

JUNE 2024



AMERICAN  
**SOKOL**  
WASHINGTON, DC



# NEWSLETTER

---

## IN THIS ISSUE

### UPCOMING

[Bike for Dan](#) – June 2

[Monthly Membership Meeting](#) – June 5

[School Picnic](#) – June 7

[Hike, Camp, and/or Canoe](#) – June 8 & 9

[Olympic Run](#) – June 19, Registration Open Now

[Sokol Slet in Prague](#) – June 30 - July 5

[Family Camping at Henlopen State Park](#) – August 31- September 2

### PAST EVENTS

[Hudlicka Memorial Hiking Marathon](#)

[EU Open House 2024 at the Czech Embassy](#)

### SOKOL WEEKLY ACTIVITIES

[Czech and Slovak School](#) – Fridays

[Mini-Sokolik](#) – Tuesdays

### IN THE COMMUNITY

[Book to Read](#): Wasted Lives of Unsung Heroes: Czechoslovakian Pilots of World War II

[American Sokol Newsletter](#) – *Spring Issue*

### TRADITIONAL RECIPES

[Chlebicky](#) – open-face sandwiches

## IN EVERY ISSUE

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

---

# SEE YOU IN SEPTEMBER

Our Newsletter will return in September with information for all the great American Sokol Washington, D.C. events and happenings.



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](mailto:media@sokolwashington.org) and we'll include it in our newsletter.

---

UPCOMING EVENTS



## MEMBERSHIP MEETING

Wednesday, June 5 | 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



---

# LET'S GO BIKING!

## Sunday, June 2, 2:00 PM

Let's remember Daniel, an active American Sokol Washington, DC member from 2006-2010. He was a biking enthusiast who left a lasting impression with his optimism, kindness, laughter, and sense of humor

---

Open to all ages, this 15-mile ride will start at [GLEN ECHO PARKING LOT \(5900 OXFORD ROAD, GLEN ECHO\)](#) and go along the beautiful C&O Canal to the Great Falls Visitor Center and back.

An informal Garden Party will follow at 5 PM.

Yes, you can come straight to the Party. Address will be provided upon registration. Participants are encouraged to make a donation to the Fund.

PLEASE CONFIRM YOUR PARTICIPATION AT  
[SCHNEIDER.ONDREJ@GMAIL.COM](mailto:SCHNEIDER.ONDREJ@GMAIL.COM)

### SEE YOU ALL THERE!

More information at: <https://www.darujme.cz/fond-daniela-anyze-zpravy.aktualne.cz>



### THE DANIEL ANÝŽ FUND

THE DANIEL ANÝŽ FUND supports the legacy of the Czech journalist and columnist Daniel Anýž. Founded by his colleagues, friends, and pupils, it aims to help aspiring journalists interested in foreign countries. "We want to keep alive the *"job of Daniel Anýž,"*" our former colleague, US expert, one of the best foreign correspondents and commentators of the post-revolutionary era," says foreign correspondent Kateřina Šafaříková for the founder.

# It's the End of the School Year!

Let's celebrate in style! Friday, June 7, 6:30 PM



You are invited to join us at Cabin John Regional Park in MD on Friday, June 7 from 6:30 p.m. onwards for a lovely community evening. We will grill sausages and other items. There will be barbecue, report cards, and fun activities! Please bring small refreshments for potluck or other things to grill. Even if you have never come to the Czech and Slovak School before, come and join us! This is a great opportunity to speak to our teachers, gymnastics instructors or other parents and learn more about our vibrant school community.

***Looking forward to seeing you all!***



# Hike, Camp, Canoe or Kayak on Shenandoah

June 8 & 9



Hiking – **Saturday, June 8**

Camping at Low Water Bridge Campground – **Saturday, June 8**

Canoe and Kayak Trip – **Sunday, June 9**

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.

Optional Camping at Low Water Bridge Campground next to Downriver Canoe Company.

