

AMERICAN SOKOL - BOI
Minutes of April 13, 2011 Meeting

This meeting opened at 7:30 p.m. by Sis. M. Fiordelis at the American Sokol Office in Brookfield, Illinois and via teleconference. The Pledge of Allegiance was led by Sis. Kandi Pajer. The following BOI members were present: Maryann Fiordelis, Juanita LoGiudice, Bev Domzalski, Allison Gerber, Chuck Kalat, Jan Kalat, Kandi Pajer, Tom Pajer, Kathy Barcal, Paul Lebloch, Jane Wise, Howie Wise, Mary Cushing, Donna Sbriglia and Bob Kucera. Guest: Kevin Fitzpatrick. Excused: Christina Wurst and Barb Vondra.
- A moment of silence was held for Bro. Larry Laznovsky.

ANNOUNCEMENTS:

- Happy Birthday: Chuck Kalat, 4/21.

MINUTES:

- Minutes of the March 9, 2011, meeting were reviewed. Correction: Motion made to accept minutes of February meeting, not March meeting.

MOTION made by Bro. T. Pajer to accept the March 9, 2011, ASO-BOI meeting minutes, with one correction, seconded by Bro. B. Kucera and passed.

BILLS:

- Floral arrangement was purchased for Bro. Laznovsky's memorial which was put on the credit card, approximately \$75.

MOTION made by Bro. C. Kalat to approve the bill for the floral arrangement, seconded by Bro. T. Pajer and passed.

CORRESPONDENCE:

Mail:

- Various American Sokol Unit Newsletters.
- Sympathy cards to Lillian & Lori Laznovsky. BOI sent dish garden arrangement for the funeral.
- Hodges Badge Co & Crown Trophy catalogs.

E-mail:

- Chuck Kalat, Director's Newsletter – March.

- To: Yahoo Group

Posted on BOI website www.american-sokol.org/boi/members

- March 2010 Minutes
 - Updated Action List
- Girls in Gymnastics Face Raised Risk of Stress Fractures: Study - More than 8 hours a week double chances.
- 2011 US Aerial Skiing Recruitment Camp, June 13-19 in Park City UT,
Zac.amidan@olyparks.com 801-941-7883.
- Compatriotic Ed Program & Teaching of Czech Language - July 29-August 26,
jana_racova@mzv.cz www.dzs.cz.

OTHER OLD AND NEW BUSINESS

Uniforms

- The next deadline is May 1, 2011.

- There were 112 shorts returned; 4 pair have been worn, the rest have not. There will be an attempt to re-sell the returned boys shorts.

Directors Newsletter

- The March issue was the best issue ever.

- A request was made to put directions in the next newsletter on how to get to the BOI site to get the application for Instructors' Course through the American Sokol web site.

2011 National Camp

- Kevin Fitzpatrick has taken the lead on the National Camp reunion. The place will be in St. Louis; however, the date chosen in August is not available. Kevin Fitzpatrick may look at other locations for the August date. The camp committee will meet to discuss further.

2011 Director's Conference update

- Bro. C. Kalat just found out that the weekend of October 15-16, 2011, will not be available at Sokol KHB since they are involved with the Heritage Day and the State Fair on October 16, 2011. Sokol Ft. Worth may be able to host the conference on the following weekend, October 22-23, 2011. Bro. C. Kalat will contact Bro. R. Milan to secure this weekend at Sokol Ft. Worth.

- Suggestions for sessions were requested through the Newsletter. None have come in so far.

National Instructors School

- Mary Cushing, Maryann Fiordelis, Kathy Barcal, Bob Kucera and Jane Wise met to discuss duties, responsibilities and cash flow. Sis. Cushing is trying to secure staffing.

- First deadline for applications is May 15.

- Sis. Cushing will prepare a blurb to remind everyone of the application deadline, along with directions on how to get to the application through the American Sokol web site. Sis. Cushing will send this blurb to Chuck Kalat for the Directors Newsletter, to Angela Hartford for the American Sokol publication and to Juanita LoGiudice to e-mail to District Directors.

2013 Slet

- Slet committee meeting was held on April 12, 2011, and DA Sokol and Sokol USA were invited to attend. Discussion around approved third week of June not being good for Eastern District, CA Sokol and some Sokol USA lodges with school not being out yet. Looking at venue and hotel availability if moved to last week of June.

