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IN EVERY ISSUE

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

It is with sad hearts that we share this news about our friend Daniel.





IN MEMORY OF



DANIEL ANÝŽ

NOVEMBER 1963 - SEPTEMBER 2023

DANIEL ANÝŽ, a prominent Czech journalist who died after a short and serious illness in Prague on September 30, 2023, at the age of 59, was not only an outstanding expert on American politics, but also an active and popular member of Sokol Washington. From 2006 to 2010, he was the US correspondent for *Hospodářské noviny*. With his and Vilma's children Marjánka and Dominik, he went regularly and keenly to Friday Sokol exercises in Bethesda, participated in canoe trips to Modrá Skála, skied with us in Vermont, or took part in the Libor Kozák Cycling Memorials. During his years in Washington, he also met and became friends with Jana Kánská. Later he published a great book about her mother, Milada Horáková, and the life story of their entire family, *Jdu s hlavou vztyčenou* (2020).

Daniel graduated in geology and only started working in journalism in the free Czechoslovakia in the 1990s. He worked for almost all the important Czech newspapers and media - in the last years for *aktuálně.cz*. His main specialization and passion was American politics and society. No Czech journalist knew it like Daniel. He reported from the USA not only on the presidential elections but on many other topics. His regular trips to undecided voters in swing districts in Ohio or Pennsylvania were legendary. Daniel was not only a great analyst - really the best in Czechia of all those covering American politics - but also an old-school reporter. He didn't work from a desk, he was in the field, interviewing people, always interested about their opinions and lives.

Dan was an avid and accomplished cyclist. His almost daily bike trips, wherever he was, were his life's passion. Just a few weeks before his unexpected and sudden death, many of us, former and current members of Sokol Washington, spent a lovely weekend with Daniel at the summer house in Cvikov. Dan, of course, biked the 100 kilometers from his home to get there. Unfortunately, it was the last time Koloušek - Daniel's old Boy Scouts nickname - would be together with many of his Sokol Washington friends.

Dear Dan, Sokol Washington will never forget your humor, laughter, kindness and your joyful and pure soul! Thank you for everything!

UPCOMING EVENTS



MEMBERSHIP MEETING

Wednesday, November 1 | 8:00 PM

Please join us in 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 20816



Pediatric/Geriatric Marathon with Optional Bike Ride



Saturday, November 4, 9 a.m.

Sokol Washington members and friends meet yearly on a pleasant fall day to walk along the C&O Canal. The Canal is a perfect place also for biking.

Meet at [Violettes Lock](#) and walk towards Harper's Ferry and back; the total distance is 42 km 195 m, but, as the name suggests, it is an event for all ages and skill levels, and the walking distance is self-determined.

Meeting place: [Violette's Lock Rd., Darnestown, MD](#) 

Register and contact Pavel Klein, KleinP@epilepsydc.com.



CORDIALLY INVITES YOU TO

Mikulášská NADÍLKA St. Nicholas PARTY

SATURDAY, DECEMBER 2, 2023 • 4:00 pm – 6:30 pm

With traditional delights, baked goodies, drinks, and Christmas carols.
River Road Unitarian Universalist Congregation • 6301 River Road, Bethesda, MD

ADMISSION:

Adult Sokol Member..... \$15.00*	Adult Non-Member..... \$20.00*
Children under 1 Year Free	
Child Sokol Member \$ 10.00*	Child Non-Member..... \$15.00*

* In exchange for this financial contribution, adults will receive \$15 and children \$10 in Sokol spending money ("Sokol Dollars"), which can be used to buy Dinner, Dessert, Drinks, traditional homemade baked goods from Bake Sale, Jitrnice/Jaternice (hash-and-crumbs sausages), Jelita/Krvavnicky (black-pudding sausages), books etc. Complimentary coffee and tea will be available.

Each child will receive a traditional gift from St. Nicholas, "Mikuláš"!

ADVANCE REGISTRATION [CLICK HERE](#)

EXTRA CHARGE \$3/PERSON FOR REGISTRATION AFTER DECEMBER 1 OR WALK-INS.
 All are welcome, member or not.

