



COMPULSIVE EATERS ANONYMOUS-H.O.W.  
BOARD OF DIRECTORS 2025-26 First Meeting  
July 18, 2025  
Minutes

Suzanne, Vice-chair, called the first meeting of the 2025-26 Board to order at 3:34 pm with the Serenity Prayer.

1. **ROLL CALL.** Directors present: Suzanne E., Jose F., Judy K., Vickie S., Susan G., Zoe L.; Sean H., Non-Participating Director. Corporate Officers present: Michael D., President; Susan M., Vice-President; David M., Secretary; Linda V., Executive Director. Translator: Molly. Not Present: Carmen M., Director and Kevin C., Corporate Treasurer.
  2. **ELECTION OF BOARD OFFICERS.** Susan M. nominated Suzanne as Chair. Michael seconded. Suzanne accepted. There were no other nominations. Suzanne was elected as Chair unanimously. David nominated Vickie as Vice-chair. Susan M. seconded. Vickie accepted the nomination. There were no other nominations. Vickie was elected as Vice-chair unanimously.
  3. **EXECUTIVE COMMITTEE MEMBERS.** Ex-officio: Michael, President (Chairs the Executive Committee), Susan M., Vice-President, Suzanne, Chair of the Board, Vickie, Vice-chair of the Board, Kevin, Treasurer, David, Secretary, Linda V, Executive Director. Susan G. was selected as the Director-at-large on the Executive Committee.
  4. **DIRECTOR OF THE MONTH SCHEDULE.** 2025: August, Suzanne; September, Vickie; October, Jose; November, Judy; December, Vickie. 2026: January, Susan G.; February, Zoe; March, Carmen; April Susan G.; May, Suzanne; June, Judy; July, Jose.
  5. **BOARD LIAISON ASSIGNMENTS TO WSBC COMMITTEES.**
    - Finance: Kevin
    - Sponsorship: Susan G.
    - Education: Zoe
    - Convention: Jose & Susan G.
    - Special Needs: Judy
    - Literature: Susan M.
    - Spanish Language Literature: Carmen
    - Urgent New Business: Suzanne
    - Website: Vickie
    - Agenda: Suzanne
    - Public Information: Vickie
    - WSBC Conference: Suzanne
  6. **QUARTERLY BOARD MEETINGS.** Meetings for the year will be at 7:00 am PT via Zoom: October 25, 2025; January 24, 2026; April 25, 2026. The final meeting will be July 17, 2026, immediately following WSBC 2026.
  7. **QUARTERLY EXECUTIVE COMMITTEE MEETINGS.** Meetings are held Wednesday at 5:00 pm PT via phone 10 days prior to the Board Meeting: October 15, 2025; January 14, 2026; and April 15, 2026.
- Board Liaison reports are also due to WSO 10 days prior to the quarterly board meeting: October 15, 2025; January 14, 2026; and April 15, 2026.
8. Suzanne will mentor Susan G and Jose will mentor Zoe.



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9. Intergroup Outreach assignments will be made by the Chair.
10. WSO will send the recordings of Convention workshops to Participating Directors to review for dead airtime, outside issues or other inappropriate content.
11. WSBC 2026 will be held July 15-17, 2026, and Global Convention 2026 will be July 17-19, 2026
12. Next BOD meeting is October 25, 2025, at 7:00 am PT.
13. Meeting adjourned at 4:00 pm.

DRAFT