

# **September 17, 2023 6:00pm Agenda**

**NOTE: This meeting will be held by ZOOM**

<https://us02web.zoom.us/j/83426036699>

**Meeting ID:** 834 2603 6699

**Passcode:** 729007

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Dial by your location, find it on the link below:

<https://us02web.zoom.us/j/83426036699>

**Please let Nance know if there are additions to the agenda you'd like to add. Thanks!**

## **Meeting Opening: Serenity Prayer**

*\*Anyone can ask for the Serenity Prayer at any time during the meeting*

- Introductions/Check-ins/Welcome
- Reading of Concepts of Service 8 and 9.
- Approve July 2023 Meeting Minutes, (attached below), including making any corrections. Please read the Minutes before the meeting!
- **The 2024 Proposed GMNI Budget is attached separately to the email that brought you this Agenda.** Please view it, and have it handy (in whatever format you choose) for the meeting discussion.
- **The 2024 Proposed GMNI Budget Notes are attached below.** These are Amy's (our treasurer) notes on how the figures in the spreadsheet were arrived at. **Please take a look both, and come prepared with questions and comments, and with ideas about additions or subtractions you'd like to see.** The final budget will be voted upon at the November 2023 GMNI meeting.

## **Reports—**

- Treasury and Tradition 7 Reports (through August 2023— Amy
- Website Report—Joshua
- Phone Report— Katrine

**Nominations for Board Positions—Individuals can self-nominate, and nominations from the floor will also be open.**

**The terms for these Board Member positions are from Sept 2023 to Sept 2025—**

**Chair-**

**Vice Chair-**

**Secretary-**

**Web Master-**

**Reminder:** The position of Treasurer is also on the GMNI Board. The term for the person currently holding that office will expire in September 2024, the position will then be open for election.

**The membership present at the meeting will vote for each position individually, unless there is a motion from the floor to vote for all positions at the same time. For a single vote to occur, a motion must be made to do so, it must be seconded, and receive a majority vote of those present.**

**Chair-**

**Vice Chair-**

**Secretary-**

**Web Master-**

## **OLD BUSINESS—**

The State of Vermont was contacted by Nance to determine if a copy of the revised GMNI By-laws were needed. The result was that the By-Laws, revised, or otherwise, are not required for State records. What is required by the State, for businesses where people are paid, are Articles of Incorporation, which are not required by the State for GMNI.

The revision made to the GMNI By-Laws is as follows:

The GMNI By-Laws have been revised following the vote at the July 2023 meeting to add the Web Master as a Board member, and to allow for Board positions to be combined, as long as three separate people are in Board positions. The revised version of the By-Laws have been posted to the GMNI website.

## **NEW BUSINESS—**

- **2024 Budget Review**— Amy B. This budget will be discussed, and changes will be made at this meeting, for voting upon as Final Budget at the November 2023 GMNI meeting.
- Change of Domain Name Servicer— Judi

## **GENERAL INFORMATION-**

For additions to this agenda, send an email to Nance at [nancewells@hotmail.com](mailto:nancewells@hotmail.com) Thank you!

## **GMNI Meeting Minutes (Karen G., notetaker)**

**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

**Green Mountain North Intergroup (GMNI) OA Treasurer's  
Report  
for the 17 Sept 2023 GMNI meeting**

- 1.** Current balance from the bank statement dated 31 August 2023 is: **\$8666.47**. There are no outstanding checks
  - a.** Tradition 7 Income in July was \$1089.40 and in August was **\$0**.
  - b.** Expenses for July were \$445.66; \$47.97 for our three Zoom accounts, \$10.56 for Freedom Voice telephone, \$15 for Free Conference Call, \$372.13 for reimbursement of Region 6 spring assembly. (hotel and meals)
  - c.** Expenses for August were \$94.53; \$47.97 for the 3 Zoom accounts; \$10.56 for Freedom Voice and \$15.00 for Free Conference Calling and \$21. for Internet Services.
  - d.** Our current bank balance is \$8666.47 minus \$400.00 for our Prudent Reserve which leaves us with working capital of \$8266.47 as of August 31, 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, **30%** to WSO, and **10%** to the Region 6.

