Region One Report

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***2011***

Alaska, Alberta, British Columbia, Idaho, Montana, Northwest Territories, Oregon, Saskatchewan, Washington, Wyoming (except Torrington, WY), Yukon

**2011**

Affiliated Groups 355

Unaffiliated Groups 53

Total Number of Groups 408

Total Number of Intergroups 25

Region One Officers are Chairman Debbie G. (Airdrie, near Calgary, Alberta, Canada); Secretary, Merry R. (Calgary, Alberta); Treasurer Holly (Sammamish, WA); and Communications Coordinator Kim H. (Spokane, WA). The cochair position is open. The assembly voted to change the newsletter editor to communication coordinator and include the Web site management in the duties of this position.

***Region One 2010 Assembly***

The Region One Assembly and Convention was held this year in Missoula, Montana from October 21-24, 2010. There were twenty-eight representatives and eighteen of the twenty-five intergroups were represented. This is an excellent percentage of representation and was in part due to the fact that the Region One board made partial scholarships available for representatives from intergroups who have not recently sent reps.

The attendees seemed to really like the workshops; one by Debbie G. on a personal action plan and one by the Region One trustee on Concepts using a PowerPoint available from the region chairs Web site. Thanks to the region chairs.

The budget process was somewhat contentious, however this is an indication that the representatives were engaged in the process of setting the Region One budget. We passed several revisions to the policies and a couple of bylaw changes.

***Region One Convention 2010***

The theme of the convention, which always follows our one assembly, was “50 Years of Recovery; Go for Gold in the Treasure State.”It was well attended and everyone enjoyed Missoula.

***Region One Board Meetings***

There are usually four Region One board meetings per year. I was able to attend one in Anchorage in July and one in Spokane, Washington in January. Generally there are all-day recovery workshops happening in conjunction with the board meetings. The others for 2011 are in Regina, Saskatchewan in March; Bremerton, Washington in June; and the assembly will be in Vancouver, Washington (near Portland) in September. No intergroup stepped forward to sponsor the assembly and convention for 2011, so Region One will sponsor it and many intergroups will be asked to do various parts such as registration or decorations. Region One has been using Skype to communicate both with the board members between meetings and with the intergroup chairs. The increased communication seems to be helpful.

***Service, Traditions and Concept Workshops***

Following the workshop on the Concepts at the Region One Assembly, I was asked by several intergroups to do workshops for them. In November I led a one-day workshop which was not specifically set up as a Traditions and Service workshop, yet several people in the area asked me to be sure to include some information on Traditions and service in my sharing. I was able to do that since recovery and service go hand-in-hand for me. In January I led a retreat in Anchorage, Alaska which included lots of time on service, abstinence first and strong meeting checklist. It was very well received and generated many questions and interesting discussion. In February I led a workshop on service and Traditions in Vancouver, BC, Canada. There were around forty participants, many questions and lots of good sharing. I have another Service and Traditions workshop scheduled in Spokane, Washington in May.

It is a wonderful privilege to serve as Region One trustee and I hope I am able to give back a small portion of what OA has given me over the years.

Margie Garman

Region One Trustee

February 2011

**2012**

*Alaska, Idaho, Montana, Oregon, Washington, Wyoming (except Torrington, WY), Alberta, British Columbia, Northwest Territories, Saskatchewan and Yukon*

|  |  |  |
| --- | --- | --- |
|  | **2012** | **2011** |
| **Affiliated Groups** | 364 | 365 |
| **Unaffiliated Groups** | 44 | 53 |
| **Total Number of Groups** | **408** | **418** |
| **Total Number of Intergroups** | 26 | 26 |

**Region One Assembly**

The Region One Assembly was held in Vancouver, WA, right across the Columbia River from Portland at the Heathman Lodge on September 28-30, 2011. There were eighteen of the twenty-five (40 percent) intergroups represented at the assembly. Region One has done a great job of budgeting and funding delegates if there is a need. We held workshops, general sessions, reviewed the OA Strategic Plan and looked at how the Region One committees could help implement some of the goals and objectives of the Plan. Elections were held on Friday. Kim Halsey was elected chair, Merry Rogers was elected cochair, Deborah Ruppert was elected treasurer, and Cynthia Williams-Patnoe was appointed at the post-assembly board meeting as communication’s coordinator. The secretary position is open. Kevin Connelly served as parliamentarian.

Since the assembly, Kim Halsey has had some things change in her life and she has resigned; Merry R. stepped up to be chair. There are two applications for cochair to be considered at the Region One board meeting on March 24, 2012. No one has applied to be secretary yet.

