



COMPULSIVE EATERS ANONYMOUS-H.O.W.  
BOARD OF DIRECTORS 2023-24 First Meeting  
July 21, 2023  
Minutes

Aneisa, Vice-Chair called the meeting to order at 2:44 with the Serenity Prayer.

1. **Roll Call.** Directors present: Aneisa B.; Bryce M.; Gris M.; Adell P.; Mary Q.; Jose F.; Donna T.; Suzanne E.; Marcus F., Non-Participating Director. Non-voting officers present: Michael D., President; Susan M., Vice-President; Kevin C., Treasurer; David M., Secretary. Staff present: Ellie M., Executive Director, Jana C. Executive Director, Designate. Guest: Molly, serving as Spanish language translator.
2. **Election of Board Officers for 2023-24.** Susan nominated Aneisa as Chair. Adell seconded. Approved unanimously. Susan nominated Donna as Vice-Chair. Seconded by Mary. Adell nominated Mary as Vice-Chair. Seconded by Michael. Mary declined her nomination. Donna accepted her nomination. Donna was elected unanimously.
3. **Non-Participating Director and Corporate Officers.** Marcus mentioned that the Bylaws provide for three Non-Participating Directors. He suggested that we reactivate the Nominating Committee of the Board at the next Executive Committee meeting. The Participating Directors should think about who they should look for in Non-Participating Directors. Also, a Board Bylaws Committee should be established. David stated that: Marcus, Michael and David had all been elected to their positions at the first meeting of the 2022-23 Board meeting through the end of WSBC/Final Board meeting 2024 and that Kevin and Susan had both been elected to their current positions at the Special Board meeting in December 2022 also through the end of WSBC/Final Board meeting 2024.
4. **Executive Committee Members.** Ex Officio members will be: Michael, President; Susan, Vice-President; Kevin, Treasurer; David, Secretary; Aneisa, Chair; Donna, Vice-Chair. Mary was nominated by Adell and seconded Suzanne to be the Director at large of the Executive Committee. Approved unanimously.
5. **Director of the Month (DOM) Schedule for 2023-24:**
  - a. August: Mary
  - b. September: Gris
  - c. October: Bryce
  - d. November: Adell
  - e. December: Donna
  - f. January: Jose
  - g. February: Aneisa
  - h. March: Mary
  - i. April: Bryce
  - j. May: Suzanne
  - k. June: Donna
  - l. July: Jose
6. **Board Conference Committee Liaison Assignments:**
  - a. Finance: Kevin
  - b. Sponsorship: Mary
  - c. Education: Jose



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- d. Convention: Suzanne. Adell
  - e. Special Needs: Suzanne
  - f. Literature: Bryce
  - g. Urgent New Business: Aneisa
  - h. Agenda: Aneisa
  - i. Public Information: Donna
  - j. Spanish Language Literature: Gris
  - k. Website: Michael
7. **Regular quarterly Board meetings** will be October 28, 2023; January 27, 2024; April 27, 2024; and July 19, 2024, after WSBC. Meetings in October, January and July as well as special meetings, if any, will be held via Zoom, beginning at 7:00 am Pacific.
  8. **Regular Executive Committee meetings** will be 10 days prior to the regular Board meeting (except before WSBC): October 18, 2023; January 17, 2024, and April 17, 2024, at 5:00 pm via conference call.
  9. **Board Mentors for new Directors:** Adell volunteered to be Suzanne's mentor.
  10. **Assignments of Intergroup and Area Liaisons.** Members were asked to keep their same liaison assignments until the regular October Board meeting. Suzanne will take Lorraine's assignment. The Chair will evaluate assignments for the October meeting.
  11. The Board discussed offering a workshop at the 2024 Convention, but the Board did not pursue ideas for such a workshop.
  12. The next WSBC will be July 17-19, 2024. Directors and Officers are expected to attend WSBC as well as Convention.
  13. Michael moved to adjourn. Bryce seconded. Board adjourned at 3:17 pm.