**IF HIKING on Saturday, June 8**, meet us at [38.80194, -78.31461](tel:38.80194,-78.31461). (Park at the end of VA630 where the paved road ends.) **Shorter or longer hike to a lovely swim hole. Start time TBD, will be communicated to all who RSVP.**

**IF CAMPING on Saturday, June 8**, arrive at the [Low Water Bridge Campground](#) anytime after 2 PM. Group reservation for those who RSVP.

Campground Address: 192 Panhandle Road, Bentonville, VA

**IF CANOEING on Sunday, June 9**, start at 9:30 AM from the [Downriver Canoe Company](#). 10% group discount for those who RSVP.

Address: 884 Indian Hollow Road, Bentonville, VA

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

**RSVP by Sunday, June 2**

---

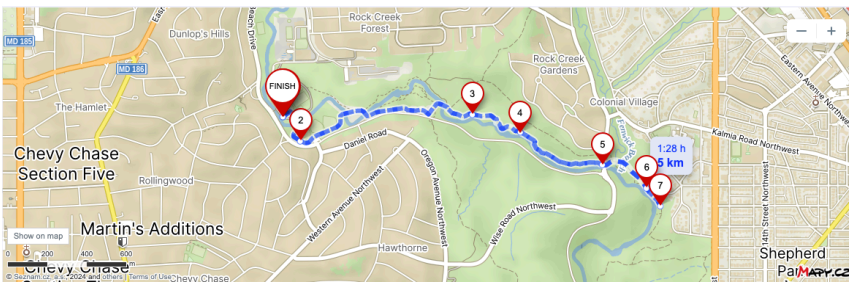
# T-MOBILE OLYMPIC RUN!

Wednesday, June 19, 6:00 PM

[REGISTER HERE](#)

The banner features the Czech flag and Olympic rings on the left. In the center is the event logo 'T-MOBILE OLYMPIJSKÝ BĚH' with a stylized runner icon. To the right, three icons represent 'DIFFERENT RUNNERS', 'DIFFERENT PLACES', and 'THE OLYMPIC IDEA'. On the far right, the date '19 06 2024' is displayed in three pink boxes under the heading 'Date of race'.





## Meadowbrook Park

Commemorate International Olympic Day by participating in the **Olympic Run on June 19, 2024, at 6:00 PM!** Runners of all ages and fitness levels are welcome. It does not matter if you are the next Czech marathon Olympian Emil Zátopek or if you rarely run, as the Olympic Run is for everyone! **Race, walk or volunteer!**

In Czechia, the Olympic Run is the largest annual event, with thousands of participants running in many locations nationwide. Thanks to the Czech Olympic Committee, the Embassy of the Czech Republic in Washington, D.C., and American Sokol Washington, D.C., you can join the fun in the United States.

## REGISTRATION DEADLINE JUNE 7

### ENTRY FEES

**ADULTS** – \$10 (200 Kč) includes start number, start bag, commemorative medal at the finish

Add T-Shirt – Total \$23 (450 Kč)

**CHILDREN** – \$2 (30 Kč) includes start number, commemorative medal at the finish

Add T-Shirt – Total \$12 (230 Kč)

To volunteer contact Dasa ([dmerkova@sokolwashington.org](mailto:dmerkova@sokolwashington.org))



# IN 30 DAYS!

BUY TICKET

Are you traveling to Europe this summer? Take advantage of **Slet in Prague**, *the event of the summer!* Get your tickets now and be part of this unforgettable experience.



From **June 30 to July 5**, enjoy group performances at [Eden](#), a parade through the old city, podium performances, a mass in [St. Vitus Cathedral](#), a night hike to [Petrin](#), theaters, and more.



Come to see our performances: **The Rock Symphony for adults and youth** will perform on Thursday, July 4 at 8 p.m., and the preschool kids will perform on Friday, July 5 at 2 p.m. You can also cheer us on in the parade on June 30.



**Tickets are selling fast; the best view is from the upper tiers.**

Find detailed information and more about the program for Slet week at [www.slet2024.eu](http://www.slet2024.eu) or download app Sokol to your phone (read QR code above)

---

## **FAMILY CAMPING AT HENLOPEN PARK**

Labor Day Weekend (August 31 – September 2)





Do you like having fun with friends on the beach? Do you enjoy biking? Do you like ice cream?

