

AMERICAN SOKOL - BOI  
Minutes of January 13, 2010 Meeting

This meeting opened at 7:30 p.m. by Br. C. Kalat at the American Sokol Office in Brookfield, Illinois and via teleconference. The Pledge of Allegiance was given. The following BOI members were present: Bev Domzalski, Maryann Fiordelis, Allison Gerber, Chuck Kalat, Jan Kalat, Barb Kucera, Bob Kucera, Juanita LoGiudice, Nancy Pajeau, Kandi Pajer, Tom Pajer, Irena Polashek, Barb Vondra, Patti Vondra, Howie Wise, Jane Wise and Christina Wurst.

ANNOUNCEMENTS:

- Happy Belated Birthday: Jerry Milan, 12/9; Barb Kucera, 1/1.
- Happy Birthday: Rome Milan, 1/29.

MINUTES:

- Minutes of the November 11, 2009, meeting were reviewed.
- MOTION made by Bro. T. Pajer to approve the minutes of the November 11, 2009, American Sokol BOI meeting, seconded by Br. B. Kucera and passed.

BILLS:

- Steve Wise, Instructor School staff Meeting expense for travel, \$275.20.
- Mary Cushing, travel, \$84.60.
- Jane Wise, food, \$89.83.

MOTION made by Bro. T. Pajer to approve bills, seconded by Bro. B. Kucera and passed.

NOTE: These bills are to be paid from the Future Sokol Leaders Fund.

CORRESPONDENCE:

Mail Sent:

- Letter to District and Unit Directors explaining new participant pin award for reporting Skills Month Program participation.

Mail Received:

- COS November, 2009 Sokol Magazines.
- Director's Newsletter for November and December.
- Various American Sokol Unit newsletters.
- Orders and payment (total \$12.25) for Skills Awards from Sokol Chicagoland, Naperville-Tyrs and Central District Men.
- Allison Gerber, \$87 for Patti Komara copied DVD videos.
- Winter Slet applications and payments.
- Slovak Catholic Falcon, Slovak Slet Trecin, June 24-27, 2010, [www.sokolnaslovensku.sk](http://www.sokolnaslovensku.sk), emailed for more info.
- Sokol Times, articles by Chris Yatchyshyn and Lance Kovac and American Sokol Winter Slet promo ad; Sokol Festival, Trencin, Slovakia; Meeting of World Sokol Federation Board.

E-mails sent:

- Minutes and Updated Action List Posted, [www.american-sokol.org/boi/members](http://www.american-sokol.org/boi/members).
- Correspondence Report for 1/13/10 meeting.
- Smug Mug & Duck and Shoot, asking about purchasing pictures of ISCF.
- Chris Puskar, Polish Falcons Volleyball Tournament Romeoville Lewis University; correspondence by e-mail; Winter Slet Invitation for two teams to participate [www.polishfalcons.org](http://www.polishfalcons.org), Fri-Sat, March 5-6, \$55/\$60 per person includes food, drinks, for two

nights (Lockport AL Post Home & Lemont Joe & Josie's Banquets) and awards Friday 4pm; captains meeting starts Sat 8am; can't find information on website, e-mailed her.

- Reminder of the Winter Slet listing some misunderstandings.

#### E-mails received:

- Chuck Kalat, 2009 Slet Housing Survey, direct to person in charge, deadline Jan 15<sup>th</sup>.

- Chuck Kalat, Meeting Agenda.

- Christy Lane Dance & Physical Fitness Products Discount Items available,

[www.christylane.com](http://www.christylane.com).

- Duck & Shoot, \$150 purchase, CD of 1,000 pictures taken at ISCF/Slet; waiting for response.

- Smug Mug, I have to contact photographer, haven't found out who that was.

- Lori Laznovsky and Barb Vondra, 2010 Golden Age Festival in Portugal Oct 3-8, 2010, 50+,

interested tell Barb Vondra, [www.goldenage2010.webnode.com/about-us](http://www.goldenage2010.webnode.com/about-us).

- Central District, trip to Ceska Sin's Exhibition Jan 30<sup>th</sup>.

- Central District, Calendar of Events.

