

Compulsive Eaters Anonymous-H.O.W.

Board of Directors' Regular Quarterly Meeting April 24, 2004 World Service Office

Minutes

Call to Order: Rosemary G. called the meeting to order at 10:00 a.m.

Serenity Prayer and Tradition 2: Recitation led by Rosemary G.

Roll Call:

Board Members Present: Rosemary G., Rae Z., Anne S., Sandy C., Marcia M.
Holly S., Cris M., and Terry P.
Board Members Excused: Pat A., Berne P.
Board Members Absent: Fred S. (Deceased-March 13, 2004), Allen C.
Guests Present: None
Staff Present: Laura B.
Minutes Recorder: Maria D.

Approval of Agenda: The agenda was approved with the amendments.

Welcome Newcomers and Visitors: The Board welcomed Laura B., newly appointed Office Manager.

Approval of Board of Directors Minutes: The minutes of January 24, 2004 were approved as corrected.

Treasurer's Report: Rae Z. presented the Treasurer Report. Report on file. In the third Quarter there was a net loss of 12% of total income.

President's Comments: Rosemary G. read on behalf of Pat A. the President's Report. Report on file. The report describes recent accomplishments related to the convention, computer problems, office printer, office position, literature, website, meeting changes, intergroup changes, E-mail communications, donations and literature orders.

Chair Comments: Rosemary G. read the Chairman of the Board Report, where she updates Board members on the hiring of our new office manager (Laura), the printing of conference and convention registration brochure and forms, and preparations for the Conference and Convention in July. The Florida Intergroup is to be repaid for the expenses of the two bit mailings done for the WSO. Rosemary will send in the receipts and expenses and we will refund the Florida Intergroup by adding the sum to their donations from the WSO.

Old business:

- a. **Sunday, April 25th Workshop.** The Board reviewed the last minute preparations for tomorrow's WSO workshop in Woodland Hills, California.

Board of Director's Regular Quarterly Meeting

Minutes of April 24, 2004

Page 2

- b. **Board of Directors Annual Calendar, Schedule & Answers to E-Mails.** Rosemary G. reviewed the calendar and protocol for Board members to respond to E-mail inquiries.
- c. **Office Staff and Equipment.** The Board discussed recent problems with the office printer and computer equipment.

Motion carried unanimously. Terry moved, Cris seconded, and the motion carried to support the Executive Committee's recommendation to update office equipment and purchase the necessary computer and printer.

Committee Reports:

- a. **Convention 2004.** Rosemary G. and Anne S. discussed the convention rooms, quotas, and the details of the food plan requirements. Rosemary G., Sandy C. and Terrie P. addressed the details of workshop speakers and keynote speakers. Anne S. discussed the formation of work crews and the process for the fashion show. Marcia M. presented the souvenirs and shirts. The Board agreed on two colors and selections of short/long sleeves and sleeveless shirts and selected bracelets and bookmarks for souvenirs. Holly and Marcia will work out the details for convention literature sales. Rae Z. has ordered the note pads. Anne S. will be in charge of entertainment.
- b. **Education.** Anne S. read the Vice President's Report. Report on file. The report addressed the convention committee, education committee, and the website. The education report addresses forming an intergroup, meeting formats, workshops, and newsletter or quarterly publication. Registration for convention and literature purchases via the website can be made by credit card. The Board discussed the meeting formats and the required readings to be defined as a CEA-HOW meeting.
- c. **Finance.** Rae Z. will ensure that the financial statements are sent to each Board Member prior to the meeting. She noted that the computer was down for some time, which caused this quarter's reports to be delayed.
- d. **Literature.** Holly S. presented the Literature Committee Report. Report in file. The report describes the completion of the Maintenance Food Plan to be approved at the conference in July and the recommended changes to the Sponsor Guidelines and the Recommitment Questions. She noted that Ruth L. has coordinated the Conference Literature Committee's input and work with the food plan. Holly acknowledged the assistance of Don B. in the work with Sponsor Guidelines and Recommitment questions

The Board made recommended revisions to the Maintenance Food Plan that adds a section, "In The Event of a Slip," and deleting a section that is already addressed in the Forever Abstinent Food Plan, "Why a Food Plan."

Motion carried unanimously: Terrie P. moved, Cris M. seconded, and the motion carried unanimously that because the Board discovered a change in the food plan that was not conference approved, a recommendation is made to correct these two errors: 1) change to $\frac{1}{4}$ c oat bran, and 2) return the bacon to 4 oz.

Board of Director's Regular Quarterly Meeting

Minutes of April 24, 2004

Page 3

- e. *Nominating.* Discussion tabled.

New Business:

- a. *Memorial for Fred S.* Rosemary announced tomorrow's memorial for Fred S. in Downey, California at 7:00 p.m. The Board discussed the establishment of a WSO Fred S. memorial fund to benefit a delegate who might need assistance to attend the Conference in July.

Motion carried unanimously. Anne S. moved, Marcia M. seconded, and the motion carried to start a WSO Fred S. memorial fund by selling bracelets with "Claim Your Seat." at this year's conference.

- b. *BOD Meeting Prior to July Conference Convention.* The Board set the time for the Board to meet prior to the conference this July.
- c. *Motions for the Conference Agenda.* Rosemary G. noted that she has not received motions for the Conference Agenda.
- d. *Publicizing Events for CEA-HOW.* The Board discussed the traditions and using the first name and initial of speakers on flyers announcing CEA-HOW workshops to post on the website. Discussion was tabled.
- e. *Food Plan via the Internet.* Rae Z. addressed a complaint for having the food plan sold via the Internet.

Motion carried unanimously. Anne S. moved, Rae Z. seconded, and the motion carried to contact Pat A. and request that she reviews and gets back to the Board on how to delegate a field (on the website) for an intergroup number to order the food plans.

Adjournment: The meeting adjourned at 5:50 p.m. with the Serenity Prayer.