If so, you can join us at Cape Henlopen State Park for camping during the Labor Day weekend **(August 31 - September 2)**.

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

We'll have activities such as swimming, wading, surfing, and biking around the State Park on designated biking trails. You may rent bicycles for two hours from the local cycling club for free.

Contact: [mens.director@sokolwashington.org](mailto:mens.director@sokolwashington.org) by **June 15**.

More detailed information for those interested will come in mid-July.

MONTHLY RECAPS

## EU Open House 2024



Embassy of the Czech Republic  
Washington, D.C.





On May 11th, the performance of our children at the Czech Embassy in Washington, DC, during the EU Open House was truly magical! Look at these kids wearing traditional folk costumes - kroje - singing folk songs such as "Zlatá brána," "Žežuličko, kde jsi byla" and "Já jsem muzikant".

Our youngest Sokolici showcased their dedication and talent in the show **"Mravenci - Ants"**, which they have been diligently practicing for the 'Všesokolský slet' (All Sokol gathering) in Prague in July. Their performance was a hit with everyone! Our gratitude to Jan Zika for being a musical accompanist.

Thanks to Dasa Merkova and Martina Kovac for practicing the songs and dances with the children every Friday for many weeks.

---

# Hudlicka Memorial Hiking Marathon



Several Sokol members participated in our Annual Hudlička Hiking Marathon on May 11th. The hike started at Little Devils Stairs and continued over Hogback and Marshall Mountain. While the weather was primarily overcast, hiking was enjoyable. It was only toward the end that we got soaked from rain.

Shenandoah National Park, a true natural wonder, extends along the Blue Ridge Mountains in Virginia. The Skyline Drive runs its length, and an extensive trail includes a section of the long-distance Appalachian Trail. The park, mostly forested, is a treasure of wetlands, waterfalls, and rocky peaks like Hawksbill and Old Rag mountains. It's a haven for many bird species, deer, squirrels, and the elusive black bear, offering various wildlife experiences.

---



FRIDAYS

[Wood Acres Elementary School](#)

5800 Cromwell Dr.

Bethesda, MD 20816

## Pre-registration for Next School Year

As this academic year slowly draws to a close, we have started preparing for the next school year. Please complete this [PRE-REGISTRATION FORM](#) so we can estimate the number of classrooms and teachers the school will need for the next academic year starting in September 2024.

Please complete it even if you are unsure your children will attend; it is not a binding commitment, but it helps us plan. We will distribute a complete registration form and payment information during the summer.

***We appreciate your cooperation!***

## School Tweets - Czech and Slovak School

Our Czech and Slovak School had 4 sessions in May. The first two Fridays we focused on perfecting songs and dances for a performance at the EU Open House at the Czech Embassy on May 11. And the last two weeks we got back to reading texts, practicing vocabulary and playing Czech and Slovak games.

Since the end of the school year is coming let us celebrate it in style! Join us on **Friday, June 7 at the Cabin John Regional Park from 6:30PM** onwards for a nice community evening. We will grill sausages (and maybe other things, too) and try our pot-luck. If you can, bring some refreshments or other things to put on the grill as well. Even if you have never come to the Czech and Slovak School before, come join us! Speak to our teachers, gymnastics instructors or other parents to find out if this school is the right place for you and your children. We are looking forward to seeing you all!

We typically meet every Friday at 6:40 PM at Wood Acres Elementary School. This month, however, we will wrap up the school year **at the Cabin John Regional Park in MD on June 7, 6:30 PM.**

Come and join us!

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



Introducing our awesome teachers from our Sokol Czech and Slovak School. We will publish short interviews with each of them so that you can get to know them better.

