

1998 AGM

Notes of ATI AGM November 1998

Minutes ATI AGM November 5–8 1998

The meeting was called to order by Chair Tommy Thompson at 11 am.

We suspended Robert's Rules and went to a committee of the whole.

(Moved Jano Cohen/Anne Johnson)

We reviewed and consented to the agenda for Friday morning's business meeting.

Agenda:

Welcoming Remarks 5 Tommy

Logistics 15 Jay/Jamee

Agenda Review 10 Catherine

Read Vision/Mission 5 Bill

Intro Q1a 3 Bill

Discuss Q1a 7 sml. grps

Report back 10 whl. grp

Intro Q1b	3	Bill
Discuss Q1b	7	sml. grp.
Report back	10	whl. grp.
Wrap up	15	Bill

Note: logistics took much less time; reporting back took longer. The wrap up activity was placing green, yellow and red dots on the large papers. Green for Q1a, yellow for Q1b, red for those items you would personally be willing to work for.

We discussed question 1a in small groups; the small groups reported back to the large group. Q1a: What do you want ATI to be or become?

We discussed question 1b in small groups; the small groups reported back to the large group. What goal could we be working on that you would find so compelling that you would be willing to contribute to its fulfillment?

Q for red dots: If we were to adopt any of these goals, which ones would you contribute some energy to?

Q 1a replies: (in order of priority of dots)

1. Alexander workshops to share different teaching styles
2. clearly represent Alexander Technique to public in professional way
3. bridge to other organizations with a peaceful voice
4. creating objective criteria and standards for teaching

5. advocacy in dealing with regulatory bodies
6. respect in world medical community
7. sense of experimentation
8. get done with organization and politics and on with creative work
9. liaison with other organizations (NASTAT etc.) to publicize the technique
10. more international presence
11. consensus on a code of ethics
12. encourage argument and open conflict as step to consensus
13. create new paradigm for how to work to form community of fellow searchers
14. regional offices more active to be hub
15. next AGM out of U.S.
16. promote open dialog about the Technique and other modalities
17. create integrity from an open minded inclusive place
18. to be a community

19. more inspiring, provocative workshops
20. communicating kinesthesia—how to translate kinesthesia in AT organizations to general public
21. be a communicating organization—more face to face contact
22. practical ways to open ATI to more and more members
23. source of professional development
24. continuing education
25. support ongoing research, collaborate on projects and fundraising for projects
26. professional=make a living
27. focus on evolution of AT
28. extend professional insurance outside of U.S.
29. be flexible and open using FM's principles, e.g. inhibition
30. promote research and outreach
31. less concern on organizational needs, more emphasis on way of life
32. feeling more connected as a teacher
33. marketing profession true to principles

34. meaningful membership: common ground among members

Q. 1b replies:

1. Introduce AT into school systems

2. full commitment to Formal Consensus; use of inhibition in true sense

3. AT teachers collaborating on how to make a living

4. schooling in how to get grant money to do the process

5. professional development as rotating speakers from around world travel to areas to teach/share

6. make ATI more practically international—regional offices active

7. development of promotional materials for marketing

8. better connection with ATI, CANSTAT, NASTAT

9. organize effort to counter massage therapy regulation of AT teachers

10. teaching criteria that will ensure national and international recognition

11. AT recognized on its own merits

12. need more continuity in regional clusters/more frequent meetings

13. create regional center near NY (speakers etc.)
14. work on creating safe places for teachers to share work
15. bridge to other organizations with a peaceful voice
16. creating exciting means to get AT in public (e.g. videos)
17. employ continuing education and AT at AGMs; AGM and agenda planning committees become one committee
18. build AT community that is eco village, sustainable, organic, live gently
19. brainstorm, think tank group for creative ideas
20. AGM planning more organized and consistent
21. code of ethics
22. established community based professional teaching standards
23. research and outreach available for expos
24. teachers sharing exciting ideas under guise of continuing education
25. promoting quality; and integrity of work internationally
26. make sponsorship process work better and in congruence with by laws

27. connect to specific markets e.g. medical, dance; make a source list

28. simple, clear way to evaluate when teacher is ready to work with public as teaching member of ATI

Friday pm agenda

Agenda Review 10 Catherine

Announcements 5 several

Report on grouping

of feedback 5 Bill

Intro Q2 5 Jan

Discuss Q2 20 sm. grps

Report back 15 whl. grp

group related answers 10 whl. grp

intro evaluation5 Jano

Evaluation of day 10 whl grp

Note: reporting back took longer. We moved the Board/Comm reports (15 mins.) to Sat. morning. We started about 10 min. late.

