

Compulsive Eaters Anonymous-HOW, Inc.
General Service Conference

June 4, 1999

Minutes

The conference was called to order by Tom P., Chair of the Board, at 10:00 a.m.

1. **Roll Call**

Board Members Present:

Tom P.	John D.	Kathy W.	Rae Z.
Blossom R.	Maria D.	Pamela J.	Pat A.
Howard G.	Rureth A.	David F.	

There were 26 registered Delegates as follows:

Twelve Delegates for Area One (Alaska, California, Hawaii,
Oregon and Washington)

One Delegate for Area Two (Arizona, Colorado, Idaho, Kansas, Montana,
Nebraska, Nevada, New Mexico, North Dakota, Oklahoma,
South Dakota, Texas, Utah, and Wyoming)

One Delegate for Area Three (Indiana, Iowa, Illinois, Kentucky, Michigan,
Minnesota, Missouri, Ohio, and Wisconsin)

Two Delegates for Area Four (Connecticut, Delaware, District of Columbia,
Maine, Maryland, Massachusetts, New Hampshire, New Jersey,
New York, Pennsylvania, Rhode Island, Vermont, Virginia,
and West Virginia)

Three Delegates for Area Five (Alabama, Arkansas, Florida, Georgia,
Louisiana, Mississippi, North Carolina, Puerto Rico, South Carolina,
Tennessee, and Virgin Islands)

Four Delegates for Area Six (Central Mexico)

One Delegate for Area Seven (Israel)

Zero Delegates for Area Eight (Australia)

Tom clarified that the Board minutes of July 24, 1998 identify two delegates allocated for Area Four. This was done incorrectly using formulas for area assemblies and not conference delegates. However, Area Four will stand to have two delegates per the July 24, 1998 Minutes of the Board.

2. **Conference Standing Rules**

Tom P. presented the conference standing rules. He advised that three delegates asked if they could audio tape the recordings. The Chair of the Board made exceptions to the conference rules and allowed the tape recording to take place. Any one who wishes not to

be tape recorded would need to let people know so the devices can be turned off while the person is speaking.

The Chair of the Board received five written motions as urgent new business to add to today's agenda. Any other urgent new business arising while the conference is taking place are to be turned in to the Secretary.

3. Officers Reports

Chair of the Board Report: Delegates reviewed the Chair of the Board report. The report reflects the Board's vision to separate the office of General Service Office from CEA-HOW Intergroup of Southern California. A questions was made on the proposed budget which includes an account for Executive Director's travel expenses. Tom P. explained that it is the Board's intent to have the Executive Director of Compulsive Eaters Anonymous-HOW visit intergroups every other month. This is to strengthen the organization. This proposed budget reflects a short-fall of \$85,000 as presented. The Board is looking for input from Conference Delegates on how to close this gap and seek the support from CEA-HOW groups and intergroups.

Tom P. proceeded to explain the process on how intergroups contact each other, as best they can, to select area representatives and form area assemblies within an area. It is hoped that each area will hold an area assembly prior to February of each year to elect delegates amongst themselves for the June's General Service Conference. (Refer to Article 20, Sec. 3 of the Bylaws).

The names of area delegates are to be submitted to the General Service Board 120 days prior to the June General Service Conference. The General Service Board will meet after July 1st to determine the number of delegates allocated for each area, not to exceed 75 delegates. The allocated numbers will be announced prior to September 30th. (Refer to Art. 21, Sec. 13 of the Bylaws). To ensure cohesiveness, consistency, and continuity, the area delegates are selected for two year terms. Elections take place on every even year. Because this is an odd year, this year's area delegates will serve only one year. (See Art. 21, Sec. 6) Discussion followed on the process to be followed when a delegate no longer meets the requirements to be an area delegate. There is a process in the CEA-HOW, Inc. Bylaws that addresses this issue. (See Art. 4., Sec 17 of the Bylaws). The area assembly bylaws can also address this issue. Area assembly bylaws need to be submitted to the General Services Board for review and insure that they are not in conflict with the CEA-HOW, Inc. Bylaws.

