

FA Western Area Intergroup (WAI) Meeting Summary
April 14, 2019

Next Meeting: May 5, 2019 from 10:30am–12:00pm

Location: Kaiser Hospital, 3600 Broadway, Oakland, CA 94609

Remaining 2019 Dates: No June date due to Business Convention, July 14, August 11, September 8, October 13, November 10, December 8

Board Officers and Committee Chairs

Chair: Brandon C. waichair@foodaddicts.org	Secretary: Nora K. waisecretary@foodaddicts.org	P.I./Media: Su S. waipi@foodaddicts.org
Vice Chair: Fredrika N. waivicechair@foodaddicts.org	Office: Jim D. waioffice@foodaddicts.org	Convention Resource: Mery L. waiconventionresource@foodaddicts.org
Treasurer: Stella J. waitreasurer@foodaddicts.org	12th Step: Erin S. wai12thstep@foodaddicts.org	

Intergroup Contacts: Please print and read the text in the highlighted box below *in full* at your business meeting.

April Intergroup Highlights

From the Chair

- The next intergroup meeting will be held on the first Sunday of the month (May 5) due to Mother’s Day. We will not be having an intergroup meeting in June due to the business convention.

From the Vice Chair

- If you get a call from someone looking for a sponsor and you are not available and don’t know anyone available please have them email sponsorlist@foodaddicts.org. This is a world service support committee position that will help people find sponsors.

From the Public Information Chair

- Please bring your old connection magazines to intergroup and the Public Information committee can repurpose them for use at health fairs.

From the Office Chair

- The office committee holds an orientation meeting during intergroup. If this is your first time attending intergroup we suggest coming to the Office committee.

Chair: Brandon C.

- Brandon opened the meeting with five minutes of Quiet Time.
- Closing remarks:
Meditation for the Day from August 28th in the 24hour book

Happiness cannot be sought directly; it is a by-product of love and service. Service is a law of our being. With love in your heart, there is always some service to other people. A life of power and joy and satisfaction is built on love and service. Persons who hate or are selfish are going against the law of their own being. They are cutting themselves off from God and other people. Little acts of love and encouragement, of service and help, erase the rough places of life and help to make the path smooth. If we do these things, we cannot help having our share of happiness. • Brandon closed the meeting with the Serenity prayer.

- Brandon closed the meeting with the Serenity Prayer.

Treasurer: Stella J.

As of last day of March 2019			
Beginning Balance: \$ 13,322.31			
INCOME/GROSS PROFIT		EXPENSES	
Donations	\$ 3,492.90	Office	\$ 142.64

Literature	\$ 1,113.82	PI	\$ 265.85
Interest income	\$.07	Travel fund	\$ 0
<i>Total Income</i>	<i>\$ 4,606.79</i>	Donation to WSI	\$ 3,000.00
Less cost of goods sold	\$ 1,175.08	Rent	\$ 250
Gross profit	\$ 3,431.71	<i>Total Expenses</i>	<i>\$ 3,373.21</i>
Net income		(58.50)	
Ending balance		\$ 12,785.53	

Vice Chair: Fredrika N.

- 8 people stood up as available sponsors

Office Committee Chair: Jim D.

New meetings:

- Des Moines, IA – Sat 8:30 AM

Cancelled Meetings:

- None

Location and time changes:

- Aurora, CO - Thurs 4:15 PM - Changed locations
- Salt Lake City, UT- Tues, 7:00 PM – Changed locations
- Vancouver, WA – Fri 7:00 AM – Changed time to 9:00 AM
- Los Angeles, CA – Thurs 7:00 PM – Changed rooms in same building
- Diamond Bar, CA – Wed 7:00 PM – Changed locations

Public Information Committee: Su S.

College Outreach

- We had a successful NEDA week and are reorganizing our outreach structure so we can maintain relationships with colleges year-round! If anyone is interested in helping reach out to colleges, please email collegeoutreach@foodaddicts.org.

