



MAY BOD MINUTES
MONDAY, MAY 8, 2017

AGENDA:

REC Mission statement review
Mentor-Alissa Wehrman - before 11am
Welcome Barrie to certification - before 11am
Vote to certify Hawa Ali - before 11am
Board Sustainability
Update ideas on 30th anniversary
Treasurer check-in
ADT Updates
NWDC Updates
Collaboration with NAPS in future event table sharing
PALS/NAPS Sponsored self defense class
Check in on 2017 goals
Vote for Idil membership scholarship - before 11am
recert for Elaine Arnold and Mary Ann Rohrs
certification (after the interview) with Janiece
cert for Hawa (after the interview)
changes to cert job duties
approval of the minutes

ATTENDING:

Ildi Sebestyen
Janiece Callopy
Anna Linares
Tiffany Guenther
Rebekah Gilley
Heidi Biddle
Barrie Rein Thunemann

MINUTES:

Idil to receive membership scholarship
Alissa Wehrman to become PALS mentor
Melinda Ferguson to join/start committee on 30th Anniversary - Rebekah to email her and Mariah and Ildi and Heidi {and cc Anna} to get the ball rolling.

10:55am call to order

Janiece gives financial update: not a lot of expenses in April, reserved annual picnic spot, freshened up supplies for monthly meetings. Budget is good so far.
Ildi to create FB event and email to Lynn for newsletter, Michelle for social media sharing, also share with NAPS.



Tiffany gives update on MAWS conference: Kate went to set up. There was raffle and BINGO and lots of fun stuff with vendors. Vendore were all down in basement while conference was upstairs. There was confusion on if we had paid or not, and then whether or not to let our volunteers into the conference, and then whether or not to feed our volunteers. Tiffany will email Lisa to express our disappointment.

11:05 - Heidi discusses certifying Hawa and recertifying Mary Ann Rohrs. 7 people didn't get renewal notifications; Ildi found error on her certification paperwork; Tiffany to correct. 2 people got their renewals in; 2 are working on it; 1 decided that she did not want to ask clients for evaluations. Heidi corrects that there is no evaluation form for re-certifying doulas as long as they prove that they have attended births - we just need a way to contact client if needed. Mary Ann Rohrs and Elaine Arnold both submitted their recertification packets and look good. Heidi moves to certify; Tiffany seconds; approved.

Hawa had to submit an additional birth, but Tiffany interviewed her {and mentored her} and all is good. Heidi moves to certify Hawa; Mariah seconds; approved.

11:12 - Tiffany gives update on REC. Had great first meeting where they discussed mission and direction. Andrea Starbird will probably take lead on Committee once Tiffany has it going. Mission statement rough draft was created. Guidelines were created, specifically to get Committee approval before written statements are sent outside of PALS. Another goal is to have REC flow through all the things PALS does, not become its own separate organization. Fundraising through donations at movie nights {The Naked Truth: Death by Delivery}, which will create an additional scholarship fund when PALS' budget is more limited. REC would take over interviews for scholarships.

11:20 - Mariah gives ADT update: Lynn Hernandez, Kate Lindberg, Delilah ?? are all ready to join and run. Barb Decker's HypnoDoulas ADT is getting ready - price of \$175. This will be the third ADT of the year, and the fourth will be the peanut ball training before the NWDC.

11:24 - NWDC update: Mariah shares how she contracted with the two main speakers and the pre-meeting events. June planning meeting is set.

Swedish is going to be the sponsor for the speakers and pay for their travel and hotel.

DONA is going to host a table.

Looking for 2 speakers for break-out sessions; we've got 3-5 conversations happening.

11:39 - Heidi and Barrie talk about certification packet revisions. In the Required Experiences, Barrie suggests picking 3 categories and writing a brief response to them, with suggested questions to answer. Same with the Continuing Education section... this would get some feedback from the certifying doulas and get feedback for the training. Ildi brings up ESL-doulas and options for them. Tiffany says that mentors of ESL-speakers can add that to the list of essays that will be assisted. Barrie says video would also be an option.

Cert packets that were sold this month-last year will not have this requirement, so interviews will still need to cover the Required Experiences and Continuing Education.

Another adjustment: interview needs to be in-person OR over Skype/FaceTime/Google Hangouts - it



has to be face-to-face in some way; we have to indicate that in the packet.

Idea from certification packets: create ADT for postpartum appointments. Could go well with Carrie Kenner's prenatal class. This could be really low-cost.

