

FA Western Area Intergroup (WAI) Meeting Summary
March 10, 2019

Next Meeting: April 14, 2019 from 10:30am-12:00pm

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

Remaining 2019 Dates: May 5 (First Sunday because of Mother's Day), 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 box below *in full* at your business meeting.

March Intergroup Highlights

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 Treasurer

- WSI and WAI prefer donations online where possible.

From the Office Chair

- Please re-register your meeting if you have not done so yet. Re-registration requires your meeting to review the list of requirements at your next business meeting and agree to adhere to them.
- 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:
THOUGHT FOR THE DAY paraphrased from the 24 hour a day book May 31

I shall not wait to be drafted for service to FA I shall volunteer.

I shall be loyal in my attendance, generous in my giving, kind in my criticism, creative in my suggestions, loving in my attitudes.

I shall give to FA my interest, my enthusiasm, my devotion, and most of all, myself.

Do I also accept this as my FA credo?

- Brandon closed the meeting with the Serenity prayer.

Treasurer: Stella J.

As of last day of February 2019			
Beginning Balance: \$ 14,781.90			
INCOME/GROSS PROFIT		EXPENSES	
Donations	\$ 2,628.80	Office	\$ 10.37
Literature	\$ 945.48	PI	\$ 367.220
Interest income	\$.07	Travel fund	\$ 232.620

<i>Total Income</i>	\$ 3,574.35	Donation to WSI	\$ 3,000.00
Less cost of goods sold	\$ 929.92	Rent	\$ 250
Gross profit	\$ 2,644.43	<i>Total Expenses</i>	\$ 3,860.21
	Net income		(1,215.78)
	Ending balance		\$ 13,322.31

Vice Chair: Fredrika N.

- 4 people stood up as available sponsors

Office Committee Chair: Jim D.

New meetings:

- Katy, TX – Tues 10:00 AM
- Las Vegas, NV – Tues 7:15 PM
- Henderson, NV – Wed 10:00 AM

Cancelled Meetings:

- None

Location and time changes:

- Nevada City, CA Wed 1:00 PM- has changed locations to Grass Valley, CA
- San Francisco, CA Sun 7:45 AM – has changed times to 8:00 AM

Public Information Committee: Su S.

College Outreach

- College Outreach planned three college events on the East Coast, one in the Bay Area, and one in Kentucky. The nationwide fellowship is working together to spread the word about FA to college students during National Eating Disorder Awareness Week

Media Watch

- Statistics:
 - Sent out 72 contacts
 - Received two personal responses
- Articles/Interviews: None
 - Hope 103.2 radio (Australia)
 - 1/11/19
 - Freedom from food addiction and eating disorders? "Absolutely possible" says recovered food addict
- Personal Responses (Examples):
 - Thanks for the contact! I wish I had known about your organization when I was writing Chad's memoir. I would have certainly mentioned this in the section about recognizing and getting help. Should an opportunity ever present when Chad or I are involved in further media, I'll be sure to mention you. [...] Have a wonderful day and thanks for all that you do for those lost in their addiction.

Celeste Prater, Co-Author of I'm In Here Somewhere: Memoir of a Food Addict, about Chad Dean who was featured on the show "My 600-lb Life"

- Thanks very much for your email. It's good to know about your organisation and I'll keep your details for when we next make a programme about food addiction.

Best wishes,

Emily Thomas, Presenter of BBC's Podcast "Food Chain" Have a wonderful day

Weblinks

- New website links: 26
- New college website links: 0
- Visits from college links: 4
- Number of colleges accessing FA website: 4
- Total referral traffic (users): 1,200
 - Social network referrals: 566

- Pinterest: 13
- Twitter: 6
- Facebook referral (Sessions): 543
- Total Website traffic (visits) last Month: 39,000
 - Desktops 42%
 - Mobile 48%
 - Tablets 11%
- AdWords Clicks to FA website: 17,000
 - Google banner ads (Impressions): 245,000
 - Click-through rate: 6.8% New web site links: 9

Blogwatch

- 14 Attempts
- 5 Appear
- 7 Pending
- 2 Rejected
- Totals to date: 1177 Attempts; 613 Appear

Community Outreach

- Upcoming events:
 - San Francisco State University presentation to the graduate School of Social Work addiction class
 - Skyline College Health Fair (San Bruno)
 - College of San Mateo health fair (San Mateo)
 - Santa Rosa Senior Expo (Santa Rosa)
- Recent event:
 - Kaiser Richmond Black History Month health fair

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: eight
 - Contact: Rosemary R.
 - Newest local service group and gaining momentum
 - Placed FA books, two in Kaiser hospitals and one at Crocket library
 - Placed notices on Craigslist for local meetings
 - Establishing trifold racks
 - Checking to place ads in free newspapers
 - Placing trifolds in the area in appropriate locations have local FA meetings to announce those meetings in their bulletins
- 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
 - Attendees: Typically, 6-11
 - Contacts: Cynthia B or Lenell
 - Researching and contacting 20 local newspapers to place an FA announcement to increase awareness of FA and local meetings
 - Contacting local healthcare professionals and facilities to organize lunch and learns using the World Service-approved power point presentation for healthcare professionals
 - Listing local meetings in Event Bright and on Craig's List
 - Sponsoring racks in area libraries, hospitals, and businesses
- 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.
 - Working on sending letter to the Faith Community Leader to San Francisco churches.

