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ALICE MASARYK AT THE UNIVERSITY OF CHICAGO SETTLEMENT (1904)



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Calendar of Events

- JAN. 23 - NORTHEASTERN DISTRICT
Meeting
- JAN. 29 - SOKOL ST. LOUIS
Barn Dance
- JAN. 30 - SOKOL DETROIT
BOI Skating Party - Sokol Camp
- FEB. 12 - SOKOL MINNESOTA
Šibřinky
- FEB. 13 - SOKOL MILWAUKEE
Jaternice Dinner

- FEB. 13 - SOKOL DETROIT
Joint Annual Meeting
- FEB. 26 - SOKOL MINNESOTA
Annual Bohemian Euchre Tournament
- FEB. 26 - SOKOL BERWYN
Las Vegas Night
- FEB. 27 - SOKOL DETROIT
Winter Gymnastic
- MARCH 19 - SOKOL STICKNEY
Exhibition - Morton West
- MAY 6 - SOKOL SLAVSKY
Card and Bunco Party
- MAY 20 - SOKOL MILWAUKEE
Gym Graduation Program
- JUNE 18 - SOKOL MILWAUKEE
115th Anniversary Celebration
- JUNE 18 - NORTHEASTERN DISTRICT SLET
Sokol Camp - Sandy Bottom Lake
- JUNE 29-JULY 2 - SOKOL U.S.A. SLET
Pittsburgh, PA
- JULY 9, 10, 11 - SOKOL DETROIT
Czechoslovak-American Festival
- JULY 10 - SOKOL DETROIT
Ethnic Heritage Run

We must never lose sight of the fact that we are teaching masses and our main consideration must be the Sokol program. We must be concerned with the progress of each individual and not only that of the champion.

* * *

The low beam was used in the Sokol gyms in Czechoslovakia in the early 1900's and the uneven bars (hi-lo) in 1921. In 1928, a team of Czech Sokol women performed on the uneven bars in an exhibition at the Olympics in Amsterdam and it was suggested that this apparatus be a part of the women's competitions in the future. The Czech Sokol also suggested that the high beam be used in competitions. Both apparatus were used for the first time in the women's gymnastic championships in Budapest and then in the 1936 Olympics.

Cover photo and photos in Sokol Educator column are from the book:

ALICE GARRIGUE MASARYK 1879-1966
Compiled by Ruth Crawford Mitchell.

Help Our Sokol Grow

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

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Sokol Educator

DR. ALICE MASARYK

Alice Masaryk never aspired to achieve fame or to live in a royal castle. She preferred to remain in the background, but it became necessary for her to act as hostess to heads of governments and distinguished guests when her father, Thomas G. Masaryk became president of Czechoslovakia.

It was at Leipzig University in Germany where Charlotte Garriguova was studying music that she met Thomas Masaryk, and their friendship developed into love. They did not marry until Masaryk had become a professor of philosophy and felt that he could support a wife. They were married in 1878, and Alice was born a year later, followed by Herbert. In 1882, the family moved from Vienna to Prague. Charlotte learned quickly to speak Czech. When Alice was five years old, her mother started to teach her to play the piano. They lived a quiet happy life at the Villa Osvete, on the first floor. The second floor was occupied by another professor and family.

Alice and Herbert were overjoyed when their grandfather from the United States came to visit them. Grandfather gave Alice a gold dove on a chain which she treasured. He was of French Huguenot and Danish seafaring descendants. He had hated to see his beloved daughter marry a foreigner and live in a strange land. He became reconciled when he knew that his daughter had made a good marriage. He had great regard and respect for his son-in-law, and was very pleased when he took the name of Garrigue as his second name.

The Masaryk children were blessed not only with American grandparents, but also with Slovakian grandparents. They went on long walks with them around the fields and through the forests, hunting mushrooms. They went to the River Dyje to swim. The trips to Moravia stopped when grandmother died.

In 1889, Masaryk took his second trip to Russia, bringing back gifts, a Russian samovar, for Herbert wooden cut-toys, and Alice received a dress with cross-stitch embroidery. From early childhood, Herbert liked to draw pictures, and his parents encouraged him to study art. He liked best the old masters, especially Rembrandt and Velasquez, but Josef Mánes, Nicholas Aleš, and Josef Navrátil were also favorite Czech painters. Herbert went to Belgium to take art courses. Returning from school he went on fishing trips staying three or four days with fishermen. He became aware of the strength of turbulent large bodies of water,



Alice Masaryk - aged five.

bringing changing colors of water and sky, arousing artistic emotions.

Uncle Ludvik was their favorite uncle. If he could, he would have taken the blue out of the sky to give to the children. When he opened up a restaurant on Vodičkové ulici, the Masaryk family started having daily dinners there to lessen their mother's work. Eliška, who served the dinners, later married Uncle Ludvik. Školská ulice was on a hill, and every day the Masaryk's children and their parents went down the hill to the restaurant. The children regretted when their parents decided that they return to their own kitchen. Then they moved to Malá Strana (Small Town).

The Masaryk family grew in number; first Alice and Herbert, then Olga and Jan. Studying music was important to all the children. It was a part of their education. A piano teacher came twice weekly to teach them, and Herbert also took violin lessons. They

received lessons in languages and literature, including Russian, German, English, Slovak and Czech. The family spent many happy hours together, singing Slovensky folk songs. Alice played the piano four-handed with her mother.

The children acquired American ways from their American mother. They celebrated their birthdays with cake and lighted candles to blow out after Happy Birthdays had been sung. At Easter, eggs were colored, hidden around the yard, followed by great fun searching for the eggs. Vacation time meant Bystrice in Slovensko, returning to Prague in the fall. They were active children. They went swimming in the summertime and ice-skating in winter. They were brought up as good Sokols, according to Tyrš's teaching. The entire nation was affected by the idealism of Sokol training.

Their mother influenced them to love good books. They read Shakespeare, Mark Twain, Tolstoy, Božena Němcová, Dickens and other classics.

Evenings, all four children would sit on the carpet in the living room, taking turns reading. When heating time began they would wrap-up in blankets. They learned that their American grandmother liked people, who in turn liked her. The black people came to her garden to visit. She would read the newspapers to them, but best of all they liked to hear her talk about Abraham Lincoln, whom the blacks adored.



Alice Masaryk - Teacher of history and pedagogy at the lycee in Prague VII, 1912.

Alice enrolled in the school of medicine when she was eighteen years old. She was the only girl in a class of fifty males. After one year she changed courses but continued until she received a university degree. In 1904, when Alice had become a doctor of philosophy, she came to Chicago on a visit. While visiting there, she became interested in social work. It was due to Professor Masaryk coming to the University of Chicago, to give a series of lectures on the problems of small nations in Europe, that Alice was influenced by her father two years later to visit Chicago. It was a happy and worthwhile stay, giving Alice the opportunity of getting to know American Czechs, becoming a leader of the Clean City Club for boys, referring to it as her beginning in social work. She met Jane Addams, whom she admired very much for her great humanitarian spirit. When she returned home in 1905, she tried to bring about social changes which she felt were badly needed.

