2018 WSI Board Officer/Committee Chair Applications

Chair
• Bonnie H., FL

Vice-Chair
• Ann H., NY
• Marti M., CA

Bylaws
• Ebony F., CA
• Norma Jean P., OH

connection
• Dominic K., CA
• Glenny D., ME

Convention Planning
• Gabe E., MA
• Vanessa C., CA

Office
• Jan B., CA

Traditions
• Patty R., ME
WSI Chair
Bonnie H., FL, USA
## APPLICANT INFORMATION

<table>
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<th>Position Applying For:</th>
<th>Chair</th>
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<tr>
<td>Name</td>
<td>Bonnie H.</td>
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<tr>
<td>Date continuous FA abstinence began:</td>
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**YES** I have read the qualifications for the above-named position as set forth in the WSI Bylaws and summarized in the "Position Descriptions." As a candidate for this position, by selecting 'Yes' I affirm my adherence to all qualifications. Furthermore, my 'Yes' selection signifies my permission to make my application materials public to the FA fellowship for the purposes of the election.
1. Brief account of your experience in addiction and in recovery.

I have been in program since 1980, when I became a member of the Boston area fellowship of OA, the 12 Step Program that became FA. I was 210 pounds, full of self-loathing, low self-esteem and a major inferiority complex. Negativity for me was just a way of life. I started my weight loss journey at 15 years old when I was introduced to black beauty diet pills (speed). From there I tried every available diet program, self-help books, gym memberships, the latest “miracle” diet in the monthly magazines, therapy, fasting, smoking just for the purpose of curbing my appetite and liquid protein just to name a few. Because of the pills and my activity level, I didn’t become obese, but I always felt overweight enough to feel different from my peers. My addiction to food developed as a child, where I snuck food and ingredients, concocting a lot of things from the kitchen before I had money to buy what I really wanted. My teenage years were very difficult for me -- I rebelled against my parents’ authority often and ran away from home many times. As an adult, jobs and income gave me the freedom I craved and also provided the means for eating what I wanted when I wanted. At the age of 18 I was pregnant, married at 19 and had a baby at 20 years old. My husband was an abusive alcoholic and I stayed married to him for 13 years. I ate my way through the pain and got up to my highest weight of 210 pounds.

In 1980 I found my way to the Boston fellowship and began my journey into recovery and into myself. I lost the weight very quickly but was unwilling to incorporate all the tools and disciplines. I was still hanging on to that rebellious nature, staying just on the fringes of the program and the fellowship, never truly admitting that I needed help. I had a lot of sponsors through those years, but when I asked my current sponsor to sponsor me in 1992 not only did my life start to change but I started to change as well. I started to do the program the way it was supposed to be done and went to strong, focused and committed meetings to hear what I needed to hear.

Slowly over time my negative, rebellious nature changed. I grew to be the person God had always intended for me to be. The self-loathing and low self-esteem were gone, as I learned how to speak up for myself rather than remain the people pleaser I had always been. My inferiority complex went away and the promises of the program started coming true. Through the years, and by the grace of God, I have had the privilege of passing this program of recovery on to those who have suffered as I suffered and have seen broken, desperate people find recovery one day at a time.

I am really grateful today that I am a food addict and a member of Food Addicts in Recovery Anonymous.

2. Service positions held at the group and intergroup level.

When I moved from Boston to South Florida in 1994 I started several meetings because at the time there were only two OA meetings that were spreading the message of food addiction, abstinence, recovery and the 12 Steps. I helped bring the message of hope and recovery by doing service at my meetings, often times more than one position at a time. I was the “bookie” (getting speakers), treasurer, greeter, PI person, literature person and every position there was to have.

We later started a Chapter in South Florida where I was the Chair. We spread the message of hope with Information Sessions, ads in free newspapers, TV public service announcements (remaining anonymous), as well as traveling to different parts of Florida to support other meetings. I was a member of the committee that developed the Chapter Manual and was a member of the Committee that wrote the 12 Concepts of FA.
I served as the Public Information Committee Chair at World Service where we worked on the PI Kit, the FA webpage (www.foodaddicts.org), the Fellowship Survey, the Fact File and the FA Census. Weblinks was created while I served as Chairperson of the PI Committee and the website was further expanded and developed to the point where it became what it is today. During that time on the World Service Board I served on the first Personnel Committee. Also at that time the Policies and Procedures Manual was developed for all the World Service Committees. I participated in the first Forum held at the Business/ Fellowship Convention and also created and served on the committee to transcribe the stories for the FA Book.

I continue to encourage growth in the South Florida community and when asked to do service I try to do my best to do that service. Although I have come to primarily do service one on one and within my home meetings, I am deeply honored to place my name for your consideration as the World Service Chair. I will do my very best to do a good job, always keeping the principles of this program and God’s will as my guide and vision.

Thank you for your consideration.

3. Education, business, professional or other experiences and skills that would be useful as officer or chair. Please do not send your résumé.

After high school I earned an Associates Degree from Mass Bay Community College. Then my real education began the day I graduated, when I gave birth to my son. I was a stay at home mom for 12 years until I went through a very painful divorce. Raising two children in my early twenties definitely prepared me for any task that needed to be accomplished either in the middle of the day or the middle of the night.

After becoming a “single mom”, I worked as a waitress which required me to be focused on many duties at one time. I had to manage customers, orders and waitstaff. I learned to delegate when necessary and took on the roles of others often. It also gave me people skills and the ability to resolve many issues and conflicts simultaneously. After recovery, however, I found that waitressing didn’t support my abstinence so I pursued my secretarial career. I was a receptionist, phone operator and secretarial assistant until I moved to Florida in 1994, where I became the office manager and executive assistant for the co-owners of a sales focused business.

It was there where my people skills flourished. I interviewed job candidates and was responsible for hiring and firing employees. I maintained inventories, ordered and organized purchases. In this role I was able to take on many jobs and excelled. I managed the fast paced sales department of about 100 people and loved it. I only left that position to care for my father in the last three years of his life where program was invaluable to me as I served as his full time care giver. Though difficult and often exhausting, it remains one of the most rewarding times of my life.

