

AMERICAN SOKOL - BOI  
Minutes of June 11, 2014 Meeting

This meeting opened at 7:30 p.m. by Sis. A. Gerber and Bro. B. Kucera at the American Sokol Office in Brookfield, Illinois and via teleconference. The Pledge of Allegiance was led by Sis. J. LoGiudice. The following BOI members were present: Bev Domzalski, Allison Gerber, Mary Cushing, Howie Wise, Jane Wise, Deb Allison, Chuck Kalat, Jan Kalat, Kathy Barcal, Juanita LoGiudice, Bob Kucera, Barb Vondra, Todd Yatchyshyn and Ethna Flaherty. Excused: Maryann Fiordelis, Tom Pajer, Kandi Pajer and Joe Kucera.

- This meeting opened with an ice breaker activity from Sis. B. Vondra. The following question was asked, "When was the last time you did something for the first time and what was it?"

MINUTES:

- Minutes of the May 14, 2014, meeting was reviewed.

MOTION made by Sis. E. Flaherty to accept the May 14, 2014, ASO-BOI meeting minutes, seconded by Sis. K. Barcal and passed.

BILLS:

- Jane Wise, Fitness Challenge Expense: additional awards (\$41.25); postage for mailing awards (\$53.54); \$94.79. Approved by Sis. M. Fiordelis and has been paid.

CORRESPONDENCE:

- See attached Correspondence Report dated June 11, 2014.

OTHER OLD AND NEW BUSINESS

- Sis. Fiordelis is waiting for the BOI to submit qualified potential new members to be on the BOI. If you have someone in mind, please send Sis. Fiordelis their name.

- It was noted that due to personal situation, Bro. Joe Kucera will not be able to continue on the board.

2017 Event Survey

- Sis. Cushing noted that she was supposed to send out a follow-up e-mail letting everyone know that you need to use Internet Explorer in order to see it on the computer.

- The completed survey will be sent to Sis. Fiordelis.

- A comment was made about the survey on the last question concerning the type of event you would like to see; you could only choose one answer at a time, not multiple. You need to go back into the survey to choose other options.

- The due date is July 1, 2014.

- Sis. M. Cushing will send out a follow-up e-mail.

2017 Calisthenics

- Sis. Fiordelis would like some input on how and who to recruit someone to prepare new calisthenics routines and, also, needs to know what else need to be started now.

- The BOI discussed whether we need to ask individuals or go back to putting out an open invitation to see what kind of responses we get.

- It was suggested the BOI do both, asking someone and opening it up to others. It was also suggested that when asking for volunteers, a deadline be given.

- A timeline for preparation of a cal needs to be sent out at the time the request is made so anyone interested in preparing a cal knows what they are up for.

- The timeline needs to be established and people need to adhere to it.

- The cal testing timeline needs to be reviewed.

- Course students work on creating calisthenics and when there is a promising one created, the BOI director is told about it.

- Another suggestion was to do a montage of calns that people can easily remember and are easily learned that people liked in the past.
- It might be a good idea to hold a calisthenics writer's workshop. A team could be set up with people who like to write calns, others who like to mix music, etc. At the end of a weekend workshop of this type, there may be a cal in the works.
- This could also be a track at the development conference. A D.J. could be there ready with different types of music to use. Someone with knowledge of cal terminology could be available. There could be some preliminary work requested prior to the conference and people would have to specifically sign up to work on creating a calisthenics number. The whole timeline could be introduced and explained. This needs to be a collaborative effort.
- Sis. Gerber spoke to Sis. Fiordelis about using the USAG Excel program for women. The BOI directors should get together to decide what we would like to present and bring it to BOI for approval. There is an action item for Sis. Wise to report on the usage of the Excel program at Sokol Greater Cleveland. That report is due at the end of this month.
- Briefly, Sis. Wise explained that there are four levels of Excel. Sokol Greater Cleveland used the Bronze, Silver and Gold levels. Their junior girls do the Excel program and the younger girls do compulsory routines for Level 1-4. Excel gives specific guidelines for each level for the type of moves one needs to use. You basically create your own routine using whatever skills you want. You also pick your own floor music. Another way to do Excel is to use a USAG prescribed routine and change a move here and there incorporating the skills you can do. The Excel program can be compared to using optional routines. Sokol Greater Cleveland had 7 women compete using Excel because they did not have to do a compulsory routine that would have been more difficult. You, also, have to have approved judges that know the skills needed for each Excel level.

