



Kala Point News & Views

October 2009

Serving our Community with Information

vote by mail and quorums revisited

Quorum Counting Method - A Potential For Minority Rule

The September 2009 issue of the Kala Point News and Views contained an article questioning the use of mailed in votes to determine achievement of required meeting quorums. Unfortunately, some Members of the Association interpreted this article as an indictment of the current Election Committee for erroneous actions. This was not intended nor knowingly implied. The current Election Committee complied with the process authorized by amendments to the CC&Rs and Bylaws when “vote by mail” was established by approval of the Members on 12 July 2006.

The Election Committee of 2006, at the direction of the Board of Directors, developed amendments to the CC&Rs and Bylaws to authorize the “vote by mail” process for conducting the business of the Association. The associated amendments to the governing documents received the approval of 83% of the voting Members. The “vote by mail” process has proved very successful in obtaining the electoral participation of a higher percentage of the Members. Unfortunately, when the “votes by mail” are used to establish meeting quorums it results in actually disenfranchising Members from participating in other business of the Association, occurring at Member’s meetings, which is not covered by the ballot. As is so often the case, changing business practices to achieve one notable improvement can unknowingly result in adverse consequences associated with other business processes.

Describing the current practice of counting mail in votes in establishing meeting quorums as invalid was a poor choice of word. Legally the process is in accordance with the Governing Documents and is allowed by Washington State law and did not result in an invalid quorum count. The position stated by this article is an argument concerning the philosophy of governing democratically with true Member’s participation. Philosophically and morally it led to a situation resulting in an unfair, non-representative and illogical quorum count. It is not presumed that the 2006 Election Committee deliberately developed a method which circumvented the normal understanding and purpose of establishing quorum requirements. It is believed that the intention

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of the 2006 Election Committee was focused on introducing “vote by mail” to the extent that the full consequences of the amendments, as proposed, were not addressed nor understood.

If the 2006 Election Committee did understand the quorum ramifications of the amendments the rationale for departing from the normal quorum purpose was probably to address the declining participation in the annual and special meetings of the Association. Addressing this continuing

◆ *Quorum defines required representation*

◆ *In person or by proxy is representation*

◆ *A mailed vote is not a proxy*

problem of realizing meeting quorum requirements by the use of Governing Documents amendments was unnecessary and ill advised. The Governing Documents address this problem. The Bylaws state, paraphrased, if a quorum is not realized the meeting may be

adjourned to a time not less than five days or more than thirty days from the time of the original meeting. This action would allow the Board to make an effort to increase attendance.

Organizations establish quorum requirements to ensure that there is adequate member representation

provided for when actions are proposed which require member approval. Examples are election of Board Directors, passage of proposed amendments and in some circumstances approval of budgets and assessments. When a Member submits a vote by mail, responsive to the specific items on a ballot, he certainly represents himself and his vote should count towards meeting an election quorum requirement. When a Member submits a mailed in ballot but does not attend

an Association meeting nor assign a proxy to represent him, he certainly is not represented at the meeting for any new items of Association business which may be put to a vote. The rationale for having a quorum requirement, a count of those members either present at the meeting in person or by proxy, is not realized.

With good mail in vote response but poor meeting attendance it is possible that a small percentage of the membership, well below 20% representation, could take actions, including committing the members to financial obligations which are opposed by the majority of the members. This is potentially not democracy but rather rule by the too few.

It is recommended that the current Election Committee consider remedial action to return Association procedures to be in compliance with the intent of establishing quorums. Changing current amendments to the governing documents or adding additional amendments would be necessary.

It is suggested that one approach would be to adopt two quorum requirements. One quorum requirement would be applicable to elections and other Association business in which the “vote by mail” process is utilized, but only applicable to the specific items included on the ballot. The other quorum would apply to conduct of Association meetings which address items subject to Member approval but not included on a mail in ballot. The difference would be how the quorum would be calculated. In the later case a true quorum of “presence in person or by proxy” would be required for establishing the quorum.

It is also suggested that the role of proxies be promulgated to the Members and their proper use encouraged. The previous practice of including proxy forms with election materials, if resumed, would assist members in their use.

from michelle at evergreen fitness center

Commandment #2:

Thou shall write down my food intake, realistically, for 2 days

What is food journaling?

Simply, writing down everything you consume with as much detail as possible. It doesn't have to be done with anal precision, but the more detail you can include, the more useful and valuable an exercise it is. (And the better the results you'll get.)

Food Journaling is a difficult exercise because of the mental hurdle it represents. Most people won't want to share the details of their food life with you...you don't have to share! Typically, those who kept a daily food record lost twice as much weight as those who kept no records. It seems that the simple act of writing down what you eat encourages people to consume fewer calories!

Here are the simple tools required to food journaling:

1. Writing instrument of your choice
2. Notebook or recording item of your choice
3. Honesty with yourself

The key to this exercise is honesty. Be honest with yourself. Don't worry about impressing anyone – besides, all one has to do is take a look at your waistline in order to discover the truth. I've found the best rule is:

“If I don't write it down, I don't get to eat OR drink it.”

Food journaling doesn't have to be approached with the same scientific rigor as the Harvard Nurses Study or Osteoporosis Project. This is an exercise for you.

