



OVEREATERS ANONYMOUS REGION 5 SECRETARY

February 18, 2022

RE: Region 5 Spring Assembly – Virtual Zoom

March 11th, 12th, and 13th, 2022

This letter is part of the 2022 Spring Assembly Packet B. This is the final Packet being provided before the Assembly starts. This Packet contains reports from the various officers and committees in Region 5. There are **XX** documents in Packet B. If I receive additional reports after the deadline, but before the start of the assembly, I will email them to the Assembly, since Packet B will already be online. I indicate below whether a document should be printed for your handbook by marking the document as “New”.

Documents Included:

| | | |
|---|-----|----------|
| B01_R5_Secretary_Letter_2022_Spring_Assembly.pdf | New | 2 Pages |
| B02_R5_2022_Spring_Assembly_Credentials.pdf | New | 1 Page |
| B03_R5_Chair_Report_2022_Spring_Assembly.pdf | New | 1 Page |
| B04_R5_Vice-Chair_Report_2022_Spring_Assembly.pdf | New | 1 Page |
| B05_R5_Treasurer_Report_2022_Spring_Assembly.pdf | New | 1 Page |
| B06_R5_Trustee_Report_2022_Spring_Assembly.pdf | New | 3 Pages |
| B07_R5_Bylaws_Committee_Report_2022_Spring_Assembly.pdf | New | 1 Page |
| B08_R5_Media_Committee_Report_2022_Spring_Assembly.pdf | New | 1 Page |
| B09_R5_Professional_Outreach_Subcommittee_Report_2022_Spring_Assembly.pdf | New | 1 Page |
| B10_R5_Sponsorship_Task_Force_Report_2022_Spring_Assembly.pdf | New | 1 Page |
| B11_R5_Convention_Committee_Report_2022_Spring_Assembly.pdf | New | 1 Page |
| B12_R5_Convention Mail in Registration_2022_Spring_Assembly.pdf | New | 1 Page |
| B13_R5_Convention Online Registration Webpage_2022_Spring_Assembly.pdf | New | 1 Page |
| B14_R5_Convention Overview Feb_2022_Spring_Assembly.pdf | New | 1 Page |
| B15_R5_S.M.A.R.T. Goals_Definition_2022_Spring_Assembly.pdf | New | 3 Pages |
| B16_R5_S.M.A.R.T. Goals_Worksheet_2022_Spring_Assembly.pdf | New | 1 Page |
| B17_R5_S.M.A.R.T. Goals_Report Outline Form_2022_Spring_AssemblyReport Format.pdf | New | 1 Page |
| B18_R5_Outreach Committee of the Whole_Attendance Form_2022_Spring_Assembly | New | 1 Page |
| B19_R5_ContributionsFor2021_2022_Spring_Assembly.pdf | New | 6 Pages |
| B20_R5_IncomeandExpenseFinal_2022_Spring_Assembly.pdf | New | 2 Pages |
| B21_R5_ConsentAgenda_2022_Spring_Assembly.pdf | New | 11 Pages |

Note: The current motions that we are considering are in Packet A.

What to expect at the Assembly?

- The proposed Agenda is included in Packet A and it is the same basic plan we have at every Assembly.
- Please make time in your schedule for the two open OA meetings that are scheduled. The first one is on Friday at 5:15 PM ET. Going to an Open OA meeting is the best way to start a weekend of business. The second Open OA meeting is on Saturday at 8:30 PM ET.

- The Region 5 Board will be having an open meeting on Friday 3:00 PM ET. If you can join this meeting, you can see how the Region 5 Board conducts their business.
- We will be using the Raise hand feedback button in the Zoom participant window to request to speak. We will not be preventing anybody from unmuting or talking during the Assembly. Though if you do not mute yourself voluntarily when you are not speaking, you will be muted by the host. Just like at a face-to-face Assembly you will need to be called on by the Chair to speak. If you have point of order, need to ask a question, need to make a proposal, want to argue at a pro and con, you will be asked to raise your hand, just as if you were walking up to a podium.
- Just as a reminder we will be taking a roll call for our credentials before every vote. You must be present during the roll call to vote. If you are a visitor, please do not vote.
- How do you connect to the Assembly? We will be emailing a connection document with all the links for each of the sessions a few days before the Assembly. Please be on the lookout for this document. Also please do not distribute this document to your fellow OA members. If people want to attend, please have them register, so there is a record of who attends the Assembly.

A Note from Your Region 5 Secretary:

This is my first Region 5 Secretary Letter. I have been your Region 5 Secretary for around four months now, since I was elected at the 2021 Fall Assembly. It is still new for me and I am hopeful that things will go smoothly at the 2022 Spring Assembly. I have been working closely with the other Region 5 Board members and with Joel I. as he transitioned out of the Secretary position after the conclusion of the Fall Assembly. Joel I. has helped me review archived information, train, and adjust to the many administrative duties related to the Secretary position. Also, having Joel I. in the new DCC position has helped make my transition go very smoothly. I am thankful for the loving welcome I've received and everyone's willingness to help me understand all of the procedures. In addition to preparing the materials for the 2022 Spring Assembly and my normal day-to-day Region 5 administrative duties, I am currently working with Joel I. and our new Webmaster on an overhaul/redesign of the Region 5 website. We hope to have the updates ready soon!

Here is more information about Joel I.'s new role as the Region 5 Digital Community Coordinator (DCC) and how he assists with Region 5's tech needs, for example:

- Coordinates with the new Webmaster on assigning Region 5 website upgrades, additions, and changes.
- Assists with making direct updates, additions, and changes to the Region 5 website.
- Updates the Region 5 online mailing lists.
- Helps set-up RegFox registrations for Region 5 events as needed.
- Schedules Zoom meetings for people using the Region 5 Zoom account. Helps host Region 5 Zoom events as needed. ***REMINDER that the Region 5 Zoom account is available for anyone in Region 5. Just contact Joel I. (R5DCC@outlook.com) or Keri E. (R5Secretary@outlook.com) to schedule your next Zoom meeting!***
- Provides additional tech help/feedback for Region 5 Board, Reps, and Members as needed.

Thanks for giving me this opportunity for growth in my service to OA and in my personal recovery program.

Keri E.

Region 5 Secretary

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