

FA Western Area Intergroup (WAI) Meeting Summary
November 11, 2018

Next Meeting: December 9, 2018 from 10:30am–12:00pm

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

2019 Dates: January 13, February 10, March 10, April 14, 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: Heidi V. waichair@foodaddicts.org	Secretary: Nora K. waisecretary@foodaddicts.org	P.I./Media: Su S. waipi@foodaddicts.org
Vice Chair: Brandon C. wavicechair@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.

November Intergroup Highlights

From the Vice Chair

- Deadline for submission of motions for the 2019 World Service Business convention is Dec 15. Submissions should be emailed to wavicechair@foodaddicts.org
- 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 Secretary

- All reports included in Summary are for October and November months.

From the Office Chair

- The office committee holds an orientation each month at the beginning of their subcommittee meeting. All who are new or have any questions are encouraged to attend.

Chair: Brandon C. covered for Heidi V.

- Brandon opened the meeting with five minutes of Quiet Time.
- Closing remarks:
I started program in mid October and at that time I had no idea how I was going to stay abstinent with everything that was approaching (the Numb out Season). Halloween, my birthday, Thanksgiving (twice), Christmas Eve, Christmas, New Year's Eve, Super Bowl...

From the beginning older members would say, easy does it, one day at a time, one meal at a time, one minute at a time if that what was needed, just don't eat no matter what, no matter what don't eat. It was an overwhelming concept for me at that time.

Before we meet again we will have Thanksgiving, for some of us it's a great time to be with family and friends and for some of us it will bring up a lot of feelings and emotions.

As Dana shared there are many ThankaThons to attend all over the US and they are a great way to start the day with the theme of gratitude and to give thanks for Abstinence from addictive eating.

Enjoy your time with friends and family, stay connected, ask for what you need, easy does it, enjoy who is around the table rather than what is on the table and remember a Grateful Heart does not eat. See you December 9th. .

- Brandon closed the meeting with the Serenity Prayer

Treasurer: Stella J.

As of last day of September 2018			
Beginning Balance: \$13,123.72			
INCOME/GROSS PROFIT		EXPENSES	
Donations	\$3,956.93	Office	\$360.00
Literature	\$833.91	PI	\$51.50
Interest income	\$.07	Travel fund	\$0
<i>Total Income</i>	<i>\$4,790.91</i>	Donation to WSI	\$3,000.00
Less cost of goods sold	\$745.69	Rent	\$250
Gross profit	\$4,045.22	<i>Total Expenses</i>	<i>\$3,301.50</i>
Net income		(743.72)	
Ending balance		\$ 13,279.22	
As of last day of October 2018			
Beginning Balance: \$13,279.22			
INCOME/GROSS PROFIT		EXPENSES	
Donations	\$2,210.76	Office	\$360.00
Literature	\$1,318.14	PI	\$16.02
Interest income	\$.07	Travel fund	\$0
<i>Total Income</i>	<i>\$2,210.83</i>	Donation to WSI	\$0
Less cost of goods sold	\$0	Rent	\$0
Gross profit	\$2,210.83	<i>Total Expenses</i>	<i>\$769.54</i>
Net income		(1,441.29)	
Ending balance		\$ 14,814.58	

Vice Chair: Brandon C.

- 11 people stood up as available sponsors

Office Committee Chair: Jim D.

New meetings:

- Santa Fe, NM - Tuesday, 6:30 PM
- Burbank, CA - Monday, 7:00 PM
- Ellensburg, WA - Saturday, 10:00 AM
- Long Beach, CA Sunday 7:00 PM
- New Farm, Queensland, Australia, Wednesday 6:30 PM
- Lancaster, CA, Monday 7:00 PM
- Bountiful, Utah- Saturday, 9:00 AM
- San Bernardino, CA - Tuesday, 10:00 AM

Cancelled Meetings:

- Santa Monica, CA Wednesday 7 AM
- Encino, CA Sunday 9:00 AM

Location and time changes:

- Portland, Or, Monday 6:30 PM changed locations
- Labrador, City of Gold Coast, Queensland, Australia, Saturday meeting changed to Thursday/7PM
- Seattle, WA- Saturday, 8:00 AM changed location
- Portland, OR - Monday, 6:30 PM changed location
- Marina, CA - Tuesday, 6:00 PM changed time
- Fairfield, IA - Monday 7:15 PM changed time
- Fontana, CA - Tuesday, 7:00 PM changed location

Public Information Committee: Su S.

