



Region 5 2021 Fall Assembly  
October 29th, 30th, and 31st, 2021  
Location: Zoom

Saturday 2021-10-30 Morning Session

- 1) The 2021 Fall Assembly Saturday Morning Session was called to order by the Region 5 Chair – Eileen C. at 8:30 AM Eastern Time, 7:30 AM Central Time. Opened with:
  - a) The OA Responsibility Pledge and the Serenity Prayer.
  - b) For Today was read by Carol D.
  - c) The 12 Steps were read by Kerry M.
  - d) 12 Traditions were read by Larry K.

2) Credentials Report:

- a) The Credential Report Roll Call was conducted by the Region 5 Vice-Chair – Deanna B.
- b) Counts are:

Voting Reps Present:	24
Voting Officers Present:	4
<b>Eligible Voters Present:</b>	<b>28</b>
Non-voting Alternates, Guests	12
Parliamentarian	1
Region Trustee	1
<b>Total Attendance</b>	<b>42</b>

- c) The full Credentials Report can be found in Packet C: “C03.Fall 2021 Assembly Credentials.pdf”.
- d) The Region 5 Chair declared a quorum to be present.
- e) There was no objection to the Credentials Report as presented. The Credentials Report was approved.

3) Standing Rules

- a) The Virtual Standing Rules, distributed in Packet A, were read by Bylaws Committee Chair - Marilyn D.
- b) Hearing no objections, the Standing Rules were adopted as is.

4) Agenda

- a) Corrections to the proposed agenda:
  - i) No Consent Agenda.
  - ii) No appointments will be made for the Nomination Committee.
  - iii) Candidate presentations are limited to three minutes and questions to five minutes.
  - iv) No Special Committee meetings.
  - v) Seeking approval of 2022 Budget.
- b) Hearing no objection, the Agenda as amended was adopted.
- c) The adopted agenda is in Packet C as file “C04.R5 2021 Fall Assembly Agenda.pdf”.

- 5) The Region 5 Chair read a few responses to our “Spring 5 Minute Writing Exercise.
- 6) Introduction of Assembly Newcomers (Green Dots) was conducted.

- 7) Former Region 5 Officers were introduced:
  - a) Denise O. – Former Region 5 Treasurer and Chair.
  - b) Steven B. – Former Region 5 Vice-Chair.
  - c) CJ M. – Former Region 5 Chair.
  - d) Chris B. – Former Region 5 Vice-Chair.
  - e) Mike B. – Former Region 5 Vice-Chair.
- 8) Minutes Approval Committee
  - a) Keri E. and Pam P. were appointed to the Minutes Approval Committee.
- 9) Volunteer Service
  - a) Chris B. was appointed Timer.
- 10) Executive Committee Reports Q/A
  - a) Region 5 Chair
    - i) No additional report or questions.
  - b) Region 5 Vice-Chair
    - i) No additional report or questions.
  - c) Region 5 Secretary
    - i) Discussed the state of the website and webmaster.
    - ii) Withdrew Motion A “Upgrade website plugin WPForms to Pro version”. The request was sent to the Finance Committee to be included in the 2022 Budget.
    - iii) No additional report or questions.
  - d) Region 5 Treasurer
    - i) The cost changes for the website have been put into the proposed budget.
    - ii) The Meeting Contributions Document will be added to Packet C.
    - iii) No additional report or questions.
  - e) Region 5 Trustee
    - i) Reviewed the important parts of Region 5 Trustee Report included in Packet B, with the Assembly.
    - ii) No Additional report or questions
- 11) Announcements were made.
- 12) The 2021 Fall Morning Assembly was adjourned at 9:35 AM Eastern Time, 8:35 AM Central Time for Committee Meetings starting at 9:45 AM Eastern Time, 8:45 AM Central Time and lunch with the Third Step Prayer.
- 13) The Outreach Committee Sub-committee meetings were held at 1:00 PM Eastern Time, 12:00 PM Central Time.