#### YOUTH MEMBERSHIP:

- Bro. B. Kucera reviewed the attached Youth Committee Status Report dated January 13, 2010, and Youth Membership Account Transactions.

- Submitted fiscal 2009 Financial Report to Sis. M. Tooke.

#### NEW UNIFORM PROJECT

- Sis. M. Fiordelis reported a meeting was held just prior to this meeting. Design requirements are being set up for the vendor. The committee will meet again in two weeks to look over what was agreed on today and to get into specifics. The plan is to have everything ready to present at the convention. It is the National Directors, Assistant Directors and PR Director who are working on this project.

#### EDUCATIONAL

- Sis. Schnabl sent articles in November: Twelve Days of Sokol, What Teachers Make Students Do. Songs in Czech "Christmas Night" and "Ticha," Verify a Census Worker, Make a Icosahedron Christmas Star. Also, sent January Letter and Education Report Survey.

#### OTHER OLD AND NEW BUSINESS:

##### Skills Month

- Bro. Pajer reported that a letter went out reminding everyone there are awards for the different skill levels. Sis. LoGiudice distributed this to all directors. A note was included about reporting skills month program participants and receiving a pin for each one of them.

- Five hundred (500) pins have been ordered from Crown Trophy; the pins should be in this week.

- Senior II skills are included. Sis. Jan Kalat is the Senior II coordinator.

##### Winter Slet

- There are 30 people registered for bowling; 2 for laser tag; 39 volleyball players, 2 Tabor teams, 2 Spirit teams and several free agents, total of six teams that are not all filled yet. Everyone submitted is placed on a team.

- There are 8 people who will get a credit when they get to Sokol Tabor for the pig roast and they are: Howie Maskill, John Bazata, Mary Novak, Ed Burek, Matt Carlozzi, Kevin Fitzpatrick, Mark Beckerman and Lindsay Daniels.

- Food arrangements have been made.

- Discussion followed concerning moving the Winter Slet to another location. It was also noted that the original intention was not to do the Winter Slet every year; possibly skip the year after Slet.

#### 2010 National Instructors School

- Sis. J. Wise reported that a collection of staff members met the first week of December. They were updating their guideline books. Those that were in attendance were Mary Cushing, Steve Wise, Kevin Fitzpatrick, Sonia Nakonecznyj, Heidi Vencl and Gretchen Obrovec. They met Friday night, Saturday until 6:00 p.m. and Sunday until noon. Peter Lattanzio called in on a conference call for part of that time. Sis. Cushing had them divided into the areas that they teach and they had time to work together and write different information for the guideline book. Sis. M. Cushing would have more information about this meeting.

- For the upcoming school, the announcement flier has been sent to Sis. Cushing to look at before Sis. Wise sends it to Bro. Kalat, to Sis. Pajer for the publication and to Bro. Pajer to put on the web site. All the forms are ready to go out in April, 2010. The Course will be held July 11 to July 25, 2010.

#### National Camp

- The camp will be held in St. Louis during the 1<sup>st</sup> week of August, 2010 (8/1-8/8 2010).

- On February 12-14, 2010, a small group of staff members will be meeting in Texas.

#### Camp/School Promo Video

- Bro. Pajer sent an e-mail to the people who would be involved in this. They will meet on Tuesday night (1/19/2010) to talk about what is needed to do this and set a time frame. The video will be pictures and videos that Lynette will put together into three 1-1/2 minute commercials for National Camp, Traveling Camp and Instructors School. A DVD will be cut and ready for distribution.

- The DVD will go to all 12-17 year olds. Every unit director will get one as well for the Traveling Camp purposes. Age specifications will be included on DVD.

#### Merit Awards

- The committee met and reviewed all materials. Next month the information will be given to the publication.

- Three application requests have already been received.

#### 2010 WSF Fitness Testing Program

- Sis. J. Wise asked if we could do the American Sokol fitness challenge used at the Slet. If you look at the scores from COS, 80% of participants are American Sokol people. COS has very few people over the age of 18 years.

- It was suggested we notify the COS saying we would like to change the format of the testing to the American Sokol test.

- This year we will follow the COS rules. The scores are due in April.

