

# 48th Annual Region One Assembly Minutes

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October 11<sup>th</sup>-13<sup>th</sup>, 2023

Seattle, Washington, United States

## **Board Members Present:**

- Alice W. (Chair,
- Teri O. (First Vice-Chair)
- James G. (Second-Vice Chair)
- Lisa S. (Secretary)
- Carrie A. (Treasurer)
- Diane D. (Technology Coordinator)
- Erin F. (Member at Large)
- Beverly M. (Trustee Liaison).

## **Intergroup Representatives Present:**

- Elizabeth M. (Anchorage)
- Laurie H. (Big Sky)
- Yvonne L. (Bitterroot)
- Jules B. (Greater Seattle)
- Debi M. (Greater Seattle),
- Tawna W. (Greater Seattle)
- Annie F. (Greater Seattle)
- Judy B. (Greater Seattle),
- Leila E. (Lake Country)
- Martha J. (Oregon)
- Martha R. (Peninsula)
- Barbara W. (Pierce County)
- Faye D. (Sea to Sky)
- Tim C. (Sea to Sky)
- Summer G. (Snake River)
- Jodi B. (Southern Alberta),
- Lorri B. (Southern BC Interior)
- Barbara B. (Southern Oregon/Northern California)
- Anne W. (Northern Lights)
- Loretta B. (Vancouver Island)
- Lori B. (Vancouver Island)

## **Intergroup Alternate Representatives Present**

Dawn M. (Northern Lights)

## **Guests Present:**

- Tani M. (Visitor)
- Karen B. (Parliamentarian)

## **Intergroups not present:**

- Alaska
- Catch the Wave
- Central Oregon

- Emerald Empire
- Regina
- South Sound

## Wednesday, October 11<sup>th</sup>

The Chair opened the meeting at 7:15 pm with the Serenity Prayer, a three-minute meditation, and the 3<sup>rd</sup> Step Prayer. The 12 Steps, 12 Traditions and 12 Concepts of Overeaters Anonymous were read.

### Strategic Planning

- Beverly led the Assembly in a strategic planning session.
- Worksheets from the session were collected for use in future strategic planning.

## Thursday, October 12<sup>th</sup>

### Morning Session

The Chair called the meeting to order at 8:25 am with the Serenity Prayer, a three-minute meditation and the 3<sup>rd</sup> Step Prayer. The 12 Steps, 12 Traditions, and 12 Concepts were read.

### Introductions

- Board Members introduced themselves and their position on the Board.
- Beverly M., Trustee Liaison stated that she had a voice, but no vote at Assembly.
- Karen B., Parliamentarian, explained her role at the Assembly and that she had neither voice nor vote unless asked by the Chair to address a question of Parliamentary procedure.
- All Representatives, Alternates and visitors introduced themselves.

### Appointments

- The Chair made the following appointments:
  - Appeals Committee for WSBC
    - Dawn M.
    - Summer G.
  - Assembly Minutes Review
    - Jodi B.
    - Anne W.
  - Reference Committee for Assembly:
    - Jules B.
    - Tawna W.
    - Faye D.
    - Barbara B.
  - Reference Committee for WSBC
    - Tawna W.
    - Faye D.
  - Audit Team:
    - Judy B.
    - Leila E.

- Tim C.

**Announcement of Open Board Positions and Call for Nominations**

- Open Positions for the Region One Board were announced:
  - Chair
  - Treasurer
  - Member at Large
  - Region One WSBC Delegate (up to five)
  - WSBC Trustee.

**Credentials Report**

- The Region One Secretary presented the Credentials Report

Board Members	7
Region Representatives	22
Region Alternates	1
Trustee Liaison	1
Visitors*	1
Parliamentarian	1
Total Voting Members	29
Total Non-Voting Members	3
Total Guests	1
Total Attendance	33

\* Visitor Tani M. was not included in report made at Assembly incorrectly

**Adopt Standing Rules**

- The Standing Rules were adopted as amended.

