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Sokol Washington, D.C. Facebook & Instagram

Thank You



MEMBERSHIP MEETING

Wednesday, March 6th | 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.

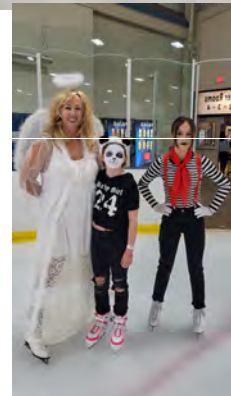
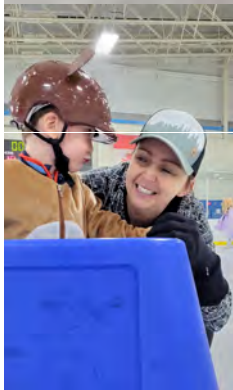
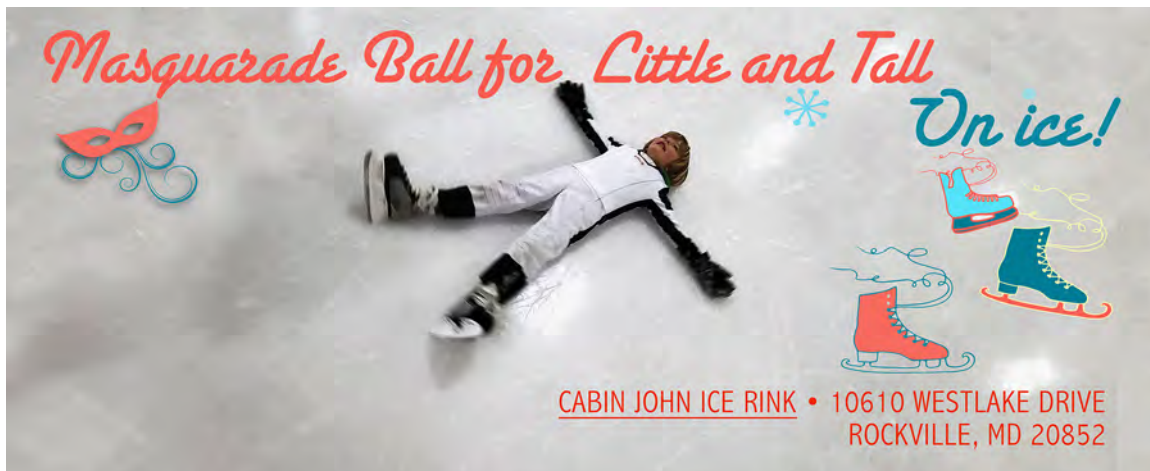
If interested, RSVP to sokol@sokolwashington.org, and we'll send you more information. All members and non-members are welcome to join us!

[Little Falls Community Library](#), 5501 Massachusetts Ave., Bethesda, MD 20816



Get your tickets – they are selling Fast!

Ice Skating, Masquerade Parade, Mini-hockey



Sunday, March 10, 3-5 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 at [Eventbrite](#) • Or on Fridays at the 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!

MONTHLY RECAPS

The Annual Bača Cup Was Joy and Fun for All!

FEBRUARY 17, 2024





Every year since its beginning, our Sokol Washington, D.C., has been delighted to support **Bača Cup, a family-friendly Ski Race at Blue Knob, Pennsylvania**, in the beautiful Allegheny Mountains. An engaging award ceremony with dinner and drinks follows at Salaš Hills, hosted by the Parma-Fletchers: Dasha, Carl, Sarka, and Lukas “the new Bača”.

We fondly remember the Bača Cup originator, the late Jiří (Bača) Parma, who was a long time member of our Sokol Washington, D.C. Unit. He initially started this race at Salas Hills as an international invitational alpine racing event in 1979. Racers of all skills, ages and nationalities were invited to participate. Representatives from the then Czechoslovakia as well as Germany, Hungary, and the United States participated in this event that became an annual tradition, highlighting all countries' relationships and shared love of the Nordic experience. (*Jiří and Ute Parma* pictured right.)

We all enjoyed this **45th Bača Cup!** Many thanks to the Parma-Fletcher family for their continued event organization and gracious hospitality, and congratulations to all winners!