#### WSF Show Program

- The 2010 program is the same as before. The entry deadline is April 15, 2010. Central District's Special Number Competition is on April 17, 2010.

- Plan on dedicating the nights of June 10 and 11, 2010 for reviewing the videos so our results can be submitted on June 12, 2010. Each organization will choose its 7 favorites.

#### Strategic Planning Committee Progress Report

- Sis. M. Fiordelis will begin submitting articles regarding the Strategic Plan.

- The Implementation Team is meeting on Monday, 1/18/10. There are two new members, Roger Martanovic from NE District and Jerry Sijansky from the Southern District.

- The Organizational Development Team will be having a face-to-face meeting this weekend in Chicago, 1/15-17, 2010, and will continue working on their deliverables in preparation for the convention.
- The Finance Team is putting final touches on their resource guide and it should be ready for the Strategic Planning Task Force shortly.
- Still looking for team members for the Communication and Marketing Team and the Leadership Development Team.
- Strategic Planning information is on the web site.

#### ASO National Convention – April 20-25, 2010

- There is nothing new to report.
- The BOI will start meeting on Tuesday, April 20, 2010, and everyone should arrive on Monday night. No one should plan on leaving the convention until after 3:00 p.m. on Sunday, April 25, 2010.
- Convention delegates are due tomorrow or Friday.
- Air Trans is opening from Midway to Omaha a flight in February; no scheduled flights are posted yet.

#### Other

- Received 46 DVDs of Sokol ISCF from Mr. Video Productions; 9 packages were available, but we only have to pay \$216 not \$369. No volleyball is included.
- Merit Award changes were updated.
- Updated Merit Award Recipients by District List 1966-67 thru 2009-10; Sis. J. LoGiudice sent it to Sis. J. Kalat.
- January 15-17, 2010 Winter Slet Registration forms on website, [www.american-sokol.org/boi](http://www.american-sokol.org/boi).
- Probortunity was not included on Agenda; nothing new happening since November, 2009. The venue for the USAG meet has been switched to Indianapolis, IN.

#### Websites

- Sokol General Fitness exercises, [www.american-sokol.org/boi/sokolfitness](http://www.american-sokol.org/boi/sokolfitness).
- Prevention: [www.prevention.com](http://www.prevention.com).
- American Council on Exercise: [www.acefitness.org](http://www.acefitness.org).
- PE-NEWS: Newsletter: [www.pelinks4u.org](http://www.pelinks4u.org).
- PE4life: [www.pe4life.org](http://www.pe4life.org).
- The Presidents Challenge: Fitness is Fun Newsletter: [www.presidentschallenge.org](http://www.presidentschallenge.org).
- Health & Fitness: [www.exercise.about.com](http://www.exercise.about.com).
- President's Council on Physical Fitness and Sports: [www.fitness.gov](http://www.fitness.gov).
- Sign up for newsletters: [www.talk.about.com](http://www.talk.about.com)
- Tiffin Mats: [www.TiffinMats.com](http://www.TiffinMats.com), monthly specials.
- Ten-o/GMR, [www.ten-o.com](http://www.ten-o.com) or [www.byGMR.com](http://www.byGMR.com), monthly specials.
- DGS 9.9 [www.gymsupply.com](http://www.gymsupply.com).
- Gymnastic Training tips: [www.gymnasticstrainingtips.com](http://www.gymnasticstrainingtips.com). Links and Resources.
- American Alliance for Health, Physical Education, Recreation and Dance, [www.aahperd.org](http://www.aahperd.org).
- Information about Brain Fitness, [www.brainconnection.com](http://www.brainconnection.com).
- Interesting games video article, [www.skillastics.com](http://www.skillastics.com).
- Improve fitness and nutrition habits, [www.pejournal.com](http://www.pejournal.com).

#### BOI ACTION LIST

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

- The next regular ASO-BOI meeting will be held on Wednesday, February 10, 2010, at 7:30 p.m.

There was no further business to discuss.

MOTION made to adjourn.

Meeting adjourned at 8:45 p.m.

Respectfully submitted,  
Beverly R. Domzalski, Secretary