**Region One Board Skype Call**

**Wednesday January 18, 2017, 2pm PST**

**Minutes**

The primary purpose of this organization is to aid those with the disease of compulsive eating through the Twelve Steps of Overeaters Anonymous, and to serve and represent the OA groups and Intergroups from which it is formed.

Our 2016-17 Mission: **INSPIRE RECOVERY**

**Serenity Prayer, Welcome and Introductions**

Readings How to be a trusted servant and Purpose of this organization

**Quarterly Reports**:

**Secretary**: IG chairs Roster: 1) Missing new Alaska IG information, Chair is Randy, needs to be added; 2) Big Sky - Rhonda S. had to step down: Deborah the Vice Chair has agreed to be acting chair temporarily, and 3) Central OR IG is not able to access the central Oregon Gmail address anymore…we need to have new emails put in there. Deborah will check with Central Oregon to determine the correct email addresses.

Beverly encouraged Marcie to contact Marlene to be in contact with chair of Greater Columbia. Marcie will update the IG Chairs list and send out monthly. The request was made to include the date at the top of the roster so that it is easy to identify the most current version.

**Vice Chair:**  Sue emphasizes that Spokane is already looking at locations for convention 2018. The Red Lion is looking like a good possibility. Pat reports that the gentleman who is going to help with website is really good and she will be talking with him as well as Rhonda to make a great website for the convention.

**Member at Large**: Greta stated it’s going extremely well, very exciting. Beverly added that Greta is to keep up to date the Speaker List and Region 1 Contact List as part of her responsibility. Greta will get in touch with Cayley to find out what Kym L.’s project team (Active Resource PT) is doing with Contact Lists to avoid duplication of effort.

**Communication Coordinator: excused absence**

**Chair:**

Struggling Intergroups: possibly Regina, Bitterroot, Southern BC: Bitterroot has a meeting scheduled for Jan 26th and has elections scheduled for Board positions. Regina has a new Chair…that info is in IG Chairs listing. We are discussing getting a date set to visit Southern BC; Greta and Cayley will talk about whether they can still do a weekend this spring and let the Board know next meeting.

**Trustee:**  Margie sent an email this morning to ask Karen K. about suggesting they appoint Pat at post WSBC Board Meeting, and the best way to do that. She hasn’t heard yet. Her guess is to do a new business motion for the Feb board meeting. Also, Margie reports the trustee budget is paying for the Edmonton trip, so Region does not have to budget for it. Unaffiliated groups have decreased from 63 to 36 in 2 yrs. Beverly sent out a listing of all these groups to the intergroup chairs, suggesting they reach out to unaffiliated groups in their area. .

**Treasurer :Year end status and carryover:** The green envelope project has brought in about $1400 up until end of Dec. 2016. Deborah is waiting for samples of different items to use to sell at WSBC. We are only about $400 off at end of Dec and Board is feeling this is very good. There is some question about how much money the quilt actually makes given the amount of work it is…it only made about $200 this last yr. This coming year there will be 3 lap quilts as opposed to the one single quilt…and we are hoping there will be more money generated. Deborah will resend the budget and wants us to look it over…we already see that the quilt number is off.

We have our carryover and we have our Prudent Reserve going into 2017…which is great. We have $5159.10 carryover, plus a small overage. Once the overage is determined exactly, we need to decide whether we can send it on to World Service.

**Delegate Support**: Since two Intergroups previously allocated funds have decided not to send Delegates to WSBC 2017, we revisited the funding requests from Lake Country and Anchorage IGs. The total budget (line 86) amount is $1500. Motion was made to fund Lake Country and Anchorage the full amount they requested of $600 each. This brings the total support for WSBC 2017 to $1200, leaving $300 in this budget line item unspent. Motion carried.

**PIPO requests**: line item 89: $500. Beverly got text from Nadine at Big Sky stating that they have enough money to purchase the billboard. They don’t need any more money from Region. Margie reports Greater Seattle asked for reduced cost literature for all of their meetings. They were hoping Region could fund this. Sue, as liaison for Greater Seattle, will contact GSI to see if they still have a need for money. Contact person is Jane D. and Margie will email the info to Sue. Snake River had wanted to do a PIPO project, also, but we haven’t gotten a request from them. Beverly will contact them about this.