2024 Bača Cup Champions!

Men's Alpine:

Tomas Pavlicek

Women's Alpine:

Piper DeMatte

Men's Ambassador's Cup:

Jan Woska

Women's Ambassador's Cup:

Veronika Clewner

Men's Snowboard:

Phil Hughes

Women's Snowboard:

Autumn Rhea



How a Czechoslovak émigré established the Bača Cup tradition in Pennsylvania

Length of audio 8:35

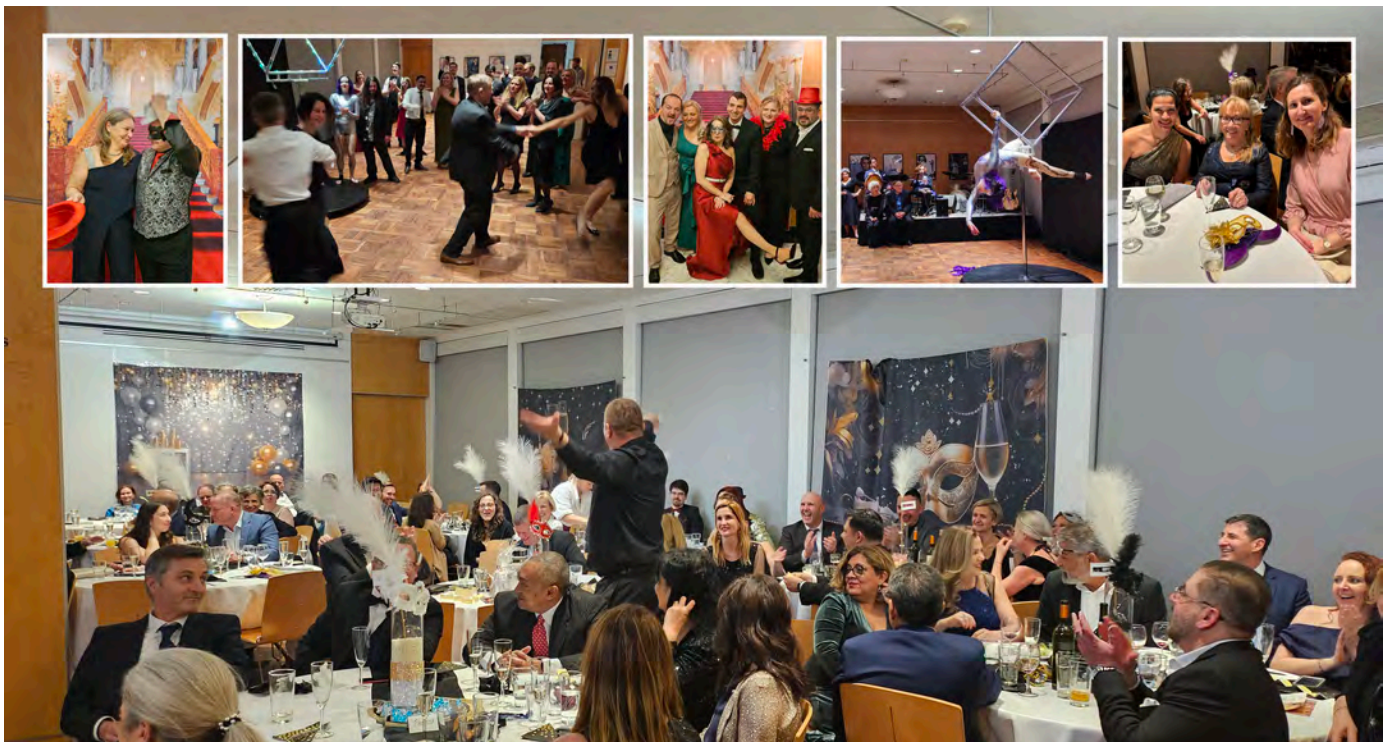
Bača Cup 2024 | Photo: Pavel Novák, Czech Radio



Šibrinky 2024 – It Was Worth the Wait!

Fašiangy Masopust, Masquerade Ball

FEBRUARY 24, 2024



At last, our Czech and Slovak community could party the night away at our long-awaited Šibřinky ball. The Embassy of the Czech Republic hosted our fifth annual fundraiser, which had been on a three-year hiatus.

The cheerful atmosphere was contagious with all the glitter and dazzling evening gowns! People laughed, danced, and chatted with old and new friends, and the Czech Embassy's Chef de Cuisine, Lukáš Ryva prepared epicurean delights. We were honored by the presence of the Slovak Cultural and Public Diplomacy Counselor, Stanka Buchtová, enjoyed music by Praževica (Baltimore Swing Drop), and watched the gymnastics performance by Lindsey Golden of Sokol Baltimore. The raffle was a huge success thanks to many trendy gift items and "liquid refreshments" donated by generous patrons.

