



Horizon

A newsletter of Overeaters Anonymous Region III

Spring 2007



February 23 – 25, 2007
47th Annual OA Birthday Party
Los Angeles, CA

The annual OA Birthday Party is a three day celebration of OA's founding in Los Angeles in 1960. Every year hundreds of recovering compulsive overeaters from around the world gather to celebrate both the event and their recovery.

More information at:
http://www.oalaig.org/html/birthday_party.html

March 9-11 2007
St. Louis Bi-State Area IG Convention
<http://www.stlouisoa.org/events.html>

March 23-25 2007
Region 3 Convention
Las Vegas, NV

April 30 – May 5, 2007
2007 World Service Business Conference (WSBC)
Albuquerque, NM

August 30 – September 2, 2007
World Service Convention,
Philadelphia, PA

October 19-21, 2007
Region 3 Convention
Denver, CO



sOAr free

Viva Las Vegas!
Viva Recovery!

Join us for “sOAr free”, the Region III Spring Assembly and Regional Convention March 23-25, 2007, in Las Vegas, Nevada, at the Clarion Hotel & Suites.

The convention is hosted by the Las Vegas OA Intergroup.

Room rates are \$89 per night. You must mention the special “Region III Assembly and OA Convention Rate” when calling – deadline for this special price is February 23.

“Just Be It”

We're having one of those "once in a millennium" winter storms here in Austin, Texas, and I'm watching sleet ice the front walk as I try to come with something compelling to fill the last hole in Horizon.



The newsletter of Region III
of Overeaters Anonymous

Serving OA in
Arizona, Colorado, S. Nevada,
New Mexico, Oklahoma,
Texas and Utah

<http://www.oaregion3.org>

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Submissions to HORIZON are
encouraged, including personal stories of
OA recovery. Please
send to the communications
secretary.

Work and school have been called off for the day and my 7-year-old daughter has been bugging me for most of the morning to come play, but I'm reluctant to leave my desk.

This is partly because I'm already behind on the newsletter and preparations for a new college class I'm teaching, and mostly because our big tom cat "Follow" (so named by my daughter) is perched on the table behind me, ready to jump into my warm, soft chair the moment I vacate it. I still have the scratches from the last time we fought over a seat assignment. Nope, I'm staying put.

"Look, Mom, I think it's snowing," Kathleen calls to me from the living room.

So it is. Fat swirling flakes, the kind with no sticking power, land briefly on the porch railing before vaporizing. Pretty pathetic by my Boston born-and-bred standards for winter, barely worth digging out the hat and mittens for. But then again, Kathleen has never really seen snow.

"Okay," I sigh, shoving back my chair. I've barely gotten to my feet when Follow pounces on my seat. Claws unsheathed, he stares at me with knowing amber eyes. Fine. I wasn't getting much done anyway.

I shove my feet into my old hiking boots and groan (your feet really can grow a whole shoe size during pregnancy) and dig through the pockets of my parka for my mittens. I find three, all from different sets. and settle for an old pair of my husband's, with the woolen fingers frayed away in strategic places. It all seems to vindicate my miserable mood.

Kathleen spins around in the midst of the snow, trying to catch a flake on her tongue, laughing and lurching with the effort. I see she's still wearing her pajamas under her jacket. Great. Might as well call the pediatrician. Pencil us in for pneumonia, say, for Friday?

I look up at the gray sky and black tree branches deftly shaded with white. God's charcoal sketches of winter. In spite of my mood, I nod with appreciation. God does good work.

Thinking of my Higher Power in that moment starts to melt the icy core of my bad mood. I close my eyes and feel the snow sting my cheeks. Just be, God tells me in the voice of the moaning wind. Just be.

"Mom, play with me," Kathleen shouts. Of course!

She's brandishing a hockey stick. My husband is showing her how to knock down the icicles from the eaves of the house. She pops one of the ice shards in her mouth. I shudder - and don't lecture her on how raw icicle-sucking has been linked to the Ebola virus or was it plantar warts? Instead I demonstrate how to decapitate frozen dandelions with karate kicks.

**Region III Committee
Chairs**

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And just be.

When our feet grow cold and our mittens become soddened enough, we stamp snow from our feet and go inside for lunch. My work is still there, but so is my willingness.

Thanks, I tell my Higher Power. Thanks for today.

-Mary H.
Communications Secretary

COMING SOON TO THE REGION III WEB SITE:

Updated copies of the by-laws and the Policies and Procedures Manual.

NEED A SPEAKER? HAVE WE GOT ONE FOR YOU!

