

ERHG Minutes 4/16/20

Present: Dave, Sheena, Dominic, Angela, Gino, Cathy, Luigi.

1. **Form of meetings, chairperson responsibilities** (Sheena)

We discussed the text that Sheena sent out. We agreed we will try it out; specifics to be ironed out.

2. **Council updates** - Dave

The next meeting will be a Zoom meeting Tuesday 21st. Decided that some people in Ann Arbor will continue to work physically when possible; nobody will be laid off. The Society's appeal was postponed; the Society is still fiscally solvent.

3. **Treasury updates** - Gino

A little over \$ 4000.00 on the account. Sheena willing to write in appreciations for the donations.

4. **Review of the Video Newsletter**

Speakers introductions are too long. More preparation for introductions could help; give people a format that they can practice for, rather than being completely extemporaneous. Coach the presenters beforehand; have 'leading' questions would help create a container? Having names and blurb on the website would also be helpful. Or tape them beforehand and rebroadcast them, and also post the recorded pieces.

Felt need for more time for interacting. Five minutes were short. Break out rooms could give more time.

Ensure good on-air quality.

5. **Eastern Region website planning**

Right now page for both Northeast and Southeast: umbrella page for the Eastern region would be good.

We could use the Central Region page as a template. On a side we could feature a branch; or those who will be on the next live newsletter.

To revise the website: put together text and images and John Beck will format them.

What is our vision for the content of the page? We could re-discuss it at the next meeting and start the conversation by email.

6 **Eastern Region Newsletter Digest** – Luigi

Luigi has been gathering the newsletters from the region and wants to try to create a digest. Questions; will this just be on the main page with a link?

how much of it will be immediately visible? Luigi will go ahead, contact the newsletter editors and experiment with the format. We can ask participants

to the video newsletter to let us know about their newsletters. Follow through?

7. Mid-Atlantic Branch meeting updates - Sheena

Sheena has joined the Mid-Atlantic Area committee that has been meeting regularly for the past several years. Dave mentioned that a similar Northeast Area Group, which had been meeting regularly, has now gone dormant. Angela reports that the Southeast group is less active than it had been. Dave asks that the topic of the sub-area groups be brought up at our next meeting.

8. Do we want to take on the 6 Basic exercises (on Zoom) as a regional activity?

Angela opened up the practice on Zoom for 15'; so far three sessions on control of thought. Friday will be the end of the third week. The next activity is the will; how do you do that online? Angela will continue and let it evolve.

For next meeting on 5/21 at 7 pm (same Zoom number):

- Study: we will look at next paragraphs (3rd 4th...) of the study
- Vision for the content of the Eastern Region webpage
- A deeper look at Mid-Atlantic monthly meetings to connect and share resources.
- Report back on the newsletter digest first attempt