

# Application for Election to OA Region One Board

## Assembly 2024

See [Bylaws](#) Articles V, VI and VII and [Policies](#) Section 3 and 4 for job descriptions. Qualifications are listed in [Bylaws](#) Article V, Section 3.

Email completed application to [nominations@oaregion1.org](mailto:nominations@oaregion1.org) by August 31, 2022 for inclusion in the Assembly Notebook. Applications after this date can still be considered but may not be included in the Assembly Notebook materials.

Please check the position for which you would like to be considered:

X  **Technology Coordinator:** 2 year term - Assembly 2024 to Assembly 2026

Name: Diane D	Intergroup: Unaffiliated
Address: Unit 7 7315 – 90 Ave, Edmonton, AB T6B 0P6	
Phone: 780-729-3831	Email: ddunlop15@gmail.com
Date joined OA: Feb 14, 2020	Date continuous abstinence began: Feb 14, 2020
<p><b>SUMMARY OF OA SERVICE:</b></p> <p>Three months (May 2020) abstinent, I began serving as the Region One Alternate Representative for Northern Lights Intergroup. Around this time, most 12 step meetings were virtual, and Zoom was in use by fellowships for the first time globally. I became a Tech Coordinator and Zoom Trainer for numerous local and international meetings and events (OALA Birthday Party). In my first year of service at the Region one level I served as the secretary for the Budget Finance Delegate Support committee and in 2022 I served as the Budget Finance Delegate Support Chair. From Assembly 2022 to Assembly 2024 I have been serving on the Region One Board as the Technology Coordinator.</p>	
<p><b>WHAT BUSINESS, PROFESSIONAL OR OTHER EXPERIENCE AND SKILLS DO YOU BRING TO THE BOARD?</b></p> <p>I am a senior systems analyst/AI Data Analyst/IT trainer with a passion for ensuring no one gets left behind because of technology. In my years working in various IT sectors, I have gained a wealth of knowledge. I am versed in the most recent technologies, how to use them and how to make life easier for others using these technologies. I learned to communicate, to listen and to be patient. I am adept at thinking outside the box, problem solving and never giving up. But most importantly, I have mastered how to teach others everything I know.</p> <p>I recently realized that I have many in-demand skills that I have fine-tuned from several years of valuable work experience in various industries. I have become an expert problem solver, hands on trainer, customer service representative and self-taught writer. While working with disabled adults I gained vast interpersonal skills such as patience, understanding and effective communication and teaching abilities. Owning and operating my own</p>	

business allowed me to become advanced in management, accounting, manual labor and again customer service areas.

WHY DO YOU WANT TO SERVE IN THIS BOARD POSITION?

I have served others fully since coming into recovery and to this day I believe I am only abstinent today because on some days when I couldn't show up for service, I showed up for service. I believe in this age of phenomenal growth in technology it's important that the fellowship be supported, and I believe I have the qualities, skills and the willingness to do that service. I have enjoyed serving as the Region One Board Technology Coordinator for the past two years and would love to continue serving on the Region One board to continuing giving service to the fellowship that transformed my life.

BRIEF ACCOUNT OF YOUR OA STORY:

February 2020, I weighed in at 398 pounds. I couldn't walk without someone lifting my left leg while I lifted my right. I fell 10 plus times a day because I couldn't balance my own weight. I had type 2 diabetes with early kidney damage in my one kidney. I was at death's door. February 11<sup>th</sup>, 2020, I fell in the bathtub, and I couldn't lift my own weight to get out. The fire department had to break the lock and 4 of them pulled me across the floor on a tarp to the couch so I could pull myself up and reclaim my dignity.

Three days later February 14<sup>th</sup>, the universal day of love, I began loving myself and I joined OA. I came in abstinent (I chose a food plan eliminating sugar and flour and depended on weighing and measuring to base my abstinence) and have stayed abstinent for 960 days. I have completed the 12 steps and have walked many people (Sponsees and others) through the first 164 pages of the big book of AA.

I perform a lot of service and share my story internationally so that I might help other suffering people reach the solution at a much younger time in life than I did. I believed that since I have found the solution to suffering I am responsible to carry that on.

I have lost a total of 185 pounds and have maintained that weight loss for 4.5 years. I am approved for skin surgery (Booked for September 16<sup>th</sup>, 2024) in which case following surgery I will be close to goal and realize I will not be able to maintain this miracle without the program of Overeaters Anonymous.

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 confirms that I meet the qualifications found in [Bylaws](#), Article V, Section 3.

Signature: DRDunlop

Date: August 19th, 2024