local cycling club free of charge and cycle around the State Park on designated biking paths.

CONTACT: mens.director@sokolwashington.org **by June 30, 2023.**

Confirmation and detailed information will be sent in mid-July after we receive a reservation confirmation from the State Park. Stay tuned!

DID YOU KNOW?

THE WORLD'S YOUNGEST ASTRONOMICAL CLOCK

The astronomical clock has the shape of a stylized form of Our Lady of Sorrows, patron of Slovakia. The exterior displays statues of essential figures from Slovakia's history: Prince Pribina, King Svatopluk, Anton Bernolák, Ľudovít Štúr, Milan Rastislav Štefánik, Andrej Hlinka. Each hour, figurines of saints connected with Slovakia appear: Cyril, Methodius, Andrew-Zorard, Benedict, Gorazd, Bystrík, and Adalbert. The bells of the clock carry the names of Sv. Juraj (St. George) and Riečnická Madona (Our Lady of Riečnica)

The astronomical part of the clock consists of an astrolabe displaying the astrological signs, positions of the Sun and Moon, and the lunar phases. Because its satellite-controlled software allows it to display accurate solar time, it's also said to be the most accurate astronomical clock in the world.

DID YOU KNOW?



FRIDAY TWEETS

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



On **June 9th**, children will get "vysvedčení" (report cards), and a small end-of-year celebration at the school will follow.

[Carderock Spring Elementary](#) 

[School:](#)

7401 Persimmon Tree Ln.,
Bethesda, MD 20817

CONTACT: school@sokolwashington.org

American Sokol Czech and Slovak School Registration

We are accepting registrations for the new school year. Please fill out our [online registration](#) school form to save a spot for your children.

The School offers three levels of Czech and Slovak language: preschool, beginner, and intermediate. The ages range from **3 to 5 for preschool** and **6 to 14 for beginner and intermediate levels.**

Classes last 75 minutes. Teachers are native speakers.

Children learn through games, songs, and rhymes. With older children, we are using modern Czech/Slovak textbooks used in Czech/Slovak schools and Czech textbooks for foreigners, and many other advanced tools. [READ MORE](#)

Our language classes are held at Carderock Springs Elementary School, Bethesda, MD



Fridays, September 2023 - June 2024, 6:45-8:00 pm

Every child is welcome to join our Sokol gym classes and cultural activities **8:00-9:00 pm**

CONTACT: school@sokolwashington.org

We hope to see you there - all are welcome, member or not!

We are accepting applications for children three years old and up



PEPIK'S PEEPS
SOKOL FOR LIFE



Special last Minisokolik get-together before summer: June 6 at 5 PM at Carderock Park in MD. Join us for barbecue, climbing rope, slackline, swing, and songs.

Activities For Summer: For Minisokolik parents, follow our private Minisokolik group for tips and trips.

Noc Sokoloven June 23: If you spend your summer in the Czech Republic, find the closest Sokolovna and check if they have this special night event! The Tyrs House in Prague will also offer a unique program!

Do you want to join us for the children's performance at Slet 2024?

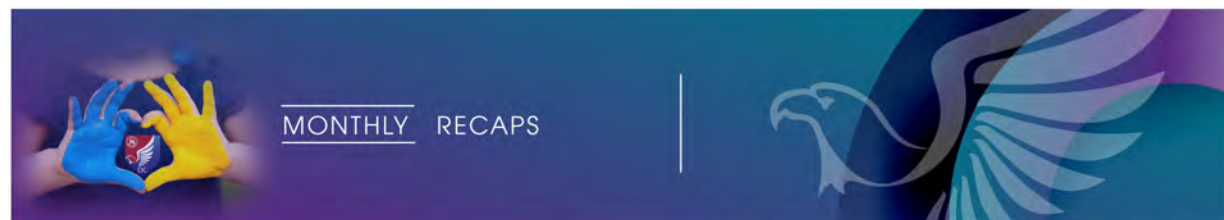
We want to ask you to preregister here. Sokol Slet 2024 is a significant event, and organizers must plan well ahead of time. It is an excellent opportunity to meet new people, make friends, and have fun! Travel to Prague for Slet activities as a group.



