

**COMPULSIVE EATERS ANONYMOUS – H.O.W.
Board of Directors’ Quarterly Meeting
October 28, 2006, 7:00 a.m. PST
Via Teleconference**

CALL TO ORDER

The Chair called the meeting to order at 7:15 a.m. PST

SERENITY PRAYER AND TRADITION 2

ROLL CALL

Present: Eric, Woody, Pamela, Shellee, Bill, Irish, Ruth, Coco, Lois
Ann S. also was present as a guest

The Chair declared a quorum present and the meeting proceeded.

APPROVAL OF AGENDA

The Agenda was approved with four changes:

- a. There were two sets of Directors’ Minutes to be approved from the meeting of July 21, 2006 instead of one.
- b. Added to New Business: Item i. Ad Hoc Sponsorship Committee Report by Ann S.
- c. Added to New Business: Item j. Census
- d. A time window of three hours was suggested for this meeting.

APPROVAL OF BOARD MINUTES

- a. The minutes from the last meeting of the 2005-2006 Board on July 21, 2006 were approved.
- b. The minutes from the first meeting of the 2006-2007 Board on July 21, 2006 were approved.

TREASURER’S REPORT

The President presented information from the Finance Report that was sent out with the agenda. She discussed various areas of the report and overall the budget is on course but contributions are down and that is a concern, as we don’t want to get back in same position as last year. The possibility of a letter to the membership was discussed. The Chair talked about the importance of getting the information from the last WSBC to the Fellowship.

Shellee asked what people are getting from WSO when they ask to start a new meeting and asked about different formats such as meditation format, etc, and meetings which incorporate readings that are written locally. The question was raised at how things become CEAHOW Conference approved. **Ruth is to draft a letter/list to the fellowship to let them know the CEAHOW and AA approved literature. If people desire to add something, it needs to be sent to the Literature committee for consideration to be brought to the floor of WSBC for approval.**

The report is attached and incorporated herein.

PRESIDENT'S REPORT

Along with the President's emailed report, there was additional discussion on the following:

Census—There are problems with keeping meeting lists updated. Knowing the correct number of meetings is important for delegate representation.

Literature—Sales are down and this trend needs to be watched. Summer low meeting attendance could be a factor. Eric feels this will balance out.

Cassette Sales—IGS need to make sure that meetings know about tapes available. Eric talked about a quarterly newsletter being sent out and also put on the website. Ann S. talked about a former newsletter and Michelle T. had done a new format. **Shellee would be willing to put together a newsletter for the website and the Chair asked her to coordinate with Ann S. and Michelle T. to get information together. Board members are to send their thoughts on the newsletter to Shellee P. within the next 10 days.**

On the matter of leftover merchandise, **The Chair asked Bill to coordinate with Rae Z. on leftover items for prices and ideas on liquidation. He will get information to Shellee for the newsletter and coordinate with Nancy, the Webmaster. Woody asked that any Webmaster requests be sent through her for authorization.**

The President's Report is attached and incorporated herein.

COMMITTEE REPORTS

Convention: Ann S. reported on the hotel. The Conference/Convention will be at the Radisson LA Westside Hotel. Themes were sent in a suggested. **Directors are to email Ann S. within the week with their top two choices. Ann's email is annpooh@sbcglobal.net** The Chair stressed how vital it is to get all information out early this year to the Fellowship so as to help attendance and thanked Ann for the tremendous job of service she has done. The Chair also noted that pursuant to the 2006 WSBC that the Convention is no longer a Board function but is now formally in the hands of the Fellowship. Convention is to be conducted through the newly established Convention Committee chaired in 2006 by Ann S., with appropriate coordination through the Board Conference Committee due to the shared venue.

The Convention Report is attached and incorporated herein.

Education: The Chair read Lois' report. There is a concern that people aren't reading the existing literature and the need for strong sponsorship was addressed. **The Chair asked that Lois get with Ann S. who is working on the Ad Hoc Sponsorship Committee and Ruth on Literature. Directors need to review the Sponsor Guidelines and let Lois know if gaps are found.**

The Education Report is attached and incorporated herein.

Literature: Michelle T. was asked to design the cover for the Traditions workbook.

Ruth is to see that this material is done and gets out to the Fellowship as quickly as possible, working through Woody. Other Literature items being looked at include sets of As Bill Sees It questions and the possibility of cookbook which as been donated to WSO by Area 2. Judy K. in Area Two has the information on disc.

Nominating: We can still have non-participating Directors. Please bring any names to Ruth's attention.

Agenda: Someone needs to be a liaison Agenda Committee person for WSBC. **This was unclear so Woody will email the Chair to explain and it will get on the next meeting agenda.**

NEW BUSINESS

- a. Convention: In addition to the discussion in the Committee Report above, Ann S. has control of the Convention and needs to coordinate with Eric and Woody. The importance of getting full information as early as possible to the Fellowship was stressed.
- b. Literature pricing/printing in Mexico: **Coco, Woody and Pamela will serve on a committee to work on this. The current printer/broker will be checked with.**
- c. Fellowship letter with a summary of events/actions: **Eric will work on immediately.**
- d. Teen group issues with letter to Fellowship: **Shellee will contact Alanon WSO to find out what they are doing and how to address it and will get more information on how this should be handled.** At this time nobody under the age of 18 should be attending CEA-HOW meetings without a parent/guardian.
- e. Quarterly/semi-annual appeal for contributions: **Eric will incorporate in his letter to the Fellowship.**
- f. Mexico meetings—affiliation with Area 1 vs. Area 6. About 20 meetings are affiliated with Area 1 as they are Border area. Area 1 is going to encourage them to go with Area 6. **Coco will coordinate with Woody to see about building up Area 6.**
- g. Yearly calendar for Director questions from WSO—
November—Shellee
December—Irish
January—Coco
February—Pamela
March—Shellee
April—Ruth
May—Eric
June—Pamela
July—Bill

Pamela will get generic reply on food issues to other Directors

h. Report on special focus meetings for childhood issues.

There are both live and phone bridge meetings which are incorporating a blend of ACA, Alanon, and CODA principles in focus meetings on childhood issues. This is a concern as it is affecting other meetings and CEAHOW as a whole and is getting away from our primary purpose. Woody and Irish reported on the current status of the phone bridge meetings and the Phone Bridge IG meeting that was held. Irish thanked Woody, Pamela, Shellee and Ann S. for their attendance and support at that meeting. She asked that all Directors to attend the Monday 10:30 p.m. EST phone meeting this coming Monday, October 30, as well as the business meeting on November 6 at the same time, as well as attending the Saturday 10 a.m. meeting, November 4, which is also trying to incorporate that focus. **Irish will send out an email with information on how to get on those meetings.**

i. Ad Hoc Sponsorship Committee Report:

Ann S. gave a report. The committee has four projects ongoing. The idea of sponsorship and tradition workshops was discussed. **Ann and Lois are to get together to coordinate sponsorship education.**

The Ad Hoc Sponsorship Committee Report is attached and incorporated herein.

j. Census—**Woody and Pamela will discuss this for the next meeting.**

PRESIDENT COMMENT:

Woody read an email from Australia thanking CEAHOW for the website as it recently helped a visiting member from Ireland connect with CEAHOW in Australia. This will be acknowledged and put on the website.

The meeting adjourned at 10:06 PDT.

Minutes submitted by Irish C.