

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

**MINUTES OF THE REGULAR MONTHLY MEETING**

**Date: June 20<sup>th</sup>, 2009**

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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 10:05 a.m. by Frank, Community Representative. The CoDA Traditions and Intention Statement were read.

- **Phone list.** 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.
  
- **Secretary** Renee- I emailed the May minutes. I decided that I would love to be your secretary; I got over my procrastination phase!
  
- **Community Representative-** Frank G., Community Rep. for San Diego County  
Quite a few of us attended the SoCal Regional Conference in Indian Wells. And I'm really glad I went. I learned some very important things. First of all, I learned from Ken, of Ken and Mary fame, that "Would you give me a hug?" is a much more effective thing to say when attempting to make up after an argument than "Can I give you a hug?" And it only took me 70 years of life and 18 years of CoDA training to find that out. What's especially interesting about that is that my grandson learned this concept at age 9 - - on his own! How'd he do that? I also learned first hand at the Conference's Masked Ball a little bit of what it's like to be a woman. And there IS a lot of really fun things I could say about that.

As for business items, we have several very important ones to attend to today. Emily, our Panels, Workshops and Seminars Chair, informed me that she will not be able to fill that role for our upcoming Super Seminar in October. There seems to be the small matter of a wedding getting in the way. Therefore we will need to find a replacement, and if possible do that today to give the new person plenty of time to plan the October event. However, Emily did say that she would still like to serve, and would be available to fill Lori's Treasurer position. However, I understand that there may be at least one other interested person, so we may actually get to have a runoff. As for the Secretarial Position, I think Renee can be persuaded to continue to fill it, so there should be yet another opportunity today for our group conscience to do its thing. We'll need some motions from the floor to initiate these matters. Also, I'm really looking forward to helping out at the Del Mar Fair next Saturday at our first one-day Outreach Event there. Deborah has done a great job in pushing this forward, getting a banner made, finding volunteers, and opening the door for an even greater participation by our community next year. If you can make it, please come by and visit our booth at the Infield Pavilion next to the children's Fairway.

Lastly, I will not be able to attend next month's meeting, as I will be with family members in Orange County at a memorial service for my mom. She would have been 96. Time does march on, doesn't it? I'll ask France, our Alternate Community Rep to take over at that time.

- **Alternative Community Representative- France-** No report. Will be here next month as the Community Representative, because Frank will be out of town.
- **Parliamentarian-Kirk -Absent**
- **Treasurer** Lori W. –see treasurer part attached
- **Regional Representative – Nancy-** Report from your Regional Rep:

As you may know, the annual SoCal CoDA Conference was held June 5-7 in Indian Wells. Aside from the wonderful recovery workshops and seminars offered, there was opportunity for inner child play and fellowship. Of course, the quarterly board meeting and annual Assembly were also held at the conference. New members were elected to the board to the fill vacating positions. I'd like to especially thank those from San Diego who joined me in service to the board this past year, and welcome this year's newcomers to the board from all of Southern California.

The LA CoDA community will be the host for next year's SoCA CoDA Conference. A highlight of the Assembly this year was the group decision to place a bid to host the 2010 CoDA World Fellowship Service Conference (CSC) / Convention, which would be combined with our SoCal CoDA Conference in LA. Watch for more information on this as it develops...

SoCal CoDA appreciates the 7<sup>th</sup> Tradition donations it receives from your home groups, especially as the budget continues to show expenses exceeding income. The largest expense, by far, is the cost of sending two voting delegates and one alternate to the CSC each year. As one of the two delegates from SoCal CoDA, I will be attending the 2009 Conference/Convention in Seattle in July. This event is open to all the fellowship, and if you are interested in attending, please check for information at [www.coda.org](http://www.coda.org). There you can also find information about the "Voting Entities" issues that will be discussed at CSC. Please follow the drop-down menu under *fellowship*, to *events*, to *CSC and Convention*, to *delegates package*, to *VE issues*.

Thank all of you who continue to support me in my service to you as your Regional Rep,

Nancy M.

