

LifeRing Utah Board Meeting

January 11, 2018

5:30 p.m. - 7:00 p.m.

USARA: Bollinger Building Suite 100, Salt Lake City, Utah

John B., Facilitator

Colin B., Scribe

In attendance (alphabetical by first name):

Colin B.

John B.

Lawrence C.

Mahala K. (present 5:30 – 5:40)

Marcia W.

Mary A.

Rob W.

Ty M.

Discussion

5:30 – 5:40

Topic: Turkish map fold

Presenter: Mahala K.

The Turkish map fold is an attention-getting method for mailing LifeRing materials to treatment professionals. Artistic folding of documents will make our outreach efforts stand out.

What materials to use? May be business letters, business cards, meeting schedules, LifeRing brochures.

How to specifically target addiction treatment specialists? Possibilities mentioned include lists from USARA, insurance carriers.

Motion: Ty M. moved that we approve and support Mahala's work with this project.

Consent: Seconded. None opposed.

5:40 – 5:45

Topic: Treasurer's report

Presenter: Marcia W.

The Board Treasurer offered a brief summary of LifeRing Utah's 2017 fourth quarter finances, including beginning and ending balances, expenditures, and revenues.

Expenditure highlights: LifeRing books, tote bags, a gift certificate, and a check for the Pride Center.

Revenue highlight: \$1000 year-end donation.

Some, but not all of, the present meeting conveners rendered donations received at weekly meetings to the treasurer.

5:45 – 5:55

Topic: The Square

Presenter: John B.

The Square is a device that plugs into smartphones to accept credit card purchases. John explained how to set up the app. Users can only make deposits to the University Federal Credit Union account and view Square deposits made to this account from any phone since the account was created in September of 2017. He encouraged conveners to make sure meeting attendees know that books are available for purchase. LifeRing Utah has opted to offer *Empowering Your Sober Self* and *Recovery By Choice* at cost, \$15 and \$25, respectively. Following some debate on the appropriateness of soliciting book purchases and donations at meetings, the Board agreed that a discreet sign at meetings would be sufficient.

Motion: John B. moved to adopt the Square at meetings and for Ty M. to provide book / donation / Square signs for conveners.

Consent: Seconded. None opposed.

5:55 – 6:00

Topic: Rents

Presenter: Marcia W.

The Board reviewed recent rent payments to meeting venue owners. There was some uncertainty as to expected donation frequency and amounts at several of the venues. John B. made an executive decision to defer discussion of this topic to a future meeting of the Executive Committee.

6:00 – 6:10

Topic: Convener packets

Presenter: John B.

John distributed and explained the packet contents, namely: Two versions of the opening and closing statements, a meeting checklist, a donation receipt for major contributions, a contact sign-up sheet, brochures, and labels with the LifeRing Utah website to affix to the "You can find a LifeRing meeting at:" area of all of the LifeRing brochures. The group agreed that no need currently exists for a meeting verification form, which was therefore omitted from the packet.

6:10 – 6:15

Topic: All scheduled meetings must take place and have a convener present

Presenter: John B.

Along with emphasizing a need for a designated alternate convener for each scheduled meeting, John presented the rationale for having all meetings take place at the times and locations listed on the LifeRing Utah meeting schedule: first-timers finding only an empty room due to a canceled meeting may never come back. He also proposed Charlie C. as an alternate convener for the Tuesday meeting at the South Valley Unitarian Universalist Society.

6:15 – 6:30

Topic: Website presentation

Presenter: Rob W.

Rob explained that the site is now easier to modify, has a more modern look, and includes the new email address for the local chapter of LifeRing Utah. The photo on the main page will be updated to reflect the current season of the year. Rob reviewed each page on the site. He explained that site comments were currently off, but he would like to set them to moderated instead, which means that he will be able to preview comments from site visitors, approve/paraphrase/edit them as necessary, and post or reject them. The group discussed

LifeRing branding and approved style, including the LifeRing logo, colors, and fonts. Ty M. suggested that Google Voice could be a suitable alternative to posting personal phone numbers as contact information on the website.

6:30 – 6:35

Topic: Who's your therapist?

Presenter: John B.

Meeting newcomers may state that their therapist referred them to LifeRing. The question recently arose as to what may be gained from asking an individual who their therapist is. Knowledge of which treatment professionals are familiar with LifeRing, their understanding of LifeRing Secular Recovery, and their referral practices, is significant to our goal of outreach, expansion, and ultimately the sobriety and improved well-being of our community. The group agreed that a convener may ask a newcomer privately after the meeting the name of their therapist, only after explaining the rationale for the question, and that there is no pressure to share this potentially sensitive information.

6:35 – 6:40

Topic: Board member list and term length

Presenter: John B.

John distributed an up-to-date list of the Executive Committee, Board of Directors, Conveners, and Alternate Conveners. For the sake of consistency with LifeRing Secular Recovery, the group agreed on a three-year term of service for LifeRing Utah Board members.

6:40 – 6:45

Topic: Social activities

Presenter: John B.

Following the November Board meeting, the twice-monthly walk in Liberty Park was successfully reinstated. More social activities will benefit all interested members of LifeRing Utah. Accordingly, the Board agreed on quarterly get-togethers midway between Board meetings. Upcoming events will be bowling in the first part of March, and a tentative musical soiree in June.

6:45 – 6:50

Topic: Outreach ideas

Presenter: John B.

John distributed a list of potential places to make presentations, or post or print LifeRing Utah materials. He asked the Board to be thinking of more places to add to the list, and to notify him or Sally with updates. Board members can expect to receive invitations to participate in community LifeRing presentations.

6:50 – 6:55

Topic: CRAFT Family Support Group and miscellaneous business

Presenter: John B.

- John presented USARA's CRAFT Family Support Group as an option for the family and friends of LifeRing Utah members who are interested in understanding and being a part of their loved one's recovery. He distributed USARA's flier.

- Three Board members claimed video discs of Kevin McCauley's film *Memo to Self: Protecting Sobriety with the Science of Safety*.
- Four Board members had already been receiving email updates from LifeRing Oakland. The three remaining present Board members requested that John add them to that mailing list.
- John presented two challenges to the Board members for the upcoming quarter: First, think of one person who used to come to your meeting and invite them back, and second, post or place meeting schedules in one place in the community.

6:55 – 7:00

Topic: Additional items

Presenter: Open discussion

Marcia W. discovered that she was in possession of an outdated member contact list. She offered it to the other Board members for analysis and comparison with existing lists. John agreed to combine it with the current master list, removing duplicates and updating as necessary.