

APRIL 2024



AMERICAN
SOKOL
WASHINGTON, DC

NEWSLETTER

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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 MEETING

Wednesday, April 3rd | 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



Hudlicka Memorial Hiking Marathon

Saturday, May 11, 2024, 8 AM in the Shenandoah NP, VA



As usual, the route will start with Little Devils Stairs and continue over Hogback and Marshall Mountain. We are still trying to find an ideal loop and have had very fruitful discussions about that on the way, but we will do 42.195km with 1500m of climb.

We will meet at 7:50 AM at the Little Devils Stairs trailhead; the hike starts at 8 AM (Babi Olga liked to be on time).

The rain date is the next day, Sunday, May 12.

Bring your friends, plenty of water, and good snacks!

Contact: Pavel Klein (KleinP@Epilepsydc.com)

<https://www.google.com/maps/dir//38.7306,-78.258277/@38.729799,-78.3288198,12z>

<https://www.hikingupward.com/SNP/LittleDevilsStairs/>

Let's go up and down ...

Rock Symphony Participants practicing



Practice for our performance for the Slet started and will be ongoing until we go.

We'll be meeting every two weeks (April 1, 19, 29) from 7:00–9:00 p.m. at Wood Acres Elementary

Those who are "remote" will have a tougher time but we are confident that they can handle it. Our actual performance in Prague will be on Friday, July 5 at 1 p.m. Prior to that, we'll have practices at the stadium, a rehearsal on Thursday, plus a few before that. The exact plan has not been published yet, we'll share it as soon as we have the information.

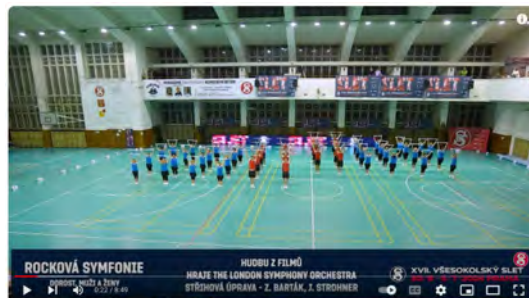
Preliminary program:

<https://slet2024.cz/program/program-hlavniho-sletoveho-tydne-po-dnech>

Ticket for performance are available via [slet ticket portal!](#)

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



[VIDEO OF A FULL PERFORMANCE](#)

100 days until the reunion

Manifesto

What do actress **Adéla Gondíková**, cardiac surgeon **Jan Pirk**, Paralympic winner **Jiří Ježek** and musician **Milan Peroutka** have in common? Everyone participated in the creation of the meeting manifesto. [The audio recording of the text](#), which is again supported by the Dynamo design studio and which describes the meaning and significance of the meeting in a small space, also includes the voices of the young Sokol gymnast Alice Vlkova or the Washington DC Sokol member **Jocelyn Kojzar**.

"The main motto of the upcoming slet is #sletspojuje, and the manifesto is a beautiful example of that. It connected the falcons with the public, Bohemia with the world, youth with old age, top athletes

with recreational ones, sport and culture. This is fulfilled by the voices that speak from the recording," says **Markéta Wolfová**, marketing manager of the gathering.



Masquerade Ball On Ice



Our popular annual 'Masquerade Ball on Ice' was held on Sunday, March 10th, at the Cabin John Ice Rink in Potomac, MD. It was, again, a great hit! Everyone enjoyed two hours of ice skating and hockey and various fun activities for children and adults. The event finished with an outstanding masquerade parade with some creative costumes that the children and adults

prepared and modeled. In the end, everyone received a small prize as a little 'icing' for their effort. We certainly cannot wait to have ice fun again next year!

WEEKLY ACTIVITIES



FRIDAYS

[Wood Acres Elementary School](#)

5800 Cromwell Dr.
Bethesda, MD 20816



School Tweets - Czech and Slovak School

During our Friday's Czech and Slovak classes, March was full of traditions and celebrations. We focus the classes around a particular topic, especially for the younger kids. March gave us plenty of opportunities for that. We remembered the International Women's Day (MDŽ), St. Patrick's Day, and Easter by decorating, painting flowers, clover leaves, eggs, and bunnies, and singing and dancing songs associated with those days. Apart from that, children practiced writing letters (younger ones), reading simple stories (older ones), and revising their vocabulary and "vyjmenovaná slova" (oldest ones).

Gymnastics classes focused on building strong core muscles, and Milos gave all children an exciting karate intro lesson.

We plan to meet every Friday in April at 6:40 PM at Wood Acres Elementary School. Come and join us!

FOLLOW our [Sokol Facebook profile](#) for more news and pictures from our Fridays.