*~In Service, Any Blomquist, GMNI Treasurer*



## **GMNI Proposed 2024 Budget Notes**

This accompanies the 2024 preliminary budget presented at the Sept 17, 2023 GMNI meeting

Assumptions:

The estimated actual amounts for 2023 are estimates, as we are not at the end of the year.

- Our 7<sup>th</sup> Tradition income as of 8/31/23 is \$1807.80. We will have \$2000 in total 7<sup>th</sup> Tradition income by the end of the year. (hopefully I am being pessimistic).
- The internet and phone services are easy to estimate to the end of the year and I feel confident that those numbers are accurate.
- Region 6 fall assembly. Karen will be attending in Sept – I just used the same amounts submitted for the spring assembly for fall assembly estimated amounts.
- Comparing budget to actual numbers has brought a few issues to light.
  - a. I do not know if we have to pay a change agent name fee annually – actually I do not know what this is – so I need more info.
  - b. We did not pay a registration fee for Region 6 Spring Assembly and we paid no transportation cost for the Spring Assembly. (Karen can you check your records – I am assuming you paid these expenses – but I don't have receipts for these things.)

Here is how I arrived at the numbers I used for the budget:

1. 7<sup>th</sup> Tradition. I took our YTD income and divided by 8 to get the monthly average contribution. I then multiplied this amount by 12. ( $1807.8/8 = 225 * 12 = 2700$ ).
2. I did not budget for Region 6 grant to us for 2024.
3. Internet Services – this is \$51.78/qtr and has been at this price for 2 years so I did not increase the budget for this expense.
4. Internet service upgrade – this is \$21/qtr and has been consistent so I did not increase the budget for this line item
5. Freedom Voice – this amount has been \$10.56/mo since at least Jan. of 2022. So I did not increase the budget for this item.

6. Zoom – We have 3 zoom accounts and the last price increase was in March 2023. The price increase was 6% per account, so I applied that increase to the budget for 2024.
7. Free Conference Call – this is a contribution. In 2022 we sent a contribution to cover 2 years, in the amount of \$300. I did not increase the budget amount with the idea that we can revisit increasing our contribution when we do the 2025 budget.
8. PO Box rental. This amount increases each year and the only question for the 2024 budget was will the increase be the same as last year? I did use the same increase of 6.5% to estimate the 2024 budget amount.
9. We have not had any bank charges so far in 2023 and I do not anticipate any. It appears that we did not have these charges in 2022 either, so I did not include an amount for these charges for the 2024 budget.
10. Change Agent Name and Assumed Business Name – I left the 2024 budget amounts the same. I need more information on what these line items are.
11. Region 6 Assemblies. We had budgeted hotel for one night for each assembly. For the sprint assembly alone there were two night hotel charges. So for the budget I left the nightly amount of 175 the same but increased the number of nights for each assembly. The meals and transportation I left the same because Karen has set the bar for us in terms of being frugal with our meal dollars. As mentioned above I do not have any transportation or registration expenses for this year – so I left the amounts the same in the budget. I did check online to see if there is an info relative to where the spring 2024 assembly will be so I don't feel able to estimate transportation costs any better than the budget we already have.
12. Region 6 Leadership Workshop. We did not participate in this for 2023 – so I left the budget amounts the same as 2023 budget. Do we still want this in the budget?
13. WBSC Conference. We had a registration fee budgeted for this but I did not find we budgeted for hotel, meals and transportation costs. When Karen asked about going to this I did think we had budgeted for this – which was my mistake.

I did include amounts for this in the 2024 budget and pretty much kept the amounts the same as the prices she paid for hotel, meals and transportation. Again I checked the website to see where the conference will be in 2024 because that will definitely affect cost – but the only info I got was that it will be an in person only conference.

14. Outreach – This year we gave \$50 to support one of our group's workshop. I did double this amount because of the message we got from the Region 6 woman that attended our May meeting. Is this enough money to have in our outreach budget?

Yours in Service,  
Amy B, Treasurer



Insert 2024 Proposed Budget HERE!