Contact Mary R. at kitka11@swbell.net for an up-to-date list of Region III Speakers

ATTENTION 12-STEP-WITHIN CHAIRS AND COMMITTEE MEMBERS

Tired of re-inventing the wheel when it comes to planning events and carrying the message? Share your successes with the fellowship. Find out what has worked for others in Region Three. Send your name and email to Mary R. at kitka11@swbell.net if you are interested in starting and/or using a mailing list devoted to 12-Step Within work.

**MINUTES
REGION III OVEREATERS ANONYMOUS, INC.
OCTOBER 6-8, 2006
HOUSTON, TEXAS**

Chairman Andrew Smith called the Assembly to order and the Assembly recited the Serenity Prayer. Lori read the 12 Steps, Marci read the 12 Traditions, Marian read the 12 Concepts, Jackie read from *For Today* and Barbara read from *Voices of Recovery*. The Steering Committee members were introduced: Francene Adcock, Vice Chair, Rhonda Jordon, Treasurer, Nola Whirlow, Recording Secretary, Mary Reilly Hoover, Communications Secretary and Debbie Wilson, Region III Trustee. Louise Hall, Parliamentarian,

was introduced and Cathy K. from Houston welcomed the Assembly. Sallie G. volunteered to take informal notes and an envelope was passed around for those who wanted copies of the notes for a cost of \$3.00.

CREDENTIALS REPORT

The roll was called by the Treasurer. The number of voting representatives was 33 with 34 in case of a tie. The credentials report was accepted as presented. The credentials report was later amended and the final number of voting representatives at the Assembly was 35 with 36 in case of a tie.

INTRODUCTION OF MEMBERS

Members of the Assembly were invited to rise and introduce themselves.

PARLIAMENTARY PROCEDURE

Parliamentarian Louise Hall explained some important points for the procedure to be followed during the Assembly. She emphasized the importance of using the microphones to address the Chair and asked members to remain quiet during the Assembly. She also expressed her pleasure to be a part of our Assembly.

STANDING RULES

The proposed standing rules were presented by the Recording Secretary. After a change was made in order to clarify the wording of number 3, the standing rules were approved as amended.

AGENDA ADOPTED

The proposed agenda was read by the Recording Secretary and two items were added to the Agenda in order to include Bylaws Amendments and final approval of the budget. A change was also made to correct a date and the time for the Informal Problem solving session. The agenda was approved and adopted as amended. Lori G volunteered to act as timekeeper.

MINUTES APPROVED

The chair stated that copies of the minutes from the spring 2006 Assembly were in the packets and asked for additions or corrections. After a correction was made in wording, the minutes were approved as corrected.

REPORT OF TREASURER

The treasurer's report was presented by Treasurer, Rhonda Jordan. She explained the line items and answered questions. The Chair stated that the report would be filed for audit with final approval of the budget to occur later in the Assembly.

REPORT OF CHAIR

Chairperson Andrew Smith gave his report, and explained that our Region III Trustee, Debbie Wilson was reelected at WSBC. He stated that the conference call, the first one for Region III, had taken place in July and was productive and affordable. He expressed his pleasure at being able to serve as Region III Chairperson for the past four years.

REPORT OF VICE CHAIR

Vice Chairperson Francene Adcock, presented her report. She explained that she will be sending out a green dot handbook to the intergroups and asked the representatives to watch for those. Her online version of the convention manual is in progress and will be available soon. She stated that all future host intergroups do currently have the printed version of the manual. She stressed the importance of host groups turning in a final report to the Vice Chairperson in a timely manner and asked that exact dates of upcoming conventions be forwarded to her as soon as possible.

REPORT OF RECORDING SECRETARY

Recording Secretary, Nola Whirlow, explained the importance of signing the notebook which would be circulated throughout the Assembly. All correspondence to attending representatives depends on the information entered by the representatives during the meeting.

REPORT OF COMMUNICATIONS SECRETARY

Communications Secretary Mary Reilly Hoover gave her report. She explained the process of getting the Horizon newsletter printed and mailed and thanked Richard F. for all his service in posting information on the Region III website.

REPORT OF TRUSTEE

Region III Trustee Debbie Wilson gave her report. She passed out envelopes to all representatives. She asked all of us to be aware of upcoming Idea Day and to find creative ways to observe the day. She stressed the importance of current addresses for groups with correct contact information being reported to WSO. She passed out an envelope for the 7th Tradition collection.

ELECTIONS

Chairperson Andy Smith explained that applications had been received from two applicants before the deadline of August 24, 2006. Mike K had applied for the position of Chairperson and Nola Whirlow had applied for the position of Recording Secretary. Both applicants were given 10 minutes to speak and to answer questions from the Assembly.

