

MAY 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, May 1 | 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



American Sokol
Wednesday, May 8, 5 PM EST



YOUTH SPRING EVENT

VIA ZOOM

• **STRETCH & STRENGTH** •
WEDNESDAY, MAY 8, 2024
6:00 P.M. TO 6:30 P.M. CENTRAL TIME

Join Tom & Kandi Pajer, National Board of Instructors, for an energizing Stretch and Strength and say "HI" to other American Sokol Youth from across the country! Log in as early at 5:55 p.m.
Event begins promptly at 6:00 p.m.



Join Zoom Meeting

<https://us02web.zoom.us/j/81773113810>
[pwd=aklKMjdXR0JwU2hYb0xpQms4b3JMQT09](https://us02web.zoom.us/j/81773113810?pwd=aklKMjdXR0JwU2hYb0xpQms4b3JMQT09)

Meeting ID: 817 7311 3810

PASSCODE: SOKOL

Hudlicka Memorial Hiking Marathon

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



As usual, the route will start at 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.

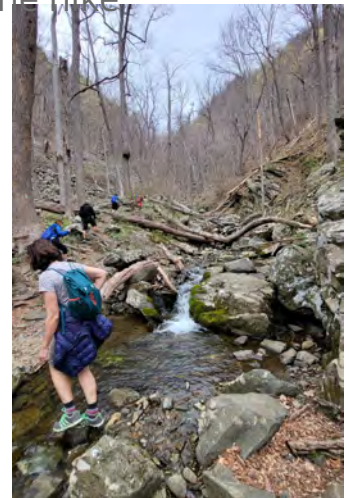
Bring your friends, plenty of water, and good snacks!

Contact: Pavel Klein KleinP@Epilepsydc.com

<https://www.google.com/maps/dir//38.7306,-78.25827/@38.729799,-78.3288198,12z>

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

Let's go up and down ...



EU Open House 2024



Embassy of the Czech Republic
Washington, D.C.

Saturday, May 11, 10 AM to 4 PM
at the Czech Embassy



Celebrate the year of Czech music through the life of Bedřich Smetana! Enjoy a folk fashion presentation, live music, a dog show, an exhibition, bounce house, beer, and food!

Come and sing along or just watch our youngest dance in their beautiful traditional costumes at 11:30 AM.

Visit us before or after the performance in the American Sokol Washington, DC tent and learn about our programs and upcoming activities for children and adults.




Later that day, our youngest kids will perform their special "Little Ants" performance, which is a part of our great Sokol SLET event in Prague at the beginning of July.




[Embassy of Czechia | 3900 Spring of Freedom Street, NW | Washington, DC 20008](https://www.embassy.cz/3900-Spring-of-Freedom-Street-NW-Washington-DC-20008)

T-MOBILE OLYMPIC RUN IS BACK!