Media Watch

- Statistics:

- Sent out 61 contacts
- Received five personal responses
- Articles
 - Oct 15, 2018 WHAV, Haverill, MA, Host: Bill Ellis, 2 fellows interviewed
- Personal Responses (Examples):
 - Hi –That's awesome that one of your members read my column! :) I'd be happy to feature your organization in an upcoming feature on food obsession, as that wasn't a topic that I covered previously. I'd like to hear more on that and set up a phone interview with you or someone who specializes in that topic.

Best, Erika Y. Gradecki, Chef/Owner
Food For Your Soul, LLC

- Dear ...Thank you so much for your email. I am always grateful to receive information on professional organizations to help with food addictions. I see so many patients with these issues and there is so little support in the UK. I will certainly let patients know about your organization where appropriate.

Best wishes, Stephanie Moore Senior Associate of the Royal Society of Medicine Registered
Nutritional Therapist, Weight & Health Coach, Eating Disorders Counselor

Weblinks

- New website links: 21
- New college website links: four
- Number of colleges accessing FA website last month: 11
- Visits from college links: 16
- Total website visits: 53,000 (desktops 49%; mobile 43%; tablets 8%)
- Social network referrals: 918
- Total Weblinks referral traffic: 2,473
- Google banner ads (Impressions): 536,000
- AdWords Click-through to FA website: 30,000
- Click-through rate: 5.58%
- Calendar Posting Database lists many free online event-listing sites to post your meeting announcements. Email Weblinks@foodaddicts.org for access.
- Email: Weblinks@foodaddicts.org to fill out the college template letter. Weblinks will send it!
- Next weblinks webinar/call is Saturday November 17th

Blogwatch

- 217 Attempts (three from Facebook)
 - Five Appear
 - Four Pending
 - Eight Rejected
- Totals to date: 1103 Attempts; 569 Appear
- If you see a blog (or article with comment section) about food addiction, email: Blogwatch@foodaddicts.org and a board-approved comment will be posted.

Community Outreach

- Recent events:
 - Sept 8: San Mateo Mills Health Center, presentation to medical detox (low attendance)
 - Oct 4: Rossmoor senior community health fair
 - Oct 23: Kaiser Diabetes Support Group, Vallejo
 - 8-9 people we're in the group on Oct 23
 - They asked questions, including 1) What do you eat? 2) What does it cost? 3) Is it religious?
 - "One woman said, 'I was just sending a message to my son about Sunday dinner to let him know I won't be going. I'm going to an FA meeting instead.'"
 - One person had a newcomer packet and had been to her first FA meeting.
 - Oct 24: Marin Seniors Health Fair

- Oct 24: Skyline College Health Fair
- Oct 27: SF Southeast Family Health Fair (Bayview)
- Oct 31: College of San Mateo Health Fair
 - Very well-attended. At least one person planned to come to a meeting.
- Nov 1: Marin County Employees Health Fair
 - Gave out 80 trifolds.
 - Following up with a contract from the Behavioral Health and Recovery Services Department.
- Upcoming events:
 - Nov 28: Presentation in Addiction class at SF State University

