

JUNE 2007 INTERGROUP MEETING MINUTES & COMMITTEE REPORTS

Westchester United OA Intergroup June 7, 2007 Meeting Minutes & Committee Reports

Attending: Anne B (Acting Chair) John B. (Acting Vice-Chair); Louise B (Hartsdale, Thursday PM); Jmel W. (Temporary Sponsor Bank/ White Plains Friday St. Matthews); Carol B. (Public Information); Carolyn (Newsletter); Beth T. (Webmistress); Jean B. (Larchmont Thursday)

Read: Preamble; 12 steps; 12 traditions; 1 – 6 Concepts of service; sign in sheet & basket passed (\$14 collected, Anne held for Treasurer)

Motion to approve June Minutes:

Vote: Approved Unanimously

Motion to approve Beth T. as acting Recording Secretary for this meeting

Vote: Approved unanimously

Items of Business:

Old Business:

- **Newsletter:**
 - In draft, hoping to get out a June/July newsletter. Article will be published written by the web mistress. Announcing also that we need more articles.
- **Region 6 Delegate:**
 - We have 4 slots because of the number of meetings we have. Request for volunteers to be delegate. Sarah & Rabia might volunteer.
- **IR Mentoring and Outreach:**
 - IR Mentoring – when someone shows up you brief them on the role of intergroup.
 - Intergroup Outreach – someone goes to meetings that don't have reps. You go to meetings and talk about Intergroup.
 - Need volunteers for these roles.
 - Carolyn offered to take the list of Intergroup Reps and see what is happening with them. Anne will e-mail the list to Carolyn and Carolyn will make calls.
- **Recording Secretary**
 - We do not have a recording secretary elected however Jan has been doing it and we believe she would continue however she is not present this month.
 - **Motion to table Recording Secretary discussion until Jan is in attendance**
 - **Vote: Approved unanimously**
- **Inventory Notes:**

JUNE 2007 INTERGROUP MEETING MINUTES & COMMITTEE REPORTS

- **Motion: To go on with the discussion of the inventory notes despite the fact that Kim is not in attendance.**
 - **Vote: Failed Unanimously**

- **July IG Meeting Date:**
 - **Motion: To change the date of the July Intergroup meeting from July 5th to July 12th due to the holiday.**
 - **Vote: Passed, 5 for, 2 abstaining.**

- **Diner Placemats:**
 - Carol discussed where they were distributed. Approximately 83000 each month for 3 months to 5 different diners (see April minutes for details).
 - Feedback that these are working. Some newcomers have attended meetings because they saw the ad on the placemat.

New Business:

- **Bylaws**
 - Do we want to amend them? Filling positions is hard because there is no procedure for appointing someone to the position who doesn't have the requirements. Read procedure for amending bylaws on page 14.
 - **Commitment made by the group in attendance that they will review the bylaws and inventory notes to be familiar with them and come back to the July meeting and discuss the inventory and then review bylaws for changes.**

- **PI done by Thursday Larchmont Meeting**
 - Beth talked about a PI campaign that the Thursday Larchmont meeting is doing in local papers. They took the flyer that was created for posting in local supermarkets and libraries etc. and used it to create an e-mail which they sent out to a number of different local publications. The publications have picked this up and they have received free press in many local papers. They have had a number of newcomers to the meeting because of the Press.
 - Beth would be happy to help any other group get started with this type of publicity for their meeting. You can contact her at bklieg@gmail.com or 777-1829.
 - Beth will send the info to Carol B and Jean B.
 - Following is the e-mail that was sent:

Press Release from Overeaters Anonymous, Thursday morning, Larchmont Meeting:

Is food a problem for you?

* Do you eat when you are not hungry?

* Do you go on binges for no apparent reason?

* Does your weight affect the way you live your life?

JUNE 2007 INTERGROUP MEETING MINUTES & COMMITTEE REPORTS

Start finding answers and solutions at Overeaters Anonymous. Attend a Meeting.

There are meetings all over the world and one close by...

We meet every Thursday from 10:30am - 11:30am at the Town of Mamaroneck Firehouse, 205 Weaver Street, Larchmont, 2nd floor Auditorium. Handicap accessible.

No Dues, No Fees, No weigh-ins, No diets

Contact Beth for more information, 914-777-1829 or bklieg@gmail.com

Or go to our websites for more information: www.OAHELPS.org, www.OA.org

- **Outreach to Nursing Home in Far Rockaway**
 - Anne discussed there is a group that is doing outreach to a Bar iatric Unit at a Nursing Home in Far Rockaway. They have made a commitment to go there and bring OA to the people in the Home. It is a great service and if anyone else would like information about it or would like to go with them, please contact Anne B at 332-1019.