**OA Region One Yahoo Group**

The Region One OA Yahoo Group is now a fully functioning group. The purpose of this group is to keep the regional representatives/WSBC delegates and intergroups aware of issues, exciting new ideas and to communicate with one another about service and Traditions. There have been spurts of activity and quiet spells but the Yahoo group is always available. As trustee I frequently send information out by using this Yahoo group, including *Lifeline Weekly*.

**Region One Board Meetings**

Upcoming Region One board meetings are scheduled for:

* March 24, 2012: Vancouver, BC
* June 30, 2012: Bellingham, WA
* September 26-30, 2012: Spokane, WA (including the region chairs meeting and followed by the region’s convention)

In addition the board has been connecting via conference call on the first Saturday of the month at 9 AM. Some of the officers have also been meeting on conference calls with intergroup chairs and committee chairs on those first Saturdays.

**Region One Convention**

The Region One Assembly was held at the Heathman Lodge in Vancouver, WA September 30 – October 2, 2011. It was an excellent convention. We raffled off the Region One quilt, which was beautiful and raised some money.

**Other Activities**

* Service, Tradition, Concepts workshops were held in Vancouver, BC; Baker City, OR; Spokane, WA; and Kelowna, BC. One is scheduled for March in Regina, SK.
* Currently serves on one World Service Conference committee and two BOT committees.
* Reviews service body’s bylaws
* Responds to questions and helps reason out Traditions issues

Margie Garman, Region One Trustee, March 2012

**2013**

*Alaska, Idaho, Montana, Oregon, Washington, Wyoming (except Torrington, WY), Alberta, British Columbia, Northwest Territories, Saskatchewan and Yukon*

|  |  |  |
| --- | --- | --- |
|  | **2013** | **2012** |
| **Affiliated Groups** | 359 | 364 |
| **Unaffiliated Groups** | 57 | 44 |
| **Total Number of Groups** | **416** | **408** |
| **Total Number of Intergroups** | 25 | 26 |

It is an honor and a privilege to serve the OA Fellowship as the Region One trustee. This has been a very busy year; full of lots of travel, recovery, joy and sharing.

**Region One Offices and Intergroups**

Region One officers and intergroups have kept in touch via monthly conference calls. The region officers talk at 8 AM PST and the intergroup chairs talk at noon. This frequent communication has been very helpful for the whole region. In addition, Region One officers, representatives, committee members and intergroup officers are encouraged to belong to the OA Region I Yahoo group. Most of the postings have been in the form of communication from the trustee about current OA happenings and news. In addition several times during this year various individuals have made inquiries or shared things.

**Region One Assembly**

The assembly was held September 27-28, 2012 in Spokane, WA. The meeting of the region chairs took place in Spokane on September 28 and the information which the region chairs shared was fabulous. Many intergroup representatives stated they had gained a great deal by hearing some input from the various regions.

**Elections**

Region One is now blessed to have all five board positions filled. Our new officers are Cochair Ruth D., Spokane; Secretary Cynthia W.P., Olympia; and Communications Coordinator Sharen P., Spokane. Merry R. of Calgary is our chair and Deborah R. of Portland is the treasurer.

**Bylaws and Policies**

The Region One Assembly passed four bylaw changes including a procedure for nominating a trustee if a vacancy occurs outside of the regular timeline, removal of some unnecessary language about groups not affiliated with intergroups, removal of inappropriate duties assigned to the communication coordinator, and bringing the definition of a group into agreement with the Bylaws of OA, Inc., Subpart B. Several policy changes were passed including refining the role of a parliamentarian and giving the Region One chair more flexibility about when to appoint committee chairs.

**Upcoming Region One Board meetings**

• January 24, 2013: Olympia, WA

• April 12-14, 2013: Kennewick, WA

• June 21-22, 2013: Calgary, AB, Canada

• September 19-22, 2013: Region One Assembly and Convention, Vancouver, WA

The following pieces of literature were provided for representatives to take back to their intergroups and for the region chairs: Bulletin Board Attraction Card packets, *Person to Person*, *A Commitment to Abstinence*, Sponsorship Kit, *OA Handbook for Members, Groups and Service Bodies*, *Seventh Tradition* and a *Lifeline* tabletop display using the downloadable information from the oa.org Web site and put into narrow binders. They are very good looking.

**Region One Convention**

The convention was September 28-30, 2012 and was wonderful. It was very well organized and everyone seemed to get much recovery and strength from the workshops. The main speaker spots were filled by region chairs and many of them lead workshops as well. The group from Portland put on a great skit promoting next year’s convention, which will be held in Portland.

