



Sacramento Insight Meditation

Board Meeting Minutes for August 10, 2026

A regularly scheduled meeting of the Sacramento Insight Meditation (SIM) Board of Directors was convened at 6:00 PM on Monday, August 10, 2026, via Zoom.

Attendance

President	Amy Kovak
Vice-President	Vacant
Treasurer	Carmen Pereira
Secretary	Karen Tercho
Member-At-Large	Margaret Buss
Member-At-Large	Katie Stonebraker
Faculty Rep(s)	Rich Howard
Sacramento Dharma Center Rep	Diana Cassady
YPS Rep	Dylan Ramirez/Beth Hart
Recorder	Christine Bitonti

Beginnings

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

Meeting Minutes

The Board reviewed and unanimously approved the minutes from the July 13, 2026 meeting.

1.0 Consent Agenda (No Discussion Items)

1.1 Social Media

1.2 Operations Manager/ Professional Services

1.3 Volunteers/Projects

2.0 Fiscal

2.1 Financial Reports

Financial Summary as of July 2026 Monthly Report: Prior to this meeting, the Treasurer reviewed SIM's Statement of Financial Position and Statement of Activity by Class for January 1, 2026, through July 31, 2026. These reports are included in the Meeting Materials, along with the 2026 SIM Operational Budget Review.

SIM's finances stand as follows:

Statement of Financial Position Total Liabilities and Equity through July 31, 2026: \$140,690.29 (Previous total \$145,224.30)

Statement of Activity by Class Net Revenue through July 31, 2026: \$26,189.66 (Previous total \$30,584.12)

Carmen presented several financial reports indicating revenue increases in many categories compared with the same period last year, along with significant decreases in expenses. The adjusted difference between revenue and expenses remains negative, although far less than projected, suggesting the potential for SIM to end the year in a positive financial position.

2.2 Investment of Reserves

Amy reported difficulty opening an investment account at the credit union due to missing information required to do so. She has been attempting to obtain the needed form through the IRS website but has been unsuccessful. For now, she recommended staying with the current bank to simplify the process, even though the interest rate is lower. The Board unanimously decided to open a \$50,000 CD at Bank of America.

3.0 Board-Faculty Communication

3.1 Faculty Report

A written Faculty Report detailing activities by Rich, Diane, and Diana has been placed on the SIM drive. No report was available from Walt, who has been traveling.

The main discussion, led by Rich, concerned Diane's recent appointment to the faculty of a new prison chaplaincy program beginning in January 2027 and sponsored by the Sati Center for Buddhist Studies. Her involvement in the program will require her to reduce her activities at SIM, including not teaching the Maranasati course in 2027 and participating in fewer Thursday Dharma Talks. She will continue to attend SIM Faculty meetings but will not be available to attend Board meetings as a Faculty representative.

4.0 Community Outreach

4.1 YPS Update

Beth Hart and Dylan Ramirez presented details of the grant proposal they are preparing to submit to the Lenz Foundation. The proposal requests \$25,000 to develop and conduct a 12-week training program for young adults (ages 18–35) to prepare them for Dharma leadership. Those familiar with the proposal acknowledged that the program is ambitious. Beth and Dylan would like SIM to make a financial contribution toward the overall program budget to demonstrate its support.

Two main concerns were raised by Board members: (1) how the funds would be used and how SIM would contribute financially when it is the organization requesting the grant funds, and (2) the proposal's limited recognition of the need for senior teaching support and of the distinction between Dharma teaching and Dharma leadership. Amy asked Board members to read the proposal as it currently stands and provide feedback at the next Board meeting.

Dylan also shared that he had met with a Bay Area Buddhist organization that works with young adults and had attended a related retreat at Spirit Rock. Diana Clark, Dennis Warren, and Seth Castleman will all be teaching at YPS in the coming months.

5.0 Operations Issues

5.1 TLC

Karen updated the Board on TLC activities. The Board discussed a list of Dharma teachers who have led Thursday evening sessions and could be invited back to fill vacancies. A few additional names were suggested. Rich also noted that he will teach on additional Thursday evenings if needed.

The Board briefly discussed a retreat model nicknamed the “Sandwich Retreat,” which is a potential offering from Diana Clark and Walt Opie in October 2026. This is potentially a five-day format involving teachings early in the morning and in the evening, allowing those who must work during the day or have other responsibilities that make it difficult to attend residential retreats to participate. The idea will be discussed with the Faculty and at next month's Board meeting.

December 16, 2027, has been reserved for the holiday party.

5.2 June 20 – 27, 2027 Residential Retreat

Karen expressed willingness to lead the retreat planning effort. She recommended offering “Save the Date” messages in the immediate future until further details are determined. The contract needs to be discussed and finalized with Mercy Center staff, followed by determination of retreat fees. Karen will reach out to the Center to initiate this process. Jennifer Powers has offered to serve as retreat manager, and the Board was amenable to this plan. Registration will open in early spring. Amy coordinated adding a save-the-date announcement to the SIM website.

5.3 Statement of Information

The Statement of Information is due for renewal on August 31, 2026. Amy reported that she has been unable to resolve issues related to accessing the SIM BizFile account and will file the renewal in person at the downtown office.

5.4 Hearing Devices Update

Amy reported that she replaced the old foam covers on the hearing devices with new ones, making them much more functional.

6.0 SIM Board

6.1 Board Recruitment

Amy has not yet received a response from the individual who expressed interest in joining the Board. She noted that the Board may need to make a more concerted effort to reach out to the community to find both a representative for the SDC Board and at least one additional member-at-large for SIM. Margaret suggested having the current SDC representative and several Board members speak to the sangha about the responsibilities of Board membership and how they have personally benefited from their involvement.

7.0 SDC

7.1 SDC Updates

Diana reported that the new SDC manager has been doing well in his position.

A dinner was held in Sara's honor to thank her for her many contributions to SDC. An upcoming ice cream social will allow members of all three sanghas to celebrate the SDC's 10th anniversary.

8.0 New Business

8.1 Open Discussion

9.0 Next Board Meeting

September 14, 2026, 6:00-8:30 PM

Respectfully submitted,
Christine Bitonti, Recorder
Karen Tercho, Secretary