4. Your thoughts on the following: aspects of the committee's current work you would emphasize; to the best of your ability, a description of your vision for the committee's work.

What I would like to do as the new Chairperson of WSI is to continue the theme of unity which the present Chair, Dave I, has so eloquently professed in his many speeches. Each Chairperson before him
has also advocated that sentiment and I think it is a worthy cause to continue doing. There is so much vital work done at the World Service level and I would hope to be an adjunct in keeping the communication fluid and helping each committee get all the assistance they need for the hard and necessary work that they do each year.

Food Addicts in Recovery Anonymous was founded on the basis of abstinence, gratitude and service and I would like to continue that effort, all the while keeping things simple and not letting them get too complicated. I find that we all do a lot of service at many different levels and I admire the service done by all the chairs, boards, committees, intergroups, chapters and especially at the meeting level. I do believe in the inverted pyramid concept that we practice in this program, so I will continue to try to serve the needs of the fellowship as needed.
Reference 1

In the more than 40 years that I have been a part of this fellowship, I have often said that if I could boil this program down to one word, it would be “honesty.” If I were to have only one word to describe Bonnie H., it would be “service.”

I have known Bonnie for over 25 years, and in that time I have known her to be deeply committed to helping the food addict who still suffers. She has served on the WSO board, she was instrumental in bringing the message of recovery from food addiction to southern Florida and continues to share the message of hope everyday with those she sponsors.

It is a great honor to recommend Bonnie to serve as WSO Chair, her commitment to the fundamental principles of this program and her dedication to service makes her a wonderful choice for the fellowship.

Cynthia C

Reference 2

I am writing to recommend Bonnie H. from Florida for the position of WSI’s chair. I have known Bonnie for as long as I have been in the program – 21 years. I asked her if she would be willing to step into the position of chair when my term is completed this year because of the solidness of her program and the strength of her leadership. As we enter a new era of World Service growth, with our fellowship changing in so many ways, Bonnie will bring stability and steadfastness to her work as WSI’s chair. Bonnie’s life is about service, and she expects the same from her sponsees. Her commitment to serving those in our fellowship is exemplified by her extensive work at the World Service level, on the World Service Board, and in her local area. In the role of chair, I know that Bonnie will sustain and stand firm on the founding principles of this program. Like those strong and stalwart members who have gone before us, both in FA and in AA, she will be deliberate and methodical in her approach to change. A remarkable human being, a thoughtful and spiritual leader with clarity and wisdom, and a humble servant for many years to this fellowship, I believe we would be blessed to have Bonnie as our next WSI Chair. I whole-heartedly support her to step into this position.

Respectfully submitted, David I., Canada Chair, WSI

Reference 3

It is with great pleasure that I write this letter of recommendation for Bonnie H to become the next Chair of WSI. She is eminently qualified. I have had the privilege to work closely with each of FA’s five WSI Chairs and I believe that her 25 years of abstinence rooted in FA service has given her the depth of maturity required for that position. I am certain that Bonnie, who has been actively serving FA and WSI from before the founding days, will continue our history of excellence in that position.

She is very experienced in FA WSI administration. She founded what was then called the Chapter and Intergroup Support Committee and served as its WSI Chair for 2 years. That committee sponsored the development of our first Chapter Manual. She followed that by serving as WSI PI Chair for 3 years in those crucial years when WSI PI was helping our fellowship establish a national presence. She developed
two successors to that position that have served as WSI PI Chair for 8 years after her. She has served on the WSI Personnel Committee for 5 years helping hire and provide Human Resource assistance to the employees who worked for the fellowship and was on the Ad Hoc Committee that developed the 12 Concepts of FA. At the EAI level she worked diligently with the EAI Chair on an Ad Hoc Committee to make a CD Disk of the meeting that had the first original WSI Board talk of their experience as the first FA Board Members. It is still being sold today. At the local level Bonnie also helped develop one of FA’s earliest Chapters in Southern Florida and served as its chair for 2 years.

Bonnie is an intelligent leader with excellent judgment. She is a good listener and pays attention to all points of view and facts. She comes to a decision based on them. She is decisive but also flexible and will change her opinion when it is appropriate to do so. She also works very well with all types of personalities. She is a participative leader seeking others opinions before coming to conclusions. People enjoy working with her. Bonnie is a hard worker and willingly gives as many hours of service as needed to achieve excellent results. Service is very important to her and she encourages her sponsees to willingly and gratefully do service. Her service has inspired many leaders that have pioneered many major FA Local Service Areas. Bonnie is dependable, reliable, conscientious and approachable to others. She will make a wonderful FA WSI Chair.

George M. Needham, MA
WSI Vice-Chair
Ann H., NY, USA
# APPLICATION FOR FA WSI OFFICER OR COMMITTEE CHAIR

## APPLICANT INFORMATION

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**YES** I have read the qualifications for the above-named position as set forth in the WSI Bylaws and summarized in the "Position Descriptions." As a candidate for this position, by selecting 'Yes' I affirm my adherence to all qualifications. Furthermore, my 'Yes' selection signifies my permission to make my application materials public to the FA fellowship for the purposes of the election.
1. Brief account of your experience in addiction and in recovery.

I was born and raised in a stable, loving home in suburban Chicago and had every advantage growing up. However, food addiction runs rampant in all branches of my family tree, and I did not escape its clutches. A seemingly picture-perfect childhood masked underlying self-doubt as a child, and my fear, doubt and insecurity reigned supreme. As I grew more insecure and fearful, I turned to food for comfort and escape, under the watchful eye of a mother obsessed with weight and appearance. I became a sneak eater just as I was entering adolescence and that persisted until I found recovery. No one ever saw me overeat! But as soon as I was alone, I secretly ate whatever food I could find, and as I gained independence, my eating increased. I gained weight slowly and steadily through high school, and my self-hate grew as well. In college, on my own for the first time, the restraints were gone, and I hit my top weight, nearly 70 pounds more than I weigh now.

