

## **2020 Region One Assembly Election Process**

**POSITIONS OPEN FOR ELECTION ARE:** (See [Bylaws](#) Articles V, VI and VII and [Policies](#) Section 3 and 4 for job descriptions.) Chair: 1-year (partial) term - Assembly 2020 to Assembly 2021

- Vice Chair: 2-year term - Assembly 2020 to Assembly 2022
- Secretary: 2-year term - Assembly 2020 to Assembly 2022
- Technology Coordinator: 2-year term - Assembly 2020 to Assembly 2022

### **QUALIFICATIONS FOR ELECTION ARE DEFINED IN ARTICLE V, SECTION 3 OF OUR BYLAWS:**

- Be a member of Overeaters Anonymous within the geographical boundaries of Region One.
- Be working the Twelve Step program to the best of his/her ability and have taken the Fifth Step.
- Be familiar with the Twelve Traditions of Overeaters Anonymous and the Twelve Concepts of OA Service.
- Be presently abstaining from compulsive overeating for at least one (1) year.
- Have two years of service to Overeaters Anonymous beyond the group level, if a member of an intergroup.
- Be proficient in using various software and digital platforms that the Board utilizes to conduct its day-to-day business, or be willing to learn how to use them.

### **NOMINATIONS – SATURDAY AFTERNOON:**

- Chair appoints a head teller.
- Open positions announced by the Chair.
- Chair calls for nominations from the floor—you may self-nominate.
- Completed applications are in the Assembly Notebook.
- Blank applications are available on the Region One website. Please complete an application and return an electronic copy to [nominations@oaregion1.org](mailto:nominations@oaregion1.org) as soon as possible, but before the start of Sunday's session.

### **REVIEW OF APPLICATIONS – SUNDAY PRIOR TO THE START OF BUSINESS:**

- Nominations Committee reviews all new applications received for eligibility.

### **SPEECHES AND Q&A – SATURDAY AFTERNOON:**

- Nominations Committee will email copies of new applications to voting representatives.
- Chair presents nominees for each position.
- Nominees address the Assembly (3 minutes each) and answer questions (5 minutes each) in the following order: Chair, Vice Chair, Secretary, Technology Coordinator.

**VOTING PROCEDURES FOR THE ELECTION – SUNDAY AFTERNOON:** Voting for all officers shall take place simultaneously on individual electronic ballots.

1. Each ballot counts as a single ballot.
2. Mark ballot only when instructed by the Chair to do so.
3. Do not vote for more candidates than instructed.
4. All ballots collected by the teller will be counted as votes cast.

## Application for Region One Chair – Cindy C.

1 year (partial) term - Assembly 2020 to Assembly 2021

<b>Name:</b> Cindy C.	<b>Intergroup:</b> Greater Seattle
<b>Date joined OA:</b> 1982	<b>Date continuous abstinence began:</b> September 2010
<b>SUMMARY OF OA SERVICE:</b>	
Meeting Level: <ul style="list-style-type: none"><li>• “Keeper of the Key” Saturday 10 am Agape House 1993-1995</li><li>• Started Mill Creek, WA meeting 2005</li><li>• Secretary, Mill Creek Thursday night 2005-2007</li></ul>	
Intergroup Level: <ul style="list-style-type: none"><li>• Secretary, Las Vegas Intergroup 1986-1988</li><li>• Secretary, Greater Seattle Intergroup 2013-2015</li><li>• Greater Seattle Intergroup Representative to Region One Assembly 2016 &amp; 2017</li><li>• Co-Chair Region One Convention – Seattle 2017</li></ul>	
Region Level: <ul style="list-style-type: none"><li>• Member-at-Large, Region One 2017-2018</li><li>• Secretary, Region One 2018-2020</li><li>• Acting Chair, Region One Feb 2020-present</li></ul>	
World Service Level: <ul style="list-style-type: none"><li>• Delegate to WSBC 2016, 2017, 2018, 2019 (Greater Seattle Intergroup)</li><li>• WSBC Green dot mentor 2018, 2019</li><li>• Member, Conference Approved Literature Committee (WSBC) 2016, 2017, 2018, 2019</li><li>• Subcommittee Chair, Conference Approved Literature Committee 2018, 2019</li><li>• Region Chairs Committee 2020</li></ul>	
<b>WHAT BUSINESS, PROFESSIONAL OR OTHER EXPERIENCE AND SKILLS DO YOU BRING TO THE BOARD?</b>	
<ul style="list-style-type: none"><li>• Twenty years in the software industry in administrative and project coordination roles</li><li>• Seven years volunteer experience for nonprofits, including event coordination, recruiting and human resources work</li><li>• Technology proficiency; I’m not afraid to try new tools and online processes to make the work I and others do more efficient</li></ul>	
<b>WHY DO YOU WANT TO SERVE IN THIS BOARD POSITION?</b>	
After stepping into the Chair position early this year, I felt it was important to complete this two-year term and provide some continuity on the Region One Board. I would call this a rebuilding year with many Board members new to their positions.	

