

**REGION 1 BOARD MEETING**  
**January 18<sup>th</sup>, 2010**  
**Conference Call - Skype**

**Board Members Present:**

Debbie G – Chair  
Holly B - Treasurer  
Merry R – Secretary

Cynthia W – Co-Chair  
Martha R - Newsletter Editor

The Chair opened the meeting at 6:30pm PST/7:30pm MST. Martha read the 12 steps. Merry read the 12 traditions. Cindy read the first of the 12 concepts. Debbie welcomed Cindy and Merry to the Board.

**AGENDA:**

The agenda for the January 18<sup>th</sup>, 2010 meeting was approved with an addition request:

Holly had permission from Bob P. to provide us with an update on his status. The agenda was then approved with the amendment.

**CHECK IN:**

The Board Members checked in providing a brief overview of where they were in their program and activities.

**BOARD POSITION REPORTS:**

**Chair:** Debbie advised she is continuing to fill committee chair positions. She is also working on the Region Chair's Bylaw project and a further project. She shared the strategic plan from that group with the Board. As our Trustee position is now vacant, she has been fielding questions that would normally be directed to that position. She has been trying to organize her files and her budget for the year – one of her goals this year is to enhance her organizational methods. She has had some conversations with the Region 4 Chair about their website.

**Treasurer:** Holly indicated she had submitted for publication, the income and expense summary in the most recent newsletter (duplicated at the end of her report in these minutes) Donations continue to be received; however the cheque from the 2009 convention remains outstanding. While the cheque should be submitted by mid-December, she is confident it will arrive soon and the delay may simply be based on the Convention Treasurer being out of town recently. She noted that our current financial position is good; she will provide Debbie with updated information once the cheque is received that will help her determine if there are funds to send her to the Region Chair events she has noted.

**Income and Expense Summary for Q4 2009**

Income Categories Individual and Group Donations 2333.49 Ways and Means 2324.93

Adjustments (Canadian exchange rate) (96.53) **Total Income 4561.89**

Expense Categories Assembly Expense 2921.67 Board Meeting Expense 744.46 Outreach

Expense (Newsletter printing) 275.00 Assembly Scholarships 1014.39 Administrative Expense

144.67 2009 Quilt Expense and 2010 seed money 648.00 Chair Travel Expenses 1189.56

Registration for WSBC for 2 region reps 198.00 **Total Expenses 7135.75**

**Funds on Hand 12/31/09 \$9,275.38**

**Note: The proceeds and return of seed money from Convention 2009 were expected to be received in Q4 2009, but will actually be received in 2010.**

**Newsletter Editor:** Martha advised that the newsletter had been sent via email (close to 100 people receiving) rather than mailed out. Intergroups have advised they are willing to print out the newsletter and distribute to their members. She got one person to post an ad in the personals. She felt this recent edition contained some great articles. She will advise if she receives any feedback. She provided the following summary of her recent activities:

- Coordinated the postcard notification to all past recipients of a paper copy newsletter with Jacquie
- Approved final mailing costs and discontinuing the process of mailing the newsletter
- Created and distributed the winter 2009 Region 1 Newsletter
- Contacted all liaisons to request report for Board meeting in January
- Assisted communication between new meetings in Juneau area and Intergroup Chair
- Discussed password site to store board documentation for website with committee chairperson
- Discussed adding 2009 Convention CDs to website with committee chairperson
- Will contact OA member to see if he is willing to convert CDs to MP3s for website

**Co-Chair:** Cindy – Keeping track of the emails we get from one another is, I think, my biggest challenge so far. There's lots of information in them and I don't want to miss any of it. I am definitely in a learning curve with this Vice Chair position. Because I have less time these days, it is important to me that I not reinvent the wheel with my contacts and appreciate clear lines of communication.

I think it might be a good idea if we had two copies of the manuals used for events. I have less information on how to establish these events than my committee chairs have because I don't have access to the same materials. Do we have them somewhere in our bylaws? I'll try to answer my own question. A simple photocopy of the manuals would be a good idea – the intergroups responsible for the event can keep copies of fliers, etc., for every year.

she has been going through a lot of paperwork, making lots of phone calls with people organizing the 2010 Convention. Things appear to be moving along very well. The person in scholarship is no longer doing that position. She wrote to the Emerald Empire group as the email and phone number were not getting her a response. She would like to have a copy of the timeline the convention group is following so she will know how they are doing. Holly asked who Cindy had spoken to.....Diane is not the person anymore...

**Secretary:** Merry indicated she was still finding her way. The amount of paper is challenging and one of her projects this year will be developing a method of organizing the paper that may be of assistance to the entire Board. She is grateful for the opportunity to serve, learn and kick her program up a notch.

## **INTERGROUP LIAISON REPORTS:**

### **Southern BC Interior IG:**

Isabel P. reported that they've started a skype step study meeting for the purpose of serving "boonie members" – those who live in outlying areas. This has worked, bringing in isolated members from Saskatchewan, Washington, and Vancouver Island. She also requested that she be referred to only by first name and initial, on all Region Lists. Their Region representative is Juanita P. She also sent IG minutes, but the attachment was not able to be opened.

