



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

REGION 1 BOARD MEETING

Saturday January 30th, 2010
Camp Huston, Gold Bar, Washington

BOARD MEMBERS PRESENT:

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

Cynthia (Cindy) W – Co-Chair
Martha R – Newsletter Editor

Kevin C – Parliamentarian
Kathleen P. - Guest

The Chair opened the meeting at 12:30pm in the Common Room of Cabin B.
Holly read the 12 Steps. Cindy read the 12 Traditions. Martha read the 2nd of the 12 Concepts.

AGENDA:

The agenda was approved as presented by the Chair.

GOAL SETTING:

A. Personal:

Debbie – time management; she needs us to be honest about where people are at in their positions; physical – attain a healthy/fit body; open her day,

every day with an intention of what she is seeking and then turning it over;
have more happy days at home; keep her true personality at home.

Cindy – look at her meal plan; less personal pleasing, get up to speed on
service position

Martha – improve balance of life/work/service; exercise; revising food plan;
having time for God in her life; working on emotional by reaching out and
asking for help;

Merry – release 20lbs; devote more time with my Higher Power; spend
more moments in bliss;

Holly – keeping everything straight; overwhelmed with paper; better
organizational system for the Region One paper: “trade the pile for an use
and efficient inbox”; physically – bring waist size to 37”; time to be with
her HP on a daily basis; emotionally – make music with other people as
often as possible. Don’t hesitate to send Holly an email if there has been a
delay in completion of something sent to her.

Board:

i) What do we do for Region One?

- We are a central hub for communications between WSO and Intergroups;
- We help Intergroups carry the message to increase their membership.
- We encourage the sharing of information between Intergroups.

Purpose in Bylaws:

- provide requested services to OA in accordance with 12 steps.

A brief discussion took place during a review of what the Board does, what our purpose is and new ideas for 2010. It was noted that sometimes we are asked for services and then we don’t deliver. We have encouraged Intergroups to host us and then we did not go.

It was noted that discussion at 2009 Assembly, Intergroups were encouraged to invite the Board to meet with them. Considerable discussion took place regarding the invitation from the Anchorage Intergroup. At the conclusion of the discussion, it was determined that once finances were reviewed, attendance by the Board could be a possibility.

Debbie noted a special meeting could be called with registered group representatives to determine if Assembly could fund the travel expenses for the Board to travel to outlying areas. Reviewing our bylaws, it was doubtful that could be accommodated. Upon review of the approved budget, it was noted we have a line item of \$1000.00 for Board Travel to workshops.

It was suggested that a further, detailed review of anticipated expenses take place, consulting travel rates and accommodation.

Board Theme

Suggestions revolved around the challenges that board members had experienced and the desire to provide relevant assistance. Some of the suggestions reviewed were right-sizing, e-ssential, efficiency, e-efficiency – efficient service is an attractive service. After discussion and input from board members, the following was decided:

Theme for 2010 - Efficient Balanced Board

Board Goals:

- reduce the duplication of efforts
- revamp our website
- improve our communication processes
- utilize and promote Skype workshops ie. Quarterly skype workshops (sponsorship)
- Reduce Assembly time and increase educational/recovery aspect of program

General discussion took place regarding the revision of the current Assembly set up – could Assembly be reduced to one day with more attention focused on Convention?

2009 ASSEMBLY and CONVENTION EVALUATIONS OVERVIEW

Cindy reported on the evaluation forms completed at the 2009 Region One Assembly. In general, the comments were very positive – several of the comments noted the learning sessions during assembly were both informative and entertaining.

2010 CONVENTION/ASSEMBLY & 2010 EVENT PLANNING Go For the Gold in the Treasure State – October 22nd – 24th, 2010 Missoula, Montana.

Cindy circulated a draft brochure for the 2010 Convention. The Board provided some corrections and some comments. It was specifically noted that information regarding Assembly should be removed. Discussion took place regarding the administration of scholarships. It was also suggested that revised Canadian pricing should be included on the brochure. A question was posed regarding the use of “As Bill Sees it” quote on the brochure. It was noted that AA approved literature is accepted on OA material. Cindy indicated she would pass on the Board’s comments to the Convention Committee.