**RADKA HERNDON**

**PRESCHOOL (mainly 5-6-year old children)**



---

**We are starting with Radka Herndon who teaches preschool kids.**

### **1. How did you get into teaching?**

*I got to teach at the Sokol school 'by chance'. My son was in the Czech class, and his teacher was moving back to the Czech Republic. Not having a teacher meant that the class was going to be canceled. With no previous experience as a teacher I took over this class until a "real teacher" was found. No such thing happened; I stuck with it and have been teaching at this School until now. I also taught at another Czech school. Later I took on teaching first graders in public schools in Virginia. So I teach to this day and I love this career!*



### **2. What do you enjoy most about teaching at the Czech School?**

*Honestly, I enjoy everything. Small children have amazing souls and a desire to learn. As a teacher, I can witness a significant turning point when you see them rise. I believe I can do a lot of good deeds for these children and highlight their innocent and pure souls. It is a very warm feeling when you see children enjoying learning. In older children, the magic of education turns into rituals and hard work, and they stop liking school, and that is a shame.*

### **3. What were you like as a student when you were the age of the children you teach today?**

*I was stubborn and shy. I liked playing with boys rather than girls. I lacked self-confidence and thought I did not look pretty enough, so I became very individualistic.*

### **4. Can you tell us some facts that only a few know about you?**

*Outside of teaching, I have a few exciting hobbies. I find solace in working in my garden, sowing, and watching seeds grow. I also have a passion for creating and organizing. And when it comes to the environment, I'm quite the advocate - I avoid buying anything in plastic bags.*

*On a personal note, I wrote a story about my life and it will be published in a book in the fall of 2024. I'm excited to share this part of me with you all.*

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

---

## MINI-SOKOLIK



**6:00-7:00 PM**

For kids 3-6 years old.

Play, Sing, and Move!



We love to sing and dance and we love this spring weather. We practice ball throwing and catching and work on our gymnastic skills, progressions for headstand and cartwheels. And we still practice our performance for Slet in Prague.

If you are interested in joining us next school year for a wonderful journey with our mascot Sokolik Pepik, fill out the Pre-registration

School Form above.

**Join us on Tuesdays, September - June.**

For the location, contact Dasa ([se.sokolem@sokolwashington.org](mailto:se.sokolem@sokolwashington.org))

---

IN THE COMMUNITY





# Learn to play Fujara and Koncovka

## Fujara And Koncovka Overtone Flutes Of Slovakia With Bob Rychlik



Just like every year since 2011, this summer, [Bob Rychlik](#) will teach a five-day course playing Fujara and Koncovka at the [Traditions Weeks](#) at McDaniel College in Westminster, MD.

Virtual week: **June 24-28, 2024**, 1:00-2:15 PM (EDT)

Live week: **July 8-12, 2024**, 1:00-2:15 PM (EDT)