Fitness Challenge

- Received results from Sokol Cedar Rapids, Sokol South Omaha and Sokol Greater Cleveland.

- Sis. J. LoGiudice will send out an e-mail reminder to all unit directors of the May 1, 2011, deadline for the results.

- So far 47 medals have been sent out from the 100 medals available. More medals may have to be ordered when needed.

MOTION made by Sis. A. Gerber to order more medals when needed, seconded by Bro. C. Kalat and passed.

- The expense for mailing the medals will be submitted when fitness challenge is completed.

WSF Number Submission

- Bro. T. Pajer will talk to Lynette Gilbert about videoing the special number competition entries. Sis. J. LoGiudice will make sure Lynette has the address for COS to send the tape to.

2012 COS Slet

- Sis. M. Fiordelis, for the third time, e-mailed Bro. Dostal and Bro. Vrana regarding the American Sokol performing a special number and about a calisthenics clinic after the Sokol USA Slet, but has not heard back yet. Bro. P. Lebloch offered to contact Bro. Dostal to see if he can get a response.

Core Fitness Program

- Sis. K. Pajer's written report is attached.

Senior Health and Fitness Day

- National Senior Health and Fitness Day is set for May 25, 2011. This is the 18th year for this event. Over 1,000 groups participate. The registration fee is \$29.95 plus shipping and includes the official National Senior Health & Fitness Day program CD and sample Senior Day incentive items (T-shirt, balloons, etc.). The program CD is an easy-to-use guide with all of the information needed to host a successful event - activity suggestions, posters, press releases, copyright-free reproducible masters to hand out, etc.
- The 15th annual Family Health & Fitness Day USA is a national health and fitness event for families, set for Saturday, September 24, 2011. This event's purpose is to promote family involvement in physical activity.
- The web site is www.fitnessday.com.
- Sis. J. LoGiudice will work on this project and plan an event for the Family Health & Fitness Day USA; Sis. LoGiudice will obtain the registration packet when it is available.

Sokol Resource List

- This list is created by the BOI, but it needs to be advertised to the units so that they can use these resources that are available to them.
- Sis. M. Fiordelis will distribute this list to the ASO BOI to see if anything should be changed or updated.

Leadership Development Program

- Sis. M. Fiordelis shared topics that the leadership team is developing sessions for, which include: what is a leader, evaluation, goal setting, coaching and mentoring, team building, motivation, time management, problem solving and managing conflict. The merit award amount of \$3,000 was taken to develop a leadership program to prepare the board of instructors, directors and future directors.
- Important topics for this program are mentoring our instructors along with succession planning. Sis. M. Fiordelis will contact people to put a team together to work on this.

Merit Award

- Sis. E. Schnabl will use Sis. J. LoGiudice to get this process completed. This should have already been placed in the publication.
- Sis. J. LoGiudice sent out two applications to date.
- Bro. C. Kalat contacted Sis. Schnabl and volunteered to help and she said she did not need any help.

Miscellaneous

- Sokol Greater Cleveland will be assisting at NCAA Competition in Cleveland.

Survey Results

- Sis. A. Gerber heard from Sokol Ft. Worth who has about 30 gymnasts competing Level 3-6 USAG, local and state; Corpus Christi and Yukon at one time competed USAG; there is a handful from Sokol South Omaha competing USAG and Amerikids; Omaha had some competing at one time, but not at this time; Crete has 20 gymnasts competing in Amerikids. Neither New York nor Little Ferry compete. Bro. Wise and Bro. Kucera sent in reports; however, Sis. Gerber did not yet receive them.
- Sis. Gerber will prepare a summary of all results for next meeting.

Black and White Participation Survey

- Sokols Minnesota, Zizka, St. Louis, Philadelphia, Houston and Ft. Worth have no participation. Sokol Greater Cleveland has 196 participating.
- Sis. LoGiudice will send out a reminder to return this survey.

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, May 11, 2011, at 7:30 p.m.
There was no further business to discuss. Meeting adjourned at 9:05 p.m.

Respectfully submitted,
Beverly R. Domzalski, Secretary