With the help of Board members and others involved in Region One service, I would like to restructure service work at this level (whatever that looks like!) so that more fellows in various stages of life are able and excited to serve. Continuing to focus on our primary purpose of carrying the message while keeping things as simple as possible are my primary goals for Region 1. I also hope to help others in Region 1 service find a harmonious blending of program, service and living life fully.

**BRIEF ACCOUNT OF YOUR OA STORY:**

I came into the program as a young person (age 22) in 1983. As a bulimic (laxative user, excessive exerciser, restrictor), I had no idea what was wrong with me, and I couldn't stop the behaviors. It seemed that the harder I tried the more I failed. What a revelation it was to grasp that it was about surrender and learning I didn't have to be responsible for the results; I had only to show up and do the footwork. My physical recovery has been less about weight loss and more about weight maintenance, health and bringing my mind in line with my body. My focus stays on maintaining a healthy body weight while making peace with an aging body and metabolism.

In those early days those who appeared to be a fairly normal weight were not always welcomed warmly into the fellowship. It's been wonderful to see room made in the last 10-15 years for all kinds of eating disorders, including compulsive overeating. Because of that experience, I believe I've become more open to the diversity of eating behaviors and experiences in our fellowship.

The program was a lifeline for me when, two weeks after getting married, this sheltered Seattle girl moved to Las Vegas. I connected with meetings right away, and worked all twelve steps in a disciplined manner with a wonderful sponsor who was also very much involved in service. I had the time to go to many meetings in Las Vegas and developed a strong spiritual life. After four years there, my husband and I moved back to Seattle and started a family. OA and my higher power were there for me when I had my first child and I was sure I could never grasp this "mother thing". OA friends who helped me through that time continue to be in my close circle of OA friends today.

I commit to physical, emotional and spiritual recovery, one day at a time, while serving on the Region One Board. I pledge to provide support and encouragement to the recovery of my fellow board members. As a Region One Board nominee, my signature that I meet the qualifications found in [Bylaws](#), Article V, Section 3.

