

**FA Western Area Intergroup (WAI) Meeting Summary**  
**May 5, 2019**

**Next Meeting:** July 14, 2019 from 10:30am–12:00pm

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

**Remaining 2019 Dates:** August 11, September 8, October 13, November 10, December 8

**Board Officers and Committee Chairs**

<b>Chair:</b> Brandon C. <a href="mailto:waichair@foodaddicts.org">waichair@foodaddicts.org</a>	<b>Secretary:</b> Nora K. <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> Fredrika N. <a href="mailto:waivicechair@foodaddicts.org">waivicechair@foodaddicts.org</a>	<b>Office:</b> Jim D. <a href="mailto:waioffice@foodaddicts.org">waioffice@foodaddicts.org</a>	<b>Convention Resource:</b> Mery L. <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> Erin S. <a href="mailto:wai12thstep@foodaddicts.org">wai12thstep@foodaddicts.org</a>	

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

**May Intergroup Highlights**

**From the Chair**

- We will not be having an intergroup meeting in June due to the business convention.
- Stella J. has had the opportunity to move onto WSI Treasurer. Rhonda P. will be stepping into the WAI Treasurer role.

**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](mailto:sponsorlist@foodaddicts.org). This is a world service support committee position that will help people find sponsors.

**From the Treasurer**

- Please note that WSI and WAI prefer donations to be submitted on line if possible.

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

- Homebound meetings are available to FA members who can't attend their regular meeting due to a physical condition or surgery.

**From the Convention Resource Committee Chair**

- Registration for the fellowship convention will open mid-late June 2019

**Chair: Brandon C.**

- Brandon opened the meeting with five minutes of Quiet Time.
- Closing remarks:  
Thought for the day from June 16<sup>th</sup> in the 24hour book  
But even faith is not the whole story. There must be service. We must give this thing away if we want to keep it. The Dead Sea has no outlet and it is stagnant and full of salt. The Sea of Galilee is clear and clean and blue, as the Jordan River carries it out to irrigate the desert. To be of service to other people makes our lives worth living. Does service to others give me a real purpose in life?
- Brandon closed the meeting with the Serenity Prayer.

**Treasurer: Stella J.**

As of last day of April 2019			
Beginning Balance: \$ 12,785.53			
INCOME/GROSS PROFIT		EXPENSES	
Donations	\$ 2,584.40	Office	\$ 47.39
Literature	\$ 788.52	PI	\$ 317.61
Interest income	\$.07	Travel fund	\$ 0

<i>Total Income</i>	\$ 3,372.99	Donation to WSI	\$ 3,000.00
Less cost of goods sold	\$ 878.82	Rent	\$ 250
Gross profit	\$ 2,494.17	<i>Total Expenses</i>	\$ 3,615.00
	Net income		(1,120.83)
	Ending balance		\$ 11,246.13

**Vice Chair: Fredrika N.**

- 9 people stood up as available sponsors

**Office Committee Chair: Jim D.**

**New meetings:**

- Las Vegas, NV – Thurs 10:00 AM

**Cancelled Meetings:**

- Walnut Creek, CA Thurs, 8:00 am
- Claremont, CA – Sat, 8:00 am

**Location and time changes:**

- Aurora, CO - Thurs 4:15 PM - Changed locations
- Palm Springs, CA – Mon 6:30 PM – Changed locations
- New Farm, Australia – Wed 6:30 PM – Changed locations

**Public Information Committee: Su S.**

**College Outreach**

- College Outreach is reorganizing their outreach structure so they can maintain relationships with colleges year-round! If anyone is interested in helping reach out to colleges, please email [collegeoutreach@foodaddicts.org](mailto:collegeoutreach@foodaddicts.org)

**Media Watch**

- Statistics:
  - Sent out 58 contacts
  - Received three personal responses
- Articles/Interviews:
  - Food Addicts in Recovery Anonymous- Alan and Alison  
Thursday, 25 April 2019  
Podcast interview in Australia  
Living Free (name of program)  
3CR 855AM Community Radio
- Personal Responses (Examples):
  - Thanks for writing and letting me know about your program. If you can use my expertise, feel free to be in touch.  
  
Happy holidays.  
Warm regards,  
Lisa  
Lisa R Young, PhD, RDN  
lisa.young@nyu.edu  
[drlisayoung.com@drlisayoung](mailto:drlisayoung.com@drlisayoung)
  - Thanks. I had not heard of the group. I'm glad you wrote.  
Gina  
Gina Kolata medical reporter/health and science desk  
The New York Times  
212 556 3719  
kolata@nytimes.com

**Weblinks**

- Learn three ways to grow your local fellowship, including:
  - Find free online sites to post your FA meetings on the Calendar Resource Spreadsheet

- Reach your former colleges with an Alumni email about your FA recovery.
- Reach out to online referral resources in your area.
- Contact [Weblinks@foodaddicts.org](mailto:Weblinks@foodaddicts.org) to find out more about what you can do.
- If you are posting your meetings in local online free event sites, remember to add the FA weblink in your posts (community bulletins, newspapers, event sites, etc.)
- New website links: 13
- New college website links: 0
- Visits from college links: 5
- Number of colleges accessing FA website: 5
- Total referral traffic (users): 1.3K
  - Social network referrals: 742 (up from last month)
  - Facebook referral (Sessions): 682
- Total Website traffic (visits) last Month: 39,000
  - Desktops 42%
  - Mobile 49% (more people accessing our site)
  - Tablets 9%
- AdWords Clicks to FA website: 16K
  - Google banner ads (Impressions): 234K
  - Click-through rate: 7%
- **Blogwatch**
- 40 Attempts
- 25 Appear
- 8 Pending
- 7 Rejected
- Totals to date: 1246 Attempts; 653 Appear