"With Sokol for Life" (Se Sokolem do Života) is a program supported by the Czech Sokol Organization (COS).

If you are interested in joining us, please let us know at:

CONTACT: se.sokolem@sokolwashington.org



A GREAT SUCCESS!

On Saturday, May 13, as a part of International Cultural Awareness Month, the European Union and its Embassies opened their doors to the public for a day of culture, food, music, and more. Thousands enjoyed the famous embassy open houses, festivities, performances, exhibitions, workshops, and more.

ASW participated at both Czech and Slovak Embassies. Many people stopped by to say hello at our tables and to enjoy our children's folklore group, Sokolik, performing traditional dances.



Masquerade Ball for Little and Tall On ice!



More than 25 people participated in our popular event, many imaginative and colorful consumers. Our youngest members, with a bit of help from The Skate Helper skating aids, were enjoying their newly mastered skills. It completely changes the ice skating experience for children and families.

IN THE COMMUNITY



With deep sadness, we inform you of the death of a long-time member of our Sokol and SVU, **Zdenka Sadlik** (August 11, 1934 - April 14, 2023) who passed away on April 14. She is greatly missed in the Czech and Slovak communities.



NATIONAL CZECH AND SLOVAK MUSEUM & LIBRARY
CEDAR RAPIDS, IOWA

11TH ANNUAL CONFERENCE OF CZECH
SCHOOLS IN NORTH AMERICA

JUNE 2-4, 2023

WWW.CZECHSCHOOLSAMERICA.ORG

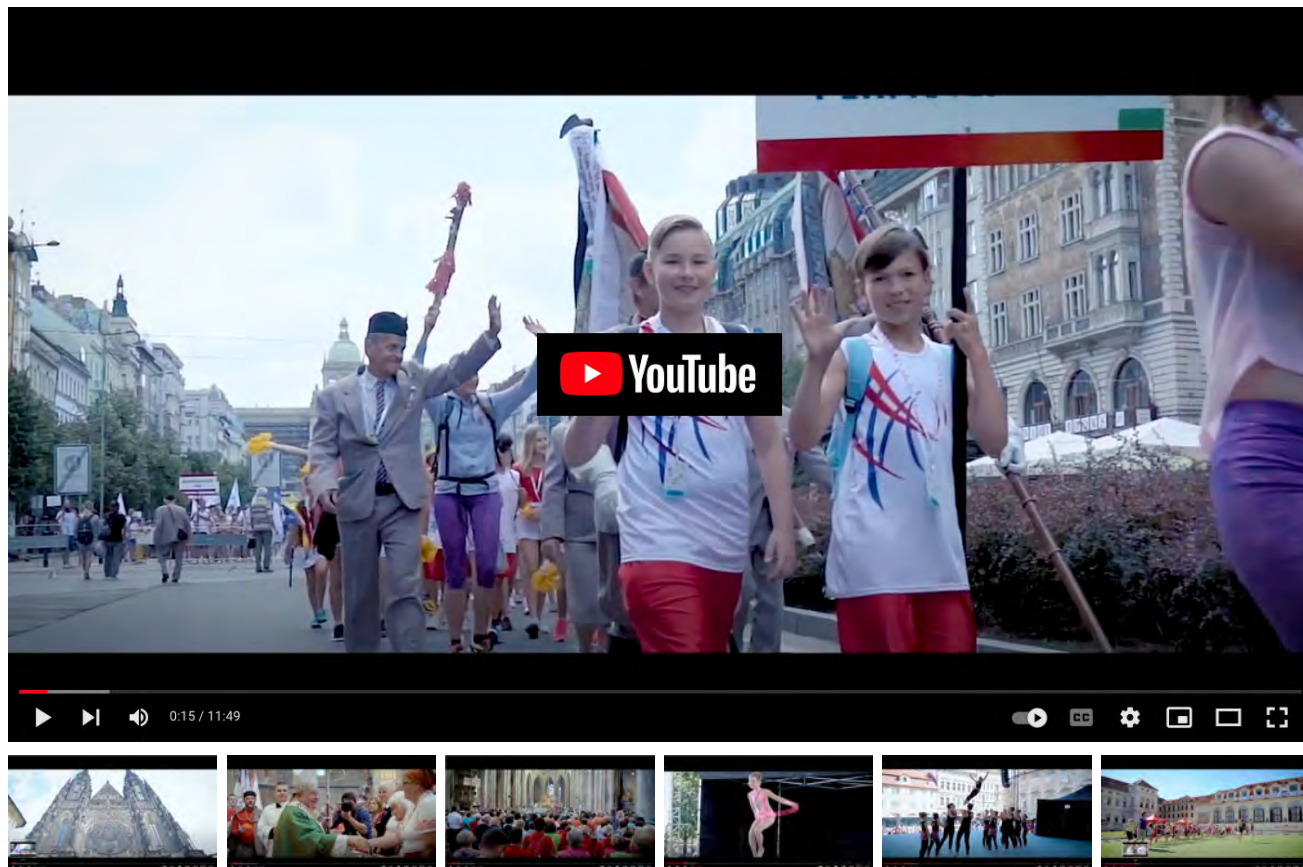


XVII. VŠESOKOLSKÝ SLET
30.6 - 5.7.2024 PRAHA

THE XVII ALL-SOKOL SLET

JUNE 30 – JULY 5, 2024, PRAGUE, CZECHIA

Are you ready to join us for group calisthenics? Watch this short video from the last Slet 2018 and get motivated to join this unforgettable event.



Watch a short video from last slet in 2018 https://www.youtube.com/watch?v=c_7wCOH3oY, get the vibe of friendship, and travel to Prague in the summer of 2024. Enjoy the Sokol parade through the city, performances by other groups at particular locations, visit Tyrs House, climb Petrin, and rehearse with us for the group calisthenics performance for women and men – the Rock Symphony and for small children – Little Ants (Mraveneci)

Contact: slet24@sokolwashington.org

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



**Are you inspired now that you have seen the videos?
Do you see yourself there?**



GRENADIER MARS - Potato Pasta

