

Extending heart and hand to those who still suffer
OVEREATERS ANONYMOUS
Region 1

REGION 1 BOARD MEETING

Friday April 16th, 2010 – Saturday April 17th, 2010
Billings, Montana

BOARD MEMBERS PRESENT:

Debbie G – Chair
Merry R – Secretary

Holly B – Treasurer

Debbie opened the meeting at 9:30pm. The meeting was opened with the Serenity Prayer. Holly read the 12 Steps. Debbie read the 12 Traditions. Merry read the 3rd and 4th concept of OA service.

AGENDA:

The agenda was revised, adding the discussion of a credit card for Region 1. The revised agenda was approved.

GOAL SETTING:

The Board members reported on the status of their physical, emotional and spiritual goals for the year.

BOARD REPORTS:

Secretary:

Merry reported that on March 4th, 2010 she sent an email to all intergroups regarding the posting of Intergroup Lists on the Region 1 website. It was clear that posting the list would not be suitable and the electronic delivery of the list on a quarterly basis was the most appropriate process. The Board concurred; a distribution of the list via email, rather than posting on the website would become the process followed. Merry will complete this task. She indicated the Intergroup List was updated, based on information received.

Merry advised she had reviewed the Assembly documents that have been forwarded to her – ie.

1. Name tag template – Merry will determine colors of tags in consultation with Debbie;
2. Certificate of Eligibility – has been updated, Debbie will provide letter of instruction;
3. General question about Terms of Office and election years; terms are two years; Merry is filling balance of one year term and would require re-election in October 2010;
4. How is the Binder distributed? At Assembly.
5. What the issues will be at this year's assembly? To be determined.
6. Bylaws and policies need formatting – Merry offered to clean up the formatting;
7. Assembly begins on October 20th, 2010. Is arriving on October 19th enough time or should she be planning to arrive earlier? Arriving October 20th is suitable;
8. What is distributed at Assembly? Binder, name tag/voting flag.

Merry indicated the secretarial work is manageable; staying on track helps. She also indicated she would be reviewing the Board and Assembly minutes since October 2009, for the purpose of removing last names from the record.

Treasurer:

Holly provided copies of the Income and Expense Summary (Exhibit 1), Balance Sheet (Exhibit 2), Income statement (Exhibit 3) and Expense sheet (Exhibit 4).

Holly discussed some of the highlights of the reports. She noted the disbursements to the Chair noted on the report were 2009 expenses. She indicated she would provide the report on Donations by State/Province (Exhibit 5).

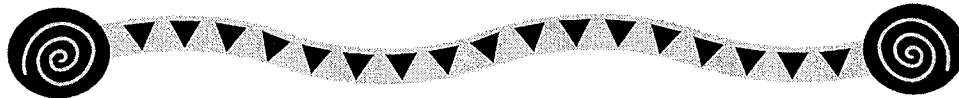
Holly noted she had received a question from an Intergroup regarding splitting income from a Spring Fling event. The Board reviewed the policies and procedures, specifically, page 11, item 6 of the Policies and Procedures for Region 1 states;

Any Intergroup hosting a Region One board meeting/event may distribute a portion of their proceeds from that event to Region One.

It was the consensus of the Board they would not be seeking any income from the 2010 Spring Fling in Billings. They considered their attendance as an outreach service of the Board.

Holly noted the audit of the 2008 and the 2009 financial records had not been completed; however, she felt she was close to moving forward on the item now that she had completed other Treasurer tasks.

Meeting was adjourned at 10:45pm. Friday April 16th, 2010. The meeting was closed with the Serenity Prayer.



Meeting was resumed at 9:15am on Saturday April 17th, 2010. Debbie opened the meeting with the Serenity Prayer.

Vice Chair and Chair::

Debbie updated on the Chair and Vice Chair position:

She noted that currently a lot of her time was spent on projects assigned by the Region Chairs group. She is on the Bylaw Committee. One of the projects is a discussion of Trustee vacancies. Currently, the Region One representatives can nominate at their assembly, 3 candidates. The Region Chairs Committee is proposing a clause that would allow the region boards to put forward the nomination rather than the representatives, based on the fact that the region boards can make decisions in between assemblies. Our Parliamentarian, Kevin, has pointed out that this process conflicts with the WSO Bylaws. Debbie indicated she understood the topic of discussion will be on the agenda of the Board of Trustees meeting at WSBC.

She advised she was organizing the Wednesday morning forum at WSBC; and she would be learning a "rap" song. She has been working with the Convention Group completing the flyer and registration form.

With the Trustee vacancy, she has been fielding questions from people who have basic questions about the program, about their intergroup, and reviewing the OA website.

Debbie noted she has been asking all of her Intergroup Chairs about the possibility of a Skype meeting – an opportunity for all Intergroup Chairs to chat together for the purpose of exchanging ideas, what works, what the challenges are. To date, the response has been favorable.

The Board had a brief discussion regarding the vacancy of the Vice Chair position. For the interim, Merry will take the committee assignments that were part of the Vice Chair position. While Merry will liaise with the Scholarship Committee, Holly will continue to work with them as Treasurer. Debbie will liaise with the Intergroup assignments of the Vice Chair position.