McDaniel College, 2 College Hill, Westminster, MD 21157



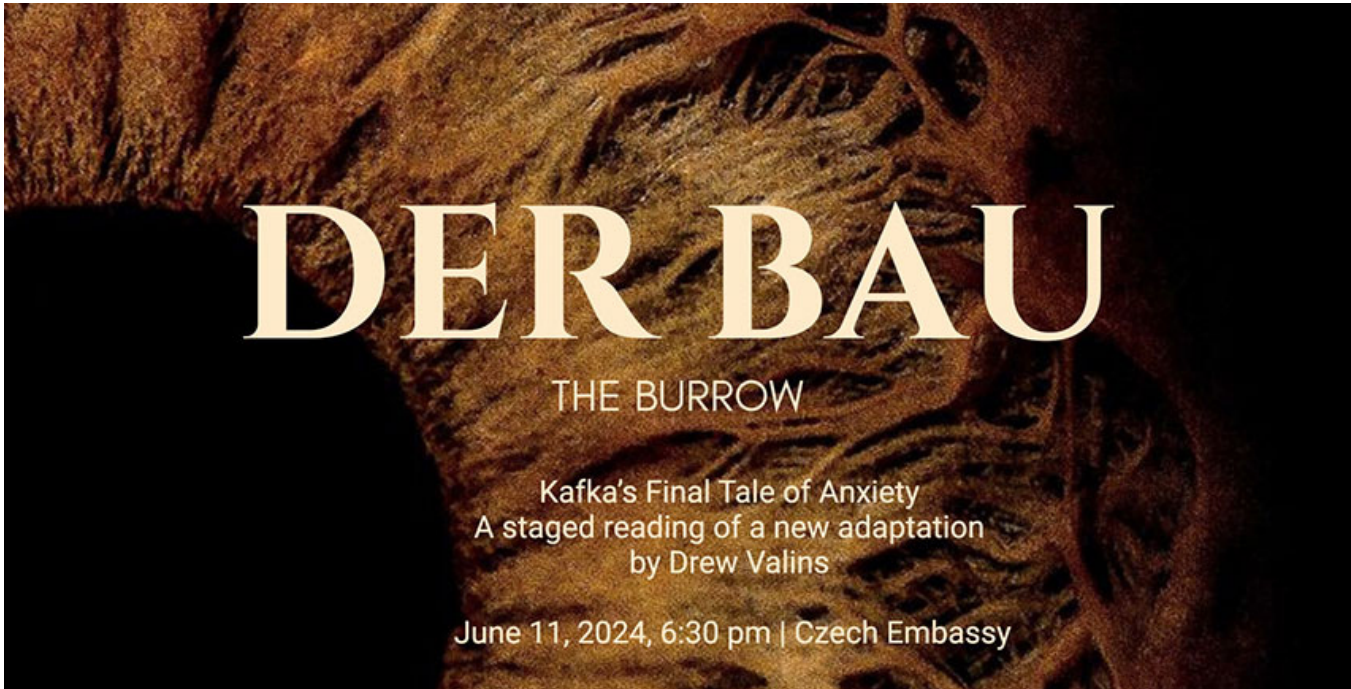
*Traditions Weeks are individual weeks of classes, concerts, dances and other activities in the traditional roots-based arts, normally held on the [campus of McDaniel College in Westminster, MD](#).*

[SIGN UP](#)



Embassy of the Czech Republic  
Washington, DC

# Staged Reading



## June 11, 2024, at 6:30 pm

The Embassy of the Czech Republic presents Drew Valins in a staged reading of a new adaptation of one of Kafka's last unfinished short stories – Der Bau (The Burrow), directed by Michaela Lind, on June 11, 2024, at 6:30 pm. Written approximately six months before his death, Kafka allegedly wrote an ending to the story, but the completed version was destroyed by his lover following his death. Join us as we commemorate the 100th anniversary of Kafka's passing with this new adapted work.

**The staged reading is in English.**

*Written by Franz Kafka, Adapted and Performed by Drew Valins, and Directed by Michaela Lind.*

*Presented by the Czech Embassy in collaboration with ARA Theater and Media and the Alliance for New Music Theatre.*

---

Embassy of the Czech Republic | 3900 Spring of Freedom Street, NW. |  
Washington, DC 20008

RSVP required: <https://ValinsBurrow.eventbrite.com/>

SIGN UP

---

---

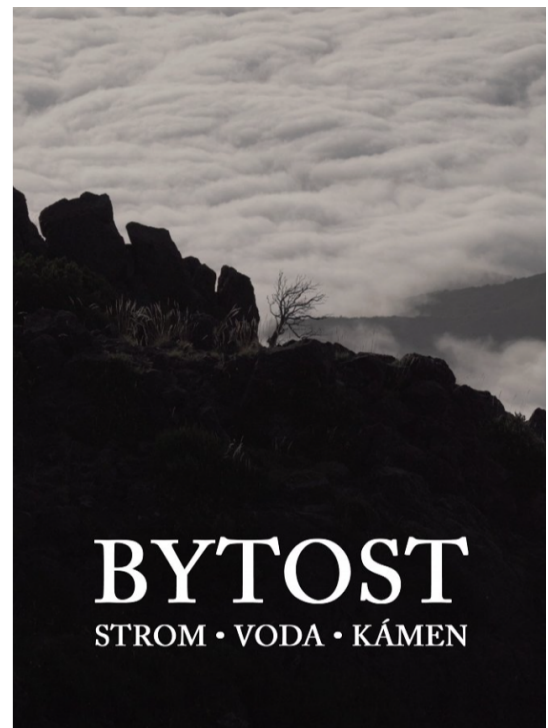
## CREATURE: TREE • WATER • STONE

 YouTube

Documentary /Poetic

Directed by: [Svatoslav Hofman](#).