Change: remove the "Optional" by the provider contact info on the feedback form.

Rebekah to make changes.

11:54 - Tiffany met with NAPS presidents...rescheduled meetings with presidents. NAPS' budget is smaller than ours, so we'd like to share community outreach tables and also share costs. This would be beneficial for both organizations.

Planning for Doula Self-Defense class hosted by PALS and NAPS - free for all doulas.

Want to put together doula-speed-dating event for networking and partnerships and fun.

11:59 - let's review our 2017 goals! We are doing well in a lot of areas.

12:08 - Mariah encourages us to remember the power of Facebook Live!! Tiffany and Rebekah plan to try this at May's Q&A meeting.

12:17 - 30th Anniversary: interview past presidents and board members. We need to come up with questions to ask. Need to have some fun questions! Can ask our members via Facebook. Current board to interview past board members. Member ideas are welcome, and Board makes decisions. DOULA GALA! Needs to have RSVP with invitation. Sponsors? Subtle names out there. Artsy members can submit artwork for a t-shirt or mug or poster to advertise, and the submission that is chosen can get waived membership fee. Have to have nice food! Dancing, formal event, dress like the 80s? Treasurer to set up budget. Heidi has DJ. Tiffany has photo booth.

12:22 - Social media posts: do we allow advertising on postpartum trainings? DONA accepts postpartum trainings as CEUs, but should PALS? Consensus is no.

12:43 - Board Sustainability. We have waived membership fees and given \$100 ADT credit, but how do we prevent ourselves from burning out? Potluck lunches at board meetings. Maybe monthly dinner or lunch meetings, wine nights, women's rituals, walking outside, new moon salt bowl ritual, nothing obligatory.

12:54 - let's practice sustainability - if emails are getting frustrating, call or meet in person. Don't stay stressed; build the relationship.

12:56 - Ildi covers Monthly Meetings - see reports below - actually read them!

June is at Queen Anne Library on June 19th, 2-5pm. Dr. Sharonrose Samelak is going to be the speaker. August 17th is PALS/NAPS Picnic. Ildi to create Facebook events; Rebekah to put events on website.

12:59 - Rebekah motions to approve Feb, March, April minutes; Tiffany seconds. Motion passes.

MEETING ADJOURNED AT 1:03PM



APRIL 2017 PRESIDENT’S REPORT TO THE BOARD

No report.

APRIL 2017 VICE PRESIDENT’S REPORT TO THE BOARD

No report.

APRIL 2017 TREASURER’S REPORT TO THE BOARD

No report.

APRIL 2017 SECRETARY’S REPORT TO THE BOARD

No report.

ADT UPDATE

- Began working with and collaborating/training Lynn Hernandez, Kate Lindberg and Delilah Ferris as members of the NEW ADT committee
- First group ADT will be with Barbara Decker on 6/17. Price is \$175/145 (PALS/NAPS)
 - Barb set price (which once you subtract out the books (\$30) and est lunch (\$12) is an incredible price
 - waiting on signed speaker agreement
 - have been requested to offer two scholarships (emphasis on diversity - as of this report there is no specification for the PALS scholarship application to speak directly to diversity - though it was a request of the speakers

CERTIFICATION UPDATE

Date	Transaction Type	Name	Memo/ Description	Amount	Balance
Certification Packet Purchases					
4/4/17	Receipt	Wible, Elise	Certification Packet Purchase	\$35.00	
4/5/17	Receipt	Blankenship, Rebecca	Certification Packet Purchase	\$35.00	
4/10/17	Receipt	Reynolds, Twyla	Certification Packet Purchase	\$35.00	
4/13/17	Receipt	Zaloumis, Pauline	Certification Packet Purchase	\$35.00	
4/23/17	Receipt	Seferos, Cecil	Certification Packet Purchase	\$35.00	
Total for New Certification Packets				\$175.00	



Recertification Application					
4/27/17	Receipt	Sebestyen, Ildi	Recertification Application Fee	\$35.00	
Total for Recertification Application				\$35.00	
TOTAL				\$210.00	

COMMUNICATIONS UPDATE

None this month.