**Contacting Unaffiliated Meetings**

Trying a new method of contacting a large number of unaffiliated meetings with one email has worked very well. A single email could be sent to many groups by copying and pasting the email contacts from the “comma separated values file,” which is included with the quarterly WSO reports.

Service, Tradition, and Concepts workshops have been held in Regina, SK, Canada in April 2012 and in Calgary, AB, Canada in February 2013. Both of these were well attended and seemed well received. In addition there are several other such workshops scheduled in the coming months. Workshops are scheduled in Montana in May, in central Oregon in June, and in Spokane in September. Additionally, all Region One board members speak at workshops on the Saturday of their board meetings.

The Region One board decided to have the theme “Sharing the Joy of Abstinence through Service” for our year 2013. I hope everyone is blessed with Joy in their Abstinence.

Margie G. Region One Trustee February 2013

**2014**

*Alaska, Idaho, Montana, Oregon, Washington, Wyoming (except Torrington, WY), Alberta, British Columbia, Northwest Territories, Saskatchewan and Yukon*

|  |  |  |
| --- | --- | --- |
|  | **2014** | **2013** |
| **Affiliated Groups** | 341 | 362 |
| **Unaffiliated Groups** | 64 | 55 |
| **Total Number of Groups** | **405** | **417** |
| **Total Number of Intergroups** | 24 | 25 |

***REGION ONE ASSEMBLY AND CONVENTION***

Region One has one assembly with our convention immediately following each year in the fall. This year the assembly and convention was hosted by Oregon Intergroup in Portland, OR. The assembly took place from September 19-20, then Convention followed from September 20-22, 2013. The Heathman Lodge in Vancouver, WA was the site. The assembly went very well; we had a couple of workshops, elections and committee meetings. Merry R. was elected for a second term as Region One chair. Deborah R. was re- elected as Region One treasurer, and we have a new communication coordinator/Web master, Catherine

1. from Seattle. Both our cochair, Ruth D. and our secretary, Cynthia W. continue in their current positions. The trustee three-year term is up in May 2014; therefore the assembly reaffirmed me as the Region One candidate.

Merry R., Region One chair, offered several phone conferences to help familiarize region reps with the process of assembly. She has done the same phone support before WSBC. We received feedback from the reps and delegates that they felt more comfortable and well informed about what would be happening and thus better able to absorb and contribute. Region One provided monetary assistance for several intergroups to attend assembly. We have twenty-four intergroups; eighteen sent one or more representatives to assembly. Seventy-five percent of our intergroups were represented.

***CONVENTION***

The convention was really fun and well attended. The theme was “Rocket to Recovery,” and we included fun references to the movies, Star Trek and Star Wars. There were many alien costumes during the weekend and we had fun with the theme. A fun skit was presented on Friday night with Star Wars characters. I conducted a workshop on technology of recovery, and used a presentation which took people through Web sites, looked up where the online and Skype meetings were listed, phone meeting listing, the oa.org Web site as a resource, finding OA podcasts, and how to find service body Web sites. I also included some stuff about connecting with the Oregon Intergroup Yahoo group and the Region One Yahoo group, which mostly provide service information.

***REGION ONE BOARD***

In Region One we finally have a fully functioning five member board for the first time in several years. The whole crew is doing a great job. The Region One Web site, [www.oaregion1.org,](http://www.oaregion1.org/) is looking wonderful and providing the information to the Fellowship as we have been hoping for. The treasurer is doing a superb job. Our new cochair is working very well with the Convention Committee; this is the Region One cochair’s job.

The Region One board participates in a monthly phone conference with an informal agenda on the first Saturday of each month. In addition, at a later time that same day, either the chair or the cochair conducts

a similar conference for any of the intergroup chairs, delegates and other interested members. These frequent conferences have been a great help for keeping in touch and improving communication within Region One. We do, of course, correspond frequently via email as well.

The Region One theme for this year is “First Things First.” And the 2014 convention theme is “We **ARE**

the Message.”

***TRUSTEE ACTIVITIES***

This year I have several invitations for service workshops. I did one in Seattle in October, am scheduled for a one-day workshop in Tacoma on May 10, and will lead a retreat on service for Vancouver Island Intergroup the last weekend in May.

I have continued to answer direct inquires on Traditions, as well as those which come to me through the WSO. I am pleased that individuals feel that they can come to me directly.

Here in Portland I was a small part of the committee which put on a sponsorship marathon. I mostly gave some suggestions for topics and activities; I also served as MC for the event. We had a “Speed Date Sponsorship Circle.” It was a bit disorganized because we had not done this previously, but the feedback from the participants was excellent and I would recommend it as a great activity. We started with a brainstorming session on what to ask a potential sponsor and then did the speed dating.

