



OVEREATERS ANONYMOUS REGION 5 SECRETARY

Jan 26, 2020

**RE: Region 5 2020 Spring Assembly
March 13th, 14th, and 15th 2020 Hilton Garden Inn Chesterton, IN**

Dear Region 5 Intergroups, Representatives, Officers, and Trustee,

It is time to prepare for the 2020 Spring Region 5 Assembly, which will be held in the Hilton Garden Inn in Chesterton, Indiana. We don't have a lot of time to get ready for the Spring Assembly as it is almost around the corner. There is only 6 weeks to go. So, get your Region 5 Mojo going and let's get to it

There are 9 documents in Packet A

- A01_Region5 Secretary Letter Spring 2020.pdf
 - New – 6 pages
 - This document you are currently reading which contains information about all of the documents and the upcoming Region 5 2020 Spring Assembly.
- A02 Hotel Information.pdf
 - New – 3 pages
 - This document contains information about the hotel including how to make reservations, directions, and local restaurants.
- A03.FundingAssistForm2018.pdf
 - 2 Pages
 - Funding assistance forms (to send region representatives to assembly) are to be received at the Lombard address on the form by February 12th.
- A04.Agenda.Spring.2020.pdf
 - New – 5 Pages
 - This document is the proposed schedule for the Region 5 2020 Spring Assembly weekend.
- A05.Region 5 2019 Fall Assembly Minutes.pdf
 - New – 10 Pages
 - These are the unapproved minutes from the Region 5 Spring 2019 Assembly.
- A06.Region 5 2020 Spring Assembly Motions.pdf
 - New – 9 Pages
 - There are 4 proposals to consider at the Region 5 Spring 2019 Assembly. Motion D is the a rewrite of the motion that was postponed indefinitely. Please read these motions carefully before the Assembly.

- A07.Region 5 Friday Night Zoom Flyer.pdf
 - New – 1 Page
 - This is an invitation for non-region representatives to join us via Zoom for our Friday night session. Please distribute this flyer at your intergroup and group meetings. It is in color. For more formation about Friday Night Zoom, please read the section for it, later in this letter.

Other Important Documents

Previously I've been including all our standard documents that you would need to read in each of the packets for each of our events. This seems so redundant to me as they are posted else where on our website. I've been trying to cut down on all the copies of the different documents to be more efficient and use less space. Here is a list of other documents you might need for the event

- Region 5 Business Documents

You can find all of the mod current Region 5 documents that govern how we do business on the Region 5 website on the Region 5 Forms / Resources page: <http://region5oa.org/forms-resources/>

 - Region 5 Bylaws
 - 8 pages, November 2017
 - Region 5 Policies and Procedures
 - 18 pages, March 2109
 - Region 5 Convention Guidelines
 - 8 pages, November 2016
 - Region 5 Standing Rules
 - 2 pages, November 2017
 - Region 5 Assembly Information
 - 19 pages, January 2019
 - All the answers you would ever need to your questions about the Assembly and Summer Conference session that you would ever care to ask.
 - Region 5 Assembly Handbook
 - 37 pages. December 2017
 - You do not need to print out any of these documents unless you really want to for the Region 5 Summer Session. However, I think it's convenient to have the latest documents in front of me during the session.
- Suggested Committee Agenda and Report Format
 - 3 pages
 - We will be having business meeting during the 2020 Spring Assembly. Committees might want to use these forms
 - <https://region5oa.org/media/forms/CommitteeAgenda.Minutes.ReportForm.docx>

- Application Forms
 - Application for R5 Officer
 - This year we will be having an election for Region 5 Chair and Region 5 Treasurer at the upcoming 2020 Fall Assembly in November. It is never too early to start considering running for election for these two service positions. Both CJ and Gerri are rotating out of this service. If you are interested in serving in one of these two service positions, please submit an application to the Region 5 Secretary before September 2020.
 - On even numbered years, elections are held for chair and treasurer. On odd numbered years, elections are held for vice chair and secretary. This is a very even year.
 - You can find the application here: <http://region5oa.org/wp-content/uploads/2019/04/Application-for-Region-5-Officer.docx>
 - Please talk to the current Region 5 Chair (CJ) and Treasurer (Gerri) to find out more about what they do. A day in the life will be published for both service position in the Summer Conference Packets.
 - Application for R5 Delegate
 - We have selected Amanda from Greater Dayton Intergroup to represent Region 5 at the upcoming World Service Business Conference (WSBC) on April 20-25, 2020.
 - It might feel like it is too early to think about the 2021 WSBC, but it's not. If your intergroup cannot afford to send you, consider applying to be a Region 5 Delegate for 2021. Talk to your sponsor and then get the application into the Region 5 Secretary before October 2021.
 - You can find the application here: <http://region5oa.org/wp-content/uploads/2019/04/DelegateAppFor2020.docx>

What is not included in this packet

- Reports from Region 5 Committees and Officers of the Board. These will be in Packet B. Available on February 28th, 2020.