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 are waiting for our performance costumes for the Slet group exercise: Marching as Ants. We do activities with our toy centipede and play "ants" games. We practice other folklore dances and improve our running skills. We really enjoy the song "Skřítkové, tesaři" while playing with the tools and building block towers.

We plan to have some Easter games and a Maypole dance party in April; stay tuned!



IN THE COMMUNITY



The Slovak American Society of Washington, D.C. presents:

Who Do I Think I Am? Finding Family in Slovakia

by Pam Anderson

Owner of Anderson CoGen, Franklin County, PA



SLOVAK AMERICAN SOCIETY
OF WASHINGTON D.C.

Saturday, April 6, 2:00pm

Westover Library [1644 North McKinley Road, Suite 3, Arlington, VA](#)

Certified Genealogist Pam Anderson will discuss her 2014 research and trip to western Slovakia to meet her Slovak family. She grew up knowing that her grandparents were from Nitra, "Czechoslovakia," about 60 miles east of Bratislava, but did not know that her family still lived there, where they were, or how to find them. Combining online records and a Slovak tour company – as well as chance – she met her father's first cousins and her second cousins. Pam will tell the story of her preparations, the trip, and the results of meeting Slovak relatives.



If you have any questions about the event, please contact
info@dcslovaks.org.

To **RSVP** for this event (in person only) please visit: rsvp@dcslovaks.org
Seating is limited.



CSHA MARYLAND

THE CZECH & SLOVAK HERITAGE ASSN.

INVITES YOU TO

SPRING FESTIVAL

Sunday, **April 21, 2024** · 12 - 5pm

Admission (members \$5, non-members \$10, children free) includes:

Kids crafts & Games

Music by live folk band · Orchester Praževica

Delicious food, Pastries for purchase, Czech Beer (free), Soft drinks, Coffee

Location with free parking:

[8735 Honeygo Blvd, Perry Hall, MD](https://www.google.com/maps/place/8735+Honeygo+Bld,+Perry+Hall,+MD)



SLOVAK LACROSSE FEDERATION

March 18, 2024

Dear Prospective Player:

The Slovakia Men's National Lacrosse Team is seeking to identify talented lacrosse players to add to its pool of players to represent and compete for Slovakia at international tournaments, including the European Championships, the World Championships and the Olympics.

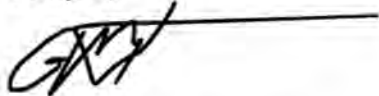
In 2022, Slovakia amended its citizenship laws to allow for citizenship by descent for the first time. Slovak citizenship by descent is available to persons whose parents, grandparents, or great-grandparents were born on Slovak territory and held Czechoslovak citizenship (with a generational limit of 3 generations). According to estimates, the Slovak citizenship by descent provision has made up to 800,000 Americans and 1.5 million people globally eligible for Slovak citizenship. Citizenship in Slovakia grants the right to settle and work throughout the European Union (EU), including popular immigration destinations like the Czech Republic, Spain, Italy, Germany and France. A Slovak passport entitles its holder to visa free travel or visa on arrival access to over 180 countries worldwide. Slovakia allows dual citizenship, so you do not have to renounce your current citizenship.

If you are a skilled and experienced lacrosse player and are interested in potentially representing and competing for Slovakia and you think that you may have a descendant (parent, grandparent or great-grandparent) who was born in Slovak territory or held a Czechoslovak passport, the Slovenská Lakrosová Federácia (SLF) would like to hear from you.

If you are interested, please send an email to gtears@me.com and include the following information: name, address, phone number, email address, type of descendant with Slovak ties (parent, grandparent, great-grandparent), school/club, position (including whether L/R handed), height, weight, awards/championships, summary of lacrosse experience and video clips if available.

If you have any questions about Slovakia lacrosse, the SLF, the Slovak citizenship process or international lacrosse generally, please do not hesitate to reach out to me. I am currently going through the Slovak citizenship process myself and will try to answer any questions you may have. The SLF looks forward to hearing from you.

Ďakujem,



Gregory Tears
Director – International Recruiting
Slovenská Lakrosová Federácia
Tel: +1 (347) 575-0985
Email: gtears@me.com

Slovenská Lakrosová Federácia, Jarabínková 6/B, 821 09 Bratislava, Slovenská republika
Občianske združenie registrované MV SR VVS/1-900/90-22509, IČO 30853427
Tel: (+421) 905 620961, e-mail: eminentasro@gmail.com www.lacrosse.sk

If you are interested, please send an email to: gtears@me.com and include the following information:

Name, address, phone number, email address, type of descendant with Slovak ties (parent, grandparent, great-grandparent), school/club, position (including whether Left/Right handed), height, weight, awards/championships, summary of lacrosse experience and video clips if available.