She volunteered as a nurse, but was not accepted. Instead of listening to her pleas for social improvements, the Habsburg rulers arrested and put her in prison in Vienna. She took the place of her mother whom the Austrians were to take hostage. Alice's brother Jan became his mother's salvation, helping her to endure the worries. Alice was treated as a criminal, confined to a small room in which eight women were forced to live with cots so close they touched each other. There was only one open toilet and one small window. Every day Alice received threats that it might be her last day, her captors grimly joking about whether she would prefer to be shot with a pistol or hung with a rope. She had two books with her, Shakespeare's *TEMPEST* AND *THE LITTLE GOSPEL OF ST. JOHN* keeping her spiritually healthy.

In the London Times of June 9, 1916, an article appeared in which Professor Masaryk made known that his daughter was held a prisoner in order to persuade the Austrian police to believe that she kept in close political touch with her father. This was not true as Masaryk took great pains not to involve his family. The news spread, and the United States government began to show interest in Alice Masaryk's plight. Because of her former stay in Chicago she was regarded virtually an American, bringing protests against her confinement. The foreign press added to the outcry and brought about her release. In August, 1916, she returned home ill and found her mother also broken in health.

The First World War ended with the complete collapse of the Habsburg monarchy and Czechoslovakia came to life. Thomas Garrigue Masaryk became its president. Alice was his right hand, always ready to serve the new republic. She had been chairman of the Czechoslovak Red Cross for twenty years, resigning when the Nazis took control of her country. Alice wore a very special pin which was made at the request of her associates of the Red Cross. The pin was a cross with a heart on it, meant to carry out a concept of Alice's. "It is the golden heart," Alice explained, "the kind of heart one should have, full of golden humor, after one has gone through the sufferings for which the cross stands."



Alice Masaryk - in New York City (1960).

Alice Masaryk spent the last years of her life at the Bohemian Old People's Home in Chicago, where she died in 1966. A memorial plaque remains in the mausoleum of the Bohemian National Cemetery in Chicago. Alice Masaryk had a quiet dignity with intense devotion to her family and country. In her lifetime, she had acquired two cultures, one from her American mother, the other from her father, liberator of Czechoslovakia.

Sis. Stella Tichy,
Sokol Cechie, Chicago

JOSEPH SKODA - Father of Percussion and Auscultation

Born: Pilsen, Bohemia, 1805

Died: Vienna, Austria, 1881

Born the son of a locksmith in Pilsen, Bohemia, Joseph Skoda grew up in a poverty stricken home. An older brother, Franz, was a tutor to a wealthy manufacturer's family in Vienna, and a member of the family recognizing Joseph's genius, offered to assist him if he would study medicine in Vienna. Accepting the offer, Joseph walked to Vienna, a six-day journey, and in the years to follow confirmed his benefactor's confidence.

During his schooling Skoda managed to eke a livelihood by giving private lessons, acquiring in the process a mastery of mathematics and physics, for which he had an inherent talent. He read the current medical literature of France about what was then the infancy of percussion and auscultation. Since no one in Vienna could provide any practical instruction in these subjects, he was self-taught in these new methods of clinical investigation. He percussed, he auscultated and spent time observing Rokitansky's post-mortum examinations. Utilizing his skill as a physicist he attempted to reproduce percussion tones and auscultation sound experimentally, outside of the body, with the aid of apparatus. By this method he was able to plumb the depths of physical diagnosis, rendering the field more objective! Prior to Skoda's investigation auscultation and percussion as diagnostic methods were restricted to only those capable of a considerable measure of imaginative insight.

By making the physical causes of the phenomena clear, teaching and learning the new method became easier. Skoda devoted most of his efforts to auscultation of the heart, making a thorough study of the cardiac impulse and the origin of heart sounds. He precisely localized those sounds and sharply distinguished between the sounds of a normal heart and those of a murmur or bruit. He carried his enthusiasm to the point where patients complained to the doctor who was continually "mauling them about." As a result one fine day Skoda was transferred to the department for mental disorders.



A medallion in the author's collection by medallist Karl Radnitzky issued in 1871 on the occasion of Skoda's resignation from his professorship. Bronze 70mm. "To a Brilliant Medical Colleague, Leader of a Changing School of Medicine, University of Vienna 1871."

Joseph Skoda's skill as a diagnostician made him one of the best know physicians of his time. His magnum opus, "Abhandlung uber Perkussion und Auskultation" (Vienna 1839), at first misunderstood and ridiculed, formed the scientific basis of Modern physical diagnosis. He initiated the so-called "therapeutic nihilism" that became characteristic of the Viennese School. He regarded his task as completed once the diagnosis was established, divorcing himself from any aspects of therapy. In his day the nihilism was probably of more benefit to the patient than the bleedings, the emetics, and the purgings that were still part of medical treatment.

Dr. Skoda operated a private clinic for diseases of the chest described as perhaps the best school for acquiring a knowledge of the diagnosis of such afflictions that the foreigner can visit. It was purely a stethoscopic clinic, utilizing two wards, male and female. The clinic had 42 beds for patients with acute and chronic diseases of the chest, selected from the wards of the general hospital (Allgemeine Krankenhaus), for the purpose of instruction.

As an auscultator Skoda possessed an unrivaled reputation, and his diagnosis of heart and lung afflictions were astonishingly correct. The course he conducted in his clinic lasted from two to three months with approximately 24 students per class. Among his audience were "professors, imperial councilors, and practitioners of long-standing, animated with an eager determination to learn the mysteries of auscultation and percussion."

Sir William Robert Willis Wilde wrote, "Skoda takes great pains with his pupils and besides the clinical instruction, delivers several lectures during his course, upon the pathology of the circulatory and respiratory organs, from the cases that have died in their wards; indeed, he is the only practical teacher in Vienna who pays attention to this subject, the department of practical medicine and surgery, and of pathological anatomy being in all the other cliniques perfectly distinct. The students attending the former never hear more of the cases that may have died under their observation till the professor of the latter branch alludes to them several months after, when their peculiarities must have totally escaped their memories. In these lectures Dr. Skoda also performs many curious physical experiments to explain the different sounds of the chest, both normal and diseased".

Next to Rokitansky, Joseph Skoda was the center of attraction of the Viennese School. While Skoda was achieving fame in Austria, one of his brothers, having taken over the paternal locksmith workshop, developed the family business into one of the largest industrial undertakings in Austria, the Skoda Works.