#### National Instructors School Update

- Sis. Wise has the most up-to-date list of students. There are 33 students registered: 27 beginners; 3 intermediate; 3 advanced.
- The adopt-a-student and adopt-a-class fundraiser has been going very well. Approximately \$500 has been received so far. Most want to adopt a class rather than a student. The class does cost more. It was noted that when there are multiple students attending from one unit, the unit feel it was only fair to adopt a class rather than each student.
- The intermediate and advanced students will be doing the Red Cross CPR and first aid class. The advanced will be doing the USAG 101 testing this year. There is an extra cost for these classes and they all paid without question. It was noted that the course students become USAG Instructor Members and because they are under 18 years old, they do not have to have a background check; over 18 does.

#### National Camp

- The 2014 National Camp has been cancelled.
- Some of the reasons noted for not getting anyone to register for the camp could have been due to poor marketing. We should think of using a creative video to advertise the camp.
- There was a camp slide show presentation prepared a few years back, but it probably has not been used in a while.
- Another possible downfall could be that Bro. Kevin Fitzpatrick is not the right person for this position; he may lack organizational skills needed to run this camp. The camp needs better planning.
- Sis. Lori Laznovsky may be taking over the camp preparations; however, it was noted that in 2015 she will be very busy with the upcoming Gymnaestrada and may not be able to devote a lot of time to the camp.

#### Educational Growth

- Sis. Ethna Flaherty was asked by Sis. Fiordelis to present something educational each month such as a Czech word, etc. This month Sis. Flaherty chose to give a little background of a Czech sandwich known as Chlebicky, a type of open-faced sandwich. Through research, Sis. Flaherty

found that Jan Paukert opened a deli in Prague and introduced this sandwich bite at the beginning of the 20<sup>th</sup> century. The original recipe consisted of Prague ham, 1/8 of a hard-boiled egg, a slice of good cheese, Hungarian salami, a slice of tomato and homemade potato salad made with homemade mayonnaise. His special recipe for the mayonnaise had never been revealed and he took it with him to his grave. Many variations of this recipe are available, but it will never be the original sandwich with the secret mayonnaise recipe.

#### Development Conference

- Sis. K. Barcal reported that Central District chose the end of October to hold this conference, but the exact dates may be difficult to commit to. During the weekend of October 24-26, 2014, Sis. Fiordelis will be unable to attend due to a personal commitment. A possible back-up weekend could be November 7-9, 2014. Central District Track & Field meet is held on October 11, 2014 and Sokol Spirit will be holding Quiz Night on the evening of October 18, 2014. The weekend of September 26-28, 2014 may be a possibility. Not sure about October 4-6, 2014. Bro. Kalat will not be available before October 25, 2014. Central District has their annual meetings scheduled for November 1-2, 2014.

- Sis. Gerber suggested this be discussed between Sis. Fiordelis, Bro. Kalat and Central District to set the date in the next three weeks. There will be no July ASO BOI meeting, but everyone will need to know when this is scheduled.

- Any topics for the Development Conference should be sent to Bro. C. Kalat. To date, Bro. Kalat has received no suggestions. However, Central District did request outside instructors and presenters, not people from Central District. It was also noted that it may cost more money and is anyone will to pay for it. It was suggested we look at some other certification programs. Concussion awareness should be considered because it is one more layer of protection in one's unit to be well-informed.

#### Anything Else?

- Sis. LoGiudice let everyone know that three certificates have been received from the WSF Video Competition. Three units have received recognition from the Central District: Sokol Naperville-Tyrs (Jungle Jim number); Sokol Stickney (Experiment number) for choreography; and Sokol Tabor (Derby Days number). These are written in Czech. Sis. LoGiudice will get them translated so everyone knows what categories these units won. These certificates were presented to Sis. Jean Hruby at the recent WSF meeting. An article will be submitted for the Directors Newsletter along with pictures. Western District submitted two entries, but received no awards.

- Sis. Gerber noted that you can go to [www.freedomfestival/event.com](http://www.freedomfestival/event.com) to see what that is all about in Cedar Rapids, IA.

#### BOI ACTION LIST

- Action list was reviewed; an updated copy is posted on the BOI members' web site.

#### SCHOOL BOARD ACTION LIST

- Reviewed the School Board Action List.

- The next regular ASO-BOI meeting will be held on Wednesday, August 13, 2014, at 7:30 p.m.

There was no further business to discuss. Meeting adjourned at 9:15 p.m.

Respectfully submitted,  
Beverly R. Domzalski, Recording Secretary