BOOK TO READ

Heaven Has No Ground

by Hana Andronikova

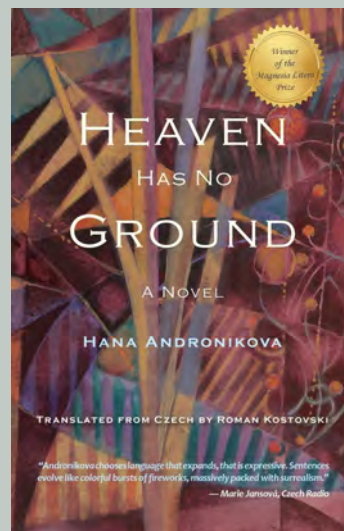
translated to English by Roman Kostowski

Published by Plamen Press

Available on [Amazon](#)

Original electronic version in Czech is available here.

PlamenPress web



Resources for bilingual kids

<https://www.mojeceskaskola.cz/knizni-dilny>



We are the association My Czech School that creates a portal for parents and teachers of children of Czech expatriates. We build a place where you can find information and materials in one place that will help you teach children Czech and maintain contact with Czech culture and national identity.

Krajánek

the Czech magazine Krajánek is an independent, voluntary initiative focused on promoting the Czech language, literature and culture, creating teaching materials and supporting Czech-speaking children around the world.

Monthly magazine intended especially **for multilingual children aged 5-12 living abroad**. The magazine is primarily adapted to the specifics of **multilingual children** who are exposed to Czech to a limited extent within Czech communities or mixed families abroad.



Register Here: <https://www.krajanekvsvete.cz/ctenarska-sekce/>.

You can read all issues here: <https://www.krajanekvsvete.cz/flipbook-archiv/>.

Find us also on social media

Facebook: <https://www.facebook.com/krajanekvsvete/>

Instagram: <https://www.instagram.com/p/Cx2OLqKtw9d/>

“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.



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
- Dvojazyčné 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





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) 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.

Contact: slet24@sokolwashington.org

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



Watch the videos and get inspired!



BERANEK

CZECH EASTER LAMB CAKE (BERANEK)

The Czech Easter lamb cake is a sweet sponge cake made in a mold shaped like a lamb. It is baked on Holy Saturday (Bílá sobota, or White Saturday in Czech). In the past, people brought the cake to church on Easter Sunday to be blessed by a priest.

INGREDIENTS

- 3 eggs at room temperature
- 1 and ¼ cups granulated sugar
- 1 and ¼ cups buttermilk at room temperature
- 2 and ½ cups all-purpose flour
- 2 Tablespoons lemon zest freshly grated from a smaller lemon
- 1 teaspoon vanilla paste or vanilla essence
- 2 teaspoons baking soda not baking powder
- ¼ cup sunflower oil or Canola

MISC.

- 1 Tablespoon solid fat for greasing the mold
- 1 Tablespoon sifted breadcrumbs for flouring the mold
- 2 Tablespoons powdered sugar to dust the lamb cake

INSTRUCTIONS

Take the eggs out of the fridge at least an hour in advance. Beat them in a large bowl with granulated sugar using an electric mixer. Start at a lower speed, gradually add the sugar (not all at once), and increase the speed. Whipping enough takes at least 5 minutes, more like longer. The result should be a light whipped foam.

Reduce the speed to a minimum, add the vanilla and lemon zest. Gradually whisk in the buttermilk and oil. Combine the flour and baking soda. Add the mixture gradually to the batter, whisking it in



slowly.

Grease the lamb mold thoroughly with oil spray and dust with flour. Butter instead of oil can help the flour adhere well to the mold's inner surface, but it will take more effort. Pour the batter into the prepared pan. It should reach about 1¼ inches below the edge of the pan, as it will puff up during baking.

Place in an oven preheated to 350°F / 177°C for 1-1¼ hours. At the end of baking, test for doneness. Insert a wooden skewer into the lamb. If it comes out dry, the lamb is baked. If the skewer leaves any residue of raw dough, leave the lamb to bake for a further five minutes and then repeat the test.

SAFELY UNMOLD THE CAKE

Let the baked lamb cake stand for about 10 minutes. Then, carefully flip it over and test whether the lamb has separated from the mold.

If it sticks, place a tea towel soaked and squeezed out in cold water over the mold. Please leave it to sit for a while; then you should be able to remove the lamb from the mold without further problems.

For presentation, tie a bow around the lamb's neck in the colors of spring—green, red, or yellow. If you want the lamb's face to be perfect, put two raisins in place of its eyes. Transfer the cake to a platter and arrange it on the Easter table.

Adapted from Petra Kupská
<https://www.cooklikeczechs.com>

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 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.

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

CONTACT: media@sokolwashington.org

"A Sound Mind in a Sound Body"

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Chevy Chase, MD 20815 · USA

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