Throughout his career Joseph Skoda's primary interest remained in diagnosis. He was characterized aptly by Carl August Wunderlich, a young instructor in Tubingen in 1841, when he wrote, "Skoda's method in each concrete case, of unriddling and trying to interpret the physical signs, left nothing to be desired. His exceptional wide knowledge of pathological anatomy and his profound acquaintance with physics



Aesculapius, draped, seated on a stool beside a bed on which lies a youth, partially covered by a sheet, head supported on pillow: the god wears mantle, loosely draped and flung over left shoulder; in left hand he holds a stethoscope and with the right hand he points to youth's chest. "He deducted the Nature of Diseases by Percussion and Auscultation."

were the most valuable aide to his insight - and it was by the method of exculsion and by a calculus of probabilities that he arrived at his definitive diagnosis.

Written by
Dr. JULIEN PRIVER

Permission given to be reprinted by Dr. Priver and the Sinai Hospital of Detroit. Article brought to our attention by Bro. Bruce Janda, Sokol Detroit.

ASO EXECUTIVE BOARD MEETING

Regular meeting of the American Sokol Organization Executive Board, Tuesday, November 23, 1982, was brought to order at 7:45 p.m. by President Roy Zitny, pledge to the flag was given. District minutes reviewed were Southern, August 26th and September 25th; Northeastern, October 27th and Central, October 27th.

CORRESPONDENCE: Czechoslovak National Council of America, request for ad in their program book for their 32nd Annual Ball, January 29th, motion passed to take a half page ad. Cermak Road Business Assn., to support their fund for Christmas decorations for Cermak Road, a \$25.00 donation approved. Denní Hlasatel, greetings for Christmas and New Year's, approved to have a \$37.50 ad. Minutes of the Eleventh

AMERICAN SOKOL

SOKOL GYMNAST

JANUARY 1983

Editor - Edward Linhart - 1820 Ridgeland Ave., Berwyn, Ill. 60402



SOKOL USA

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Paul Labloch, Director
Marie Ptacek, Director
American Sokol Organization
6424 West Cermak Road
Berwyn Ill. 60402

Dear Bro. Labloch and Sis. Ptacek:

It is with great pride in our Sokol heritage that we, the members of the Slovak Gymnastic Union Sokol, invite you, the members of the American Sokol Organization to participate with us in the XIX Sokol USA Slet and National Gymnastic Championships to be held from June 29 through July 2, 1983. Pittsburgh, Pennsylvania - the center of early Slovak emigration to the United States - is truly a fitting site for this historic event.

Our theme - "Sokols Around the World" - is meant to emphasize the extent to which the Sokol movement has spread throughout the world since it was founded in Czechoslovakia 121 years ago by Dr. Miroslav Trys.

The friendly cooperation between Sokol USA and the American Sokol Organization in the past, has demonstrated dramatic results and it is our wish to continue working together to further the Sokol movement in North America and the world.

Competitive exercises for all Divisions as well as Slet Calisthenics are enclosed along with a cassette tape of the music. All of your Directors will receive all Slet materials and information directly from us.

More information, Sokol USA rules, surveys, entry blanks, etc. will be sent at appropriate times.

We will make every effort to make your stay in Pittsburgh both enjoyable and one which you will always remember.

NAZDAR!

Stephen J. Banjak
Chief Physical Director

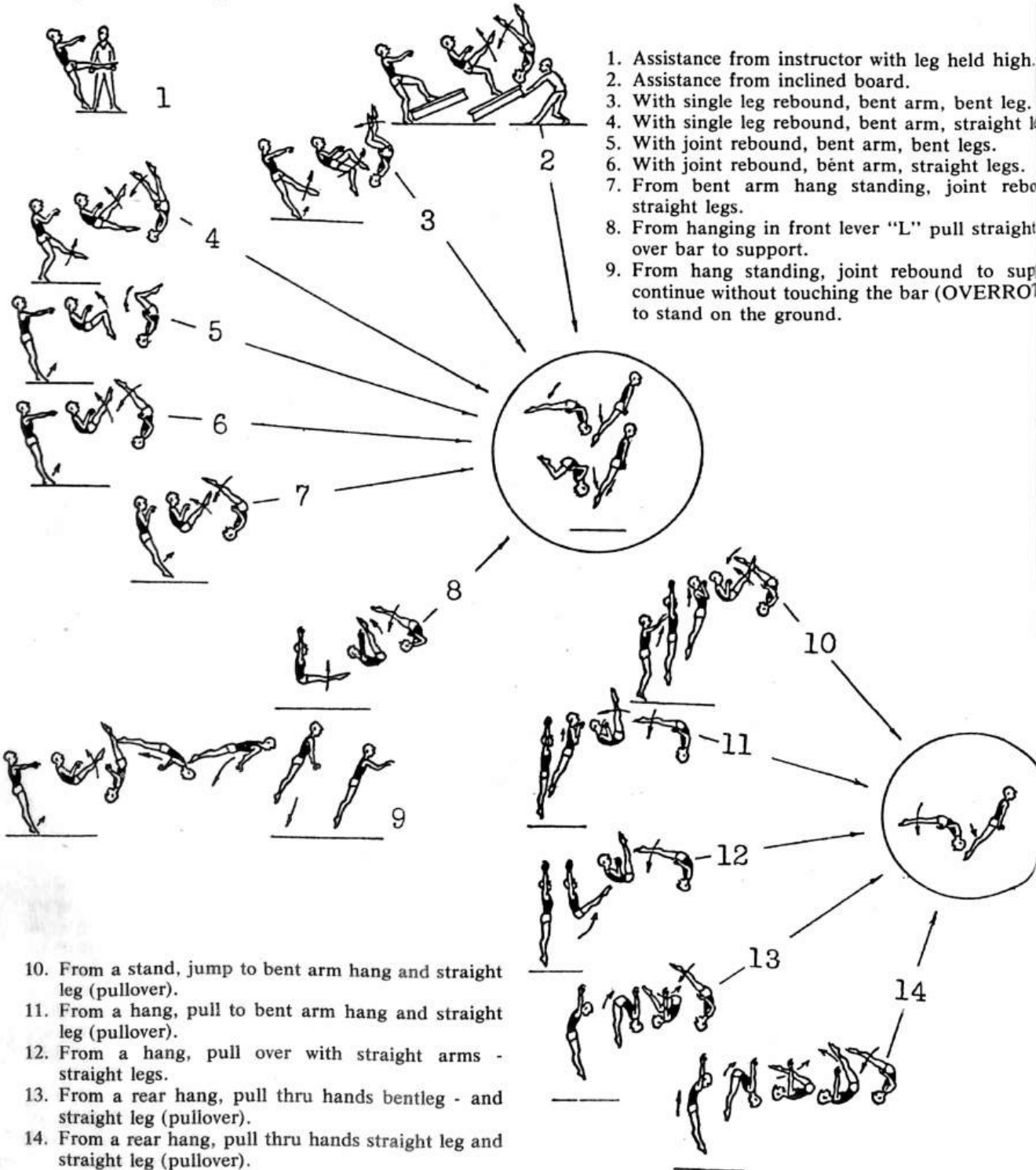
Chris Yatchyshyn
Chief Physical Directress

XIX SOKOL USA SLET and GYMNASTIC CHAMPIONSHIPS
June 29 - July 2, 1983
Pittsburgh, Pennsylvania

HORIZONTAL BAR - UPROTUL FRONTWAY

Our technical term for an UPROTUL is a rotating movement from a hang to a hand support position executed by the movement of FEET FIRST over the bar or the axis of the apparatus.

