

**Minutes for  
Region One Board Virtual Meeting  
Wednesday, April 15, 2020 – 4:30pm Pacific Time**

**Attendees:**

Acting Chair: Cindy C.  
Vice Chair: Laurie  
Treasurer: Avi  
Webmaster: Margie  
Member at Large: Nadine  
Acting Secretary: Alice W.  
Trustee: Pat

4:30pm: Meeting opens.  
Alice W. was welcomed as the interim secretary.  
Reading: Voices of Recovery April 15th (Cindy)  
Reading: Purpose of R1 & Our Mission Statement

Cindy asked for any additions to this agenda. None were offered.

Cindy spoke on setting boundaries for service work for Region 1, specifically around email communication. Take a break from OA when you need to, communicate and take care of yourself. We want to avoid burn-out.

**Farewell to Pat**

The board took a moment to celebrate Pat's service as Region 1 Trustee. Pat was praised for the commitment and energy she brings to OA. She brings her whole heart and has a genuine desire to find solutions.

Pat gets the financial stuff, always has a smile on her face, and is consistent in her commitment, enthusiasm, and enjoyment of life. She is someone we can count on and hope to have around for many years to come.

As a mentor, Pat checks in with her fellows, calms us down and reminds us how the program works. Pat is a creative thinker, thinks outside the box, and reminds us we are not alone when we start to feel overwhelmed.

Pat declared the board to be her tribe. She loves working with men and women who get excited about ideas and who desire growth. Pat said she never knew how to be a friend before OA. The friendships she has developed are the payoff for doing service.  
We will stay in touch!

**Zoom project update (Pat)**

Pat shared Zoom participation results. Participation in Zoom meetings is growing. We are witnessing amazing success at carrying the message during the quarantine.  
Licences are costing Region 1 \$135/month. One license is donated as a 7th tradition.

The question was raised whether to transfer the licenses to Intergroups until we go back to face-to-face. If we shift the Zoom license responsibility to the Intergroups now, they will have to re-establish each meeting, including new links and passwords. Individual licenses are \$14.99/month.

Cindy reminded the board that they voted to spend up to \$800 on this project and suggested that we keep going as is until the funds run out. The licensing started on March 23rd/25th and runs until the end of July. Pat noted we are currently having issues using the Region 1 credit card to pay for the licenses. Pat is willing to pay Zoom and get reimbursed.

Avi had a conflict and joined the meeting at 4:59pm.

Avi said the Zoom account can be transferred to him since this is Pat's last board meeting. Avi gave Pat the email address to use for the transfer. ([Treasurer@oaregion1.org](mailto:Treasurer@oaregion1.org)). Our current 10 licenses (we pay for 9) can go on for 6 months.

**AI: Pat** to send Avi password and update to autopay going forward. The next bill is due April 23rd.

**AI: Cindy** to communicate to IGs that they can continue to use Zoom licenses for the next 6 months without interruption.

Region 1 will continue to pay for a total of 6 months. Board will reassess at the end of July and perhaps extend for additional months.

**AI: Pat** will send all email addresses for those who have licenses to Cindy

Avi will report on Zoom usage going forward.

Data: 141 meetings, 1418 participants. (40 meetings in Alaska! 337 participants.)

### **WSBC 2020 (Pat & Cindy)**

Virtual WSBC going on now, addressing only Trustee elections and Literature. Seems to be going well. Cindy and Pat held a zoom session to prepare 14 R1 delegates for WSBC.

### **Suggested Candidates for Webmaster**

The board brainstormed names of possible candidates to replace our current webmaster. The position will most likely become vacant when Margie is elected as trustee at the 2020 WSBC.

Many names were proposed.

**AI: Cindy** will reach out to suggested candidates to see if any are interested in submitting an application. Once we receive qualified candidate(s), the board agrees to vote via email.

### **Board Travel Calendar (Cindy)**

The board reviewed the current calendar:

- Lake Country May 16 postponed:  
Postponed, IG chair will talk to her Board to confirm.
- Southeast Alaska IG May 22-24 (Margie/Avi): Margie proposed a virtual sponsorship retreat. They loved the idea. Will get together to plan. Need to spread it out.  
AI: Margie to send email suggesting an update to the proposed schedule to accommodate a virtual format. Zoom meeting Sunday 4/19.
- Southern Alberta – September 12 or 19 (Cindy) - Topic? Cindy requested the board check their schedules to see if they can travel with her.
- Strategic Planning in Bellingham June 26-28, 2020: no comment for now. Zoom meetings to come.
- Updated IG Liaison list:  
Nadine asked whether it made more sense to work with the IGs in our area. Margie pointed out that IGs may feel more open to bringing up issues to someone outside of the local area.

Pat offered that the idea was to let board members focus on their own IG when attending and not have to worry about also representing Region 1 at their own intergroup.

**AI: Cindy** will work on redistributing assignments and contact people individually.

Pat offered to update the status for whomever takes over her IGs.

Cindy requested we stay until 6pm. No one objected.

### **Financial Report (Avi)**

- Current status (see emailed reports)- An issue was reported that member outreach is not PI/PO. Line item was incorrectly recorded. Avi made the correction.
- Delegate support is at \$6K. At BFDS meeting, the committee decided to increase WSBC delegate support instead of adding to Region 1 Rep support.
- The Budget is posted to the R1 website.  
Pat asked for a clarification: Since WSBC was virtual this year, the \$6k that was reserved for WSBC 2020 is being held over to cover WSBC 2021.
- Donations are good. Expenses are not that high - about ½ of usual amount YTD.
- 2019 taxes were filed. 990-NE card was posted for free. We appeared to have paid someone for this service in the past. The process is simple. We can do it ourselves moving forward.
- Received a check from Laurie for a wayward 2019 Convention registration. Confirmed that the \$80 registration goes to R1 convention 2019.
- A card sent to Greater Columbia Intergroup was returned. Nadine confirmed that the current address on the R1 website is accurate.  
AI: AVI will send the card to the new address, and will add a ribbon to the top of the card.
- Convention and General audit complete!
- BFDS recommendation for Relief Fund (read attached form from BFDS)  
Form was emailed to everyone. Requests will come to Oregon IG PO Box (Portland).  
**Need someone to box up snail mail and forward it. (who??)**  
Board discussed the project name and if it is the appropriate use of funds. Everyone agreed it was.

**Motion: Move that we follow the recommendation of the BFDS on the Relief Fund.**

Motion made by Margie. Laurie seconded. Motion passed.

### **Board Projects**

All projects are assumed to be doing well. Pushing updates to next month.

### **Convention 2020 (Laurie)**

#### **Hotel:**

Laurie reported that the hotel is closed for business until June 1st and response is slow.

She received answers to the following questions:

For a plated dinner banquet, we can list available options.

The hotel may not be able to provide sound equipment for individual rooms.

#### **Quilt:**

Someone has stepped forward to coordinate quilts. (Who?)

#### **Registration:**

Beverly suggested using the US/Canadian exchange rate at time of printing and will add the meal choices to the registration form.

#### **Speakers:**

Cate (Greater Seattle IG) and Marjorie (North Cascade IG) are getting speakers.

#### **Cancel Convention?**

The board discussed whether we should cancel an in-person 2020 Convention. We can't know if we will be able to travel by October 2020, especially internationally. We usually have an early bird rate, but we cannot publish registration forms when the hotel is closed and no one can make room reservations.

**AI: Laurie** will reach out to Jennifer (Hotel Rep) to ask about the consequences of reducing days and/or cancelling the event. What are the hotel deadlines for making a decision? Do we move forward with the planning?

Cindy is not ready to cancel yet. The board agreed.  
Questions: When do we open registration? Wait another month? Wait until the hotel is open in June? Laurie is meeting with Beverly (Registrar) weekly to keep it moving forward.

Pat recommended doing a virtual assembly/convention for 2020.

Avi suggested we wait a month to decide. The fellowship is getting very comfortable with Zoom. It could be a good idea to go virtual.  
The Central Oregon Intergroup is hosting a virtual retreat in May. They plan to text out a timeline so members can join as they please. This is a good example to learn from.

Board agreed to continue the discussion next month.

#### **Assembly 2020:**

The following were discussed:

- Start Thursday morning or afternoon?
- Plan B: hold virtual assembly
- Hotel penalties if we drop some rooms Wednesday night? (Laurie)

#### **ESH from Outgoing Trustee**

Pat shared her experience as a member of the Region 1 board. And the process of transitioning away from giving service on the board. She realized, if she is working the 12 steps, she is doing enough.

5:56pm Meeting adjourns with the Serenity Prayer

**NEXT MEETING: Wednesday, May 20, 2020, 4:30pm**

#### **ITEMS FOR FUTURE AGENDAS:**

- Region 1 Equipment Location Process (Nadine/Pat)
- Electronic Access
- Open R1 blog to members to share in lieu of loss of ability to contribute to Lifeline
- PI/PO Image Library (Pat)
- Coloring Tools Fundraiser (Pat, Nadine)
- Assembly Notebook Resource Section (Margie)
- Breakout sessions on Website (Margie)

2019-2020 Region One Board Liaison Assignments (Proposed)		
Name / Office:	Liaison Intergroups:	Liaison Project Teams / Other Roles:
Cindy C. Acting Chair	Peninsula Pierce County South Sound Greater Seattle	Assembly Notebook (w Beverly) Audit Intergroup Chairs Team
Laurie B. Vice Chair	Catch the Wave Emerald Empire Jefferson State Oregon	Convention Nurturing Newcomers
Avi Treasurer	Alaska Anchorage Southeast Alaska	BFDS Unaffiliated Group Outreach
Alice Acting Secretary	Big Sky Bitterroot Lake Country	Board Outreach Visit Coordinator Bylaws
Margie G. Technology Coordinator	North Cascades Sea to Sky Southern BC Interior Vancouver Island	Journal Sales Sponsorship Region Board Calendar Updates
Nadine D. Member-at-Large	Central Oregon Eagle Cap Greater Columbia Snake River	Nominations Speaker List Strong Recovery
Pat O'C  Trustee	Northern Lights  Regina Southern Alberta	PIPO / Carrying the Message  New Group Outreach

Respectfully submitted,

Alice W.  
Acting Region 1 Secretary

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 Mission: Each One, Reach One - Share the Hope!*