

REGION 1 BOARD MEETING
October 22nd, 2009
La Quinta Inn, Tacoma, WA

Board Members Present: Debbie G.- Chair, Holly B.- Treasurer, Martha R. - Newsletter Editor, Cynthia W. - Temporary Secretary, Kevin C.- Parliamentarian, Bob P. - Region 1 Trustee.

Intergroup Representatives Present:

Anchorage IG: Alice W.

Greater Columbia: Sherry F.

Greater Seattle: Barb M.

Lake Country: Avery R.

North Cascades: Sadie G.

Northern Lights: Corina M.

Oregon: Margie G.

Peninsula: Christine S.

Pierce County: Karen O-E.

Pierce-South Sound: Cynthia W-P.

Sea to Sky: Greta H.

Snake River: Dave O.

Southern Alberta: Judy A.

Southern BC Interior: Juanita P.

Unity with Diversity: Elaine B.

Vancouver Island: Pauline M.

The Chair opened the meeting at 9:00 a.m. The Serenity Prayer, Twelve Steps and Traditions, and Twelve Concepts of OA Service were read.

Credentials report: 17 Regional Representatives, 3 voting Board Members, with a total of 20 voting members. Region One Trustee, Region One Parliamentarian, 3 guests. Number of non-voting members: 5 Total in Attendance: 25 The Credentials report was adopted.

The Agenda was adopted after the addition of a time for lunch breaks.

The Board Meeting rules were adopted after correction to read: Voice and vote shall be granted to registered Regional Representatives and elected Region One Board Members. (Assembly Rules are an addendum to this document.)

The January Board minutes were approved. Previous action lists were reviewed and new lists started.

The Chair appointed Margie G., Greta H., and Sherry F., as the Minutes Review Committee.

Emergency New Business committee: Avery R., Theresa S. and Kevin C.

The Board reports were reviewed and time given for questions and answers.

Committee Reports:

Bylaws committee: Avery R. Updates made via telephone/email.

12 Step Within – Joan is not present, no report. Committee chair position is currently open.

Convention 2010: Kate W., Missoula, MT

Convention 2011: Location and Intergroup have not been selected at this time.

Sponsor by Email: Cecelia O. not present.

Region One Quilt: Ethel, from Victoria, BC, has volunteered to organize the quilt.

PI Committee: Chair, Pauline. It is suggested that Canada keep their board and banner in Canada and the US keep theirs stateside. Canadian board – Greta H. has it stored at her home.

Audit Chair: Deborah R.

Nominations: Beth M. Book is here and the position is available.

Computer Services: Janet is not present but Martha will give report: A lot of new fabulous things this year. We added a new link for Newcomers. MP3 files are now available. There are links on the site for listening or downloading. The new Yahoo group is doing well. The committee cleaned up the look of the web site after feedback to make it easier to negotiate. There is a new board page, so announcements and issues are posted there – this is good information for groups. Janet can use some help with the web page and is willing to train someone. Please be sure to send information on your activities to the webmaster as part of PI. Recommended a designated downloader from individual meetings to obtain regional fliers, etc.

Scholarships: Cindy T. We have two volunteers to take that on.

Tape Library: Judy A. No activity in Canada. Judy purged the older tapes of poor quality and what is now available is the last ten years of convention. CD format available now. Judy questioned the usefulness of the library in this day and age of downloadable items.

Tape Library USA: Judy Z is not here. No report.

Mailings and Publications: Jackie L. is still doing this.

***End of Committee Reports. ***

Debbie provided thank you's to Judy A., Pauline M., and Avery R.

Some names have been put forward for the following positions:

Sponsor by Email: Sadie

Scholarship: Christine S. (Peninsula IG), and Barb M. from Greater Seattle IG.

The Chair expressed gratitude to this year's convention committee for their service.

Activity:

Lemon Soda Water: Volunteer timed for 1 minute, the goal to be how many complete drinks could be distributed. One volunteer managed four cups. Four volunteers were then solicited for the same project and goal. A greater amount of people were served and a better product made. The point was to consider committee work as being more productive and with a better product for the fellowship.

Breakout into small groups to brainstorm ideas for the committees below:

Bylaws: shade changes for easier reading; Simple annual review; we like KISS.

Twelve Step Within: get a chair, Encourage folks to plan an event on December 12th someone in intergroup about new OA holiday, suggest marathon 12/12, or have a phone tree. Format for meeting should be posted to website so any group can access. Focus on intergroups to encourage them to educate themselves. Use Yahoo group as way to get information out. Page 3 of Step Ahead, lists 6 suggested activities. Bring that back to groups.

2010 Convention Committee: say Serenity Prayer often, have a breakout group on gastric bypass and have more Saturday afternoon, downtime to reflect on morning's meetings. Make sure fliers are separate for Convention and Assembly (registrations too). This isn't clear to newcomers. Remove Assembly registration off the flier. More signage in hotel for both.