Wednesday, June 19, 6:00 PM

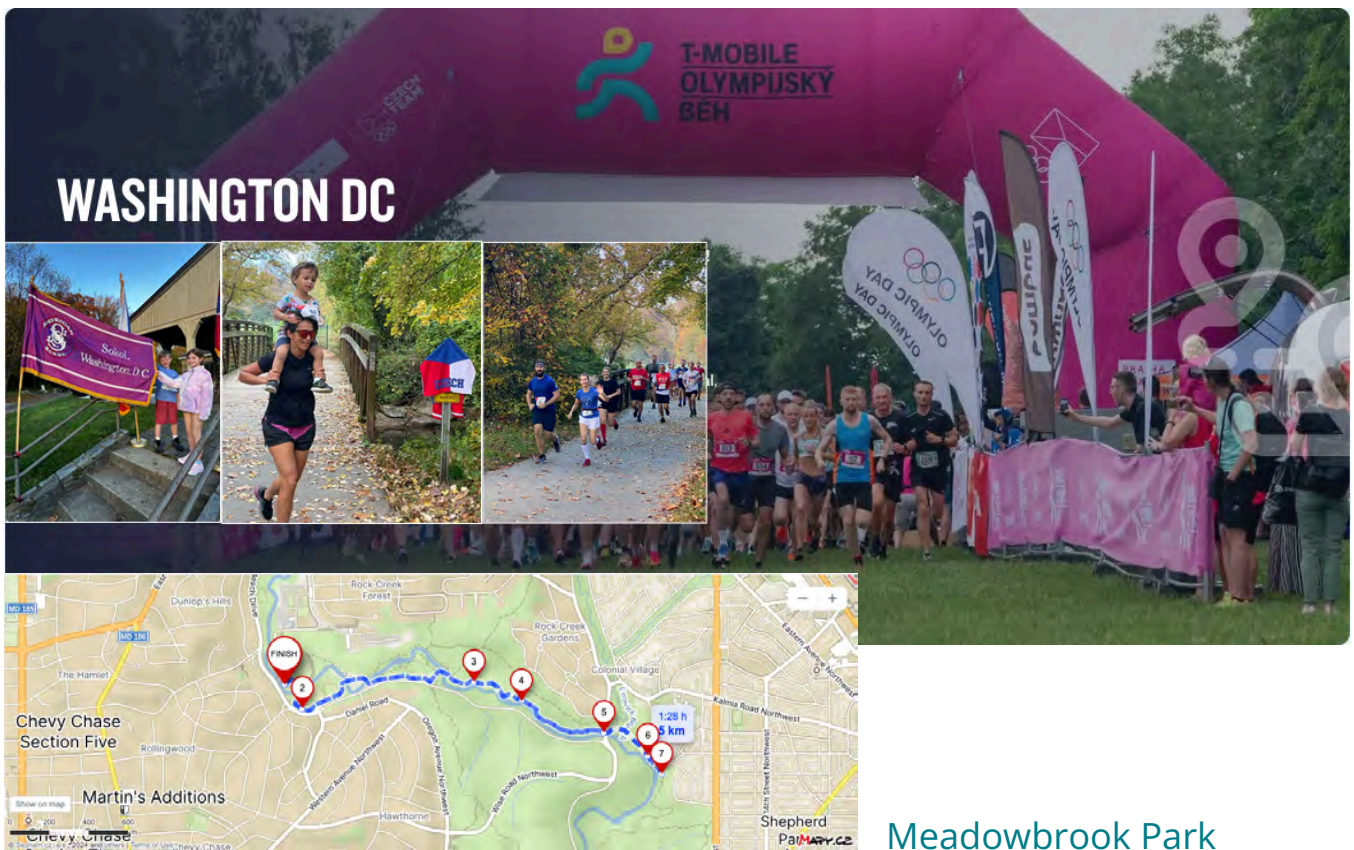
[REGISTER HERE](#)

   **T-MOBILE
OLYMPIJSKÝ
BĚH**

-  DIFFERENT RUNNERS
-  DIFFERENT PLACES
-  THE OLYMPIC IDEA

Date of race

19 06 2024



[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.

ENTRY FEES

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

Add T-Shirt – Total \$23 (450 Kč)

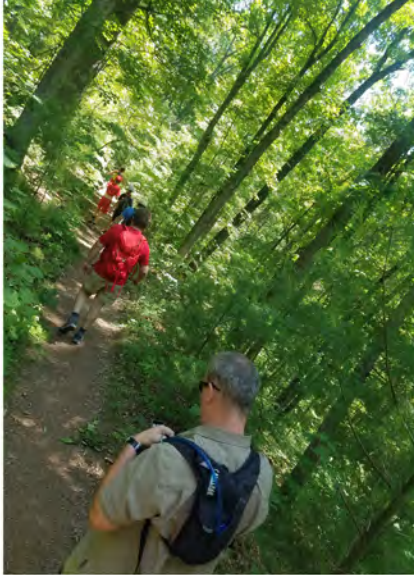
CHILDREN – \$2 (30 Kč) includes start number, commemorative medal at the finish

Add T-Shirt – Total \$12 (230 Kč)

To volunteer contact Dasa (dmerkova@sokolwashington.org)

Canoe or Kayak on Shenandoah with Optional Hiking and Camping

Weekend of 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](#). (Park at the end of VA630 where the paved road ends.) **Start time TBD, depending on hikers' ages.**

IF CAMPING on Saturday, June 8, arrive at the [Low Water Bridge Campground](#) anytime after 2 PM.

Campground Address: 192 Panhandle Road, Bentonville, VA

IF CANOEING on Sunday, June 9, start at 9:30 AM from the [Downriver Canoe Company](#).

