

## Application for Region 5 Officer

- Print this page, and then answer the questions, using separate sheet(s) for items #1-4...

**OR...**

Complete all questions in Microsoft Word, and then print the completed application.

- Mail your completed and signed application to: Region 5 Secretary  
17595 W. Dartmoor Dr.  
Grayslake, IL 60030-3016
- **Also**, Email a copy of this application to: susan.m.oe@gmail.com  
(Questions about this? Contact the Region 5 Secretary)
- Applications must be received by the Region 5 Secretary by September 1, 2015.

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Full Name: Michael B

Address:: 146 Balmoral Way Apt. 15M

Number of Years in OA: 32

City: Greenwood

Name of Home IG: Central Indiana Intergroup

State / Province: IN

Currently a Region 5 Rep? NO

Zip: 46143

Previously a Region 5 Rep? Yes

For which office are you applying?

Chair \_\_\_\_\_ Vice Chair  \_\_\_\_\_ Treasurer \_\_\_\_\_ Secretary \_\_\_\_\_

**1) Give a brief account of your O. A. story:**

I came into OA in June of 1982 and attended my first OA meeting. I thought the women that were in the meeting were crazy and I was sane. I did not return to OA until January 7, 1983. That meeting was to change my life forever. I got abstinence two weeks later and lost 90 lbs. the first nine months of working the program. In late August of that same year, I had many compliments on my weight loss and my head was not where it should have been. I still felt fat and not ready to handle all of the sexual attraction and feelings that I was feeling. I choose to eat something that was not on my food plan because I was used to hiding what I was feeling and thinking at the time. My decision to take that first bite lead me to start my first relapse in this program. Dealing with my feelings about my body image was not always easy to deal with since I have used food to find comfort from what I was really feeling. My current abstinence is one that I treasure very much being a person who has experienced relapse several times throughout my OA life. I am working through my issues and will continue to deal with them as I continue to work this program. I have a sponsor and have several people who I am sponsoring at this time.

Expand this area as needed.

**2) Give a summary of your O. A. service:**

**Local Level:** Setting Up for the Meeting, Cleaning up after Meeting, Intergroup Representative, Treasurer, Speaker and leader of the meeting.

**Intergroup Level:** Intergroup Representative, Literature Chair, Helped with Marathons, Convention Chair for several conventions, Policy & Procedures/Bylaws Chair at Intergroup, Secretary of Intergroup for two years, Vice-Chair of Intergroup, Chair of Intergroup, Region Representative and World Service Delegate, Program Chair for several conventions, Ways & Means Committee.

**Region Level:** Service on the By-Laws Committee, Convention Committee, Public Information, Policy & Procedures & By-Laws Chair several times, Convention Chair and Co-Chair, Program Chair, Currently Serving as your Vice-Chair.

**World Service Level:** Served on the By-Laws Committee and Reference Subcommittee several times and Twelve Step Within Committee.

**3) Explain why you would like to be a Region 5 officer:**

I would like to be an Officer in Region 5 since I believe I have the gifts and talents to do the job as Vice Chair. I have experience in dealing with people and helping people. I also know how to read and handle contracts with the hotels since I did that as chair of several conventions. When I discovered an error in our contract I was able to negotiate with the hotel and save the region over \$1,600.00 this past year as the Region Chair of the convention. I have the experience and would like to give back what OA has freely given to me. This program is about giving service and I need to do service in order to keep what I have been given so freely. To be elected Vice Chair again would allow me the opportunity to do 12 Step service at a level that would afford me the chance to support and carry the message of recovery to compulsive overeaters in and out of the program.

**4) Explain any skills or experience you would bring to the Region 5 board:**

I bring my experience of working with people who are going through life changing events or trauma in their lives. I have compassion, time management skills as well as being detail oriented to get the job done. I have great listening skills. I have the ability to multitask at the same time. I have the ability to follow through on my assigned duties and tasks. I have negotiation skills, which will help me to deal with the different hotels. I have dealt with many different hotels during my course of being intergroup chair and convention chair of several conventions. I am a person with great vision to check out a space to see if it would work for our needs and purpose. I bring my honesty, openness, and willingness to serve the Region. I have served on the By-Laws & Policy & Procedures committee several times which will help me to ensure that I have the best interest for the Region. I bring all of these skills to serve as Vice Chair of Region 5.

Responsibilities and Duties of Region 5 Officers are listed in the Policies and Procedures in Article II. By signing this applications, you certify that you meet the qualifications for Region 5 Officers can found in the Region 5 Bylaws, Article VI, Section A.

Signature: (on file) \_\_\_\_\_ Date: August 31, 2015