

Hello Everyone!

We held a General Service Board meeting on October 8, 2014. What follows are brief minutes of the meeting.

Attendees:

- Ashley – Tempe, AZ
- Shirley – Medway, MA
- Hannah – Ridgeland, MS
- Rachel – Phoenix, AZ
- Trish – Delray Beach, FL
- Annette – Phoenix, AZ

Notes:

We reviewed and approved minutes from our September 10th meeting.

We discussed action items from prior meetings:

- Rachel wrote up a synopsis of our discussion around the maps page and sent it to Vanessa.
- Annette added [Making Peace with Your Plate](#) by Robyn Cruze and Espra Andrus to the EDA Links page (where it is listed, but not linked).
- Annette responded to the person asking about establishing a Google Hangout (video chat) meeting and included the guidance we discussed at the September 10th meeting.

Our webmaster, Vanessa, is stepping down after three years of service in that capacity. We sincerely appreciate the time, talent and energy Vanessa has put into so many things:

- Improving the functionality of the website: it is faster and easier to navigate than ever before
- Researching, implementing and troubleshooting several different online meeting applications over the years
- Maintaining the list of online meeting moderators
- Performing weekly updates to the list of meetings
- Proposing innovations like a database-driven meetings listing and map-oriented meetings page
- Implementing PayPal for 7th Tradition contributions
- Researching other improvements that could make things better for EDA members:
 - Less image-intensive web theme that loads more quickly
 - More robust support for mobile devices
 - Self-service listing (and removal) of meetings

HUGE thanks to Vanessa! You have done a terrific job!

Hannah from Mississippi expressed interest in serving as the incoming webmaster. Yay, Hannah!! We greatly appreciate your willingness to serve in this capacity.

Action Item: Annette will include a few more details about web maintenance in these minutes (see below), will add Hannah to the distribution list for wm@eatingdisordersanonymous.org (done) and will pass Hannah's contact information on to Vanessa (done). Vanessa will complete a knowledge transition on the webmaster role over the coming weeks.

Please contact us (send an email to wm@eatingdisordersanonymous.org) if you are interested in serving as a backup webmaster: Everyone needs time off and it is helpful to have people ready and able to step in when needed.

The role entails the following service to EDA members:

Maintain EDA Meeting Information on the EDA Website (Weekly). This generally requires up to one to two hours per week, starting with scanning email and ending with validating updates.

- Receive mail sent to wm@eatingdisordersanonymous.org
- Update the EDA website meetings page (www.4EDA.org/meetings.html) on a weekly basis, using your choice of a text editor (i.e. Notepad, TextPad) together with your choice of a file transfer utility (i.e. FileZilla), or (alternatively) your choice of web publishing software (i.e. WebMatrix Profile).
 - We ask that you follow a standard develop-test-deploy approach for each page you modify:
 - First, download the current production page
 - Second, make a backup copy of the downloaded page so you can reload it if there are post-implementation issues
 - Make changes to the downloaded copy of the production page
 - Publish your updates to a subnet (<https://test.4EDA.org/test>)
 - Test your changes thoroughly
 - If testing is fully successfully on the subnet, deploy your changes to the production site that everyone can see
 - Validate that the changes have been applied and the site is working as expected
 - If there are issues, publish the backup copy (of the original page) to production before troubleshooting
- Respond to email sent to wm@eatingdisordersanonymous.org (always copy wm@eatingdisordersanonymous.org):
 - Request additional details if needed or
 - Inform about completed changes
- Communicate with other GSB members about vacations/needed time away from the role

Optionally, the role includes:

- Maintain access permissions for online meeting moderators in our Chatzy implementation
- Occasionally, troubleshoot issues with Chatzy
- Maintain email distribution lists on the GoDaddy host site
- Maintain information about GSB meetings (two pages)
- Post GSB meeting minutes

- Maintain the publications/literature page
- Add / remove pages and features, as time allows, per request from the GSB

The webmaster role can include exciting innovations such as those Vanessa initiated above. You are welcome to keep things simple, or to be as creative as your time and energy allows. Please note that this is a volunteer position.

We discussed meeting page updates:

- Webmaster Vanessa has updated the website: it is now current with the submissions for changes through yesterday evening.
- Vanessa was unable to attend today's meeting requested feedback about whether to pursue the maps aspect of the website. We agreed that having both the maps and the text listing was good, however, we recognize that this adds to the maintenance effort and would like to keep things simple for the incoming webmaster.
- Annette mentioned that she thought Vanessa was populating the web page using a database of meeting information, but we need an update from Vanessa about whether the process can be extended to populate both the map and existing production page at the same time.
- For those who have not seen the map version of the meetings page, please see http://test.4eda.org/test/meetings_new.html: Meetings in the US and Canada are listed in the context of their respective states and provinces when you click on a hyperlink to "USA Meetings: USA" for the US and when you click on "International Meetings: ... Canada"

We discussed a proposed long form of the EDA Traditions.

- Together, we read through the "12 Traditions – Keeping it Simple submission" from Kimberly that was sent out with the last meeting minutes. Great job, Kimberly! We made very few changes (updated version attached).
- **Action Item:** Annette will post the "Keeping it Simple" version of the 12 Traditions to the EDA website, and will add it to the Meeting Starter Kit.

We discussed progress on development of an EDA Big Book

- "N" and Liz submitted material for the Big Book. Thank you both! Apologies to "N:" somehow her story was lost in the shuffle last December and never made it to the web site.
- **Action Item:** Annette will post "N's" and Liz's stories to EDA website's Stories page.
- **Action Item:** Four GSB members (you know who you are!) who have not previously submitted their stories agreed to write them up send them to Literature@EatingDisordersAnonymous.org at some point in the not too distant future.
- Stories are the heart of the AA "Big Book," Alcoholics Anonymous. The GSB of EDA has been collecting stories (and listing them on the Stories tab of the EDA website, www.4EDA.org/stories) for some time now, but have not amassed enough to complete a Big Book for EDA.
- Our stories are never "perfect" and so long as we live and breathe, our stories continue to evolve.

- Please do not let these impediments hold you back from taking action and sharing your story. More than anything, our stories of recovery can inspire hope in those who still suffer.
 - Have you worked your steps (or are you close to finishing your first pass through)?
 - Have you been able to make amends for negative impacts your attitude and behaviors may have had on others?
 - Have you been able to avoid disordered behavior (for at least a few weeks at a stretch, with only occasional difficult days over the last several months)?
 - Do you regularly feel a quality of peace and happiness that is markedly different from when you are actively engaged in your eating disorder?
 - If so, we encourage you to share your story of recovery!
- Please contact literature@eatingdisordersanonymous.org with your story (preferably five pages or less) as soon as possible.
- **Please be sure to mention how you use the Steps!**

New Business: none was brought up.

We adjourned the meeting at 7:01 PM MST. Our next meeting will be Wednesday, November 12th, 2014.

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)

Note: This email address is checked only monthly. Please send more urgent comments and inquiries to info@eatingdisordersanonymous.org.