**Signature:** Cindy C. (via email)

**Date:** August 9, 2020

## Application for Region One Vice Chair – Alice W.

2 year term - Assembly 2020 to Assembly 2022

<b>Name:</b> Alice W.	<b>Intergroup:</b> Oregon
<b>Date joined OA:</b> August 1992	<b>Date continuous abstinence began:</b> February 20, 1995
<b>SUMMARY OF OA SERVICE:</b> Oregon Intergroup Chair: 2.5 terms (5 years) Oregon Intergroup Newsletter Editor: 2 terms (4 years) WSBC Delegate/Region 1 Rep: 2.5 terms (5 years) Bylaws committee Meeting level: Leading meetings, key person, literature person, contact list person, room set-up.	
<b>WHAT BUSINESS, PROFESSIONAL OR OTHER EXPERIENCE AND SKILLS DO YOU BRING TO THE BOARD?</b> I was a technical writer for over 20 years, where I simultaneously managed multiple projects. I am organized and thoughtful, detail-oriented, and take criticism well.  I have organized events for work of various sizes. One large event was Take Your Kids to Work Day, which drew over 110 children (ages 4 to 18) to campus for a day of STEM activities. I worked with a committee to develop age appropriate STEM activities, coordinate with Facilities for room reservation and set-up, recruit and coordinate volunteers, and work with the on-campus cafe to provide age-appropriate foods and handle the extra traffic. We also applied for and were granted funding from our corporate office. We were also in charge of marketing the event. I designed the poster, arranged printing and distribution throughout campus. An announcement was also sent out on email. One of the highlights of this event was creating a badge for each of the kids, including a picture that was submitted as part of the registration process. The event was praised as the most successful in recent years.  I also have experience in planning Region One conventions, having been on the committee for the Bridges to Recovery Convention in Portland. I did a lot of work during the convention itself, so I understand the small details that must be considered to run a smooth convention.  I am a calm problem-solver and work well under pressure, which comes in handy during the actual event. I am able to participate in difficult conversations, speaking my highest truth with loving kindness. I live by the Twelve steps and Twelve Traditions, to the best of my ability, one day at a time.	
<b>WHY DO YOU WANT TO SERVE IN THIS BOARD POSITION?</b> I have always been drawn to giving service. It is what keeps me sane and out of my own head. OA saved my life, and I do what I can to carry the message. Working to ensure Region 1 has a successful convention will challenge me and help me give back to this fellowship. The recovery I see in others, as well as myself during our convention is amazing. Year after year, we heal each other by sharing our	

experience, strength and hope. The unconditional love we feel just by showing up keeps me involved in program. I would be honored to give my time and talent to Region One in this capacity.

I also understand that our convention is the main fundraiser for Region One. I have seen the amazing work the Region One board and Representatives do every year and know the money raised through the convention is worth every effort we put forth. I feel I am qualified to help make sound financial decisions that will result in an affordable convention for our membership while maximizing revenue for Region One.

Another duty of the Vice-Chair is nurturing newcomers. Working with newcomers is a blessing of this program and keeps me honest about the severity of my disease. Helping newcomers, and all members, realize that they are not alone and they too can be free of the obsession fills my heart with gratitude. Thank you for your consideration.

**BRIEF ACCOUNT OF YOUR OA STORY:**

My anorexia began when I was 12 years old. The bulimia began when my mom started insisting that I eat with the family. My disease progressed until my body gave out and I realized I was unable to stop purging. I attended my first OA meeting in a treatment center.

I spent the next 2 years trying other support groups, and finally realized that none of them offered a solution. I remembered OA and started attending meetings six days a week. The days I attended a meeting, I was abstinent, but I was not free from the obsession. Eventually, I was able to put together longer strings of abstinence, but I could not stay abstinent and the obsession continued to grow. It wasn't until I got a sponsor, and worked the steps that I found lasting abstinence.

The key to my recovery was complete surrender to a Higher Power of my own understanding. I found I could not trust the God of my childhood to deliver me from my disease. Allowing myself the freedom to choose my own Higher Power gave me the courage to recover. I've spent the last 25 years sponsoring others, giving service, and doing my best to live the message of recovery. Above all, I have learned to love myself as the beautifully flawed human being I was born to be.

I commit to physical, emotional and spiritual recovery, one day at a time, while serving on the Region One Board. I pledge to provide support and encouragement to the recovery of my fellow board members. As a Region One Board nominee, my signature that I meet the qualifications found in [Bylaws](#), Article V, Section 3.

