

FA Western Area Intergroup (WAI) Meeting Summary
January 14, 2018

Next Meeting: February 11, 2018 from 10:30am-12:00pm

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

Remaining 2018 Dates: March 11, April 8, May 6 (1st Sunday), June (none), July 8, August 12, September 9, October 7 (1st Sunday), November 11, December 9

Board Officers and Committee Chairs

Chair: Heidi V. waichair@foodaddicts.org	Secretary: Vanessa C. waisecretary@foodaddicts.org	P.I./Media: Su S. waipi@foodaddicts.org
Vice Chair: Brandon C. waivicechair@foodaddicts.org	Office: Nora K. waioffice@foodaddicts.org	Convention Resource: Tammy J. 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 box below *in full* at your business meeting.

January Intergroup Highlights

From the Chair

- Nominations were taken for Treasurer and Secretary. No one was nominated for Treasurer, but Stella agreed to continue in her role as Treasurer for a second term. Elisa from San Rafael and Nora from Burlingame were both nominated for Secretary and accepted the nomination. Elections will take place at the February 11 Intergroup meeting

From the Public Information Committee

- The next Weblinks international webinar/call will be on Saturday, February 17 at 1:30 pm PT. Contact weblinks@foodaddicts.org or call Margaret L. at 415-336-5529 for the online meeting link, password, and agenda. The meeting link and agenda will be sent out three days before the call to all who are interested in joining

From the Convention Resource Committee

- Meetings should have elected a WSC voting member to attend the 2018 FA Business Convention. Registration deadline for WSC members is March 2, 2018. WSC members need to register twice: once as Voting Member and then again for general Convention attendance.
- Please refer to the Convention page of the FA website for detailed information

Chair: Heidi V.

- Heidi opened the meeting with five minutes of Quiet Time
- Heidi's remarks: "I often hear my sponsor say, "Don't get too into the world. " That phrase used to baffle me. I didn't understand how it related to my recovery and food addiction. Today I understand it to my core. 2017 was a busy, eventful year. Personally, there were many unanticipated twists and turns, both joyful and challenging to say the least: the Santa Rosa fires, my daughter's medical diagnosis, remission of my chronic illness, a move with four kids, and unexpected loss of my dear friend's loved ones, just to name a few. As the year wrapped up and reflection began, I realized one thing that had *not* changed: my program and my abstinence. In fact, it was the solid foundation of tools and disciplines that kept me rooted to God and to my recovery without having to pick up the bite. Even in the most chaotic moments, there was always another meal coming, another call to make, another prayer to be prayed, and another food addict to help. The world and its happenings didn't pull me away even when it tried. When I'd start to go off the beam, I had my sponsor and fellows nudge me back. Where our culture and environment often screams fast and furious, FA gently speaks slow and steady. Recovery is fixed, while what life brings is variable. Our isolated existence upon entering FA has the opportunity to grow into a beautiful, healthy, and full life beyond our wildest dreams. This program is the slower, simple lane. It's a "stop and smell the roses" kind of life. It's the life we addicts *have* to embrace. The best news is we have come not to endure it but to enjoy it. 2018 is going to be another year of" keep it simple" and "easy does it" for this addict. Let's stick together and remind each other of this every day."
- Heidi closed the meeting with the Serenity Prayer

Treasurer: Stella J.

As of December 2017			
Beginning Balance: \$14,110.00			
INCOME/GROSS PROFIT		EXPENSES	
Donations	\$2,638.02	Office	\$0
Literature	\$911.77	PI	\$26.01
Interest income	\$.07	Miscellaneous	\$3.00
<i>Total Income</i>	<i>\$3,549.86</i>	Donation to WSI	\$0
Less cost of goods sold	\$818.02	Rent	\$250.00
Gross profit	\$2,731.84	<i>Total Expenses</i>	<i>\$279.01</i>
Net income		\$2,452.83	
Ending balance		\$17,128.12	

Vice Chair: Brandon C.

- 24 people stood up as available sponsors

Office Committee Chair: Nora K.

New meetings:

- Tuesday 9am Sacramento, CA
- Thursday 7pm Dallas, TX
- Sunday 7pm Leni, UT

Cancelled Meetings:

- None

Location and time changes:

- Tuesday 7pm Cypress, TX
- Sunday 3pm Houston, TX

Public Information Committee: Su S.

