

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

Next Meeting: April 9, 2017 from 10:30am–12:00pm

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

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

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: Elaine L. wai12thstep@foodaddicts.org	

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

March Intergroup Highlights

From the Convention Resource Committee

- Hotel rooms at the group rate for the June Business Convention in Danvers, MA are very limited at this point. Members who have reservations that they know they will not use are asked to send an email to convention@foodaddicts.org to let them know that the room is not needed rather than canceling the reservation directly with the hotel. Similarly, if you are still looking to book a room, please send an email to convention@foodaddicts.org, as there may be someone else's unused reservation that you can take
- Volunteers are still needed for the Convention. If you are interested in doing service, please follow the link on the FA website Convention page to sign up

From the Public Information Committee

- Are you a PI rep for one of your meetings or just generally interested in learning more about how to spread the message of recovery through public information? The PI subcommittee invites you to a new, 30-minute workshop on how to do effective PI service, which will take place at 10:30am PT at the April Intergroup meeting
- Weblinks will offer an Adwords training session at the April intergroup. In addition, Weblinks will offer a training for the Adwords foreign language campaign for anyone proficient in German, Hebrew, French or Spanish. Please join us. Your help will be much appreciated

From the Office Committee

- Please read the section on "sharing" from Document 2 as a good refresher on how to share at your meetings. You can find it on the FA website by typing in "Document 2" into the search box at the top of any page

Chair: Heidi V.

- Heidi opened the meeting with five minutes of Quiet Time along with these remarks: "I just wanted to take a few moments to give our outgoing Chair a proper send-off. Sue has spent the last four years dedicated to serving our fellowship with loyalty and commitment, all the while keeping her calm demeanor at the forefront. I'm very grateful for her making my role as incoming Chair so straightforward and streamlined. Sue, we appreciate all you do and more importantly, who you are. I only hope I can continue to be of service in the same capacity. Thank you, Sue.
- Heidi closed the meeting with the Serenity Prayer along with these remarks: "And, here we are on a Sunday morning when we all could be lounging around or sleeping. It's nothing short of a miracle we are all here. I was at the airport a few weeks ago and saw someone wearing a shirt that said, "Don't make me do stuff." I thought, "Oh, I gotta get me that shirt." That was my response to life before FA: don't make me do stuff. Anything that required work, effort, energy, time, money, or love was too much work for me. My addiction kept me isolated and selfish. I had no idea I was just afraid that I didn't have anything to give. In my first few months of abstinence, I was asked to do a lot of "stuff." Weigh and measure my food, give up my "drug," do all the tools...and do *service*. That was the biggie that I thought would send me over. So, I faked it. I got up when I didn't want to, and I showed up. And things got easier. Out of the food fog, little by slow, my heart grew. My sponsor told me I have a new purpose: to stay abstinent and help another food addict. Today there are still things I have trouble saying "yes" to right away...*except* being of service to others. So, I'm not buying the shirt because God has worked on my heart, but "Don't make me do stuff" is just a humble reminder of where I come from and what life would be like if it were not for God and this program. Abstinence, gratitude, and service is the name of the game!"

Treasurer: Stella J.

As of February 2017			
Beginning Balance: \$18,898.28			
INCOME		EXPENSES	
Donations:	\$3,100.79	Office:	\$(905.16)
Literature:	\$1,022.96	PI:	\$0
Interest income:	\$.07	Travel fund:	\$0
		Donation to WSI:	\$12,000
		Rent:	\$250.00
<i>Total Income:</i>	<i>\$4,123.82</i>	<i>Total Expenses:</i>	<i>\$11,344.84</i>
	Net income:		\$(8,077.75)
	Ending balance:		\$10,730.30
	Cost of goods sold:		\$856.73

* NOTE: office expenses include an insurance refund of \$957

Vice Chair: Brandon C.

- Thirteen people stood up as available sponsors

Office Committee Chair: Nora K.

New meetings:

- Saturday 8am Fork, Utah
- Wednesday 11am Spokane, WA
- Tuesday 7pm Melbourne Australia

Cancelled Meetings:

- None

Location and time changes:

- Monday Denver, CO new location and new time 7:00pm
- Wednesday 7pm Walnut Creek, CA 7pm

Public Information Committee: Su S.

