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

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Thank You



## MEMBERSHIP MEETING

**Wednesday, February 7th | 8:00 PM**

You are invited to join any of 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](mailto: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 

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## YOUR 2024 ANNUAL MEMBERSHIP FEES WERE DUE JANUARY 31st!



**(Grace period February 15th)**

Your membership dues enable our Unit to join the American Sokol and continue our many sports, outdoor, social, cultural, and educational programs.

### Benefits to You

Membership in our Unit has several benefits: Discounts at all our social events and free participation in gymnastics for youth and adults.

### 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**

### PAYMENT

**By check or cash:** At our Monthly Meeting or on Fridays at the Czech and Slovak School;

**By check:** Payable to **American Sokol Washington, D.C.**, and mail it to our membership director:

Edita Hester  
6804 Karlson Street  
McLean, VA 22101

**Online:** Use the [Online button here](#) with a note "Membership 2024" and your name.

# BAČA CUP 2024 SKI RACE FEBRUARY 17, 2024



***Hear Ye ! Hear Ye !***

The "Bača of Salas Hills" cordially invites you to **The 45th Annual Baca Cup International Invitational Ski Race**, scheduled for **Saturday, February 17, 2024**. Sponsored by our Sokol, it will be held at the [Blue Knob Ski Resort in Claysburg, Pennsylvania](#).

The "All Ages Ski Race" **event will start at 11:30 a.m.** on Saturday, February 17th. The awards presentation will be on Saturday at 7:30 p.m. at the Bača's Salas Hills residence in Cessna, Pennsylvania.

To register, use the [online registration](#) (highly recommended) or contact our race coordinators, Carl and Dasha Fletcher, on "Bača Hills" at 814-932-9741 or 301-807-3556. You can register to race on Dasha's e-mail at [Dasapfletcher@gmail.com](mailto:Dasapfletcher@gmail.com) or with Carl at [carlfletcher60@gmail.com](mailto:carlfletcher60@gmail.com).

**You can find Local Lodging:** <http://hotel-guides.us/pennsylvania/bedford-pa-hotels.html>

For additional information on the mountain, directions, and ski conditions, please contact the Blue Knob Ski Resort at 800-458-3403 or 814-239-5111 or visit them online at [www.blueknob.com](http://www.blueknob.com)

*We look forward to a much better ski season with lots of snow this year and can't wait to*

*We look forward to a much better ski season with lots of snow this year and can't wait to*

***"Ski Ya There!"***

We are wishing everyone a Safe Ski Season!



### **Preparations for our Sibřinky Ball are fully underway.**

This tradition dates back to 1865 when leaders of Sokol Prague decided to hold a costume ball. The word Šibřinky stems from the verb šibřiti, which roughly translates to practical joking.

The word Šibřinky stems from the verb šibřiti, which roughly translates to practical joking and clowning. For several decades, sibřinka was the name of Sokol dance entertainment; only Sokol members and non-members were not allowed to attend. Šibřinky was the Sokol word for short.

Masopust / Fašank Masopust is the Czech/Slovak Mardi Gras. People celebrate it the weekend before Ash Wednesday. During Masopust, people dress up in costumes (Bear, Butcher, Governor, Turks, the Bride, and others) and walk around the town singing and dancing.

The Feast of the Three Kings ends the magical, joyful, and peaceful Christmas time, after which the exuberant Shrovetide (pre-Lenten season) begins. It lasts until Ash Wednesday, which initiates the Great Forty-Day Lent. Shrovetide marks the transition from winter to spring, characterized by joy, feasting, and fun.

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Join us for an evening of elegance at the Embassy of the Czech Republic to celebrate our Annual Fundraiser, Šibrinky / Fašiangy / Masopust / Mardi Gras /Masquerade ball – **GLASS AND GLITTER CARNIVAL**

**SATURDAY 2•24•2024 | 6:00 - 11:30 pm**

Get ready for a night of glitz and glamour with



- Authentic Bohemian Cuisine • Great wine selection and Pilsner Urquell beer •
- Gymnastics performance • Raffle Drawing •
- Dancing with live jazz music by Baltimore Swing Drop •

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**RSVP by February 10 for the early-bird ticket price.**

**Tickets bought after February 10 will increase in price, so don't delay!**

If you have questions, would like to purchase tickets as a gift (birthday, anniversary, Valentine's Day), or would like to reserve a table as a group, please contact Jana Seidlova at [events@sokolwashington.org](mailto:events@sokolwashington.org)

**Please note:** limit eight individuals per table

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**SEATING IS VERY LIMITED! TICKETS ARE NON-TRANSFERABLE**

**and selling fast on a first-come, first-served basis!**

**NO TICKET SALES AT THE DOOR!**

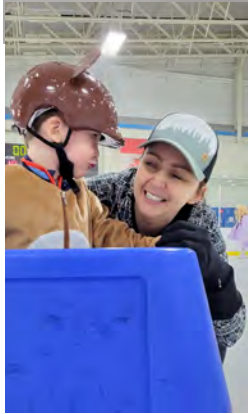
*RSVP by February 15, 2024*

*Dress Code: Formal / Black tie optional*

[The Embassy of the Czech Republic](#)

3900 Spring of Freedom Street NW • Washington, D.C. 20008

EMBASSY POLICY: No bags or suitcases are allowed. Only small purses are permitted and will be checked at the door. You must pass through the security entrance. RSVP confirmation and photo ID are required for each person. Doors close at 6:30 pm.