Media Watch

- Sent out 40 contacts
- Received four personal responses
- Interviews
 - "Food Addicts Open Up to the Call & Post," Kush Azrael, staff reporter, The Call & Post, Cleveland, OH (12/27/17)
 - "Food Addicts in Recovery Anonymous Sheds Light on Food Addiction," Lauren Young, staff writer, Eaglenews, Syracuse, NY (1/10/18 in Eagle Bulletin)

- Personal responses
 - Dear Mery. Many thanks for the very interesting info. (Eric Ravussin, PhD, Associate Executive Director for Clinical Sciences, Pennington Biomedical Research Center)
 - Dear Mery. Thank you for your email about this program. I will take a look at the website so I can learn more. (Gary W. Small, M.D., Parlow-Solomon Professor on Aging, David Geffen School of Medicine at UCLA, Director, UCLA Longevity Center, Director, Geriatric Psychiatry Division, Semel Institute for Neuroscience and Human Behavior, Stewart & Linda Resnick Neuropsychiatric Hospital, Los Angeles) 760 Westwood Plaza, Suite 38-251
 - Dear Lisa. Thank you very much for your message. We are familiar with the program and think it's a great initiative! Since we operate internationally, it's definitely of interest to us. Too bad it's not yet available here in the Netherlands. We've forwarded your message to Jan Willem Poot. Thank you again for reaching out to us. (Communications Department, Yes We Can Youth Clinics, Addiction & Mental Health)

Weblinks

- Dial-in information for the next Weblinks call
 - US: 712-770-4010
 - Access Code: 749545#
 - International dial-in numbers:
<https://www.freeconferencecall.com/wall/levinmar90/#international>
 - Join the online meeting via computer: <https://join.freeconferencecall.com/levinmar90>
 - Online meeting ID: levinmar90
- [Calendar Posting Database](#) lists many free online event-listing sites to post your meeting announcements. Email weblinks@foodaddicts.org for access, and start posting your meetings today
- Send your college an email about FA. It only takes five minutes to fill out a college template letter. Email weblinks@foodaddicts.org for the template. We will send it!
- If you see a blog (or article with comment section) about food addiction, email blogwatch@foodaddicts.org, and we will post a board approved comment
- New website links: 11
- New college website links: none
- Number of colleges accessing FA website last month: six
- Visits from college links: nine
- Total website visits last month: 49,970 (desktops 43%; mobile 48%; tablets 8%)
- Total Weblinks referral traffic: 1,470
- Google banner ads (Impressions): 758,000
- AdWords Click-through to FA website: 28,000
- Mandarin AdWords Campaign clicks to FA site: 5,000
- Impressions shown from Mandarin AdWords Campaign: 178,000
- Click-through rate from Mandarin AdWords Campaign: 2.8%
- Hebrew AdWords Campaign clicks to FA website: 1,500
- Impressions: 32,000
- Click-through rate: 4.66% (up from 4.1%)
- Top city using FA website: London, England

Blogwatch

- 14 attempts (three from Facebook)
- Seven appear and seven are pending (three from Facebook)
- Zero rejected
- Totals to date: 948 attempts, 477 appear

Community Outreach

- Planning for 2018 health fairs and Information Sessions continues
- A brief introduction on FA is planned for a gathering of San Francisco primary care providers at their January quarterly meeting
- Collaboration continues with Local Service Groups (LSGs)
 - At the January Intergroup we will discuss the nuts and bolts of PI work, particularly with respect to the role of PI reps
 - There is an upcoming joint conference call with Australian fellows who have asked for support and guidance with their own PI outreach work