In 1977, after dropping out of one ill-fated semester in law school, I was led to the rooms of Overeaters Anonymous. I never left that fellowship, which offered me a solution that I grudgingly accepted, without success. I was a faithful member of OA for 21 years, but could not stop binging. My weight swung wildly within a 20 to 30 pound range. Sometimes I could snag a few months of abstinence, but mostly I was a “binge a week” person, never knowing when the urge to overeat would strike, and not being able to stop until I had eaten myself sick. Meanwhile, I lived a life that looked successful from the outside with a great marriage, two children, a nice home, a good job, wonderful relations with my family, and many friends. When a member of our OA meetings found the 90-day program, FA’s precursor, I wanted nothing to do with it. I watched that member blossom, however, and my resentment toward the program melted away as I realized it offered a solution that worked. I surrendered to the 90-day program just as FA was founded. Imagine my surprise when I went to my second 90-day meeting to find a sign that said, “Food Addicts in Recovery Anonymous.” Highly confused, I attended the meeting anyway, and am so grateful I did, because in FA, by following my sponsor’s suggestions, I have found the inner peace and contentment that had eluded me for so many years. Gratefully abstinent since June 5, 1998, and at my goal weight for nearly all of that time, I give back in any way that I can, so that others may find the miracles I experience daily, and, hopefully, not take quite so long to discover the joy of recovery and the healing power of G’d and the Twelve Steps.

2. Service positions held at the group and intergroup level.

In my 19+ years in FA, I have held virtually every service position available at the group level: secretary, treasurer, literature person, greeter, WSI, intergroup and chapter contact. As ours is a small fellowship in Ithaca, New York, most members hold at least one job for every meeting, and often two or three.

I served as the secretary of the Upstate New York Chapter of the New England Intergroup for two years before the chapter was dissolved.

At the World Service level, I was involved with planning and executing the FA business and fellowship conventions for eight years, initially as secretary of the WSB Convention Planning Committee for three years, followed by two terms on the World Service Board as Convention Planning Committee Chair (2006-2009), during which time we planned four business conventions and two fellowship conventions.

Following my time on the board, I joined the WSB Literature Committee and have worked on several
writing projects.

3. Education, business, professional or other experiences and skills that would be useful as officer or chair. Please do not send your résumé.

For forty years I worked as an administrator in the business and nonprofit sectors, and have acquired a range of experience in organizing events; conducting research; composing, organizing, and preparing background materials; drafting correspondence and reports; and managing meetings. I recently retired from my 19-year position as Development Associate, reporting directly to the Vice President for College Relations and Advancement at Ithaca College, a comprehensive residential college in upstate New York. In that role, I served as a ghost writer for the VP’s correspondence and reports; occasionally drafted remarks for the vice-president and the president of the college; and participated in key decision-making sessions. I have a reputation as a thoughtful and conscientious coworker and a strategic thinker, with strong communication and organizational skills. I would be honored to put them to the test as vice chair of the World Service Board.

4. Your thoughts on the following: aspects of the committee's current work you would emphasize; to the best of your ability, a description of your vision for the committee's work.

After a hiatus from board level work, I feel I am ready to return. I am passionately committed to the FA program and would be honored to use the skills I have acquired and developed as a professional and a volunteer over the last four decades for the betterment of FA. As vice-chair, I would serve at the pleasure of the chair, undertaking whatever duties are required for the effective management of board responsibilities. Currently, the vice-chair heads the Personnel and Inquiry Response Committees, and I would be happy to continue in those roles, but ultimately the vice-chair should work in a comfortable partnership with the chair. I would look forward to being flexible and nimble in assisting as necessary. When I last served on the board, I found my voice slowly after an uneasy start. This time, should the fellowship elect me to this position, I would enter with full-throated enthusiasm!

I approach this level of service with a sincere desire to support the great work being done in spreading the word of FA recovery, and our continuing evolution into a thriving, mature organization. I believe strongly that in our work, inside and outside the fellowship, we need to emphasize the core values and life-saving practices shared by all.
Reference 1

Ann served on the World Service Board previously as chair of the Convention Planning Committee and showed then what competence, dedication, and commitment look like. Now she is offering to serve in the capacity of vice chair, and we are fortunate that she is. I believe she possesses many qualities that suit her to the tasks of the WSB vice chair. Ann is a writer and a thinker. These skills will come in handy if the vice chair continues to head the board’s Inquiry Response Committee, responding to difficult questions from FA members that don’t fall into the realm of the Traditions. She also gives a good speech, using wit and style to make her points. This skill will be needed every year at the business convention. The WSB vice chair usually heads up the board’s Personnel Committee. Ann’s sense of fairness and her careful, deliberative style will come in handy there. Ann would run a productive board meeting if she should ever have to substitute for the chair. Finally, as vice chair she would be one of the four members of the board’s executive committee, again lending her clarity and intelligence to that group’s discussions.

Ann is committed to her recovery in FA and cares deeply about passing it on to others. I look forward to her playing out this commitment and caring as vice chair of the WSB.

Margaret H.
outgoing World Service Board member
2018

Reference 2

It is with extreme pleasure that I write this letter of reference for Ann H. for the position of vice chair of the FA World Service Board. I have known Ann for 26 years, including her nearly 20 continuous years of abstinent recovery in FA and several years prior in another recovery program based on the Twelve Steps.

Ann is well suited for this position. She has always been actively involved in service at the meeting, chapter, and world service levels. She seamlessly facilitates business meetings, organizes public information planning efforts, and served as WSB Convention Planning Committee Chair. She has held positions in our local chapter (now disbanded) and currently serves as loyal member and leader in our local service group. Ann is extremely organized, pays close attention to detail, and knows how to delegate. She is a patient facilitator who listens to all voices and guides the group in thoughtful and respectful sharing of ideas. Ann’s long-term recovery in FA and a career as a high-level assistant to the vice president of a college have provided her with a wealth of skills including problem solving, event planning, managing interpersonal relationships, prioritizing tasks, and writing and speaking with clarity and precision.