A general discussion took place regarding the filling of the Vice Chair position. It was determined the position vacancy would be advertised in the newsletter and on the website. Anyone interested in the position would be encouraged to apply for election at Assembly in October 2010.

There was a general discussion about questions to ask Intergroup liaisons. Debbie indicated she would provide a list of what she usually asked her contacts.

MINUTES of January 30th, 2010 Board Meeting

Copies of the January 30th, 2010 Board minutes were circulated and reviewed. After some minor changes, the minutes of the meeting of January 30th, 2010 were reviewed and approved as amended by consensus.

Overview 2011 Spring Event Applications

Debbie advised applications for the spring 2011 Board Event had been received from Regina, Saskatchewan. The Board agreed the 2011 Spring Board Meeting would take place in Regina, Saskatchewan.

Overview of the 2010 Convention Flyer

Go For the Gold in the Treasure State – October 22nd – 24th, 2010 Missoula, Montana.

The Board reviewed the amended, proposed brochure for the 2010 Convention reviewed and approved it by consensus.

Meeting was adjourned at 9:55am.

Meeting resumed at 4:25pm.

2011 Convention and Assembly

The Board will talk to I5 corridor groups about the possibility of hosting the 2011 Convention. Discussion also took place about the Region One board choosing the site. They would negotiate the assembly and convention location. Then each task would be

assigned to individual Intergroups. More discussion will take place at the next Board meeting.

Region 1 Credit Card

General discussion took place regarding the benefits of having a credit card for use by the Chair and Vice Chair. The credit card would be for the Chair's travel and expenses. The Vice Chair would use it for booking accommodation, etc. It was suggested that further investigation into costs and benefits take place and a report be provided at the next Board meeting. It would reduce the need of writing expense cheques. Foreign exchange fees would be eliminated; a no annual fee card would be preferred; a card that provided travel insurance for fees for only the card holder or the group; Canadian travel insurance; and travel perks are all features that would be helpful. Holly will talk to our bank and explore our options. The matter will be returned to the next Board agenda for further discussion.

2010 Newsletter and Website

Martha provided a written report in advance of this meeting. She noted she was sending out the next version of the Region One Newsletter that week. The focus of the issue is on the 4th, 5th and 6th Steps. She will ask Holly if she would like to include a Treasurer's Summary for the 1st quarter of 2010 to be added into the newsletter. She has not been receiving very many stories, so she has gone to other publications to get them.

Janet W has decided to step down from the Computer Services Committee in October. She is willing to work with someone before she hands it off and bring them up to speed with the website. She does not know anyone at this time who would like to take on the task. The 2009 conference recordings are slowly being converted to mp3s. Martha has not had an update on how much longer that will take. The last update was that the individual completing the conversion was 50% complete, which was two weeks previously. She will send the mp3 to Janet to upload once she receives them from Gary. She will also send the cds to Judy Z when they have been converted.

2010 Board Meeting Plans

May Board Meeting – Region 1 – Skype Call
Saturday May 8th, 2010 – 5:00pm – 6:30pm MDT/4:00pm – 5:30pm PDT

June Board Meeting – Region 1 – Skype Call
Sunday June 27th – 6pm MDT/5pm PDT

July 16-18 Anchorage, Alaska

October 20 – 24th Region 1 Assembly & Convention – Missoula, Montana

2011 Board Meeting Plans

January 2011 Region 1 Board Meeting – location to be determined
April 2011 Region 1 Board Meeting – Regina, Saskatchewan

**July 2011 Region 1 Board Meeting – explore possibility of either Whitehorse or
Yellowknife
October 2011 Region 1 Assembly & Convention – Vancouver Island?**

The meeting closed with the Third Step Prayer at 5:52pm.

Respectfully submitted by
Merry Rogers – May 11th, 2010
Encl.
Approved: May 17th, 2010

(Meeting duration – 3hours/45minutes)

Income and Expense Summary for FYE 2010

	Q1 2010	Total
Income		
Total Donations	\$ 3678.05	\$ 3,678.05
Events Proceeds	9073.21	9,073.21
Ways & Means	0.00	0.00
Interest	0.00	0.00
Canadian Exchange/Pay Pal	(34.71)	(34.71)
Total Income	\$ 12716.55	\$ 12,716.55
Expense		
Assembly	\$ 237.93	\$ 237.93
Board Expense	2072.30	2,072.30
Outreach	0.00	0.00
Scholarships	0.00	0.00
Regional Reps to WSBC	1519.11	1,519.11
Administration	382.28	382.28
Ways & Means Expense	0.00	0.00
Donations to WSO	0.00	0.00
Reimbursables	(1500.00)	(1,500.00)
Total Expenses	\$ 2711.62	\$ 2,711.62
Beginning Fund Balance	(1572.00)	(1,572.00)
Revenue Less Expenses	\$ 10004.93	\$ 10,004.93
Total Excess Funds 3/31/10		\$ 8,432.93

Dedicated Funds FYE 2010

PI/PO:

