

Minutes of the "San Diego (SD) County Community Committee Of Co-Dependents
Anonymous (CoDA)"
February 18, 2023

Zoom Mtg ID- 8834 535 8086 , passcode= SDCoda; Mtg Url link:
<https://us06web.zoom.us/j/88345358086?pwd=VDMwbitrR05uZWxYcEtvTzcvZGpoUT09> ;

Community mtg contact: sd coda.zoom@gmail.com

SD CoDA website www.sdccoda.org

Southern California (SoCal) Regional CoDA website: www.socalcoda.org

World CoDA website: www.coda.org

Present: Officers/Chairs - 11, Sharleene, Michelle, Sonya, Mika, Joe H. , Laurine O. ,
Csilla F., Aaron L., Gary J., Robert L., Laura G.E.; GSR's - 9, Nadine, Jim W., Rose Marie,
Dominic S., Abby, Bryna B., Jimi, Marilyn, David; Visitors- 1, Chris R.; 21 Total Attendance

The Meeting was called to order at 10:00 a.m. by Sharleene, Community Rep. Attendees
introduced themselves, their position (Group Service Representative -GSR, officer or
chairperson) and their meeting.

Sharleene, Community Rep:’ The meeting purpose & function were read. The meeting’s
purpose is to serve the CoDA fellowship and carry the message to those who suffer. The
meeting coordinates intergroup recovery, serves as voice of the group to state, national,
and world organizations. It provides information and starter materials to new groups.
Abby read all the Traditions. Laura read all the Service Concepts

OFFICER / CHAIR’ REPORTS (Each has 5.’ Regional Rep’ has 10.)

Shar, Community Representative: Welcomes all the newly elected and continuing
Officers and Chairs.’

Sonya, Alternate Community Representative: no report. (lost voice today)

Sonya, Public Info’ Mail: All mail collected and will be sent to Michelle B., Treasurer,
today.

Laurine, Recording Secretary: January 21, 2023 minutes & contact list were sent out
Monday, 2-13-23.

Robert L., Parliamentarian: I’m new. Go easy on me.

[Did not read the usual parliamentarian statement included here-

According to By-laws the Community Meeting is conducted in accordance with the 12
Traditions, Group Conscience, and Robert’s Rules of Order, Parliamentary proceedings
by the Group. 2 parts to the meeting. Officer, Chair’, and GSR reports in first part.
Second part is old and new business, motions & discussions.

Any CoDA member is welcome to attend this meeting and address the Community.
However, only Group Service Reps (GSRs) and most officers and chairpersons can offer
a motion, second a motion and vote. Each has a voice so they are encouraged to

discuss and vote. If they have a motion or discussion item, write it in the Zoom chat box.

Quorum is established at the beginning of 2d part by a roll call. Quorum is reached when 30% of the total number of meetings has a representative at the meeting. Anyone having a motion or discussion item is encouraged to write it in the Zoom chat box.]

Michelle B, Treasurer:

These are January 31, 2023, or year-to-date (YTD) numbers.

Checking balance \$12,040.96

Savings balance \$7,602.66

Total Assets \$19,643.62

Income (7th Tradition) for Jan, 2023 is \$60.00

Expenses for Jan: \$1,449.46

Net Loss for Jan: -\$1,398.46

Expenses include:

\$800 to Joe for all web-related annual expenses, including his contracted services for a year

\$634 for literature.

Aaron L, Regional Rep: -

Next business mtg is March 4, 2023, online and in person (Culver City, LA). Robert L. will report on SoCal Conference to Regional meeting. Still looking for Delegate to go to CoDA World Conference in Houston, TX July 23-30, 2023 (July 23-27, CoDA Service Conference; July 27-30 International CoDA Conference. Also looking for candidates for Recording Secretary and H&I (hospitals and institutions) Chair.' If interested in the positions, attend Regional meeting, state your qualifications and be voted on.

- SoCal Regional CoDA- www.socalcoda.org , - Aaron L. SD Regional Rep,' - sdaaronL@gmail.com , - SoCal contact information - Thuy (pronounced Twee) K., SoCal Regional Chair', 562-208-5553, chair@socalcoda.org

Tony, Alternate Regional Rep': Not present.

Gary, Literature: Jan 2023, sales of \$667.50: 1 core order# 34313 \$634.24; Inventory-\$2764.65; 0 deposits, because no time to get to bank.

Gary, Public Info, Phones: Gary loves the online encounters answering phones. Callers usually ask, "Is this meeting still meeting? Where to get more literature?" 10 calls this month, not counting repeats. Joe suggests getting a separate, permanent phone number, for Public Info, Phones because when Gary vacates position, the number will change. We will discuss in second part of meeting.