Media Watch

- Statistics:
 - Sent out 46 contacts
 - Received four personal responses
- Articles/Interviews:
- None
- Personal Responses (Examples):
 - Thanks for thinking of me. This is a great program for people. I'll keep this in mind when I get a chance to help people with these issues.
--Elaine
Elaine Magee, MPH, RD
Wellness Services Corporate Dietitian
Albertsons Companies

Weblinks

Learn three ways to grow your local fellowship, including online places to post your meetings, reaching your former colleges and local referral resources. Email Weblinks@foodaddicts.org

- New website links: 26
 - New college website links: 0
 - New weblinks: 23
 - Visits from college links: 7
 - Number of colleges accessing FA website: 1
 - Total referral traffic (users): 1,300
 - Social network referrals: 566
 - Pinterest: 11
 - Facebook referral (Sessions): 534
 - Total Website traffic (visits) last Month: 34,000
 - Desktops 46%
 - Mobile 43%

- Tablets 10%
- AdWords Clicks to FA website: 34,000
 - Google banner ads (Impressions): 282,000
 - Click-through rate: 7.1%

Blogwatch

- 29 Attempts
- 15 Appear
- 7 Pending
- 7 Rejected
- Totals to date: 1206 Attempts; 628 Appear

Community Outreach

- Recent events:
 - San Francisco State University presentation to the graduate School of Social Work addiction class with 3 panelists, 29 graduate students and the professor. Great attention, excellent questions.
 - Skyline College Health Fair (San Bruno)
 - College of San Mateo health fair (San Mateo)
- Upcoming events:
 - Merritt Community College (Oakland)
 - Sacramento City College (Sacramento)
 - Santa Rosa Senior Expo (Santa Rosa)
 - Uhuru House Community Health Fair (Oakland)

Service Group Support

- Contra Costa County
 - Meets: 1x/month at the Tuesday 3:30 2nd Avenue meeting in Walnut Creek and on Wednesday before the 9:30 a.m. Alamo meeting. Next dates are February 12 and 13 respectively
 - Attendees: five to eight
 - Contact: Rosemary R.
 - Placed two books in assisted living library in Pleasant Hill and one in a church library.
 - Each took 5 trifolds to place in the community, with permission.
 - Checking into placing ads in free newspapers.
 - NEXT CONFERENCE CALL:
 - Sunday, May 19, 12:30 PM – 2:00 PM Pacific.
 - Featuring Intergroup and Chapter Reports
 - Questions or to be added to email list: Email waisgsc@foodaddicts.org
- Sacramento-Foothills
 - Meets: 4th Saturday of the month 10:45 AM directly after the 9:00 am FA meeting at St. Andrews United Methodist Church, 6201 Spruce Ave., Sacramento
 - Next meeting: Sat April 27, 11:15 to noon. We are mixing up the meeting location next month. Instead of St Andrew's off of Spruce, we will meet down the street at Starbucks (6306 Garfield Ave, Sacramento, CA 95841) from 11:15-12. Those who wish can bring their lunch for fellowship following the meeting. We'd like to infuse more energy into these meetings and feel having a new, more relaxed location combined with fellowship/lunch will help.
 - Attendees: Typically, 6-11
 - Contacts: Cynthia B or Lenell
 - Posting meeting announcements in local newspapers, using info from PI kit (currently the count is at 13). Also, meetings are listed in Eventbrite and Craigslist.
 - Sponsoring racks (12 locations)
 - Contacting medical professionals with a goal of scheduling a lunch and learn and/or providing a rack
- San Francisco
 - Meets: 1x/month on the second Saturday of the month.
 - Attendees: Seven people meet in person and 13 on emails
 - Contacts: Amber J. of Jim D.
 - Eventbrite 52 Views this month and 2 RSVPs. Total Views: 282
 - This past month we had an interactive LSG session and watched the Health Care

Slideshow presentation which is currently available if you are planning on doing a PI session for Health Care Providers. It gave us some valuable insight and one member of our LSG was actually presenting to a hospital and used the slideshow for reference.

- Mid-Peninsula/South Bay – New group
 - Meets quarterly on the first Saturday of the month from 8-8:45 a.m. at the First Presbyterian Church in Palo Alto.
 - Attendees: Typically, six to nine
 - Contact: Maria R.
 - Met for service and fellowship on Saturday 4/6 at Whole Foods Palo Alto.
 - We are working at putting up trifolds in the community. Progress includes trifolds in the following places:
 - Redwood City downtown library.
 - De Anza College Student Health Center
 - Cupertino Senior Center
 - YMCA in Cupertino
 - Whole Foods in Palo Alto
 - We have a number of other places targeted for outreach and are working on those.
- Sonoma County
 - Meets: After the 9:00 am Santa Rosa Saturday morning meeting
 - Attendees: Five participants
 - Contact: Diane K.
 - Preparing to support the April 27 health fair Santa Rosa Senior Expo approaching

Convention Resource Committee: Mery L.

