

**FA Western Area Intergroup (WAI) Meeting Summary**  
**October 8, 2017**

**Next Meeting:** November 12, 2017 from 10:30am–12:00pm

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

**2017 Remaining Intergroup Dates:** December 10

**Board Officers and Committee Chairs**

<b>Chair:</b> Heidi V. <a href="mailto:waichair@foodaddicts.org">waichair@foodaddicts.org</a>	<b>Secretary:</b> Vanessa C. <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> Brandon C. <a href="mailto:waivicechair@foodaddicts.org">waivicechair@foodaddicts.org</a>	<b>Office:</b> Nora K. <a href="mailto:waioffice@foodaddicts.org">waioffice@foodaddicts.org</a>	<b>Convention Resource:</b> Tammy J. <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 box below *in full* at your business meeting.**

**October Intergroup Highlights**

**From the Public Information Committee**

- The new Calendar Posting Database lists free and easy ways to post your meeting announcement online. Email [weblinks@foodaddicts.org](mailto:weblinks@foodaddicts.org) for access to the database
- Next Weblinks international webinar/call is on Saturday, November 18 at 3:30pm PT. Email [weblinks@foodaddicts.org](mailto:weblinks@foodaddicts.org) or call Margaret L. at 415-336-5529 for the online meeting link, password, and agenda. The password and agenda will be sent out three days before the call
- In preparation for National Eating Disorders Awareness (NEDA) Week, write your college an email! It only takes five minutes to fill out our college alumni email template for your college. Email [weblinks@foodaddicts.org](mailto:weblinks@foodaddicts.org) to get the template, and the Weblinks sub-committee will do all the rest

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

- The next Frontier Resource Call will be on Sunday, November 19 at 10:30am PT. Information can be found on the FA website under the 12<sup>th</sup> Step tab. An additional call is going to be scheduled to allow participation from FA members living in Australia, China, and New Zealand
- On US Thanksgiving day, FA offers special meetings for our members, friends, and family to provide each other with support and to express gratitude. These 2-hour meetings have two speakers sharing their experience, strength, and hope around the theme of gratitude. Thank-a-thon flyers listing the location and time will be posted on the FA website on November 1<sup>st</sup>. Please email Dana at [waithankathons@foodaddicts.org](mailto:waithankathons@foodaddicts.org) if you have any questions
- The *connection* is in need of the following types of articles: How fellows stay abstinent on the Frontier, First 90 Days, Lighten Up, and No Matter What. Artwork is also needed
- When writing for *connection*, please refrain from mentioning specific foods and avoid fantasy-style descriptions of food. Try to use generic terms such as "binge food" and "flour and sugar product"
- The next *connection* Rep Call is on Sunday, November 19 at 3:00pm PT. See *connection* website for dial-in number and access code

**Chair: Heidi V.**

- Heidi opened the meeting with five minutes of Quiet Time
- Heidi’s remarks: “The food holidays have arrived, and temptations are running high with all the alluring, colorful items donning the front of the grocery stores. The only problem is there’s just not enough food out there to appease and fill that God-shaped hole, no matter what new shiny packaging it may come in. Every item we shovel in is actually taking another bite of poison, self-destruction, and self-loathing. What is promised to be a treat always ends up being a trick. So, let’s leave the sweets where they belong. Give those kids back their candy, pick up the tools of FA, be of service, and have a peaceful, abstinent holiday season.”
- Heidi closed the meeting with the Serenity Prayer

**Treasurer: Stella J.**

<b>As of September 2017</b>			
Beginning Balance: \$15,747.11			
<b>INCOME/GROSS PROFIT</b>		<b>EXPENSES</b>	
Donations	\$3,461.59	Office	\$0
Literature	\$1,254.72	PI	\$75.00
Interest income	\$.07	Travel fund	\$0
<i>Total Income</i>	<i>\$4,716.38</i>	Donation to WSI	\$3,000
Less cost of goods sold	\$1,188.54	Rent	\$250.00
Gross profit	\$3,527.84	<i>Total Expenses</i>	<i>\$3,325.00</i>
Net income		\$202.84	
Ending balance		\$17,178.52	

**Vice Chair: Brandon C.**

- Fifteen people stood up as available sponsors

**Office Committee Chair: Nora K.**

**New meetings:**

- Thursday 2:30pm Laguna Hills, CA
- Tuesday 7pm Blackfalds, Alberta, Canada
- Saturday 9am Bend, Oregon
- Wednesday 7pm Irving, TX

**Cancelled Meetings:**

- Tuesday 7pm San Leandro, CA
- Wednesday 7pm Whittier, CA
- Tuesday 7pm Temecula, CA

**Location and time changes:**

- Friday 4:15pm Aurora, CO changed to 4:15pm and has a new location

**Public Information Committee: Su S.**

**Media Watch**

- Sent out 37 contacts; received two personal responses
- Radio Interviews:
  - 9/20/17: Your Family’s Health, Jeanine Cook-Garard, Nassau Community College, Garden City, New Jersey
  - 10/03/17: KLCK-AM, Roger Nichols, Portland, OR
- Examples of Personal Responses:
  - Hi Kim, Thank you for your email about Food Addicts (FA). I am very familiar with this program. I support all the programs (sic) that encourage recovery. Best regards, Stacy Gorlicky, [www.lovenlife.ca](http://www.lovenlife.ca)
  - Hi Kim, Wow your PI people are on the ball! I don’t know how it works with FA re: publishing stuff at the level of press and media, but if you want me to do a write-up for you in the magazine or on the website, I’d happily publish something you send me. (sic) Warmest regards, Araminta Jonsson in response to an article titled Pipe Down Magazine Provides an Insight into Addiction

