

Hello Everyone!

We held a General Service Board meeting on 10/09/2013.

Attendees:

- Annette H, Phoenix, AZ
- Steph B, Ajax, Canada
- Regina, Rockland Country, NY
- Kat D, Smyrna, GA
- Vanessa S, Longwood, FL
- Britina, Reno, NV
- Katherine, Delray Beach, FL

Notes:

- We reviewed minutes from the 09-11-2013 meeting. No changes were suggested.
- **Links Page**
 At our last meeting we agreed to list just four sites on our Links page and agreed to discuss the topic of the Links page at this meeting.
 - Regina expressed concern about the removal of a book (from the GSB Links page) that her group uses and has found very helpful: Michelle Morand's Food is not the Problem: Deal With What Is.
 - Annette noted that we also have recently had another request to list a book.
 - The GSB voted to reduce the volume of links to just a few at our last meeting because:
 1. Links implicitly endorse outside enterprises such as treatment centers and other professional services (which violates Tradition Six)
 2. Links implicitly state opinions on outside issues (which violates Tradition Ten)
 3. Our Links page had gotten overwhelmingly cluttered, making it hard to find the items we thought were the most helpful
 4. Our criteria for listing items on the Links page had varied over time and the criteria weren't consistently applied
 5. Links to ED recovery materials used to be a bit tough to find, but now it is fairly easy to find information. We noted that finding books that have been vetted is still tough, and some of the sites we thought were the most helpful are not listed prominently.
 6. We agreed to keep a links page but to limit it to just a few links that we hope everyone can find.
 - The GSB voted this evening on three options:
 1. Keep the Links page and adopt a better process for vetting what we list
 2. Drop the Links page; it violates EDA Traditions. Other 12-step groups do not have Links pages for this reason.
 3. Keep the Links page but limit the entries to the four already approved (with the possible addition of NEDIC in Canada and possibly one or two similar organizations per country).
 - Option 1 got three votes; Option 2 got 2 votes and Option 3 got 1 vote. Annette in the role of Chair abstained from voting.
 - We then considered a suggestion to add NEDIC, a Canadian site, <http://www.nedic.ca/>. Four GSB members agreed that it could be added. **Action Item:** Annette agreed to add the link to NEDIC.
 - We agreed to table discussion of the "better process for vetting what we list" on the Links page until after the other agenda items were covered.
- **ChatRoll Alternatives**
 - Two meetings ago, we reviewed the appalling situation with Chatroll, our online meeting service, that left our members stranded on numerous occasions with no real solution on

the horizon. We agreed something needed to be done. Webmaster Vanessa S agreed to investigate alternatives.

- At our last meeting, we reviewed and explored an implementation of Chatwing that Webmaster Vanessa had put together for us. Chatwing showed great promise. Our demo, somewhat sadly, uncovered a missed requirement that Chatwing did not satisfy: the ability for the moderator to contact others privately via IM to let people know if their online behavior was problematic without publicly shaming anyone. Vanessa agreed to check if Chatwing actually had the needed functionality, and to keep looking if it did not. In the ensuing days, Vanessa reported that Chatwing did not have private IM capability, and set up an implementation of another alternative: Chatzy.
- During today's meeting, we logged into Chatzy and confirmed that we will be replacing Chatroll with Chatzy.
 1. Kudos to Webmaster Vanessa on finding a great product that is less expensive (\$16.90/month) than our current service (\$19.00/month)! Thanks, also, for the implementation – I think Chatzy looks fine and works well.
 2. We would like to encourage everyone starting a new meeting to join the online meeting. It really helps to understand how to run an EDA meeting before starting one yourself.
 3. We agreed that PayPal could be used to fund Chatzy for \$16.90 a month
 4. **Action Item:** Annette agreed to work with Vanessa offline to get the PayPal transaction set up, and to repay out-of-pocket expenses.
- **Anonymity at the level of press, radio, film and web**
 - One of our GSB Members has been invited to speak on TV about her experience, strength and hope. This is a wonderful opportunity to carry the message. Yet, our 11th Tradition states: Our public relations policy is based on attraction rather than promotion; we need maintain personal anonymity at the level of press, radio, film and web. We asked members for their advice on how to address the situation.
 1. One member had a great experience with a campus recovery outreach program. Her story was also featured in a magazine. She felt really good about being able to reach more people with her message, but now, with more experience in 12 step programs she probably would avoid having her photo and last name included in any future magazine articles (press).
 2. Others shared their thoughts. The Traditions are actually quite clear on the topic and there is no real need to add more. Members agreed that talking to a room full of people is a powerful and important way to carry the message. It is fine to explain who you are when face to face with a live audience where the event is not recorded. When talking to a camera or to the media (press, radio, film and web), care must be taken to preserve anonymity (no photos, or shadow-profile-only photos, and no last names). If 12-step groups are mentioned only tangentially as one of a set of tools in recovery, some thought anonymity should still be preserved while others thought anonymity less critical if the 12-step association is indirect.
- **Better process for vetting what we list on the Links page**
 - We picked up a conversation about establishing a better process for vetting what goes on our Links page
 - We discussed Regina's suggestion to re-add Michelle Morand's Food is not the Problem: Deal With What Is as an example
 1. GSB members suggested and affirmed that adding a link on the GSB site should require the endorsement of 3 General Service Board representatives. We should not endorse anything with which we do not have personal experience.
 2. The initial request to add the link to Food is not the Problem: Deal With What Is came from a GSB member. Regina is also a GSB member. That makes two GSB endorsements. We would need a third person to read the book and endorse it. We did not have any volunteers. However, if any of you who have

read the book are willing to stand up for it, please join our next GSB meeting on November 13th. We will ask for endorsements at that time.

3. Also, a request came in to list a book that is being published by Central Recovery Press titled: Making Peace with Your Plate: Eating Disorder Recovery. A co-author is founding an EDA Meeting. Here is a link to a video promoting the book: <https://vimeo.com/75321256>. A copy is being sent to the GSB, and Annette will have an opportunity to review it before the next meeting. We will also ask for GSB members who have reviewed the video and/or book whether they want to endorse it at our next meeting.
 4. There was an additional request to list two books by Jenni Schaefer
 1. Life Without Ed: How One Woman Declared Independence from Her Eating Disorder and How You Can Too
 2. Goodbye Ed, Hello Me: Recover from Your Eating Disorder and Fall in Love with Life
 5. We will tally endorsements for all four books at our November 13th meeting.
- o We ran out of time to discuss criteria for adding links to things other than books, and will discuss this topic further at our next GSB meeting.

We adjourned the meeting at 7:00 PM MST.

Please send these minutes to members of your group if your group maintains an email contact list!

Thank you to all who attended and to all who serve EDA!

Best regards,
Annette (aka Michelle)