### Saturday 2021-10-30 Afternoon Session

- 1) The 2021 Fall Assembly Saturday Afternoon Session was called to order by the Chair – Eileen C. at 2:30 PM Eastern Time, 1:30 PM Central Time. Opened with:
  - a) The OA Responsibility Pledge followed by the Serenity Prayer.
  - b) OA Concepts 1-7 were read by Keri E.
  - c) OA Concepts 8-12 were read by Deanna B.
- 2) Region 5 Chair read a few more responses to our “Spring 5 Minute Writing Exercise”.

3) Credentials Report:

- a) The Credential Report Update Roll Call was conducted by Region 5 Vice-Chair – Deanna B.
- b) Counts are:

Voting Reps Present:	26
Voting Officers Present:	4
<b>Eligible Voters Present:</b>	<b>30</b>
Non-voting Alternates, Guests	8
Parliamentarian	1
Region Trustee	1
<b>Total Attendance</b>	<b>40</b>

- c) The full Credentials Report can be found in Packet C: “C03.Fall 2021 Assembly Credentials.pdf”.
  - d) There was no objection to the Credentials Report as presented. The Credentials Report was approved.
- 4) Minutes Approval Committee for the 2021 Spring (March).
- a) No corrections were proposed.
  - b) As there were no objections to the 2021 Spring Assembly Minutes as presented, the Minutes were approved by the Assembly.
- 5) Linda P. instructed the Assembly on how to make a 7<sup>th</sup> Tradition donation.
- 6) Parliamentarian Moment was presented by Denise O. about Motions and Election Procedures.
- 7) Candidate Presentation and Q&A
- a) Vice-Chair: Deanna B.
  - b) Secretary: Keri E.
  - c) Trustee: Barbara K.
- 8) 15-minute break: starting at 3:20 PM till 3:35 PM Eastern Time, 2:20 PM till 2:35 PM Central Time.
- 9) New Business
- a) Standing Rules Amendment 10 a.

**MOVE TO AMEND:** Standing Rule 10 for the Region 5 Fall 2022 Spring Assembly.

**CURRENT WORDING:**  
10. Region Representatives shall be present for the roll call when their Intergroup is named in order to be eligible to vote.

**PROPOSED WORDING**  
~~10. Region Representatives shall be present for the roll call when their Intergroup is named in order to be eligible to vote.~~

10.a. Credentials / Roll Call- all R5 attendees shall register and identify themselves on the chosen virtual platform using naming conventions provided by the presiding officer in advance. See naming conventions in Standing Rule #7.

- i) The Standing Rule Amendment was proposed by the Bylaws Committee.
- ii) The proposed Standing Rules Amendment was brought to a vote.
- iii) The Motion was adopted.

b) Standing Rules Amendment 10 b.

**MOVE TO AMEND:** Standing Rule 10 for the Region 5 Fall 2022 Spring Assembly by adding the following paragraph:

10.b. Any Region Representative unable to participate via virtual video can make special arrangements with the R5 Host to cast their vote. For all other virtual video participants, voting will be done using the polling feature at the discretion of the chair.

- i) The Standing Rule Amendment was proposed by the Bylaws Committee.
- ii) The proposed Amendment was brought to a vote.
- iii) The Motion was defeated.

c) Policy Amendment 1.

**MOVE TO AMEND:** II. RESPONSIBILITIES AND DUTIES OF OFFICERS AND REPRESENTATIVES OF REGION 5, J. Coordinator of Virtual Meetings

**CURRENT WORDING:**

J. Coordinator of Virtual Meetings

The Chair appoints a Coordinator of Virtual Meetings to fulfill the following duties:

