

**THE SAN DIEGO COUNTY COMMUNITY COMMITTEE  
OF CO-DEPENDENTS ANONYMOUS**

**MINUTES OF THE REGULAR MONTHLY MEETING**

**Date: November 15, 2008**

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- **Call To Order.** The regular monthly meeting of the San Diego County Community Committee of Co-Dependents Anonymous (the “Committee”) was called to order at 10:10 a.m. by Frank, Community Representative. The CoDA Traditions and Intention Statement were read.
- **Approval of Minutes.** Jackie thanked Nancy for doing the October minutes while she was out of town. It was moved and seconded to approve the October minutes as written. The phone list was passed around to the members to check off their names and make corrections or additions. Jackie will also email a corrected phone list each month. (Reminder: NO EXTRA TIME WILL BE TAKEN TO READ THE MINUTES during the meeting. The minutes are emailed to everyone who has their email on the sign in sheet).
- **Reports**
- **Community Representative** Frank - “I thank everyone that participated in our October Super Seminar Saturday, especially Carolyn, who organized it, and all of the volunteers who made it such a success. I for one learned a lot and had a great time to boot. I especially liked hearing all the things about “If it’s hysterical, it’s historical”. Knowing that concept has helped me greatly to let others take responsibility for their own fits, and to back off, when I, too, am having one. I’ve posted in the December Newsletter some information from our CoDA Bylaws concerning our upcoming elections in January. France, Jackie, Trevor, and Johnny will be surrendering their positions, which are respectively, Alternate Community Rep., Secretary, Alternate Regional Rep., and Parliamentarian. It’s not too soon for us to start thinking about filling those spots, and it’s certainly not too soon to be showing our gratitude for the outgoing team’s service. Many thanks again France, Jackie, Trevor and Johnny! “ (Frank also gave us a report on Nancy and her surgery – she is doing well).
- **Alternative Community Representative** France – no report.
- **Parliamentarian** Johnny - The guidelines and procedures for bringing action items and discussion items to the Committee for discussion and action, as well as other rules of order to facilitate appropriate flow of the Committee meetings were briefly described.
- **Treasurer** Lori - no report.
- **Regional Representative** Nancy - absent – report read by Frank: “If you enjoyed the Super Seminar Saturday that San Diego CoDA hosted in October, and are looking for more of the same, please check out two upcoming CoDA events. The next SoCal CoDA Conference will be hosted by the Desert Communities CoDA on the weekend of June 5-

7, 2009. You can find more information on this event at [www.desertcoda.org](http://www.desertcoda.org). The 2009 International CoDA Convention "Independent and Free" will be held Thursday – Sunday, July 9-12, 2009 in Seattle, WA. The deadline for early registration is December 1, 2008 (just around the corner). You can find more information and register for this event at [www.coda.org](http://www.coda.org) The next quarterly SoCal Coda Board meeting is tentatively scheduled for Saturday, December 6, 2008 in Orange County. This meeting is open to the entire CoDA fellowship. If you would be interested in attending, please email me for more information as it becomes available."

