

CoRe Board Application Submission Date: 7/1/2021

NAME: Kathy H.

MEMBERSHIP TYPE: TRUSTEE - Board member - Yes

1. Have you: a) worked the Twelve Steps, b) worked the Twelve Traditions, and c) are you familiar with the CoDA Service Concepts? **YES** **NO**

2. How long have you been in CoDA? \_\_\_ September 27, 1990 \_\_\_\_\_

3. Briefly explain the qualities and/or experience you want to bring to the CoRe Board.

I would like to get an order form to every single meeting during Corona Virus and have a link created to be able to access an order form on the website. I would like to help with the coloring book. I have been an avid adult coloring book artist in these books for many years, and know what works for many people. I like outreach, and communicating with others in meetings, I am interested in sharing my experience, strength and hope while being in CoDA over 29 years.

4. If necessary, are you willing to resign other service positions that might interfere with your work on the CoRe Board? **YES**

5. What is your availability? **DAYS AND TIMES:**

During Corona Virus, I am available most every single evening, 7:00 PM EST, and Saturday mid morning, or noon

6. Are you able to give up to 10 hours per month in this position? **YES**

6. Describe your present and past CoDA service work on a local, voting entity and/or international level.

I have been a member of Literature for one and a half years, then on the Events Committee for 6 years. I have also been a member of H&I Committee for two years. I helped re-write the Peeling the Onion.

7. Do you have any special skills, such as: financial; editing; publishing; or distribution?

I have a lot of skills, I am currently the treasurer for two twelve step programs, I have written my sexual abuse story, which was published, and have done a lot of outreach, including gathering all the meeting contact information of every single CoDA meeting. I communicate writing a newsletter to the retreat attendees, keeping them updated. I facilitate retreats for both of my twelve step programs, for the past ten years, and facilitate workshops at many twelve step gatherings. I have been keynote speaker at several CoDA functions, including speaking on the spur of the moment when the New England convention speaker did not show up. I am passionate about inner child work, and passionate about guiding people through the process of recovery.

I am good on the computer, excellent on Xcell spreadsheets, have good communication skills, as well as a self-starter. I can type over 150 words a minute, I am motivated, dependable, and responsible. I have followed through jobs that are asked of me, I am not a quitter. Any job that I have ever done, I did with my all, having many bosses be fond of my work.

I am a Sunday School teacher to little boys in second grade. I am very connected to God, as I call my higher power.

I also have sponsored many people. I have a twelve step therapist, who keeps me straight, who I currently have seen over the past 25 years. I have several co-sponsors, and I have never given up learning more about my recovery every day. I had a sponsor who has moved away from CoDA. I have a sponsor who I call when I need.

I own my own business, hiring people to work for me, and communicating with them. I have never had a dissatisfied customer in the 25 years I have owned my own business, and only had to fire somebody one time. I went back to college when I was 45 years old, studying, and passing with honors, keeping up a business, as well as caring for my elder mother with alzheimers disease for ten years. I like to keep my clients up to date with my happenings, thus write them a yearly letter. All my clients are aware of my volunteer work in twelve step programs.

I am very ambitious, a hard worker, and very enthusiastic about my service work in CoDA. I am well skilled in writing and proof reading. I also am a go-getter, and when I have a passion for something, I give it my all. I am willing to learn and open to learning new skills.

I have recently turned sixty years old, and decided I wanted to have fun in my life, and joined an accordion group, and never played the accordion in my life, learned to play the accordion, practicing hours a day, and joined a group of adults who have been playing accordion all their lives. (the intermediate accordion group and not the beginner group, where I should have been).