Q2: What are our internal and external obstacles to achieving our goals?

How are we getting in our own way?

What are the challenges or pressing concerns?

What are our underlying conflicts?

What do you want ATI to do less of?

What is limiting the amount of your personal participation?

Where are we stuck?

The answers to the Q we grouped into the following categories:

Internal/external

Repetition

General Internal Communication

Computer stuff

ATI structures and how they work not clearly outlined

Involvement and follow through

Can/Can't do

Finances

Problems about philosophy

Q2 answers:

government licensing different for different countries

we meet seldom, decisions take a long time to decide

so much to do in meetings, focus on quantity rather than quality

conflict of identity; began as community for exchanges, etc. and at same time needing certifying, protecting body

conflict between being organization and all that entails, and being an inclusive community (fun)

grouching rather than helping

too much unclear, not specific mailings rather than clarity

can Formal Consensus work for a group meeting infrequently and new people always coming

never know how majority of members know about/feel about issues because we are far flung

conflict between more inclusive/less specific identity or who we are and more clear concise criteria and standards (some folks in both of these groups = conflict!)

structure is not doing the work therefore we must do the work therefore no time for fun!

too few/same people doing work therefore burnout

long distance relationship therefore hard to commit time/work

mistrust, accepting conflict, fear of commitment

computer culture can get in way

can computer communication be more appealing?

NASTAT has a 1-800 # for books, information, publicity, can ATI have one too?

over-philosophizing; redefine the Alexander Technique again, re-doing foundation

dialog needs to be more cutting edge

no clear bridge between ATI efforts and efforts of individual members

building communication strategies needed, like name lists of people here at AGM

post-partum push: how sustain excitement generated from being in each other's presence?

Formal Consensus is new way to air differences, slows us down as learning and

helps us stay together

inhibition/computer use

how to get things done? Have repetition causing burnout, too few people involved

reluctance to come forward as not knowing how much time involved e.g. preparing and hosting an AGM

before going home, need structure in hand to insure involvement

where stuck? not using internet well

re-doing foundation again and again; too much internal focus

not open to receiving contribution funds

why aren't enough folks stepping forward? need clarity to know what to do; people

volunteer but no follow through

issues not clearing up in timely way because we aren't clear enough

information sent out not always acknowledged—is it read?

cost of mailings!!!! e mail is better way to communicate if you are on it

meetings are hard, committees are hard and it costs lots because we are globally

scattered

different countries have different legal demands, etc.

as conflicts still exist, then obstacles still exist

problem interacting with other societies that are closed to ATI is ATI is not a member of other societies

limited resources: finance, energy, time

experiencing diversity—what does it mean?

traditionally Alexander Technique training has been informal (e.g. in a person's living room, so was not taken seriously so teachers weren't paid as much so they had to work harder

Alexander Technique capped in its growth if no room for evolution of its work

Evaluation comments from Friday

Impressed—when came in could tell quality time was spent for agenda

Different quality from other AGMs

Felt at ease with way things expressed

appreciated quality of use and fun of presenters. Were on time line, would be helpful for

group to take on responsibility of time in relation to group

clocks oscillate together when in presence for period of time. With this process that will

happen more

Is a natural process. Seems a long time. Many problems considered to be problems may not be.

Appreciate spirit of interaction

Use of groups

report backs

person from small group (report person) listed to other groups, edit.

watch scribes to see if accurate

groups not need to repeat if has already been said

dots useful to take step further after gathering info.

timekeeper tell us when half the time is gone

re visit dots not to see if more manageable

most unifying AGM attended. It was a small room but felt there was lots of space

discussion basic issues is productive

name tags helpful—also like list of attendees as come in door

dots more than one time to help work that goes on in between

guidance before meeting tomorrow to facilitators

Saturday morning

We heard Board and committee reports. Most are in packets.

Ethics Report (Holly Sweeney)

The Ethics Committee will develop 3 statements to organize the whole body of work done to date.