Tom continued to give a history on how the CEA-HOW, Inc. Bylaws were developed through a 12-Step Formation Committee that was formed when Overeaters Anonymous delisted the Southern California OA-HOW Intergroup. From this committee, a General Service Board was formed of eight Participating Directors and three Non-Participating Directors. This ensured expertise in legal, business, and health areas, as well as, the outside view from the compulsive eater for the stability and growth of this organization. This year, four Participating Directors will be elected for two-year terms. The Participating Directors stepping down are: Blossom R., Pamela J., Pat A., and Maria D.

Treasurer Report: Rureth A. presented the Contributions Reports from July 1, 1998 through May 31, 1999. If some intergroup donations seem under-reported, it is due to the groups not specifying the funds going to GSO (30 percent) and areas (10 percent). The financial books are available to any one who wishes to review them. This year's convention reflects 100 less rooms sold than last year, and it seems that we are looking to break even with the conventions expenses. Tom P. stated that the Board is considering holding annual General Service Conferences and the convention every two years.

Executive Director Report: Rae Z. reported that the groups' growth is very steady but slow in the formation of intergroups. Delegates were encouraged to support the formation of more intergroups. Throughout the year, the Board discussed at length the 90-days abstinence requirements to open a meeting. Historically, this is what helps a group remain open. Other Board discussions have centered on educating people and developing guidelines on how to bring the message of recovery in the communities through local bill boards, churches, schools, etc. Delegates were urged to give the Board feedback on how to focus on these efforts more efficiently.

5. Conference Committee Report

Food Plan Committee: Fred S. presented to the Board a draft of a pamphlet describing an unified food plan for review their review. Fred S. feels strongly that the history on how our food plan was developed is very important for our members and members from the medical profession to agree upon the concept of food addiction.

Fred S. explained to the conference that a Grapevine article appeared in 1964 from an AA member, Father John Doe, who could stay abstinent from alcohol but had switched his addiction to food. He then began abstaining from refined carbohydrates and lost the weight. A lady by the name of Irene B. learned from Father John Doe and created a "Green Sheet," forming an organization called Carbohydrates Anonymous. Irene B. left the organization and did not return. In 1973 a group in Van Nuys began to use the term "abstinence from sugar and flour" using only wheat germ, but no other grains. An Arizona group of OA-

HOW felt strongly that wheat was mana from heaven and wanted to include it in the food plan. From there, more discussions followed on having to add other starches, e.g., potatoes, etc. The medical treatment facilities for eating disorders began to coin the word "metabolic adjustment." This brought the term medical abstinence to our groups. This is where variations seem to arise from our food plan which can disrupt the recovery of some newcomers.

Fred S. asked conference delegates to consider the publishing of a pamphlet that describes the history of our food plan. Should there be variations to the food plan, we need to decide whether this would be considered inclusion or exclusion from our program of recovery. While many of our members are not nutritionists, learning of the history of our food plan can help members with medical issues understand their disease better. This type of literature is also a good fundraising tool. Discussion followed on the importance of having a unified food plan with some regional or ethnic foods, and medical requirements, addressed in the food plan; yet not having to police people who use such a unified food plan, while avoiding the issue of having the "dignity of choice," term brought into our groups.

A straw poll was taken with delegates voting only once if they agreed with the following statements:

- A. One basic food plan throughout CEA-HOW groups and excluding other food plans. Favor-11.
- B. Only publish and endorse one food plan with options for regional variations. Favor-18.
- C. A basis statement that we abstain from sugar and refined carbohydrates without drawing a line on food measurements. Favor-0
- D. A variety of food plans like the "dignity of choice" philosophy. Favor-1

All these statements assume that a medical doctor has reviewed and accepted the agreed upon food plan. The Food Plan Committee chaired by Fred S. will continue to seek input from groups and determine the need for additional literature, as well as, to seek Board's approval to print the proposed pamphlet, regarding the history of our food plan.

Literature Committee: Fred S., Chair, reported that he met with committee members online or over the phone seeking input to generate ideas on the needs for conference approved literature. A suggestion was made that advance copies of proposed literature be presented to Delegates prior to the conference.

Agenda Committee: Tom P., Chair of the Board, explained that we are gaining experience on the Agenda Committee process. He reminded Delegates to submit conference agenda items 120 days prior to the June Conference. Any items submitted later can be included through the Conference Urgent New Business Committee. Pre-conference workshops are separate and do not need to comply to the 120 days prior to the conference. These are developed together with Board and as needed.