- **Alternate Regional Representative** Trevor – absent - No Report
- **Panels/Workshops and Seminars** Carolyn - absent.
- **Public Information/Mail** Csilla - 9 pieces of mail were received and distributed appropriately this month.
- **Public Information/Telephone** Bonnie - There was only 1 phone call; for Outreach.
- **Website Master** Acting web master - Joe reported that he has made a link to include the Regional Conference. He is still working on the 7<sup>th</sup> tradition forms and may just make one, with 3 parts. He is thinking about simplifying the website layout.
- **Hospitals & Institutions** Lynne – reported that she is working with Betty Jo and Joe to make something to hand out to inmates. The outreach newcomer brochure may be what they wind up with. H&I needs new blood – Lynne found some archived info on getting new people to do service and hopes to use some of it. She also talked about the fact that all inmates have 1 thing in common – their addiction,
- **Literature** Joe – The reports for the last month's activities are attached to the Secretary's copy of the minutes. Overview:  
\$723.05 sales for October, 2008 (No Super Seminar Saturday sales)  
\$708.75 deposited on October 18, 2008 (Receipt to Lori next meeting)  
\$31.98 in change deposited on October 20, 2008 (Receipt to Lori next meeting)  
-\$3.47 bank error for change deposited on October 20, 2008  
\$478.24 CoRe Order October 20, 2008  
\$88.20 Cash on hand (current)  
\$1,637.30 Bank balance (current)  
Joe would like someone to propose a motion for him to use a credit card, linked to the Community account, so he can make literature purchases on-line?  
His rationale: CoDA World's web site will have an on-line store by January, and he's pretty sure that ordering by credit card will shorten delivery times by 5-8 business days, as well as more accurately calculate shipping and handling.
- **Outreach** Deborah – The committee discussed the newcomer pamphlet. They hope to have a proposal next meeting. They may try some community fairs next summer. It was suggested that **each group ask their newcomers how they found out about CoDA to see where their efforts should be made.**
- **Newsletter** Lesa - Copies of the December newsletter were handed out. Is working on a new format for the meeting schedule – has checked the National meeting schedules and a few of our meetings are listed as "inactive". Those groups need to contact National CoDA to update their listing. As usual, **Lesa would like submissions, letters, poems, thoughts of any length.**

- **Refreshments** Nancy – absent – no refreshments this month.
- **Activities** Stephen - No ideas.

#### **Ad Hoc Committees:**

- **Spanish speaking liaison** – Cecilia reported she has been attending some of the meetings. She has found that they have a Spanish spiral-type book that has their literature in it and a few people buy it at each meeting. They get this book from Phoenix.
- **Newcomers Pamphlet** – Lesa (Chair) – France, Lynn, Deborah, Joe, Kirk (committee members); Hopes to have a sample by the next meeting. **If any newcomers that have been attending meetings for 6 – 18 months would like to submit a newcomer story for possible addition to the brochure, please contact Joe at the website address.**
- **By Law Committee** - Johnny - Committee is gathering info.

#### **BREAK**

#### **5. Quorum**

The group representatives and officers of the meetings introduced themselves. The Secretary and the Parliamentarian confirmed **a quorum was present (17 voting members)**. (37 X .3 = 12 voting members needed). (Frank and Jognny do not vote except to break a tie).

#### **6. Old and New Business**

- France made a motion, To obtain from the bank a Debit/Credit card to assist the SDCCoDA to conduct business. Motion was seconded. After some discussion France amended the motion to read: To obtain from the bank a debit only credit card to be held by the treasurer following already established treasury guidelines for usage to assist the SDCCoDA to conduct business. After a few moments of silence a vote was taken. This motion passed 17-0-0.
- A discussion from France and Lori was held about a Holiday party being held; perhaps with a potluck. It was decided that Stephen will coordinate this activity, to be held on a Saturday afternoon in December.
- Lesa asked for discussion and it was decided to remove the Tijuana meetings from the San Diego County meeting lists.

**ANNOUNCEMENTS:** **The Thursday Downtown CoDA WILL have a meeting on Thanksgiving.**

#### **7. Adjournment**

The Committee accepted contributions from the members according to the 7<sup>th</sup> tradition, and with no further business before the Committee, the meeting was adjourned at 11:59.

Respectfully submitted,

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Jackie Mc, Secretary

Next Meeting: Saturday, December 20, 2008

**Please take these items back to your groups:**

- Each group should ask their newcomers how they found out about CoDA to see where efforts should be made by the community for outreach.
- If any newcomers that have been attending meetings for 6 – 18 months would like to submit a newcomer story for possible addition to the brochure, please contact Joe at the website address.
- The Thursday Downtown CoDA WILL have a meeting on Thanksgiving.
- Lesa would like submissions, letters, poems, thoughts of any length.