**Journal pricing in Canada**: postage in Canada is higher than in the US and we need to adjust pricing to cover costs. We will discuss this next month.

**Ways and Means**…already discussed during Deborah’s report

**TRAVEL**

Email Beverly if there’s anything in addition to what’s already listed on the travel calendar. She will send out the latest version.

**Seattle**: We plan to go there for our Strategic Planning meeting: 3/30 travel, 3/31 Planning, 4/1 seminar, 4/2 go home…Everyone is fine with these dates.

Sue is lead contact person on Seattle. Greater Seattle IG needs to put out a flyer regarding the event. Pat offered to help in any way she can… Pat will begin looking into a place to stay.

**Southern BC IG** : Greta and Cayley will talk about whether they can meet in March or April, and if one of them cannot, then Marcie will step in.

**Southern Alberta**: We will wait until 2018 to visit them because we were so recently there for Assembly/Convention and the 2017 calendar is very full already.

**Overall Calendar**: Last year we had a yearly planning calendar which Deborah and Pat put together. Beverly suggested it would be helpful to have a calendar on our website with board travel, notice dates required by our Bylaws, etc. Margie looked for a calendar app and the one she saw costs money and the free version was very limited. If we made one in Word…that would possibly work. Can we use Google Calendar? Possibly…a link from website. Margie will continue to look into this…to create a comprehensive Region one Board activity calendar.

**Convention 2017**: Podcasts are not out there from 2016 Convention. Margie is going to get those on there and we will all check to verify the quality is good. The “sound crew” for 2017 needs to know how recording quality from 2016 is before they make 2017 decisions.

The Seattle hotel link is on our website, but it isn’t working. Margie and Cayley are working on fixing this.

Website guy is on board with the committee…they want the site operational by March 1. Sue sent us recommendations on the speakers, with. Seattle’s top choices for speakers. Everyone is asked to listen to the audio and email Sue with your first, second and third choices by January 27.

**Audio**: Gary from Lake Country is working with Jon from GSI. They will contact Beverly with recommendations. Margie has the audio info and needs Gary’s contact info, Sue will send it to her.

**Estimated budget**: We reviewed and approved the proposed convention budget from GSI, which totals $2050. Deborah is mailing the box of Convention bank stuff to Rebecca on 1/19/17. Discussion on whether there’s any leeway to lower the price for the convention; Budget and Finance probably was counting on the same numbers when they made the budget for 2017. Beverly will put this on Board Planning Day Agenda.

We would like Sue to pass our thanks on to the Convention Committee…and we thank Sue as a good lead! They are doing a great job!!!!

Deborah would like the Board to talk about how convention finances and banking are handled going forward…as it’s very confusing as to who pays what. She requested this be put on Strategic Planning Agenda.

**Tabled: R1 ways and means items for Convention**

**Attract Retain and Regain**: Marcie reports that Catch the Wave IG has asked this Project Team to do a 2 hr. phone or Skype workshop on the topic of how to Attract, Retain and Regain Members. Board members state that Windows 10 has a built in voice recorder which will record Skype i.e. for our workshop, so if a workshop is held we could record it for posting on our website. The PT could also listen to the podcasts that World Service does and maybe follow their format. Can we attach worksheets? These are some ideas to consider. Marcie will be setting up phone conference with the PT in next few weeks.

**Assembly 2017:**

Focus: Input from Chairs:

Focus: What will inspire our Reps and give them real takeaways? Both the above tabled for now due to time constraints.

Opt out of Assembly Fees:

We discussed the “opt out” option for the $35 registration fee, and decided to add a note to the form stating that the fee includes lunch and a printer binder, and the fee helps R1 defray some of the costs of Assembly. There will also be a note stating that if an intergroup is unable to pay the $35 registration they should contact the Treasurer for assistance

Next meeting time: Feb 15 2pm-4pm PST via Skype

Submitted by: Marcie G., R1 Secretary