Respectfully Submitted by Beth Tafuri

JUNE 2007 INTERGROUP MEETING MINUTES & COMMITTEE REPORTS

Committee Reports

Public Information Committee report 6/6/07

SERVICE ALERT

In order to evaluate our recent PI work better, the PI Committee is eager to learn how newcomers hear about our meetings and OA. Please join in this Twelfth Step service of carrying the message--our primary purpose. If your meeting is seeing new faces attracted by the current Diner Placemat campaign, the White Plains movie ad, or the Mamaroneck Fair, please let the PI Committee know. Thank you for your service! Email cbbooth@optonline.net or call 914-478-2853.

Great Day for Carrying the Message

WUIG's Public Information (PI) booth at the Mamaroneck Harbor Fair Sunday, June 3 attracted close to one hundred people who attended the all-day event. Volunteers at the OA booth answered questions, distributed literature, and handed out 70 WUIG meeting lists to people who requested them. The booth attracted newcomers, people who had given OA a try in the past or who wanted to share the literature with someone close to them, and health care professionals.

Fair-goers who stopped at the OA booth:

67	Potential Newcomers
10	Concerned Family
9	Former OA Members
2	Healthcare Professionals
2	Teenagers
2	Other
4	Present Members

Meeting Lists Distributed: 70

Free OA Literature Distributed: 176

A follow-up call is being made to each healthcare professional that stopped by.

Diner Placemats

The diner placemats continue to be distributed this month – our third in a series of 3 – at five local diners. We just heard from a member today that a recent newcomer found out about OA and decided to come to a meeting after having seen the diner ad. Several other recent newcomers also stated that they heard about OA thru the diner placemats.

JUNE 2007 INTERGROUP MEETING MINUTES & COMMITTEE REPORTS

Web mistress Report

Web Site Report from Chair - June 2007

The website continues to be updated as new information comes in. Please have meetings submit anniversary info as well as any meeting changes, openings or closings. Any other pertinent information regarding OA or meetings can be submitted for posting. Please encourage this. It would be great if the Reps could take a look at the site and make sure there are directions to their meeting posted and that they are accurate.

A couple of e-mails were sent out to our distribution list with current information updates. One request for information about meetings (how they work, what the abbreviations on the meeting list means) came in and I answered it.

A couple of months ago, I requested the ability to change the company that hosts our Web Site. I was given that ability by IG. I put it off to be done in June as that is when our current providers Contract expires. Unfortunately, I do not have the time to commit to doing this project and therefore have decided that we will remain with the current provider, Best Web for another year. Our relationship with Best web has improved and we have not had any trouble with the site for a couple of months. In addition, I now have a direct contact to a technical person who seems to get our problems resolved in a timely manner. If there is someone who would like to take on the responsibility of moving to a new host, I would be happy to turn it over to them. In addition, although I truly enjoy doing the service of maintaining the website and do not mind keeping it. I have been doing it for a number of years and do think that it is important to rotate service, please make this announcement at future IG meetings.

Please continue to announce that the new, easier to remember address is www.oahelps.org. However, you can always get to our site via www.oawestchestser-ny.org. You can now use either address to get to the Westchester website. Please spread the word and feel free to use www.oahelps.org on any literature you print.

All e-mails continue to be directed to the general web address.

Following are the list of positions which have e-mail forwarded to them through the site.

- Chairman
- Vice Chairman
- Recording Secretary
- Corresponding Secretary
- Treasurer
- Regional Representatives
- WSBC Delegate
- PI Chairman
- Newsletter Editor

JUNE 2007 INTERGROUP MEETING MINUTES & COMMITTEE REPORTS

Speakers' Bank Chairman
Sponsors' Bank Chairman
Hotline Chairman
Webmaster

As I have stated previously, I have posted some information to the Committee Pages; however, most of them still need more information. If you are a Chair, please visit your page and decide what you would like to do there. Please continue to update on a regular basis.

If there is anyone among the fellowship who has an understanding of website maintenance or is very computer literate, I would appreciate help in maintaining the site and working on improvements to it. Please contact me at bklieg@gmail.com or 914-777-1829.

Respectfully submitted by Beth T., Web mistress

Temporary Sponsor Bank (Jmel W.)

I have had NO calls in the last month for the temporary sponsor bank.

IR Mentoring and Outreach Program Report

Report from Beatrice

Dear Intergroup Members,

Beatrice Sanzari, Chairperson for the IR Mentoring and Outreach Program. The reason that I took on both positions was because they are so connected. When I went to all the OA meeting that didn't have a representative, and pitched the importance of them being the liaison between their group and the Intergroup I was able to fill our Sign-In Sheet. The S-I-S was important for me to stay connected to who was being represented or not. When the new IR arrived we gave them a packet with all the information that they would need and phone connection to me for any additional answers. This appeared to work.