### **Catch-the-Wave IG (Southern Oregon Coast):**

Contact was made with their chair, Cindy T. They have not been meeting as an Intergroup, but they haven't formally disbanded. The Reedsport groups may join Emerald Empire IG. In the Catch-the-wave area, they've had some great publicity and new member activity in their groups.

### **Vancouver Island IG:**

Contact was made with the former chair, Lorri B. She advised the new chair is Marg S.

### **Oregon IG:**

Contact was made with the chair, Margie G. All our intergroup information is current. Margie was interested in hearing about the search for a new Region 1 trustee.

### **Juneau IG:**

Contact was made with their new Chair, Karen W. She advised the following: We are currently reserving funds for a retreat in early May, (sic) 2009. We are currently looking for a speaker and will have a 2 day retreat. As far as special events, we have taken it upon ourselves to be part of the annual Health Fair, set up a booth and provide pamphlets to the public. We man the booth with two abstinent members and are open to questions. This has gone over very well, and we know that it his brought new members to us in the past, so plan to continue.

We meet once a month, meetings are open to all members; we currently have a Chair, Vice Chair, Treasurer, Secretary and Outreach/Literature person. Meetings are going well, attendance is very sporadic. We have 3 meetings a week in Juneau, Monday night, Wednesday noon and Saturday morning. Saturday meetings are the best attended, followed by Wednesday and then Monday night. Region One can support us by keeping us informed on some of your best practices!

### **Bitterroot IG:**

Contact was made with Kate W who advised the following: I have been involved with the Saturday morning meeting in Missoula which is a full and wonderful meeting. It has been about a year for me. I am the rep for that group and enjoy the monthly meeting with others around the state. I have also taken on chair of the 2010 conference here in Missoula. Those meetings seem to be running smoothly.

### **Emerald Empire IG:**

A snail mail note was sent to their PO Box in the hopes that someone will initiate contact with us. The current contact is out of date and we don't have the email for any of their members. No response to date.

**Peninsula IG:**

Contact was made and a response from Brenda was received as follows: I wanted to respond, but find I don't have much to offer. We have an active intergroup where we sponsor at least three and sometimes four events a year, along with co-sponsoring the Pilgrim Firs Retreat. The area we need some work in is Public Information and developing a possible meeting for youth. Those are the areas I would like to work on in the coming year.

The Peninsula Intergroup services three counties with meetings in Bainbridge Island, Bremerton, Port Angeles, Port Orchard, Port Townsend, Poulsbo, and Sequim. All meetings experienced an increase in meeting attendance in the past year. The focus for this Intergroup continues to be Strong Meetings, Strong Recovery. Our continued goal is to increase awareness, build membership and inspire recovery. At this time there are two 12 Step Book Studies being conducted outside of regular meetings.

**Website:** <http://www.oaregion1.org/Intergroups/peninsula.htm>

**Officers:** Chair: Brenda F.                      Secretary: Annie G.  
Treasurer: Christine S.  
Delegate: Christine S.

Our meetings are quarterly, and at this time follow a marathon/workshop and are an hour and a half in duration. A goal this year is to get more participation from groups that don't send a rep. The Intergroup will hold a workshop on Unity Day, February 27<sup>th</sup> in Sequim. Format will include three speakers, followed by lunch and break out into small groups for everyone to participate. Events for the remainder of the year will be discussed at the upcoming Intergroup meeting.

Our Intergroup will co-sponsor the Pilgrim Firs retreat with Pierce County, August 17-29<sup>th</sup>. This is the third year that we will participate in this event. We continue to update calendar listings in local papers as well as on newspaper websites. At our next Intergroup meeting we will consider purchasing some advertisements to increase awareness of meetings in our area.

**Snake River IG:**

Contact was made and a response was received from Pati as follows: This intergroup will be holding elections in March. Pati said that people are rotating out of service and they have several members ready to step up into them. They have one major outreach event per year, and don't yet know what that will be, preferring to have the membership make the suggestion and then move on with it. One meeting has closed, but there are two new meetings, making a total of 9.

**Lake country IG:**

Sharon Patterson 509 481 7189 cell or Avery 509 209 4677

**Greater Seattle IG:**

Barb responded with the following report: Greater Seattle Intergroup held marathons for IDEA Day, Attitude of Gratitude, Twelfth Step Within, Serenity Night and a Burn Party. Up coming events are a Friday and Saturday (1/22-1/23) Step Study, Winter Retreat in Gold Bar (Friday, Sat & Sunday) and Unity Day.

Our Intergroup Board is Barb M as Chair, Sharon L as Vice Chair and Jenny H as Treasurer. We are in need of a Secretary. We have 46 meetings weekly. Our Intergroup meets the first Tuesday of the month at St. Paul's in Ballard. We had 24 meetings represented at the January meeting. We have

some large meetings of up to 50 attending but most of the meetings are fairly small. Some of the groups report each month that they need support. We would like help from Region on outreach to spread the word about all of our meetings.

