



# Sacramento Insight Meditation

## Sacramento Insight Meditation

### Board Meeting Minutes September 9, 2024

A regularly scheduled meeting of the Sacramento Insight Meditation (SIM) Board of Directors was convened at 6:00 PM on Monday, September 9, 2024 via Zoom

#### Attendance

President	Amy Kovak
Vice-President	Vacant
Treasurer	Absent (Carmen Pereira)
Secretary	Karen Tercho
Member-At-Large	Margaret Buss
Member-At-Large	Katie Stonebraker
Faculty Rep	Rich Howard
Sacramento Dharma Center Rep	Diana Cassady
Young Persons Sangha Rep	Absent
Recorder	Christine Bitonti

#### Beginnings

The meeting began with a five-minute sitting, reading of the Board Participation Guidelines, and a personal check-in.

#### Minutes

The Board Minutes for August 12, 2024 were reviewed and approved unanimously.

#### 1.0. Fiscal

1.1 Financial Reports (Carmen)

Financial Summary as of August 31, 2024

Monthly Report:

Prior to this meeting, the Treasurer briefly reviewed SIM's Statement of Financial Position and Statement of Activity Reports for January 1, 2024, through August 31, 2024. Those reports are provided in the Meeting Materials.

In addition, a Year-to-Date comparison Statement of Activity Report is also included.

SIM's finances stand as follows:

*Statement of Financial Position*

Total Liabilities and Equity through August 31, 2024: **\$90,044.30**  
(previous total \$90,494.48)

*Statement of Activity*

Net Revenue through August 31, 2024: **\$ (32,608.80)** (previous total \$-30,786.62)

General fund contributions are \$7,000 more than last year due to an increase in the number of people donating and the amounts donated. However, there has been a larger increase in presenter and professional expenses.

## **2.0 Board-Faculty Communication**

### 2.1 Faculty Report (Rich)

Rich Howard's full report can be found in Meeting Materials on the Google Drive. He highlighted that Vance, Diana, and Walt have set their SIM teaching schedules for 2025 and have agreed to continue as members of the SIM Faculty. Rich, Diane, and Dennis will have a faculty meeting this week and will select dates for their teaching next year.

## **3.0. Community Outreach**

### 3.1 YPS Update (Amy)

A regular YPS representative was not present. Sho will be taking an extended break from the sangha. Beth Hart and Idris Ahmed will continue to organize activities for the group.

### 3.2 Social Media (Katie)

Katie reported that there are 314 followers on Instagram which represents only a small increase; however, activity (likes, comments, etc.) has increased. She stated that she converted the flier for Dennis' daylong to one with a QR code. Margaret will provide a stand set-up for registration. A discussion ensued regarding the confusion sangha members may have when two QR codes are presented at the dana table—one for general SIM donations, the other for the day's teacher dana. The Board decided not to feature the general dana at events involving teachers, but will offer it at appropriate special events.

### 3.3 SIM Community Outreach Team (Katie)

Katie reported that Sabitre has been able to cross-post from Instagram to Facebook. She stated that SIM has been invited to participate in the 10<sup>th</sup> Annual Senior Health Fair on September 21. It was noted that James Baraz will be teaching for SBMG that day, which could conflict with this activity. Katie will see if Susan and Marc would be willing to participate in the health fair that day. She stated that she has a flier they could use. Katie will also be inquiring if SCOT has any upcoming plans.

## 4.0 Operations Issues

### 4.1 Operations Manager/ Professional Services (Amy)

Amy reported that things are going well with the Operations Manager, who is working on the major tasks of dana and registration deposits, responding to emails, and website hosting services. The latter involves developing a full understanding of all of SIM's accounts and centralizing them to a single email address. She noted that another project underway is the regular backing up of Google Drive materials to an external drive.

