

GMNI Meeting Minutes

July 16, 2022, 6:00pm

Zoom Meeting

Action items highlighted below—please see assignments

Attendance:

Nance K., Ramona A., Karen G., Sue C., Amy B.

May Minutes: Accept the minutes as submitted

- Moved: Nance
- Second: Sue
- Passed Unanimously

Concepts of Service 6 and 7: Nance K.

Reports:

Treasury and Tradition 7 Reports:

1. Current balance from the bank statement dated 30 June 2023 is: \$8117.26. There are no outstanding checks

a. Tradition 7 Income in May was \$106.00 and in June was \$0.

b. Expenses for May were \$2308.84; \$47.97 for our three Zoom accounts, \$10.56 for Freedom Voice telephone, \$15 for Free Conference Call, \$21 for Internet Upgrade fee and \$2164.31 for WSBC conference hotel, meals and travel expenses as well as the Region 6 Assembly registration fee.

c. Expenses for June were \$125.31; \$44.97 for the 3 Zoom accounts; \$10.56 for Freedom Voice and \$15.00 for Free Conference Calling and 51.78 for Internet Services.

d. Our current bank balance is \$8117.26 minus \$400.00 for our Prudent Reserve which leaves us with Working Capital of \$7717.26 as of June 30, 2023.

2. Groups are reminded to give donations to GMNI, and also to Region 6 and the WSO. PLEASE include the NAME of your Group as well as the WSO Group Number on the checks, so your Group can be acknowledged both in these reports, and on the list of Tradition 7 donations

kept for each year. Information to Groups: The WSO suggests the following formula when determining how much to donate to each level of OA when dividing up the available funds of a Group: 60% to GMNI, 10% to Region 6, and 30% to the WSO.

~In Service, Any Blomquist , GMNI Treasurer
Accepted Unanimously.

No Website or Telephone reports were submitted.

OLD BUSINESS:

1. Two motions discussed at the last meeting and published to GMNI were voted on:

- Motion 1: GMNI executive board positions can be combined as necessary as long as a minimum of three (3) separate individuals are in the Executive board positions. – Moved by Sue, seconded by Amy, passed Unanimously.
- Motion 2: To make the webmaster position a member of the executive board. – Moved by Sue, seconded by Karen, passed Unanimously.

Nance will send revised bylaws to state of VT, and send out to the big GMNI mailing list, and ask Joshua to replace on the Website with the revised version.

2. Nance read the summary report from the 1-day retreat held in Johnson, submitted by Debbie Y.:

Morrisville Group's May 2023 Retreat Report:

Nine of us from the Saturday, Steps to Food Freedom meeting met for a 5.5 hour retreat.

We had a wonderful "in person" reunion of sorts. Unfortunately we had no newcomers...but we were prepared to welcome them with open arms.

During the day we revisited Step 1, had a wonderful guided recovery meditation, a poetry exercise with sharing (including some tears), and then we wrapped it

up with an exercise on Step Four and Ten, how to identify character defects and resentments.

We had a table full of books, pamphlets , stickers and information.

We had a picnic lunch together outside, many laughs and vowed that we would have these retreats quarterly! H.P. filled our hearts with love! Hope to see more folks next time. ❤️ -Debbie Y.

NEW BUSINESS:

1. Nance discussed security tips offered by WSO related to a Venmo breach at another intergroup. GMNI uses a website builder to keep our site secure. Nance will ask Joshua to follow up with that company (One-on-One) to confirm that their updates would protect us. See Security Tips attached.
2. The group discussed moving forward with establishing Venmo and PayPal options for those contributing to GMNI. An email address would be used to establish the pay accounts, and two GMNI members would have access. The Treasurer would be notified when payments had been submitted, and would move the money to our bank account. The group decided to vote on this in November.
3. Fall Assembly budget was reviewed, confirming that Karen can attend in Albany and spend 2 nights at the hotel. Amy will send Karen a check for mileage that was not reimbursed from the Spring Assembly.
4. Elections in Sept: Nance will confirm that the volunteers who have expressed an interest in the open board positions are still available, and share the candidate names prior to the September meeting.
5. PI/PO ideas were discussed that involve placing listings in local newspapers. Karen said that the Caledonian Record offers a free listing for community, not-for-profit, regular meetings. But that space in the paper is sponsored by an insurance company that is clearly displayed. Everyone agreed that listing our phone and website there would be a violation of Traditions. The Orleans Chronicle provides free space under the heading "Kingdom Calendar—On-going" in

which AA and Alanon list every week. This would be an appropriate place for an OA listing as well.

Sue said she would look into what the Free Press, Seven Days, and one other do. Ramona said she would check the papers in Addison and Bristol. Nance said she would check the papers in Rutland and Manchester.

Motion to adjourn at 7:15 pm

- Moved: Karen
- Second: Amy and Ramona
- Passed: Approved

Security Tips for OA Websites

While it is relatively easy to create a website, security and maintenance can push the limits of a service body's capability. Using a reputable *website builder* can help because the builder will release regular security updates. Second, it is critical that everyone with access to your website use a complex (strong) password and two-factor or multi-factor authentication to log in.

User Accounts

- Change all passwords to complex (strong) passwords.
- Delete accounts for all past users.
- Require two-factor or multi-factor authentication for all users.

WordPress (tips may apply to other website builders)

- Change and hide the login URL from the default /wp-login.php or /wp-admin/ to a custom, hidden URL. Example: use the "WPS Hide Login" plugin.
- At your discretion, disable editing of the website theme and plugins through the theme editor and plugin editor.

Web applications

- Implement a secure password feature in the web application.
- Users must use complex (strong) passwords.
- Make sure appropriate file permissions are set up in the web application installation process.

MySQL

- User accounts used to access the database via the web application should have limited privileges to execute SQL commands (should not be a root-level user).
- Only allow a trusted admin access to a MySQL root user account.

Web server

- Revisit all users and passwords for the web server account.
- Only give web server (e.g., Apache) users on the server write access (i.e. file uploads) to any public directory.
- Limit administrative server access, i.e., direct access to the server. This generally takes one of two forms: a user account on the server accessed either over ssh or via (s)ftp. Ssh access is strongly preferred, where only users with valid ssh keys can access the server and password access is disabled. (S)ftp is vulnerable and can be gained with access to the host account.

Repository (e.g., GitHub)

- Use a private repository to limit access to the codebase.