Media Watch

- Sent out 106 contacts
- Received six personal responses
- Interviews: six radio and one television
- Articles published:
 - “Men Quietly Losing Weight-Loss Battles as Focus Remains on Women”
 - “Want to Lose Weight in the New Year? Know Your Numbers First”
 - “Detox Diet? Just Let Body Do Clean-up Job”
 - “As Madison Man’s Death Shows, Eating Disorders Aren’t Limited to Women”

Weblinks

- New website links: 35
- New college website links: three
- Number of colleges that accessed the FA website last month: 10
- Total Weblinks referral traffic last month: 2,744 visits from sites
- The next Weblinks international call/webinar will be held on May 20 at 12:30pm PT. There will be a link to connect to the call via computer as well as dial-in access. USA/Canada Free No.: (712) 770-4010, Access Code: 749545#. Please contact weblinks@foodaddicts.org if you would like the recording/video from the February call, which explained how to reach out to local colleges. Let us know if you would like to join us in May. All are welcome
- Weblinks has released a new database of locations for online newspapers and events calendars called the [Calendar Announcement Resource](#), where local PI reps can post their local calendar announcements. The link to this resource is available through weblinks@foodaddicts.org, as are other resources for calendar announcements text, email letters to colleges and organizations, and other materials to help you contact online sites about the FA weblink locally. All online papers and events in the database are organized by city and state for easy access. Just click on the link and start your calendar announcement!
- Here are some of the latest inquiries coming in from Taiwan in Mandarin (translated into English)
 - *Hi, I am a 19-year old student in Taiwan. My weight has gone from 110 pounds to 81.4 pounds because of academic stress and emotional pressure. I need help, can you help me?*
 - *Hello, my doctor, whom I saw recently, told me that I have developed anorexia. I kept wanting to eat but once I start eating, I can’t stop! It used to be very difficult for me to eat anything, but now I can’t stop eating! I also exercise a lot for health reasons, not to lose weight. But now I want to gain my weight back to the normal level, as soon as possible, but I am also afraid of my binge eating, which I’m afraid will enlarge my stomach. All I can think about in my head all day is either exercising or eating. I am afraid. I need help, can you please help me?*
 - *Hello, every time after I binge I always remind myself the next time that I eat, I will need to eat less. I don’t really socialize much and I don’t have any hobbies. All I do and think about is eating or exercising. Can you help me?*

Blogwatch

- New blog posts: six
- Blogwatch posts World Service Board-approved comments to any online article or blog that has room for discussion. If you see a relevant article or blog, please email the link to blogwatch@foodaddicts.org.
- Weblinks, in conjunction with BlogWatch and local FA groups, has been busily fulfilling requests from our massive college outreach effort to Teens & 20s related to NEDA (National Eating Disorders Awareness) week in North American schools. Over the last year, we have built a database of email addresses for college healthcare, counseling, and residential housing professionals world-wide. To date, we have received over 50 responses from colleges and universities that we have contacted. If you are interested in helping us find college email addresses, or if you have over two years of abstinence and wish to contact your college about posting the FA link, please email weblinks@foodaddicts.org or come to the Weblinks breakout session at Intergroup to volunteer. We welcome your help and service.

Community Outreach

- Planning continues for upcoming health fairs and trainings
- Subcommittee co-chairs provided Intergroup attendees with three documents that focused on service through public information
- Follow-up to Zuckerberg San Francisco General Hospital information event: Dr. Sarah Kim contacted one of our FA members about one of her patients who struggles with the mental obsession of food addiction.

He also has Type I diabetes, binges, and purges. The FA member left him a voice message, and a few days later they talked. He said he plans to attend a meeting in SF this week

- A staff member from the Kaiser Plastic Surgery Department in Walnut Creek requested FA literature. Copies of the East Bay trifold and the Healthcare Brochure were sent along with contact information for how to request additional copies

Convention Resource Committee: Tammy J.