We thank the Czech Embassy for hosting this event, Sokol members, Sokol Friends, and the volunteers who helped during and before the event, without whom this evening would not have been possible.



The Šibřinky 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 and clowning.

Masopust / Fašiangy Masopust is the Czech/Slovak Mardi Gras. People typically celebrate it the weekend before Ash Wednesday. During Masopust, people dress up in costumes 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 pre-Lenten season (Shrovetide) 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.

Rock Symphony



Express Workshop in MD for Participants of SLET 2024 in Prague

FEBRUARY 26, 2024

We are going to Prague! Before we go, we must learn and practice our routine for Slet's performance. Two of the Czech instructors of the Slet cal for teens and adults, Tomas Tomsa and Petr Sadek - also an author of this cal - flew in and provided an excellent start. They gave us a very intense 3-hour session and valuable tips and suggestions on improving our performance. We still have a lot of practice ahead of us but are looking up to the challenge.



It will be a fun ride!

Thanks to the American Sokol for supporting their travels.
[Watch video](#) from the first audience in Prague.

Join Us! While the number of participants for Prague Slet is finalized, there is still an opportunity for you to join us for practice and local performance.
Contact us at: slet24@sokolwashington.org



WEEKLY ACTIVITIES



FRIDAYS

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

School Tweets - Czech and Slovak School

Our Czech and Slovak classes took place three times in February. On the first Friday in February, the oldest kids learned about Sir Nicolas Winton and his heroic saving of more than 1000 children.

The Slovak kids learned the Slovak names of many animals through fun play-and-learn activities. The following week, we started practicing a Czech song for the singing contests organized by the Czech Embassy. We selected the song "Skřítkové, tesaři" from a famous Czech movie "Ať žijí duchové". The kids also enjoyed painting small "skřítkci" and playing with them afterward. During the last Friday in February, we learned about the body parts and what they are in the Czech and Slovak languages.



Gymnastics classes were also a big hit every Friday, with kids practicing rope jumping, somersaults, head- and handstands, and playing catch-me-if-you-can games.

Want to join us? We meet every Friday at 6:40 PM at the Wood Acres Elementary School.



MINI-SOKOLIK



TUESDAYS

6:00-7:00 PM

For kids 3-6 years old.

Play, Sing, and Move!

Join us on Tuesdays at 6 PM. **Contact** Dasa 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 really enjoy a lot of singing and dancing. We practice song "Skřítkové, tesaři" like kids in preschool. And playing with our colorful parachute: games, dancing, and color recognition.



FUN FACTS



CZECHIA HAS THE LARGEST CASTLE IN THE WORLD.



PRAGUE CASTLE – ST. VITUS CATHEDRAL

Currently, the official office of the President of the Czech Republic, **Prague Castle**, used to seat kings of Bohemia and Holy Roman emperors. It's the largest coherent castle complex in the world, with an area of almost 70,000m². There are 700 rooms in the palace.

It has been the official seat of the President of the Czech Republic since its foundation in the 880s. It is the official residence of the President of the Czech Republic and holds several exquisite historical buildings with beautiful architectural works.

Prague Castle is the most significant Czech monument and one of the most important cultural institutions in the Czech Republic.

IN THE COMMUNITY



AVALON THEATRE

Czech/Slovak co-production!

Wednesday, March 13 @ 8:00 PM

One Show Only!

VICTIM (Obět) is a suspenseful drama about a woman seeking justice in a racist society torn between family and the search for the truth.



When the son of Ukrainian immigrant Irina was attacked, the whole city stood up in solidarity with her family and condemned their Roma neighbors, who allegedly committed the crime. But soon, another truth starts to emerge. **VICTIM** is a suspenseful drama about a woman seeking justice in a racist society torn between family and the search for the truth.

The screening is organized as part of Czech That Film in cooperation with Czech Centres. The film is also being screened in collaboration with the Embassy of the Czech Republic and the Embassy of the Slovak Republic.

[Official Site.](#)

[View on IMDB](#)

[BUY TICKETS](#)

91 min • in Czech & Ukrainian with English subtitles

“Sharing the story of Sokol’s contributions to gymnastics, culture and democracy.”