Urgent New Business Committee: Tom P., Chair of the Board, received 7 written motions to discuss as Urgent New Business. These were reviewed by the Board which accepted five of the motions with two the motions merged with the other five.

7. Election of Board Participating Directors

Nominations opened to elect four Participating Directors to two-year terms. The following delegates were nominated from the floor: Margee C. from Area Five, Blossom R. from Area One, Rosemary G. from Area Five who declined the nomination, Toni Z. from Area Four, Pat A. from Area One, Pamela J. from Area One, Fred S. from Area Four, Karen S. from Area Four who declined the nomination, Maria D. from Area One, Sandy L. from Area Seven, Poly P. from Area Six, Norma T. from Area Two, and Stephanie D. from Area One.

Nominees qualified themselves. The following nominees withdrew their own names: Fred S. and Stephanie D. Secret voting followed. Six nominees were announced with the highest votes: Margee C., Toni Z., Pamela J., Blossom R., Maria D., and Norma T. The last three nominees had a tied vote. Blossom R. withdrew her nomination. Secret voting followed. The following delegates were elected to serve on two-year terms: Margee C., Toni Z., Pamela J., and Norma T.

8. Election of Conference Committee

The floor became open for nominations to appoint five delegates to the Conference Committee. These five members will appoint committee chairs to four Conference Committees, Agenda, Finance, Literature and Urgent New Business. (See Art 4, Sec. 2 of the Bylaws). The nominations closed. The following delegates were nominated: Pat A., Maria D., Sandy L., Stephanie D., Karen S., Jeanne W., Paul A., and Rosemary G.

Secret voting took place: The following nominees received the top votes: Pat A, Maria D, Paul A, Karen S., and Jeanne W. These five members met amongst themselves and elected Karen S. as the Conference Committee Chair.

The following Conference Committees were formed: A) Finance Committee with Jeanne W. as Chair and four members. B) Agenda Committee with Karen S. as Chair and four members. C) Urgent New Business with Paul A. as Chair and four members. D) Literature Committee with Pat A. as Chair and ten members. Tom P., Chair of the Board, made exception to the Bylaws for two current Participating Directors named to Conference Committees as they will be stepping down at the end of this conference.

9. New Business

The Urgent New Business Committee presented seven written motions. Two of these motions were merged with the other five motions. A written motion was submitted to the Chair of the Board by Karen: ***Change the Bylaws on every occurrence of "Director" to "Trustee."*** Discussion followed on how we are only trusted servants and do not govern. Howard G., explained the legal definitions for a "trustee" with higher liability as legal or personal owner, and a "director" as a more fitting term for a non-profit organization. The motion failed with no oppositions.

A written motion was submitted to the Chair of the Board by Karen: ***Add to the Bylaws the following to Article 21, Section 1, b) Actions:***

The Conference shall address proposed items of business dealing with policy and bylaw. All actions shall be taken as Advisory Actions to the Board of Directors. In accordance with Article 4, Section 5(b)2, it is expected that the Board of Directors shall adopt all Advisory Actions of the Conference, except where in conflict with law.

Actions dealing with proposed changes to policy shall require a simple majority of Delegates present and voting at the Conference.

Actions dealing with proposed changes to Bylaws shall require 2/3 majority vote of the Delegates present and voting at the Conference.

Renumber current "b" to "c."

Discussion followed on how the Conference Delegates make decisions and the decisions are carried out by the Board. A motion was made and seconded: ***That the above-noted motion be referred to the appropriate Board Committee to review and determine a need to change the Bylaws.*** This motion to defer takes precedence. The current motion passed unanimously with no oppositions.

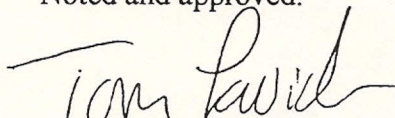
Karen S., Delegate, proposed to withdraw the three of the seven written motions that were presented as urgent new business.

10. Adjournment

Tom P., Chair of the Board, announced that Rae Z. will be retiring from her position as executive Director. A standing ovation followed. Other announcements were made on the planned Convention workshops and activities that would follow throughout the weekend.

The General Service Conference adjourned at 5:30 p.m. Respectfully submitted by Maria D.

Noted and approved:


Tom P., Chair of the Board

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Enclosure: General Service Conference Committee Chairs and Members