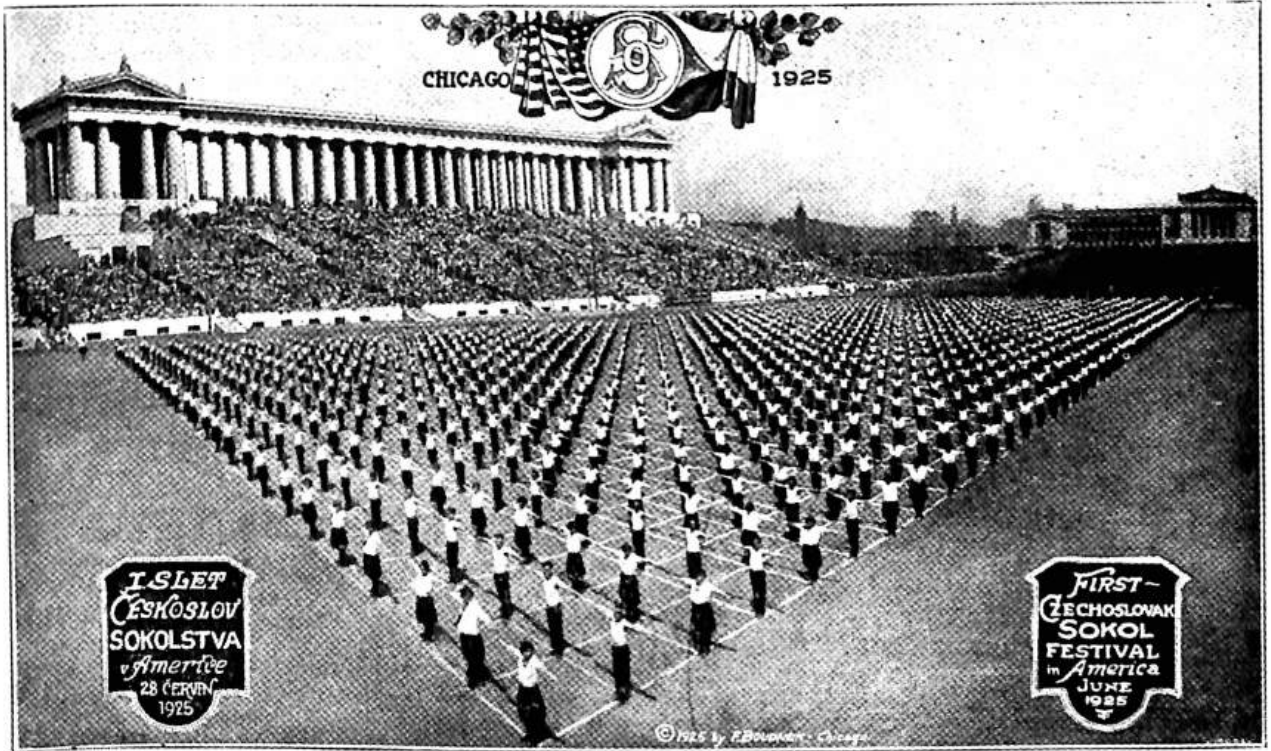
The UPROTUL FRONTWAY or more commonly called "pullover" is used by both boys and girls in exercises on horizontal bar and uneven bars. Pictured here are various methods in teaching this exercise to young gymnasts. The insert in circle is completed exercise. The second set of pictures denotes the uprotul from a high bar.



FIRST CZECHOSLOVAK SOKOL FESTIVAL

JUNE 1925

All Sokol Organizations combined under one leadership for the first time in 1925 to promote the First Czechoslovak Sokol Festival. Pictured here, on June 28, 1925, at Soldier Field, Chicago, Illinois, 1400 men and women Sokol participated in a mass calisthenics drill. This was viewed by 45,000 spectators.



Participation

What kind of class member are you - 100 percent, 50 percent, 10 percent? You may answer that you attend every gym class you possibly can, but may still only be a 10 or 20 percent class member. This question was not intended to refer to how regularly a person shows up for classes (although this is certainly an area that needs improvement for some members). It is intended rather to make us look at how much of the planned class activities we actively participate in.

Adult classes are particularly plagued with members that refuse to participate in activities that they are perfectly capable of performing, simply because they are not as interested in that activity. What usually results is a group of brothers (or sisters) who end up sitting on the sidelines exercising their vocal cords among themselves until the instructor moves on to an activity they like. These same members return home self-satisfied that they have improved their physical fitness by attending gym; when in reality, they might have obtained more fitness by mowing the lawn or ironing clothes.

I am not advocating participation in activities that are beyond one's age or the state of one's health but

rather in using the options the instructor presents as fully as possible.

A good instructor plans each weeks class so that each member can participate fully in activities coinciding with his abilities and health. There is nothing that discourages the enthusiasm of diligent instructors more than regularly observing class members disregarding the activities presented in favor of their own social hour.

This is a situation that would not be tolerated in our children's classes, so why do we accept it in ourselves? Aren't we held as examples for our young people to follow?

Certainly it is not easy to turn this trend around - it takes self-discipline, courage and a certain strength of spirit - but habits are learned and can be unlearned. If we do make a sincere effort at a goal of 100 percent class participation, the total vitality of the class will improve. The greater benefit, however, will be to ourselves and what Sokol is doing for us.

Richard J. Rejna - Maple Heights, Ohio
Sokol Greater Cleveland

CENTRAL DISTRICT RHYTHMIC GYMNASTICS COMPETITION

DECEMBER 11, 1982 - SOKOL TABOR

II Class Girls Beginner Ball Event 34 Competitors

Pic	Total	Competitor	Team
1.	12.8	Marylin Grabador	Berwyn
2.	12.7	Sharon Grant	Berwyn
3.	12.3	Renee Hawver	Berwyn
4.	11.4	Christina Curran	Tabor
5.	11.3	Debbie Schrofe	Berwyn
5.	11.3	Colleen Coppedge	Tabor
7.	11.2	Missi Jones	West Suburban
8.	10.8	Kara Abrahamson	Berwyn
9.	10.6	Becky Morgan	West Suburban
10.	10.5	Kathy Porosilo	Berwyn
10.	10.5	Erica Kubowicz	Berwyn