Signature: Alice W. (via email)

Date: August 18, 2020

## Application for Region One Vice Chair – Ruth D.

2 year term-Assembly 2020 to Assembly 2022

<b>Name:</b> Ruth D.	<b>Intergroup:</b> Lake Country
<b>Date joined OA:</b> May 9, 2009	<b>Date continuous abstinence began:</b> May 9, 2009
<b>SUMMARY OF OA SERVICE:</b> Meeting level – secretary, treasurer, literature Intergroup – Chair, Bylaws Region – Vice Chair Conventions – Spokane, Bellingham, Bend, Spokane	
<b>WHAT BUSINESS, PROFESSIONAL OR OTHER EXPERIENCE AND SKILLS DO YOU BRING TO THE BOARD?</b> I think (and have been told) I have excellent personal relationship skills. I was in law enforcement for several years and was a great interviewer, with an ability to go to anyone’s level.  I’ve been a member of AA since 5/6/1983. I have a sponsor and I sponsor, as well. Over the years, I’ve become very familiar with the Book of Alcoholics Anonymous, the Book used by OA until it got its own literature.  In 1985, I joined OA, and lost a lot of weight. However, due to my work – which required travel all over the country week after week. This lasted until 2009. I’d completely forgotten about OA and weighed 205. I could not stop eating. In May, 2009, I went to a women in recovery workshop where there was an attendee who introduced herself as an overeater. That was on a Saturday. I returned to OA in Spokane that Monday and have been abstinent ever since. I have maintained an 85lb weight loss.  I don’t diet or have a food plan. I simply don’t eat anything I want more of and never have seconds, fast or fried food. It’s simple and works wonderfully for me.  As a result, I’m free and live in joy, no matter what. As it says, the joy of living we really have. And as it also says, we can’t keep it if we don’t give it away. That, too, gives me great joy.	
<b>WHY DO YOU WANT TO SERVE IN THIS BOARD POSITION?</b> I LOVE (sometimes hate) conventions. I love the energy, I love meeting new people from all over the region, I love the frenzy. I also love working at this level in OA, and I have the energy and drive to do the work. And, whereas I can have a love/hate relationship with OA, I cannot live without it.	
<b>BRIEF ACCOUNT OF YOUR OA STORY:</b> As a child, I perceived me as fat. When I look at photos, I was not – all in my head. In high school, I focused only on being popular, and getting good grades. To be popular, I had to look good, so went between 120-130 throughout. When I hit 130, I starved till I returned to 120 – yo/yo. I	

always dieted until I was about 30 and lost my mom to cancer. Then I picked up alcohol and a lot of it. At the time, I was in law enforcement and most of my fellows drank. I fit right in. My 'peculiar mental twist' was activated. I drank hard (and worked hard) for 10 years. However, I had to add food – lot of it (mexican, cheeseburgers, fries, milkshakes, reese bars, cookies, cakes, chips, and on and on).

**I COULD NOT STOP EATING.**

5/6/1983, my lieutenant called me in. Played a recording from my calling the department - a lot- the night before, said he thought I was alcoholic. I said, "You're right, I am." I joined AA and have been sober since and still have a copy of that recording. Nonetheless, I continued to eat, vomited and laxatives (unsuccessfully). I did join OA but went out, as I noted earlier. I returned Home in 05/2009 at 205 lbs. and jumped immediately into service.

Since my re-entry and due to frustrations, I nearly dropped out. This was right around the time for WSBC. Our Intergroup rep was to attend. However, because she had leg surgery, she was unable. I was the alternate and did not want to go. A miracle happened to me, though. As I walked through the doors of that hotel, I had an immense spiritual experience - I'd walked through the doors of a holy place. It was like a beautiful wave rushing through and over me.

I don't even think about food, and I'm rarely hungry. What worked for me is giving up what I call my "alcoholic" foods - things I can't put down once I start and I listed them above. Hence, I don't crave. Also, I LOVE working with others. Sadly, not many of them make it – but I do! Just being involved, sharing our message definitely keeps me happy, joyous, AND free!

Thank you for your consideration.

I commit to physical, emotional and spiritual recovery, one day at a time, while serving on the Region One Board. I pledge to provide support and encouragement to the recovery of my fellow board members. As a Region One Board nominee, my signature that I meet the qualifications found in [Bylaws](#), Article V, Section 3.

