

**FA Western Area Intergroup (WAI) Meeting Summary**  
**February 12, 2017**

**Next Meeting:** March 12, 2017 from 10:30am–12:00pm

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

**2017 Remaining Intergroup Dates:** April 9, May 7, June (TBD), July 9, August 13, September 10, October 8, November 12, December 10

**Board Officers and Committee Chairs**

<b>Chair:</b> Sue H. <a href="mailto:waichair@foodaddicts.org">waichair@foodaddicts.org</a>	<b>Secretary:</b> Vanessa C. <a href="mailto:waisecretary@foodaddicts.org">waisecretary@foodaddicts.org</a>	<b>P.I./Media:</b> Su S. <a href="mailto:waipi@foodaddicts.org">waipi@foodaddicts.org</a>
<b>Vice Chair:</b> Patricia M. <a href="mailto:waivicechair@foodaddicts.org">waivicechair@foodaddicts.org</a>	<b>Office:</b> Nora K. <a href="mailto:waioffice@foodaddicts.org">waioffice@foodaddicts.org</a>	<b>Convention Resource:</b> Tammy J. <a href="mailto:waiconventionresource@foodaddicts.org">waiconventionresource@foodaddicts.org</a>
<b>Treasurer:</b> Stella J. <a href="mailto:waitreasurer@foodaddicts.org">waitreasurer@foodaddicts.org</a>	<b>12<sup>th</sup> Step:</b> Elaine L. <a href="mailto:wai12thstep@foodaddicts.org">wai12thstep@foodaddicts.org</a>	<b>Service Group Support:</b> Brandon C. <a href="mailto:waisgsc@foodaddicts.org">waisgsc@foodaddicts.org</a>

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

**February Intergroup Highlights**

**From the Chair:**

- Heidi V. from Petaluma was voted in as the new Chair and Brandon C. from Rocklin was voted in as the new Vice Chair—they were voted in by acclamation and will begin their positions starting in March

**From the Convention Resource Committee**

- The registration deadline for the 2017 World Service Business Convention in Danvers, MA is March 31st. On-site registration will be available after that date for an additional fee, but no meal plans will be available for purchase at that time
- Hotel rooms at the FA group rate are very limited at this point. Members who have reservations that they know they will not be used are encouraged to send an email to [convention@foodaddicts.org](mailto:convention@foodaddicts.org) before they cancel their extra reservation

**From the 12<sup>th</sup> Step Committee**

- Homebound Meetings are available for FA members who are unable to attend a regular FA meeting due to physical illness or surgery. Please contact [waihomebound@foodaddicts.org](mailto:waihomebound@foodaddicts.org) for more information
- The next *connection* bi-monthly conference call is Sunday, March 19 at 12:00pm PT. The dial-in details can be found in the full Intergroup Summary or on the FA website

**From the Public Information Committee**

- If you are interested in working on the Adwords foreign language campaign, please contact Margaret L. at [weblinks@foodaddicts.org](mailto:weblinks@foodaddicts.org)

**Chair: Sue H.**

- Sue opened the meeting with five minutes of Quiet Time
- Sue wrapped up the meeting by saying “I just want to say it’s been a privilege to have been the IG chair for the last four years. Thank you for all your help and service. And to bring it all to an end, I found a passage from the Big Book, third edition, on page 296, that I’d like to share with you: ‘I’m rated as a modestly successful man. My stock of material goods isn’t great. But I have a fortune in friendships, courage, self-assurance and honest appraisal of my own abilities. Above all, I have gained the greatest thing accorded to any man, the love and understanding of a gracious God, who has lifted me from the alcoholic scrap-heap to a position of trust where I have been able to reap the rich rewards that come from showing a little love for others and from serving them as I can.’”
- Sue closed the meeting with the Serenity Prayer

**Treasurer: Stella J.**

<b>As of January 2017</b>			
Beginning Balance: \$17,687.41			
<b>INCOME</b>		<b>EXPENSES</b>	
Donations:	\$4,036.15	Office:	\$2,789.46
Literature:	\$548.81	PI:	\$0
Interest income:	\$.07	Travel fund:	\$0
		Donation to WSI:	\$0
		Rent:	\$250.00
<i>Total Income:</i>	<i>\$4,585.03</i>	<i>Total Expenses:</i>	<i>\$3,039.46</i>
	Net income:		\$1,074.11
	Ending balance:		\$18,898.28
	Cost of goods sold:		\$471.46