Through Ann’s prodigious amounts of service in FA, she has learned how to balance all elements of her program because the number one priority in her life is her recovery. It has been a privilege to walk with her on this road of recovery, share in her growth, and reap the benefits of her wisdom. The fellowship will be extraordinarily well served to have her in this leadership position. I heartily endorse her application for WSB vice chair.

Paula K.
I first had the pleasure of getting to know Ann H. when I began working with her on convention planning in 2008. She was the chair of the WSB Convention Planning Committee at the time, and I was assisting her with the 2009 Fellowship Convention in California. Being across the country from each other, our communication was all by phone and email, but I always felt like she was right there to answer questions and lend support, talking me through the process of negotiating hotel contracts and organizing the myriad of details for the event. Once we were actually together onsite, she was a wonderful partner to have by my side, (especially when we had to face a few hundred food addicts who had just got short changed on their vegetables at dinner!). She faced it all with calm, poise and humor, and her assured demeanor helped me to feel confident that all was well. She continued to serve as my mentor for the next two years, which along with her well documented protocols and procedures, prepared me to take on the role of WSB Convention Committee Chair for four years after that.

Ann’s service to our Fellowship and her grounded commitment to her recovery is all that I would look and hope for in a WSB vice chair. She is practical, efficient, responsible, levelheaded, open-minded and easy to work with. She also has a gentle heart and spirit that is often needed when discussing and working through issues that are presented to the board. Having had a great deal of experience with that already, I’m sure she is well aware of the time and energy that is needed to do the job. Being a new retiree, I know she is ready, willing and able to devote herself to service in FA. We would be more than blessed to have her in this position!

Respectfully submitted,
Adrienne P.
WSI Vice-Chair

Marti M., CA, USA
APPLICATION FOR FA WSI OFFICER OR COMMITTEE CHAIR

APPLICANT INFORMATION

Position Applying For: Vice-Chair
Name Marti M.
Date continuous FA abstinence began: 04/26/1998

YES I have read the qualifications for the above-named position as set forth in the WSI Bylaws and summarized in the "Position Descriptions." As a candidate for this position, by selecting 'Yes' I affirm my adherence to all qualifications. Furthermore, my 'Yes' selection signifies my permission to make my application materials public to the FA fellowship for the purposes of the election.
1. Brief account of your experience in addiction and in recovery.

Beaten, discouraged, 210 pounds, and a hopeless case, I walked into my first OA/90-Day meeting approximately 20 years ago, and a speck of real hope for this food addict was kindled. A short time later I followed my long-distance sponsor into the newly-forming Food Addicts in Recovery Anonymous program, FA. I came here desperate to end the nightmare I was living. I had tried every known diet, hypnotherapy, laxatives, bulimia, over-exercising, fasting, vitamin therapy, doctors, diet clubs, seminars, self-help books, nutritionists, diet powders and pills, health clubs...the list could go on and on. The illusion that my life would somehow be fixed if I just took off the weight was the central focus of each day. The torture ended that day in 1998 when I began to live this FA program of recovery. It wasn't easy, but the guard rails of the program's basic tools kept me on course. I began to nurture my body by eating three weighed and measured meals, exercising my mind and soul by showing up for committed meetings, and practicing each of the tools of the program. Slowly I was able to turn my unmanageable life over to God and FA, and eighty pounds dropped off my body along with tons of regret, frustration, and self-loathing. It is for this reason that I serve wherever and whenever I can to help the food addict who still suffers and to support those who continue to find relief and recovery in FA. Through FA I have been blessed with these 20 years of continuous day-at-a-time abstinence, maintained an 80-pound weight loss, continued experiencing transformed relationships, turned drowning debt into financial abundance, and I attribute it all to God's grace and the FA structure and way of life. Today, I take nothing for granted. I would not be here without this program; so, in gratitude and service, my desire is to continue to give back by serving as World Service Board Vice Chair.

2. Service positions held at the group and intergroup level.

Over the years I have happily served in all meeting level service positions, helped start meetings when California's FA was "on the frontier," and have been a continual participant in and co-led AWOL's. At the Western Area Intergroup Board level, I participated in the formation process of our Intergroup in 2000, have served on the WAI Board for 12 years, 4 years as Teens and Twenties Chair, 4 years as Board Vice Chair, and 4 years as Board Chair. On the World Service level, I am nearing the end of my second term as World Service Bylaws Chair and simultaneously serving as a member of the Traditions Review Committee for the past 4 years.

3. Education, business, professional or other experiences and skills that would be useful as officer or chair. Please do not send your résumé.

Prior to FA I have served in my community in various leadership roles throughout my life. As a young woman, I served as my college student body vice-president and president, alumnae association president, and while raising our six children served on various volunteer committees including my children's school PTA president. In my past I was employed as the executive assistant to the Director of Philanthropy at a major hospital, assistant to the Vice President of a food brokerage firm, and various other executive support roles. Included in my responsibilities were support and furthering of various plans and goals of the organizations, collaboration and staff management, contributor in problem-solving, and interviewed and hired personnel. Because of FA recovery and following the nudging of my Higher Power, I earned my credential and am currently employed as a Montessori preschool Head Teacher working with 3-6-year-olds.
4. Your thoughts on the following: aspects of the committee's current work you would emphasize; to the best of your ability, a description of your vision for the committee's work.

Having served as both Vice Chair and Chair of Western Area Intergroup, I am keenly aware of the importance and necessity of the WSB Vice Chair’s commitment to support and assist the Chair in their many duties and responsibilities of the position. Leaning on God and my experience, I want to uphold and support the plans and goals of the Executive Committee and each of the board committees in their pursuit of carrying out their many tasks to get the word out. We, as the World Service Board, are charged with fulfilling our mission to carry the message of strong, clear FA recovery to those who still suffer from this insidious disease of food addiction. I want to continue my commitment to serving the FA fellowship and getting the message out to so many who are not yet aware of the miracle of recovery through our FA program. I would be honored and gladly accept the commitment to serve as the next World Service Board Vice Chair.
References

Reference 1

I am delighted to write this reference for Marti M. to be Vice Chair of WSI. I have known Marti for many years as we served together on several WSI committees and the World Service Board. I can easily say that Marti has both the breadth and depth of experience that the Vice Chair position requires.

