

OVEREATERS ANONYMOUS  
REGION 5 SECRETARY LETTER

RE: Packet C for the Fall 2018 Region 5 Assembly  
October 19-21 2018



October 31<sup>st</sup>, 2018

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

The post-assembly packet, Packet C, has been posted on the Assemblies page of [region5oa.org](http://region5oa.org).

There are 8 documents in Packet C:

1. **C01.Secretary Letter.pdf**
  - a. 2 pages - Updated
  - b. This Secretary Letter is the first document of Packet C and describes what is in the packet.
2. **C02.Region 5 2018 Fall Assembly Minutes.pdf**
  - a. 12 pages – New
  - b. This is the minutes from the Fall 2018 Region 5 Assembly as approved by the minutes approval committee.
3. **C03.Region 5 2018 Fall Assembly Credentials .pdf**
  - a. 1 page – New
  - b. This is the credentials report referenced in the Region 5 2018 Fall Assembly Minutes.
4. **C04.Region 5 Policies and Procedures 2018-10.pdf**
  - a. 18 pages – New
  - b. This is the updated Region 5 Policy and Procedure Manual with the changes approved the by the Fall 2018 Region 5 Assembly. See the minutes for details of what was changed.
5. **C05.2018 Budget to Actual through 9-30-18.pdf**
  - a. 2 pages – New
  - b. This document was missing from Packet B. and shows the actual as compared to the budget for 2018.
6. **C06.2019 Finance Committee Approved Budget.pdf**
  - a. 2 page – New
  - b. This document is the actual approved 2019 budget as approved by Fall 2018 Region 5 Assembly.

**Not included in Packet C are:**

1. There was a change to the Spring 2018 Region 5 Assembly minutes. This change was applied to the minutes and updated on the website in all previous locations. See the minutes for details of what was changed.
2. The Freedom from Bondage newsletter. This will be distributed at a later date.

This concludes the documentation for the Fall 2018 Region 5 Assembly. This assembly was easier than the last full assembly I was Secretary for. I made mistakes and I still have much to learn. But every time I do this, I am sure it will get easier. Overall I would say this was a fun assembly that where we accomplished a lot. Not everything we set out to accomplish, so there is work to be done. I am excited about where we are heading in the future. I have big hopes for the next year.

There were some hiccups. For example I don't think the registration period was very long. I need to work on the timing of things. The website wasn't cooperating as well. We had several document go missing from Packet B. Also I am still not receiving any of the registration emails. These are just some of the issues I have to work on. In many ways I am glad that the budget got approved. I am hoping the rewrite of the website will fix a lot of these silly little issues.

**Don't forget to mark your calendars for:**

- Mar 8 – 10, 2019 Region 5 Spring Assembly Hyatt Regency, Downtown Milwaukee, WI
- Jul 13, 2019 Region 5 Summer Conference Call
- Sep 27 – 29, 2019 Region 5 Convention, Hyatt Regency, Downtown Milwaukee, WI

Thank You so much for your patience as I learn this job. And Thank You for allowing me to do this service for you. I have to say I really love it. It's a hell of a lot better than being in bondage with food, that's for sure.

--Your in recovery,

--Joel I.

--Region 5 Secretary

--R5Secretary@outlook.com