

**Region One Board Meeting  
Spokane, Washington  
Saturday January 15<sup>th</sup>, 2011**

**Attendance:**

Debbie G – Chair  
Kim H – Communication  
Margie G – Region One Trustee

Holly B – Treasurer  
Merry R – Secretary

Guests: (am portion – Avery, Elaine)

The meeting opened at 9:10am with the Serenity Prayer. Holly read the 12 steps, Merry read the 12 traditions. Kim read the First Concept of service.

**AGENDA:** The agenda was accepted as presented. Debbie advised the Board had developed personal goals for the year and a theme for the Board.

**Personal Goals – Board Members**

**Holly:**

- Find someone to walk with.
- Taking regular time to pray & meditate;
- Start with new personal trainer; train once a week.

**Kim:**

- Morning pages
- Remove the committee in my head
- Break through a weight plateau

**Margie:**

- Incorporate some prayer and meditation into every day
- Make change in food plan to reduce fat content;
- Move the body 4-5 days a week

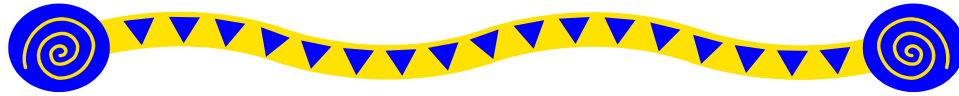
**Merry:**

- Paint once a week
- Speak up in kind and loving ways, keeping my side of the street clean
- 30 minutes of physical exercise – sweat inducing – every day

**Debbie:**

- Continue to work with spirit and follow instructions
- More focused on love and positive thoughts – 85% – 90% of each day;
- Move every day for 30 minutes; maintain courage to face physical challenges

## **2011 Board Theme: Linking the Connections**



### **Liaison Reports:**

**Debbie:** has not heard back from any committees, has heard back from one intergroup. She will continue to attempt contact and provide her report when she has contacted everyone.

**Holly:** has not contacted her liaison groups – she will make that contact and provide a report when she has received their comments.

**Margie:** Margie provided the following report:

It has been a busy couple of months and I have several things scheduled in the coming months. I was very happy to meet so many representatives of Intergroups all around Region I at the Assembly in Missoula in Oct 2010. I meet many people for the first time and enjoyed renewing friendships with others. I love Region I people.

In November, I attended the Board of Trustees meeting in Albuquerque, NM. It was my second BOT meeting and it was much more relaxed than the one in Los Angeles associated with the 50 Year Celebration Convention.

At the Regional Assembly I presented a slide show on the OA Concepts of Service, it seemed to be well received and as a result I have been asked to make presentations or lead retreats & marathons by 3 intergroups in Region I. At the end of January I will be leading a retreat on Abstinence and Sponsorship in Anchorage AK. I do not want to live in Alaska during the winter but I think I will enjoy a visit there in January. Encouraging Abstinence first and sponsorship are topics which are on the OA Strategic Plan. Then toward the end of February I will be leading an all day workshop on Service in Vancouver, BC. And in May, the Spokane area has requested a Service, Traditions and Concepts workshop.

In March, Richard and I are looking forward to an OA related vacation on the Region 3 Convention Cruise. I am also hoping to be able to sit in on part of their Assembly. The cruise is out of Galveston, TX and the Convention will be onboard the ship. The last week in April is WSBC 2011.

One of my duties is to contact unaffiliated meetings and encourage them to affiliate with Intergroups near them. I have contacted many meetings thus far, in general I have made contact via email if there is an email address available for the meeting. Thus far I have greatly enjoyed the contact I have had with the meetings. I had noticed that the Twin Falls ID groups were unaffiliated and there were enough of them to form an intergroup. I suggested that in my email and they wrote back that they have already started the process of getting an intergroup going in their area again. Many of the meetings which are unaffiliated are actually affiliated but their registration is not correct at WSO. Many other meetings are so far away from any others that it is impractical to actually get together with other meeting representatives. I have been corresponding via email with THE one person who is THE meetings in Kotzebue, AK. It is such

a blessing to have online and phone meetings for the people who live so far from other recovering people.