While also serving on the Board of WAI, Marti helped to re-write the WSI Chapter Manual, and to plan panels for the pre-convention “Forum” sessions. Her experiences from the beginning of WAI, and the range of issues she faced at intergroup at that time really informed our work and helped us keep focused on the newcomer to FA. Marti has again done double-duty as both chair of the Bylaws Committee and an active member of the Traditions Review Committee for the past four years. There her foundation of solid recovery and steadfast commitment to the principles of this program have been invaluable to our deliberations and communications with FA members.

It has been a pleasure to watch Marti grow in her recovery and her service and I have learned so much from her. What stands out most is her incredible grace that I am sure is a direct result of her FA recovery. She is clear in her convictions and handles herself with great tact and diplomacy when dealing with sensitive issues and difficult conversations. She is a clear communicator, is detail-oriented, and is very dependable with the tasks she takes on - we can always be sure that whatever Marti does is going to be her absolute best.

FA would be well-served with Marti M. as Vice Chair.

Patty R.
New Hampshire

Reference 2

Recommendation for Marti M. of Danville, California for WSI Vice Chair 2018

I have known Marti for about 20 years since she started in FA, and I am pleased to recommend her for the position of WSI Vice Chair. Marti has always been a dedicated, committed member of FA, doing service on all levels from meeting service positions and qualifying at meetings to service with the intergroup and with World Service. Marti has been active in Western Area Intergroup (WAI) since we started meeting in the fall of 2000 to gradually review and approve each section of our intergroup bylaws and then had officer elections in February of 2001. I have served with Marti on the WAI board and seen that she works very well with others and has continually grown in her commitments. Marti was the first WAI Teens & Twenties Committee chair and created the first tri-fold. She served four years as WAI vice chair, followed by four years as WAI Chair. For the past four years, Marti has been serving on the WSI level as WSI Bylaws Committee Chair. I have worked with Marti directly on projects throughout her intergroup and WSI positions. She is diligent, articulate, clear-thinking, and committed to the strength of the program. Her service work is organized and thorough. She approaches tasks with willingness to follow through and she communicates clearly and with compassion in both spoken and written communications. Her commitment to FA and to service is always inspiring and uplifting to me. I highly recommend Marti for WSI Vice Chair.

Sincerely,
Reference 3

It is my pleasure to recommend Marti M for Vice Chair of the World Service Board. I have known Marti for over 15 years, mostly by reputation, until 2014 when Marti joined the board as the By-Laws chair, also becoming an ex-officio member of the Traditions Review Committee (TRC). Marti came to the board with extensive FA service experience having helped form the Western Area Intergroup and serving as an intergroup committee chair, the WAI vice chair and eventually the WAI chair. I have been working closely with Marti ever since as World Service board and TRC members. I have also served under Marti’s thoughtful and facilitative leadership as a member of the By-laws Committee. Based on these experiences, in my opinion, the primary characteristic that I believe Marti will bring to role of Vice Chair, should she be elected, is her steadfast commitment to the foundation of the FA program. Marti is unwavering in her gratitude for how FA has transformed her life and the lives of many around her. Marti relies heavily on her spiritual connection in her service work and thoughtfully, diligently and effectively takes the necessary actions to accomplish her WSB and other service roles and responsibilities. In her role as Bylaws chair, Marti consistently uses all available resources to research, understand and communicate to the appropriate audiences the role of the relevant FA by-laws to the issues that have been raised over her tenure. As a member of the TRC, Marti could be counted on to follow up on inquiries to successful completion along with other TRC committee work. Marti’s extensive and diverse FA service experience positions will serve her well in the supporting role of the FA Vice Chair and will assist her in overseeing or participating in the work of the IRC, Personnel Committee, WSB Executive Committee and other board matters. Marti has the courage of her convictions while maintaining a generally calm and quiet demeanor and exudes passion for her chosen FA way of life. The FA fellowship would be very fortunate to have Marti as Vice Chair of WSI and, if elected, I am confident that Marti will become a valuable member of the WSI board.

Dan B.
Toronto, Canada
Bylaws Committee

Ebony F., CA, USA
APPLICATION FOR FA WSI OFFICER OR COMMITTEE CHAIR

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**YES** I have read the qualifications for the above-named position as set forth in the WSI Bylaws and summarized in the "Position Descriptions." As a candidate for this position, by selecting 'Yes' I affirm my adherence to all qualifications. Furthermore, my 'Yes' selection signifies my permission to make my application materials public to the FA fellowship for the purposes of the election.
1. Brief account of your experience in addiction and in recovery.

As a toddler, I remember hiding underneath the dining room table. That particular spot gave me full visibility and access to most of the house -- including the kitchen. I would sneak food from the cabinets and hide there for hours observing what was going on in the house. That spot became my hideaway when my parents argued and I remember being there when they decided to separate - I was four years old. Growing up as an only child of divorced parents, I had unlimited access to two kitchens, four if you count my grandparents who watched me after school and sometimes in the evenings. My family thought my voracious appetite was “cute” and because I always finished my dinner, I was never denied dessert. Some nights I could easily have three full meals plus snacks depending on how many handoffs there were between my parents and grandparents. I learned to keep quiet to get what I wanted. Eating, manipulation, and isolation became my coping mechanisms for many years.