### 4.2 Teacher Liaison Crew Update (Karen/Rich)

The Operations Manager has taken on the bulk of responsibilities in terms of teacher communication and seeing that SIM events go smoothly. A discussion ensued regarding the need to reach out to regular visiting teachers to fill Thursdays in 2025 (Heather, JD, Gullu, Seth, Tony, Rick, etc.). TLC will wait to reach out to regular visiting teachers until SIM senior faculty have scheduled their dates, which will happen very soon. SIM senior faculty is asking the three new SIM faculty to assist with identifying those in the teacher training programs who might teach at SIM.

### 4.3 Fundraising Committee Report (Amy)

The Fundraising Committee – Rich, Dennis, Carmen, and Amy – continue to meet. They are seeing a few new monthly donors and expect donations to increase as the sangha grows. They are working on developing a web page that will detail all of the ways that one can donate. An event for SIM's top donors will take place Friday, October 18 from 10:00 am to 12:00 pm. The event will focus on providing information regarding SIM's expenses (teacher stipends, administrative expenses, etc.) and to elicit ideas from this group regarding fundraising and other concerns.

### 4.4 Holiday Potluck Committee (Amy)

Amy reported that Robin Primavera has agreed to organize the holiday event (set-up, food, etc.). Five people have volunteered to work with her on it. Ideas for the structure of the event were discussed at the meeting (ways to promote a sense of community and connections among sangha members), but not finalized. The Board will discuss this issue at the next meeting.

### 4.5 October 31 Community Event (Amy)

This event will take place on Halloween night at a regular SIM Thursday night gathering. Amy shared Dennis' idea that the evening involve a short sit and dharmette on change and

equanimity (given that the election will occur the following week). The Board discussed potential treats and activities (such as making “equanimity bracelets”) and a large group discussion.

#### 4.6 Therapy Dog (Amy)

A member of YPS owns a certified therapy dog that they have brought to the YPS sangha. They inquired with Amy about the idea of bringing their dog to SIM as well. Considerable discussion occurred regarding the appropriateness of this action. The unintended consequences of having a dog on site, given that some people are fearful of dogs and others may be allergic, were noted. Liability issues were addressed as well. Amy will discuss with the sangha member if they have liability insurance for the dog (or is willing to acquire it). If so, they will be allowed to bring the dog to YPS, but they will be asked not to do so at general SIM functions.

#### 4.7 New Teacher Gifts (Amy)

Discussion ensued around the intention to give the new SIM teachers a card plus a small gift of appreciation and welcome. Several ideas were floated, and action will be taken to procure and send the gifts and cards.

### **5.0 Volunteer Updates**

#### 5.1 Volunteer Update (Amy)

Amy stated that the effort to revamp the SIM News is moving forward and will be sent out to Board members for review.

#### 5.2 Volunteers for Daylong Teacher Lunches (Amy)

No action was taken on this item. It will be discussed at a later date.

### **6.0 SIM Board**

#### 6.1 Board Recruitment

Karen reported that one potential Board member who is a contact of hers has declined to be considered.

### **7.0. SDC**

#### 7.1 SDC Updates (Diana)

Diana has agreed to be SIM’s representative on the SDC Board for an additional year. Board members expressed their gratitude for her generosity in this regard. Margaret attended an SDC donor meeting during which attendees brainstormed what activities they would like to see at SDC. There were many good ideas expressed, especially ways to encourage inter-sangha relationships.

The SDC Board did not meet in August as there was not a quorum available. SDC is in need of additional Board members.

Diana reported that a group called “Sacramento 350 Climate Group” would like SDC and the three participating sanghas to collaborate with them. They are open to ideas on how to accomplish this. Board members expressed some reservations about the idea, questioning whether the 350 group’s purpose would be consistent with SIM’s mission. Diana will update the Board by email or at the next meeting in terms of what specifically the group is asking for.

## **8.0 New Business**

### **8.1 Open Discussion**

There was no new business to discuss.

## **9.0 Next Board Meeting**

October 14, 2024, 6:00-8:30 PM

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**Respectfully submitted,**  
**Christine Bitonti**  
**Karen Tercho, Secretary**