

Compulsive Eaters Anonymous-H.O.W.

Board of Directors' Regular Quarterly Meeting January 24, 2004 Marriott Anaheim Resort

Minutes

Call to Order. Rosemary G. called the meeting to order at 10:20 a.m.

Serenity Prayer and Tradition 2. The Serenity Prayer and Tradition Two were recited.

Roll Call.

Board Members Present: Rosemary G., Anne S., Marcia M.
Holly S., Cris M., Rae Z. Berne P.
Sandy C. (arrived at 1:50 p.m.)
Terrie P. (arrived at 1:50 p.m.)
Board Members Excused: Pat A., Fred S. Allen C.
Guests: Dorothea P., Gloria M.
Minutes Recorder: Maria D.

Approval of Agenda. The agenda was approved as presented.

Approval of Board of Directors Minutes. The minutes of October 25, 2003 were approved as corrected: 1) Change dates of Minutes to be July 28, 2003 and July 20, 2003. 2) Change Sandy's name to Sandy C. 3) Change Page 5, Section 12.b. to read: "Action. Pat A. will see if it is possible to hold the January Board meeting at the site of the 2004 Conference and Convention. Anne S. will be the contact person for the meals in the hotel."

The minutes of July 18 and July 20, 2003 were approved as presented. The minutes of the WSBC Conference were approved as presented.

Treasurer's Report. Rae Z. presented the treasurer report. Report on file. The 2003 Total Liability and Equity totals \$41,395.41. The Profit and Loss reflects a 7 percent loss in the second quarter of 2003-2004. The reports presented include a listing of sales by intergroups and an expense report.

President's Comments. On behalf of Pat A., Anne S. read the President's Report. Report in file. Highlights of the report describe the efforts to have the database with meeting updates and the activities of the President during this quarter. The rent lease was renewed to January 2006 increasing to \$580 from its current \$559. A position announcement for part-time help is being advertised. The donated copier from So. California Intergroup will require maintenance cost at least once annually of \$160 plus labor.

Chair Comments. Rosemary G. presented the Chair's report. Report on file. Highlights of her report included: Rosemary's efforts to assist Pat A. to update the meeting databases. A suggestion that Board members be provided with telephone calling cards to complete their

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assignments. The October 2003 workshop raised \$344. An update of the conference and convention planning.

Old Business

Ad hoc Committee WSBC Advisors Contacts. Board members noted that there have been resignations in the WSBC conference committees. Anne S. and Holly S. will make every effort to make contact with the WSBC Conference and Literature Committee Chairs.

Board of Directors Annual Calendar, Schedule & Answers to E-Mails. Rosemary G. provided an updated annual calendar and schedule for Board Members to answer E-mail inquiries.

WSO BoD Workshops Quarterly. The Board discussed the planning of the next workshop scheduled on April 25, 2004.

Committee Reports

Convention 2004. The Board was given a tour of rooms for conference and convention. The Board reviewed the registration form, the planning of convention conferences, and the selection of conference log, souvenirs of medals and key chains. Rosemary received consent and approval to keep the meal rates \$90 per person for three meals and the room rates at \$89 per night. She also displayed the colors and theme of the convention T-shirts. The theme of the convention will be Celebrating 25 Years of the CEA-HOW Concept.

Action: Marcia M. will order and select the souvenirs and T-Shirts. Sandie C. and Terrie P. will plan the speakers for the convention workshops. Board members to submit comments and suggestions of speakers to Sandie C. and Terrie P.

Education. Anne S. is working with preparing a packet on how to establish an intergroup, and she is working with the transcription of workshop tapes. The Board discussed the protocol and process following the Traditions when presenting our Program to the TV media. The Board agreed to deny a recent request from Cox TV.

Action: Board members to provide suggestions to Rosemary G. and Anne S. on suggestions regarding protocol on Public Relations.

Finance. Berne P. presented a 2004 budget, which was approved by the Board. He also presented a proposal to change colors for printing of literature, which would generate savings in printing costs. The Board suggested to use on color to print literature in English and another color to print literature in Spanish. Rae Z. clarified to the Board that placemats in the office were returned to a member of CEA-HOW who had previously given on consignment as a fundraiser that is no longer taking place.

Motion. Cris M. moved and Marcia M. seconded to allow the Executive Committee to determine what is printed on what color, and with the stipulation that this is not from the printer's over-stock of paper.

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Literature. Holly S. read a report of the Literature Committee. Report in file. She is addressing the Conference motion on the Food Plan and the Sponsors Book questions referring the 3rd Edition of the AA Big Book. With Board consensus the Sponsor's book will have an insert with these references until the current stock of the Sponsor's Book is depleted. She hopes to have input on the status of the Maintenance Food Plan by the next Board Meeting. Holly S. is planning to send a note to intergroups asking them not to sell brochures or CEA-HOW literature that does not have Conference approval.

Nominating. Rosemary noted that she hopes to have the name of one other person to fill the vacant Non-Participating Director position.

New Business. Rosemary requested that agenda items be provided to her 30 days before the next meeting of April 24.

Adjournment The meeting adjourned at 3:55 p.m. with the Serenity Prayer.