At the age of 29 something stopped working and I found myself weighing over 200 pounds. I would learn later that I had the disease of food addiction. Having spent many years trying to analyze and solve my weight problem, I was tired. I clipped pictures of “beautiful people” and workout routines from magazines trying to construct my perfect body. I weighed myself daily, sometimes twice, and tracked my full body measurements on an excel spreadsheet. I started many diets, but no matter how hard I tried, as soon as I got close to my goal, I would celebrate myself back up to where I started. So when I came into the rooms of FA, I was ready! In two months, I lost 23 pounds and was amazed at how well the program was working for me. Unfortunately, I quickly went back to my old ways of celebration, manipulation, and isolation and although I never left the rooms, I stopped asking for help and started tweaking the program. It took several months for me to trust God, accept help from my sponsor, and be brutally honest with my food.

Through years of experience and gentle guidance, I know that I can’t afford to do this “my way.” One day at a time, I’ve been able to enjoy the peace of mind and serenity that comes from living a life of integrity. For that to happen, I had to be willing to put the food down and trust that I would be ok. I’m so grateful to my Higher Power, my sponsor, and all those who have gone before me because today I can truly relate to the Promises where it says that my “whole attitude and outlook on life has changed.”

2. Service positions held at the group and intergroup level.

I’m grateful that I was guided to do service from the very beginning. It started with getting to meetings early, putting away chairs, and reading tools. At the meeting level I’ve held every position, including World Service Conference Member and I’ve helped start two meetings to carry the message to the still struggling food addict. At the intergroup level I’ve been an active member of the WAI 12 Step Committee including the Gratitude in Action subcommittee, managed the frontier phone list communication, universal language list and outlying area speaker list and have been a Thank-a-Thon contact. At the World Service Level I’ve had the privilege of serving the fellowship as the Convention Planning Chair and have been responsible for the business and fellowship conventions from 2014 - 2018.

3. Education, business, professional or other experiences and skills that would be useful as officer or chair. Please do not send your résumé.
For both my job and my own personal life I’ve always loved to organize and plan. In my career, I provide grant funding to nonprofit organizations. At my company, I work with our corporate board, legal, and finance teams to review grant applications and legal contracts, track spending, document outcomes, and make sure all processes are being followed. I have many years of personal and professional experience with Microsoft Word, PowerPoint, and Excel and enjoy using those skills in service to FA.

In my role of Convention Planning chair, I’ve had the opportunity to work closely with the Bylaws chair, which is where my love of the bylaws developed. I became fascinated by FA’s governing documents like the Bylaws and Continuing Effect Motions Manual and began reading them for fun. Most recently I worked with a small group of fellows including the current and past Bylaws chairs to walk through the Bylaws - it was the best education and deepened my appreciation for the thought and attention to detail that has gone into our program. But I think the most useful experience I bring to this position is my time in FA, willingness to ask for help, and commitment to our shared principles.

4. Your thoughts on the following: aspects of the committee's current work you would emphasize; to the best of your ability, a description of your vision for the committee's work.

Following in the footsteps of the current Bylaws chair and all that have gone before her, my goal would be to maintain the integrity of the FA Bylaws and take seriously the responsibility to serve the fellowship. To that end, it’s important that the process for bringing motions, making updates, explaining the process and answering questions is not based on personal opinion, but strictly according to our governing documents. My vision is to work closely with those who have gone before me and seek guidance from our Parliamentarian and WSB committees, and the World Service Board.

When I was new in program, I was very intimidated by “The Bylaws” - they sounded big and scary! I remember being shocked to learn that the bylaws document was only 20 pages (the last six pages being the Twelve Steps and Twelve Traditions. I would love to demystify the Bylaws and other governing documents for those like me who may have struggled with them so that more people feel comfortable getting involved and engaging in healthy discussions. I would like to be of service in this way and if it’s God’s will, I would be grateful and honored to serve as Bylaws Chair.
Reference 1

I am writing to recommend Ebony F. for the position of Chair of the Bylaws Committee on the World Service Board. Ebony has done a superb job in the past four years as chair of the Convention Committee. She is a remarkable leader with a painstaking attention to detail and a fervent commitment to ensure that whatever task she undertakes is completed competently. When Ebony makes a promise to do something, you know it will get done. She is reliable and has gone the extra mile to guarantee the success of five conventions in the time I have been board chair. She has also contributed enormously to the board as a clear-thinking, wise and thoughtful member.

In addition to all of her responsibilities on the convention committee, Ebony has been part of a team examining the bylaws line-by-line, and thus has a deep understanding of the importance of these bylaws and how they can best serve the fellowship. With Ebony’s incredible leadership abilities she will not only attend to the details of the bylaws, I believe she can, and will, make them come alive for the fellowship.

The strength of her recovery, apparent in her sound thinking and her capacity to be poised under pressure, is worthy of respect. I unreservedly support Ebony to step into this position.

Respectfully submitted,
David I., Canada
Chair, WSB

Reference 2

Having served on the World Service Board with Ebony for these past four years, I have experienced first-hand her integrity, humility, dependability, follow-through, and service-minded dedication to FA recovery. I can attest to her attention to detail, her ability to plan, organize, communicate, and carry out whatever tasks are given her. Over her years on the World Service Board and currently serving on an ad hoc subcommittee reviewing the bylaws, I have noticed her attention to the small points, her ability to communicate concerns, and her requests for clarification when needed.

Ebony for years has shown up for service at the meeting and Western Area Intergroup level with a consistent willingness to insure the message of recovery is being carried to the newcomer and the member who still suffers from our disease.

Her four years as Convention Chair brought the fellowship four well-planned and organized Business Conventions (2014-2018) and the fun opportunity to gather from around the world at three Fellowship Conventions (2014, 2016, 2018). Her professional background and proven attention to detail combined with an aura of positive energy are other leadership great qualities she possesses. Her store of knowledge and her ability to question, research and communicate clearly with others are the perfect combination for the many tasks required of the Bylaws Committee Chair.

I highly recommend Ebony for the Bylaws Chair position on the WSI Board.
Marti M., CA
WSB, Bylaws Chair

Reference 3

As the former Bylaws Chair (2010-14), and as a member of Western Area Intergroup, I have known Ebony F since she joined FA in 2006. We have shared an AWOL since that time and we have had a chance to get to know each other working the steps together all these years. I can confidently recommend Ebony for the position of Bylaws Chair. She’s organized, thorough and committed to FA as an organization and to her own recovery. Having served in this position for four years, I know first-hand that these particular skills and seriousness of commitment are vital to succeeding in this demanding role.