II Class Girls Beginner Rope Event 25 Competitors

1.	12.3	Lisa Kokenes	West Suburban
2.	10.9	Missi Jones	West Suburban
3.	9.7	Becky Morgan	West Suburban
4.	9.6	Denise Szawajnos	Slavsky
5.	9.1	Sarah Clark	West Suburban
5.	9.1	Karla Kaprak	West Suburban
7.	9.0	Sara Bourne	West Suburban
8.	8.8	Charise Petrelli	Slavsky
8.	8.8	Mary Masek	West Suburban
10.	8.0	Christina Curran	Tabor

II Class Girls Advanced Ball Event 17 Competitors

1.	12.7	Jill Rodreguez	Tabor
2.	12.7	Melissa Baez	Tabor
3.	11.6	Patti Kalat	Tabor
4.	11.4	Karen Klindera	Berwyn
5.	11.1	Teryn Naughton	Tabor
6.	11.0	Tami Volenec	Berwyn
7.	10.6	Maria Diliberto	Tabor
7.	10.6	Janet Javurek	Tabor
9.	9.9	Nicole Merrill	Tabor
10.	9.8	Claudia Misna	Tabor

5 Individuals - 2 Teams

II Class Boys High Division Team Competition Results

1.	205.90	Slavsky
2.	189.20	Tabor

Individual Competition Results

1.	104.8	Thomas Pajer	Slavsky
2.	101.1	Anthony Gutierrez	Slavsky
2.	101.1	Neal Levang	Stickney
4.	97.3	George Linhart	Tabor
5.	91.9	Joe Jakubicek	Tabor

II Class Boys Low Division Team Competition Results

1.	473.60	Slavsky I
2.	423.80	Berwyn I
3.	319.50	West Suburban

II Class Girls Advanced Rope Event 13 Competitors

1.	15.9	Jill Rodreguez	Tabor
2.	12.4	Kendra Wright	Tabor
3.	12.3	Melissa Baez	Tabor
4.	11.2	Janet Javurek	Tabor
5.	10.5	Patti Kalat	Tabor
6.	10.3	Cathy Gilbert	West Suburban
7.	9.7	Teryn Naughton	Tabor
8.	9.3	Karen Klindera	Berwyn
9.	9.0	Nicole Merrill	Tabor
10.	8.1	J. McMennamin	Berwyn

Junior Girls Beginner Ball Event 29 Competitors

1.	14.3	Jelena Koledin	Tabor
2.	12.7	Gabriela Coronado	Tabor
3.	12.1	Kathie Kratochvil	Slavsky
4.	12.0	Suzy Wirack	Slavsky
5.	11.8	Coleen Tieri	Tabor
6.	11.3	Maria Fontana	Slavsky
6.	11.3	Linda Vitous	Tabor
8.	10.8	Denise Iglesias	Tabor
9.	10.7	Vicki May	Slavsky
10.	10.6	Tracy Somolik	Berwyn

Junior Girls Beginner Rope Event 25 Competitors

1.	12.1	Kathie Kratochvil	Slavsky
2.	11.9	Claudia Villanueva	Slavsky
3.	11.0	Gabriela Coronado	Tabor
4.	10.6	Laura Banaszek	West Suburban
5.	9.9	Suzy Wirack	Slavsky
6.	9.7	Maria Fontana	Slavsky
7.	9.2	Colleen Plica	West Suburban
8.	9.1	Corinne Petrelli	Slavsky
8.	9.1	Colleen Tieri	Tabor
10.	9.0	Linda Banaszek	West Suburban

Junior Girls Advanced Rope Event

1.	13.0	Christi Schabowski	Tabor
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31 Individuals - 3 Teams

Junior Boys Low Division Team Competition Results

1.	366.30	Slavsky
2.	232.80	Berwyn

Junior Girls Advanced Ball Event

1.	9.1	Colleen Plica	West Suburban
2.	8.2	Christi Schabowski	Tabor
3.	5.7	Linda Banaszek	West Suburban

Junior Girls Without Implement Event

1.	10.5	Alberta Rauch	Berwyn
2.	6.8	Kim Elder	Berwyn
3.	6.1	Reda Elder	Berwyn
4.	6.0	Lucy Raska	Berwyn

Women Beginner Ball Event

1.	16.5	Sandra Vazquez	Berwyn
2.	11.5	Diane Daunis	Berwyn
3.	10.0	Sharon Somolik	Berwyn
4.	9.9	Irene Balas	Berwyn
5.	9.4	Mary Prikaszky	Berwyn

Women Beginner Rope Event

1.	9.0	Karen Pavlik	Slavsky
2.	6.5	Mary Moravic	West Suburban

Women Advanced Rope Event

1.	13.9	Kathy Babka	Slavsky
2.	11.1	Helen Onni	Tabor
3.	11.0	Karen Kratochvil	Slavsky
4.	10.2	Anette Schabowski	Tabor

Women Advanced Ball Event

1.	15.2	Helen Onni	Tabor
2.	13.8	Anette Schabowski	Tabor

Women Without Implement Event

1.	15.8	Kris Tybor-Wright	Slavsky
2.	13.5	Karen Kratochvil	Slavsky
3.	13.4	Helen Onni	Tabor
4.	12.8	Sandra Vazquez	Berwyn
5.	11.7	Sharon Somolik	Berwyn
6.	9.2	Irene Balas	Berwyn
7.	8.0	Mary Prikaszky	Berwyn

CENTRAL DISTRICT COMPETITION

DECEMBER 10, 1982 - SOKOL STICKNEY

Individual Competition Results

1.	105.5	Brian Hathcoat	Tabor
2.	99.7	Mike Mongello	Slavsky
3.	97.6	Bob Barcal	Slavsky
4.	96.2	Michael Michalek	West Suburban
5.	96.0	Mike Kotynek	Slavsky
6.	93.6	Dave Vondenburg	Berwyn
7.	93.5	Dough Roscoe	West Suburban
8.	73.0	Dave Satek	Slavsky
9.	72.8	Fred Kala	Berwyn
10.	66.4	Ed Synek	Berwyn

10 Individuals - 2 Teams

Junior Boys Intermediate Division

Individual Competition Results

1.	92.3	Paul Gilea	Slavsky
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1 Individuals - 0 Teams

Men's Master's Division

1.	103.8	Frank Michalek	West Suburban
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Men's High Division

1.	93.5	William Kusper	Slavsky
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World Congress of the Czechoslovak Society of Arts and Sciences. Educational newsletter from the Wilsonian Club. From the president of Sokol Wilber, Alice Maryska, concerning their non-profit status, a letter of explanation will be sent. "Portage 1982", magazine with article on **Falcons Fly High**, about Sis. Mildred Prchal.