I serve on the Internal Information Committee for OA. This small committee reviews all the articles which appear in the *Lifeline*, *A Step Ahead*, or *The Courier*. It is rather fun to be able to read the Lifeline articles early, but can be a bit of a daunting task. We are given 2 – 3 weeks to read, comment and agree on approving of all the articles.

Thank you Region I for nominating me to be your Trustee for the upcoming 3 years. I have sent in my application and the election will take place in April 2011 at WSBC.

**MOTION: Holly/Merry**

**“that our Trustee attend the Region 3 Assembly.”**

**Carried**

**Kim:** She has received her information via email – she has sent emails to her liaisons but has not heard back from them as of this meeting. She will continue her attempts to engage her contacts and provide her report when available.

**Merry:**

**Nominations Committee:**

The Committee has determined they will provide a spotlight of the positions on the Board and a description of the Committee duties for inclusion on the website and to be published in the Newsletter. They will follow up on any suggestions of interested individuals throughout the fellowship.

**The Sponsor By E-mail Committee.**

1. At this time I have one committee member and I have been in touch with her and she helped tremendously in the first few weeks of setting up the Sponsor By E-mail committee. I have had other help including our encouraging Region Secretary-- who made up questionnaires to use with potential sponsees and potential e-mail sponsors. Marie --a literature person and delegate from Oregon Intergroup also created a hand out to help with the disseminating of information about the e-mail by sponsor committee. .
2. My committee has only communicated by e-mail and a few times in passing before or after meetings.
3. GOals:
  1. The initial goal was to organize the potential e-mail sponsor lists from a variety of sources and get out a request to those identified to participate in the hooking up of sponsees to sponsors.
  2. The second goal was to solicit requests from members for sponsors.
  3. The third goal was to send out a questionnaire to the potential sponsors and to the members desiring a sponsor.
  4. The fourth goal was to create a record of the potential sponsor's completed questionnaires and the potential sponsees questionnaires.

5. The fifth goal was to begin hooking up e-mail sponsors to sponsees and keeping the records in tact of whom has been hooked to whom.
4. Currently the sponsor by e-mail list needs some record tweaking and simplifying. I am hoping to meet with Dianne D to see if she can help me with how to do this. Also, in the next few months those listed as e-mail sponsors and sponsees will hopefully be contacted to see if they are still hooked up or at least still available to be hooked up. Eventually, the questionnaires in our records should be updated--maybe after a year.
5. It is wonderful when individuals, intergroup, region, or world sends in possible e-mail sponsors or sponsee. Also, the questionnaires were much appreciated.
6. I also appreciate the challenge to think about and share what we are doing and where we want to go.
7. To date I have 33 e-mail sponsor questionnaires on file and 10 requests for e-mail sponsor questionnaires. Ten out of those ten requests were hooked up with an e-mail sponsor. There were also 2 other requests that were hooked up informally and not listed. I would love to have more requests for sponsors coming in. I know there people out there who would do well with e-mail sponsors. We have many potential e-mail sponsees, though it wouldn't hurt to have more in the pool. Perhaps we can put the word out again!

#### **Twelfth Step Within Committee:**

The Chair of the TSW Committee has stepped down and following discussion with her fellow committee members, they have determined the Committee can function well with three committee members, rather than a Chair and two members. Therefore, this report is provided in three parts:

#### FROM CHERISH:

November 2010: We started a Call 5 and Keep Em Alive Campaign here in Portland We made a flyer that has 4 to a page and this is a nice size to put in a purse or wallet We posted them on the Oregon OA Yahoo Group as an announcement and flyers can be downloaded to take to meetings. We suggested that the **HOT PINK flyers** be attached to the sign in sheets to encourage people to see who's not been coming to meetings and to write there names down and call them. I promote and also encourage others to Call 5 and Keep YOURSELF Alive! Someone told me they use their list to write down names when HP brings someone to their mind and they write the name on their list and then they call them.