Beginning Balance	\$ 618.16
Less YTD 2010 Spending	0.00
Balance 3/31/10	\$ 618.16

Prudent Reserve:

2009 Balance	\$ 12904.00
Less decrease (per Asbly 2005)	\$ (2661.00)
2010 Balance	\$ 10243.00

EX2

Balance Sheet

As of 3/31/10 (cash basis)

Assets

Cash and Bank Accounts		
Washington Checking	\$	9,051.30
Washington Savings		9,098.00
PayPal (US)		0.00
PayPal (Canadian)		0.00
Spokane CD		1,144.79
<hr/>		
Total Cash and Bank Accounts	\$	19,294.09

Total Assets \$ **19,294.09**

Liabilities And Equity

Liabilities	\$	0.00
Equity		
General Fund	\$	8,432.93
PI/PO Fund		618.16
Prudent Reserve**		10,243.00
<hr/>		
Total Equity		19,294.09

Total Liabilities and Equity \$ **19,294.09**

** In 2005 the Assembly voted to recalculate the prudent reserve based on 6 months operating expenses (averaged over 3 years). I moved \$2661 to "Excess Funds" from the prudent reserve in order to comply with a new smaller prudent reserve.

2010 Budget to Actual

EX3

	Actual 2009	Budget 2010	Q1 2010	Actual 2010
INCOME				
Donations				
Donations from Groups	8,287.83	10,000.00	3,658.95	3,658.95
Donations from Individuals	345.00	100.00	19.10	19.10
Scholarship Donations	450.00	100.00		0.00
Tape Library Donations	0.00			0.00
Total Donations	9,082.83	10,200.00	3,678.05	3,678.05
Events				
Net Convention Proceeds	2,513.00	4,000.00	9,073.21	9,073.21
Net Spring Mini-Convention	0.00	200.00		0.00
Total Events Proceeds	2,513.00	4,200.00	9,073.21	9,073.21
Ways & Means				
General	1,339.26	500.00		0.00
50/50 Draw	107.00	200.00		0.00
Quilt Net Proceeds	529.55	750.00		0.00
Total Ways & Means	1,975.81	1,450.00	0.00	0.00
Interest Income	16.55	150.00		0.00
Canadian Exchange/Pay Pal adj.	78.47	(300.00)	(34.71)	(34.71)
TOTAL INCOME	13,666.66	15,700.00	12,716.55	12,716.55

2010 Budget to Actual

EX 4.

	Actual 2009	Budget 2010	Q1 2010	Actual 2010
EXPENSES				
Assembly Expense				
Administration	1,007.32	1,000.00	116.07	116.07
Board Travel, Meals & Hotel	2,557.82	4,000.00	121.86	121.86
Total Assembly Expense	3,565.14	5,000.00	237.93	237.93
Board Expense				
Administration	97.46	400.00	19.36	19.36
Travel, Meals & Lodgings	4,578.12	7,500.00	623.83	623.83
Total Board Meetings	4,675.58	7,900.00	643.19	643.19
Chairman's Expense	3,312.46	2,700.00	1,429.11	1,429.11
Total Board Expense	7,988.04	10,600.00	2,072.30	2,072.30
Outreach Expense				
Newsletter Publication	1,275.00	100.00		0.00
PI/PO	23.64	200.00		0.00
Sponsor by Mail/Email	0.00	0.00		0.00
Tape Library	0.00	100.00		0.00
Twelfth Step Within	0.00	0.00		0.00
Workshops: S & T etc.	0.00	1,000.00		0.00
Total Outreach Expense	1,298.64	1,400.00	0.00	0.00
Scholarships	1,414.39	2,500.00		0.00
Region Reps to WSBC	198.00	3,000.00	1,519.11	1,519.11
Administrative Expense				
Audit	0.00	100.00		0.00
Banking Expense	76.10	0.00		0.00
Computer Services	10.89	200.00	382.28	382.28
Mailings (required notices)	0.00	300.00		0.00
Misc Admin	120.00	150.00		0.00
Total Administrative Expense	206.99	750.00	382.28	382.28
Ways & Means Expense	0.00	0.00		0.00
Trustee Nominee Assistance	0.00	0.00		0.00
WSO Donations				
General	0.00	461.50		0.00
Multi-Regional PO Fund	0.00	0.00		0.00
Reimbursibles				
Convention Seed	(1,181.03)	0.00	(1,500.00)	(1,500.00)
Mini-Convention Seed	0.00	0.00		0.00
Quilt Seed	600.00	0.00		0.00
Capital Expense	0.00	0.00		0.00
TOTAL EXPENSES	14,090.17	23,711.50	2,711.62	2,711.62
REVENUE LESS EXPENSES	(423.51)	(8,011.50)	10,004.93	10,004.93
Beginning Excess Funds	(3,810.10)	(1,572.00)	(1,572.00)	(1,572.00)

2010 Budget to Actual

	Actual 2009	Budget 2010	Q1 2010	Actual 2010
Ending Excess Funds	(4,233.61)	(9,583.50)	8,432.93	8,432.93