## Ice Skating, Masquerade Parade, Mini-hockey **Sunday, March 10, 3:00 to 5:00 pm**

Costumes are welcome but optional. All princesses, superheroes, bumblebees, fairies, and other living creatures are welcome.

The ice skating will **start at 3:15 pm**. You can come earlier, rent your ice skates, and get ready in the heated area. All non-skating support team members (little siblings, grandparents, parents, aunts, and uncles, are welcome to join and watch. **OR JUST COME and SKATE!**

### **Safety regulations:**

No mask should obscure vision • Helmets and gloves are highly recommended  
 Dress warmly - ski clothes provide an extra cushion if you fall!!!

### **Tickets:**

- **\$8** per skater • **\$20** per family (good for two adults and all children from the family).
- Ice-skate rental is available.

Tickets can be purchased online at [Eventbrite](https://www.eventbrite.com) • Fridays at Czech and Slovak School. *Cash or Checks are welcome.*

*Please make checks payable to Sokol Washington, D.C., and write Ice-Skating in the notes.*

### **NO TICKET SALE AT THE DOOR!**

*We're looking forward to seeing you on the ice!*



## FRIDAYS

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

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### School Tweets - Czech and Slovak School

We started the new semester on the first Friday in January by learning about the Three Kings (Tři králové). The youngest kids had a small costume pageant. The following week, we focused on learning about the human body, especially our hands. Unfortunately, our school had to be canceled one week later due to snow. We hope the kids enjoyed making snowmen and sledding outside.

Gymnastics and some fun games also occur every Friday - sometimes, it seems we are training new Tarzans or Mauglis.

### We meet every Friday at 6:40 at the Wood Acres Elementary School.

#### School tuition fees for the next semester

Since the next semester has started, we kindly ask for a payment of semester tuition fees.

#### For this school year, the semester tuition fees are:

- \$150 for one child
- \$200 for two children
- \$230 for three children.

#### Payment options:

- Online: Use the following [PayPal online button](#) with the note "CZSK school H1 2024" and your name.
- By check or cash: on Fridays at the school directly to Vratislav Krupar (school admin) or Martin Hunka (school director)



# TUESDAYS

At 6 pm  
for kids 3-6years old  
Play, Sing, and Move!

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Join us on Tuesdays.

**Contact** Dasa [se.sokolem@sokolwashington.org](mailto:se.sokolem@sokolwashington.org) for the location.

We practice for Slet group exercise (Marching as ants, playing with our toy centipede, and making our beds). We built fortresses from blocks and mattresses at the library and have a "snowball" fights. Furthermore, a lots of singing, we do it every time since we love singing and dancing.

Baby polar bear challenge for winter! Walk barefoot on the snow: take your shoes off and run around a garden or your house barefoot and then quickly home to dry your feet! We do have a price for our brave minisokoliks!





# FUN FACTS



**SLOVAKIA VS. SLOVENIA**

A fun fact is that Slovenia and Slovakia could be one country since both speak Slovenško, and historically, Slavonija (the region in Croatia) was basically co-ruled by Slovene and Slovak nobles, and even Kajkavian is a mix of Slovene and Slovak languages; hence why Kajkavian language is also in Burgland.

Both countries have generic names because both countries are from the exact origin of Carantanian and Panonian Slavs, whereas modern-day Austria, Croatia, and Hungary are.

Plus, everyone always mixes up the Slovenian and Slovakian mail, so both countries have to meet once a year to exchange mail. Poland messed up the Slovene anthem in the Volleyball championship, and the Slovene anthem was played for Slovakia in the 2017 ice hockey championship.

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.



Provozně ekonomická  
fakulta



[www.vu3v.com](http://www.vu3v.com)



## Virtuální univerzita třetího věku *Virtual University of the Third Age*

Czech college courses for adults 50+ are coming to North America!

- Cena kurzu **97 USD**
- Studijní materiály jsou dostupné během pololetí kdykoliv a odkudkoliv **online**

- Course price **97 USD**
- All study materials are accessible **online** throughout the term



Virtuální U3V  
PORTÁL VZDĚLÁVÁNÍ SENIORŮ

**T. G. MASARYK**  
CZECH SCHOOL



# THE XVII ALL-SOKOL SLET

JUNE 30 – JULY 5, 2024, PRAGUE, CZECHIA

[You can order American Sokol polo shirt for Prague Slet and/or pin.](#)  
[Sent your orders \(your size and amount\) to](#)  
[slet24@sokolwashington.org](mailto:slet24@sokolwashington.org)