1. a simple and general statement to be upheld by all members of ATI. Main focus: members will do no deliberate harm such as do no harm to members of the public, colleagues, the Alexander Technique and ATI as an organization. (internal use)
2. a code of professional responsibility for teachers (responsibility a more appropriate word than conduct) sponsored teachers must agree to this statement as part of their sponsorship process. Code must describe clearly enough so that it can be evaluated and decided upon (i.e. if person has violated it or not) and general enough to have international relevance. This part must function internally and externally and serve litigation concerns. Therefore in addition to membership approval we also need legal advisement before final acceptance. (internal and external use)
3. Need of develop a “code of ethics” for ATI as an organization to deal with violations. (internal use)

The goal of the Ethics Committee is to become obsolete and be replaced by an internal formal review board.

Re: Doris Dietschy’s motion: we have not yet set up the process to terminate membership.

The agenda planning committee reported that they were unable to agree on an agenda. We discussed with the group what to do, and decided to take the answers to Q 1a and 1b and put them into task groups.

Saturday 1–2:30

Agenda review 5

Intro to interest groups 15

Assign values (1a) whole grp.

Assign tasks (1b)

Note: we had times assigned to each task (1a & 1b). We managed to finish at 2:30

Saturday 4–6:30

We divided into small groups and worked with the tasks we had assigned to each group. We then divided into small groups again and worked with the other tasks. Report back people reported to Agenda Planning Committee for work tomorrow.

Holly Sweeney took notes on Saturday and will send them to Catherine to collate.

Agenda for Sunday, Nov. 8

Announcements 5

Agenda Review 5

Education on creating proposals

w/example 10

Small groups I 15

Small groups II 15

Review of FC process 10

Break 10

Reports w/proposals 71

Request for Committees 5

Small group I 5

Small group II 5

Comm. formation (if not

from floor) 15

Other business 5

(includes approving

mins. from 97,

going back to RRs etc.)

goodbyes/closing circle

Note: we got started late. We didn't have to divide into small groups the second time to form committees, as they had gotten formed during the first small group sessions. We had to take about 15 minutes from the afternoon evaluation time to finish business.

Reports from focus groups

1. PDC

Concerns raised in small group:

1. Nominating system needs to be improved

a) need clearer idea for members of who the sponsors really are because we are spread out

b) form nominating committee to avoid conflicts of interest

2. Need consistent standards for cost and time for candidates for evaluation.

3. Need face to face evaluation for every candidate

4. Need code of ethics for sponsors

5. candidates need to meet a "similar standard" regardless of who evaluates them in the interest of fairness and consistency

6. Sponsors need to have experience training teachers

7. Avoid all conflicts of interest between sponsors and candidates

8. Sponsors need to be approved by a “significant” number of members (e.g. not two)

9. How to deal with concern of unlimited time and number of tries to become teaching member

10. Need an appeal process

11. Concern with candidates expelled from school (for “character” reasons) getting sponsored elsewhere. (Schools need protection, as does the public)

12. Need a system that looks clear and tight from the outside and feels flexible and community based from the inside.

13. Doris’s motions (concerns expressed in them) are included here and in our proposal.

Proposal:

Charge the ad hoc committee on sponsorship to design non disruptive changes to the sponsorship process to accommodate criteria and standards to promote quality teaching and preserve creativity as the PDC completes its tasks.

Consented to.

2. Communications

Proposal: Asst. chair, corresponding secretary, membership chair, Andrea, Pat N. (Board) will contact the regional offices to institute

1. a computer buddy system and

2. conduct information exchange with members

by March 1, 1999 . They will find out whether money resources are available in the regional offices for this and arrange with Treasurer if not.

Discussion:

Level I: fits in with vision/mission. Will help with international presence

Level II: where will money come from

how to motivate members

how can non-on line members be involved

Level III: buddy system could include on and non on line.

find out how much regional offices think it will cost, and print information there

have structure in proposal to handle additional concerns

3. Outreach group 1

Proposal: Jamee C. and Ruth B. will prepare AGM videos for sale by Feb. 1999 in the Boston area by editing and duplicating existing tapes and distributing them to AGM participants. (Long range goal is to get them to non ATI members through the ATI bookstore and do many more. Will have a time line for each future one.

Discussion:

Level I: great idea

send around list

Level II: who is putting out money for it?

will charge for tapes?

copyright permission??

make sure ATI makes a profit

Level III: cost will be \$25-35 per tape, less if more orders

editing will be done by barter, so low cost

will get back on other money Q

Ingbar and Levin have already given their permission

Consented to.