- The 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. Registration deadline is March 31. 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
- The hotel has opened up a limited number of rooms to our room block. The Convention Committee is working with neighboring hotels who may be able to accommodate overflow. Please continue to check the "Convention" page on the FA website for updated information
- Hotel rooms at the group rate are very limited. Members who have reservations that they know will not be used are asked to send an email to convention@foodaddicts.org to let them know that the room is not needed rather than canceling the reservation directly with the hotel
- Elected World Service Conference Members are encouraged to review the WSC Member Manual to familiarize and prepare yourself for this position's responsibilities. The WSC Member Manual can be found by typing "WSC Member Manual" in the search box on the FA website
- Volunteers are needed for the Convention. If you are interested in doing service, please follow the link on FA website Convention page to sign up

Service Group Support Committee Chair: Brandon C.

- Due to Brandon taking on the role of Vice Chair, he has stepped down from the SGSC. Because this is an appointed position, Deme was asked and accepted to take his place
- The SGSC at WAI works with the Local Service Groups to support activities to help reach the still-suffering food addict
- A LSG is defined as two or more members from two or more registered FA meetings. There is no abstinence requirement to join. There is a lot of interest and activity going on in the WAI LSG's—get involved!
- The next SGSC conference call will be on March 19 at 12:30pm PT; LSGs will be reporting.
 - Dial-in: 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 SGSC/LSGs, please send an email to waisgsc@foodaddicts.org. You will be added to the distribution list to receive meeting agendas and minutes from SGSC activities
- San Francisco LSG
 - Number of members: five (in-person), 11 (email)
 - How they meet: in-person with email follow-up
 - How often they meet: 1x/month with bi-monthly email check-ins
 - Activities: posting meetings in free online classifieds, (e.g., SF Gate, Eventbrite, Craigslist, Fun Cheap SF). Each person in our LSG has posted one. Received list of places to post from Weblinks and Cision. As a result of our Eventbrite posting, a newcomer RSVP'd to one of our meetings. An FA member reached out via email, and the newcomer came to two FA meetings and is thinking of getting a sponsor. The Eventbrite posting has been made recurring through the end of the year. Inviting Margaret from Weblinks to come to the next SGSC meeting at Intergroup may help us with local outreach
- Sonoma County LSG
 - Number of members: five
 - How they meet: conference call
 - How often they meet: monthly

- Activities: provide trifolds for the area and take responsibility for keeping the racks filled, and placing FA books in libraries, schools, churches, half-way houses, etc. They also maintain a list of meetings on Craigslist, are considering doing a PI session, and are planning to reach out to the PI reps in the area via a survey to see if they need assistance
- Sacramento LSG
 - Number of members: 11
 - How they meet: email
 - Activities: ordered 50 “Are your patients struggling with food-related issues?” pamphlets and will announce at business meetings that they are available to encourage members to take them to their doctors, etc.

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 FA members have encountered while in recovery. These articles are typically short—maybe two or three paragraphs. Please send your submissions to connection@foodaddicts.org
- The *connection* sub-committee chair described a time when she moved eight years ago, and her disease was reactivated without taking the bite. She explained that there had been an article in the *connection* from someone who had had a similar experience and how she was able to get in contact with that fellow, which helped her out a lot

Homebound Meetings/12th Step Calls:

- The sub-committee chair explained the two-fold purpose of the Homebound and 12th Step Call sub-committees
- A sign-up sheet was sent around for volunteers to participate in homebound meetings
- To arrange a homebound meeting or a 12th step call, please contact Linda Grace at 925-324-2807 or at waihomebound@foodaddicts.org. You will be put in touch with an area coordinator who will help you organize a meeting
- Please help spread the word by announcing homebound meetings at your monthly business meetings
- If you are interested in being an Area Coordinator for other cities, areas and states in WAI, please contact Linda Grace at 925-324-2807 or at waihomebound@foodaddicts.org
- Lynda Y. of Fairfield shared her experience of having a homebound meeting when she was recovering from surgery, and how wonderful it was to attend a meeting again and to interact with her fellows who were supporting her
- Terry W. of Oakland told her experiences of attending a homebound meeting for the first time, how intimate it felt, and how wonderful it was to do service for someone she had never met. She said this person was so happy and smiled throughout the entire meeting because she was so appreciative

Frontier Support Call Series

- If you live on the frontier, sponsor someone living on the frontier, or are interested in doing service to support members living on the frontier, please join us Sunday, March 26, at 2:30pm ET
- Dial into the conference:
 - Dial-in Number: (712) 775-7031 - United States
 - Access Code: 224637

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