- **Alternate Regional Representative** Cheri-no report
- **Workshops, Seminars and Panels** Emily-Absent Needs to find a replacement to set up Super Seminar Saturday in October
- **Public Information/Mail** Csilla – 6 pieces of mail, 5 for Lori include 2 bank statements, the AT&T bill, 1-7<sup>th</sup> tradition; & 1 misc bank notice, 1 newsletter from LA CODA for Lesa.
- **Public Information/Telephone** – Bonnie- 1 phone call requesting meeting times forwarded that on to Deborah

- **Website Master** Steve-Changed speakers meeting to the first of the month. Literature ordering available online now. Stephen asked if Steve would add the Poetry reading event on the website.
- **Hospitals & Institutions Lynn-** Would like to pass out the newcomers booklets/pamphlets as well as the books. Would like to continue to have the H&I posted on the website. Still needs men to help at the jail.
- **Literature** Joe – Does not have any more affirmation booklets, but will get some next month. We got a new pamphlet Building CoDA Community Healthy Meetings Matter. Recommends if the CoDA Conference can take over selling the literature next time.

May sales: \$757.90 (includes Super Seminar Saturday)

Deposit May 29, 2009: \$240.90

Lit order May 29, 2009: \$511.13 (I paid by my credit card from cash box)

Conference 2009 Sales: \$1231.50 (shows as part of June Sales)

Lit order June 7, 2009: \$535.00 (I paid by my credit card from cash box)

Faxed CoRe Order June 7, 2009: \$2.49

Deposit June 15, 2009: \$696.50

Bank: \$997.32

Cash: \$52.90

I need a check for \$ 42.57, as I did the newsletter copies for the May Community Meeting.

- **Outreach** – Deborah- Next Saturday June 27<sup>th</sup> CoDA booth at the fair. Purchased the stamp to identify us on the back of the literature to identify that we are San Diego CODA. She purchased a banner, has a receipt for that and purchased 2 table cloths. She has 6 one dollar tickets. Looking for Tom, Sarah and Phil to give the tickets to. Option for having a poster other, Deborah can hand letter it will cost 15 dollars, or get a professional lettered from Kinkos for 35 dollars, this will have the pattern and characteristics on it. Discussion from group regarding how the booth at the fair is attraction rather than promotion. We can't sell the literature at the fair.
- **Newsletter - Lesa** – We have a big newsletter this month 3 pages. We have an ongoing tradition series, one tradition a month for 12 months. New El Cajon meeting posted in the newsletter. Coda activity for this month a poetry reading.
- **Refreshments** Nancy- Coffee, hot water for tea and lemons from her tree. She won't be here next month and Csilla offered to bring and set up the coffee and hot water for tea.
- **Activities**-Steven – July 1<sup>st</sup> Poetry reading at Rebecca's Café a time between 5 o' clock and 7 o' clock. It is okay to read something as long as you state the author.

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

- **Spanish speaking liaison** – Cecilia – absent.
- **Newcomers Pamphlet** – Lesa- no report

- **By Law Committee** – Johnny-absent- Had to go to funeral and will plan on being here next month.
- **Email-Jackie** – Thinks position is redundant wants to discuss it next month.

**ANNOUNCEMENTS: NONE**

**BREAK**

## 5. Quorum

The group representatives and officers of the meetings introduced themselves. The Secretary and the Parliamentarian confirmed **a quorum was present (23 voting members)**. (37 X .3 = 12 voting members needed).

## 6. Old and New Business

### Approve Minutes for May 18-0-0

**New business-** Nancy nominates me to be the Secretary. 21-0-0 I will be secretary!

**New business-** Eileen, a friend of Debra who has experience with finance would be interested in being the CODA community treasurer, she would have to be an intern. Emily who has been in this program is interested in being treasurer. After discussion motioned for Emily for treasurer the rest of Lori's term. 21-0-0

**New business-** Deborah motioned for a patterns and characteristics poster with foam board under 40 dollars third person characteristics from the big book. After a moment of silence 23-0-0

**New business-** Renee- I would like some feedback on what meetings hand out for newcomers? I got lots of information from several different people. Thank you all!

**New business-** Steven suggests that if the ad hoc position necessary? Will discuss this with Jackie next week.

**New business-** Lynn- Wanting a motion for 500 dollars for H&I literature. 14-9-0  
Extension of discussing this. After 16-3-2

**New business-** Extension of time 5 minutes 15-0-0

## 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 12:10

Respectfully submitted,

Renee, Secretary

Next Meeting: Saturday, July 18, 2009