4. Outreach group 2

Report: We wanted to

1. address specific markets, getting ATI to school, arts, etc.

2. develop marketing materials

3. find out what venues we can market in?

4. connect with other organizations, non affiliated teachers and members in outlying areas

Proposal: An ad hoc committee to be formed to gather and produce outreach professional materials, specifically an ATI brochure and materials appropriate for teachers to use to educate the public about the AT and develop their skills as self-employed professionals.

Revised proposal: Melissa, Andrea and Margaret Knight will produce a new ATI brochure collating material from a variety of sources, and consider ways of adapting these to our needs. We will use telephone and cyberspace, and will present at the next AGM. We will rework the old ATI flier, review material collected and establish links with other groups (e.g. Feldenkrais?)

This was a process decision to start this committee, and was consented to without discussion.

5. Elders/Vision-Mission

Proposal: That today and at all future AGMs each member present at the AGM stay true to the principles of the Alexander Technique by having the permissions to stop the action of the meeting when they feel the groups has “pulled down” and have silence/return to ease, then proceed, so that we may behave consistently with our lives, to build a field of relatedness, and to begin to fully appreciate the values and possibilities of a group kinesthetic sense. Whenever we gather we remind ourselves of the spirit of our meeting (e.g. by silence, inspirational thought or brief hands on work.

Level I: great

potential we all have

very important

can be simple

distraction is of high value and is not easy to counteract

the more we embody this idea (i.e. work with each other), the more effective we are

not necessary to “work with each other” as knowing that whatever is necessary is here now.

Level II: we will forget if it is not a charge of the Agenda Planning Committee or AGM Planning Committee

need an agreed upon way to say it: what is the mechanism?

Level III: all stood aside

Consented to

6. Process

Report: Our goal was to use Formal Consensus as our decision making process. We want to train 5 people who will train another 5 etc. and survey the effect this has on ATI, and develop proposals to change the by laws.

Proposal: A minimum of 5 ATI members shall volunteer to attend a 2 day training in Formal Consensus by March 1999. The ATI board shall determine the most economical method by which to subsidize the training. Our intention is for these volunteers to further train ATI members in Formal Consensus.

Clarifying Questions: Is this training in Formal Consensus or training facilitators?

Training facilitators.

Level I:

Level II: cost, and assumption ATI will subsidize it

when would it happen?

if no subsidy will people volunteer?

haven't agreed to adopt Formal Consensus therefore this is putting the cart before the horse

when will we look at adopting Formal Consensus again?

Level III: Cost: is open; the Board can decide if it is possible or not

the more people who are informed, the better we are able to decide whether or not to adopt Formal Consensus

facilitation skills are useful regardless of whether or not we adopt Formal Consensus

Proposal blocked: group was not comfortable til they knew the Board was comfortable taking this on; didn't feel proposal was able to be implemented as is.

7. AGM Planning Committee

Proposal: To establish by year's end an AGM planning committee to project 5 years ahead and to serve as a resource for individual AGMs. The goal is to get 5 people from different regions and some former AGM planners.

Clarifying Questions:

Q. Is it the 5 years in between the AGMs or 5 years ahead? Are we starting now and going into the future? Beginning with next year's AGM?

A. By Jan 1999, and for next year's and future AGMs

Q. Who starts the committee—the Board?

A. We can take volunteers now

Q. Do we need past AGM planners?

A. Some would be willing to serve, we can try to recruit them

Q. Who exactly?

A. Don't know except for Jim Froelich

Q. Do you know who the former planners are?

A. No.

Level I: absolutely essential to over do

philosophical design is to include a range of talents to make it the best AGM possible

Level II: too much work for Jan Baty

need a committee in place for 99 AGM before we leave here

Level III: Board has decided to reduce part of the corresponding secretary's role (Jan) so she can be liaison between the Board and the AGM Planning Committee

Volunteers: Jim Froelich, Jan, Tommy, Ruth and Marsha Palludin (convener)

Consented to.

8. Education

Proposal: Jan will initiate contact with ATI Regions to contact the whole membership to ask 2 questions:

1. What are you doing that others might want to know about or learn from?

2. What would you like to do that others might already be doing and could mentor you or join to help bring that forth.

The information collected will be sent to Jan by Jan 10th, 1999, and reported in the Communiqué. The intention is to have a grassroots network leading to a resource bank.