**Motions and Use of the Microphones**

- The process for Motions and Use of the Microphones was reviewed.

**Vote on Consent Agenda:**

- The Consent Agenda included the following policy motions:
  - Policy Motion P-2 – Motion to amend Policy 5, Article 5.4. Representative and Delegate Support Reimbursement.
  - Policy Motion P-3-Motion to amend Policy 5, Article 5.7 Other Reimbursement
- The Chair called for objections to the consent agenda, hearing none, the chair called for a vote.
- The Consent Agenda was adopted as presented.

**Call for amendments to Motions:**

- One Amendment was submitted to Policy Motion P-1.
- One Amendment was submitted to New Business Motion BL-2. The Chair referred this motion to the Reference Committee.

- Two Amendments were submitted to the Emergency New Business motion. The Chair referred this motion to the Reference Committee.

## Reports

- **Board Reports**
  - The Chair gave a verbal report and answered questions.
  - The First Vice-Chair gave a verbal report and answered questions.
  - The Second Vice-Chair gave a verbal report and answered questions.
  - The Secretary gave a verbal report and answered questions.
  - The Treasurer gave a verbal report and answered questions.
  - The Member-at-Large gave a verbal report and answered questions.
  - The Technology Coordinator gave a verbal report and answered questions.
  - Trustee Liaison gave a verbal report and answered questions.
- **Project Team Reports**
  - The Assembly Notebook team lead gave a verbal report.
  - The Budget, Finance and Delegate Support team lead gave a verbal report.
  - The Bylaws team lead gave a verbal report.
  - The Newcomer Support Team Board liaison gave a verbal report.
  - The Nominations team leader gave a verbal report.
  - The Public Information/Professional Outreach team leader gave a verbal report.
  - The Sponsorship/Strong Recovery Team lead gave a verbal report.
- **Intergroup Reports**
  - Intergroup Representatives gave verbal reports, shared ESH and answered questions.

Written Board, Project Teams and Intergroup reports are available in the online [2023 Assembly Notebook](#).

## Workshop: Sharing Service and Recovery-What One Person Can Do

- Erin and Lisa led a workshop on encouraging service at a personal level.

## The Assembly adjourned at 12:00 pm for lunch.

- The R1 Trustee Liaison spoke for 20 minutes.

## Project Teams Planning Session

- The Chair announced the members of the Project Teams for 2023.
- The Project Teams met to begin planning for the upcoming year.

## Afternoon Session

The Chair called the meeting to order at 3:00 pm

## Credentials Report

- The Secretary presented the Credentials Report

Board Members

7

Region Representatives	22
Region Alternates	1
Trustee Liaison	1
Visitors*	1
Parliamentarian	1
Total Voting Members	29
Total Non-Voting Members	3
Total Guests	1
Total Attendance	33

\* Visitor Tani M. was not included in report made at Assembly incorrectly

### **Nominations**

- The Chair called for nominations for the open Board positions from the floor.
- There were no nominations from the floor.

### **2024 Budget Discussion**

The Assembly reviewed the preliminary 2024 Budget.

### **2024 Budget Approval**

- A motion was made and seconded to approve the 2024 Budget as presented. The motion was adopted.
- The 2024 Budget approved.

### **Presentation of Nominees**

- Each nominee spoke to the Assembly and answered questions for five minutes.
  - Chair – Alice W.
  - Second Vice-Chair – James G.
  - Treasurer
    - Judy B.
    - Karen R. (via zoom)
  - Member at Large
    - Lori B.
    - Karen R. (via zoom)
  - WSBC Delegates (up to 5)
    - Teri O.
    - James G.
    - Bev S. (via zoom)
  - Trustee Liaison
    - Cindy C.

Intergroup Sharing Session

## **Friday, October 13<sup>th</sup>**

*Morning Session*

The Chair called the meeting to order at 8:25 am with the Serentiy Prayer, 3<sup>rd</sup> Step Prayer and Meditation.