<b>Signature:</b> Ruth D. (via email)	<b>Date:</b> July 27, 2020
---------------------------------------	----------------------------

## Application for Region One Secretary – Lesley K.

2 year term - Assembly 2020 to Assembly 2022

<b>Name:</b> Lesley K.	<b>Intergroup:</b> SE Alaska
<b>Date joined OA:</b> Spring 1987	<b>Date continuous abstinence began:</b> May 2010
<b>SUMMARY OF OA SERVICE:</b>  Restarted OA meeting in Ketchikan, my hometown, in 2009. Secretary for Ketchikan meetings since then. Treasurer some of the time. Literature some of the time. I have been Ketchikan's meeting representative to SE AK Intergroup. I have been secretary for South East Alaska Intergroup for the past year. I am Co-chair for 12 Step Within for Southeast Alaska Intergroup.  As representative to the virtual 2020 World Service Conference I am now on the PI/PO subcommittee reaching Men and Youth.  Sponsor to many OA members in Ketchikan over the years.	
<b>WHAT BUSINESS, PROFESSIONAL OR OTHER EXPERIENCE AND SKILLS DO YOU BRING TO THE BOARD?</b>  I have no office experience since college. I went to college 5 years to become a hospital Medical Technologist.	
<b>WHY DO YOU WANT TO SERVE IN THIS BOARD POSITION?</b>  I agreed to apply and am praying that I can be of service and if selected learn the appropriate skills.	
<b>BRIEF ACCOUNT OF YOUR OA STORY:</b>  In 1987 we were living in Juneau and I was struggling with weight. In my life I have been up to about 60 pounds overweight. I saw the ad in the paper and was interested as I had enjoyed the AA fellowship for many years before I was married. (I have over 40 years of sobriety) I became abstinent, gave away a 5 <sup>th</sup> step and enjoyed recovery until we left for Montana in 1993. I relapsed then joined OA again and enjoyed recovery again. We moved to Portland, OR in 1999 and I relapsed. I joined OA in 2009 at a retreat and was abstinent and recovering until we moved back to Ketchikan that year. I was dismayed to find that the OA meeting in Ketchikan was not happening. I started it up and restarted a so-so abstinence. In May 2010 I flew to Juneau and attended their Retreat and date my clean abstinence from then.  Back to Ketchikan the meeting has been going well and we usually have a core of four people. We also have used Free Conference Call HD for meetings on evenings during the week. Currently we have three. Our regular meeting is just now back to face to face (mask to mask) at a church.	



I commit to physical, emotional and spiritual recovery, one day at a time, while serving on the Region One Board. I pledge to provide support and encouragement to the recovery of my fellow board members. As a Region One Board nominee, my signature that I meet the qualifications found in [Bylaws](#), Article V, Section 3.