These last 4 years we have benefited from Ebony’s organizational skills while being our WSI Convention Chair. I know that the job of convention chair is very difficult and there was never a time when Ebony didn’t have the confidence that everything would be worked out for our comfort. And that confidence comes from the talent she has of being thorough and reliable in what ever I’ve seen her take on.

Some of the skills needed to be Bylaws chair that I think Ebony has are, the ability to diplomatically get along with many different personalities, being thorough, inquisitive, and to know where to go to find answers. She will need to be organized in her communication with the various Intergroups and Chapter, and will need to be in close communication with our parliamentarian. All qualities that I am confident Ebony has exhibited in her past service position as Convention Chair.

I think the most important reason I would like to see Ebony on the WSI Board as Bylaws chair is her desire to have an impact of keeping FA strong so another food addict like herself can find relief from food addiction. I know that Ebony takes our disease very seriously. She is committed to her recovery; trying to make changes in her life over these years to put her program first even though she works full time and is committed to participating in outside activities. She is a smart, competent woman who is kind and respectful of others and for these reasons, I hope she will be our next Bylaws chair.

Respectfully submitted,
Sue H
San Rafael, California
Bylaws Committee

Norma Jean P., OH, USA
APPLICATION FOR FA WSI OFFICER OR COMMITTEE CHAIR

APPLICANT INFORMATION

Position Applying For: Bylaws
Name: Norma Jean P.
Date continuous FA abstinence began: 12/01/2002

YES I have read the qualifications for the above-named position as set forth in the WSI Bylaws and summarized in the "Position Descriptions." As a candidate for this position, by selecting 'Yes' I affirm my adherence to all qualifications. Furthermore, my 'Yes' selection signifies my permission to make my application materials public to the FA fellowship for the purposes of the election.
1. Brief account of your experience in addiction and in recovery.

I was overweight by the age of 5 and obese by the age of 10. Once I reached adulthood, I had a pattern of excessive weight gain and loss—typically 90 pounds either way. I tried multiple diets, hypnosis, acupuncture, acupressure, lecture series and programs, commercial weight-loss programs, eating and breathing like a turtle (not a typo), excessive exercise, diet pills, and severely restricting food. In 1993, I went to my first 12-step program for food. I quickly gave it up because I didn’t see success in the rooms. Then I went to Alanon and AA. They didn’t help with my weight. In 1996, I joined my first program for food addiction and abstained from flour, sugar, and wheat. I was in that program for six years. During that time, I went from 280 pounds to 175 pounds and back up to 200 pounds. I gave up. It wasn’t working.

On April 1, 2002, I picked up the first piece of sugar in six years. Within 90 days I was gaining a pound a day. I had quickly gone from 200 to 252 pounds and was terrified that I was soon going to be 600 pounds. I called someone I knew from another 12-step program and she told me about FA. There were no meetings in Cleveland, but I decided to give it a try.

I now weigh 137 pounds and am 5’7” tall. In the past 15 years not only has my body become a credible, healthy size, but I’m also happy. In addition, my house is clean, I am no longer in debt, and my relationships with my children are fabulous. My daughter calls me daily and loves spending time with me. My son and I talk regularly. I am active in my church. I have friends. I have a personal connection with my Higher Power. I am loved and supported. I am able to love and support others. I wake up happy and joyful. What more could any human being ask for?

2. Service positions held at the group and intergroup level.

2002 – current: during this time period, I’ve held every service position at local FA meetings.
2004 - 2005: Member of the WSI PI Committee
2006 - 2013: Member of the WSI Chapter and Intergroup Support Committee.
2009 – 2013: Secretary for the WSI CISC (Chapter and Intergroup Support Committee).
2012: Member of the Board Motions Review Committee (BMRC).
2013 – 2015: Chair of the WSI CISC (Chapter and Intergroup Support Committee). During these two years, I led the initiative for the fellowship to transition from Chapters to Local Service Groups. The committee changed its name to the Service Group Support Committee (SGSC). The Local Service Group Guidelines and Recommendations were also created during this time period through my initiative.
2017 – current: Member of the WSI Traditions Review Committee.
2017 – current: Chair of the WSB Board Motions Review Committee (BMRC), the Resolutions Committee, and the Emergency New Business Committee

3. Education, business, professional or other experiences and skills that would be useful as officer or chair. Please do not send your résumé.

I have taught special education for the past 15 years. As a special education teacher, I am required to write Individual Education Plans for students. This is a legal document requiring not only education-specific language, but information presented so it is easy for anyone to pick up the document, read it,
and understand the educational implications. The wording must be accurate, simple, yet concise. This skill is critical for writing bylaws. Bylaws must be complete, concise, and easy to understand. Prior to becoming a special education teacher, I was a business analyst and project leader. In those roles, I was required to look at operating problems and develop viable, cost-effective, alternative solutions. I believe the skills I used then would be useful to the board.

As chair of the BMRC, I have developed an excellent knowledge of the working of our bylaws. I’ve also led efforts to review and rewrite motions, including rewording of the current bylaws.

4. Your thoughts on the following: aspects of the committee's current work you would emphasize; to the best of your ability, a description of your vision for the committee's work.

The FA bylaws were created in 1998. At that time, they were the perfect governing document for our young organization. Throughout the past 20 years, there have been several changes. In addition the board has created an operating manual, named the FA World Service Board (WSB) Manual. Two key responsibilities of the Bylaws chair is to maintain these documents.