### Credentials Report

- The Secretary gave the credentials report:

Board Members	7
Region Representatives	21
Region Alternates	1
Trustee Liaison	1
Visitors*	1
Parliamentarian	1
Total Voting Members	29
Total Non-Voting Members	3
Total Guests	1
Total Attendance	32

### Workshop -Sharing Service and Recovery In Our Meetings

- The Assembly voted to hold the remaining workshops at a later date over zoom in the interests of recovery.

### Bylaws Motions

- Motion BL-1: Motion to amend Bylaws Article V, Section 1 to add a second Member-at Large to the R1 Board.
  - **The motion was adopted after debate and questions.**
- Motion BL-2 Amended: Motion to amend Bylaws, Article XI, Source of Funds, Section 1 to increase the maximum amount an individual may contribute.
  - Members of the Assembly were provided with a copy of the amended motion.
  - The Reference committee recommended adoption of the motion as amended.
  - **The motion was adopted as amended after debate and questions.**

### Policy Motions

- Motion P-2: Motion to amend Policy 5, Article 5.4. REPRESENTATIVE AND DELEGATE SUPPORT reimbursement policies,
  - **The motion was adopted with the consent agenda.**
- Motion P-3: Motion to amend Policy 5, Article 5.7 Board and Committee members, and nominees' reimbursement policy.
  - **The motion was adopted with the consent agenda.**

- Motion P-1: Motion to amend Policy Article 5 Budget and Finance, 5.2 Budget, 5.2.5 reallocation of excess funds policy.
  - Amendment to Motion P-1 was debated and not adopted,
  - **Motion P-1 was adopted as written after debate and questions.**

### **7<sup>th</sup> Tradition Collection**

#### **Emergency New Business Motion Balanced Budget**

- Motion that Policy 4.6.12 and Policy 5.2.2 be amended so that the Treasurer and the BFDS team create a balanced budget proposal for the following year.
  - The Reference Committee recommended consideration of the motion as written. The Committee reported it felt this motion qualified as an emergency to be considered by the 2023 Assembly so that, if adopted, the policy could go into effect for 2024.
  - **The motion was adopted after debate and questions.**

*Complete texts of Policy and Bylaws motions, as adopted, are provided at the end of these minutes.*

#### **Election Results:**

- Chair: Alice W. was elected for a two-year term.
- Second Vice-Chair: James G. was elected for a two-year term.
- Treasurer: Judy B. was elected for a two-year term.
- Member at Large: Lori B. was elected for a two-year term.
- WSBC Delegates (up to 5)
  - Teri O. elected as region 1 delegate to WSBC 2024
  - James G. elected as Region 1 delegate to WSBC 2024
  - Bev S. elected as Region 1 delegate to WSBC 2024
- Affirmation of Trustee nominee: Cindy C. was affirmed as a nominee to stand as candidate for Trustee at the 2024 WSBC.

**Applications for the second MAL position will be sent out to Intergroups.**

**Newcomer Welcome and Support Project Presentation.**

**Second Project Team Meetings**

**Announcements**

**Appreciation**

- All members of the Assembly for their service.
- Board Members leaving the Board:
  - Carrie (Outgoing Treasurer)
  - Erin (MAL)

- Karen (Parliamentarian)
- Green Dot Ceremony

**Future Board Meetings**

- The after- Assembly Board Meeting date and time will be determined and announced at Convention.
- Board Members that are signers on the Region 1 checking accounts will meet at 3:30 pm today to go to the bank to transfer authorized signatures to the accounts.

The Assembly was adjourned at 11:55 am.

