

# REGION 5 2021 Spring Assembly

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## *How to connect*

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Hello my friends

You are invited to the Region 5 2021 Spring Assembly on March 12 – 14, 2021. Please see the proposed agenda for the times of all events.

We will be discussing all of Region 5's current business, Intergroup Sharing, and will have breakout rooms for both Business Committees and then Outreach Sub-Committees. We will also be holding elections for Region 5 Vice-Chair.

This event is for Region 5 Representatives from the regions intergroups. However, you do not need to be a Region 5 Representative to attend. All Region 5 OA members are welcome. You can join as a visitor. The best part there is no charge for this event. It is 100% free. Bring your friends. We can accommodate up to 100 people.

This conference will be on Zoom, so you can attend from the comfort and safety of your home.

To attend you must register. You cannot attend if you do not have a personal invitation with a link and password.

Please register by clicking on this link: <https://OARegion5.regfox.com/region-5-2021-spring-assembly>. Registration will open from 1/29/2021 thru 2/22/2021 for Region 5 Reps and Executive Board Members. Though you can still register as a visitor up till the start of the Assembly on Friday March 12, 2021. There is no cost to attend this assembly.

Here are some additional detail:

*I recommend you set up a calendar meeting to remember to join the meeting.*

### Computer Requirements

1. Computer with speaker, microphone, and video camera
2. Processor: Minimum Single Core 1Ghz or Higher, 2GB Ram
3. Bandwidth: Minimum 600kbps/1.2Mbps (up/down) for high quality video
4. Windows XP or better or Mac OS X with MacOS 10.7 or later
5. Windows: IE7+, Firefox, Chrome, Safari5+

To join the meeting click the link above and follow the instructions. You may need to download a Windows or Mac app that will assist in connecting to the meeting. If you are prompted to enter the meeting ID use the one listed in the email you will receive after registering. There maybe a password you will also have to enter. You may also be prompted to start the meeting: Click the start with Video button. Sometimes when you start the meeting your audio may be disconnected. If you look in the lower left-hand corner there will be button with a microphone. If this button has a red line through it then your audio has been disabled. Click the button to enable it.

You can also join the meeting using your Smart Phone. Just download and install the Zoom Cloud Conferencing App on to your phone and then join the meeting using the meeting ID list above.

Background noises are very distracting. To avoid interruptions, we ask that you keep yourself muted during the various Region 5 2021 Spring Assembly sessions except when you actually need to speak. You can mute and unmute yourself by clicking or tapping the microphone at the bottom of your screen. For those of you who dialed in you can mute and unmute yourself using \*6.

Please raise your to request to speak during the sessions. The Region 5 Chair will call on you to speak when it is appropriate. You can raise your hand using the reactions button on the bottom of the screen. You can also find the raise hand button at the bottom of the participant window. If you dialed in, then you can raise your hand by using \*9. When you are called upon to speak, please unmute yourself to do so. The meeting host will lower your hand at that time.

Participants will be split into breakout rooms. When your committee meeting is done you can take a break until the conference resumes in the general session room.

–Joel I.  
Region 5 Secretary