Sponsor by Email: Ask groups to sponsor by email and send out lists stating that sponsors are needed. Make folks aware that they can sponsor up to their level of experience. More advertising that this service is available and what it entails. Ask committee chair to put more effort into promoting this committee. Use Region One website and Yahoo group to advertise.

Region One Quilt Committee: Remind everyone of the raffle tickets several times, send the document more than once. Consider more advertising that the quilt is out there, with more photos and have intergroups encourage people to do the square. Break the activities needed into smaller tasks within intergroups.

PI Committee: information should be available to intergroups to download and make their own display boards because they are inexpensive. If the information was on the site, we could download, laminate and display on own board. (It is online) Have the banner, get rid of the board. Use board for more professional events, make up own.

Audit chair: suggest that treasurer follow up with committee.

Nominations: Get a chair, add more members to committee. Ask chair to solicit members with skills and talents as much as coordinating the paperwork. Send out forms for people to write down gifts and talents so when region needs that skill, to be able to find these folks. Provide an online skills survey to members?

Computer Services: Concerns expressed about attention to copyright law. Establish a "Designated Downloader" to access website for each intergroup. Board rosters with our personal information – can break our anonymity if people Google the name.

Scholarships: more availability of the application. Process is now that they are available on the web. Publicize availability of the funds. Purpose: for delegates to attend Assembly.

Tape Library: combine the two libraries, research copyright, and convert to mp3's. Archive pending conversion. Committee chair is available who is interested in doing this. Judy Zeitsman.

Mailings & Publications: establish designated downloader and no longer print newsletter. One group has purchased a service that is inexpensive and might be used for newsletter. Margie G. has information on this service. Costs approx. \$62 per year to email. Ask people from groups to run copies for those without access to internet.

PARLIAMENTARY OVERVIEW: Role play.

Bylaws Revision: Revision passed unanimously.

Nominations for Open Positions:

Chair: Debbie G.

Co-Chair: Cynthia W.

Secretary: Merry R.

Treasurer: Holly B.

Solicitation of two WSBC delegates to represent Region One.

Overview of Region One Budget:

Total as of 9/30/09: \$11849.00

We have not seen a drop in donations. Board expense year to date is much lower because there are fewer board members.

Announcements: Martha has set up a box for Newsletter article donations. Please share your Experience, Strength and Hope!

Please consider being an online sponsor.

Ask It Basket Question: Is it a break in tradition to mention the name of a retreat or marathon speaker? No. WSBC suggested that we not do so, but it is not mandatory.

October 23, 2009

The meeting opened with the reading of the Twelve Steps, Twelve Traditions and the Twelve Concepts.

Those present offered introductions and a favorite OA slogan that turned us around.

9: 20 AM Credentials Report:

Regional Representatives: 17

Voting Board Members: 3

No. Voting Members: 20

Trustee: 1

Parliamentarian: 1

Guests: 1

Total Non-Voting: 3

Total In Attendance: 23

Credentials Report Adopted.

Nominations:

Chair: 19 cast - 10 required for election, 18 votes and 1 illegal; Debbie Gibbs elected.

Cochair: 19 cast - 10 required for election, 19 received; Cindy Washington elected.

Secretary: 19 cast - 10 required for election, 19 received. Merry Rogers elected. As M. Rogers was not present for the election, the Board requested that someone who knew her provide some background information. Judy Aikenhead provided the background. An exception to the bylaws in this regard was proposed, voted upon and accepted.

Treasurer: 17 cast 9 required for election 15 received 1 illegal Avery received 1 vote. Holly B elected.

Trustee Nomination: 19 cast 10 required for nomination Bob Privett received 19 votes, Judy Aikenhead received one vote, Martha Reeves received one vote. Bob Privett nominated as Region I Trustee (election will be at WSBC)

Treasurer's Report: 2009/2010 Budget

Budget Accepted as amended.

See attached Budget.

Motion to have treasurer receive from Theresa, Holly and Judith a statement or receipt to address the question on page one of Treasurer's report, number five, regarding outstanding receipts in high dollar amounts. Passed. Holly committed to be in compliance with audit and will submit audit report. At next Assembly, 2008 and 2009 audit reports will be provided.

Move that the Assembly direct the treasurer to have the books prepared for the auditor by Dec. first for 2008. Motion passed.

The World Service Business Conference delegate nominees are Theresa Shaver and Katya Shkurkin.

17 total votes cast, required 9, Theresa Received 17, Katya 13, with 1 illegal ballot cast.

Presentation of Bylaw and Policy changes:

Motions in their entirety are included as an addendum.

Unfinished Business:

Spring Fling is in Billings Montana, some time in early April.

The summer board meeting may be hosted by Anchorage Alaska IG. The dates may be the 3rd or 4th weekend in June. There are no applications for the Summer Board Meeting. Please ask your intergroups to put through an application. Email Cindy W., Co Chair.

January board meeting is generally held in whatever area the majority of board members lives.

2011 – we need bids for hosting the Convention/Assembly, preferably from an intergroup or combination of intergroups along the I-5 corridor. If you wish to place a bid, Cindy W. will have the forms available. Please email her to obtain a copy.