December 2010: We put on a 2 hour 12<sup>th</sup> Step Within Workshop and had a meeting host it. It fell on a Sunday this year and we had a Sunday meeting host it. As it turned out we realized that the room would be too small and so we arranged to have it in a larger room (actually it was in the basement) and we had about 30 show up for this. We had a speaker who is a Relapse Survivor , someone did a segment on gratitude's and how WE all effect and touch one another's lives and to write down those people who have helped us in OA one way or another so WE could see how many people really do help us. Another person did a segment on "We must love ourselves first" and they had us write a love note to ourselves to keep. Then we wrote a love note (something WE would want to receive) and they were put in a basket and each person drew one out and had their love note they wrote to themselves and one they received from someone else. Then we had open sharing.

January 2011: We are continuing to promote the Call 5 and Keep Em Alive Campaign. I'd like to encourage others to get this flyer and do it in your areas too! If we don't do it who will? I'd like to have these on hand at all EVENTS!!! This is a great way to use the tool of the telephone and also our new 9<sup>th</sup> tool a Plan of Action, get the numbers and call them!

The Region One TSW Committee is gearing up to contact all Intergroup's in our Region One and find out who has a TSW or not. We are going to try and share ideas amongst ourselves and to encourage one another.

Also I am proposing (Our Intergroup got canceled due to weather) to do a FUNraiser possibly this June. We have been having a Marathon a month which is awesome but I want to see if there is any interest in doing some FUN things too and am looking to see IF and what IDEAS people come up with try out. Our Marathons have been raising a lot of extra money lately for Intergroup between asking a \$5 suggested donation and having raffle baskets and a 50/50 drawing. We plan to do the next 2 Marathons to help support the Delegate's Fund.

FROM JUDY A.

The Southern Alberta Intergroup has an active Twelve Step Within Committee for the first time in several years. On December 12, 2009, in recognition of Twelfth Step Within Day, the committee sponsored a 3-hour marathon which approximately 20 members attended. One member shared her story and the committee performed the skit from the TSW Handbook. This was followed by an exercise where attendees broke into small groups to brainstorm the difference between recovery and non-recovery behaviours, thoughts and actions. The marathon ended with group sharing.

On February 16, the committee will be hosting a 3-hour marathon on Sponsorship (how to be a sponsor, get a sponsor, etc.)

I am e-mailing all Region One intergroups to ask whether their TSW Chair position is filled and if so, could they give us the Chair's contact info. The Committee will then contact these folks and see what they're up to so we can share ideas. We would also appreciate it if Debbie would ask the Region Chairs for the name of their TSW Chairs and contact info. We'd like to get to know them too!

(Bev's portion will be included in the next Board meeting minutes)

**Big Sky** – no report yet

**Emerald Empire** – no report yet

**Oregon** – no report yet

**Regina** – no report yet

**Snake River** – no report yet

**Southern BC** – no report yet

### **Juneau Intergroup – Karen W.**

- 1 - The Juneau intergroup added a new weekly meeting to our schedule - just registered in November.
- 2 - We now represent 4 weekly OA meetings.
- 3 - Our intergroup meets monthly - except in December when we all had busy schedules and had been meeting frequently for Idea Day in November
- 4 - We hosted a retreat earlier in the year with a speaker that we brought up from down south. This was very successful and generated a renewed interest and more members. We also hosted an Idea Day seminar with three local speakers in November that was well advertised however only brought in one new face, that hasn't been seen again. However it was very good reinforcement to the current membership.
- 5 - we are currently planning a Spring retreat
- 6 - No changes since Region 1 assembly
- 7- No information currently needed from the assembly
- 8- As mentioned before, we are working on a spring retreat - we also began a step meeting, studying one step per month

### **Lake Country Intergroup – Kathee S**

We will have a retreat at the end of April and we have applied to host the Region One Convention in 2012.