### Community Outreach

- Upcoming events:
  - We are following up with new contacts from the South Bay Diabetes conference, including:
    - Kaiser San Rafael, Endocrinology Dept: phone call scheduled for 5/8 with Sayaka Ogata MD, about a potential presentation with medical staff
    - West Valley Medical Center, Santa Clara: emailing with the Diabetes Center medical director, Patricia Solomon MD, who is interested in a presentation to staff and/or possibly to patients in a diabetes support group
  - Community Outreach is also reconsidering the format of the Health Fair Evaluation Form. We will follow up with recommended changes.
- Recent events:
  - Merritt Community College health fair, Oakland
  - Sacramento City College health fair, Sacramento
  - Santa Rosa Senior Health Expo
  - Uhuru House community health fair, Oakland

### Service Group Support

CONFERENCE CALL: Sunday, May 19th

Questions or to be added to email list for future calls: Email [waisgsc@foodaddicts.org](mailto:waisgsc@foodaddicts.org)

- Contra Costa County
  - Meets: 2nd Tuesday of the month - 3:00 pm before the 3:30 Walnut Creek meeting. Attendees: 5-8
  - Attendees: five to eight
    - 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.
- Sacramento-Foothills
  - Meets: 4th Saturday of the month 10:45 AM directly after the 9:00 am FA meeting
  - Attendees: 5-7 typically, two fellows who live in neighboring counties who participate but are not able to attend meetings.
  - 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.

- On April 27 we reviewed a printout of Cision as a group to identify more newspapers in our area to provide FA meeting information for calendar and community announcements. Currently we have contacted 12 local papers in addition to posting six meetings in Eventbrite. A new person came to the Davis meeting after seeing an announcement in the Davis Enterprise! Also have had three people find meetings in Sacramento through Eventbrite postings. We also keep a weekly posting on Craig's List.
- Through informal discussion, identified a possible health fair opportunity. Plus nine physicians/healthcare professionals will be receiving a letter, Healthcare Professional brochure and a trifold. The nine doctors were identified through a member of our group. We are offering our power point presentation and speakers and also a rack.
- We had lunch together and enjoyed fellowship. We plan to continue to have our meeting at 11:15 and fellowship/lunch at noon. We had one new person with less than 90 days in attendance.
- 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 (13 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. or 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
  - Meeting time and place: Meets monthly on the first Saturday of the month at Whole Foods on Emerson Street, Palo Alto.
  - Attendees: Typically, 6-9
  - 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: In person
  - Date: Monthly, last Thursday of the month, before the Thursday Petaluma meeting.
  - Attendees: 2-6 participants
  - Contact Diane K
    - Table at a Senior Expo health fair in Santa Rosa.
    - This 20th annual fair was sponsored by the City of Santa Rosa had a theme of health and wellness. Co-Sponsors included Sutter Health and Scan Health Plan, and there was a total of 56 vendors with 400+ attendees. FA's table had approximately 50 visitors and we handed out 80 trifolds. In addition, FA handed out eight pamphlets, and donated one book. In addition to the vendor and public visitors to the FA table, FA members visited other vendor tables in order to offer trifolds, contacts, and to inquire about ways FA information might be helpful to the organization.

- Save the Date for the 2019 Fellowship Convention October 25-27 at the Saddlebrook Resort and Spa in Wesley Chapel Florida.
- The Fellowship Convention will be devoted to strengthening our recovery with an infusion of experience, strength, and hope. Whether you are new to FA, have been in the program for years, or live on the Frontier, we encourage you to come. The resort is also family-friendly, so please feel free to bring your loved ones. This is the place to really connect with all those folks we talk to around the country and world.
- If you have any questions, please send an email to [convention@foodaddicts.org](mailto: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.

#### **Gratitude in Action**

- The next edition of Gratitude in Action (GIA) will highlight FA outreach through health fairs. The GIA Subcommittee of the WSI 12th Step Committee will be accepting additional 1-2 paragraph entries for consideration for this edition by the end of the day on Tuesday, May 7. The subcommittee is especially interested in brief stories of experience, strength, and hope that could inspire other FA members to engage in this service as well as similar stories about the value of service in general.
- We're also looking to recruit 2-3 new members with at least 2 years of abstinence, experience and interest in writing and selecting content for newsletters, and familiarity with Microsoft Word, Google Docs, and Constant Contact. Subcommittee members participate in a quarterly call (usually on a Sunday at 9:00 a.m. Eastern), request submissions from FA members, make recommendations on content for GIA, and conduct subcommittee business by email and in Google Drive.
- To submit brief stories and let us know you are interested, please send an email to [gia@foodaddicts.org](mailto:gia@foodaddicts.org).

#### **Connection subcommittee**

- We are in need of the following:
  - Artwork for the Connection
  - There are two different ways you can play a part in connection artwork. Either way begin by sending an email to [connection@foodaddicts.org](mailto: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 always needed - describes the lighter side of being a food addict
- We could still use Frontier articles. Please encourage people who you know who live on the Frontier, to write about what that is like so we will have plenty of articles to keep that going.

#### **Homebound Meetings/12<sup>th</sup> step**

- The Homebound Committee has a twofold purpose.
  - 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 second 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.
- Homebound meetings are usually held in someone's home for one hour, but can occur at a hospital or care facility.

- There were 3 Homebound meetings in April, with a total of 16 for the year.
- Announcement to make at your business meetings if the intergroup report does not have it highlighted that particular month. "Homebound meetings are available to FA members who can't attend their regular meeting due to a physical condition or surgery"
- Sponsors are encouraged to be aware if a sponsee may be in need of a homebound meeting. Perhaps your sponsee is reluctant to ask for help from others. Utilize this service.

**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](http://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](http://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