CONTACT: Zuzana at events@sokolwashington.org

Czech & Slovak INTERDENOMINATIONAL CHRISTMAS SERVICE

Sunday, December 17, 2023

3-4 p.m. Service | 4-5 p.m. Social Hour

We invite you to celebrate and spread joyful holiday wishes by singing Czech and Slovak Christmas carols at the Emmanuel Lutheran Church in Bethesda.



After the Service, we'll have a social hour with refreshments to rejoice and welcome the upcoming holiday season.



RED POINSETTIAS ARE AVAILABLE FOR PURCHASE AND WILL BE PLACED IN CHURCH DURING OUR SERVICE

Anyone interested in remembering or honoring a loved one at Christmas with a memorial gift of poinsettias may let us know the person's name to be remembered, along with a recommended donation of \$22.

The poinsettias will decorate the church during the Service and may be picked up afterward or left in the church.

[CLICK TO ORDER](#) *By clicking, you will be directed to a fillable PDF.*

*Please follow the instructions, fill out the order form, and make your payment by clicking **[HERE](#)***

Contact: Monica at events@sokolwashington.org

Emmanuel Lutheran Church • 7730 Bradley Blvd. • [Bethesda MD 20817](#)

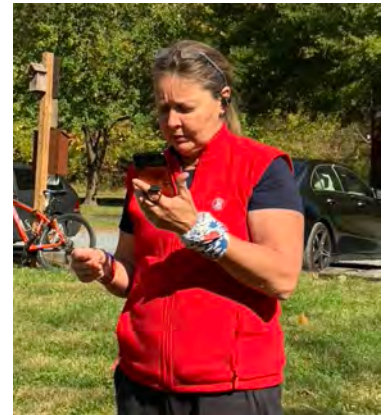
SAVE THE DATE!

Saturday, February 24, 2024

Ticket Sale: December 1st



Membership Appreciation Picnic



On October 22 at the Fletcher's Boathouse

A week later than initially planned, this autumn day delivered a perfect setting for our picnic. Blue skies, crisp air, orange, yellow, and fiery red leaves only added to the picture-perfect Sunday fall afternoon. You could smell the aroma of sausages from a distance as Vladimir grilled them. Kids were happily running around, and adults were chatting and laughing while munching on delicious food. Dasa was working on Sokol Slet and setting up play areas for the youngest. You could see, smell, and hear joy. Even the wind flawlessly blew our three flags in unison!

Annual Libor Kozak Memorial Bike Ride



This year's MLK took place as planned on Saturday, October 7. The weather wasn't cooperating at first but improved eventually. We had a late start, and the first hour, we got wet. After clearing, with a slight wind and cold, we reached our destination at the Recreation Center.

Unfortunately, participation wasn't all that great due to unfavorable weather forecasts. (They were even correct this time - Imagine!) This certainly would not have deterred Libor.

Many thanks to our members, Radka Percy and Zuzka Steen, who did not read the delayed start message but waited patiently for us since half past eight in the morning without a single complaint and later cheerfully set up and ran the lunch station for all of us. We appreciate them and other volunteers and organizers of this and other Sokol events.

A Halloween Spooktacular



In the home of Michelle Malek Olson, AFoCR Board Member, The [American Friends of the Czech Republic](#) have graciously invited Sokol representatives for a thrilling, unforgettable night of an extraordinary **Halloween Spooktacular** to show our Czech brethren what Halloween is in America.

The haunted house experience was like no other!

The "*Olson Crypt*" was the scene for this bone-chilling haunted trip through burial chambers and mummification rooms, a frightful hand tapped your shoulder as you held your breath to survive.

Impeccable decor and a scary yet festive atmosphere with authentic details surrounded you everywhere.

Creativity and imagination at their best!

Commemorating the Founding of Czechoslovakia – October 28.