The board of Lake Country Intergroup is the same since Oct. 2010. We still have two openings: Co- chair and member-at-large

Our intergroup meets every three months and are looking at a "virtual" meeting and possibly meeting more frequently. Our next meeting is planned for second Sat. in March.

I think that there is a renewed vigor in the intergroup that I have noticed over the last six months. We had a report from our Region One rep, Avery, at the last meeting and assume that we got what we needed. I am not sure about the number of current meetings we have. Your question of what can you do to support and assist us...just your coming to Spokane will be great and some things may come from that meeting.

### **Northern Lights Intergroup – Corina McK**

Thanks for checking in - I appreciate you do this. This is a good reminder of where I am at with my service and how our intergroup is doing.

In answer to your questions:

- 1) We have difficulty getting group reps out to the intergroup meeting
- 2) We represent 12 groups
- 3) We meet once a month on the 2nd Saturday, but did not meet in November or January (no business)
- 4) We hosted a 12 Step Within workshop before Xmas.

- 5) Our annual Spring retreat - scheduled for April 15-17th at Star of the North Retreat Centre in St. Albert. We have people from the North - Yellowknife, Fort McMurray - who join us each year for the retreat.
- 6) One change - a member has shown interest in NLI and Region and how it all works so we invited her to join the NLI Board.
- 7) Please resend the info from the brainstorming session on what is expected of the committees. I need to restart my thinking about my service towards to the Computer Services Committee
- 8) Reaching out is the primary goal. At my last NLI meeting I challenged board members to share the word with "Are you having a problem with food" small posts. They were very excited about this.

So now I have been thinking about putting together an Outreach Challenge out to the groups. For example, groups could gather all old Lifeline or not so old Lifelines (attaching a meeting list) and sending these to doctors offices, health centres etc. Each group documents the # of Challenges completed and at the Spring Retreat we have an acknowledgement and celebration of the Outreach. I hope that this might help to inspire participation.

## **Board Members were requested to provide their updated liaison reports on or before January 29<sup>th</sup>, 2011.**

### **2010 ASSEMBLY EVALUATION:**

Merry provided a summary of the evaluation forms from Assembly. 20 Evaluations were returned.

1. **Is this your first Assembly?** 4 – no, 16-yes
2. **Did you attend any of the OA meetings?** 8-yes, 12-no
3. **Were you able to understand what was happening at all times?**  
14 – yes, 6 – no (all first-timers)  
> lack of experience, terminology, lengthy material
4. (this question related to #3 and comments are noted above)
5. **Did you pre-read the information?** 17 – yes, 3 – no
6. **What did you enjoy most?**  
>process was orderly; lots of good information; business conducted in a respectful manner; all of it except for rambling explanations; quick workshops; it wasn't as complicated as I thought it would be; getting a feel for the bigger picture; the graceful leadership of Debbie; learning about the bigger picture; the fellowship.
7. **Areas where we can improve:**
  - limit some of the conversation so we can get through the business;
  - be specific about accomplishments and challenges;
  - the coffee was not very good;
  - more information provided on Committee roles and responsibilities;
  - page numbers;
  - more organized explanations, less rambling;

- an evaluation form provided **before** Assembly with questions and answers compiled and distributed **at** Assembly;
  - long budget session needed a break and page numbers;
  - stay on topic;
  - committee appointments at top of agenda;
  - a workshop on budgets so they can be understood;
  - require attendance at Parliamentary workshop.
- 8. Do you feel your personal recovery was strengthened?** 20=yes, absolutely
- 9. Did you gain information to take back to your groups?** 20 - yes
- >the workshop material
  - >information about Region One
  - >how to run orderly meetings
  - >the need for a budget and goals
- 10. How did you find the Agenda? Did you go to the writing workshop? If so, how was having a session like this on the agenda as compared to having an OA meeting?**
- >workshop was great, useful
  - >agenda was very full
  - >needed more breaks
  - >well thought out agenda
  - >page numbers
- 11. Summary of aspects of Assembly**
- .>need more breaks
  - >need a better explanation of the budget process
  - >could have used an additional ½ days
  - >page numbers
  - >more time for Committees
- 12. Do you understand the new committee assignment process?** Yes – 6, No – 14
- 13. Do you have a clear understanding of the Committee mandate?** Yes – 2, No – 18
- 14. What was the most significant aspect of Assembly?**
- Understanding what Region one does
  - Writing workshop
  - 12 Step Within Workshop
  - Assembly attendance is important
  - Website information – Region and WSO
  - Funding/Scholarship information
  - Did not like being put on a committee that I didn't know anything about – more information up front
  - What an amazing, hard working Board we have!