- The 2019 Business Convention will take place on Friday May 31-Sunday June 2 in Danvers, MA. Online Registration has closed, but you can still register onsite without a meal plan.
- Over 600 people have registered for the business convention so far.
- The rooms at the hotel have been sold out. We have room block at the best western, which is 5 min away.
- If you are in need of a room or rides, you can fill out the “Rides and Lodging Sharing” Form online. This form is found on the Business Convention page of the FA website.
- If anyone has a room they no longer need please cancel the reservation with the hotel so someone else can have that available room.
- Over the next couple of weeks Convention registrants will receive several emails that will include details on the forum, the phone list, motions, applications for board members, and the convention schedule.
- Please note there will be 2 conference calls for voting members in May.
- The Convention Planning committee is looking for volunteers. Sign up on business convention tab on the website.
- Save the date for the 2019 Fellowship Convention to be held at the Saddlebrook Resort in Tampa, Florida October 25-27. Registration will open in June.
- If you have any questions, please send an email to convention@foodaddicts.org.

12th Step Committee : Erin S.

Frontier subcommittee

- Would you like to find effective FA meetings wherever you travel or move to? If so, please add your name to the long distance sponsor list and sponsor a frontier member.
- Reminder, if you can please pick up the phone when it's a number you don't recognize. It could be an FA member from Arkansas or China, or our new frontier member in India. We are so blessed to have such a large fellowship around us, those on the frontier need our support.
- By listening to the Frontier Resource call you will learn about some of the challenges of life on the FA frontier and the solutions.

Connection subcommittee

- We are in very strong need of the following:
 - Artwork for the Connection
 - There are two different ways you can play a part in connection's artwork. Either way,

please begin by sending an email to connection@foodaddicts.org with a .jpg example or two of your art or photography and put your name and state in the subject line.

- Things to think about when submitting artwork for the Connection:
 - The pain and misery of food addiction, being under/overweight, mental obsession, over exercising, weighing and measuring, traveling, the tools, first 90 days, the rewards and promises that come with recovery
 - Also, we LOVE simple or symbolic art or photographed close-ups of simple objects such as keys, clocks, hands, hearts, phones, flowers, bottles, etc. Can be abstract or convey an idea as well! Be creative! Nature and flowers work too.
- Lighten Up articles desperately needed - describes the lighter side of being a food addict
- We could still REALLY use Frontier articles encouraging people who know anyone on the Frontier, that they can continue to please encourage them to write about what that's like so we will have plenty of articles to keep that going.

Homebound Meetings/12th step

- We offer Twelve Step Calls to people not currently in FA but who are interested in hearing about FA. However, because of a physical condition, they are homebound.
- The other part of this committee is bringing a homebound meeting to FA members who are working with a sponsor. They are unable to attend their regular meetings due to a physical condition or surgery. HBMs are usually held in someone's home for one hour, but can occur at a hospital or care facility.
- 3 homebound meetings took place in February, with a total of 13 for the year.
- Last month an email was received from a fellow in an area where no one that she knew in her local fellowship had any information about HBM's and could not help her. By contacting waihomebound@foodaddicts.org, she was put her in touch with an Area Coordinator in another city and she was given the necessary homebound meeting format and the Meeting Guide.
- Please continue to announce the HBM at your business meeting.

Speaker Travel Fund

- No report

Suggested Seventh Tradition Donation Recommendation: 75% to WSI and 25% to WAI

- Please note that WSI and WAI prefer donations to be submitted on line if possible.
- For WSI: make donation online at foodaddicts.org>login>donations or send checks to FA/WSI, Attn: Treasurer, 400 West Cummings Park, Suite 1700, Woburn, MA 01801. If sending checks from outside the U.S., please send in U.S. funds.
- For WAI: make donations online at foodaddicts.org. Type 'donation' in search box. After entering donation amount, click 'Add special instructions to the seller:' and add meeting city, day of week and time; or send checks to FA/WAI, Attn: Treasurer, PO Box 475067, San Francisco, CA 94147-5067 USA, Include meeting city, day of week, and time on check