Address: 884 Indian Hollow Road, Bentonville, VA

CONTACT: events@sokolwashington.org to reserve a canoe or kayak and a camping spot. For a discount on the rental and group camping, **RSVP by Friday, May 31.**

SAVE THE DATE

Labor Day Weekend (August 31 – September 2)

Camping at Cape Henlopen State Park for Sokol Families



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 by **June 15**.

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

GET YOUR SLET TICKETS!

[They are selling fast!](#)

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.



BUY TICKET

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 [Petřín](#), theaters, and more.

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

We are slowly preparing and finalizing all dates and positions on the big field.

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

	XVII. Vsesokolský slet 1. + 2. program HTV / 04.07.2024 21:00 a 05.07.2024 14:00 FORTUNA ARENA PRAHA	To buy
Thursday 4 Jul 2024 21:00	XVII. Vsesokolský slet 1. program HTV FORTUNA ARENA PRAHA	To buy
Friday 5 Jul 2024 14:00	XVII. Vsesokolský slet 2. program HTV FORTUNA ARENA PRAHA	To buy

Wreath-laying ceremony

at the Tomáš Garrigue Masaryk Statue in Washington, D.C.



On April 16, several of our Sokol representatives were honored to join a wreath-laying ceremony at the Tomáš Garrigue Masaryk statue with Czech Prime Minister Petr Fiala during his visit to Washington, D.C.

Spring Picnic for Mini-Sokoliks



On the last Sunday in April, our youngest Sokols, AKA Mini-Sokoliks, gathered to practice the "Little Ants" performance for the Slet. We also officially welcomed spring while practicing or watching old Czech and Slovak traditions such as the Maypole dance, the burning of Morena, a symbol of winter, and playing various games. Later, we sat around the campfire, roasted sausages, made s'mores, and sang songs.



WEEKLY ACTIVITIES



CZECH & SLOVAK
SCHOOL
AMERICAN SOKOL WASHINGTON, DC

FRIDAYS

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



School Tweets - Czech and Slovak School

April was quite eventful! We had our first outdoor class this year and it was a great success. Our awesome teachers prepared a few outdoor learning activities, especially for the younger kids who enjoyed those thoroughly. We also grilled some sausages and parents enjoyed a lovely communal spring evening. When it was almost dark, the kids had a chance to experience outdoor gymnastics, building a human pyramid.

The other Fridays took place inside and apart from standard learning activities we also started practicing for a performance at the EU Open House at the Czech Embassy on May 11.

We meet every **Friday 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!

We are busy like little ants practicing. We are working hard on our performance for Slet: Little Ants with Centipedes and Ferda Mravenec. What songs do we sing? Come and see us at the EU Open House, and you will see!

That is not all! We are also making progress in jumping and playing with our mascot, Pepik, and his friend, hedgehog Marecek. We are jumping and running like Cricket Emilka. We celebrated Earth Day by learning how to recycle and we are on track with the assignments in our booklet and will finish them before the end of the year.

Join us on Tuesdays.

For the location, contact Dasa (se.sokolem@sokolwashington.org)



IN THE COMMUNITY



Embassy of the Czech Republic
Washington, D.C.

Exhibition Opening & Performance **Staging the Czech Aria**

May 2, 6 PM



Foto: Jarmil Svoboda, Archiv Národního divadla

The Embassy of the Czech Republic presents the opening of the exhibition *Staging the Czech Aria: Scenography in Bedřich Smetana's Operas* with Marketa Mansfieldova, curator at the Arts and Theatre Institute in the Czech Republic. The evening will include a short talk on the life and work of Bedřich Smetana by musicologist **Dagmar White** and a selection of opera pieces performed by Kathy Kessler Price (soprano), Krista Hastings (soprano), Sean McCarther (baritone), and Jihye Park (piano). Join us for a very special evening with artists exploring and listening to the operas of Bedřich Smetana.

<https://www.eventbrite.com/e/exhibition-and-performance-staging-czech-arias-tickets-884971723247?aff=oddtcreator>



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

AVALON
THEATRE
100 YEARS

BROTHERS

One Show Only! Wednesday, May 8, 8PM



 **LIONS** of CZECH FILM

[WATCH TRAILER](#)

Based on a true story, *BROTHERS* tells one of the greatest stories of the Cold War, centering on resistance fighters and brothers Josef (*Oskar Hes*) and Ctirad Mašín (*Jan Nedbal*), who opposed communist-rule in 1950s Czechoslovakia

BROTHERS won the prestigious *Czech Lion Award* for Best Feature Film and represented the Czech Republic for the 2024 Oscars.