1. Manage the R5 Host Email account and calendar.
2. On request schedule meetings for the Region 5 executive board, committees, intergroups, and groups.
3. Sends out invitations for scheduled meetings.
4. Provides meeting hosting or establishes co-hosting privileges for co-hosts as requested.
5. Hosts the Region 5 Summer Conference by managing the virtual session and break-out rooms.
6. Aids in connecting to a virtual meeting.
7. Supports broadcasting one or more sessions at the Region 5 Assembly.
8. Supports broadcasting events being produced by a Region 5 Committee.
9. Assist with the creation of and use of Region 5 Online Registrations.
10. Assists the Assembly hosting intergroup with the check-in table.
11. Reports to the Region 5 Secretary.
12.
  - a. May be outsourced to professional service or employee.
  - b. Eligibility requirements for OA members filling this service position are the same as Region 5 Representatives defined in the Region 5 Bylaws Article V.
  - c. OA members may serve a maximum of eight (8) consecutive years.
13. May be invited to Region Executive Board Meetings as needed on request.

**PROPOSED WORDING:**

J. ~~Coordinator of Virtual Meetings~~ Digital Community Coordinator

The Digital Community Coordinator is responsible for managing the Region 5 online presence, including virtual meetings, website, and email distribution.

The Chair appoints a Digital Community Coordinator to fulfill the following duties:

1. Manage the R5 Host Email accounts and calendar.
2. On request, schedule meetings for the Region 5 executive board, committees, intergroups, and groups.
3. Sends out invitations for scheduled meetings.

4. Provides meeting hosting or establishes co-hosting privileges for co-hosts as requested.
5. Hosts the Region 5 Assemblies, Summer Conference, and Convention as needed. ~~by managing the virtual session and break-out rooms.~~
6. Aids in connecting to a virtual meeting.
7. Supports broadcasting one or more sessions at the Region 5 Assembly.
8. Assists Region 5 Secretary with Website support.
- ~~8-9.~~ Maintains Region 5 email distribution lists. Supports broadcasting events being produced by a Region 5 Board or Committee.
- ~~9-10.~~ Assist with the creation of and use of Region 5 Online Registrations.
- ~~10.~~ ~~Assists the Assembly hosting intergroup with the check-in table.~~
11. Reports to the Region 5 ~~Secretary~~Board.
12.
  - a. May be outsourced to professional service or employee.
  - b. Eligibility requirements for OA members filling this service position are the same as Region 5 Representatives defined in the Region 5 Bylaws Article V.
  - c. OA members may serve a maximum of eight (8) consecutive years.
13. May be invited to Region Executive Board Meetings as needed on request.

- i) Policy Amendment 1 was proposed by the Region 5 Secretary.
  - ii) The Bylaws Committee reviewed Policy Amendment 1 and the Committee voted to support this Motion.
  - iii) The proposed Amendment was brought to a vote.
  - iv) The Motion was adopted.
- d) Policy Amendment 2.

**MOVE TO AMEND: II. RESPONSIBILITIES AND DUTIES OF OFFICERS AND REPRESENTATIVES OF REGION 5, G. Webmaster**

**CURRENT WORDING:**

G. Webmaster

The chair may appoint a webmaster to maintain the Region 5 website.

1. Reports to the Region 5 Secretary.
2.
  - a. May be outsourced to professional service or employee.
  - b. Eligibility requirements for OA members filling this service position are the same as Region 5 Representatives defined in the Region 5 Bylaws Article V.
  - c. OA members may serve a maximum of eight (8) consecutive years.
3. May be invited to Region Executive Board Meetings as needed on request.

**PROPOSED WORDING:**

G. Webmaster

The chair may appoint a webmaster to maintain the Region 5 website.

1. Reports to the Region 5 ~~Secretary~~Digital Community Coordinator.
2.
  - a. May be outsourced to professional service or employee.
  - d. Eligibility requirements for OA members filling this service position are the same as Region 5 Representatives defined in the Region 5 Bylaws Article V.
  - e. OA members may serve a maximum of eight (8) consecutive years.
3. May be invited to Region Executive Board Meetings as needed on request.