Voting took place by ballot and each applicant was elected for a term of two years. Cathy and Russell from Houston served as the Teller Committee for the election process.

REPORT ON FRIDAY WORKSHOP

Vice Chairperson Francene Adcock explained that the Informal Problem Solving workshop on Friday, October 6, 2006 lasted from 3:00 to 5:00PM and was well attended. The discussion generated many remarks and ideas on Intergroup related issues. She stated that the time slot would remain the same for future assemblies.

COMMITTEE MEETINGS

Chairperson Andy Smith explained the purpose of committee meetings and introduced the current chairperson for each committee. Each chairperson gave a brief explanation of current goals and committee functions. The committee chairs were: Vicky Wilcox of 12th Step Within, Jan Blue of Professional Outreach, Richard Fisher of Communications, Mike Koechner of Ways and Means/ Finance and Marilyn Bredeson, who was filling in for Cathy Knapp as chair for the Bylaws committee. The committees convened and the Assembly was dismissed for lunch at 11:45AM.

Committee chairs reconvened at 1:45 and the Assembly reconvened promptly at 2:00PM.

SEVENTH TRADITION

Treasurer, Rhonda Jordon reported that \$202.00 had been collected from the Assembly for Seventh Tradition contributions.

COMMITTEE REPORTS

12TH Step Within

Chairperson: Vicky Wilcox

Vice Chairperson: Maureen Eason

Co-Chairperson: Andy Smith

Members: Laura A., Marian G., Lilly A., Cora H., Marcia F.

Short range goals were to:

1. Adopt WSO speakers form for Region III and put the form on the website.
2. Contact current Region III speakers to determine if they would be willing to be a WSO speaker.
3. Update the list of 12th Step Within contacts for each intergroup.
4. Follow up with the Communications Secretary to define the responsibility for speakers list.

Long range goals were to:

1. List intergroup 12th Step Within contacts in the Horizon newsletter.
2. To write and submit a letter to Lifeline.
3. Contact Region III speakers in March 2007 to update information and application on the website.
4. To add qualifications for region III speakers, size of group, travel distance.
5. Review and report on non-conference approved information sources used at Tulsa Relapse and Recovery Workshops.

Public Information/Professional Outreach

Chairperson: Jan Blue

Co-Chairperson: Francene Adcock

Members: Mary, Helen, Dotty, Beth and Bailey.

Short range goals were to:

1. Increase website presence for information, activities and contacts.
2. Create a flyer for the next assembly.

Long range goals were to:

1. Promote WSO half priced literature.
2. Promote funding available for events and PI/PO materials and to invite submissions.
3. To continuously run the *Hearing is Believing* DVD and CD and to plan a raffle for the American Medical Review DVD Hearing is Believing

Communications and Technology

Chairperson: Richard Fisher

Co-Chairperson: Mary Reilly Hoover

Members: Sallie Gullion and Mary Hollis.

Short term goals were to:

1. Transfer web ownership/billing information to Region III.
2. Continue to keep the website information current.
3. To redesign and overhaul the Region III website.
4. Publish the Horizon newsletter.

Long range goals were to :

1. Develop a comprehensive Region III mailing list.
2. Develop a website template for intergroups wanting to develop a website.

Bylaws

Chairperson: Cathy Knapp (sub, Marilyn Bredeson)

Co-Chairperson: Nola Whirlow

Vice Chairperson: Barbara Vervenne

Members: Bernie W., Marci W., Billie S., Ann BC., Margaret D. Region III Trustee Debbie Wilson also attended.

Short range goals were to receive, review and revise proposed policy manual amendment motions by email and to agree on wording for forthcoming motions.

Long range goals were to continue to review and revise Region III Bylaws and Policy Manual to insure continued conformity with WSBC.

Ways and Means/Finance

Chairperson: Mike Koechner

Vice Chairperson: Andrea MacDonald

Co-Chairperson: Rhonda Jordon
Members: Lorrie D., Connie T., Jackie W., Connie C.

Short range goals were to:

1. select a fundraiser item by 11/7/06.
2. To continue key chain sales at \$2.00 each.
3. Establish a reimbursement policy for expenses from Treasurer.

Long range goals were to:

1. Have the fundraiser items available at the Spring 2007 Assembly and Convention in Las Vegas.
2. To get a motion presented at Spring 2007 Assembly to add reimbursement policy to the By-laws.
3. Complete the 2005 audit.

Jackie W. was elected as new chairperson since Michael K is the new Region III chairperson. \$775.00 has been raised so far by key chain sales.

