



## Region 5 Summer Conference Call

July 14, 2018, 3 PM ET, 2 PM CT

1. The Region 5 Summer Conference Call was called to order by the Chair at 2:00 pm central time, 3:00 pm eastern time. Opened with Third Step Prayer and Responsibility Pledge.

### 2. Roll Call

- a. A roll call of who was attending was conducted by the Chair.
- b. There were 33 people on the call with 26 declared and 7 additional people who were undeclared. 20 Region Reps, 5 Executive Board members, and 1 known guests were on the call. The 7 undeclared were identified from the phone number report from the conference calling service.
- c. For an intergroup breakdown, please see attachment A.

### 3. Committee Reports

#### a. Business Committees:

##### i. Bylaws Committee – Eileen C.

1. Nothing to report. Eileen is looking for a co-chair to help because she is getting married in September.

##### ii. Finance Committee – Gerri M.

Gerri highlighted her written report:

1. We reformatted our budget at the November 2017 assembly and that has been working very well for us. The format is being tweaked to make the reporting easier.
2. At the spring assembly we realized that the committee of whole had no budget. We moved to revise the budget to provide \$500.00 to be split by the two sub-committees. This did not work out well, as the sub-committee that claimed the money first, left little money for the other sub-committee. Going forward we are going to have separate budgets for each sub-committee.
3. We filed our tax return and renewed our nonprofit status in Ohio. We had to update our paperwork for the new officers.
4. Our Surety Bond and General Liability Insurance policy was renewed.
5. There are new security requirements for accepting money which required an upgrade to our website. The cost to do this upgrade was unanticipated and unbudgeted. We needed to get a security certificate and dedicated IP address to satisfy the new security requirements. The cost for this was \$164.82. Joel and the web master took care of the upgrade. The website

experienced a short outage because of it but is now working properly with PayPal.

6. Groups are still sending money to the old Indianapolis address. Please use the new form available on the Region 5 website and address listed on the form.
7. The Region 5 Convention finances seem to be right on track.
8. We continue to be down on group contributions. We are calculating that we will fall short of the budget expectation by \$1,500.00. However, we budgeted for \$3,000.00 for equipment maintenance (replacing laptops), which we will not be using.
9. We made a motion at the spring assembly to make a \$1000.00 donation to the Region chairs travel assistance fund. We made this donation and this money will be used to help the Region chair for Region 10 travel.

### **iii. Media Committee – Joel I.**

In the absence of Sylvia T, Joel I. summarized her written report:

1. The Media Committee is working on the following:
  - a. Researching the technology to provide remote attendance by video conferencing to our Assembly and committee meetings for those intergroups who cannot afford to attend the assembly.
  - b. Assisting the Region 5 Secretary on keeping the Region 5 website current and clean.
  - c. Starting the effort to redesign the Region 5 website.

### **iv. Convention Committee – Patty K.**

1. We are up to 134 registrations as of July 12<sup>th</sup>. This includes 108 with full meals and 26 that are just convention only. There are 113 registrations for dinner and 109 for lunch. The rooms as of this week were 83 for Friday and 80 for Saturday.
2. Mike asks that we really push people to buy lunches and dinners because this helps reduce the costs for the event.
3. Registration deadline for the registration prior to the convention is July 25<sup>th</sup>.
4. The program committee is working hard on the speakers and they have a lot of the speakers already selected. The Region 5 Executive Board has approved the keynote speakers.
5. All committees are working hard to make this convention a success, though some of them are waiting for the volunteers list.
6. Literature committee has purchased two cases of the new OA Twelve & Twelve second edition and will be selling literature donated from various Indianapolis meetings, and literature from left over from the 2018 Region 5 Convention in Cincinnati.
7. The next committee meeting is July 15<sup>th</sup>.

8. We are looking for basket donations and items for the clothing exchange. Flyers can be found on the Region 5 website.
9. The room rate has been extended thru July 25<sup>th</sup>.
10. The bus was canceled because there was only 12 people interested. So they are getting a van instead. Please check with Judy if you need more information.