[Official Site](#)

[View on IMDB](#)

135 min, NOT RATED - TREAT AS PG-13
in Czech with English subtitles



2024 Picnic – FRIENDS OF SLOVAKIA

SLOVAK AMERICAN SOCIETY OF WASHINGTON



Sunday, May 19, 3-7 PM

Knights of Columbus in Arlington, Virginia

[5115 Little Falls Road, Arlington VA 22207](#) - plenty of free parking on the premises.

R.S.V.P.

We will provide an assortment of sausages and chicken grilled over charcoal, a keg of draft beer, and all necessary picnic supplies (plates, cups, cutlery, napkins).

You are invited to bring: Your favorite picnic side dishes (and/or desserts) to share with friends, plus soft drinks (plastic bottles only - no glass bottles or metal cans). *Please click below SIGN UP to indicate what you wish to bring so we will have a wide variety of sides and desserts.*

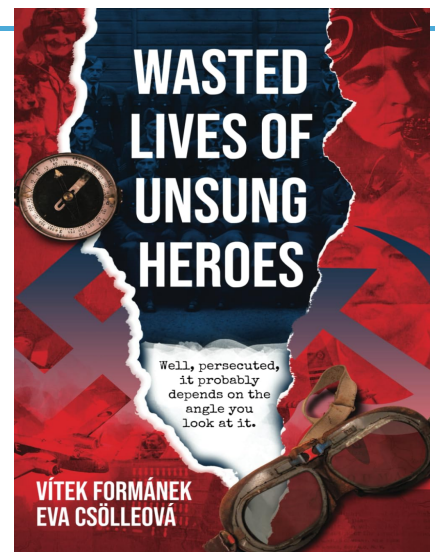
SIGN UP

BOOK TO READ!

WASTED LIVES OF UNSUNG HEROES Czechoslovakian Pilots of World War II

by Vitek Formánek and Eva Csölleová

Available on [Amazon](#)



Embark on an extraordinary journey with young heroes who fled their Hitler-occupied homeland to become WWII pilots. These courageous pilots fought for freedom alongside the Allies. At home, they found themselves trapped behind barbed wire. They endured relentless surveillance, interrogation, torture, and degradation. It took forty-one years to reclaim their freedom. This is a gripping account of young men who took to the skies. They persevered through the darkest of times, ultimately triumphing in the name of freedom and honor.

The book includes never-before-published historical and modern photographs.

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

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



TRADITIONAL RECIPES



SLOVAK PIROHY

Slovak Pierogy

*One of the most versatile dishes in Slovakia is **pirohy**—dough dumplings that can be filled with a variety of ingredients. From quark, potatoes, and sheep cheese to even sweet fillings, the options are endless. These delicious dumplings are topped with butter, caramelized onion, fried bacon, and sheep cheese, adding a rich and savory touch to each bite.*

INGREDIENTS

DOUGH:

1 cup flour

One egg

¼ teaspoon salt

Four tablespoons cold water

(you may add a few ice cubes)

FILLING:

One large potato, cooked and mashed

With butter and onions:

1 stick butter

One medium onion, chopped



INSTRUCTIONS:

If serving with onions, melt the butter in a pan over medium heat, then stir in the chopped onions. Stir frequently for about 20-30 minutes or until the onions are soft and slightly caramelized. Remove from heat and set aside.



Mix all ingredients with enough water to make a medium-soft dough (the dough should not be too soft, or it will get very sticky). Knead well, then roll out until thin (use plenty of flour (about 1/3 cup) on your cutting board and rolling pin to prevent sticking). Cut squares to make 50 pirohy (you can also use a glass or biscuit cutter). Place on each square 1 teaspoon filling. Fold in half to make triangles or semi-circles if you cut round shapes. Pinch edges well to keep filling from escaping (use water around the edges to make it stick, and seal them with a fork). Drop in salted boiling water and cook until all pirohy rises to the top of the water. Then cook for 5 minutes longer and strain. When done, pour a small amount of cold water and strain. Place in serving dish and pour over slightly browned butter. Eat while hot.

Pirohy may be spread carefully on a breadboard after draining to allow them to dry a bit. Then, place them on a serving dish, and they will be less soggy.

If serving with onions, combine them in the pan with onions over low heat before serving.

[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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