On a beautiful autumn day of October 28, a traditional Wreath-laying Ceremony to observe the founding of Czechoslovakia took place at Tomáš Garrigue Masaryk statue in Washington, D.C. with the Czech and Slovak Embassy representatives, American Friends of the Czech Republic, and our American Sokol leaders emphasizing our democratic values and the light that Masaryk continues to shine on current and future generations.



Sokol Run / Běh Republiky



On a warm Saturday fall day, just before the race at eight o'clock in the morning, volunteers gathered to set up registration and the start/finish area. It is a casual race, yet people still challenge themselves. Fast runners from our community attend the 5 km race... and the winners are:

Women: 🥇 Jana Robinson (25:35) 🥈 Ivana Nemcova (26:11) 🥉 Jana Peterkova (28:18)
Men: 🥇 Lukas Hadrava (24:36) 🥈 Honza Woska (24:49) 🥉 Jindrich Hacker (24:54)

Shout out for our youngest runner in the 5km adult race, Jindrich Hacker (13), who finished in second place!

In the Master category (50+) we awarded first finishers:

Master – 🥇 Radovan Kohlmayer and **Mistress** – 🥇 Romana Rychlikova

Kids Race Results:

Girls: 🥇 Emilie Stepkova 🥈 Gabriela Jirinec 🥉 Marinka Stepkova

Boys: 🥇 Krystof Daniel Dugan-Zachar 🥈 Ondrej Dominik Dugan-Zachar 🥉 David Robinson

We applaud our Mini-Sokoliks (age group of up to 6 years old). Some finished the 1 km course piggybacking but who could object? What do you think is important? The spirit of the race – not the winning.

"Neni duležite zvítězit, ale zúčastnit se!" "It's not the winning but the participation that is most important!"

Sokolu NAZDAR!

35th Czech and Slovak Heritage Festival in Sykesville





Singing and learning chardash (*Csárdás*) dance with folklore group Pajtasi from NY, great Czech and Slovak cuisine, homemade cookies and kolace, performances of the Slavic American Sokol, Sokol Baltimore, and of our American Sokol Washington, DC kids, all that in one day! It was delightful! Practice makes perfect for our Sokol kids as they well presented their gymnastic skills at the festival. The rewards were tasty treats and meeting Hana Říčná, a former artistic gymnast who represented Czechoslovakia at the 1988 Summer Olympics. Thank you, Czech and Slovak Heritage Association, for such an opportunity and wonderful program!

WEEKLY ACTIVITIES



FRIDAYS

Wood Acres Elementary School
5800 Cromwell Dr.
Bethesda, MD 20816



The Czech and Slovak School was rolling full speed ahead during October. Younger children were improving their knowledge of Czech and Slovak songs and customs, while the older ones were expanding their vocabulary range and learning some intricacies of grammar. We started preparing gymnastics performance for the Czech and Slovak [Festival in Baltimore](#). We also started practicing Christmas carols for the performance at the Czech Embassy during their Christmas Market on November 4.

We are happy to keep our promise to organize more activities for parents by having a great yoga session.

Darina Brown, a professional yoga instructor, joined us on Friday, October 20, and guided us through breathing, stretching, and relaxing exercises. Everybody felt great afterward, so we will be happy to bring Darina back more often; plus, we plan to organize other activities, so stay tuned!

If you still need to register your kids, please feel free to do so by filling in the [registration form](#).

We meet every Friday at 6:40 p.m. at the Wood Acres Elementary School in Bethesda, MD.



TUESDAYS

[Carderock Park](#)

6:00 pm

MINI-SOKOLIK

for Children ages 3-6 (45 min)



This program follows a unique curriculum for children 3-6 years old. It will help children develop and practice physical skills appropriate to their age and manipulate balls, ropes, and other gymnastic tools with our mascot falcon Pepik. This program takes place mainly in the park; during the winter, we use library meeting rooms.

CONTACT: se.sokolem@sokolwashington.org

PEPIK'S PEEPS

During October, our youngest Sokol members enjoyed many exciting activities! We started with a bike challenge organized by the Czech Embassy to commemorate the Czechoslovak independence. The kids used their bikes, balance bikes, or scooters to pedal 1,918 km along the C&O Canal. This 'bike gang' was incredible and ruled the route then.