**b. Outreach Committee of the Whole:**

**i. Each One Reach One sub-committee - Clare W.**

1. The sub-committee reviewed the OA Twelfth-Step-Within Handbook. ~~We~~ and decided to do the Twelfth-Step-Within Call-a-thon as suggested in the book. The sub-committee has started a campaign to get groups to participate in the call-a-thon, on the twelfth of each month. OA members are invited to make calls to people who have not been to meetings in a while or are in need of a phone call.
2. The sub-committee put together a packet (see packet B) which has been distributed to their groups. The groups who choose to do this have been providing very positive feedback for their efforts. Please distribute the new Twelfth-Step-Within Call-a-thon packet and flyer to your groups. We are hoping that you will give us feedback on how is going.

**ii. Intergroup to Intergroup (IG2) sub-committee - Teresa H.**

1. The sub-committee is creating a workshop to help intergroups: "Transforming Intergroups: A program of attraction". This workshop is based on a 2014 intergroup renewal workshop. We are currently trying to set a date to present this workshop in Lansing MI.
2. We have had three conference calls since the spring assembly. Next meeting is July 29<sup>th</sup>.

**c. Nominating Committee – Joel I.**

- i. The committee continues to look for OA members interested in running for Region 5 Trustee, Chair and Treasurer. The committee has been making calls and encouraging people to run but so far most people are refusing though a few have said they are considering it.
- ii. The committee will be following up on these individuals and making calls to other people.
- iii. The applications are due September 1<sup>st</sup>.

**4. World Service Business Conference (WSBC) 2018**

**a. WSBC Report – Region 5 delegate -- Jennifer**

- i. This year's theme for WSBC: "Growing OA Recovery Worldwide" with an emphasis on growing virtually and to keep our abstinence we give it away.
- ii. There were 188 delegates from 19 countries attending.

- iii. The Region chairs and Trustees gave various workshops. I was very proud at how CJ and Linda represented Region 5.
- iv. I attended workshops on growing better intergroups. I learned to think of our intergroups and region as the mechanics for carrying the message. Our job is to provide the literature, workshops, and special events like conventions to provide people with the tools for spreading the message.
- v. I learned a practical hint that if you have someone listening by phone at a meeting, if you place the phone in a bowl or cup it will improve the sound for that person.
- vi. I was assigned to the literature committee.
  - 1. The literature committee read suggestions for new literature. The committee chose to work on decreasing the number of pamphlets by combining pamphlets.
  - 2. The committee then broke up into sub-committees. My sub-committee is working on combining all of the current newcomer pamphlets into one pamphlet.
- vii. The four main things accomplished during the business portion of the WSBC was:
  - 1. We voted to create a new Virtual Region.
    - a. During the business portion of the WSBC, the membership voted to create a new Virtual Region Dora P of Brazil was elected as Trustee.
    - b. In response to a question, Jo A. reported that the virtual meetings have donated \$37, 500 to World Service in 2017.
  - 2. Voted to Amended the OA bylaws to make it explicit that Overeaters Anonymous welcomes people who have had bariatric surgery or who are contemplating it.
  - 3. Voted to alternate Unity Day so that it occurs on the last Saturday in February in even years and on the last Sunday in February in odd years at 11:30 a.m.
  - 4. The treasurer presented a letter to be distributed that asks the membership to read it at three meetings, reminding the membership how important their contributions are to the World Service Office.
- viii. Full details can be found on the OA website in the World Service Business Conference Wrap-up report.
- ix. CJ added that Region 5 can send another delegate to the WSBC in 2019. The application is on the Region Website. Region 5 fell below 40% of intergroup's attending the 2018 WSBC, so we could send up to 5 delegates; however, we don't have the money to send more than 1 delegate. If you would like to represent Region 5 at the next WSBC, please put an application in before the fall assembly. You can get more information about the responsibilities of the delegate in the Region 5 Policy and Procedure manual section II.I Duties of the Region 5 Delegate to WSBC.

