



OVEREATERS ANONYMOUS

REGION 5 SECRETARY

January 16, 2016

RE: REGION 5 ASSEMBLY

March 11-12, 2016

In Champaign, IL

Dear Region 5 Intergroups, Representatives, Board Members, Parliamentarian, and Friends,

It is time to prepare for the March Region 5 Assembly. We will meet at the Hawthorn Suites by Wyndham in Champaign, IL.

This letter comes with your first packet of assembly documents (Packet A). Expect the second packet (Packet B, which contains different documents) near the end of February.

In this Assembly Packet A, you will find the following documents:

A01: The Secretary Letter (3 pg) ****New****

A02a: Hotel Information (1 pg) ****New****

A02b: Hotel floorplan (2 pgs) ****New****

A03: Assembly Registration Form (1 pg) ****New****

A04: Funding Assistance Information and Form, Revised January 2015 (2 pgs)

A05: The Agenda and Timeline (4 pgs) ****New****

A06: Minutes of the November 2015 Assembly (8 pgs) ****As in Packet C****

A07: Region 5 Bylaws, Revised November 2015 (8 pgs) ****As in Packet C****

A08: Region 5 Policies and Procedures, Revised November 2015 (13 pgs) ****As in Packet C****

A09: Region 5 Convention Guidelines, Revised November 2014 (8 pgs)

A10: Region 5 Standing Rules, Revised November 2015 (2 pgs) ****As in Packet C****

A11: Region 5 Officer Application, Revised November 2015 (1 pg) ****New****

A12: Tips for Region 5 Representatives, Revised November 2015 (5 pgs) ****As in Packet C****

A13: Region 5 2016 Convention Information/Registration Form (2 pgs) ****As in Packet C****

A14: Transportation Flyer for R5 2016 Convention (1 pg) ****As in Packet C****

A15: Bylaws Committee Motion 1 (1 pg) ****New****

A16: Bylaws Committee Motion 2 (1 pg) ****New****

A17: Bylaws Committee Motion 3 (1 pg) ****New****

The documents marked as ****New**** have changed since the November Assembly Packet C. The documents marked ****As in Packet C**** were new after the November 2015 Assembly, but have not changed since they were sent out in Packet C last month.

Please look over these documents in preparation for the assembly.

During the assembly, you will want to have hard copies or electronic access to at least the Agenda, Bylaws, Policies and Procedures, Convention Guidelines, and Standing Rules.

Important information can be found on A02a **Hotel Information and A02b Floor Plan**, A03 **Assembly Registration Form**, and A16 **Tips for Region 5 Representatives**. If your intergroup wishes to apply for funding assistance to send a representative, A04 **Funding Assistance Form** must be received by **February 12th**.

The **Region 5 Handbook** is a notebook of resources for Region 5 representatives. If you already have one or just received one from a previous representative, you will want to make sure that the documents are up to date. Check the revision dates against those in the above list of Packet A documents. If you do not have a Handbook, you may order one for \$15 when you register. The most recent Bylaws, Policies and Procedures, Convention Guidelines, Standing Rules, and Tips for Region 5 Representatives that are in this packet will be included in any Handbooks that are ordered.

Visitors are always welcome. If you plan to visit, please register. There is no charge for visitors to register unless they wish to join us for the Saturday Luncheon, which must be prepaid (\$25).

You may **register** online at region5oa.org or by mail (or email) using A03 **Assembly Registration Form** in this packet.

Whether registering online, on paper, or through email, please remember to register just **one person per form**. Several people can be paid for at one time using the “If you are paying for another’s registration” option, but each of those people needs to be registered individually.

Just a reminder that we make **assembly luncheon reservations** only for those who have paid before our lunch count is due. If you registered using a ticket with the “Paid by other means” option and the funds haven’t been received in time to reserve your lunch, you may need to make other arrangements for lunch.

The Saturday **luncheon menu** will be:

Vegetable soup (without pasta)

Salad makings: spinach, romaine, and mixed greens, garbanzo beans, tomatoes, cucumber, eggs, carrots, onions, shredded cheddar cheese, blue cheese crumbles, parmesan cheese

Dressings: sugar free dressings

Grilled chicken, whole grain rolls and butter, fruit served in cups
Drinks: coffee, hot tea, iced tea

To reserve a room at the Hawthorn Suites in Champaign, IL, call the hotel directly at 217-398-3400. Use the group code “Region 5 Assembly” so that we will get credit toward the meeting rooms. The room rate is \$99 plus taxes/room/night. See A02 for more hotel information and the floor plan.

The cut off date for assembly registration and hotel reservation, as well as funding requests, is **Friday, February 12, 2016.**

A11 is the **Region 5 Officer Application**. We are currently looking for candidates for Region 5 Chair and Treasurer for our November election. Please carefully consider if you might be qualified, available, and willing. Also, whom do you know that would be a good candidate? Please let me know names you come up with!

Continue to circulate the flyers for the **2016 Region 5 Convention in Detroit** and the coach that is being planned starting around Milwaukee.

Look over the three **motions** (A15-17).

I look forward to working with you in March!

Thank you for your service.

Yours in recovery,
Susan Mc :-)
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