- i) Policy Amendment 2 was proposed by the Region 5 Secretary.
- ii) The Bylaws Committee reviewed Policy Amendment 2 and the Committee voted to support this Motion.
- iii) The proposed Amendment was brought to a vote.
- iv) The Motion was adopted.
- e) New Business Motion A.

**MOVE TO AMEND:** Upgrade website plugin WPForms to Pro version.

- i) New Business Motion A was proposed by the Region 5 Secretary.
- ii) This Motion was withdrawn by the author during the Saturday Morning Session.
- iii) The Motion to withdraw was accepted.

10) Emergency New Business

- a) There was no Emergency New Business.

11) An Abstinance count down was conducted.

12) Announcements were made.

13) The 2021 Fall Saturday Afternoon Assembly was adjourned at 5:15 PM Eastern Time, 4:15 PM Central Time with “I put my hand in yours”.

**Sunday 2021-10-30 Morning Session**

1) The 2021 Fall Assembly Sunday Morning Session was called to order by the Region 5 Chair – Eileen C. at 8:31 AM Eastern Time, 7:31 AM Central Time. Opened with:

- a) The OA Responsibility Pledge and the Serenity Prayer.
- b) For Today was read by Melissa B.
- c) The OA Diversity Statement was read by Pat K.

2) The Region 5 Chair read a few responses to our “Spring 5 Minute Writing Exercise”.

3) Credentials Report

- a) The Credentials Report Update Roll Call was conducted by the Region 5 Vice-Chair – Deanna B.
- b) Counts are:

Voting Reps Present:	26
Voting Officers Present:	4
<b>Eligible Voters Present:</b>	<b>30</b>
Non-voting Alternates, Guests	12
Parliamentarian	1
Region Trustee	1
<b>Total Attendance</b>	<b>44</b>

- a) The full Credentials Report can be found in Packet C: “C03.Fall 2021 Assembly Credentials.pdf”.
- b) There was no objection to the Credentials Report as presented. The Credentials Report is approved.

4) Business Committee Reports:

- a) Bylaws Committee
  - i) Report presented by the Convention Committee Chair – Marilyn D.

- ii) The current Motions being considered for the Region 5 2021 Fall Assembly were reviewed with no concerns raised.
  - iii) The Committee decided to meet the first Wednesday of every month to reach their task goal of Fall Assembly 2022.
  - iv) The Committee reviewed and discussed updates to the Policies and Procedures Manual. The Committee members will also discuss Bylaw C3 Article 3.C.2.
- b) Convention Committee
- i) Report was presented by the Convention Committee Chair – Deanna B. for the outgoing Chair Steve B.
    - (1) We had 245 registrants. While this is lower than last year, we are still encouraged. With all the opportunities we’ve had to attend other Region Conventions and many other events online, we expected fewer attendees. There is also the fact that a lot of people have Zoom fatigue.
    - (2) The data we got from Zoom makes it extremely difficult to know how many people attended at all, let alone particular sessions. The data will be provided to the Chicago 2022 Committee.
    - (3) We received 67 survey responses, which is a strong response, even if all 245 people attended. Reviews were very favorable and there were some very helpful written responses.
    - (4) There were issues with how things were or weren’t easily accessed on the Region website.
    - (5) We had a fabulous committee of creative, dedicated people, who constantly amazed me.
  - ii) An additional report was presented by the incoming Convention Chair – Kerry M.
    - (1) The Committee promoted the upcoming Convention for 2022.
    - (2) The Convention Committee voted to hold the Convention virtually.
    - (3) The upcoming Convention theme is “Letting Our Light Shine”.
    - (4) The Region 5 2022 Convention will be held the weekend of September 16th-18th. The specific days have not been decided yet.
    - (5) Kerry M. is looking for information from Joel regarding Reg Fox about the registration. Cheryl is willing to assist
    - (6) Areas still available for service: Volunteer Chair, Timers Chair, Decoration’s Chair.
    - (7) Thank you to all that were present on both Friday night during our State Meeting and today. We have great support from CSSI, SNI, TPI, Chi-Wiff, Central Illinois, and Northwest Indiana.
  - iii) Mike explained rationale behind the decision to go virtual.
    - (1) Hotel costs
    - (2) Menu was not OA friendly.
  - iv) Pat K. announced that Central Indiana IG will be hosting the 2023 Region 5 Convention
- c) Finance Committee
- i) Report presented by the Finance Committee Chair – Linda P.
  - ii) The Committee reviewed the Region 5 proposed Budget and accepted it as is.
  - iii) The Committee reviewed the status of the Region 5 checking and savings accounts
  - iv) The Committee reviewed the needed Prudent Reserve for 2022 to meet our basic Region operating expenses.
  - v) The Region 5 Budget may need to be adjusted as the year unfolds based on decisions regarding face-to-face versus virtual meetings and Conventions. This can happen at the Spring Assembly. Generally, the income and expense of the Convention match closely.