## 5. Upcoming Events:

- a. Our Hotel Liaison has been working hard to find event locations. Unfortunately Mike was unable the Summer Conference Call due to an unexpected death in his family.
- b. The next Region 5 Convention is at the Hilton Indianapolis Downtown in Indianapolis, IN on Aug 31 – Sep 2, 2018.
- c. The Region 5 Fall Assembly is at the Hilton Garden Inn in Chesterton, IN on Oct 19 - 21, 2018.
- d. The Region 5 Spring Assembly is at the Hyatt Regency, Downtown in Milwaukee, WI on Mar 8 – 10, 2019.
- e. There is a tentative date for the 2019 Region 5 Summer Conference Call on Jul 13, 2019.

## 6. Officer and Trustee Reports

### a. Vice Chair – Steve B.

- i. Nothing additional to report.

### b. Secretary – Joel I.

- i. I expect it will take me a week to get the minutes done and another week to get it approved and published to the website in Packet C.
- ii. I have been considering expanding the email blast list. What would like to see blasted out by email. Please contact me with suggestions & comments on how the email blast list should be used. I will send out an email blast with this question in the upcoming weeks.
  1. For example would you like to see all of the events as they approved to be added to the calendar email blasted out?
  2. We have the ability for people to remove themselves from the email blast list by clicking a link at the bottom of the email. The only thing that is missing is adding something that will enable people to add themselves to the email blast list. There is an approved addition to the website which will ask people to sign up for the email blast list. It will have this upgrade completed sometime in the next month.
- iii. I submitted to the board 3 changes to the website all of which were approved.
  1. The first has been completed which was the redesign of the Assemblies page. The Assemblies page was getting to too long to scroll through and difficult to find things. So the page was redesigned with collapsed sections that expand when clicked. There is a consistent look for each of the current and past assemblies. Listing event information and the three packets. When you click on one of these links they will take you to a page with that information. We also are now adding a link to download all of the documents at once in a zip file. I hope you all like the new Assemblies page.
  2. The second change is adding the capability for people to sign-up for the email blast list.

3. The third is a completed upgrade / modernization of the website which will be discussed later.

**c. Treasurer – Gerri M.**

- i. Report given with the finance committee report.

**d. Trustee – Linda J.**

- i. We have a new workbook for the OA Twelve & Twelve second edition which has been updated to reflect the changes in OA Twelve & Twelve.
- ii. There is a free cross reference chart that can be used to match the Twelve Step Workshop and Study Guide with the second edition of the OA Twelve & Twelve. It shows the changes as to all references in the OA Twelve & Twelve.
  1. You can download this guide with this link:  
<https://oa.org/files/pdf/Update-to-Workbook-and-Study-Guide.pdf>
- iii. Forwards and Appendices in the book Overeaters Anonymous' s third edition (Brown Book) are now available for download
  1. They are available with this link: [https://oa.org/files/pdf/Overeaters-Anonymous-Third-Edition\\_Forewords-and-Appendices.pdf](https://oa.org/files/pdf/Overeaters-Anonymous-Third-Edition_Forewords-and-Appendices.pdf)
  2. The Board of Trustees felt it was important that everybody read the Forwards and Appendices of the brown book, so they made it free to download.
  3. These are the equivalent of the Big Books Doctor Opinion. They were written by professionals and are very compelling and worth the read.
- iv. The Board of Trustees has appointed trustees for Region 6 and 9 which were left vacant following the 2018 WSBC.
- v. Since the WSBC Linda has presented 3 workshops and retreats.
- vi. This is Linda's last year as trustee. Please consider running for trustee. It is a tremendous opportunity for growth.
- vii. In response to a question regarding old Twelve & Twelve books, it was suggested donating to libraries, hospitals, prisons, treatment centers or to the convention.

**e. Chair – CJ M.**

- i. The Region Chairs Committee have been working on "Experience, Strength, and Hope for Intergroup Officers", which provides best practices for the different intergroup service positions. This is available for the Intergroup Chairs, Secretaries, Treasurers and Event Coordinators. If there is anyone interested in this material, please email CJ at [region5chairoa@gmail.com](mailto:region5chairoa@gmail.com) indicating which intergroup you are in.
- ii. Packet B includes the Recovery Road map which was used for the Region chairs Forum at the WSBC. This map is being used to develop a new workshop. When the workshop has been completed it will be posted on the OA website.