## OCTOBER 2023 MOTION TO REGION ONE ASSEMBLY

### MOTION BL - 1

This motion affects a:                     Bylaw                     Policy

Move that Bylaws Article V, Section 1 be amended as follows:

CURRENT WORDING	PROPOSED WORDING
<p><b>Article V – Region One Board</b></p> <p>Section 1 The Region One Board shall consist of the following:</p> <p>    A. Members with voice and vote: Chair, First Vice-Chair, Second Vice-Chair, Secretary, Treasurer, Technology Coordinator, and Member at Large.</p> <p>    A. Members with voice, but no vote: The World Service Trustee Liaison to Region One.</p>	<p><b>Article V – Region One Board</b></p> <p>Section 1 The Region One Board shall consist of the following:</p> <p>    A. Members with voice and vote: Chair, First Vice-Chair, Second Vice-Chair, Secretary, Treasurer, Technology Coordinator, <del>and</del> <u>First Member at Large, and Second Member at Large;</u></p> <p>    B . Members with voice, but no vote: The World Service Trustee Liaison to Region One.</p>

**SUBMITTED BY:**

Diane D

Region One Technology Coordinator  
[technologycoordinator@oaregion1.org](mailto:technologycoordinator@oaregion1.org)

**INTENT:**

The purpose of this motion is to request the addition of a second Member At Large service position on the Region One Board.

**IMPLEMENTATION:**

Update the Region One Bylaws for this motion. If passed, motions to update other areas of the Bylaws and Policies (such as job descriptions) will be presented at Assembly 2024. Existing job description for Member at Large will be shared until then. After Assembly 2023, the Board will make temporary appointments for the new positions until Assembly 2024.

**COST:**

Increase in Board Travel to Assembly and Convention. However, costs would be offset in continual use of virtual meeting tools by the Board.

**RATIONALE:**

The Region One Board is committed, but we need more hands. The Board is committed to being of service to our 22 intergroups and all members in Region One. We really believe in reaching out (Board Special Projects, fostering connections, and providing recovery and service resources. We are an active Board, and we feel good about what we bring to the Region. However, the current workload on existing board members makes it necessary to either share this service with more Board members, hire outside help, or consider which resources we can no longer provide. History: Region One currently consists of 8 positions (including our Trustee). In the past, Region One had 15 members sharing the work of carrying the message. Positions were eliminated over the years largely to reduce travel costs. In 2014 (approximately) the current Member at Large position was added back to the Board.

Costs and Travel: The Board traveled much less than before the pandemic, when the entire Board met in-person at least four times per year. The Board still holds most meetings virtually and met in person only once this year. We decided that we would rather budget to send Board members to visit intergroups than attend in-person Board meetings and that it was only necessary to send two members at a time. We held part of our strategic planning session and our in-person board meeting at the same time we visited an Intergroup to speak at their retreat which saved on extra travel costs.

What it would mean to have an additional Member at Large Board position:

- Project team and intergroup liaison roles could be divided among more people
- If necessary, a Board member could be given fewer liaison assignments without as large an impact on other members of the Board.
- Assignments could be made more thoughtfully; matching interests and skill sets with tasks.
- Unexpected vacancies on the Board would not cause undue stress, as those responsibilities could be shared by several people.
- Service on the Board would be more do-able for members who are employed, and for those who are retired.
- Member at Large is an easier way to start on the Board than some other positions—this could open Region service to members who don't feel they can take on some other roles.
- And, finally, many hands make for light work and joy in service!

We bring this motion with recovery, love for OA , commitment to service, and a desire for greater balance in mind. Thank you for considering this proposal.

# OCTOBER 2023 MOTION TO REGION ONE ASSEMBLY

## AMENDMENT TO MOTION BL - 2

This motion affects a:             Bylaw                             Policy

Move to amend Bylaw, Article XI, Source of Funds, Section 1 by inserting the following:

CURRENT WORDING	PROPOSED WORDING
Article XI – Source of Funds Section 1 – Source of Funds	Article XI – Source of Funds Section 1 – Source of Funds
The activities of the Assembly shall be primarily financed from:	The activities of the Assembly shall be primarily financed from:
A. Contributions from groups and Intergroups B. Conventions. C. Private donations from members	A. Contributions from groups and Intergroups B. Conventions. C. Private donations from members
	<u>1) A member may contribute up to US \$7,500 per year to the general fund, up to US \$7,500 per year to any special fund, and up to US \$7,500 per year to honor the memory of a deceased member. An individual member may contribute an unconditional cash gift of up to \$5,000 USD per year to Region One.</u>
	<u>2) Region One may accept a bequest from the will of a deceased member in cash or cash equivalent. There is no limit on the amount of such a bequest. Region One may accept a one-time, unconditional cash gift from the estate of a deceased member of up to \$10,000 USD.</u>

The Reference Committee recommends adoption.

