

Compulsive Eaters Anonymous HOW
Board of Directors Quarterly Meeting
January 28, 2017, 7:00 am PT
Number: 712/775-7100; Access Code 217104

Draft Minutes

Call to Order: 7:02 am PT

Serenity Prayer; Tradition 2; ABSI Reading

Roll Call:

- Board Members: Cheryl F., Ginger B., Carolyn P., Liane S., Lupita B., Lueretha B., Rosa A., Jan, Jim W.
- Corporate Officers: Pamela K., Jim C.
- Excused: Rachel Z., Shannon H.

Approval of October 22, 2016 Minutes

Approved as submitted

Approval of Agenda

Approved as submitted

Officer Reports

a. Chair:

- We are looking at allocation of Area Representatives and Delegates contained in WSO Bylaws. Because we have not grown as was anticipated when the Bylaws were drawn, the Area Representative pool is not large enough to give us the maximum of 75 Delegates contained in the Bylaws. Options are to grow the program or amend the Bylaws. Would an amendment to the Bylaws be a solution? Cheryl, Carolyn and Pamela will review the Bylaws.

b. President and Executive Committee

- The Chair noted administrative actions taken on behalf of the corporation: application for exemption from Nevada sales tax (denied because we do not meet requirements) and California registration as a nonprofit soliciting contributions (in process).
- Several actions recommended or approved by the Executive Committee were detailed for the Board's approval or confirmation (see New Business below).

c. Treasurer and Finance Committee

Note: Specific financial information is available on Treasurer's Report and EOY Financial Statement

The proposed budget for 2017, which was developed by the Finance Committee and recommended by the Executive Committee, was reviewed. After review and discussion the following Motion was unanimously approved:

MOTION: Accept the proposed 2017 Budget adjusted to include a cap of \$2000 for Area Assistance (a maximum of \$500 per Area); and increased Conference and Convention reimbursement expenses (Conference Support Committee, Convention Chair and Co-Chair, and Spanish translators) of approximately \$1,600.

Committee/Liaison Reports

a. Literature:

- The Meditation Book subcommittee is soliciting more entries; it has submitted a new flyer to WSO for posting on the website and distribution to Intergroups.
- The Pioneer questions are being updated to the 4th edition of the Big Book
- Two new sets of questions are being developed: AA Comes of Age, and Prayer and Spiritual Concepts

b. Sponsorship

- The previous Sponsorship Committee completed work on an article to be posted on the website, Sponsoring Chronic Slippers. The Board suggested the Sponsorship Committee update the title of the article to a more positive title; the phrase "Chronic Slipper" has a negative label for struggling members.
- The Committee will work on the goals set at its initial meeting.

c. Education

There are two subcommittees developing service literature:

- A trifold summarizing the CEA-HOW structure and service
- A CEA-HOW service manual.

d. Special Needs

- A printer has been located who will print large print and Braille *Forever Abstinent* and *Sponsor Guidelines*; notice appears on the **Purchase Literature** page on the website.
- The committee continues to collect information from Intergroups as to physical meeting accessibility; when completed, the information will be posted on the website meeting schedule

e. Convention Committee

- The Committee is well organized and a schedule of conference calls has been set up
- The Board to help promote attendance.
- The decision to hold a joint workshop (only one workshop in that time period) will be left up to the Convention Committee.
- It was recommendation that we not have a designated Board table. The Board's Convention expenses are paid so that the Board members are accessible to the fellowship.
- The pros and cons of holding more meetings during Convention were discussed. It is a Convention Committee decision, with note from the Board that the focus of Convention is on workshops.