I continue to feel very connected to Region One, and am very privileged to be able to serve the Fellowship of OA in this way.

Margie G.

Region One Trustee February 2014

2015

*Alaska, Idaho, Montana, Oregon, Washington, Wyoming (except Torrington, WY), Alberta, British Columbia, Northwest Territories, Saskatchewan, Yukon*

|  |  |  |
| --- | --- | --- |
|  | **2015** | **2014** |
| **Affiliated Groups** | 331 | 341 |
| **Unaffiliated Groups** | 65 | 64 |
| **Total Number of Groups** | **396** | **405** |
| **Total Number of Intergroups** | 24 | 24 |

It is an honor and a privilege to serve the OA Fellowship as the Region One Trustee. This has been a very busy year, full of lots of travel, recovery, joy, and sharing.

***ASSEMBLY AND CONVENTION***

The Region One Annual Assembly was held in Bellingham, WA (north of Seattle) from September 17- 19, 2014 and was followed immediately by our annual convention, September 19-21, 2014. This convention was not hosted by an intergroup, but was coordinated by a committee and the Region One vice chair, Ruth. They were assisted by several intergroups assuming responsibility for various pieces of the convention. One intergroup handled registration; one handled ways and means projects; and another decorations and speaker coordination. We used a nautical theme First Things First, with a logo of a life preserver. We generated fun nautical names for each of the workshop sessions. The convention website stated, Steps, Tools, Traditions: Our Lifeguards. Ahoy Mateys! Grab the OA life ring! Get back in the boat of Abstinence, Sponsorship, and Working All 12 Steps.

There were twenty-three delegates, representing eighteen of our twenty-four intergroups, attending the assembly. We had seven green dot representatives.

During the assembly, three of the Region One board members put on a Seventh Tradition skit (What’s It Worth available on oa.org) to remind everyone that donations to OA groups, intergroups, and the WSO are needed. Elections were held for vice chair, secretary, and communication coordinator. Ruth D., Post Falls, ID was re-elected as vice chair; Catherine B, Seattle, WA was elected as communication coordinator; and Pat O., Portland, OR was elected as secretary for the coming two years. Merry R., Calgary, AB is our chair and Deborah, Portland, OR is the treasurer; elections for these positions are held every other year.

***UPCOMING REGION ONE BOARD MEETINGS***

* March 13–15, 2015: Snake River IG, Boise, ID
* June 26-28, 2015: Jefferson State IG, Medford/Ashland, OR

Each of the board meetings is held in a different town, and we have tried to visit each intergroup in Region One. Generally there is an OA workshop on the same day as the board meeting, and the board members speak on whatever topic the intergroup chooses for the workshop. On January 16 and 17, we met in the Tacoma, WA area and spoke on action plan. The Region One board has been using a theme each year that is tied to the Strategic Plan. Step Ahead – It Takes All 12 is our focus for 2015.

***MONTHLY BOARD MEETINGS VIA PHONE***

The Region One board has been meeting the first Saturday of the month via phone conference. Our upcoming calls will be on April 4, June 6, August 1, and September 5, in preparation for the 2015 assembly.

***REGION ONE ASSEMBLY AND CONVENTION***

The Region One Assembly and Convention will be hosted by Central Oregon IG, Bend, OR from September 16-20, 2015. This 2015, will be the fortieth year for the Region One Assembly and Convention; we are going to celebrate. The Journey is the Destination is the theme. Although there are not many meetings (only three) in the Bend, OR area, they are the hosts. They are asking other intergroups to assist with various tasks such as registration.

***OTHER TRUSTEE ACTIVITIES***

* Lead one service-based retreat and a recovery retreat.
* Answered official inquires sent through the OA website about Traditions from OA members in Region One and from members concerning the topic of my WSBC committee (Web/Tech).
* Answered direct email and phone inquiries.
* Reviewed intergroup bylaws.
* Wrote a personal article for *Lifeline* magazine on working all Twelve Steps.
* Registered both the Region One Yahoo group and the Oregon OA Intergroup Yahoo group on the courtesy listing of email groups. Both email groups are for information and business purposes.
* Sent out many emails to the Yahoo groups to help keep OA members aware of current OA happenings and news.
* Kept up a blog [(http://www.oaregion1.org/trustees-blog)](http://www.oaregion1.org/trustees-blog)) on the OA Region One website. I try to add an article at least once a month.
* Served on the Web/Technology Conference Committee.
* Served on the Internal Information board Committee (IIC). This committee reviews all articles that go into *Lifeline* (our recovery journal), *A Step Ahead* (a newsletter for OA members), and the *Courier* (for professional community) for Tradition problems.

