

# SGSC MINUTES

## NOVEMBER 18, 2018

The meeting opened at 3:30pm ET with the Serenity Prayer.

**ATTENDANCE:** (16) Amber J – CA, Akia W – DC, Cayce – OH, Dave M – MA/FL, Deme S – CA, Diane K – CA, Diane P – PA, Haidee – AU, Kathy – KY, Marsha –MI, Paul B - MA, Pam K –Toronto, Rod – AU, Sherry W – FL, Susan D – CA, Vicki R - CA

(If you were on the call and your name is not listed or your information is not correct, please email Pam K at [lowry.kokott@gmail.com](mailto:lowry.kokott@gmail.com) so your name can be added or the information can be corrected.)

~ Welcome by Paul B, SGSC Chair [sgsc@foodaddicts.org](mailto:sgsc@foodaddicts.org) 508-648-7898

### ~ Local Service Group Check-In

#### **Contra Costa, CA**

- New LSG in the Bay Area.
- 1<sup>st</sup> meeting in November.
- Northern CA area has 5 LSGs.

#### **Grand Rapids, MI**

- Meets 2<sup>nd</sup> Saturday every other month. Announced by email and everyone is welcome. 6 to 7 active fellows.
- State wide Info Session was held in November, 50 people attended, no newcomers, 6 speakers.
- Holding writing workshops, working on web presence and looking at health fairs, each meeting is sponsoring a rack, placing library books, looking for lunch and learns with medical professionals.

#### **Maryland/DC/Delaware/Virginia**

- Involved in doing public information and supporting the local fellowship.
- Pairing LSG meeting (talking about what the LSG does and is doing to garner interest) with other initiatives (writing workshop today – 15 fellows attended).
- Maintains area phone list.
- Looking at health fair through NBC reaching 90,000 people; reaching out for funding from WSI/EAI.
- Bringing Info Session to classrooms.
- Maintains area phone number. Trying to determine if it is worth continuing the number.

### **Mid-Peninsula/South Bay, CA**

- Now meeting quarterly in Palo Alto.
- Having fellowship time on January 5, 2019 to build local fellowship.

### **Cleveland, OH (North East)**

- No LSG currently; hoping to start one early 2019.
- Held 2 Info Sessions with out-of-town speakers; 3-4 newcomers and lots of fellows in attendance.
- 1-800 # on Trifolds for the area; get 1–2 calls per month but the 1-800 # helps with anonymity.

### **Melbourne, Australia**

- Held Info Session with emphasis on media (local ads, radio interviews).
- Ten newcomers were in attendance; 3 have stayed.

### **Philadelphia, PA**

- Meets monthly and normally have 9 people in attendance.
- Planning a Fellowship Day in January (out-of-town speaker, writing workshop, raffle followed by lunch).
- Attended a Health Fair at a local Community College.
- Working on getting FA in newsletters/bulletins for FA meeting locations.

### **South Coast, MA**

- Meetings will start again in January.
- Planning a Fellowship Day in the Spring.

### **South West, FL**

- Participating in a health fair in January.
- Active Sponsor A Rack Initiative.
- Three are Info Sessions planned for February, March and April.

### **Sonoma, CA**

- LSG started in 2016 with phone calls; moved to face-to-face in August 2018.
- Participated in Health Fairs in other counties so they will be prepared when an opportunity arises in their area.
- Planning a Thank-A-Thon.

### **Toronto, Canada**

- Continuing to work on the FA Book initiative (libraries, high schools, universities and colleges)
- Planning an in-person meeting to put trifolds into plastic envelopes for placement on bulletin boards throughout Toronto.

- Considering participation in a Health Fair in the Spring.

### **Detroit, MI/North West Ohio**

- Emphasis on Health Fairs; have done 50 in 3 years.
- Participated in 3 Health Fairs in the last month; passed out 81 Trifolds at one.
- Detroit Medical Center asked FA to participate in Health Fair for United Auto Workers.
- Participated in the Diabetic Family Health Fair; passed out 31 Trifolds and got a lead on another Health Fair for May 2019 that should have 1500 people in attendance.
- Use Weblinks sessions to increase internet presence; another one planned during upcoming holiday season.
- Planning an initiative to present to healthcare professionals.

Paul advised that the JANUARY CALL will include the Healthcare Power Point presentation.

### **Sydney, AU**

- Made adjustments to Healthcare Power Point presentation to make it AU friendly.
- Presented to a group of doctors; well received by physicians; placed a rack there.
- Showed the Power Point presentation to fellows so they are aware of it.

## **~ Highlighted LSGs**

### **Amber J, San Francisco, CA**

- Started in July 2016; meets monthly for 45 minutes.
- Six active fellows and 13 email participants.
- Secretary, Note Taker and Craig's List Poster rotate quarterly.
- Maintain Eventbrite Listing (187 views).
- Spend the first 5 to 10 minutes reading from LSG Guidelines and Recommendations and/or the PI Kit to get ideas for initiatives.
- Participates in the SGSC call to get inspiration.
- Places books in libraries and make certain they are being checked out so they don't go out of circulation. Posted anonymous reviews of the FA Books in the library where that option was available.
- Used Cision to find media contacts in their area. Emailed and phoned contacts. One radio station showed interest and was handed over to Media Watch.
- Held an Info Session in a classroom in a Community College.
- Planned an Info Session in August 2018 at a local library following the PI Kit. Used Eventbrite and Craig's List to advertise Info Session. Also used Weblinks.
- Wished they had given themselves more leadtime and announced the Info Session at area meetings to give more fellows a chance to attend. Also, wished they had invited family and friends.

- Currently working on contacting Faith Community Leaders in the area and are planning a Writing Workshop.

**Vicki R, Foothills/Sacramento, CA**

- Started one year ago, meets monthly.
- 9 to 12 regular fellows in attendance.
- Contacted religious leaders in the area giving them FA information and asking if FA could be announced in their bulletins.
- Secretary and Note Taker rotate quarterly for continuity.
- Listing local meetings on Eventbrite and Craig’s List and putting a push on racks.
- Communicating with local meetings about healthcare brochures.
- Considering ads/articles in local newspapers.
- Focusing on National Eating Disorders Week in February.

Meeting ended at 4:48pm with the Serenity Prayer.

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**WSI Service Group Support Committee  
Conference Call Schedule - 2019  
(Third Sunday of the Month)**

<b>DATE</b>	<b>TIME</b>	<b>CALL TYPE</b>
January 20	3:30 – 5:00 ET	Intergroup/Chapter Report
March 17	3:30 – 5:00 ET	LSGs
May 19	3:30 – 5:00 ET	Intergroup/Chapter Reports
June		No Conference Call
July 21	3:30 – 5:00 ET	LSGs
September 15	3:30 – 5:00 ET	Intergroup/Chapter Reports
November 17	3:30 – 5:00 ET	LSGs

**WSI SGSC CORE MEMBERS**

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