WOMEN'S DIRECTOR - Sis. Marie Ptacek: USGF Board of Director's meeting minutes held October 10 and 11, 1982. Sis. Norma Zabka attended as our representative. Highlights of the minutes: 1) USGF fund raising is expected to become easier with the receipt of the U.S. tax letter, which is expected to be received soon. 2) Three sites are being considered for USGF headquarters - Colorado Springs (as part of the Olympic Comm. complex), Fort Worth and Indianapolis. 3) Mike Jacki named Events Coordinator. 4) Ed Zimmer, former Events Coordinator, to perform the duties of fund raising. 5) Olympic coins are being minted. Subscription orders will go into effect in early 1983. Kathleen M. Delano, Director of Media Services, USGF, has notified us that she has included the American Sokol Organization on her mailing list. She requested that she be included on our mailing list. Sokol USA sent us their official invitation to participate in their XIX Slet to be held from June 29 through July 2, 1983 in Pittsburgh, Pennsylvania. Their theme is "Sokols Around The World." All apparatus, calisthenics and music have been sent to every Unit Director by Sokol USA. More information, Sokol USA rules, surveys, entry blanks, etc. will be sent later. Central and Western Districts supplies their lists of qualified instructors for Sokol Instructors Courses.

SOKOL USA CONVENTION BOI MINUTES: Planning to hold a beginners and intermediate instructors course right after their Slet in July, 1983. We have been invited to participate with students, as well as staff members. Volleyball games will start on Friday, July 1; finals on Saturday, an admission will be charged. Entry fee for the competitions is \$15.00 per gymnast, with possibly a team fee also includes a boat ride and some admissions. Sokol USA was denied membership on the USGF Board of Directors. The Sokol USA parade uniform is similar to ours. A recommendation was made that the ASO and Sokol USA join administrating forces. **FINAL REPORT**

FORMS: Northeastern District for a calisthenics clinic held May 15, 1982 at Sokol Greater Cleveland. 49 students attended. Sis. Dagmar Fiala was instructor. Air fare, \$167.50; per diem, \$50.00, total \$217.50. Central District for a Beginners Instructors Course held August 15-21, 1982 at North Central College, Naperville, Illinois. 27 students. Instructors; Sis. Mlsek, Schnabl, Pistorius, Bros. Martin, John Satek, Jr. and John Satek. Air fare, \$59.00; car expense, \$101.25; salaries, \$966.04 and room and board, \$3,273.03, total \$4,930.32. Northeastern District for a Beginners Course held August 2-7, 1982 at Sokol Greater Cleveland. 42 students. Instructors, Br. Frank Michalek, Sis. Provaznik and Dalton. Travel expenses, \$1,067.40; instructors lodging, \$300.00; salaries, \$650.00, caterer, \$873.21, supplies, \$416.59 and Sokol books, \$204.38, total \$3,511.58. Pacific District for an Assistants Instructors Course held August 29 to Sept.

5, 1982 at Dinky Creek, California. 8 students. Instructors; Bro. Pete Dusek, Sis. Provaznik and Br. Frank Michalek, Director. Air fare, \$1,031.00, bus \$320.00, board, \$550.00, rent, \$248.00, salaries, \$656.00 and misc. expenses, \$226.15, total \$3,025.15. All final report forms approved for payment. Pacific District is very enthusiastic, classes have started in Fresno again. Sokol Seattle has rented a hall for volleyball and are organizing hikes and social functions. Several adults attended their course which is a very good sign. Bro. Satek commented that if we were to accept the Pacific District's invitation to host our 1983 Directors' Conference, it would be a very strong morale booster for them . . . would show that we are interested in their progress. We hope that the Districts will help financially with future Directors' Conferences, this was brought up at this past Conference. **MANUAL REVISION:** Bro. Halik reported that good progress was made at the last meeting. Another meeting has been planned for December 27th to run four days. We will write for information on flights and book a motel. A committee will start to investigate sites for our 1985 Slet and competitions right after the start of the year. Might be a problem getting equipment loaned to us as in the past - it is our understanding that Nissen no longer does it.

DIRECTOR OF MEN - Bro. Paul Lebloch: Received from Sis. Zabka a draft drawn up by the USGF describing rules governing amateurism. Copies will be made for our BOI members to study. Minutes of the Directors' Conference were distributed. Will be discussed at length at our next meeting.

MEMBERSHIP CHAIRMAN - Bro. Fred Kala: Only one-third of the report forms were returned. What can be done to get people to send in their report forms? No information can be compiled from the small amount of information that we have received. North-eastern District has a new membership chairman.

EDUCATIONAL CHAIRMAN - Bro. Stanley Barcal: Bro. Barcal is in Florida to spend Thanksgiving holiday with his family. B. Prener gave the following report. Present herewith, for payment bill from Sis. Annette Schabowski for framing of picture. Check to be made out to the Art Mart, Oak Park, IL. This expense was approved at October meeting. Awaiting art work on 4 postal cards, which when received will be sent to Bro. Walter Hosek. Working on informative write-up re: bust of Dr. Miroslav Tyrš. Sis. June Pros presented as candidate for a member and secretary of the Educational Committee, she has agreed, approved by the Executive Board.

PUBLICITY - CZECH - Bro. Jerry Rabas: Not present at meeting, but will be given the job of preparing the text for our Christmas and New Year's ad for the Denní Hlasatel and translating the Vienna Slet article into Czech for the Hlasatel also.

PUBLICITY - ENGLISH - Sis. Vlasta Zitny: Nothing to report at the present time.

FINANCIAL SECRETARY - Sis. Mildred Pinc: The financial report for October, 1982 was prepared and copies were distributed to Executive Board members. A new check has been received from Sis. Emilie Ruzicka from Miami. This replaces the check which we

had returned to them for additional signature. Two six month certificates were re-invested, one for \$15,000.00 and the other for \$10,000.00. Donations to the Future Sokol Leaders' fund and the Library and Archives fund for the month of October were read.

TREASURER PROTEM - Bro. George Basta: Reconciled the bank statements for the month, everything in order. Monthly comparison charts were distributed to the Executive Board and explained.

UNIFORM - II. VICE-PRESIDENT - Sis. Betty Prener: As requested sent report to District Directors' Conference. Bro. Steve Banjak asked if we could obtain source for white socks for junior boys (knee-hi). Have informed him best source is local department stores in the area. Socks were to be imprinted with the word "Sokol" on the side. Preparing to take inventory of our stock the latter part of December. Bro. Joe Vitek, Jr., Sokol Stickney contributed a playing record to our archives. The recording is in English by Bro. Oldrich Kudrnovsky, subject "the Founding of Sokol" T. G. Masaryk Institute. Bro. Ed Halik taped this for us. It is good educational material and can be used in classes and courses. Bro. and Sis. Nykl of Yukon, Oklahoma, visited our office November 19th. Extended best regards to all.

EDITORIAL - SECRETARY - Sis. Jackie Kourim: Have been notified that our publication will cost us 5 percent more for the printing, due to rising costs of everything. Worked on mailing out the Christmas seals during the month of November. Response has been very good. A small but devoted task force turned out a great deal of work. I thank them all for their help. Have been interviewing salesmen for the purchase of a new copier for the office. Approval given to purchase the Canon 125. Sent out invitations for the Christmas party, will be held at Cafe Europe, December 16th. Still receiving donations for the Karel Havlicek Memorial Fund.