Csilla, Newsletter: posted this month's newsletter Feb. 1 on website. Email any submissions or your "CoDA Moments" - your experience, strength and hope story to editor Csilla at email, newsletter@sdccoda.org before the end of month for next month's

newsletter. Abby asks how long CoDA moments should be? About a page, but the newsletter can accommodate any length. Csilla - great to do service. If questions, ask Csilla. Email newsletter submissions to newsletter@SDCCODA.org.

Laura, Activities Chair: There's a "7 Bridges of San Diego" walk this weekend. Meet at Old Globe Courtyard at Balboa Park. Trouble getting participants. Location seems issue for participation. Michelle suggests different locations - north, central, south. Laurine says publicize on web and newsletter and have GR's talk it up at meetings. Activity suggestions - maybe a game nite; Laura and Aaron talking about repeating the camping trip for this year; Mika suggests monthly bonfires at Mission Bay to celebrate CoDA birthdays!

Joe, Website Chair' (modestly paid position): SSL certificate, expires in March 2023. Can't use free ones on this site. Webhosting expires Jan 2024. Will look for one where the webhost provides free SSL's or comparable but automated process. Robert thanks Joe for his responsiveness on the website, the best of all the CoDA's!

Mika M., H&I (Hospitals & Institutions) Chair: Two organizations - Veterans Village on Pacific Hwy' and Balboa House on Laurel St (a Crisis house) asked for help to start CoDA meetings. Robert asks if Zoom meetings would help for a start. They prefer in person meetings. Robert says a Zoom meeting would be just to help them start and provide or work on a format.

Mika, Outreach : Going well. Lots of calls. Various questions - how to get started, etc. They are thankful it only requires a desire to get healthier. Joe H. will help Mika fix outreach flyers to 1 page. She had to improvise into 2 pages when she added the new phone no. and website on the tear away strips.

Meeting list Coordinator: OPEN

Workshops, Seminars, Panels Chairperson: OPEN. Laurine suggests Nancy M's idea of meetings needing attendance hold a Speaker meeting. It's a win-win for the meeting and CoDA Community. It gives the meeting more exposure and serves as a mini Super Saturday, fulfilling Workshops, Seminars and Panels. Or have 2 co-chairs or a chair & asst chair. Gary says whenever we wanted to do a Workshop, Seminar or Panel, it interfered with the Conference date(s).

AD HOC Reports

Laurine O., Liability Insurance Coordinator, Ad Hoc: A question came up.

-If a Step Study group meets in a different location & time, separate from a registered meeting, is it covered by the Community's Liability Insurance.
-Is SoCal Conference covered?

Will be a discussion item in New Business.

If you need a liability insurance certificate for your landlord, your meeting GSR can contact Laurine O., 858.733.0111 text or call. Provide landlord name, address and your meeting information (CoDA mtg no.), GSR email, phone.

Robert L., SoCal Conference Chair,' Ad Hoc, "CoDA: It's a Journey, Not a Destination... are we there yet?": also, Michelle- Treasurer/ Registration; Nadine - Art & Design; Dani - Food Chair'; Tony - Tech' Chair'; Venue Coordinator/Sec' - Shar; Workshops & Speakers - Tina H.; Volunteer Coordinator-Rebecca.

SoCal CoDA Conference, June 2-4, 2023, will be at Marina Village Conference Center, 1936 Quivira Way, San Diego, CA 92109. The Committee received a SoCal Region check to cover the Marina Village deposit.

Committee planning the Friday welcome online, Saturday workshops In person, and Sunday workshops online.

Chair Robert L. suggests H&I and Literature have booths at conference. Other Community Chairs wanting exposure at conference, please attend the next planning meeting, Wed, Mar 1, 2023, 5 pm. Contact arewethereyet023@gmail.com.

Workshop ideas - the conference needs meetings/ groups/ persons to come up w ideas for workshops. A meeting could sponsor a workshop. GSR's, please get request for workshop ideas out to the groups/ meetings. Looking for 7-8 workshops. If more, they could present on Sunday online.

Volunteers - the conference needs volunteers for everything, including minor Tech, Zoom, Google doc/sheets help. The volunteer mtg is separate, later in month, to be determined (TBD). Rebecca is Volunteer Coordinator.

To volunteer, email arewethereyet023@gmail.com OR on electronic conference flier, click on QR code (Quick Response code - small square with black and white pattern). It opens up the Volunteer sign up form. Fill out and send in. This is very important for volunteers to do so the Committee can organize efforts.

The SoCal conference committee normally meets the 3d Wed' of month, 5 pm, few days before Community meeting on 3d Saturday. Email arewethereyet023@gmail.com to attend conference planning meeting.