General discussion took place regarding ideas for a pre-Assembly questionnaire. It was determined more discussion would take place at the next Board meeting to determine how to gather information throughout the year that would be helpful to share with Intergroups. Kim offered to do some research on the viability of Survey Monkey for this purpose. It was suggested that this might work for monthly liaison reports. Kim will provide an update and possibly some ideas on how we can best use this resource.

General discussion took place about the possibility of adding in more time to the Assembly schedule. It was noted that would have to be either more information provided on Wednesday and/or Thursday evenings, with more breaks. It was suggested we might hold the powerful workshops at the beginning and at the end of Assembly to encourage attendance throughout.

### **Secretary**

Merry advised she felt her first year as Secretary went well overall. She found the volume of emails and paperwork a challenge at first. Once a system was developed, that became easier to manage. She felt she could improve by making a commitment to provide the minutes of each meeting within a week of each meeting. It was noted that care was required when adding Intergroup Reports to the minutes, making certain that personal information from each liaison was removed and it the report was presented as a narrative. Merry indicated the current Region One laptop is 7 years old, very slow and very heavy. She requested permission to research the cost of netbooks with WORD and EXCEL. She will provide information on her research at the next Board meeting.

**Position Goal:** to provide Board minutes within one week of each meeting.

### **MOTION: Kim/Holly**

**“that the Board Minutes of the meetings on October 7<sup>th</sup>, October 20<sup>th</sup>, and October 24<sup>th</sup>, 2010 and January 9<sup>th</sup>, 2011 were approved as presented.”**

**Carried.**

It was suggested that the Board Minutes be posted to Googledocs for ease of editing.

### **Chair:**

#### **1. 2011 Convention/Assembly Update**

Debbie presented a spreadsheet on the cost information for the Heathman Inn, the location of the 2011 Region One Assembly and Convention. It was noted that costs have increased, specifically meal prices. General discussion took place regarding the cost of brunch on Sunday. It was determined it was not a realistic amount to spend for our membership.

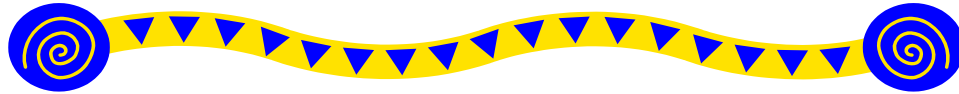
### **MOTION: Holly/Kim**

**“that there will be no brunch provided on the Sunday morning session of Convention.”**

**Carried.**

Debbie advised that the Lake Country Intergroup of Spokane has submitted an application to host the 2012 Assembly & Convention. A brief discussion took place and the Board was unanimous in their support of the application. 2012 Region One Assembly and Convention will be held in Spokane, Washington.

+++++Meeting adjourned at 10:15am+++++



++++++Meeting reconvened at 4:00pm with the Serenity Prayer++++++

## **Budget**

Holly provided an update on the provision of the 2008 and 2009 Budget material to Deborah. They have both been audited. Deborah, our auditor, had a few questions, which Holly answered. We are now waiting for the auditor's final report. When the reports are completed, they will be presented for acceptance at 2011 Assembly. Holly indicated she will be providing the 2010 books to Deborah for audit so that her report for that year can also be presented to 2011 Assembly.

Holly indicated we have not received the proceeds from the 2010 Convention to date. It was noted there was a considerable amount of delay on the part of the hotel in delivering the invoice. It was believed that has been resolved.