- vi) While there is significant funding in the Budget for Intergroups to request funds for projects, there is no current process for this. The Treasurer and Vice-Chair will be working on an Amendment to the Policies and Procedures to clarify these guidelines.
- d) Media Committee
- i) Report presented by the Media Committee Chair – Shirley L.
  - ii) Lynn H, Pam P, and Shirley L. volunteered to act as the editors for submitted blog articles.
  - iii) Laurie volunteered to update the document for soliciting articles. Joel will then send out in an email blast.
  - iv) Keri and Joel will post articles to the website and continue to send out email blasts as notification.
  - v) Website checks will be suspended until new website is live
  - vi) All Committee members are to suggest changes for the new website by November 30, 2021, including:
    - (1) Design ideas, color schemes.
    - (2) Things they like on the current website.
    - (3) Things they would like changed on the current website.
    - (4) Best practices from other websites.
    - (5) Pam will assimilate all suggestions into one document and email out to Committee members by December 6.
    - (6) Barbara E. offered her services for feedback on design, look, and feel and how to communicate to non-technical members.
  - vii) Next Committee meeting will be December 19 at 5:00 PM Eastern Time, 4:00 PM Central Time.
- 5) Committee of the Whole
- a) Sponsorship Task Force Subcommittee
- i) Presented by Subcommittee Chair – Preston F.
  - ii) Keri will adjust the Google Doc arranging the columns in the spreadsheet, so it is more user friendly.
  - iii) Preston will take on the responsibility of updating the Google Doc with new available sponsors and sponsees.
  - iv) Deanna will continue to vet new available sponsors to assure they are available and ready for an assignment.
  - v) The Committee has decided to develop a flyer to be used to recruit new available sponsors and those needing a sponsor.
  - vi) The Committee decided to KISS (Keep it simple sweetheart). Our main goal is to focus on connecting the suffering compulsive overeater with an available sponsor.
  - vii) The Committee will be requesting that a special autoreply be considered with the new development of the Region 5 website.
  - viii) The Committee will be considering adding an educational component in our goals. Request assistance from proposed \$2000 budget that will be voted on and if passed available in Jan 2022- Dec 2022.
  - ix) The Committee will be considering if educating Region 5 sponsors via booklets, pamphlets, or workshops would be valuable. Eileen C. will provide information on book/handout she received from Region1.