## 7. Proposed Website Change – Joel I.

- a. The third change to website that was approved by the board was the result of the Media committee's work at the 2018 spring assembly. At this assembly they reviewed the website and come up with a list of recommended changes to the website to modernize its appearance and make it easier to use. The idea was to make the website more attractive in order to help spread the OA message.
- b. I analyzed the suggestions and came up with three proposed changes. The first change was the new Assemblies page, which has been completed. The second change involves signing up for the email blast list as discussed previously and the third change is the modernization upgrade of the website.
- c. These changes were discussed with the web master in detail and costs were estimated and brought to the board for approval. The cost for the first two changes were minimal and were approved by the board. The third proposed change is quite expansive and will require a lot of effort by the Media committee and Web Master to complete. A budget request of \$875.00 (estimated) will be submitted for this effort at the fall assembly.
- d. In order to accomplish everything that was suggested we would need to do the following:
  - i. Purchase a new website template. Our website is based on an old template that limits what we can do. A new template would enable actual clickable buttons, a more graphic centric website that has a much more modern look, components such a sliding graphic for our home page that can display multiple graphics for events and other things we want to highlight, and other new features that would improve the overall ease of use of our website.
  - ii. Once the website template has been picked, the Media committee will create a mockup of the new design for the web pages. They want to complete a first draft of the website mockup by the October assembly, so it can be presented to you.
  - iii. The Media committee also needs to select graphics to be use on the web site.
- e. In order to be able to get a good selection of graphics that can be used on the new website, the media committee is having a contest to collect potential graphics from our creative OA members. Graphics include artwork and photos that show what OA Region 5 is all about. Please see the flyers for the contest in Packet B. I will be emailing this flyer out. Please make copies and bring this flyer to your meetings. The only request we have is that no faces of actual OA members be used. Any graphics you want to submit should be emailed to the media committee using the email address: [r5mediacommittee@outlook.com](mailto:r5mediacommittee@outlook.com) by October 1<sup>st</sup>, 2018.
- f. The media committee will print the received graphics to be displayed at the fall assembly. The assembly will be able to select the graphics they want used on the new website at the fall assembly. The best graphics will have the privilege of being used for our new modern look.
- g. Another change that is being considered is merging our newsletter "Freedom from Bondage" with the website so that instead of publishing a PDF twice a year we instead continually add new content to the website. This would make our website more of a living and changing place that OA members and interested new comers would want to visit frequently. What this will look like would have to be determined during the website

redesign. It will also require our Policy and Procedure manual to be updated, as it requires the newsletter to be published twice a year. Motions will be submitted for this.

- h. CJ added that we are hoping to roll out the new website in 2019.