The LSG has compiled a spreadsheet with 15+ contacts and will be sending personalized letters this month

- 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.
 - Five attendees met for service and fellowship on Saturday 3/2 at the Whole Foods in Palo Alto
 - Each challenged themselves to take 5 trifolds and find places to put them
 - As a result, thus far, trifolds have been accepted and are available at Whole Foods (Palo Alto), Senior Center (Cupertino), De Anza College student health center
 - De Anza College student health center. There is also a follow up planned with the health services leader to discuss giving them a book and holding an information session
 - Discussions continue with the YMCA (Cupertino)
 - Following up with the VA hospital (Palo Alto)
 - Our Eventbrite listings have received 19 page views in the last month
- Sonoma County
 - Meets: After the 9:00 am Santa Rosa Saturday morning meeting
 - Attendees: Five participants
 - Contact: Diane K.
 - Discussed tasks in preparation for an April 27 Rosa Senior Expo
 - Discussed FA book check-outs from the Sonoma County library system
 - Discussed future plans: A PI Rep gathering; a 'standard' LSG agenda; an LSG task rotation plan
 - Considered alternating the monthly meeting time and place to ensure they are convenient to as many FA members in our area as possible

Convention Resource Committee: Mery L.

- There is still time to register for the 2019 Business Convention that will take place on Friday May 31- Sunday June 2 in Danvers, MA
- We currently have just over 400 people registered! CA has the highest number of attendees: 91 (23%)
- We have 271 WSC (voting) members; 61 are from CA (23%)
- Online registration closes March 30th at 12pm midnight ET which is 9pm our time. After March 30, onsite registration at the Convention will be available but will include a \$15 late fee, and you will no longer be able to purchase a meal plan
- When registering, be sure to pick the meal plan you need before payment is submitted. Once you click "submit," you will not be able to make any changes. A draft version of the food plan is online.
- If you need a refund, you must request it by March 30
- Interest in the Business Convention has been so strong that we have sold out of hotel rooms. We're working with a nearby hotel, the Best Western, to secure a room block for \$119/night plus tax. You can also fill out the online form on the Business Convention page of the FA website for rides and lodging sharing
- We request that if anyone has a room they don't need to please cancel the reservation with the hotel so someone else can get that available room.
- Save the date for the 2019 Fellowship Convention to be held at the Saddlebrook Resort in Tampa, Florida October 25-27, 2019. Registration will open in June.

12th Step Committee : Erin S.

Frontier subcommittee

- Discussed and displayed how to search for and obtain the new digital newcomer packet.

Gratitude in Action

- GIA is focused on inspiring FA members to do service. We encourage all members to subscribe by selecting GIA in their email list preferences after logging in on the FA website.
- This year we're focusing on various aspects of the Public Information position. The current edition

focuses on outreach to healthcare providers and includes examples of FA members' experience as well as suggestions from the PI Committee.

- The next edition will focus on experience carrying the message of recovery at health fairs. If you would like to share any experience that you think would encourage others to do this service, please submit your brief stories to GIA@foodaddicts.org by April 1.

Connection subcommittee

- We are in very strong need of the following:
 - Artwork for the Connection
 - Send 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 to 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 use Frontier articles. Please encourage people you know on the frontier to write for this section.
 - We've noticed that the articles we are getting have been very short lately, almost half as long as the allotted word limit. Writing coaches are available to help in anyway.
- Any issues that may be going on with subscriptions need to be addressed to the FA office, not the connection committee email address. We get a lot of those and there's nothing we can do to help with that.
- Connection Rep call information for 2019 will be posted soon on the Connection Tab.

Homebound Meetings/12th step

- We offer Twelve Step Calls to people not currently in FA but who are interested in hearing about FA. Due to a physical condition, they are homebound
- The other part of this committee is bringing a HBM to FA members who are working with a sponsor. They are unable to attend their regular meetings due to a physical condition or surgery
- HBM are usually held in someone's home for one hour, but can occur at a hospital or care facility
- There were 3 HBM in February with a total of 10 for the year.
- There are 12 HB committee members called Area Coordinators that help plan HBMs. They are:
 - Patty L-- the Central Valley
 - Alta—East Bay
 - Sheryl C--Marin
 - Samantha--Peninsula
 - Terri W--Sacramento,
 - Diane P--San Francisco
 - Elaine--South Bay
 - Leona--Sonoma/Napa
 - Ramona P for Utah

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