f. Public Information

- A priority is completing a Newcomer page on the website which would also contain personal stories. An approved flyer to solicit personal stories will be sent to WSO for posting and emailing to Intergroup Chairs for distribution to their meetings.
- Committee is setting up chart for review of contents of the Public Information page to update contents
- The Board recommends the committee take no action on a Facebook page at this time; there are issues of anonymity

g. Spanish Translation

- The book "Sponsoring in CEA-HOW" has been translated and sent to WSO for formatting and printing
- The committee is working on Area Bylaws template

h. Website

- The new website is completed in prototype format; the format goals and technical goals of the new site have been met. There are tweaks still to be done. The Board was given the URL to review. The projected launch date is March 2017.
- A Special Needs page has been created
- The Board discussed and recommended the ***For CEA-HOW Sponsors*** page be revised to remove the sponsorship articles which are now contained in the book "Sponsoring in CEA-HOW," and the page be revised as follows:

This page contains resources for CEA-HOW sponsors.

Our primary source for sponsoring is the *Sponsor Guidelines* book. In-depth sponsoring discussion is contained in our book, *Sponsoring in CEA-HOW* (Item #856); see excerpts below. Questions based on *Sponsoring in CEA-HOW* are contained in *Broaden Your Experience in Sponsoring* (Item #804).

Below are additional resources for CEA-HOW sponsors.

Sponsor Checklist

Food Policy Letter

Sponsoring Chronic Slippers [*New article submitted by the Sponsorship Committee, not yet posted and with suggested change in title*]

Sponsoring in CEA-HOW, Item #856 (excerpts)

Chapter ____, Title

Chapter ____, Title

Chapter ____, Title

- A discussion of a FAQs page detailing how CEA-HOW is worked resulted in unanimous agreement that this would be counterproductive to carrying the message. Most compulsive eaters are looking for personal deniability, i.e., I can't possibly do all that, why try?

i. Policy Manual

- A meeting is scheduled for January 29 to update the Policy Manual

OLD BUSINESS

1. eLiterature

Carolyn provided a clear and extensive review of research completed and actions to be undertaken to provide eliterature on our website, including a schedule of literature for rollout, i.e., 1) FA, SG, Steps 6-12, Maintenance, Traditions; 2) same in Spanish; 3) Pamphlets (English and Spanish), and 4) recipe books and Sponsoring in CEA-HOW book. The Board discussed the degree of verification recommended for purchase of *Forever Abstinent* and *Sponsor Guidelines* in order to adhere to CEA-HOW principles, including practical and cost feasibility of each approach: 1) no verification; 2) check box ("I am sponsored;") 3) Sponsor enters sponsor's and sponsee's information on webpage; 4) Process checks up against sponsor entered data.

MOTION: Move forward with the eLit project, tentatively based on using Adobe DRM approach, launching the project conceptually at WSBC 2017 w formal launch projected by yearend. Motion passed unanimously.

NEW BUSINESS

1. Area Assistance Fund: The budgeted amount for WSBC 2017 was increased to \$2000, retaining the \$500 per Area cap
2. Procedure for revising *Forever Abstinent* on three-year cycle pursuant to motion approved at WSBC 2015.
MOTION: All motions to amend *Forever Abstinent* be forwarded to WSO to be held in electronic format and voted on at WSC 2019.
Motion passed unanimously.
3. Approval of Executive Committee recommendations
MOTION: The following reimbursement policies are approved:
 - 1) **Revised:** Board Reimbursement Policy for WSBC and Convention –mileage reimbursement
 - 2) **Refined:** Reimbursement Policy for Conference Support Committee
 - 3) **Expanded:** Reimbursement Policy for Convention Chair and Co-Chair
 - 4) **Established:** Reimbursement Policy for WSBC and Convention Spanish translatorsMotion passed unanimously
4. The pricing recommended by the Executive Committee for Global Convention Registration and Special Events is approved.
5. Confirmation of Executive Committee administrative action:
MOTION: We confirm the Employee Paid Sick Leave Policy established by the Executive Committee in compliance with California Labor Code.
Motion passed unanimously.

Next Quarterly BOD Meeting April 22, 2017

Adjournment

Meeting was concluded with Serenity Prayer at 12:15pm PT.

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