One week later, we celebrated the Sokol Memorial Day by making small boats out of tree bark, decorating them with flowers and leaves, adding candles, and sending them via the Potomac River. These tiny floating lanterns brought big smiles to our children's faces.

The following week was full of Czech legends and mythical creatures as we participated in a new event organized by the Czech Embassy. Despite a few kids getting a bit scared, the spooky walk on the Embassy grounds was terrific, as the kids could see the creatures in their natural habitats.

The last week of October was full of singing and dancing. We practiced Christmas carols for the Czech Embassy's Christmas Market and practiced the calisthenics for the upcoming Sokol Slet.

November will be full of exciting activities as well!

DID YOU KNOW?



Historically, Czechia has been known for its glass and crystal products for a long time. The oldest archaeological finds of glass-making sites date to the 13th in the Lusatian Mountains, Northern Bohemia. Many glass-making towns have their own museums with items dating to around 1600.

Bohemian Glass



Some of the most famous producers of Bohemian Glass (or Czech Glass) are:

MOSER – the most luxurious Czech brand

RÜCKL – known for selling to Queen Elizabeth II

CRYSTALEX – the largest Czech producer, and owner of the Bohemia Crystal trademark

Even Daniel Swarovski, founder of the famous Austrian company Swarovski was born in Bohemia and only moved to Tyrol to take advantage of hydroelectricity for his innovative glass-cutting machine in 1892.



IN THE COMMUNITY



"Sharing the story of Sokol's contributions to gymnastics, culture and democracy."

<https://sokolmuseum.org>

OUR VISION
"Sharing the story of Sokol's contributions to gymnastics, culture and democracy"

SOKOL
MUSEUM & LIBRARY

<https://sokolmuseum.org>

FREE VIRTUAL MUSEUM NOW AVAILABLE

- History of Sokol • History of Gymnasts • History of Prague Slets •
- Sokol Buildings in America • Sokol in America • Sokol in WWI and WWII •
- Sokol Slets in America • Sokol Souvenirs & Treasures •
- Competitive Sokol Gymnasts •

Sokol Museum and Library (SML) is a non-profit (501c3) organization providing a virtual museum and library materials for educational, cultural and historic purposes.

Virtual Sokol Museum and Library

By Milos Toth

While visiting Washington, D.C., in mid-October, Prof. Emeritus **Robert Tomanek** and his lovely wife Rita stopped for a small get-together at Monica Rokus' house, where our starosta Milos Toth with his wife, Pavla, spent a delightful evening with them.

Dr. Robert Tomanek, Ph.D., is a Professor Emeritus in Cmed-Anatomy and cell Biology at the University of Iowa. He is the author of the book Czech Immigrants and The Sokol Movement and is the **Curator** of the Sokol Museum & Library <https://sokolmuseum.org/>. Robert shared his involvement with the Sokol organization and the Sokol Museum & Library.



Filled with a ton of information, you can learn about the history of the Sokol movement, the history of gymnastics, the Sokol Slets, and the many achievements of Sokols. The virtual Sokol Museum & Library site <https://sokolmuseum.org/> is the place to visit.



“This is My World“

Poetry and Music Evening
November 2, 2023 | 6:00 to 8:00 p.m.

“THIS IS MY WORLD” POETRY & MUSIC EVENING
DEPECHE MODE SONGS ON THE HARP

Poetry of the lyrics
Marek ajeský
Music (harp)
Michal atejčík

The Embassy of the Slovakia cordially invites you to „This is My World“ Poetry and

Music evening featuring a unique combination of poetry lyrics of Depeche Mode songs, recited by the charismatic Slovak actor Marek Majeský, and music on the harp played by the exceptional Slovak harpist Michal Matejčík. The theme reflects the ideas of the new Depeche Mode album in the spirit of their singer Dave Gahan's words: "It takes you on a kind of journey that starts at a place where you say, 'This is my world' and ends with the question 'How can I make the most of it'?"