My original committee was made up of myself, Kathy Delaney, Co-Chair and Carol Booth. We came up with the description and jobs of both committees. We kept them separate. A copy was given to the WUIG Chairperson (should be in your files), and most recently to Tom (my co-chair – to be given to the new Chairpersons).

It was during that time that the Sign-in-Sheet was added to the Outreach Committee because both Kathy and I were doing it anyway. It should be taken out of this Committee and given to the Recording Secretary but the Outreach Committee should be given a monthly up-date.

After reading Tom's suggestion, I would like to make some of my own:

JUNE 2007 INTERGROUP MEETING MINUTES & COMMITTEE REPORTS

1. Both Outreach and IR Committees should be split up, have 2 different chairpersons. No Co-chair necessary but workers that would be willing to do service.
2. Bea cannot continue being Chairperson for either Committees (against all WUIG By-laws) and will resign under separate letter. I can still continue to give service via email or phone when necessary.
3. The IR packet consists of:
 - a. Bylaws of the Westchester United Intergroup
 - b. Job Description for the Intergroup Representative.
 1. Serving at your group's meeting
 2. Serving at the WUIG meeting
 3. Representing your group at the WUIG meeting.
 - c. Updated list of all WUIG Positions / Groups, Name, Phone
 - d. Glossary and Service Hierarchy
 - e. Notes on Parliamentary Procedure for WUIG Meetings
 - f. Pamphlets:
 1. The Twelve Traditions of Overeaters Anonymous
 2. The Twelve Concepts of OA Serviced
 3. OA Handbook for Members, Groups and Intergroups: Recovery Opportunities

There is too much information to be scanned and it is with "fellowship" to have someone hand you a packet and to answer any questions at that time.

I am more than willing to meet with the new Chairpersons, to give them whatever additional pamphlets, etc. that I still have. The change over can be done very smoothly. It was a wonderful job and great way to give service (the only way I can ever give back for what I have received).

With Gratitude,
Beatrice

Resignation letter from Beatrice

May 20, 2007

Dear Anne:

Overeater's Anonymous has been the mainstay of my life for over 35 years. My continuous involvement with Intergroup throughout the years has always enabled me to believe that, in some small way, I have contributed to the health and well-being of the OA organization in our area.

As we know, life changes, situations change, and the challenges we face on a daily basis always change. Right now I need to focus all my strength and attention on maintaining my own health and well-being. My latest challenge is fighting a recurrence of cancer. I just keep reminding myself to wrap myself in the love and support of God, family and friends and everything

JUNE 2007 INTERGROUP MEETING MINUTES & COMMITTEE REPORTS

Will work out as it is meant to be. For now, however, I can no longer be a contributing or active participant in Intergroup.

Please accept this note as my official resignation from my responsibilities. Know that my heart and thoughts are with you and all those who continually give service to Intergroup. Keep up the good work spreading the message of recovery

With Gratitude,
Beatrice S.

Report from Tom

IR Mentoring and Outreach

The IR Mentoring and Outreach Committee will be going through some changes in the near future.

- Bea will continue to lead the committee as co-chair, but due to personal issues, she will need to work via email only. She will mentor through email, answer questions, email out packets of information if necessary, but for the immediate future she will be unable to take calls from new IRs.
- We will see if we can have the information hosted on the website (Beth?), which I assume means that the packets and papers will need to be scanned in (does anyone have access to a scanner?)
- Tom will be stepping down from co-chair of IR Mentoring, as the goal was to help it limp along until Bea's return. With Bea able to participate in electronic fashion only, we need a motivated co-chair for this important role. Therefore, we need to elect a new co-chair to work with Bea and new IRs.
- The IR / Attendance list will continue to be updated by Kathy D, but there will need to be a new collector of this information at meetings if Kathy D is not in attendance. My suggestion is that when a new IR Rep joins, that they are given Bea and Kathy D's email immediately to get started. Kathy can get their info on the list; Bea can reach out via email with the packet and direction.
- IR outreach has continued and needs to continue. Bea will not be able to perform this function directly for the near future, and Tom will be stepping down from the co-chair role. We need to elect a new co-chair to be mentored by Bea on outreach. I believe we should complete the inventory and then do a more formalized outreach program where we as a group define groups we attend and visit and then go make the pitch about "the new intergroup."

That is the report...Change is Good! This is great service for those who want to help build, grow and maintain Intergroup!