## **Weblinks**

- The Adwords Campaign in Hebrew has now generated over 2,000 visits from Hebrew language speakers and over 68,000 impressions since its August launch
- Weblinks continues to work on the Spanish, German, and French campaigns
- New website links: 26
- New college links: 0
- Number of colleges accessing FA website last month: 10
- Visits from college links: 31
- Total website traffic (visits) last month: 64,511
- Total weblinks referral traffic last month: 3,686
- Google banner ads viewed: 179,000
- Click-throughs to FA website: 4.4%
- Impressions shown from Mandarin AdWords Campaign: 179,500
- Click-throughs from Mandarin AdWords Campaign: 5,300
- Click-through rate: 2.95%
- Top city using FA website: London, England

## **Blogwatch**

- Nine attempts: five from Facebook
- One appears, three pending, five rejected (Facebook)
- Totals to date: 907 attempts, 457 appear
- Amber J. is taking over coordination of Blogwatch

## **Community Outreach**

- Planning continues for health fairs and Information Sessions throughout the Greater San Francisco Bay Area
- The subcommittee is accepting copies of past issues of *connection* to use at upcoming health fairs. Bring them to Intergroup or contact the co-chairs at [communityoutreach@foodaddicts.org](mailto:communityoutreach@foodaddicts.org) to donate
- September events:
  - 9/9/17: Catholic Charities Health Fair (Richmond). Trifolds handed out: 33; *connection*: 20+. This was the first time that Catholic Charities has sponsored this fair, and it will likely grow
  - 9/21/17: 14th Annual Healthy Living Festival (Oakland Zoo). Hundreds of seniors attended. Trifolds handed out: 52 in English; four in Spanish; *connection*: 46+
- Upcoming events:
  - 10/25/17: College of San Mateo health fair
  - 10/25/17: Skyline College health fair
  - 10/28/17: Southeast Community Health Fair (San Francisco Bayview District)
  - 11/02/17: Marin County Employees Health and Wellness Fair (Civic Center)
  - 11/9/17: Samuel Merritt University Information Panel
- Representatives from Community Outreach have a meeting scheduled with three lead providers (MDs) in the San Francisco Health Network for the end of October. This is in preparation for a 10- to 15-minute presentation at a SFHN quarterly providers meeting in January 2018, the subject of which is obesity

## **Convention Resource Committee: Tammy J.**

- No report this month

## **Service Group Support Committee Chair: Deme S.**

- Service Group Support Committee (SGSC) focuses on supporting Local Service Groups (LSGs) in their activities to reach the still-suffering food addict
- The next SGSC conference call is Sunday, November 19 at 12:30pm PT; Intergroups and the Maine Chapter 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: +1641-715-3816
- If you are interested in the SGSC/LSGs, email [waisgsc@foodaddicts.org](mailto:waisgsc@foodaddicts.org). You will be added to the

distribution list to receive meeting agendas and minutes from SGSC activities. There is no abstinence requirement to join. There is a lot of interest and activity going on in the WAI LSG's—get involved

- Updates from our two most active LSGs:
- SAN FRANCISCO
  - How often do you meet? 1x/month
  - When/where do you meet? In-person, 2nd Saturday of the month after our weekly FA meeting, 10:45am - 11:30am
  - How many participate? 5-7
  - What activities are you working on?
    - Event listings using Calendar Posting database from Weblinks. Eventbrite had 10 views this month and two RSVPs.
    - We will continue reaching out to local colleges to inquire about local health fairs
- SONOMA
  - How often: 1x/month
  - When/where: via teleconference
  - How many participate: usually 4
  - What activities are you working on?
    - Explored potential avenues for getting the word out about FA to medical offices and via PI Information Sessions, putting up racks at gyms. Exploring putting a rack at a member's workout club and local YMCA
    - Maintaining trifold racks at Santa Rosa Central and Northwest library branches, two doctors' offices and a clinic, one yoga studio
    - Announcing their LSG at FA business meetings to increase interest in joining. One LSG member qualified at a Santa Rosa meeting and stayed for the business meeting, and heard a member share during the business meeting about the existence and activities of our LSG. "I was happy to hear that the membership is becoming more aware of our LSG, which will hopefully lead to additional LSG participation."
  - Next meeting: Thursday, October 26, 2017 at 4 pm

### **12th Step Committee Chair: Erin S.**

#### **Homebound Meetings/12th Step Calls**

- Area Coordinators are needed for Monterey Bay, Portland, Oregon, San Diego, and any other city or state within the WAI region where there isn't already one currently
- If you'd like to serve as an Area Coordinator, or arrange a Homebound meeting or 12th Step Call, please contact Linda Grace at [waihomebound@foodaddicts.org](mailto:waihomebound@foodaddicts.org)
- If you are an IG Contact, please announce the availability of Homebound Meetings and 12th Step Calls at your monthly business meeting

#### **Thank-a-thons**

- Thank-a-Thons are 2-hour meetings held in the US on Thanksgiving Day. Two speakers qualify, and the focus of the meeting is on gratitude. If your regular Thursday meeting held a Thank-a-Thon last year, please discuss at your next business meeting whether or not your group would like to hold one again this year. Each Thank-a-Thon needs two contacts who have two+ years of abstinence, and who are willing to have their names and phone numbers posted on the FA Website. The deadline for submitting your Thank-a-Thon time, location, and contact information is October 1, 2017. Please send it to Dana at [waithankathons@foodaddicts.org](mailto:waithankathons@foodaddicts.org)

#### **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](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