The documentary film [BEING](#) is an audiovisual meditation on the beauty of the mysterious world of trees, water, and stones. Let's venture together on a journey through the landscapes of our beautiful planet, which are also reflected deep within us. Isn't humanity and man as such threatened even more than nature and planet Earth? Doesn't the current plundering of nature mirror our plundered inner worlds? The film aims not to provide clear answers to complex questions but to point out the subtlety and diversity of the natural world, which we cannot connect to concepts that we cannot control and manage at all.



# American Sokol Newsletter

Are you interested in how American Sokols traveled to Slet in Prague in 1938? Or how do you sign your kids up for the National Camp organized by Sokol? You can read about it and more in the last issue of the American Sokol newsletter

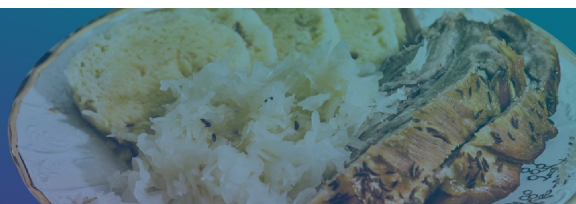


AMERICAN SOKOL  
NEWSLETTER  
2024



<https://american-sokol.org/publication/>

TRADITIONAL RECIPES



## CHLEBÍČKY *Open-Faced Sandwiches*

*A crowd-pleaser, open-faced sandwich - Czech style! This is an easy recipe.*



## Ingredients

- French bread ([French baguette](#))
- Potato salad or spreadable butter
- Hard-boiled eggs cut into circles
- Dill pickles gherkins
- Ham and hard salami thin slices
- Hard cheese Edam
- Tomato
- Springs of parsley
- Chili flakes

## Instructions

Place the eggs in cold water, bring to a boil, and cook for 8 minutes. Cool them in cold water, peel the hard-boiled eggs, and slice them into circles.

Slice the French bread into slices about half an inch thick.

Spread potato salad or butter over the slices.

Top each sandwich with rolled-up ham or hard salami, cheese, and slices of hard-boiled egg.

Continue garnishing the chlebíček with sliced pickles and tomato wedges. For a nice presentation, add a sprig of parsley.

You may sprinkle chili flakes over the hard-boiled egg for color.

*You can use various kinds of cheese, salami, ham, or vegetables. Sprinkle the egg slices with sweet ground paprika or chili flakes for a nice effect.*

*<https://www.cooklikeczechs.com/chlebicky-czech-open-faced-sandwiches/>*

*With permission of [Petra Kupská](#)*

## A CZECH SPECIALTY – CHLEBÍČKY: A BIT(E) OF HISTORY

The story of Czech *chlebíčky* goes back to 1919 when Jan Paukert and his wife opened a deli close to the National Theatre. Their deli became

a symbol of quality. These small, two—or three-bite open-faced sandwiches with assortments of toppings are traditionally served at parties and events. He created them to offer something between finger food and a traditional sandwich. These gourmet open-faced sandwiches really caught on!

---

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](mailto: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](mailto: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](mailto: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.*

---

*Contributors:* Dagmar Merkova, Monica Rokus, Zuzana Steen, Milos Toth, Martin Hunka

*Design:* Monica Rokus

*Distribution:* Sokol Washington, D.C.

---

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

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

---

## *"A Sound Mind in a Sound Body"*

Copyright © 2024 • American Sokol Washington, DC  
8416 Donnybrook Dr.  
Chevy Chase, MD 20815 • USA

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

[unsubscribe from this list](#) • [update subscription preferences](#)