Admission is free.  Eventbrite

The Embassy of the Slovakia || 3523 International Court NW, Washington, D.C. 20008



Embassy of the Czech Republic
Washington, DC

Czech Christmas Market

November 4, 2023 | 9:00 a.m. to 6 p.m.



The Embassy of the Czech Republic
invites you to the

Czech Christmas Market 2023

November 4, 9:00 am - 6 pm

featuring:

- ✧ Mulled wine
- ✧ Glass ornaments
- ✧ Exquisite handcrafted jewelry
- ✧ Wooden toys
- ✧ Fine art photography
- ✧ Bohemian crystal
- ✧ Books & prints
- ✧ Delicious Czech pastries
- ✧ Decadent chocolates
- ✧ Moravian wines & traditional liquors

Christmas carols sung by Czech children,
live band, and selfies with animals

The Embassy of the Czech Republic invites you to its annual Czech Christmas Market on November 4, 2023, from 9:00 a.m. to 6 p.m. We look forward to bringing you the magic of the season. Browse stands with beautiful handcrafted ornaments, Bohemian crystal, exquisite bead and glass jewelry, wooden toys, fine art photography, books & prints, decadent

chocolates, Moravian wines, and traditional liquors. Enjoy mulled wine's taste and delightful aroma, delicious Czech pastries, and savory cuisine.

Adore the array of live animals from the Nativity scene for selfies. Listen to children of American Sokol Washington, D.C., and Slavic American Sokol performing Czech Christmas carols and enjoy live music by **Orchester Prazevica**.

Please Select your date and time on [Eventbrite](#)

[Embassy of the Czech Republic](#), || [3900 Spring of Freedom Street, NW](#)



Embassy of the Czech Republic
Washington, DC

Live Band and Film

November 7, 2023 | 6:00 to 8:00 p.m.



The Embassy of the Czech Republic welcomes the Czech-Icelandic band Fyfield for a live performance as well as a presentation of the award-winning film *Invisible Landscapes* and a discussion on climate change on November 7, 2023, at 6 p.m.

The band brings together leading figures of the Czech and Icelandic independent music scene. Czech musicians Václav Havelka and Kryštof Kříček from the band Please The Trees are joined by Iceland's Pan Thorarensen, a member of the ambient trio Stereo Hypnosis and founder of the international experimental music festival Extreme Chill, which has been held in

Reykjavik since 2010.

RSVP required: <https://fyield.eventbrite.com/> || Suggested Donation at the Door
[Embassy of the Czech Republic,](#) || [3900 Spring of Freedom Street, NW](#)

AVALON THEATRE

Shadow Country – November 8, 8:00

p.m.

The Avalon Theatre will screen the award-winning film *Shadow Country* (*Krajina ve stínu*) by director Bohdan Sláma on November 8, 2023, at 8 p.m., as part of the ongoing Lions of Czech Film Series. The film won six Czech Lions in 2020, including Best Actress, Best Supporting Actress, and Best Screenplay.



SHADOW COUNTRY (*Krajina ve stínu*) is a striking and unique account of life in a Czech border town before, during, and just after World War II. As the rise of Nazism threatens the small town of Schwarzwald bordering Austria, the Austrian and Czechoslovakian villagers must choose their political allegiances, some of which have dire consequences. At the same time, Karel Veber signs himself and most of his family as German; his wife Marie sticks to her Czech heritage and refuses to sign. When Josef Pachtl is arrested for his resistance activity, he returns to the village post-war with a score to settle. This divided small town serves as an allegory for the nation at large and demonstrates how violence is never the answer in this unforgettable, timely, multiple-award-winning war drama.

Directed by Bohdan Sláma, 2020, 135 min., Czech with English subtitles

Official site and film trailer: <https://princfilms.com/shadow-country/>

Tickets: available at the theatre or online at <https://www.theavalon.org/films/shadow-country>



EVENTS - NOVEMBER

November 4 @ 3:00 PM - 6:00 PM

Christmas Cookies II – Snow Mini Wreath Cookies

This modern and delicious cookie consists of a meringue top shaped like a wreath, a delicious peach preserve, and a perfect vanilla bottom. All parts of this cookie...



