

AMERICAN SOKOL - BOI
Minutes of November 11, 2009 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, Kandi Pajer, Tom Pajer, Irena Polashek, Ted Polashek, Barb Vondra (late), Howie Wise, Jane Wise and Christina Wurst. Excused: Nancy Pajeau and Patti Vondra.

ANNOUNCEMENTS:

- Happy Belated Birthday: Bob Kucera, 11/9.
- Happy Birthday: Juanita LoGiudice, 11/16, Irena Polashek, 11/23.
- Happy Anniversary: Jerry and Henrietta Milan, 9/15.

MINUTES:

- Minutes of the September 9, 2009, meeting were reviewed. Correction: Under Probortunity, in the following sentence the word "early" should be changed to "earlier" to read as follows: "- A calendar needs to be started earlier instead of at this time."

MOTION made by Sis. M. Fiordelis to approve the minutes of the September 9, 2009, American Sokol BOI meeting with one correction as stated, seconded by Br. B. Kucera and passed.

BILLS:

- Juanita LoGiudice, supplies (envelopes and dividers), \$9.94.
 - Hodges Badge Co., 4 rolls of Skills participant ribbons (navy w/silver), \$261.08 (CC)
 - Mr. Video Productions, 16 Sokol DVDs of ISCF activities, \$369.
- MOTION made by Sis. B. Kucera to approve bills, seconded by Br. B. Kucera and passed.

CORRESPONDENCE:

Mail Sent:

- District Directors' Conference thank you letters to Northeastern District, Sokol Detroit and Sis. Maryann Fiordelis.
- Thank you letter to Western District for the \$1,000 donation towards the BOI National fundraiser.
- Copy of the 1983 Sokol USA Pittsburgh Slet Jr. Cal text and cassette audio to Allison Gerber for Western District; waiting for Stephen Banjak to see if a video exists.
- 11 flag banners to those not having someone attending the American Sokol Presidents' Conference.

Mail Received:

- COS August, September and October, 2009 Sokol Magazines.
- Sokol Canada, October newsletter: Article "Sokol in a changing world" based on talk by J. Waldauf, 1996 Sokol USA Slet.
- Director's Newsletter – October.
- Various American Sokol Unit newsletters.
- Sokol USA Lodge 306 Newsletter; thank you to all those donating for Matthew Pracko's Liver Savers walk-a-thon October 17, 2009.
- Sokol New York Raffle: 10 tickets @ \$1.00 each; return deadline 11/19.
- Hodges Badge Co. catalog; 10% off Winter Sale 12/1 -2/15, 2010.

- Hasty Awards catalog 2010.
- Slet Flag banners for each group participating in the ISCF. Handed most to Presidents at American Sokol Presidents' Conference at Klas Restaurant.

E-mails sent:

- Minutes and Updated Action List Posted, www.american-sokol.org/boi/members.
- Correspondence Report for 11/11/09 meeting.

E-mails received:

- Chuck Kalat: Director's Newsletter for November.
- Chuck Kalat: Don't forget to sign up for Directors Newsletter via email ckalat@aol.com.
- Chuck Kalat: 50 Ideas for Holiday lessons from Patti Komara.
- Chuck Kalat: General Fitness exercises still out there www.american-sokol.org/boi/sokolfitness; need a link on BOI page.
- Facebook: "Instructors in Training" Workshop.
- Barb Vondra: Probortunity Report.
- New Sokol Baltimore Director, Renee Harrison at renee.harrison@gmail.com.
- Sokol San Francisco Women's Co-Director, Jara Dusatko at jmdusatko@gmail.com; 1001 Evelyn Terrace, #168, Sunnyvale, CA 94086.
- Kandi Pajer: The Gymnastics Library limited time \$197.00; 7 books and 8 reports, Rik Feeney.
- www.skillastics.com great November newsletter sign up.
- www.health.gov/paguidelines/blog/, Physical Activity Guidelines for Americans - new blog.
- Ron Jaros can be a traveling instructor for a Functional Fitness class for a \$300 fee, flight, room, meals, and airport transportation; contact rjtcoachj@yahoo.com.
- Central District Track & Field Competition Results, October, 2009.
- Central District Skills & Progression Clinic January 8-10, 2010.
- 2009 edition of the USAG Safety/Risk Management Course; live or online course check out www.usa-gymnastics.org, click "Member Services," click "Technical Materials," \$20.00.
- www.presidentschallenge.org; support of President Obama www.fitness.gov; new 2009-2010, check them out.

YOUTH MEMBERSHIP:

- Br. B. Kucera reviewed the attached Youth Committee Status Report dated November 11, 2009, and Youth Membership Account Transactions.