We need two volunteers to serve on the WSBC reference committee. If there are no objections Theresa S. and Cynthia W-P will be appointed to the committee.

Debbie supervised a group activity to generate fundraising ideas. A summary of ideas is below:

Carathon Marathon – includes childcare, Beatle reunion, 4 volunteers to lead meditations, fliers, silent auction, someone to work registration. Cost \$15 per person. Runs about 4 hours.

We will be holding this at Butchart Gardens to provide walking meditation as well as group meetings. Sir Paul McCartney will donate \$9,000.

Serenity and Spiritual Marathon: featuring the Dahli Lama. Ask for candle and Meditation CD donations, sell for profit, possibly for \$5 per candle.

12 x 12's: will hold a silent auction close to Christmas (12th month, 12th day). Donations of items, services. Example: offering meal preparation, rides to meetings. Will utilize web for advertising. Will advertise on free newspapers and via posters created by members. Will be held in the highest population area, Victoria, BC. Will offer boarding service for out of town members. The silent auction will bring in money. Expenses include hall rental (\$20.00). Group will encourage donations of member talents.

Pierce County IG: morning marathon which includes a soup and salad bar lunch. The cost will be about \$25 for rent and \$25 for food. The remainder of food and prizes will be acquired through donations. A raffle will also bring in monies. If you bring your own food, donation will be \$5; otherwise it will cost \$10. There will be three speakers, one per hour. Ingredients and recipes for soups will be available.

New Business:

Ask it Basket questions answered by board members.

Motion that the Assembly adopts the auditor's report of the 2007 Convention books. The report is adopted.

Solicit volunteers to contact intergroups which were not present at the assembly.

Regina: Corrina

Emerald Empire: Theresa

Big Sky: Sherry

Jefferson State: Kristine

Bitterroot: Avery

Juneau: Alice

Catch the Wave: Margie

Oasis: Dave

Central Oregon: Alice

Thanks to all the volunteers.

Eagle Cap: Dave

Request to fill out evaluation forms prior to breaking the Assembly.

Green Dot Graduation!
 Closing Prayer – Rosanne’s Prayer.

The meeting adjourned at 5:00 p.m.

Motions Summary – October 23, 2009

Motion Number	Motion	Made by	Adopted / Defeated
1.	<p>Move to amend Policy and Procedures, BUDGET & FINANCE, as follows, with words struck out and insertions in italics:</p> <p>F. REIMBURSEMENT: Reimbursement forms accompanied by related receipts shall be submitted to the Treasurer, who shall approve reimbursements and issue checks according to the following guidelines:</p> <p>1.Board members and Committees shall be reimbursed for their reasonable expenses in performing their designated duties. Board members and Committees shall attempt to use the most cost effective means of performing their duties.</p> <p>2. Board members: a. Travel shall be reimbursed at: i. actual airfare; or ii. The IRS car usage reimbursement rate (Assembly 2005) b. Lodging shall be reimbursed at double occupancy, unless reasonable circumstances deem otherwise. Current board members may be reimbursed at single occupancy for the first two nights of Assembly. c. Four nights lodging shall be reimbursed for Assembly/Convention for all current board members. Newly elected board members are not reimbursed.</p>	Region One Bylaws Committee	Adopted
2.	<p>F. REIMBURSEMENT: Reimbursement forms accompanied by related receipts shall be submitted to the Treasurer, who shall approve reimbursements and issue checks according to the following guidelines:</p> <p>1.Board members and Committees shall be reimbursed for their reasonable expenses in</p>	Region One Bylaws Committee	Adopted

	<p>performing their designated duties. Board members and Committees shall attempt to use the most cost effective means of performing their duties.</p> <p>2. Board members:</p> <p>a. Travel shall be reimbursed at:</p> <p>i. actual airfare; or</p> <p>ii. The IRS car usage reimbursement rate (Assembly 2005)</p> <p>b. Lodging shall be reimbursed at double occupancy, unless reasonable circumstances deem otherwise.</p> <p>c. Four nights lodging shall be reimbursed for Assembly/Convention for all current board members. Newly elected board members are not reimbursed. The Chair may be reimbursed for an additional night of lodging at single occupancy if deemed necessary by the board.</p>		
<p>3.</p>	<p>BUDGET AND FINANCE (Revised Board Meeting 1995)</p> <p>A. FINANCE</p> <p>1. Region One shall operate its finances in an orderly and cost effective manner.</p> <p>2. Region One funds will be accounted for in accordance with recognized financial accounting practices and in compliance with all laws.</p> <p>3. The treasurer and at least two other Board members shall be authorized check signers.</p>	<p>Region One Bylaws Committee</p>	<p>Adopted</p>

Region One Assembly Rules

1. The Region One Assembly will be conducted under the current edition of *Robert's Rules of Order Newly Revised*, except where it is inconsistent with the Bylaws, The Twelve Traditions of Overeaters Anonymous, The Twelve Concepts of OA Service, or any other specially adopted rules of order.
2. In all deliberations, the group conscience is more important than the technicalities of the motion.