Four speakers have been considered. Elaine B – Silverdale, CA; Chris B – New Orleans; Cheryl T – Jacksonville, Florida; and Richie K – New York. The Board felt that Elaine B and Richie K were satisfactory; however, they noted it would be helpful if they a MP3 link to the speakers.

2011 CONVENTION and ASSEMBLY

Cindy indicated that Regina has expressed interest in hosting the 2011 Convention/Assembly. It was noted that a Board decision was to have Convention/Assembly in the I-5 corridor every other year, for financial reasons – balancing the need to raise funds with the need to perform outreach to outlying areas. Cindy indicated she had begun some preliminary discussions with the Intergroup that includes Victoria, BC about hosting the 2011 Convention and Assembly. She will update the Board on those discussions at the next Board Meeting.

2010 BUDGET and AUDITS

Holly led the discussion of the 2010 budget and audits.

- a) Presentation of the 2009 report
- balance sheet (Appendix B)
 - income & expense summary (Appendix C)
 - budget 2010 – adopted October 2009 (Appendix D)

Cheque was received - \$10,

Region 1 has a CD – 6 cd's were opened. It was determined it was inappropriate. All but 5 cd's were closed – the 6th cd remains open as there have been difficulties in getting the relevant permission to get the mailing address and the contact name changed so our Treasurer can have access to the account.

Budget 2010 – this provides information on the budget for each committee as well as the overall budget for the Board. Holly will provide a quarterly report on expenses.

Note: We have already received \$10,000 more than was budgeted on the basis that the revenue from the 2009 Region One Convention/Assembly was not received until 2010.

Prudent reserve – recalculated every year, based on last three years operating expenses – 6 months reserve.

Chair Trips

Debbie provided her budget on the Region Chair meetings – April 25th – May 2nd, 2010 – New Mexico; LA Convention – August 24th – 29th, 2010; Region 4 Convention October 15-17, 2010 (Iowa); (Appendix E)

It was suggested that the WSBC and the LA Region Meetings would be Debbie's first and second priority trips. Holly noted the budget supports her attendance at the first two meetings.

Audit Update – nothing to report at this time.

2010 Board Meeting Plans: this matter was tabled to the April Board Meeting. It was noted that a brief review of flights to Billings came in at Seattle to Billings, \$322/person and Calgary to Billings \$433/person. It was also noted the a July Board meeting in

Anchorage was certainly possible. Further discussion will take place at the April Board meeting.

2010 NEWSLETTER and COMPUTER WEBSITE

Newsletter and Computer Website

MP3's – from the last convention – these will be put up on the website.
Board secure site – neither Martha nor Janet feel comfortable providing a secure site for Board member's to store information & documents;
Martha will provide an update on the status of this project at the next meeting. Debbie will contact Theresa S for information on assistance for Janet with the website.

New Host for Website: If we are going to revamp everything, we may want to search out a new host company. Martha and Janet will seek out options. Martha will bring forward a report on their research.

General Issues: Newsletter – it might need to be revamped. We might to redo the way we do the newsletter. Each Board member produce a column for the newsletter – provide information to the membership that way.

2010 BOARD MEETING PLANS

2010 – Spring Event: April 16th – 17th, 2010 – Billings Montana:

Cindy indicated after reviewing the options in Billings, she was recommending the Residence Inn by Marriott. We would book a 2 bedroom suite at \$159/night that would accommodate 5 of us. We would have access to a full kitchen for meal preparation. She also spoke to the Billings group and has advised them we are arriving Friday evening. We would be available to meet for a short time period that evening, possibly over dinner. Then attend an OA meeting that evening to tell our stories. We would be available to attend a Marathon with them after 9:00am on Saturday morning and then after lunch we would hold our Board Meeting, which they were welcome to attend. She noted that Sunday was our travel day and we would not be available for any OA events or meetings.

TRAVEL INSURANCE EVALUATION

Holly provided a historical overview of previous trip cancellations.

Sharon A was the Region 1 representative to WSBC – her trip was cancelled at a cost of \$300.00 due to her dog's surgery.

