

CEA HOW 2010 Convention Steering Committee Meeting  
for Area II Planning of 2011 Assembly  
03/11/10

Members Present: Wright, Richard J., Myrna B., Jenny H., Johnnie W., and Debbie F.,

Wright opened the meeting with the Serenity Prayer and read Tradition 3 (the only requirement for CEA HOW membership is a desire to stop eating compulsively.

Wright asked that members present **Confirm Theme**

Theme: There is a Solution: "The tremendous fact for every one of us is that we have discovered a common solution." Page 17 Big Book

The theme was OK'd by the majority of members present

### Las Vegas Recap by Debbie F.

- Debbie gave us a copy of the program handout and agenda
- Transportation was a real issue – Hotel Shuttle ran to the airport every other hour this was not convenient. Taxi's did not run to the hotel either
- People smoking and gambling on the floor below the convention the smokers were an issue
- Nice facility – one room for all parts of the convention
- Hospitality suite that someone donated. Monies for Hospitality Suite did not come out of intergroups budget
  - ◊ Wright clarified "Hospitality Room" break room, room for sharing, coffee drinks, in & out Debbie said it was not manned when she visited.
- Entire conference was one room w/ speakers @ 8,9,10, & 11
- Business Meeting on Sat from 1:30 – 5 which gave free time to participants
- Friday participants showed up and checked in
- Saturday night dinner buffet style menu: chicken, salmon, rib, brown rice, couple veggies, sugar jello, salad
- Entertainment was great: DJ and an entertainer who got everybody up dancing lots of fun then a speaker
- Raffle took forever it was brutal. They had lot's of raffle items
  - ◊ Jenny asked what is a 50/50? This is where everyone buys a ticket and the winner get's 50% of cash and the other 50% goes to CEA HOW
- Affirmation exercise: Car Wash – two lines of people and everyone takes a turn walking through the two lines in the lines everyone is whispering affirmations very positive experience
- Fashion Show – pretty cool. Before pics of everyone which they put on a screen. Each person was given a questionnaire, They would show the before picture read the questionnaire responses then the person would walk out with their choice of music playing. 6 participants
- Speakers: They didn't pay for anyone to fly in Debbie spoke with a couple of potential speakers for Dallas. Some speakers from Colorado. Colorado seems to be growing stronger with CH members
- As you registered they created a phone list of everyone who attended Debbie would have liked to
- Idea: a message board to leave messages and ask questions ex. Does