<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.



Virtuální univerzita třetího věku Virtual University of the Third Age

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

- Individuální zájmové univerzitní vzdělávání pro osoby **50+** kombinované s volitelnými setkáními či akcemi pořádanými konzultačními středisky v Severní Americe
- Dvojjazyčné studijní materiály (čeština & angličtina)
- 1–2 kurzy/pololetí
- **Kurz obsahuje**
 - 6 videopřednášek
 - Online test ke každé přednášce + závěrečný test
 - Další studijní materiály
- Cena kurzu **97 USD**
- Studijní materiály jsou dostupné během pololetí kdykoliv a odkudkoliv **online**
- Individual interest-based university courses for people aged **50+** combined with optional meetings or events organized by the North American Consultation Centers
- Bilingual study materials (Czech & English)
- 1–2 courses/term
- **The course contains**
 - 6 online videolectures
 - Online test for each lecture + final test
 - Additional study materials
- Course price **97 USD**
- All study materials are accessible **online** throughout the term

AMERICAN SOKOL CAMP

NATIONAL CAMP Q & A SESSIONS

VIRTUAL OPEN HOUSE SCHEDULE

Sunday March 3rd, 7:00 PM
Thursday March 7th, 7:00 PM
Tuesday March 19th, 8:00 PM
Thursday March 28th, 6:00 PM
(all times are central time)

Join us to learn more before signing up!

FIND OUT MORE ABOUT NATIONAL CAMP
REGISTER BY APRIL 1 FOR \$150 DISCOUNT!
BIT.LY/NATCAMP24

AMERICAN SOKOL NATIONAL CAMP

23-29 JUNE 2024

SOKOL CAMP
6270 HIGHWAY 61/67
IMPERIAL, MO 63052

JOIN SOKOL TEENS FROM ACROSS THE COUNTRY FOR A WEEK YOU WON'T FORGET!

REGISTRATION OPEN NOW! DETAILS AND FORMS AT:
bit.ly/natcamp24

REGISTER BY APRIL 1 TO SAVE \$150!!

CONTACT MARIAB4@GMAIL.COM

(all times are Central time)
Sunday March 3rd, 7:00 PM

Join one of our virtual information sessions to learn more about National Camp and find out everything you need to know before you register!

Forms and detailed information available: <https://bit.ly/natcamp24>

Open House Schedule - use this Zoom link to join!
<https://us05web.zoom.us/j/7751996980...>

Thursday March 7th, 7:00 PM
Tuesday March 19th, 8:00 PM
Thursday March 28th, 6:00 PM



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



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) 17" -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.

Contact: slet24@sokolwashington.org

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



Watch the videos and get inspired!



BRAMBORÁKY CZECH POTATO PANCAKES

Bramboráky is quite a common dish for Slavic, Germanic, and Hungarian people. They are similar to Jewish Latkas. Bramboráky are pan-fried potato pancakes made with dough from shredded raw potatoes. The Czech version is unique, for added marjoram and garlic.

INGREDIENTS

Six medium raw, yellow (Yukon gold) potatoes,
⅔ cup milk (160 ml) hot
½ cup all-purpose flour (65 g)
One egg
Five cloves garlic fresh, pressed
1 Tablespoon marjoram dried
One teaspoon salt
Pork lard for frying or Canola oil



INSTRUCTIONS

1. Peel and grate the potatoes with a grater.
2. Put them in a colander and squeeze out the excess liquid.
3. Place them in a bowl with hot milk. Add the egg, flour, pressed garlic, dried marjoram, and salt. Stir. The batter should have a semi-fluid consistency.
4. Put the lard or vegetable oil in a non-stick frying pan (1-2 tablespoons pro pancake), and heat it to medium heat. Mix the potato batter evenly before frying, scoop one ladleful, and carefully place it in the middle of the preheated pan. Using a flat spoon, spread the dough into a ¼ inch (5-6 mm) thick pancake about 6-8 inches (15-20 cm) in diameter.
5. Fry each pancake for about 2-3 minutes on both sides. Once the edges turn golden, flip them with a flat spatula.
6. Arrange the finished potato pancakes on the plate with a paper towel to soak up excess fat.

Adapted from *Petra Kupská*

<https://www.cooklikeczechs.com>

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.

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.

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

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

CONTACT: media@sokolwashington.org