\* These are balances based upon accrual method of accounting, not cash basis

\*Office expenses include \$2,567 for insurance, checking, and savings account balances combined

**Vice Chair: Patricia M.**

- Thirteen people stood up as available sponsors

**Office Committee Chair: Nora K.**

**New meetings:**

- Corte Madera, CA Thursday 7pm
- Spokane, WA Wednesday 11am
- Melbourne Australia Tuesday 7pm

**Cancelled Meetings:**

- Sutter Creek, CA Wednesday 6:30pm

**Location and time changes:**

- La Jolla, CA Saturday 9am new location for 3 months
- Monrovia, CA Sunday 4pm now 8:30am
- Vancouver, Canada Thursday 7:30pm new location
- San Rafael, CA Wednesday 9am now 9:30am
- Torrance, CA Wednesday 7pm now in Carson, CA
- Vancouver, Canada Sunday 9:15am new location
- Healdsburg, CA Tuesday 6:30pm new location
- Wheatridge, CO Tuesday 6:30am now 7:30am

## **Public Information Committee: Su S.**

### **Media Watch**

- Sent out 105 contacts
- Received two personal responses
- Article published in *Prevention Magazine* (February 2017) by Judith Newman: Would You Measure Every Single Thing You'll Ever Eat for the Rest of your Life if it Means the End of Your Food Addiction?
- Follow-up: sent FA Book and literature to the following:
  - Gary Taubes (science writer, *The Case Against Sugar, Why We Get Fat*)
  - Philip Abouad (Doctor of Philosophy candidate at the University of Sydney)
  - Julia Belluz (Health journalist at Vox Media)

### **Weblinks**

- New websites: 23
- Total Weblinks referral traffic last month: 3,174
- Total Website visits last month: 45,563
- Top city using FA website: London, England
- Views from FA weblinks: 8,902 (3,015 not including West World-Online.com)
- New Adwords Campaign aims to boost awareness of local information sessions via the web. So far, 52 people have been guided to our Info Sessions calendar
- Weblinks international conference call was held on February 18, 2017 at 12:30pm PT
- Newly launched Mandarin AdWords Campaign brings huge lift in website traffic: since Weblinks launched on January 21, more than 2,460 Mandarin speakers have viewed our Mandarin language pages, up from 28 Mandarin users the previous month. Emails and texts are coming into our Taiwan fellow's inbox with requests for help. An email from a 93-year old Taiwanese man (translated) said the following: "I have just had heart surgery and my doctor told me I have only a year left to live. I want help with my eating." And there was also a text from a woman in Hong Kong that said: "I have bulimia. I have been struggling every day. Is there any way you can help me? I just ate a bowl of sugar water and am depressed."

### **Blogwatch**

- Blogwatch focused energy on coordinating events on college campuses for National Eating Disorders Awareness Week. Emails continue to be sent out by FA Weblinks volunteers around the world to college healthcare, counseling, and RA professionals. To date, over 3,000 have been sent with lots of responses. Some of the highlights are as follows:
  - University of Michigan: two FA members spoke to the clinical therapist staff and practicum students, and fellows staffed a table
  - USC: We spoke with the counseling director at the University of Southern California satellite school and will be setting up a time to speak to their staff. The director is reaching out to professors to see if FA members can present to classes
  - At the University of St. Thomas in Texas FA members will staff a health fair
  - The North Shore Community College in MA requested and received literature
  - San Diego School of Medicine received an FA book
  - After staffing a table at an eating disorders awareness drama production in November, FA members will staff a table at the West Palm Beach college health fair

### **Community Outreach**

- During the subcommittee meeting time, the co-chairs of Community Outreach conducted a workshop for PI reps, Service Group Support Committee members, and Community Outreach members on practical ways to spread the word through public information. More workshops are being planned
- On February 8, 2017, we held a PI Session at Zuckerberg San Francisco General Hospital for nutritionists from ZSFG and throughout San Francisco. Participants were very engaged and asked lots of questions. One person reported that a patient of hers had just started in FA
- Planning continues for the all-day Journey With Us Diabetes Conference at the Santa Clara Convention Center on March 25, 2017
- Upcoming Bay Area health fairs are planned for the College of San Mateo, Dominican College, and Skyline College
- CBS News 2 (LA) ran a story on FA for their 11 pm news on February 15, 2017. Fellows from Encino, CA participated in segment.