November 11 @ 3:00 PM - 6:00 PM

Slovak Christmas Buns – Bobalky

These Slovak Christmas Mini Buns are commonly present as one of the courses during traditional Christmas dinners. You will prepare two versions in our class: one sweet with poppy seed...



November 15 @ 6:00 PM - 8:30 PM

Christmas Drinks & Pralines

In this class, you will prepare traditional Czech & Slovak egg liqueur (similar to eggnog), Czech and Slovak mulled wine, and a couple of easy-to-make pralines. All totally from scratch..



THE XVII ALL-SOKOL SLET

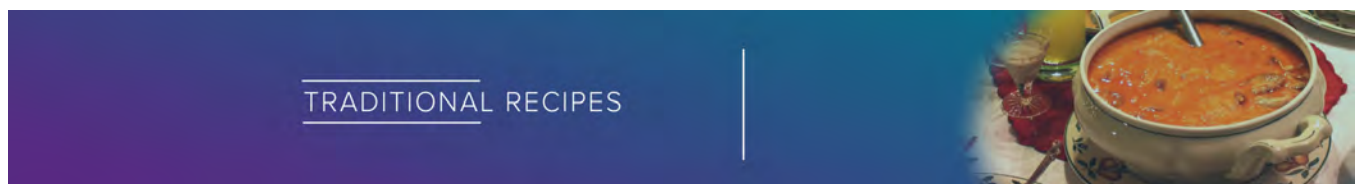
JUNE 30 – JULY 5, 2024, PRAGUE, CZECHIA

Update: We have our equipment for slet. We will send an email about the first meeting soon. The Sokol Gathering in Prague is in full preparation mode and soon we will be too. Stay tuned. Rehearsals will happen about once a month. Contact: slet24@sokolwashington.org

Children ages 3-7 will practice during our regular Tuesday evenings “With Sokol for Life.”



Watch the videos and get inspired!



ŠUNKOFLEKY – HAM EGG AND NOODLE CASSEROLE

It's time for an egg custard meal you remember from childhood! **Šunkofleky**, **Czech Ham and Noodle Bake** comfort food, a pasta blend with smoked meat and plenty of eggs. It is a dish where Czech grandmothers processed leftovers from the kitchen. They pan-fried the ham, the leftover meat, and onions. Then they mixed it with cooked noodles, put it in a baking dish, poured over milk beaten with eggs, and baked šunkofleky in the oven.



INGREDIENTS

1 lb (450 g) pasta - wide noodles
9 oz (250 g) bacon in one piece, half fat, half lean
Eight whole eggs
½ stick (55 g) butter unsalted, more to use in the baking dish
salt
pepper
parsley for garnish
pickles



INSTRUCTIONS

Grease a 9x12" cast iron casserole dish thoroughly with butter. Heat the oven to 350 °F (180 °C). Cook the pasta in salt water al dente, following the manufacturer's instructions.

Meanwhile, dice the bacon into about 1/2-inch pieces and fry them in a pan with butter. Crack the eggs into a separate bowl, beat them gently with a fork, and add salt. Strain the pasta, put it into a larger bowl, and mix in butter until it completely dissolves. Mix the hot pasta with fried bacon, salt and pepper, and eggs. Layer the pasta blend into the greased dish and bake for 30 minutes until the top turns gold.

Let them cool down, cut into squares, and place on a plate. Garnish with green parsley. Serve with pickles.

Correction

*In last month's Newsletter, sent on October 2nd, a critical ingredient was omitted:
2 cups of all-purpose flour (280 grams).*

INGREDIENTS (Correct)

2 cups of all-purpose flour (280 grams).

½ teaspoon salt

½ teaspoon sugar

1¼ teaspoon instant yeast

1 cup lukewarm milk (250 ml)

Oil for frying

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 us 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.

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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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American Sokol Washington, D.C.

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