GSR Reports will be after old and new business. Might be after mtg ends.

Meeting breaks mid-morning at 10:58 am. Be back 11:10 am.

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The meeting resumed at 11:10 am.

Parliamentarian, Roll call: It was determined we have 31 meetings. 30% quorum is 9. Roll call was taken and quorum was met by 18 voting members. Shar clarifies a GSR or Officer only has 1 vote even if holding 2 positions.

The procedure for submitting motions and discussion items is to submit it in the Zoom

chat.

Approval of the minutes: Laurine moved to approve the January minutes as presented. Laura seconds. Michelle moves to hold off because of blanks in the minutes. Joe seconds. No objections. Approval of 1- 21-2023 minutes tabled. No vote needed.

Old Business NONE

New Business

1. Discussion. Bank signers - all 4 need to be present. Shar - will try to complete before next meeting.

2. Discussion - Bombers - Robert L. moves to do a workshop. If GSR's come back with enough interest for a Zoom Bomber workshop, an ad hoc Committee will form. If only a few, we will just pass information to meetings. Vote next meeting.

Jim W. asks is there a policy on meeting bombers? No. Jim's meeting just puts bombers in the waiting room. Some meetings lock the meeting which means latecomers can't enter the meeting. Some play "whack-a-mole" (electronic game in which you whack the mole as it pops up; you whack the bombers into the waiting room as they pop up). It's a Group Conscience what each meeting does.

3. Discussion -Permanent phone for Public Info, Phones. Right now it's Gary's personal phone. The number will change when Gary changes position. Better to have a permanent phone. The phone is listed in many places. Gary - will research and come back. Anyone interested in this ad hoc committee may contact Gary.

4. Discussion- Remove "Meeting List Coordinator/Chair"? Joe doing it now as collateral (extra) duty. Easier if one contact for receiving meeting information change, making SD website change, and sending meeting changes to World CoDA. So Joe suggests listing webmaster email for meeting changes. It's critical for newcomer who needs the most current meeting info. Not a motion today because involves possible by-law change. We will discuss & vote next meeting.

5. Question - Laura (Activities Chair') asks does she need to be elected? No - because she's was elected as a middle of term officer.

6. Discussion. Mika asks about online accounting /banking. Some in her meeting really want it. CoDA Community is looking into electronic banking app's - Zelle, Venmo, PayPal. Zelle may not work because some banks don't take it.

7. Discussion - How long to keep Treasurer reports? Michelle says the IRS guidelines for legal entities to keep documents is usually 3 years. Since SD CoDA Community is not a legal entity, it has no legal requirements on how long to keep records. Michelle suggests keeping all documents and supporting backup for three years and a year's summary overview using the December bank statement for 4th year and prior. Keep each year's overview in Google Drive, which is stable and free. Shred the rest.

Csilla says the minutes list a brief treasurer's report. Minutes keep longer. We have minutes back to 2016.

Robert suggests scanning records and not keeping hard copies. Can it be kept indefinitely on Google Drive. Balance sheets, not receipts etc. Michelle says ok for summary info' but not bank statements on Google Drive because not secure. Budgets on google drive ok.

Motion - Michelle moves to keep treasurer records for 3 years, including backup, and for prior years save the balance sheet and profit & loss for each year, broken out by month, and the budget on Google Drive. Mika seconds.

16 Yes, 0 No, 2 Abstain. Motion passed.

Bryna questions - Is scanning documents included in Motion? Yes. Did motion include Budgets? Yes, included in motion.

8. Discussion - Liability Insurance. There was a question whether the following are covered by liability insurance-

a) an unregistered Step Study meeting that meets a different time and place from an official meeting;

b) San Diego CoDA Community participation in SoCal CoDA Conference in San Diego and other locations - Los Angeles, the Valley, the Desert. Laurine is checking.

Laurine suggests Activities Chair' Laura should list official activities on web and/or newsletter. Gary doesn't think insurance covers SoCal Coda conferences held in LA, Desert or other non San Diego locations. Confirm with insurance company. Jim asks is insurance needed on a Zoom mtg? No, according to Shar.

9. Discussion - Use of Breakout rooms for large Zoom meetings - will discuss next time.

Shar says if GSR's want discussion, she will stay. We will not go past noon.

One last announcement/ info - on World, CoDA.org web there's a moving banner, which has 2 items of interest to meetings. There's free pamphlets and 2 new pieces of literature on which they want feedback. Please check it out.

Michelle motions to adjourn. Laura seconds.

18 Yes, Unanimous. Motion passed to adjourn.

Ends with Serenity Prayer at 11:59 am.

Respectfully submitted

Laurine Ota, Recording Secretary