Holly presented the budget - proposed and actual for 2010. There were some general questions posed for which Holly presented clarification.

Discussion took place regarding donations from Region to WSO. One of the issues noted was a line item regarding a \$461.50 from the general account to WSO. The Board instructed Holly to make the payment as noted.

Holly presented some ideas on how to best use her committee: – she will ask the Scholarship Committee to design an application form for Intergroups to send a representative to WSBC and a brief descriptor on procedures - how to apply. It was requested the application and procedures be completed as for review by the Treasurer by February 1<sup>st</sup>, 2011 and to send those applications out to the Intergroups at that time. The deadline for return of the applications will be March 1<sup>st</sup>, 2011. They will use the WSO form as a template.

Discussion took place regarding the Budget committee and tasks for committee members. It was suggested they could design a form letter or some process for providing donation receipts. Holly will explain the problem and have them assist. She will also ask them to design a new expense form and a donation form. She will also explore how they can be trained on the role of treasurer - how she does her job. It was noted that the group donation report that Holly produces could also serve as a receipt. Holly will meet with her committee in the next month or so.

Margie noted that March 25 is the deadline for any new service body registration for WSBC.

**POSITION GOAL:** whenever she produces the quarterly reports, she will provide them to her committee.

## **Communication:**

Kim advised she has spent the last couple of months familiarizing herself with the website. She changed the web hosting company which has saved Region over \$100/year. The new website is up and everything is linked. It was noted there have been a lot of positive comments received regarding the look and quality of the new website. Kim requested a list of what the Board would like posted to the website.

January 22<sup>nd</sup>, 2011 is the deadline for submissions to the first quarterly newsletter. Kim requested submissions.

It was suggested the addition of a Paypal button on the website would be helpful, not only for the 2011 Assembly and Convention but for group donations as well. Holly and Kim will discuss the process. Further discussion of the uses for Paypal will take place at the next Skype Board Meeting.

Kim indicated she would discuss the OA Region One Yahoo Group with the Communication Committee to determine if one of the members would be interested in being the moderator of that group.

**POSITION GOAL:** get committee together and build a succession plan

## **CHAIR:**

### **Region Chairs Committee**

Debbie asked the Board to consider if they wanted to send our Region One Chair to Columbia (South America) for a one weekend meeting in November 2011. She noted that in preliminary research on travel expense and scheduling, it would require 3 plane transfers at a cost of approximately \$1800.00. It was determined that more thought and discussion would take place at the March Board Meeting.

### **Region One Board**

Debbie indicated that she is feeling more relaxed and the tasks are easier and easier to complete. It is great to see tasks being accomplished. Currently she is suggesting the Chair position to others in the fellowship as it is not her intention to seek another term as Chair at Assembly in September 2011.

She noted that the two 2011 Convention Co-Chairs are very excited about their position and are planning to meet to discuss their role. Debbie acknowledged she may need to provide them with clarification.

Debbie indicated she has a new computer which she believes will make it easier to run the Skype meetings. It is her intention to get regular Skype meetings with the Intergroup Chairs up and running again. She has also considered Skype meetings for the Committee Chairs.

**POSITION GOAL:** Continue to add more to Assembly agendas for attendees with more items they can take back to their groups and to continue to improve communication between Intergroup Chairs.

**Next Board Meeting:** Saturday March 5<sup>th</sup> – 5pm PST/6pmMST – Skype

**Future Board Meetings:**

March 2011 – Regina, Saskatchewan – 25<sup>th</sup> – 27<sup>th</sup>

June 2011 – Kitsap Peninsula 10<sup>th</sup> – 12<sup>th</sup>

September 28<sup>th</sup> – October 2<sup>nd</sup>, 2011 – Vancouver, Washington – Heathman Lodge

**Dates for WSBC Meetings:**

April 25 – May 1 – Albuquerque

**Adjournment:** The meeting was adjourned at 5:40pm with the third step prayer.

Respectfully submitted by

Merry R – Secretary

January 25<sup>th</sup>, 2011

Approved: