

**Region One Board Meeting Minutes**  
**Wednesday, August 19, 2020 – 4:30pm Pacific Time**

**Attendees:** Cindy (Acting Chair), Alice (Acting Secretary), Avi (Treasurer), Nadine (MAL-just the right size), Beverly (Technology), Margie (Trustee)  
**Guests:** Paula Z. (Anchorage Alaska IG) Dawn (Northern Lights IG) Sheryll (Southern Alberta IG)

**4:30pm: Called to Order**

Chair welcomed visitors: Paula Z, Dawn and Sheryll W

Beverly read Voices of Recovery for August 19th

Nadine read the R1 primary purpose and our mission statement

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.

Mission: Each One, Reach One—Share the Hope!

Assembly 2020 theme: “Life on Life’s Terms: Connecting to Recovery in a Changing World”

Chair introduced the members of the board to the visitors.

Are there any additions to this agenda?

Margie requested an increase to the cost of the R1 journals due to shipping costs.

Avi suggested keeping the cost of the journals the same and charging shipping according to the order.

**4:35pm: Board Travel Calendar (Cindy)**

- Southern Alberta – September 12 intergroup renewal (Cindy/Nadine)
- Requested Peninsula IG – September 19 – facilitate inventory (Margie volunteered) Beverly and Alice requested to attend this event to observe.
- Avi offered that his intergroup split the inventory into segments and did one part at the regular IG meeting over 5 months. Suggested connecting intergroups to do an inventory.

**4:44pm: Board Motion/Additional MAL and 2<sup>ND</sup> Vice Chair (Beverly, Nadine)**

Beverly presented the idea of adding two additional board members to help share the workload to keep balance. Board used to be 15-16 people, which was too costly for in-person meetings. Board was shrunk to save money. Since we meet virtually now, cost is no longer a factor. Additional members will make serving on the board workable for someone who works full time.

Nadine felt that a lot was required of her when she first joined the board. Mentioned Treasurer should not be required to be a liaison, so the focus can be on Treasurer’s duties. We are all volunteering to carry the message. Let’s make it less stressful.

Proposed ideas: Add two additional MAL, or an additional Vice-chair and an additional MAL.  
Open discussion: Do we want to put forward a motion to make these changes?

A motion will be made at Assembly to add additional positions. If passed, the board will appoint additional board members post-assembly. Avi liked idea of spreading liaison duties around.

Avi spoke about surprises he faced when taking over as Treasurer: new software, lack of automation, reports to Audit team, reports to Assembly binder team, reports to BFDS. Lots of email! Asked for guidelines on the monthly time commitment required for the Treasurer role.

Avi asked Margie about WSO saying they were going to push more responsibilities down to the Regions. Perhaps other regions are also experiencing a heavier workloads.

Cindy mentioned 2021 BOT restructuring may go through and we may lose our traditional trustee support. Meaning adding to the board is a good idea. The BOT will be smaller and responsibilities will shift to the region.

Dawn voiced her opinion as a possible MAL. IG liaison duties interest her!

Additional topics discussed:

- Board member workloads
- Ideas to reduce email load
- Board liaison distribution (see p. 3) Do what you can

Beverly asked for votes on motions going forward and choice between two MALs vs. a second Vice-Chair/second MAL. Board voted to go forward with the motion and suggest Vice-Chair/MAL positions.

**AI: Bev/Nadine/Alice will work on the draft motion for Assembly 2020.**

#### **5:09pm: Assembly Binder Update (Beverly)**

Beverly reviewed the content missing for the Assembly binder. No worries if deadline has passed. The committee just needs to know when the report is coming. The binder will not include a report from the Vice-chair since we do not have one.

Board outreach visits: Cindy will include in her Chair Assembly Binder report.

Assembly workshop? Cindy suggested bringing in a speaker ESH for 15 min then lead a discussion on what has worked for you during covid.

Dawn: Suggested strategies for success.

**AI: Cindy will consider how to handle the workshop piece and get back to Beverly about anything**

#### **5:15pm: Website Enhancements (Beverly) SKIPPED!**

Cindy suggested we all take a look at all of the improvements that Beverly has made to the website.

#### **5:19pm: Financial Report (Avi)**

Reviewed treasurer's report.

Monthly financials: significant individual donations (\$1K)

Donations down only \$2K over budget.

Journal sales down. We will be losing sales at Assembly/convention. Margie suggested we have printer ship directly to IGs. (For significant order). Budget is \$5K in sales and it is only \$1k right now. Could come out even or ahead with lower assembly expenses.

Assembly/Convention registration costs. Give opportunity to make an optional donation. Can also add a journal purchase option to the registration page. Can also have ways and means be part of registration page as an option.

Avi said his highest priority is getting the required reports to the Assembly binder team. He is having issues with Quickbooks.

- Zoom accounts – extend another six months? Recommends continuing through assembly. Let assembly decide if we want region to continue funding or give back to intergroup. Cost is not significant. Use as liaison meetings once a month.

**MOTION:** Move that Region One fund existing zoom accounts through the end of 2020. Seconded by Avi. Motion passed unanimously.

Avi reported that Pat O separated her zoom account from Region One and is self-funding her own zoom account. Avi asked about using zoom for convention planning.

- Convention: Nov 13-15, Pat O and Sue B co-chairs. Request from Convention team for maximum of \$850 for Zoom webinar expenses. Avi also noted a streaming service rather than Zoom. Beverly suggested using the platform that they know.

**MOTION:** Move that the board approves a maximum budget of \$850 for Zoom webinar expenses for Convention. Avi second. Motioned passed.

Cindy noted the need to move on with the agenda. Email Avi with any additional questions.

BFDS feels strongly that we have inaccuracies in Journal sales and will resubmit financial report and submit to binder team in the next couple of days. Thanks to Avi for excellent job!

### **5:46pm: Assembly (Cindy)**

Need a formal vote to accept dates for Assembly and Convention.

Cindy attended part of the Region 3 Virtual Assembly. Went smoothly! Voting, candidate Q&A.

On-line Registration will be ready by end of the month, Pat O. will host the Assembly to deal with any technical issues.

**AI: Bev and Alice will meet to discuss registration page.**

Project teams Sponsorship/Strong Recovery will be combined for this Assembly to cut down on number of project teams and have more members per team.

Pre-Assembly Sessions:

- Budget Q&A (Avi, BFDS) Sept 27 & Oct 6
- All About Assembly dates October 4 & 8 (Cindy & Margie)
- Post Assembly Board meeting October 26, 4:30-6 pm
- Assembly Dry run – when?

**MOTION:** Move that Assembly be held virtually October 24-25, 2020 and our Convention be held virtually on November 13-15, 2020. Nadine moved. Bev second. Motion passed.

**5:50pm: Convention 2020 (Cindy)**

- Keynote speaker vetting (w/backups)
  - We have 3 potential speakers. approved by convention committee.
  - Per our policies, board must also approve speakers. Watch for email from Cindy
- November 13-15, 2020
- Convention chairs Pat O. and Sue B.

**5:55pm: Convention 2021 Dates**

- October 20-22 Assembly, October 22-24 Convention

Board Liaison Assignments discussed (see below)

Any burning desires.

Beverly mentioned relief grants  
 Relief 2020" Up to \$150 grants (Central Oregon, Bitterroot, Lake Country) and Southern Alberta PIPO grants to help IGs get through Covid. Can fund up to 8 requests. Only received 3 requests.

Beverly noted WSO deadline to apply for aide to WSBC is Nov 1, 2020. Region 1 deadline is October 1, 2020. Form is 2021 WSBC Delegate Support.

**AI: Remind all of your IGs of the deadline to apply!**

Nadine thanks guests and asked for comments! Please email any of us with questions and comments!

**6:01pm: Meeting Adjourned with Serenity Prayer (Avi)**

NEXT MEETING: Wednesday, September 16, 2020, 4:30 pm Pacific time

2019-2020 Region One Board Liaison Assignments		
Name / Office:	Liaison Intergroups:	Liaison Project Teams / Other Roles:
Cindy C. Chair	Peninsula Pierce County South Sound Southern Alberta	PIPO/Carrying the Message Audit New Group Outreach Intergroup Chairs Team
Vice Chair	Catch the Wave (Margie) Emerald Empire (Cindy) Jefferson State (Cindy) Oregon (Nadine)	Convention Nurturing Newcomers (Beverly will check in with Chair) covid threw them off. they will have a report.

Avi Treasurer	Alaska Anchorage Southeast Alaska	BFDS Unaffiliated Group Outreach
Alice Secretary	Big Sky Bitterroot Lake Country	Board Outreach Visit Coordinator Bylaws
Beverly M. Technology Coordinator	Greater Seattle Northern Lights Regina Southern BC Interior	Assembly Notebook Region Board Calendar Updates
Nadine D. Member-at-Large	Central Oregon Eagle Cap Greater Columbia Snake River Oregon (VC)	Nominations Speaker List Strong Recovery
Margie G. Trustee	North Cascades Sea to Sky Vancouver Island	Journal Sales Sponsorship

Alice asked about this during Parking lot time:

Newcomer meetings – Oregon IG Sunday nights: had 12 people at meeting.

Beverly noticed that newcomer is not an option on oa.org!!

-Respectfully Submitted,

Alice W.

Acting Region One Secretary