NWDC UPDATE

- early bird tickets are ready to go on sale June 1st
- 4 of 6 speakers confirmed, pursuing at least 3 additional options
- finalizing speaker agreement and room reservation for Peanut Ball ADT
- Continuing to recruit exhibitors (any help is appreciated)
- Financial - contacted Swedish regarding their missing the opportunity to be a sponsor and asked them if they would like to be speaker sponsors and instead cover the cost of travel/lodging for Jen and Ashlee (est \$1200) - they said yes! Just waiting on signed agreement and payment
- 4 collaborators contributed at the last meeting 5/3
- Agreed upon swag item would be a tshirt - conference/pals/naps logo (size to be collected during ticketing!) researching cost breakout and design options (Tara Coffin putting some ideas together)

HOSPITAL AMBASSADOR UPDATE

None this month.

MARKETING UPDATE

None this month.

MONTHLY MEETINGS UPDATE

April Monthly Doula Meeting

Date: 4/24/2017 10am-1pm

Location: Beacon Hill Branch Library

Present:

Loretta Huland

Cassandra Muilenburg

Tiffany Guenther

Gill Morris

Idil Danan

Ildi Sebestyen - Organizer

Grace Uomoto - Speaker (Fearless Fertility)



The owner and founder of Fearless Fertility came to speak on Birth Control Doula and the Benefits of Cycle Charting. It was a great presentation which transformed into a wonderful conversation around the topic with all attendees.

May Monthly Doula Meeting

Date: 5/18/2017 6pm-11pm

Location McMenamins Anderson School Bothell - Community room

Celebrating Doula Month in a form of a social gathering.

TENTATIVE: June Monthly Doula Meeting

Date: 6/19/2017 2pm-5pm

Location: Queen Anne Library

Guest Speaker: Dr. Sharonrose Samelak

Chiropractic Physician - Prenatal, postpartum and pediatric chiropractor

MEMBERSHIP UPDATE

Date	Transaction Type	Client	Memo/ Description	Amount	Balance
New Membership Packets					
4/3/17	Receipt	Wible, Elise	Membership Packets including annual dues for PALS Doula membership	\$50.00	
4/4/17	Receipt	Blankenship, Rebecca	Membership Packets including annual dues for PALS Doula membership	\$50.00	
4/10/17	Receipt	Reynolds, Twyla	Membership Packets including annual dues for PALS Doula membership	\$50.00	
4/13/17	Receipt	Zaloumis, Pauline	Membership Packets including annual dues for PALS Doula membership	\$50.00	
4/23/17	Receipt	Seferos, Cecil	Membership	\$50.00	



			Packets including annual dues for PALS Doula membership		
Total for New Membership Packets				\$250.00	
Renewal Memberships					
4/3/17	Receipt	Murfin, Cheryl	Annual dues for PALS Doulas membership + late fee	\$65.00	
4/4/17	Receipt	Henry, Kelsey	Annual dues for PALS Doulas membership	\$50.00	
4/6/17	Receipt	Reyes Songer, Linda	Annual dues for PALS Doulas membership	\$50.00	
4/6/17	Receipt	Thorson, Cristina	Annual dues for PALS Doulas membership	\$50.00	
4/24/17	Receipt	Martinka, Jan	Annual dues for PALS Doulas membership	\$50.00	
4/24/17	Receipt	Rohs, Katie	Annual dues for PALS Doulas membership	\$50.00	
4/26/17	Receipt	Lewis, Michaela	Annual dues for PALS Doulas membership	\$50.00	
4/27/17	Receipt	Coote, Georgie	Annual dues for PALS Doulas membership	\$50.00	
4/5/17	Receipt	Ufer, Laufie	Annual Supporting Membership	\$25.00	
4/5/17	Receipt	Simkin Center	Annual Supporting Membership	\$25.00	
Total for Renewal Memberships				\$415	
TOTAL				\$715	



MENTORSHIP UPDATE

none this month

MONTHLY FINANCIAL UPDATE

April net cash flow: \$438

REC UPDATE

none this month

VOLUNTEER COORDINATOR UPDATE

none this month

ACTION ITEMS: [UPDATE THROUGHOUT MEETING]

Rebekah to email Melinda Ferguson and Mariah and Ildi and Heidi {and cc Anna} to get the ball rolling on 30th anniversary committee.

Ildi to create FB event and email to Lynn for newsletter, Michelle for social media sharing, also share with NAPS.

Rebekah to make changes to cert packet.

Janiece to set up budget for gala/dinner/30th anniversary celebration.

Ildi to create Facebook events for June monthly meeting and August picnic; Rebekah to put events on website.