Service Group Support

- Sacramento-Foothills (new LSG!)
 - The Sacramento-Foothills LSG will have their first meeting on Saturday, January 27 at 10:45 AM directly after the 9:00 am FA meeting at St. Andrews United Methodist Church, 6201 Spruce Ave., Sacramento
 - All are welcome to attend, as there is no abstinence requirement
 - Looking for ideas and input on how to get the word out about FA in El Dorado, Placer, and Sacramento Counties
 - Questions can be directed to Cynthia B. at 916-548-2704 or Lenell at 925-765-2763
- San Francisco
 - Meets in-person 1x/month, 2nd Saturday of the month, for 45 minutes
 - Seven people attend and 13 participate via email
 - Less activity this month due to the holidays
 - Updated Eventbrite Calendar Posting for next two years for all SF meetings
 - Eventbrite: 19 views this month and two RSVPs. Total views: 96
 - Adding a new rack for trifolds at CPMC
 - Planning Information Sessions at libraries
 - Brainstorming having *connection* writing session at one of our upcoming LSG meetings
- Sonoma
 - Four people met via teleconference
 - Focus is on putting trifolds/racks in libraries and health-related businesses, books in libraries, and initiating and maintaining electronic postings on Craigslist
 - Continuing to fill trifold racks at Russian River Health Center, Sonoma West Hospital's Discharge Planner, three sites that are part of the St. Joseph health care system, a church, and two county libraries
 - Working on getting FA listings in church bulletins where FA meetings are held
 - Next meeting: conference call on Thursday, January 25, 2018 at 4 PM
 - Contact Diane K. at 707 843-4352 for more information

Convention Resource Committee: Tammy J.

- The WSI Business Convention will take place from June 1-3, 2018 at the Double Tree in Danvers, MA
- Online registration is open until March 31, 2018. Remember to choose your meal plan option carefully as changes cannot be made once payment is submitted
- There is a link on the Convention page of the FA website for hotel reservations. Some members have reported having trouble making reservations. The Convention Planning Committee is aware of this intermittent issue and is working to resolve this problem. Members are encouraged to try back later
- Partial need-based financial aid is available for WSC voting members who qualify. To get an application, please send a request to waiconventionresource@foodaddicts.org
- The deadline to apply is February 3, 2018

12th Step Committee Chair: Erin S.

connection

- *connection* is looking for articles on the topics of First 90 days, No Matter What, Lighten Up, and On the Frontier and encourages to make the articles longer, as those that have been submitted recently have been on the shorter side—the word limit is 1300 words
- The FA office is responsible for handling subscriptions—if you are having a problem with your yours, send an email to office@foodaddicts.org, not to the *connection* email address
- The next *connection* rep call is on Sunday January 21 at 12 PM PT (dial-in number is 605-475-4000 and the passcode is 273053#)
- The Homebound Committee brings FA meetings to members who are unable to attend a regular FA meeting due to a physical illness or injury. If you or someone you know is in need of a homebound meeting, contact waihomebound@foodaddicts.org

Homebound Meetings/12th Step Calls

- The Homebound Meeting Committee brings FA meetings to members who are unable to attend a regular meeting due to an illness or injury

- A third Homebound meeting was held on December 28 with five people attending for a member who is recovering from hip surgery. She had been relying on phone calls exclusively, so she really appreciated the face-to-face contact and the incredible qualification. Two members stayed for lunch and had additional time for fellowship. T
- It is important to not to schedule Homebound meetings at the same time as regular scheduled FA meetings
- Please contact Linda Grace at waihomebound@foodaddicts.org for help and information
- The 12th Step Call Committee provides support to a person who interested in learning about FA but is unable to attend a meeting due to a physical condition. We attempted to set up two 12th Step Calls, but unfortunately they didn't work out. We continue to provide service and to look for additional ways to spread the word about recovery in FA
- Homebound Meetings are incredibly helpful to members—this committee is available to help work out the details. Please share this information with your sponsees and help spread the word.

Frontier Committee

- The WSI 12th Step Committee will host a series of FA Frontier Resource Calls to support FA members who live on the frontier. FA Frontier Resource Calls provide concrete suggestions and encouragement to help frontier members learn that contented abstinence and fellowship are possible for isolated members. Each FA Frontier Resource Call will focus on a specific subject. To accommodate people living in varying time zones, two parallel calls on the same subject will occur in January:
 - Time Zone #1 accommodates those in US/Europe/Africa: Sunday, January 28th, 1:30-2:30 pm EST
 - Time Zone #2 accommodates those in Asia/Australia/New Zealand: Sunday, February 25th, 8:00-9:00 am AEST

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>login>donations](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