FINAL APPROVAL OF BUDGET

A motion was made to increase postage to \$75.00 and to decrease office supplies to \$25.00 The motion was seconded and carried. Another motion was made to increase Communication Committee expense to \$200.00 and to decrease Travel Expense for Steering Committee to \$2400.00. The meeting was seconded and carried. Another motion was made to increase PI/PO expenses to \$100.00 and decrease Health Fair expenses to \$225.00. The motion was seconded and carried. After discussion of funding requests and amendments were made to those line items, the budget for 2006-2007 was adopted as amended.

LIFELINE DRAWING

Region III Trustee Debbie Wilson stated that enough money had been donated to provide four Lifeline subscriptions and a drawing took place. Jackie W. received two subscriptions and the other two went to Sallie G. and Connie T.

UNFINISHED BUSINESS

The Chair stated that he was not aware of any unfinished business.

NEW BUSINESS-BYLAWS AMENDMENTS

A list of proposed bylaws amendments was included in the representative packets. The purpose of the proposed amendments was to bring the bylaws of Region III into alignment with the bylaws of Overeaters Anonymous, Inc. These motions were prepared by Marilyn Bredeson and a committee prior to the spring 2006 Assembly. The proposed changes were mailed to all Intergroups 90 days prior to the fall 2006 Assembly. After presentation of the proposed amendments and motions made by Marilyn Bredeson, time was allowed for pro comments and con comments. Discussion was minimal and all motions were passed. See Proposed Bylaws Motions.

ANNOUNCEMENTS

Lorrie D. announced the dates for the spring Assembly in Las Vegas as March 23-25, 2006. The Clarion is a non-gaming facility. Free transportation will be provided from the airport. No dance is planned so that attendees may enjoy the free time in Las Vegas.

GOOD OF THE ORDER

Francene Adcock announced that the green dot packet will be improved for the next Assembly. Debbie Wilson put out a call for representatives to pray about doing service at the WSBC level as Region III deserves to have good representation there. Louise Hall, Parliamentarian complimented OA Region III for our positive attitude. Ann, from the Southwest Intergroup (SWIG) thanked Region III for funding and explained that this was the first time in 7 years that SWIG had sent a representative! Jan Blue invited all of us to the

New Year's Day Brunch to be held in Denver. Details are on the website. Mike Koechner reminded us of the need to apply daily our slogan "To extend the hand of OA...For this I am responsible."

Andrew Smith, Chairperson, once again expressed his gratitude and appreciation for the opportunity to serve as Region III Chairperson.

ADJOURN

There being no further business, the Assembly was adjourned at 4:51PM.

Proposed Bylaws Amendment Motion

On page 9 under Treasurer add:

"The treasurer must have a second signature on all checks made payable to the treasurer for reimbursements."

Proposed Policy Manual Amendments Motions

Purpose: To clarify wording and to remove items which are stated in Region III Bylaws.

Motion 1 Article II Section C. Add (See OA Inc. Bylaws, Subpart B, Article V. Section 1.)

Motion 2 Article IV Section **Q**. Strike the words "the close *of*".

Motion 3 Strike Article V from Region III Policy Manual, because that information is stated in the Region III Bylaws. Re-letter all subsequent Articles.

Motion 4 Article VI Section B. Add the following sentence: "Members are encouraged to commit to serve on their chosen committee for a period of at least one year."

Motion 5 Article VII Section C. Strike the words "a list of" and replace with the words "a reference to." Strike the words: "i.e. Convention Planning, Public Information, Bylaws, and Policy Manuals and other publications becoming available, as well as contact persons for obtaining" and insert the words: "available at www.oaregion3.org or by contacting listed committee co-chairs to obtain copies of same."

Motion 6 Change name of Article VIII by striking the word "Appointment" and inserting the word "Selection" and insert the word "Committee" before the word "Service."

Motion 7 Article VIII Section A. Strike the word "appointed" and insert the word "selected" and strike the word "Chairperson" and insert the words "members of the committee."

Motion 8 Article VIII, strike sections B and C and re-letter subsequent sections.

Motion 9 Article XI, strike sections A and B. Insert new Section A: "In all Region III elections, the Chair will appoint a Teller committee made up of a non-voting chairperson and two non-voting attendees. Insert new Section B: "If no applications for steering committee positions are received by the chair in advance of an Assembly, then nominations may be received from the Assembly floor."

Motion 10. Article IX. Letter V, insert as the second sentence: "Requests to host

Region III Assemblies/Conventions may be approved up to three years in advance. If more than one application is received for the same Assembly/Convention, the Vice Chairperson may ask if the Intergroup would be willing to consider another open date.”