Although Grenadier Mars is ubiquitous in Central Europe, you won't find this recipe in many cookbooks. It is made often and served with pickles or green salad. It is effortless, fast to make, and very customizable to suit your palate – feel free to experiment with this recipe by adding more or less of any of the ingredients. It is hard to know where this meal originated. The name ("March of the Grenadiers") indicates that it might have been invented to feed soldiers during the monarchy. The other is that the army often made this dish in military kitchens all over Eastern Europe. It's one of the most favorite simple meals in central Europe. And for those that don't eat meat – it's vegetarian.

INGREDIENTS

Three medium size red onions
Three cups of pasta or
any wide noodles
Lard or oil
Sweet ground paprika
Five potatoes
Salt
Spring onions



INSTRUCTIONS

Peel the potatoes, cut them into half-inch cubes, boil them until soft (8-10min), and drain. Dice the onions; heat about 2 Tbs vegetable oil, and saute the onions with the salt over medium-low heat. Be careful not to burn the onions. You want to make them release juices and get them translucent (caramel color). Sometimes when the onions are frying too fast, I add a few tablespoons of water. While saute the onions, cook the pasta, and drain. Toss with a Tbs of vegetable oil to prevent pasta clumping. Once the onions are translucent, increase the heat and add the potatoes. Fold the onions over the potatoes and saute for 5-7 minutes. Lower the heat, add the paprika, and fold again. Add the pasta, fold, and – done. Don't saute paprika too long because it tends to get bitter. **SERVE WITH PICKLES!**

See you in September

The newsletter will make its return in September with information for all the great American Sokol Washington D.C. events and happenings.

Of course, we never shut down, so if we hear of a relevant activity or cultural event over the summer, we'll keep you informed.



HAVE A NICE SUMMER

If you have news or an interesting story that you would like to share with us, don't hesitate to get in touch with Monica or Dasa at media@sokolwashington.org and we'll include it in our newsletter.

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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Contributors: Dagmar Merkova, Monica Rokus, Zuzana Steen, Milos Toth

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

CONTACT: media@sokolwashington.org

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