Sokol Set branded Short Sleeve, 2-button, collared POLO Premium Double L with traditional fit relaxed through chest, sleeve, and waist-resists wrinkles, shrinking, and pilling. The slet logo is embroidered on the left side. (One can wear it as part of the parade uniform; it is an LL Bean product)



## WHITE POLO SHIRTS (\$49)

### SIZING:

**Men's:** S (24"-36"); M (38"-40"); L (42-44"); XL (46-48"); XXL (50" -52"); and XXXL (54"-56")

**Men's Tall:** 2" longer.

**Women's:** Slightly fitted, falls at the hip

**Women's Petite:** XS (2-4) 33"-34"; S (6-8) 35"-36"; M (10-12) 37"-38 ½"; L (14-16) 40-41 ½"; XL (18-20) 43 ½"-45 ½";

**Women's Regular:** XS (4) 32" -34"; S (6-8) 35-36"; M(10-12) 37" -38 ½"; L (14-16) 40-41 ½", XL(18) 43 ½" -45 ½";

**Wome'n Plus:** 1X (18W) 45 ½" Chest; 2X (20W-22W) 47 ½"-49 ½"; 3X (24W-26W) 51½-53 ½".

**2024 ASO PRAGUE LOGO PIN (\$4)** to wear and trade, 2" square Iron-stamped with soft enamel 2D-1 sided design, clutch pin



## NEWS FOR SLET PARTICIPANTS!

Instructors for the Rock Symphony are coming to the town! We will have some speedy training with them, and then we will continue to practice it! Stay tuned! More information is coming soon to you. If you still need to sign up, now is a good time!

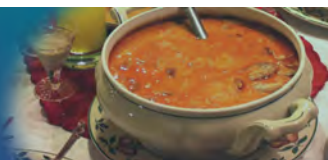
Sokol Gathering, AKA Slet in Prague, is in full preparation mode!

Contact: [slet24@sokolwashington.org](mailto:slet24@sokolwashington.org)

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

**Watch the videos and get inspired!**





## **Koblihy** Czech donuts filled with jam



### **Misc.:**

**⅔ cup jam (210 g) strawberry or apricot**  
**4 cups vegetable oil, sunflower, or canola**  
**2 Tablespoons icing sugar for dusting koblíhy.**

## **INGREDIENTS**

### **Koblíhy yeast dough:**

3 cups all-purpose flour (390 g)  
 3 Tablespoons granulated sugar  
 ⅓ stick unsalted butter (40 g) softened at room temperature  
 4 egg yolks at room temperature  
 2 ¼ teaspoons active dry yeast (7 g) ⅘  
 cup milk (190 ml) lukewarm  
 2 Tablespoons spiced rum  
 One teaspoon of lemon zest  
 ½ teaspoon salt

## **INSTRUCTIONS**

Add the yeast and a teaspoon of sugar in a few tablespoons of lukewarm milk. Let it rise in the warm place. Within 15 minutes, bubbles should appear on the surface, indicating that the starter is ready. Meanwhile, cream the egg yolks with the sugar and softened butter in a bowl. You may use an electric mixer.

Add the remaining ingredients to the beaten egg yolk mixture: flour, the rest of the lukewarm milk, lemon zest, salt, and rum. Work thoroughly into a smooth, elastic yeast dough. If it is too sticky, dust the dough with flour and work it in.

Cover the koblíhy dough with a clean tea towel and let rise in a warm place for 45 minutes.

Roll out the dough on a floured surface to a thickness of about ½ inch (1 c). Cut out 2–2½ inches (5–7 cm) circles using a small glass or donut cutter. Work the remaining dough again (you should not need much flour), roll it out, and cut the circles again.

Leave the circles in a warm place to rise for 30 more minutes.

Heat the oil in a saucepan over medium heat. Put enough oil; the donuts must not touch the bottom—about 4 cups of sunflower oil for a 10-inch (24 cm) pan.

Place the risen Koblíhy's top side down in the hot oil so they float and do not touch each other. If the oil is heated just right, the donuts will rise beautifully.

Fry on one side for a minute and a half, then flip and fry on the second side for another minute and a half. Remove with a metal (not plastic!) slotted spoon or colander, and let the excess fat soak on a plate lined with paper towels.

Fill the still-warm donuts with a filling injector or a decorating bag. Stir the jam smooth beforehand, or heat it with a spoonful of rum to push it through the tip without any hurdle.

Dust the filled koblíhy with powdered sugar and serve.

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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.

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### 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](mailto:media@sokolwashington.org)

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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 our social events, free participation in gymnastics for youth and adults, free participation in pick-up volleyball, film club, and a newsletter from American Sokol, our national organization.

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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](mailto:membership@sokolwashington.org)

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### **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.

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### **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](mailto:sokol@sokolwashington.org) is included in your Contacts/Mailing list and does not end up in your Spam or Trash.

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

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*Design:* Monica Rokus

*Distribution:* Sokol Washington, D.C.

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

**CONTACT:** [media@sokolwashington.org](mailto:media@sokolwashington.org)

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*"A Sound Mind in a Sound Body"*

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Chevy Chase, MD 20815 • USA

*Please add our email address to your address book to ensure our emails continue reaching*