- x) Preston will reach out to new members, Larry (visitor) and Cathy to review the Google Sheet and answer questions.
- b) Intergroup-to-Intergroup (IG<sup>2</sup>) Subcommittee:
  - i) Presented by Subcommittee Chair – Lynn H.
  - ii) The Committee decided on the following SMART Goals:
    - (1) Contact seven Intergroups that did not respond to the Intergroup survey by the end of November.
    - (2) Include updated Intergroup Officer information on registration for next Assembly.
    - (3) Contact Canton OH, Lexington KY, Let Go and Let God, and Evansville Intergroups by the end of November.
    - (4) Intergroup contact information updated this assembly.
    - (5) A few members of the Committee will attend the next Face-to-Face Intergroup Workshop to be held in January.
  - iii) The Committee will be reviewing the Policy and Procedure Manual to determine how to update for Virtual Assemblies. An Amendment to change Policy and/or Procedure may be needed in future to keep Intergroup contact information updated.
- c) Public Information Professional Outreach Subcommittee:
  - i) Presented by: Melissa B. for Subcommittee Chair – Linda P.
  - ii) The Committee decided on the following SMART Goals:
    - (1) Develop a document/presentation for Professional Outreach that can assist Intergroups in outreach to healthcare professionals.
    - (2) Provide a list of what professionals/training programs/facilities might be appropriate for outreach.
    - (3) Provide a document on how to go about identifying appropriate contacts for colleges/universities/training schools and reaching out to them.
    - (4) Develop standards for funding projects from local IGs.
  - iii) The Committee will research materials already available at OA.com.
  - iv) Linda will be reviewing the materials and get input from Committee members
  - v) The Committee will be creating a document and/or presentation of the materials, suggestions, and information collected.
  - vi) The Committee will prepare a list of professionals, paraprofessionals, and others who might be appropriate outreach targets.
  - vii) Laura W. will develop a document of the steps used by CHIWIF for their outreach implementation
  - viii) The Region 5 Trustee will reach out to the World Service Office (WSO) to see if anyone has previously surveyed members regarding professional outreach that works.
  - ix) The Committee will hold a Region-wide Virtual Meeting inviting all IG PIPO Committees to join and share their projects, programs, successes, and failures.
  - x) The Committee will consider developing a standard packet to have available for professionals to give to their clients/patients.
  - xi) The Treasurer will develop a process to request funds for outreach projects. The process will be adapted from other funding standards, Regions, and Intergroup policies and procedures. This will be brought to the Region 5 Board and the Bylaws Committee.

- 6) Election / Affirmation
  - a) The election for Region 5 Vice-Chair and Secretary and affirmation for Region 5 Trustee was conducted
  - b) Denise O is the Teller.
  - c) Vice-Chair
    - i) The Teller reported the result of the election at 9:31 AM Eastern Time, 8:31 AM Central Time.
    - ii) 28 ballots were cast for Vice-Chair.
    - iii) Denna B. was elected as Region 5 Vice-Chair.
  - d) Secretary
    - i) The Teller reported the result of the election at 9:48 AM Eastern Time, 8:48 AM Central Time.
    - ii) 29 ballots were cast for Secretary.
    - iii) Keri E. was elected as Region 5 Secretary.
  - e) Region 5 Trustee
    - i) The Teller reported the result of the election at 9:52 AM Eastern Time, 8:52 AM Central Time.
    - ii) 29 ballots were cast for Region 5 Trustee.
    - iii) Barbara K. was affirmed as the Region 5 Trustee.
- 7) 2022 Budget
  - a) The 2022 Budget was proposed and discussed.
  - b) The 2022 Budget was adopted.
- 8) Conventions
  - a) Affirmation of Kerry M. and Preston F. as Co-chairs of the 2022 Convention.
    - i) The Co-chairs were affirmed.
  - b) Bid by Central Indiana for 2023 Region 5 Convention was confirmed
- 9) Recognized outgoing representatives:
  - a) Keri E.
  - b) Paula K.
  - c) Amanda M.
- 10) Special Thank You for Joel I. as the outgoing Secretary and both Deanna B. and Bobby P. who filled in the past year as the Region 5 Vice-Chair.
- 11) Announcements were made.
- 12) New Representative Graduation Ceremony was conducted.
- 13) The 2021 Fall Sunday Morning Assembly was adjourned at 10:26 AM Eastern Time, 9:26 AM Central Time with "I put my hand in yours".

*Joel R. Isestadt*

Joel I.

Region 5 Secretary

Minutes Approval Committee: Keri E. representing Central Illinois Intergroup and is incoming Region 5 Secretary, Pamela P. representing Cleveland Central Intergroup

Date Minutes were approved: 2021-11-03