I. VICE-PRESIDENT - Bro. George Basta: No report at this time. Just home from the hospital after eye surgery.

PRESIDENT - Bro. Roy Zitny: Attended Central district annual meeting and installed their new officers for the year 1983. Reports show a lot of activity going on in our Central district units.

Report from the committee who reviewed the Sokol Belcamp matter. It was suggested that more information from the unit and district president should be received before coming to a final decision.

Computer committee presented it's final report. There might be a possibility of getting a grant to purchase a unit for our office. All this is being worked on at the present time. More information after the first of the year.

Bro. Chuck Borvansky is the new member of the auditing committee replacing Bro. Bob Barcal who was installed as our new national treasurer this evening by Bro. Roy Zitny. Bro. Barcal's election was unanimously received by all the units who voted properly.

Meeting was adjourned at 10:20 p.m. with refreshment served in honor of our new treasurer.

Respectfully submitted,
Jackie M. Kourim, Secretary

Western District

December 5, 1982, meeting was called to order by President Gary Masek. The pledge of allegiance was given. A moment was taken in remembrance of those departed. Welcome was extended to all members by President Masek. Introduction was given by unit members. Minutes of the annual meeting were not available. Bills paid for telephone and stationery supplies. Correspondence; from Sokol Karel Havlicek Borovsky, for an ad in souvenir book, commemorating their 75th anniversary. From ASO, Christmas seals and request for donation. Wilbur Sokol requesting help with organization of gym classes. Letter from Bro. Pavoucek and quarterly reports.

Director of Men, judges clinic held December 3rd. Good clinic and plan to have another one in the future. Director of Women, Units are not returning gym reports. All clinician lists are back but one. Lacks two of the women information sheets that need be returned.

District Directors' Conference. Need for good class I boys instructors, to hold the interest through juniors. Sis. Dalton stated she will continue her monthly gym reports for those units wishing to do so. Need a seamstress to sew women's blouses. Each unit needs the name of the person responsible for ordering uniforms to the Uniform Division of ASO. Handguard supply list is being developed by Phil Cahoy. Note! there are a few changes in the junior routines, so read carefully. A need with our units to increase the activities for our senior members; physical, social and mental. Insurance on mini-tramp, insurance on a vaulting tramp. Need perhaps to introduce square dancing into our program. The need for more Sokol members, not just members. The cost of the conference and monies to pay for it.

Instructor's course; date July 10-17 at South Omaha. Information sheets sent out to get an idea of how many will attend. Four instructors have been notified and will varyify by December 31. Children's competition; April 10th at South Omaha. BOI met December 4th to make an outline for the instructors school/course/clinic. They have finished a rough draft. Rhonda Frey has selected the background music for the children's calisthenics and will make copies for all the units. 1983 Slet, University of Pittsburgh. Entry fee is \$15.00, this covers the victory dance, social championship, and the boat ride Thursday night. A schedule of events has been sent to each unit. \$40.00 per room that accommodates four persons is the cost of the Marriott Hotels. It was suggested that Bertha Cerny be contacted about giving a clinic at the annual meeting. Mailing list was up-dated. A committee of Gary Masek and Bud Benak was formed to consider the possibilities of purchasing a new video machine and given the authority by the District to make a purchase if they so consider to do so.

By-laws committee, Rich Awender; The by-laws are now being typed. Proxy forms are fine as they are now. Score pads have been run off but need to be put together, Sis. Dalton stated.

New business; expenses to be paid out of the District treasury for costs of transportation for the BOI delegates, which will be reimbursed out of the Special Assessment Fund. Motion approved for the purchase of stationery and envelopes. Thank you's sent to Sokolice Omaha and Sokol Caldwell for their generous donations.

Sis. Georgia Walter, Secretary
Western District

Pacific District

Regular quarterly meeting held in Clovis, November 13, 1982. Sis. Nekuda opened the meeting at 10:15 a.m. Welcomed the delegates and guests. Asked for a moment of silence for our departed members. Pledge of allegiance to our flag was given. Minutes of the quarterly meeting held in San Mateo were read and accepted with correction. Minutes of ASO, Sokol San Francisco and Sokol Fresno were reviewed.

Letter from American Sokol giving our special assessment fund balance, a thank you for our donation and our check re: the Vienna Slet. Received check from Sis. Provaznik for her book. Sis. Pelc returned her check from the conference. Marie Pelc received the scholarship award. Letter from ASO about the membership drive. Treasurer's report distributed.

Sis. Nekuda read the resolution from the City of Clovis proclaiming that March 31 through April 6, 1980 as Emil Prudek week. Sis. Pilgas added that Bro. Prudek was Grand Marshall of the parade. Sis. Pelc made the motion to ask Sis. Prudek to allow the proclamation to be copied and sent to the American Sokol.

Unit reports: Fresno. Sis. Falls reported, we had an exciting weekend October 30, the city of Fresno asked their unit to participate in the Heritage Days. Seven members were in the parade representing Sokol Fresno. Also had a food booth there, was a great success. Was very happy to have the Sokol dancers present for Saturday evening party. We have good social activities. Sis. Sherry announced that she is hoping to start a gym class after the New Year. Expecting 7 or 8 children. A big thank you to Sis. Falls, her son and his wife for their help at the children's camp. They have monthly meetings with 20 to 30 members attending.

San Francisco, Sis. Duffy, we have dances every month, had three cultural events. We drill every Friday, 8 ladies and 13 children. Sis. Provaznik to be with us to conduct a mini clinic. We gained a new instructor from the course, Cecily Soweas also a new member. We keep our meetings short, have about 26 members present. Four sisters did the Vienna prostrná for us.

Los Angeles, Sis. Pelc; we had a winner at the Vienna Slet, Brigit Prochazka was highest in her class. Social activities are good, the Moravské Hody was well attended. Bro. Jakl reported their dancers are performing at least twice a month. Sis. Nekuda commented that the dancers deserve a lot of credit for bringing in new young people. Sis. Jakl announced that they are performing various dances. Our exhibition was a big success.

District Director's report, Sis. Pelc: the District Directors' conference, passed out picture of Sokol Greater Cleveland as a newly restored hall. It has been declared a National Historic Monument. A discussion on the dancers, Sis. Duffy asked for help. Bro. Jakl suggested a workshop to show others the dances. The next Slet will be held in Chicago, 1985. The next District Directors' Conference could possibly be held in Los Angeles. Read a report from Bro. Liska the District Director.

Sis. Nekuda thanked Sis. Prudek for her hospitality last evening and Sokol Fresno for hosting this evening.