DISTRICT DIRECTORS CONFERENCE AND SCHOOL BOARD MEETING (10/8-11/2009)

School Board Meeting

- Reviewed the status of the new curriculum.
- Sis. Cushing requested approval for \$1,000 from the Future Sokol Leaders Fund for a staff meeting to be held in Cleveland, OH, for the purpose of finishing up the Instructors School Guidelines Book 2nd Edition.
- Discussed the Instructors School bid form, the host responsibilities and made some updates. Sis. J. Wise has new forms.
- Reviewed the salary structure for the camp and increased the salaries by roughly \$100 for each position: the director's secretary, staff members, instructors and ITs. We need to make sure we can cover those additional expenses in the future, either with increased registration or new money from the FSLF or BOI budget.
- Had a lengthy discussion about the new salaries; everyone will be pushed over the \$600 per year limit, which means that the Organization needs to consider how we want to treat these staff members, i.e. salaried people, with taxes taken or as an independent contractor where we file a

tax form on them and they will have to make a claim on their tax form. This will be something the Organization needs to look at for the convention and before the next school or camp.

- Reviewed the rules and policies for the National Instructors School, made some minor changes and updated the minimum ages for each school. The novice level has been deleted; a beginner can start at the age of 13.

- The FSLF budget was reviewed for the next four years with respect to support for the school.

District Directors Conference

- All six districts were represented at the conference, along with the national directors/assistants and Sokol USA directors.

- All reports were reviewed and discussed.

- A preliminary BOI Slet report was reviewed.

- All written reports were posted on the Members web site.

- Discussed uniform modifications. Proposal for new uniform philosophy was accepted

- Tournament rules were reviewed. Provision was added that the tournament rules can be adjusted in the interim between slets, if needed. Adjusted uniform sections. Relaxed the make-up of teams rules. Eliminated the calisthenics event as part of the all-around gymnastics score. Adjusted the awards formula, took out percentages. Increased number of awards. Eliminated the 70+ age group in the adult competitions.

- Reviewed National Instructor School Rules and Policies and approved them.

- Reviewed the National Sokol Summer Camp Rules and Policies; adjusted remunerations to match up with the instructor school (raised approximately \$125/week). A provision in the Summer Camp Rules was made in the event more staff is needed with the approval of the National Directors in advance.

- Reviewed probortunity ideas.

- Sokol South Omaha BOI continued its annual \$300 donation to support the Directors Newsletter.

- There was significant discussion on the newsletter and in an effort to save expenses we are opening up to allow e-mail delivery instead of postal delivery. Not many are signing up for this yet. The cost of a new subscription to the Directors Newsletter is \$12.00.

- The Western District presented \$1,000 to the BOI from a District fundraiser they held to support the National BOI income generating goal.

- Spent a significant amount of time working on the BOI budget for the next 4 years. The Organization needs to find a way to generate income into the Organization. The BOI proposed to the Executive Board that a task force be formed now so that by convention they would be able to identify other new potential viable income sources.

- Talked about the BOI submitting a couple of by-law changes to this convention. The purpose of the by-law changes is to relax the rule that any participant must be a youth member and every youth participant must have a parent who is a member of the Organization. We are suggesting relaxation in special circumstances where we are trying to generate interest or reaching out to the community.

- The Sokol USA Slet in 2011 will be in Cleveland, OH. It will be the last week of June and 1st weekend of July.

- The next Directors' Conference, which will have a developmental conference associated with it, will be hosted by the Northeastern District at Sokol Greater Cleveland provided we have money to do it.

- There were a number of Strategic Plan presentations, as well as going over the Instructors Handbook.

PROBORTUNITY

- Possible probortunities were discussed at the conference. Someone took responsibility for each one we chose which were: (1) Adult camp; (2) a National tournament, i.e. volleyball, dodgeball, etc.; (3) 24-hour event where everyone does something at the same time; (4) host the USAG Gymnastics For All National Championships. Central District is bidding on USAG event; Lori Laznovsky is handling the bid on this in the Chicago area. Br. Pajer and Sis. Laznovsky will be viewing the Odeum in Villa Park, IL, as a possibly site. This event would take place June 25-27, 2010. Br. T. Polashek also spoke about this event to the Berwyn Development Corporation, who may be interested in hosting this event in Berwyn; however, the BOI is hesitant about holding this event in Berwyn due to lack of housing requirements. Sis. LoGiudice e-mailed the DuPage County sports event planner requesting any assistance. Anyone else with possible ideas for this event should e-mail them to Sis. L. Laznovsky.
- Sis. B. Vondra submitted a report on the status of the remaining probortunity activities. On the National tournament, there is nothing new to report; the 24-hour event, there is nothing new, but send any ideas to Sis. A. Gerber to possibly plan something in the Spring; the adult camp, Sis. Laznovsky is working on; the calendar idea, mentioned by Sis. C. Yatchyshyn, needs to be pursued at an earlier date as it is too late for this idea for this year, but may pursue for 2011 and Sis. M. Fiordelis will work on this.