There are *three degrees of food journaling* that all have their relative merits and levels of dedication. **Choose the one that seems to work best for you and where you are mentally.**

The 3 Degrees of Food Journaling:

1) Items only

.....

The least amount of information is to write down all the things you eat and drink in a day. Even with this limited information, you can still make tremendous changes in food selection and save yourself tons of calories. Example:

Let's say your normal dinner was a cheeseburger, fries and a 20oz coke. Well, if you were to substitute a side salad for the fries, a regular hamburger for the cheeseburger, and diet soda, club soda, or better yet water, for the coke, you'd end up saving anywhere from 400 to 600 calories. And you haven't even deprived yourself. Well, not that much; we will have to make some sacrifices, right?

Substitution of calorically-dense foods for less calorie-dense foods is one of the many techniques you can use to minimize calorie intake. This first degree of food journaling allows you to take inventory of your baseline and make adjustments like these where possible.

2) Items and feeding schedules

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By adding *feeding times* into the equation, we add another degree of control you have. Now, by seeing *when* you eat the things you eat, we can dig a little deeper into the psychological underpinnings of your daily food habits.

For example, you notice that you eat a blueberry scone and a tall café latte everyday at 4:30pm (for a whopping total of 604 calories).

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Looking at the rest of the day, you see that your lunch (a decidedly big meal, you notice) is at 11:30pm and breakfast is nonexistent. (Hey, didn't we just talk about that?)

The choices made earlier in the day are negatively affecting the choices made later in the day. Armed with knowledge and information, you resolve to change habits – you begin to eat a couple of eggs at breakfast time, and to scale down your lunch.

This leaves you less hungry and tired at 4pm, and you're able to make better choices at this time, opting instead for a handful of almonds and a green tea (saving a few hundred calories in the process).

3) Items, Feeding Schedules, and Amount
.....

Now we're getting into the nitty gritty. By including the relative *portion sizes* of your meals, you can really get an accurate portrayal of your daily intake. You also have the greatest level of control and the greatest number of variables to control. You get the truest sense of your daily intake when you see portion sizes.

Here's where the whole "eating healthy for fat loss" paradigm falls apart.

You example your "healthy dinner" of brown rice, chicken breast, and broccoli, and discover (to your horror) that your "serving" of brown rice was actually 3 cups worth, for a total of 650 calories (yikes) – that brings your dinner total up to nearly 800 calories. But by upping the broccoli portion and reducing the rice portion to an actual "serving" (about 1/2 cup), you save yourself nearly 400 calories.

Next month, #3 Thou shall learn the calories in the foods I eat... stay tuned. If you'd like any additional information, please email Michelle at: evergreenfitness@qwest.net



rsvp:

The Hub of Volunteer Service

Are you 55 years old or older?

Do you want to give back to our community?

Do you want to have a meaningful experience in doing so?

If the answers to the above questions are yes, then perhaps our local **Retired and Senior Volunteer Program** can be of help to you and those that you will potentially serve while volunteering. By volunteering thousands of people across the country are increasing their own fulfillment.

RSVP was created by Congress in 1965 as part of the Older Americans Act to provide older persons opportunities to give of themselves in order that they might continue to be productive,



Helping in a math class

needed members of society. **RSVP** recruits and places individuals 55 years of age and older

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in positions where they can achieve personal satisfaction. We also provide support services to senior volunteers so placed. Today, more than 500,000 **RSVP** volunteers are participating in over 750 projects across the nation using their talents and also giving their time in service to others. In Washington State we are fortunate enough to have 18 of those projects.

RSVP of Jefferson-Clallam Counties was adopted as a program of Olympic Community Action Programs in 1972 and has served the community since that time. Our program supports over 700 active volunteers. Our volunteers are tutoring and mentoring children and adults, helping at food banks, senior nutrition programs, assisting at health care facilities, assisting with local law enforcement offices and working at fostering environmental awareness. They also volunteer at museums, courthouses, Chambers of Commerce and a wide variety of



Cleaning up our beaches

other social service and non-profit agencies. Many of our volunteers also help out at several of our local festivals such as The Wooden Boat Festival, The Film Festival and The West Coast Sea Kayaking Symposium.

If any of these volunteer opportunities sound intriguing we are here to serve and can help you get connected into what may be the very thing that might add new energy and vitality to your life.

There is no cost, there and you will never receive any of those annoying solicitor phone calls or junk mail as a result of joining **RSVP**.



Building Birdhouses for the Audubon Center

What you will receive is the opportunity to use your experience and skills and the chance to learn something new everyday. Each of our volunteers is also provided with excess liability insurance for personal injury while traveling to and from or participating in an **RSVP** assignment. This insurance coverage is provided at no cost.

Are you fascinated yet? For more information on how you may serve in the wonderful community in which we live please give me a call and set up an appointment to come to my office for a chat. Thank you in advance for considering giving back. Someone will deeply appreciate the time and talents that you have to share.

Bob Logue
RSVP Program Manager
 803 W Park Ave
 Port Townsend, WA 98368
 360-385-2571 Ex 6324

medical transportation

Sometimes we can be faced with the necessity of having to find other means of transportation to our medical appointments.



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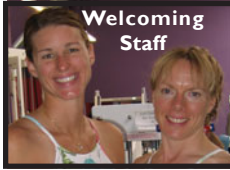
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Kala Point News & Views



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