- A 45-minute PI Information Session was held on February 3, 2017 at El Centro College, part of the Dallas County Community College District. The audience was a coalition of five head nurses from each college in the district.
- Planning continues for a health fair on March 23, 2017 at the Cedar Valley Community College (Lancaster, TX).
- Dallas, TX fellowship has purchased additional banners and a tablecloth for use in their PI outreach.

**Convention Resource Committee: Tammy J.**

- 2017 World Service Business Convention takes place June 2-4, 2017 at the Double Tree by Hilton in Danvers, MA
- Online registration is open at the FA website. The registration deadline is March 31st. For information on how to register, registration deadlines, booking hotel rooms, and meal plan options, please visit the "Business Convention" page on the FA website
- Please choose your meal plan carefully when registering, as you will not be able to make changes after payment is made. Although it is possible to register for the Convention on-site for a small late fee, no meal plans will be sold on-site at the Convention.
- WSC members need to register twice, once for the Convention and once as the WSC member. The deadline for WSC registration is March 4th

**Service Group Support Committee Chair: Brandon C.**

- The next SGSC conference call will be on March 12th at 12:30pm PST; Local Service Groups will be reporting.
  - (641) 715-3818
  - Access code is 997569#
    - International dial-in numbers:
      - UK: +44 (0) 330-606-0180
      - Australia +61 (0) 38672-0100
      - Canada: +1661-673-8605
- If you are interested in the Service Group Support Committee/Local Service Groups, please send an email to [waisgsc@foodaddicts.org](mailto:waisgsc@foodaddicts.org). You will be added to the distribution list to receive meeting agendas and minutes from SGSC activities.
- Met in conjunction with the PI committee this month and shared ideas related to the PI Kit service position and service opportunities.
- The WAI LSG's continue placing FA books in local libraries: No updates this month
  - Jan: 20 books in review | 63 books approved | 104 circulation.
  - Feb: 20 books in review | 62 books approved | 115 circulation.

**12th Step Committee Chair: Elaine L.**

**connection Magazine**

- The *connection* is in need of more "Lighten Up" articles. A Lighten Up article relates a humorous situation you have encountered while in recovery. These articles are typically short, maybe two or three paragraphs. Please submit to [connection@foodaddicts.org](mailto:connection@foodaddicts.org).
- Refer to [connection.foodaddicts.org](http://connection.foodaddicts.org) for answers to the following questions:
  - How can I get a *connection* writing coach to help me start writing an article or to look over an article I've written?
  - When is the next *connection* rep conference call?
  - How much does a digital subscription to *connection* cost?
  - Where do I get more information about hosting a *connection* writing session?
- The next bi-monthly conference call is Sunday, March 19 at 3pm ET/12 PT (for 20-30 minutes). The dial-in number is 605-475-4000, and the passcode is 273053#
- The upcoming conference call dates for the *connection* are as follows:
  - Sunday, May 21
  - Sunday, July 16
  - Sunday, September 17
  - Sunday, November 19

**Homebound Meetings/12th Step Calls:**

- Southern California has a new Area Coordinator

- We currently have 10 Area Coordinators in CA and five in other states. Area Coordinators assist FA members who are unable to attend a regular FA meeting due to physical illness or surgery by helping to coordinate a meeting in that person's home. Among other things, they offer assistance and support by providing the meeting format and guidelines and finding fellows to attend. We are looking to expand the our reach. If you or someone you know are interested in a particular area, please contact [waihomebound@foodaddicts.org](mailto:waihomebound@foodaddicts.org)
- Please do not organize a Homebound Meeting on your own without contacting the committee first
- There were two Homebound Meetings held in January
- If you are an Intergroup Contact, please announce the availability of Homebound Meetings at your monthly business meetings

#### **Speaker Travel Fund**

- No report

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

- For WSI, 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 donations in U.S. funds or U.S. post office check. Checks are preferred from meetings within the U.S, but donations from countries outside the U.S. may be made online as follows: [foodaddicts.org](http://foodaddicts.org)>login>donations
- For WAI, send checks to FA/WAI, Attn: Treasurer, PO Box 475067, San Francisco, CA 94147-5067 USA / \*PLEASE INCLUDE THE MEETING CITY, DAY OF THE WEEK, AND TIME ON YOUR CHECK