# OCTOBER 2023 MOTION TO REGION ONE ASSEMBLY

## MOTION P – 1

This motion affects a:         Bylaw         Policy

Move to amend Policy Article 5 Budget and Finance, 5.2 , Budget, 5.2.5 by striking and inserting the following:

CURRENT WORDING	PROPOSED WORDING
<p>5. BUDGET AND FINANCE</p> <p>5.2. BUDGET</p> <p>5.2.5. Region One shall annually use excess funds as follows:</p> <p>5.2.5.1. Up to 30% to be used for Board Special Projects</p> <p>5.2.5.2. Up to 30% to be used for Member Outreach to our members, groups and Intergroups</p> <p>5.2.5.3. Up to 15% to be used for Representative Support</p> <p>5.2.5.4. Up to 15% to be used for WSBC Delegate Support</p> <p>5.2.5.5. Up to 10% for PIPO</p> <p>5.2.5.6. Up to 10% to increase funding for project teams per their request</p>	<p>5. BUDGET AND FINANCE</p> <p>5.2. BUDGET</p> <p>5.2.5. <u>At the end of each fiscal year, Region One shall reallocate annually use</u> excess funds. Excess funds are calculated as follows: bank balances per book at year-end less Prudent Reserve, less already-budgeted targeted expenses for the coming year. Targeted expenses for this purpose include: Board Special Projects, Member Outreach, Representative Support, and WSBC Delegate Support. <u>Excess funds shall be reallocated in the budget as follows:</u></p> <p>5.2.5.1 <u>The remainder, at least A minimum of 10%, to shall be sent to the World Service Office of Overeaters Anonymous. Up to 30% to be used for Board Special Projects</u></p> <p>5.2.5.2 <u>4. Up to 30% to shall be used for Board Special Projects</u></p> <p>5.2.5.3 <u>2. Up to 30% to shall be used for Member Outreach to our members, groups and Intergroups</u></p> <p>5.2.5.4 <u>3. Up to 15% to shall be used for Representative Support</u></p> <p>5.2.5.5 <u>4. Up to 15% to shall be used for WSBC Delegate Support</u></p> <p>5.2.5.6 <u>5. Up to 10% shall be used for PIPO</u></p>

<p>5.2.5.7. The remainder, at least 10%, to be sent to the World Service Office of Overeaters Anonymous Excess funds are calculated as follows: bank balances per book at year-end less Prudent Reserve, less already-budgeted targeted expenses for the coming year. Targeted expenses for this purpose include: Board Special Projects, Member Outreach, Representative Support, and WSBC Delegate Support.</p>	<p>5.2.5.76. Up to 10% shall be used to increase funding for project teams per their request</p> <p><del>5.2.5.7. The remainder, at least 10%, to be sent to the World Service Office of Overeaters Anonymous Excess funds are calculated as follows: bank balances per book at year-end less Prudent Reserve, less already-budgeted targeted expenses for the coming year. Targeted expenses for this purpose include: Board Special Projects, Member Outreach, Representative Support, and WSBC Delegate Support.</del></p>
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**SUBMITTED BY:**

Sue B.  
 Member of Budget Finance and Delegate Support (BFDS) Project Team  
<mailto:sue.BFDS.r1@gmail.com>

**INTENT:**

The purpose of the motion is to clarify the process Region One uses to redistribute excess funds.

**IMPLEMENTATION:**

Update the policy

**COST:** None

**RATIONALE: (THE “WHY”)**

The current wording in the policy about how Region One reallocates excess funds at the end of the fiscal year is unnecessarily confusing. The new wording states the policy clearly.