#### **Anchorage IG:**

Kathleen responded with the following report: Winter retreat Feb 5-7th with Outside speaker, OA Birthday workshop - Jan 23rd, Unity Day workshop, summer retreat June 4-6 with Outside speaker. Our 12th step within chair is hoping to have at least 1 or 2 workshops every month. We also discussed today how to better involve the groups in Kotzebue and Fairbanks who belong to our IG. We're waiving retreat fees for them for the winter retreat if they decide to come, since they have high travel expenses. I've enclosed the list of folks serving as officers or committee chairs, and there are quite a few. We had eleven people at our IG meeting this morning, which is great for us! We plan to meet monthly, except for July.

Some of the Anchorage meetings are quite strong, others have smaller attendance. The Valley meetings seem to be quite consistent. The Kotzebue meetings are being started by one member, and we are trying to support her. The Fairbanks meetings are reportedly consistent -- several members from Anchorage went up to their retreat last year and had a lot of fun being in fellowship with folks up there. We're going to try to be in more contact with them. We just discovered today that a Whitehorse, Yukon meeting is listed in our IG, so we plan to contact them and see if that meeting is still going, and if we can support them.

Exposure to compulsive overeaters with long term abstinence is probably one of the best ways (for Region One to support). We probably only have ten members with more than a year of abstinence, so all the recovery help we can get would be great. We are interested in hosting a Region One Board meeting so that we could get several abstinent compulsive eaters here to share with our fellowship.

#### **Central Oregon IG:**

Talked with Karen on the telephone and there have been some changes in their Intergroup. There is a new chair person and a new treasurer; they will be sending their info in soon to update the roster. They are doing more outreach, putting ads in local papers, placed a white pages with phrase and bright yellow lettering for \$ 10.00/ month. Using PSA's and have radio ad. Transferred radio ads onto disks. Male members started a Men's meeting.

#### **Big Sky IG:**

Paula and Jeni are co-chairs. One meeting shut down, one opened. Have a meeting every night except Sunday. 6<sup>th</sup> and 7<sup>th</sup> step workshop in February planned for 19<sup>th</sup> and 20<sup>th</sup>. Once a month activity has been planned. Movie night in March for a fund raiser. Watch a movie on self development or 12 steps, pot luck and bring a donation. Retreat August 6, 7, 8<sup>th</sup>. Offered to help Missoula with Convention.

#### **Northern Lights IG:**

Corina went to LA for the birthday party, great recovery. Putting together a website, I suggested that they contact SAI and see if an Alberta wide website might work better for both. PI volunteers are connecting to see what could be done. She suggested region look at talk box as you can see everyone on video at conference calls.

**Regina IG:**

Talked to Pat. Intergroup meeting 5 times a year. Rotating chair, Tammy is the treasurer/ secretary. Reps from each meeting are coming. Have enough money to operate. Celebrated unity day. Have the phone line at someone's personal residence, will check to see it is up and working ok. 2011 board meeting in March, thought they put in an application for region. Debbie will check with Cindy. Louise from Monday night is organizing them holding the spring event. Sent her info on Step study.

**Pierce County IG:**

New chair D'nah. Will await her new info and will forward to Merry to update roster.

**COMMITTEE REPORTS**

(Initials of Board Member assigned are noted)

**(CW)2010 Convention:** (Kate W.)

I spoke to Kate this week and she said that **the hotel** is secure, they have a **treasurer** who is looking into PayPal for online registrations (great idea!) and they have two volunteers ready to take on **registration**. They established a link on their information to the hotel, which will make it easier for members to make room arrangements. **Hospitality Chair and program** have members working on details. **Entertainment** will probably be Bingo, but they are still kicking that around. Kate said that they have two members in Billings willing to buy, make and put up decorations. She had some questions about **public information** and asked that I send photos of the PI Board stored in my garage. I explained that while they could certainly have it to display, they ought to look into putting together a display that they can keep for other events. She wondered if there was a certain format and I explained that there was not. She will consider suggesting both options to her committee. She also had questions about the local public television station offering a grant and someone to copy the sessions. I explained that it is not a break in Tradition 11 to have someone record our sessions as this is done yearly and the fellowship benefits. I suggested that she accept a partial grant for this if she felt that this was a break in Tradition 7. She felt that might be the answer, but will talk to her committee about it. She said that they have three potential **keynote speakers** and will have their names to us by the January Board meeting. She felt that they are on target with the timelines.

I am very concerned about the **2011 Convention** and am considering which intergroups I ought to contact directly to ask if they'd be willing to sponsor this event. I think that explaining the benefits of hosting this event (including the use of their part of the revenues) and support of the region will help. I'd appreciate any ideas you have to offer. I know that the Seattle, Olympia, and Thurston county intergroups have stepped up more often than most. I would like to have an intergroup that has never hosted this event take it on, but those are my plans, and not necessarily HP's. I'm thinking that the intergroup on **Vancouver Island** might be a good prospect. They've done this before and are in a good location. Louise D. suggested that Regina IG may be interested in 2011 – Hurrah!

**(CW)Quilt:** (Betty Lou)