Clarifying Questions:

Q. Do we contact Jan or will she contact us?

A. Jan contacts us.

Level I: there needs to be one motivated person who will find others

fits in with communications proposal: we can use the same conduit

Call for consensus: consented to.

9. Agenda Planning

Proposal: To establish an Agenda Planning Committee

Clarifying questions:

Q. Don't we have one already?

A. Technically it has been created each year; we want to establish a standing committee

Q. Does it require any changes in the by laws?

A. Not yet.

Level I: it is more efficient

over due

Level II: people on the committee should revolve

the APC decides on the agenda for each AGM?

how does the APC form content?

there are too few people doing it

how can you start ahead of time when people are spread out all over the country, and can't meet face to face?

needs to start happening way in advance

need to coordinate the APC and AGM planning committee.

This was a process decision and was consented to without discussion.

That was the end of the focus group proposals and action on them. The following reports were prepared by various groups, but not given at the AGM. They are included here for completeness of the record.

Agenda Planning (the current committee)

Our goal is to establish a standing agenda planning committee. We want diversity in both Formal Consensus and Alexander Technique experience, communication styles, interests and values. The APC collects agenda items from the Board, committees and members, and plans the agenda. Our goal is to meet in May, collect all items for the agenda over the summer and have the agenda finalized about October 15th. We will communicate by e mail and phone. We want to have the meeting on the day before the AGM be devoted to facilitation training, rather than agenda planning. Currently the APC is the facilitation team, but we want other people who are not on the APC to come and get training and facilitate at AGMs.

Next year we want to do less work at the AGM, only minor revisions in the agenda. We want a practical implementation of the principles of the Alexander Technique and Formal Consensus more than this year. contact Diana Bradley or Jano Cohen if you want to join. And we will e mail for recruits.

AGM Planning Committee

Our committee wanted to address the timing of site choices and the support and communication which go into AGM preparation. We propose a standing committee to plan 5 years ahead to establish the general location (area) of a meeting, to assist with the theme of the AGM, to support the progress of the group involved with the planning of individual AGMs, including finding a place, creating a brochure and a

timeline, to provide a record of previous AGMs, and to aid in communication between one group and the next. A second idea was to hold our AGM in Europe in 2001.

Process

Our goal was to incorporate Formal Consensus as our decision making process. Our tasks:

1. train 5 members to become competent Formal Consensus facilitators and who will be available to conduct the business of ATI.
2. each of the 5 facilitators will be responsible to training 5 other members of ATI.
3. develop a system for surveying how Formal Consensus affects the structure of the ATI organization
4. develop proposals for changing the by laws of ATI as suggested by the survey.

Outreach I

We identified 6 areas that could use attention.

1. Addressing specific markets e.g. education forming a link with Moving To Learn (Michelle Arsenault); musicians—using our own members as resources for connecting with this market; medical
2. Creating professional materials
 - a. re-do ATI flyer into brochure format
 - b. create materials to address specific markets and general information on the Alexander Technique to educate [public

c. create materials on the business aspects of our profession to help members develop their professional skills.

3. Identifying venues for bringing the work into the world, e.g. professional meetings and expos. We thought it would be great if ATI could establish funding to support those members who are willing to give their time to attend and coordinate these events.

4. Connecting with other Alexander Technique organizations and non-affiliated teachers. We suggested that individual teachers reach out to other local Alexander Technique organizations on projects and meetings.

5. Connecting with non Alexander Technique organizations for publicity and support

6. Global presence for ATI

a. formal invitations should go out to our members in far-off areas (Japan, Australia)

b. identify ATI members who have contact in other countries (especially those who work in more than one country)

c. create a liaison officer to link these people together to help to connect them to the whole

d. Tommy needs to continue his work as “Ambassador” to the larger Alexander Technique world.

Outreach II

Taking the Alexander Technique into the school system—sense of experimentation is needed.

Work on videos

Respect in Medical Community; access to medical (can't read word-records???)

Workshops from different schools

Marketing profession true to principles

Video: contact Karmeen re Cambridge cable TV access studio; LOWER COSTS;

contact student to work in a mentor ship

Pay editor

ATI bookstore

Video testimonials-also of children

Development of Alexander Technique brochures and promotional materials made available to teachers to help them with their practice

AT- (can't read word) mentioned

ATI brochure

AT in relation to

Schools

Potential quality of how children can learn; how can they be allowed to be present in classroom

Can we send videos to health and PE professionals in schools?