Dinky Creek report, Sis. Falls announced that the price on the Dinky Creek camp site was raised. Bro. Jakl stated that the results were fantastic. A performance by the instructors sang a rendition of Dinky Valley composed by Bro. Kilston. Suggested to make it the official song of Dinky Creek Camp. Financial report was a total success. Thanked everyone especially Sis. Falls for all the help. Instructors course was a great success. Sokol Los Angeles will break even. It was decided to apply again for the children's camp. The dates to be first choice the first week in August, second, last week of July, third week of August. Dr. Bob Palas was at the camp and gave instruction on C.P.R. Bro. Jakl is keeping a total file on the children's camp for the zupa. It was decided that the next annual meeting to be in Los Angeles, Saturday, February 12, 1983 at 3:00 p.m. Sis. Nekuda asked for a nominating committee for the election of officers, should have two members from each unit. Sis. Nekuda thanked everyone for their attendance. Meeting adjourned at 12:30 p.m.

Respectfully submitted,
Sis. Louise Kis, Secretary



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ASO Financial Report

NOVEMBER 1982

RECEIPTS:

Dues	\$ 2,823.05
Convention Fund	164.00
Special Assessment	82.00
Dividends and Interest	3,243.63
Resale of Jewelry	1,132.00
UPS Charges	3.72
Educational Booklets	1.00
Phone	1.36
Christmas Seals	3,086.00
Miscellaneous - Old pins	9.00
	<u>\$10,545.76</u>
ASO Uniform Division - Rent	165.00
TOTAL RECEIPTS	\$10,710.76

DISBURSEMENTS:

ADMINISTRATIVE:

Salaries - Office Employees	\$ 715.81
FICA & FWT for October, 1982	176.86
Rent, Janitor Services,	
Phone, Electric	757.76
Office Supplies	159.71
Advertising	125.00
Insurance (Fire and Burglary)	751.00
Donation (Christmas Decorations)	25.00
Stationery	546.00
Printing Christmas Seals	769.00
Rental of Safe Deposit Box	15.00
	<u>\$ 4,041.14</u>

BOARD OF INSTRUCTORS

Salaries	\$ 375.10
FICA & FWT for October, 1982	74.58
Postage	24.71
Add'l copies "Sokol Gymnast"	58.00
Editor "Sokol Gymnast"	30.00
District Directors' Conference	55.13
	<u>\$ 617.52</u>

EDUCATIONAL DEPARTMENT

Frame for Library picture	\$ 34.24
	<u>\$ 34.24</u>

SOKOL PUBLICATION

Printing "American Sokol" -	
October 1982	\$1,002.00
November 1982	1,068.70
Postage "American Sokol" -	
October and November 1982	579.25
Mailing list changes	162.70
Editor "American Sokol"	100.00
	<u>\$ 2,912.65</u>

MISCELLANEOUS

ASO Uniform Division - Salaries,	
FICA and phone	\$ 479.37
Sokol Manual Expense (Future	
Sokol Leaders' Fund)	1,724.40
Postage - Mailing of	
Christmas Seals	1,140.00

Refund - Overpayment on pins	1.14
	<u>\$ 3,344.91</u>
TOTAL DISBURSEMENTS	\$10,950.46

Balance brought forward:

Western National Bank of Cicero -	
Checking Account	\$ 3,202.04
Receipts - November 1982	10,710.76
	<u>\$13,912.80</u>
Disbursements, November 1982	10,950.46
	<u>\$ 2,962.34</u>

FUTURE SOKOL LEADERS' FUND

November 1982

In memory of Br. Frank Vorel -	
Anton and Anna Smunt	\$ 20.00
In memory of Mrs. Anna Dusatko -	
Helen and Betty Prener	25.00
In memory of Sis. Zdenka Tintera -	
Blanche and Joseph Kos	5.00
In memory of Br. James Prech -	
Lad J. Linek	25.00
In memory of Sis. Lorraine Zdenek -	
Frank Svoboda	10.00
	<u>\$ 85.00</u>

LIBRARY AND ARCHIVES FUND

November 1982

In memory of Mrs. Anna Dusatko -	
Roy and Vlasta Zitny	\$ 10.00
Mildred C. Pinc and Linda P. Modes	10.00
Joseph and Agnes D. Sotka	10.00
In memory of Sis. Lorraine Zdenek -	
Sokol Zizka	50.00
Blanche and Joseph Kos	5.00
Southern District ASO	25.00
	<u>\$ 110.00</u>

- Donations are tax exempt -

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Do you want to make the planning and management of meetings more productive? Do away with committees!

Inherent in committees are traits that make for waste. They use neither time nor talent to best advantage.

Instead of committees, we suggest task forces. The differences are more than subtle. Characteristically, a task force is a group that sets out to accomplish a mission: doers. A committee is discussion oriented: talkers.

A task force is a temporary entity that is action and result oriented. A committee tends to be a permanent fixture with built-in inefficiencies.

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A sensible man does not brag . . . You shall not tell me that your commercial house, your partners, or yourself are of importance; you shall not tell me that you have learned to know men; you shall make me feel that; your saying so unsays it. You shall not enumerate your brilliant acquaintances, nor tell me by their titles what books you have read. I am to infer that you keep good company by your better information and manner, and to infer your reading from the wealth and accuracy of your conversation . . . The mark of the man of the world is absence of pretension. He does not make a speech, he takes a low businessstone, avoids all brag, is nobody, dresses plainly, promises not at all, performs much, speaks in monosyllables, hugs his facts. He calls his employment by its lowest name, and so takes from evil tongues their sharpest weapon . . . Men take each other's measure when they meet for the first time - and every time they meet . . . Men do not convince by their argument, but by their personality.

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This "sunset" policy suggests that a committee be evaluated for its effectiveness and killed off when it has outlived its usefulness.

Our suggestion is that task forces rather than committees be involved with meetings. Task forces are given specific assignments. Major decisions do not rest with the task force.

Committees, on the other hand, seem to be in business to make decisions. Often those on committees are ill-equipped to make decisions that require special expertise. (When you plan and manage meetings you need special skills seldom found within a committee.)

A task force can be given a job to do under the direction of a professional who supplies the tools and resources as well as leads and controls activity.

Committees can be dangerous to a meeting's health. "Never let a committee figure out what it has to do," say the experts on committee management. Often a committee will go far afield and waste precious time simply because it lacks the experience in the area with which it is dealing.

Most conventions run by committees are bland and repetitious. On the other hand, give a task force a narrow assignment, a challenging task, provide direction, and chances are good it will perform well.

A task force extends the effectiveness of a good staff, which supplies the guidance. When the task force completes its assignment, it is automatically terminated.

Vocabulary itself affects group activity. A committee is "chaired." The chairperson is expected to lead discussion and debate. With a task force, the leader is expected to chart a course of action. So, what you call your group can determine the outcome.

Traditional committees cannot be directed as easily as a task force. A task force of three or four persons could be assigned the job of interviewing sample of the prospective audience to learn what major problems or needs are most pressing. When this task force completes its interviews and presents a report of its findings, another task force could work on developing program subjects to address major needs or concerns.

(To be continued)

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