## **8. Intergroup Sharing**

- a. Deana B. - Suburban North Intergroup (SNI): I am new intergroup chair. We are starting the intergroup inventory next month. Also as the new intergroup chair, I have been going around to all of the meetings encouraging OA members to do service. I've been getting a lot of support from Linda J. and CJ and I just want to express my gratitude for that.
- b. Sandy - Chicago West Far-Out Intergroup (CHI-WIF): I am also the new chair for my intergroup and just want to express gratitude for my new life which was given to me by OA and the support I have received from my OA friends and Region 5.
- c. Theresa - Central Indiana Intergroup (CII): Thank You to everybody who helped me out at WSBC as I was a new person attending. We had a great Spring Retreat the week before WSBC with over 50 people attending. It was very successful. We had a great Hoosier recovery day the last weekend of June hosted by Three Rivers Intergroup, which also was well attended. Also we have the upcoming Region 5 convention which will occurring at the end of August in Indianapolis. So, we are busy and active here in Indiana.
- d. Warren - Let Go Let God Intergroup: We are looking forward to Steve sharing with us at a sponsorship workshop on August 4<sup>th</sup>. I am the new chair for my intergroup and we are looking forward to doing a lot of exciting things. We are also looking forward to the convention. The Diversity sub-committee from last year is still working. We are looking forward to sharing our stories of diversity with you. We hope you share your stories of diversity with us in the market place.
- e. Clare - Bluegrass Intergroup: We are going to be having a "Shoe-in Walk-a-talk" event. We are getting together at an arboretum after a meeting, providing bottle waters, pairing up with someone by selecting a shoe from a pile of shoes and then going for a walk. A very exciting event.
- f. Jennifer- Louisville Metro Intergroup: Thank you Linda J. for coming to us and putting on a terrific retreat. As a result, we have 2 twelve step study group forming, which is very exciting. I really think we are seeing the beginnings of much improved recovery in my area with people willing to sponsor and give away their recovery as a result of that event.
- g. Irene - Greater Detroit Intergroup: We had a really powerful spring retreat in Clarkston MI and we are looking forward to a fall retreat also in Clarkston MI. Our twelve step committee is putting on a series of workshops throughout the summer with the theme "Destination Recovery". We are doing recovery alive and well in Detroit MI.
- h. Jo - Cleveland Central Intergroup: I want to thank Linda J. for the suggestion of giving away a free OA Twelve & Twelve Second Edition book for everybody who attend our intergroup meeting. As a result, our summer attendance has improved, which typically is when it normally slacks off. So this idea was a great idea that worked.
- i. Steve B. – Region 5 Vice-Chair and Central Ohio Service Intergroup: On August 4<sup>th</sup> 2018, we are having an all-day event "Ohio day of sharing" in Columbus Ohio. All of the intergroups in Ohio are coming together for one day though we would certainly welcome OA members



from outside the state. Also the Central Ohio Service Intergroup has officially endorsed the 2021 Region 5 convention.

9. The Region 5 Summer Conference Call was adjourned at 3:56 pm central time, 4:56 eastern time with the OA promise.

Joel I.

Region 5 Secretary

Minutes Approval Committee: Carol D. and Jo A.

Date Minutes were approved: July 27, 2018

**Attachment A: Roll Call Summary**

<b>IG Name</b>	<b>Region Reps</b>	<b>Totals</b>
<b>ILLINOIS</b>		<b>5</b>
Central Illinois Intergroup	1	
Chicago Suburban Southwest Intergroup (CSSI)	1	
Chicago West Far out Intergroup (Chi-Wif)	2	
Forest City Intergroup	0	
Suburban North Intergroup (SNI)	1	
Turning Point Intergroup (TPI)	0	
<b>INDIANA</b>		<b>5</b>
Central Indiana Intergroup (CII)	2	
KISS	0	
Let Go Let God (LG2)	2	
Northwest Indiana Intergroup (NWII)	1	
Three Rivers Intergroup	0	
<b>KENTUCKY</b>		<b>2</b>
Bluegrass Intergroup	1	
Louisville Metro Intergroup	1	
<b>MICHIGAN</b>		<b>1</b>
Greater Detroit Intergroup (GDI)	1	
Jackson Area Intergroup	0	
Southwest Michigan Intergroup	0	
Upper Peninsula of Michigan Intergroup	0	
Western Michigan Intergroup	0	
<b>OHIO</b>		<b>5</b>
Central Ohio Service Intergroup (COSIGOA)	1	
Cleveland Central Intergroup (CCI)	2	
Greater Canton Area Intergroup	0	
Greater Cincinnati Intergroup	1	
Greater Dayton Intergroup	1	
<b>WISCONSIN</b>		<b>3</b>
Milwaukee Area Intergroup (MAI)	2	
Rock River Intergroup	1	
<b>Executive Board</b>		<b>5</b>
Chair		1
Vice-Chair		1
Treasurer / Finance Chair		1
Secretary		1
Region 5 Trustee		1
Hotel Liaison		0
<b>Declared Guests</b>		<b>1</b>
<b>Total Declared</b>		<b>26</b>
<b>Total Undeclared (Guests)</b>		<b>7</b>
<b>Total On Call</b>		<b>33</b>