



COMPULSIVE EATERS ANONYMOUS-H.O.W.
BOARD OF DIRECTORS 2026-27 First Meeting
July 17, 2026
Minutes

Suzanne, Chair 2025-26, called the first meeting of the 2026-27 Board to order at 2:56 pm with the Serenity Prayer.

1. **ROLL CALL.** Directors present: Suzanne E., Cheryl F., Carmen C., Zoe L., Roberta S., Diane S., Martie G. and Mary K. Non-Participating Directors present: Sean H. and Lukas J. Corporate Officers present: Carolyn P., Acting Treasurer. Linda V., Executive Director. Translator: Molly. Guests present: Michael D, Susan M. and David M.
2. **ELECTION OF BOARD OFFICERS.** Susan nominated Suzanne as Chair. Cheryl seconded. Suzanne accepted. There were no other nominations. Suzanne was elected as Chair unanimously. Susan nominated Roberta as Vice-chair. David seconded. Roberta accepted the nomination. There were no other nominations. Roberta was elected as Vice-chair unanimously.
3. **ELECTION OF CORPORATE OFFICERS.** President: Carolyn nominated Michael, Cheryl seconded. Michael accepted the nomination. None were opposed. Vice-president: Michael nominated Susan, Roberta seconded. Susan accepted. None were opposed. Secretary: Michael nominated David, Suzanne seconded. David accepted. None were opposed. It was noted that Michael, Susan and David were starting their third consecutive two-year terms and that the Bylaws allow at most four consecutive two-year terms for Corporate Officers (in any capacity) before a two-year hiatus is required to serve as a corporate officer.
4. **ELECTION OF NON-PARTICIPATING DIRECTORS.** Michael moved to re-elect Sean for another two-year term, Susan seconded. None were opposed. Suzanne nominated Alex W. to serve as the third Non-Participating Director. Cheryl seconded. None were opposed.
5. **EXECUTIVE COMMITTEE MEMBERS.** Ex-officio: Michael, President (Chairs the Executive Committee), Susan, Vice-president, Suzanne, Chair of the Board, Roberta, Vice-chair of the Board, Carolyn, Acting Treasurer, David, Secretary, Linda V, Executive Director. Cheryl was selected as the Director-at-large on the Executive Committee.
6. **DIRECTOR OF THE MONTH SCHEDULE.** 2026: August, Suzanne; September, Roberta; October, Carmen; November, Zoe; December, Cheryl. 2027: January, Martie; February, Mary; March, Diane; April, Cheryl; May, Suzanne; June, Mary; July, Martie.
7. **BOARD LIAISON ASSIGNMENTS TO WSBC COMMITTEES.**
 - Finance: Carolyn
 - Sponsorship: Roberta.
 - Education: Zoe
 - Convention: Cheryl & Martie
 - Special Needs: Cheryl
 - Literature: Susan
 - Spanish Language Literature: Carmen
 - Urgent New Business: Suzanne
 - Website: Diane
 - Agenda: Suzanne
 - Public Information: Mary
 - WSBC Conference: Suzanne



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8. **QUARTERLY BOARD MEETINGS.** Meetings for the year will be at 7:00 am PT via Zoom: October 24, 2026; January 23, 2027; April 24, 2027. The final meeting will be July 16, 2027, immediately following WSBC 2027. Roberta reminded the Board that she has a prior commitment on October 24, 2026 that will require her to leave at 9:00 am.
9. **QUARTERLY EXECUTIVE COMMITTEE MEETINGS.** Meetings are held Wednesday at 5:00 pm PT via phone 10 days prior to the Board Meeting: October 14, 2026; January 13, 2027; and April 14, 2027.

Board Liaison reports are also due to WSO 10 days prior to the quarterly board meeting: October 14, 2026; January 13, 2027; and April 14, 2027. Please send all written reports to gso@ceahow.org. The office will distribute them when all are received to the whole Board.

10. Cheryl will mentor Martie. Suzanne will mentor Mary.
11. Intergroup Outreach assignments will be made by the Chair.
12. WSO will send the recordings of Convention workshops to Participating Directors to review for dead airtime, outside issues or other inappropriate content.
13. WSBC 2027 will be held July 14-16, 2027, and Global Convention 2027 will be July 16-18, 2027
14. Next BOD meeting is October 24, 2026, at 7:00 am PT.
15. Meeting adjourned at 3:39 pm.