

Hello Everyone!

We held a General Service Board meeting on 11/13/2013.

**Attendees:**

- Annette H, Phoenix, AZ
- Amy, New Jersey
- Ashley, Phoenix, AZ
- Estelle H, Baltimore MD
- Flora, Rockland County, NY
- Harriet R, Rockland County, NY
- Julie E, Longwood, FL
- Regina, Rockland Country, NY
- Samantha, Santa Monica and Culver City, CA
- Vanessa S, Longwood, FL

Minutes from our 11/13/2013 meeting:

- **We reviewed and approved minutes** from our 10/09/2013 meeting.
- **We discussed Chatroom issues**
  - Kudos to Webmaster Vanessa for successfully switching to Chatzy from Chatroll!
  - ChatRoom Discussion:
    - **Who should be able to Clear the Chatroom?**
      - Unlike Chatroll, Chatzy leaves conversations on display until someone “clears” the Chatroom.
      - The GSB agreed unanimously that Moderators should be allowed to clear the Chatroom and that the authority should be limited to Moderators
    - **Who are the Online Meeting leaders?**
      - Wednesdays @ 7:00pm (8:00pm EDT) – Sara Lynn and Brianne
      - Fridays @ 1:00pm (2:00pm EDT) - Julie E
      - Sundays @ 7:00pm (8:00pm EDT) – Sara Lynn and Brianne
    - **Who should be a Moderator?**
      - Currently, only Vanessa S (Administrator) and Julie E are designated Moderators.
      - The GSB agreed unanimously that anyone who regularly leads an online meeting should probably be given the Moderator privilege.
  - If you would like to moderate online meetings on a regular basis, please send a note to [info@eatingdisordersanonymous.org](mailto:info@eatingdisordersanonymous.org) or [wm@eatingdisordersanonymous.org](mailto:wm@eatingdisordersanonymous.org) with your email address, username, and meeting time (CST). Please note that your request will be vetted prior to a change in authorization level. Our all-volunteer staff will do its best to be timely in processing such requests.

- **Should Moderators block inappropriate visitors? What guidelines should they use?**
  - **The GSB agreed unanimously that Moderators should take the same actions as a meeting leader would in an in-person setting:**
    - **The following actions will result in intervention**
      - Use of inappropriate language and usernames (swearing, insults)
      - Using triggering language/encouraging unhealthy behavior (references to numbers related to weight/size/calories, promoting diets, or promoting eating disordered practices)
      - Soliciting for study participation/participation in commercial ventures
    - Moderators should instant-message anyone engaged in the behaviors, requesting that they “Please focus on recovery in this Chatroom. It is important for participants to feel safe. We respectfully request that all participants avoid offensive language, triggering language and any form of solicitation. Failure to do so may result in your being silenced or banned from the Chatroom.”
    - If the behavior persists, the Moderator should instant-message the person, “Please leave the Chatroom now. Your statements are disruptive to other participants.”
    - If the behavior persists despite the Moderator’s initial request to focus on recovery, and subsequent request to leave the Chatroom, the Moderator should “silence” (Chatzy terminology) the participant until the end of the meeting. At the end of every meeting, Moderators should “unsilence” anyone who has been “silenced.”
    - Accounts associated with statements deemed intentionally and blatantly harmful to EDA members may be banned permanently. The General Service Board does not condone banning people from the Chatroom but intentionally and blatantly disruptive behavior cannot be tolerated.
    - **If unacceptable behavior occurs outside the context of a regular online meeting**, we should still be able to find an associated email address. Please do not rely on anyone monitoring the Chatroom. We do not have anyone volunteering for this roll at present. If you notice a serious issue outside of a regular online meeting, please send an email to [info@eatingdisordersanonymous.org](mailto:info@eatingdisordersanonymous.org) or [wm@eatingdisordersanonymous.org](mailto:wm@eatingdisordersanonymous.org) with the **account name/username, date and offensive content**. We will attempt to corroborate information about user association with the offensive content. If appropriate, we will email users regarding the

need to maintain a focus on recovery, and will ban accounts associated with intentionally malicious content. Please bear in mind that General Service Board positions are staffed entirely by volunteers; it may take a week to two weeks to address such requests. If you would like to help, please email one of the above addresses with information about your qualifications and areas where you think you can help.

- **Action Items:**

- Annette will update the Chatroom webpage to include the following: “Please focus on recovery in this Chatroom. It is important for participants to feel safe. We respectfully request that all participants avoid offensive language, triggering language and any form of solicitation. Failure to do so may result in your being silenced or banned from the Chatroom.”
- Vanessa will compile and disseminate a brief set of instructions for Chatzy general users and another set for Moderators

- **We discussed difficulties downloading the EDA Starter Kit**

- The existing 7Zip file uses a compression algorithm that enables people to download the Meeting Starter Kit quickly and efficiently. Some people may not have the 7Zip software
- Annette proposed:
  - Providing a link to the 7Zip website (like we do for the Adobe Reader for .pdf files)
  - Providing a link to a folder or section of the page containing all the EDA Meeting Starter Kit files in uncompressed format, enabling people to download the files one at a time.
- The GSB agreed that the latter proposal made sense.
- **Action Item:** Annette will add a link in the Literature webpage to a section that contains all the EDA Meeting Starter Kit Contents on or by the December 11, 2013 meeting.

- **We voted on books nominated for listing on the EDA Links page:**

- Food is not the Problem: Deal With What Is (by Michelle Morand): Passed; the book will be listed on the GSB Links page.
- Making Peace with Your Plate: Eating Disorder Recovery (by Robyn Cruze and Espra Andrus): Did not pass (lack of sufficient number of readers/votes); the book will be reconsidered next month
- Life Without Ed: How One Woman Declared Independence from Her Eating Disorder and How You Can Too (by Jenni Schaefer): Passed; the book will be listed on the GSB Links page.
- Goodbye Ed, Hello Me: Recover from Your Eating Disorder and Fall in Love with Life (by Jenni Schaefer): Passed; the book will be listed on the GSB Links page.
- We determined that we would list book titles but not links to sites where they can be purchased; the GSB is not affiliated with Amazon, Barnes and Noble, any online merchant nor with any publishing house.

- **We discussed criteria for adding links to entities other than books**
  - GSB members suggested and affirmed that adding a link on the GSB site should require the endorsement of at least 3 General Service Board representatives. We agreed we should not endorse anything with which we do not have personal experience.
  - If asked to post a link, we will propose it to the General Service Board. The General Service Board will consider personal experience, testimony from EDA members, and the nature of the organization requesting affiliation.
  - Estelle H of Baltimore, MD volunteered to serve as correspondent with those requesting additions to the GSB links page.
  - **Action Item:** Annette will add Estelle to the [info@eatingdisordersanonymous.org](mailto:info@eatingdisordersanonymous.org) distribution list. Annette or Julie will respond to the next request to add a link. Estelle can take things from there. Thank you, Estelle!
  
- **We discussed a proposal to review and revise negative/blaming language in EDA literature at our next meeting**
  - **Action Item:** Estelle will review EDA literature and will provide a few examples of language that can be improved for our consideration on 12/11.

We adjourned the meeting at 7:52 PM MST.

Please send these minutes to members of your group if your group maintains an email contact list!

Thank you to all who attended and to all who serve EDA!  
Best regards,  
Annette (aka Michelle)