# OCTOBER 2023 MOTION TO REGION ONE ASSEMBLY

## CONSENT AGENDA – MOTION P - 2

This motion affects a:  Bylaw  Policy

Move to amend Policy 5, Article 5.4. REPRESENTATIVE AND DELEGATE SUPPORT by inserting the following:

CURRENT WORDING	PROPOSED WORDING
5. BUDGET AND FINANCE	5. BUDGET AND FINANCE
1.4. REPRESENTATIVE AND DELEGATE SUPPORT	1.4. REPRESENTATIVE AND DELEGATE PPORT
1.4.1. Representative Support	1.4.1. Representative Support
5.4.1.6 Section Added	<u>5.4.1.6 After Assembly the representative will turn in (to the Region One Treasurer) an expense report and all receipts to receive reimbursement for costs up to the amount of approved funding support. Funds may be reimbursed only for costs incurred during Assembly (not Convention) and travel to and from Assembly. Advance payments may be made only by special arrangement with the Region 1 Treasurer.</u>
5.4.2.7 Section Added	<u>5.4.2.7 After WSBC, the delegate will turn in (to the Region One Treasurer) an expense report and all receipts to receive reimbursement for costs up to the amount of approved funding support. Funds may be reimbursed only for costs incurred during WSBC and travel to and from WSBC. Advance payments may be made only by special arrangement with the Region 1 Treasurer.</u>

**SUBMITTED BY:**

Lauren N Chair, BFDS  
[BFDS@oaregion1.org](mailto:BFDS@oaregion1.org)

**INTENT:**

To make the policy reflect current practices. The BFDS committee requires receipts in order to reimburse any costs incurred. We would like these statements added to policy to ensure the policies reflect this practice already in place.

**IMPLEMENTATION:**

Update Policies and Procedures as stated above.

**OCTOBER 2023 MOTION TO REGION ONE ASSEMBLY  
CONSENT AGENDA - MOTION P – 3**

This motion affects a:             Bylaw                             **Policy**

Move to amend Policy 5, Article 5.7 by striking and inserting the following:)

CURRENT WORDING	PROPOSED WORDING
<p>5. BUDGET AND FINANCE 5.7 REIMBURSEMENT: 5.7.1. Reimbursement forms accompanied by related receipts shall be submitted to the Treasurer, except that the Treasurer shall submit their own reimbursement requests to the Chair.</p> <p style="text-align: right;">The Treasurer shall approve reimbursements and issue checks according to the following guidelines: <i>(The Guidelines have not been changed)</i></p>	<p>5. BUDGET AND FINANCE 5.7 <u>OTHER</u> REIMBURSEMENT: 5.7.1. <u>The following guidelines are directed toward reimbursements for members of The Board, Committees, Board Nominees, and Regional Delegates to the World Service Business Conference.</u></p> <p><del>Reimbursement forms accompanied by related receipts shall be submitted to the Treasurer, except that the Treasurer shall submit their own reimbursement requests to the Chair.</del></p> <p><u>The Treasurer will submit their own reimbursement requests to the Chair. Other reimbursement forms accompanied by related receipts shall be submitted to the Treasurer.</u> The Treasurer shall approve reimbursements and issue checks according to the following guidelines: <i>(The Guidelines have not been changed)</i></p>

**SUBMITTED BY:** Lauren N  
Chair, BFDS [bfds@oaregion1.org](mailto:bfds@oaregion1.org)

**INTENT:**  
To make the policy reflect current practices. To separate from Board, Nominees and Committee Members.

**IMPLEMENTATION:**  
Update Policies and Procedures heading for section 5.7.

**COST:** None

**RATIONALE: (THE “WHY”)**  
Clarify reimbursement procedures for all funding requests from Board, Nominees and Committee Members. The previous sections of these reimbursement policies only pertain to Intergroup Regional Representatives and Intergroup WSBC Delegates.