Theresa S experienced a medical emergency at WSBC – she used her airfare to return home – leaving Region 1 without a representative, at a cost of \$800.00. Theresa S was the Region 1 representative to WSBC – she did not go because of health – she did not purchase a ticket so there was no loss. Theresa S did not attend a Board Meeting because of a health issue, travel insurance covered the cost of \$800.00.

Stephanie – Board Secretary – cancelled trip to a Board Meeting because of health at a cost of \$300.00.

Holly noted that Sharon A's loss would not have been covered by travel insurance because it was her dog's health, not her own.

Theresa always purchased travel insurance because her flights from Kelowna were always so expensive. When she had to cancel a trip, the cost was always covered.

Stephanie's flight would have been covered by travel insurance.

In the past four years, we have paid for at least 70 flights, and have only lost \$300.00 that could have been covered by cancellation insurance. That's less than \$5.00 a flight, a quarter of what would have been paid for cancellation insurance. Currently we are paying travel insurance for Theresa's flights (approximately \$800.00/each).

Debbie provided information on what the other US Region Chairs do. As their travel is within the US, their individual medical plans provide coverage so they do not take out additional coverage.

Holly proposed the following:

MOTION: Holly/Martha

“that Region 1 Board purchase cancellation insurance for any American Board Member if the fare is over \$500; that Region 1 Board purchase annual/medical cancellation insurance for the Board Chair if they are from Canada; that the Region 1 Board purchase medical/cancellation insurance for any other Canadian Board members, for any fares in excess of \$500.00.”

Carried.

2010 SECRETARIAL REPORT

Merry provided the following status report:

1. Board/Committee Contact List Updated
2. Intergroup Contact List Updated
3. October 22nd & 23rd, 2009 minutes completed
4. January 18th, 2010 minutes completed
5. Intergroup Liaison Contact Report template – if suitable, will be emailed so it can be used for future submissions.

Merry had the following questions:

1. **Need a Minute Review Committee. For the year or for each meeting?**
Holly will be the minute review committee for the January 30th, 2010 minutes.
A new minute review person should be chosen for each minute review.
2. **Address for Mailing/Communications committee?**
This committee has been disbanded.
3. **Need one year of minutes.**
Debbie will provide this to Merry.
4. **Post Office Box – I am to maintain and forward mail?**
This is no longer a requirement of the Secretary's position.
5. **List of attendees at Region 1 2009 Convention. I need to contact those who did not attend and advise them the benefits of attending, what Region 1 does for them. What exactly is that?**
Debbie will provide Merry with the list. The connection to other Intergroups, other members of OA – the sharing of information – the sharing of recovery. Being part of the bigger picture of OA – helping each other. All reasons to attend Assembly and Convention.
6. **Past records from Assemblies/Conventions so I know what I need to prepare – what my duties are at next Assembly/Convention.**
Debbie will be providing a timeline of Board duties. There is information in the 2009 Assembly package that will assist Merry in getting ready to prepare the package, with consultation with the Board.

Merry provided her intentions for the 2010:

1. Prepare and email to Board a list of highlights of the Board meeting and assignments; general information on approaching deadlines; list of items being brought forward to next meeting.
2. Prepare minutes and forward to minutes review committee within one week of each Board meeting.
3. Reminder emails to Board prior to Board Meetings with information that is due and due date.
4. Updated Intergroup and Board/Committee lists will be emailed prior to Board Meetings (if necessary).
5. Review Secretarial material – organize where appropriate – request permission to purge any duplication – pass on any suggestions for improvement of maintenance of secretarial records.
6. Obtain full and complete information for the Intergroup Roster – a minimum of two contacts with adequate/current contact information.
7. Maintain a pleasantly relentless attitude performing her service, with the least amount of stress absorbed or inflicted.

2010 MONTHLY CHECK-INS

After a general discussion, it was agreed that Merry would provide an email reminder to the Board on the 10th of each month. The monthly check-in reports would be sent to Merry on or before the 15th of each month. Merry would create a summary of responses and send them to the Board on the 15th of each month.

Closing

Martha led the Board in reading the promises. The meeting was closed at 6:07pm with the Bond of Brotherhood.

Respectfully submitted by
Merry R – April 15th, 2010
Approved: April 17th, 2010