Service Group Support

- World Service level Service Group Support Info
 - LSGs are encouraged to order the new Healthcare Brochure
healthcarebrochure@foodaddicts.org
 - Long distance sponsor list: sponsorlist@foodaddicts.org
 - Utilize area coordinators for
 - Evaluations
 - Best practices
 - Getting your info session on the community outreach calendar/see potential schedule conflicts
 - Speaker list
 - PI Kit
 - From September World Service SGSC phone call
 - “Putting the Full Court Press on the Press” - Successful Strategies for Getting Press Coverage for Your Info Session
 - Press release turned into an article and article turned into a connection with a reporter and a full newspaper article on FA
 - All 12 newcomers said they found out about FA from the print media (newspaper) not from Eventbrite or Craigslist.
- Sacramento- 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: 6-11 attendees
 - Contact Cynthia B or Lenell
 - Continuing and Recap:
 - Will continue outreach to Marshall Diabetic
 - Worked on Event Brite Postings
 - Ordered Brochure for the Healthcare Professional
 - Posted trifolds at ten sites
 - New Actions:
 - Approaching local meetings to sponsor a rack
 - Continue to see where we can do PI sessions or “Lunch and Learns” for health care educators
- San Francisco
 - Meets: 1x/month on the second Saturday of the month.
 - Attendees: 7 people meet in person and 13 on emails.
 - Contact Amber J for more information
 - Eventbrite: 4 views this month and 2 RSVPs. Total views: 187
- Mid-Peninsula/South Bay – New group
 - Meeting time and place: 1st Saturday of the month at the First Presbyterian Church in Palo Alto from 8-8:45 a.m.
 - Contact Maria R.
 - Attendees: Typically 6-9 attendees
 - Decided on the following:
 - Will meet quarterly rather than monthly.
 - Lean into what works.

- Next event, fellowship on Jan 5th at 11a.m. Whole Foods, 774 Emerson Street, Palo Alto
- Sonoma County
 - Meets: 10:45 a.m. after the Santa Rosa Saturday morning meeting at Encounter Church
 - Attendees: 5 attendees
 - Contact Diane K
 - New/ongoing activity:
 - Sonoma county had a face-to-face LSG meeting in August, and five fellows attended. At that meeting we reviewed our LSG history and mission, and discussed possible projects going forward
 - Discussed ways to support local Thank-a-thon efforts

Convention Resource Committee: Mery L.

- Mark your calendars, the 2019 Annual Business Convention is happening May 31-June 2 in Danvers Mass.
- An email will be going out within the next two weeks with more information about important dates and deadlines for the 2019 Business Convention.
- World Service Conference Voting Members are members elected at the meetings to represent the fellowship and vote on motions at the business convention.
- Voting for this elected WSC position will take place in December or January at your local business meeting. The World Conference Voting member is a year long service position. It requires 5 years of back to back abstinence, completion of one AWOL and regular attendance of the meeting they are elected from. This position involves a financial commitment of hotel and travel costs.
- Those interested in volunteering should read the WSC member manual on the FA website to know what the responsibilities for the position are.
- It is recommended that FA meetings do not set aside money to send WSC members to convention. If your meeting is collecting money for this purpose, please read the meeting guidelines Document 8 for more information.
- Need based Partial Financial Aid is available to WCS Members who qualify by application.
- If you have any questions, please send an email to waiconventionresource@foodaddicts.Org

12th Step Committee Chair: Elaine L. covered fo Erin S.

connection

- The connection is in very strong need of the following:
 - Artwork for the Connection
 - There are two different ways you can play a part in connection's artwork. Either way, please begin by sending 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 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 desperately needed - describes the lighter side of being a food addict
 - Lighten Up articles desperately needed - describes the lighter side of being a food addict
 - Frontier articles encouraging people on the frontier. If you know anyone on the Frontier please encourage them to write about what that's like so we will have plenty of articles to keep that going.
- The articles we are getting have been very short lately, almost half as long as the allotted word limit. e want to encourage folks to flesh out their stories some more if they feel they can, and remind them there are writing coaches if they need help with that. Of course, we don't want to discourage you from sending whatever length.
- Any issues you may have with subscriptions need to be addressed to the FA office, not the connection

committee email address.

Homebound Meetings/12th step

- The Homebound, 12th Step Call Committee has a two-fold purpose. We offer Twelve Step Calls to people not currently in FA, but who are interested in hearing about FA, because of a physical condition, they are Homebound. The other part of this committee is bringing a Homebound meeting to FA members who are working with a sponsor and 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 September with a total of 40 for the year.
- It's easy to initiate or inquire about a HBM. Call Linda Grace at 925-324-2807 or email waihomebound@foodaddicts.org and a committee member will call you back with help and information. Please do not have a homebound meeting on your own as help and assistance is provided.

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
- 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