Margie G.

Region One Trustee February 2015

**2016**

Alaska, Idaho, Montana, Oregon, Washington, Wyoming, Alberta, British Columbia, Northwest Territories, Saskatchewan, Yukon

|  |  |  |
| --- | --- | --- |
|  | **2016** | **2015** |
| **Affiliated Groups** | 350 | 331 |
| **Unaffiliated Groups** | 44 | 65 |
| **Total Number of Groups** | **394** | **396** |
| **Total Number of Intergroups** | 24 | 24 |

It is an honor and a privilege to serve the OA Fellowship as the Region One trustee. This has been a very busy year, full of lots of travel, recovery, joy, and sharing.

***ASSEMBLY AND CONVENTION***

The Region One Assembly and Convention was held in Bend, Oregon, September 18-20, 2016. The theme of the convention was “The Journey Is the Destination: Trudging the Road of Happy Destiny.” The assembly was on Thursday and Friday. Central Oregon Intergroup has only three small OA groups and they did a fabulous job. They were helped by other intergroups to do certain parts, such as registration.

There were several important pieces of business conducted at the assembly. There were thirty-five voting members present and twenty-one of the twenty-four intergroups were represented. Bev M. from Portland, OR was elected as the new Region One chair. She was able to make the trip to Australia and meet with the other region chairs. We are enjoying her energy and enthusiasm for Region One and OA. Deborah R. was reelected as region treasurer. Our other Region One board members are Secretary Pat O. from Portland and Vice Chair Ruth from Post Falls, ID.

There was a major reworking of the Region One policies passed at assembly. We approved a new board position of Member-at-Large. This position is trained to step into one of the other positions should the need arise. At this point we have announced the position is open and have received at least one application. Unfortunately, our communication coordinator recently resigned for personal reasons. One of the other Region One board members has been able to maintain the website.

We currently have two region board positions open: communications coordinator (webmaster) and member-at-large.

We all worked on the budget line-by-line. Region One is in the happy position of having extra money so we will be making a contribution to World Service. The Region One board will continue to have monthly phone conference meetings on the first Saturday of the month and we meet face-to-face in January near Portland, OR. Our planning meetings are in March in Spokane, WA and in June in Montana.

I presented one workshop at the convention on virtual recovery or how to get connected on phone or online meetings. It finally worked. In the past when I have presented I have demonstrated what to do, however, we never were actually able to connect to a meeting. This time I used my cell phone and actually called a meeting in progress. While on mute the group was able to listen to people sharing and really “see” what a phone meeting was like. I demonstrated some of the wonderful responses available at oa.org. That was before the new version of oa.org was available.

***MONTHLY BOARD MEETINGS VIA PHONE***

The Region One board has been meeting the first Saturday of the month via phone conference. Our upcoming calls will be on April 2, June 4, July 2, August 6, and September 3. Our “super” secretary takes great minutes and sends them out to us after the meetings along with an action plan list.

***REGION ONE ASSEMBLY AND CONVENTION SEPTEMBER 2016***

The Region One Assembly and Convention will be hosted by Calgary, Alberta, Canada. The theme is “YAHOO – You Always Have Other Options,” and the group is encouraging people to wear western- style clothes.

***OTHER TRUSTEE ACTIVITIES***

* Lead a Unity Day workshop in Yakima, WA on working all Twelve Steps and included a viewing of the new oa.org website and some information about Traditions, Concepts, and the service structure.
* Answered official inquires sent through the OA website about Traditions from OA members in Region One and from members concerning the topic of my WSBC committee (Web/Tech).
* Answered direct email and phone inquiries.
* Served on the Website Ad Hoc Board Committee.
* Reviewed intergroup bylaws.
* Wrote a personal article for *Lifeline* magazine on the OA Responsibility Pledge.
* Wrote my story for an upcoming new piece of literature.
* Sent out many emails to the Yahoo groups (Region One and Oregon Intergroup) to help keep OA members aware of current OA happenings and news.
* Kept up a blog [(htt](http://www.oaregion1.org/trustees-blog))p[://www.oaregion1.org/trustees-blog)](http://www.oaregion1.org/trustees-blog)) on the OA Region One website. I try to add an article at least once a month.
* Served on the Web/Technology Conference Committee.
* Served on the Board-Approved Literature Committee and the Board BRM Committee.

In love and service, Margie G.

Region One Trustee March 2016