**Signature:** Lesley K. (via email)

**Date:** August 13, 2020

## Application for Region One Technology Coordinator – Beverly M.

2 year term-Assembly 2020 to Assembly 2022

<b>Name:</b> Beverly M.	<b>Intergroup:</b> Oregon
<b>Date joined OA:</b> October 1993	<b>Date continuous abstinence began:</b> January 2010
<p><b>SUMMARY OF OA SERVICE:</b></p> <ul style="list-style-type: none"> <li>• <b>Meeting:</b> Treasurer, literature, Intergroup Rep, typing phone lists, event planning, sponsoring, Zoom host.</li> <li>• <b>Intergroup:</b> Event Coordinator (1 term), Chair (2 terms), event speaker.</li> <li>• <b>Region:</b> Assembly Rep (3 years), Budget/Finance Committee (2 years), Co-Chaired 2013 Convention. Workshop speaker at conventions. Retreat leader. Region Chair 2015-2019. Co-leader for Intergroup Renewal and recovery workshops around Region One. Technology Coordinator (interim appointment) May 2020 to October 2020.</li> <li>• <b>World Service:</b> WSBC Delegate (4 years), Region Chairs Committee (4 years). Chair of Region Chairs Committee (2 years). Strategic Operating Planning Committee (2 years). Professional Outreach Committee (1 year), 12<sup>th</sup> Step Within Committee (2 years), Sub-Committee Chair for 12<sup>th</sup> Step Within Committee working on <i>The Simplicity Project</i>, Literature Committee (1 year), Sub-Committee Chair for the Literature Committee working on the pamphlet "Small Meetings, Small Towns." WSBC 2014 workshop speaker</li> </ul>	
<p><b>WHAT BUSINESS, PROFESSIONAL OR OTHER EXPERIENCE AND SKILLS DO YOU BRING TO THE BOARD?</b></p> <p><b>Work and Education Background:</b> administrative, insurance and sales positions; coursework in business and website design.</p> <p><b>Leadership, Project Management and Liaison Skills:</b></p> <ul style="list-style-type: none"> <li>• I know how to gather resources, ask for help, follow a timeline, generate enthusiasm and manage projects to successful completion.</li> <li>• I'm good at tracking the "big picture."</li> <li>• I enjoy helping groups generate ideas, focus in on options, and make decisions.</li> <li>• I'm a good team-builder.</li> <li>• My emphasis is on sharing experience, connections and resources to empower others in service.</li> </ul> <p><b>Technical / Program Skills:</b></p> <ul style="list-style-type: none"> <li>• Weebly (the Region One website platform)</li> <li>• Experience as Facebook Page Admin</li> <li>• Word, Excel, Omnis, JotForm, PhotoShop, Audacity (sound editing), Google Docs</li> <li>• Graphic design experience</li> <li>• Most computer-based technology is intuitive for me; if I don't know how to use a program or a feature, I am willing and able to learn</li> </ul>	

**WHY DO YOU WANT TO SERVE IN THIS BOARD POSITION?**

I enjoy working on the Board and being able to interact with members around our Region. I also really love technology and creative expression, and I see this position as involving both. I don't know everything about websites or technology, but I know how to find information I don't know already, and I enjoy learning new skills. In short, this position is FUN for me!

A sponsor once said to me "Show me that you love OA." My service is a way to do that. If there is a way I can be of service to Region One, I am grateful for the opportunity.

**BRIEF ACCOUNT OF YOUR OA STORY:**

I've been a member of OA for almost 27 years, am maintaining a weight loss of about 75 pounds, and have been abstaining for about 10 ½ years. I came to OA very angry, my food was completely out of control, my relationships were in crisis, and my life was not going well at all. I had zero self-esteem.

I spent many years in OA having on-again-off-again abstinence. Twice I got to a healthy body weight, only to relapse and regain the weight very quickly. I did keep going to meetings, though, even if I had to cry all the way through. I have a great deal of compassion for people experiencing relapse.

Around 15 years in program, I began to stabilize. First, my weight stopped going up, and then began to go down again, but slowly, without me trying to make it happen. I started being consistent about calling my sponsor. I stopped struggling to define higher power and began trying to live according to a simple set of spiritual values and the Principles of the Steps. I worked hard to stay in the feelings that were mine to feel. I started sponsoring and giving service. I started trying to incorporate Step 7 into my daily life, which meant I had to put down the character defect of self-criticism. Most of all, I began to accept myself as an imperfect OA member, working a reasonably good program, and putting one foot in front of another to do the next right thing.

It has been these changes in attitude and action which have allowed me to finally maintain consistent abstinence. The anger is gone, my relationships are pretty darn good, and I actually like myself today. Not every day is perfect, and it doesn't have to be; I have my program, including the amazing 10<sup>th</sup> Step process, to get me through. I recognize my positive qualities and know that I make a positive contribution to the world—both in and outside of program. What a gift—thank you, OA.

I commit to physical, emotional and spiritual recovery, one day at a time, while serving on the Region One Board. I pledge to provide support and encouragement to the recovery of my fellow board members. As a Region One Board nominee, my signature that I meet the qualifications found in [Bylaws](#), Article V, Section 3.

Signature: Beverly M. (via email)

Date: August 27, 2020