Proposals: 1. Work be started on videos about the Alexander Technique for promotion and education, to be made available to teachers for a fee.

2. that we work toward respect in medical community, gather existing records from MASS General Hospital on AT i.e. for chronic illness

3. that brochures and promotional materials be developed and made available to teachers

4. that we arrange workshops from different schools and styles and sponsors

5. that the Alexander Technique be brought into the schools and we send videos to health and PE professionals in schools.

The Agenda Planning Committee explained what happened with the information they collected with Question 2 from Friday. They ran out of time to plan, and tried to go with the excitement of the group that came out in the small groups. That material (Q2) is important and we can bring it back next year and see if the work we do this year resolves our concerns, etc.

We could do the same thing with the questions and the dots in 5 years and 10 years etc. and compare our results.

The minutes of the 1997 AGM were adopted.

We entertained a proposal to close the committee of the whole and move back to Robert's Rules. (Accepted)

Moved (David Mills/Andrea Matthews) that we accept all the decisions we made under Formal Consensus. (Passed)

Moved (Andrea Matthews/David Gorman) that in order to clarify language regarding confidentiality of matters before the Ethics Committee the Bylaws be amended as follows:

From:

IX.1.5 Responsibilities and Procedure of the Committee

f) Exercising discretion in cases of complaint

To:

f) Maintaining confidentiality in all matters brought to the attention of the Committee.

(Passed)

Meeting was adjourned at 2:30 EST (This is a guess)

Evaluations on Sunday Afternoon

Group shared concerns about a Formal Consensus facilitator's workshop even though CT was facilitating, meant group managed to create a safe space

Concrete proposals moved forward on a lot of fronts and got more member involvement.

Not enough time shows us how much time it takes—had chance to get it all out even though time to work is limited

Praise for small groups; enlivening work we did; worked for all to input; excited to meet again (in small group) the following morning

Regrets that we didn't interchange roles more.

Comparing 96 AGM to 98 AGM sees major change in atmosphere

More comfortable if not so rushed and could be a little easier

Better plans for next year will help keep rushed quality down

Changing facilitators more gives people the signal they too can facilitate.

Sense of respect present in room for ideas and for individuals expressing those ideas and creativity comes through and takes ATI forward rather than repeating stuff.

Happy to be here.

Good we saw what it takes and all take responsibility

All the agenda planning work done here was really great.

Encourage to get registrations in on time.

Very impressed with how far we have come, with how we speak with each other; still have a ways to go.

Read poetry before coming because people are not succinct; think before we speak, crystallize thoughts, ask yourself if this is what I really need to say or the most important thing to say.

Surprised at how succinct we were.

Having AGM committee and agenda planning committee work together will help timing of overall experience, e.g. breaks, time to breathe, be quiet, work together. This is as important as all else maybe more important.

Impressed with way we moved today. Could have stopped but didn't.

Value presence of those who didn't speak.

How to set balance between taking upon self, taking responsibility for things to do (rather than complaining) and if decide to do something keep an eye on what is occurring and fit in with the flow.

Found role of silence in Formal Consensus to be very moving. Quakers practice living silence which means the Holy Spirit is there. Quakers depend on divine guidance; Formal Consensus depends on democratic principles and spirit.

When we had moment of long silence I felt like the Holy Spirit was in it too. Felt deeply moved as a Quaker; just as deep and just as important as what I was used to in the Society of Friends.

Can see difference from 1994; now the extent to which we are allowing ourselves to be who we are, a collection of individuals; we have the means to do what we say we want to do.

Send your thoughts about Formal Consensus process to Andrea for the next Communiqué.

Very impressed by how we conducted the meeting; a lot of work, commitment, serious intention balanced with a sense of humor. applying principles of the Alexander Technique

My experience of AGMs is not a happy one; would like to take Formal Consensus back to our membership.

My experience with AGMs also unhappy; had negative feelings so it took a lot to come; very pleased with how this has gone; excellent; enthusiastic; continue the pattern and that all the membership get involved, be trained, learn to appreciate it.

Sense of comfort and level of feeling accepted is very high. Wounds have been healed somewhat.

Would help me if group had a timer that didn't beep.

Thanked Jay, Jim, Andrea, Ann and Boston group for all their work.

Reach out to people who couldn't come and let them know their presence is missed.