EDUCATIONAL

- Sis. Schnabl sent articles about medical identity theft; make fitness fun and wash your hands; brochure "cover your cough"; articles on Czech National emblems; Czech lion coat of arms; competitive respect kids should learn at a young age; food safety; and TJ Sokol New York annual exhibition report by Ethna Flaherty.

OTHER OLD AND NEW BUSINESS:

National Instructor School Staff Meeting

- The Executive Board did approve \$1,000 for the Instructor School staff meeting. That information was e-mailed to Sis. M. Cushing; no response yet. Sis. Wise believes the meeting has been set for December 4-6, 2009, at Sokol Greater Cleveland, and the staff from the last school is all coming for that meeting. The meeting will begin Friday evening and will end on Sunday.

Winter Slet

- Sis. B. Vondra has distributed information and forms. Br. T. Polashek will have another flyer within the week. Br. T. Polashek ran through the schedule of events. Br. T. Polashek will provide a flyer to Br. C. Kalat for the next Directors' Newsletter.

Skills Month

- December is skills month. Some gyms are working on it. Those who turn in results will receive an award pin. Br. T. Pajer will send out a letter.

Strategic Planning Committee Progress Report

- Sis. M. Fiordelis reported by-law changes are being worked on. Also, working with the BOG on some by-law changes and the ODT is working on other by-law changes.
- Sis. Fiordelis is working with Sis. Hruby and Br. Pajer about putting information on the web site.
- Trying to initiate the communications team; to date, two people have volunteered, still looking for more people.

- At the Board of Governors meeting after the Presidents Conference, they did approve a \$65,000 budget for the Executive Director and some expenses as well as an ODT face-to-face meeting that would take us through the convention.

Presidents' Conference and BOG Meeting

- Br. C. Kalat attended the Saturday session with the other presidents and then attended the BOG meeting on Sunday morning. The Saturday session was a very positive event. The SPTF and the ODT made several presentations throughout the day. After everyone understood that the charter was just a list of things the ODT was going to look at, the mood became a little more positive.

- Br. Pajer felt everything was very positive. There was a lot of support and willingness to make changes. There are still some negative feelings. Br. Pajer would have liked to have seen a BOI presentation. The BOI should consider doing something to let the presidents see all the work the BOI actually does. Br. Kalat did offer the presidents the opportunity to review all reports online.

ASO National Convention – April 20-25, 2010

- Both Men and Women Directors, their four assistants, and the two secretaries are expected to attend. The convention actually begins on 4/22/10, but the BOI will meet on 4/20-21/2010.

- By-law changes are due four months before the convention which would be about December 20, 2009. These recommendations must come from some body, not an individual. Changes should be proposed through your unit or district.

- The BOG is currently working on identifying people who are interested in running for offices. If you know of anyone that is interested in running for National office, you should make sure that your District president knows about that person and the president can contact them for information.

- All units should be electing delegates at their annual meetings. Every unit's financial secretary should submit the name of your delegate.

- At the Directors Conference, the directors did meet to identify individuals that were interested in assuming the position of National Director for the next four years. Sis. Fiordelis expressed an interest in the Women Director's position. The men could not identify a candidate. Submit a name to Br. Kalat, if you know of someone. A single director would build a combined BOI and the men's work would have to be done by that director in conjunction with the other men on the BOI. A vote would be lost on the Executive Board.

Other

- At the last Board of Governor's Meeting, it voted to relieve the editor of her duties. We are currently in the process of getting a publication out in an interim basis until the convention. We have not been successful in doing that. We are still looking for someone to take the job. If anything has been sent to the editor since June, be prepared to resubmit it to a new editor when one is identified. This position pays \$500 per issue. The intention is not to make-up the back issues. We need to get something going quickly.

- Merit Award is waiting for anyone's comments on the corrections that were sent out. By December 15, 2009, we will put out a new one. Sis. Kalat requested a meeting to go through these changes. It definitely needs to be done before the first of the year. Sis. B. Kucera will schedule such a meeting.

- Lynette Gilbert recently copied DVDs for BOI, which would have cost about \$500. She currently needs to get new updated equipment to continue doing this. Currently, Sis. B. Vondra and Br. Kalat are discussing this situation.

- Slovak Catholic Sokols have a National Walking Program, www.slovakcatholicsokol.org. Sis. LoGiudice asked if American Sokol would be interested in a program like this. Someone needs to lead this program for American Sokol in order to do it.

Websites

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

BOI ACTION LIST

- Action list was reviewed; an updated copy dated 11/19/09 is posted on the BOI members' web site.
- A December party/meeting will be scheduled.
- The next regular ASO-BOI meeting will be held on Wednesday, January 13, 2010, at 7:30 p.m.

There was no further business to discuss.

MOTION made to adjourn.

Meeting adjourned at 9:00 p.m.

Respectfully submitted,
Beverly R. Domzalski, Secretary