Registration

Registration starts on January 31st, 2020 and will be online only. You can access the online registration form by clicking this link: <https://oaregion5.regfox.com/region-5-spring-2020-assembly>. We will not have a paper form for the 2020 Spring Assembly. However, you will still be able to pay by check, if you so desire. When you register online you have a choice of paying by credit card or check. Payment must be received no later than February 28th, 2020. Online Registration will close at midnight on February 28th, 2020.

Representatives may register for \$48.00 through February 28th, 2020, though there will be an early bird price discount of \$5.00 for \$43.00 for those who register before February 22th, 2020. Representative registrations will not be accepted after February 28th, 2020. The option for those who want to attend but are not registered by February 28th, 2020 is to register as a visitor. Only visitors may come as walk-ins.

Visitors are always welcome. If you plan to visit, please register by February 28th, 2020. There is no charge for visitors to register unless they wish to join us for the Saturday Luncheon, which must be prepaid (\$28). Visitors are always welcome to register (without lunch) as walk-ins. If you are coming as a visitor, please consider serving as a copy coordinator, a timer, or a ballot teller.

You can find detailed instructions on how to use the online registration form in the new Assembly Information document (Region 5 website Forms/Resources page) on pages 4 to 5.

Region 5 Assembly Packets

Be sure to read all of the documents in Packet A and B. before the Assembly. These packets include all of the information you need to be successful during the Assembly. Read the Secretary Letter, which is the first document of each packet for detailed information about the documents in the packet and other pertinent information you will need for the assembly.

We are offering the Full Assembly Handbook for new representatives. This includes the all of the documents in the packets in a binder for \$25.00. If you already have the Assembly handbook, The Region 5 Secretary can print all of the Assembly specific documents that are new or have changed since the last Assembly including the agenda, motions, and reports for \$15.00.

Documents will not be mailed but will be available for pickup when you register at the assembly. However, you do not need to rely on the Region 5 Secretary for printing. Instead you can print the documents using your printer, ask an OA friend to print the documents for you, or have the documents printed at an Office copy store.

Friday Night Zoom

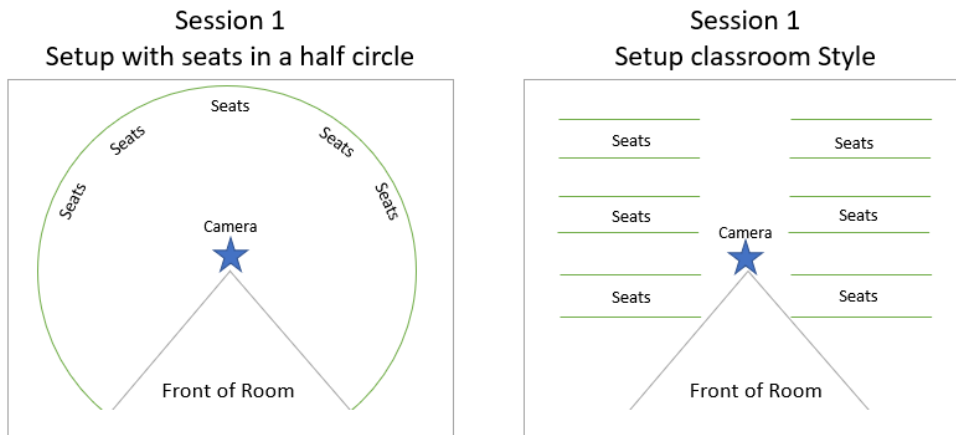
At the Region 5 2019 Fall Assembly, it was decided to broadcast our Friday Night sessions via Zoom to other OA members. There were many questions asked and some people felt very nervous about doing this. The Virtual Conference Ad-Hoc Committee met in January to discuss how we can alleviate your fears and protect your anonymity. We respect your concerns and want to make every effort to make sure you are protected. The implementation has been adjusted and we believe that we have found a good compromise that will allow us to broadcast the event and at the same time make sure that nobody can see you without your permission.

We all love Friday night. We usually have introductions, skits (maybe) and always good and exciting information shared about what is going on in the Region and at World Service. Then after a break we reconvene to have intergroup sharing where you, the Region Representatives get to share about your successes and concerns. You then can get experience, strength and hope from those old timers who have been there before. We want to share this event with all of our brothers and sisters in program to give them a taste of how wonderful it is for us. The hope of course, by showing what a good time we are having, is that we might attract a few more of our fellow OA members to come to our Region 5 Assemblies.

This is an experiment. We don't even know if it will work. We are just going to use our Region 5 iPad Mini, a Tripod, and a microphone. Our hope is that those people that choose to join us will be able to hear and see what is going on clearly. If this doesn't work, we may need to purchase fancy equipment and that may delay us till 2021 to try it again, if we choose to do it.

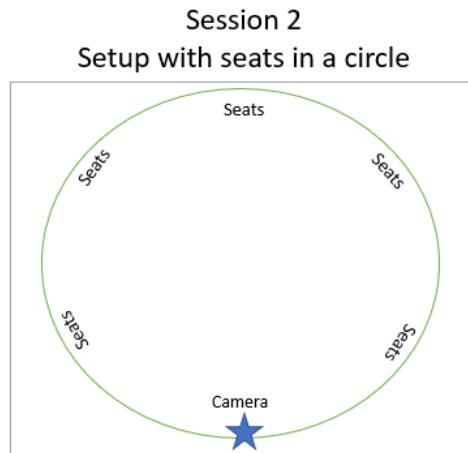
Here are the precautions we have made.

1. Anybody who wishes to attend, must register online indicating they are OA members with the name of the intergroup they belong to. Every registration will be reviewed before sending them the actual invitation. Only OA members from Region 5 will be allowed to attend. If there is any doubt, they will not receive an invitation.
2. The transmission will be encrypted, and password locked. Each person who registers will have a private link that should not be shared with other people. When they join the meeting, they will be muted.
3. Depending on how the room will be set up during the first session, the iPad mini will be positioned so that no Region 5 Representatives will be on the broadcast. During the first session only the front of the room will be visible.



If some of the seats do cross into the camera vision the people sitting there will be notified or the camera position will be further adjusted. The only people who will appear on camera will be those who choose to. Primarily the Region 5 board and presenters for session 1.

4. During the second session (Intergroup Sharing), the iPad will be moved out of the circle (as much as we can) and only the microphone will be positioned as close to the center, so the participants can hear clearly. The Zoom Session video will be switched to a presentation that reads, "Intergroup Sharing". Nobody on the Zoom Session will be able to see anybody present during Intergroup Sharing.



We will announce that anybody who desires not to be heard during their share, should indicate this during the start of their share and the operator of the iPad will mute the microphone during

their share. A slide will be displayed for the Zoom participants that reads temporarily muted. We hope that all of our other precautions to protect your anonymity will make this unnecessary.

5. At no time will the Zoom participants be able to be heard by anybody at the Assembly. Communication will be made through the chat window. None of these chats be repeated to the Assembly by the operator, during this session.
6. The registration will enable us to get a list of all those who attended our Friday Night sessions, so we will be able to contact them afterwards to get feedback for the broadcast. If anybody wants to see this list, we can show it to you. We will not be distributing this list.

Other than information presented in Packet A and B we will not be broadcasting or blasting out the invitation. We will be sending the flyer to intergroups that do not normally attend Region 5. Our hope is that some of them will attend and then decide to come to Assembly in the Fall.

We have included a flyer for you to print in color and to distribute at your Intergroup and group meetings. It is up to you to find some OA members to participate in Friday Night Zoom. My hope is we will get a lot of participants. But I will be happy if only a few people show up. Afterall, this is an experiment. We want to know if the camera displayed the event properly and the sound was clear. If this works then we will have another tool to spread recovery. We may want to use it for our Region 5 Workshops or other events.

Website Changes

There have been a few changes to our website. We love our event calendar but finding an event is not that easy. So, we added an event list feature that gives a top down list of all upcoming events. Did you know that you can search for or filter the events to specific event types? We realize there are some features in our calendar and event list that are not so intuitive. So, we also added a help file to give you some hints on how to use the calendar or submit and event easier. We hope these new features will make using our website easier. As usual your feedback is always invited and appreciated.

We know there are some broken links. As we identify them, we ask the webmaster to fix them. If you find a broken link please send me a description of where you found it.

If you have any questions about anything in the letter, please don't hesitate to email me or call me.

Thank you for your service.

Yours in recovery,

Joel I.

Region 5 Secretary

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