I believe it is wise to thoroughly review the bylaws periodically. During my role as chair of the BMRC, it has become obvious to me that our bylaws need to be updated so as to address issues more clearly. I would love to see a committee established under the bylaws chair to go through both the bylaws and the WSB Manual with the intention of making them more complete and easy to understand.
**Reference 1**

I am delighted to have the opportunity to recommend Norma Jean for the position of Bylaw Committee Chair. I have had the privilege and pleasure of getting to know and work with Norma Jean for many years. She is a dedicated, thoughtful, and conscientious member of the FA fellowship who has lived by the principles of service and honesty and been a walking embodiment of the Twelve Steps in her work, in her relationships, and in her service to FA. Norma Jean has a long history of service positions in the fellowship from the meeting level up. She is grounded in the steps and the traditions and evinces a keen understanding of the principles that underlay the primary function of the fellowship: to help the still suffering food addicts.

For the last two years, I have served on the Board Motions Review Committee and Resolutions Committee of the WSI Board with Norma Jean as chair. The committee serves as a clearinghouse for motions to be presented to the World Service Conference and determines if emergency new business motions are qualified to be presented to the body at the conference itself. Norma Jean has done an amazing job in organizing and guiding our committee, demonstrating strong organizational skills and a first-rate attention to detail. She has skillfully guided our discussions, responded promptly to questions and follow up, and shown great insight in helping committee members focus on the issues at hand. I have been deeply impressed with the thoroughness that Norma Jean has brought to our work and her singularity of purpose in getting the job done, with just the right combination of a firm hand and a light touch. I know that the work of our committee has heightened Norma Jean’s interest in the by-laws, and I can think of no better “trusted servant” to help us keep our by-laws strong and relevant. I endorse her candidacy without hesitation.

-Ann H.
2.20.18

**Reference 2**

Norma Jean is one of those rare individuals who actually enjoys discussing the fine points of bylaws. Furthermore, she has the desire and the skills to oversee the maintenance of the bylaws and to delve into any revisions that become necessary in order for them to clearly convey what FA needs them to convey. She is a perfect fit for chair of the WSI Bylaws Committee.

Norma Jean has a solid, long-term recovery in FA (15 years) and has achieved this recovery in part by doing lots of service, as her application shows. She has served on the World Service Board before and therefore approaches this application process with full knowledge of what is required of a board member. Her current form of service—as chair of the Board Motions Review Committee, the Resolutions Committee, and the Emergency New Business Committee—has kept her in close contact with the current bylaws chair and others on the board and has given her plenty of experience with improving the wording of business motions, some of which have involved our bylaws.

The timing is perfect for Norma Jean to serve on the World Service Board because she will be retiring from her full-time job in the summer of 2018. She has the solid recovery, the relevant experience, the interest, the time, and the intellectual curiosity to make an excellent WSI Bylaws Chair. I strongly recommend her from the point of view of a current board member and, specifically, a current member of the WSI Bylaws Committee.
Margaret H.

Reference 3

I am happy to provide a reference for Norma Jean P. to be the Bylaws Chair of FA. I have served with Norma Jean on several WSI committees over the past 12+ years and have always appreciated her strong recovery, her commitment to service, and her keen mind for the details of governance.

Norma Jean was a pioneer starting FA meetings in Ohio, and she brought that experience to the formative years of what is now the Service Group Support Committee. She worked tirelessly, in conference call after conference call, contributing to a Best Practices newsletter for meetings, rewriting the manual to guide chapters, and planning the Forum conferences that were held in conjunction with conventions. Each of those projects required incredible attention to detail and adherence to FA’s governing documents, which Norma Jean gladly dove into.

Since that time, Norma Jean served as Chair of the Chapter Support Committee and a member of the WSB, chaired the Board Motions Review Committee and been a member of the Traditions Review Committee. As chair of the TRC, I have been impressed with her attention to detail, and her curiosity about the guidance provided by FA’s bylaws, continuing effects motions, and 12 Concepts. These details might bore many people, frankly, but Norma Jean understands the importance of how they must guide our FA service work and is enthusiastically committed to deepening her understanding of them.

All of this experience has well prepared Norma Jean for the role of Bylaws Chair, which is essentially the keeper of all these governing documents. The Bylaws Chair also has a big role in the business convention, and her service as Board Motions Review Committee Chair has given her a taste of all that that entails. From my interactions with her in that role, I know that she will ensure a clear and transparent process during the convention. All of these factors, along with her demonstrated commitment to strong and sustained FA recovery, will serve FA well in the Bylaws Chair position.

Patty R.
connection Committee

Dominic K., CA, USA
APPLICATION FOR FA WSI OFFICER OR COMMITTEE CHAIR

APPLICANT INFORMATION

Position Applying For: connection
Name: Dominic K.
Date continuous FA abstinence began: 07/05/2010

**YES** I have read the qualifications for the above-named position as set forth in the WSI Bylaws and summarized in the "Position Descriptions." As a candidate for this position, by selecting 'Yes' I affirm my adherence to all qualifications. Furthermore, my 'Yes' selection signifies my permission to make my application materials public to the FA fellowship for the purposes of the election.
1. Brief account of your experience in addiction and in recovery.

I am thrilled to be able to apply for the position of connection chair on the World Service Board. I have been in program and abstinent for nearly 8 years, and in that time, I have grown in my recovery in ways I never imagined. Physically, I transformed from a 295-pound body at the age of 18 to the 165-pound body I am in today. Mentally, emotionally, and spiritually, the change I've experienced is hard to put into words. I came into these rooms with no clear direction in my life and full of fear that would confine me to the couch for days on end. I was suicidal and had virtually no hope for a life free from food addiction. God led me into these rooms a card-carrying atheist at the age of 18, and somehow, I knew I needed to stay. During that time, I have learned to put food in its proper place, focusing on simplicity in both what I eat and what I do so that my life has become rich and flavorful. I went through both undergraduate and graduate school during my time in recovery and have two successful careers as a result. Recently, I became engaged to the love of my life and moved across the country from Atlanta, Georgia to Los Angeles, California. We are planning our wedding for this coming October.

With these successes, however, have come great challenges. I have walked through the delayed grief associated with the sudden loss of my triplet brother when I was just 6 years old. In 2016, my beloved grandfather passed away days after a sudden diagnosis with cancer. From the day I walked into the rooms of FA, I have had to navigate through having a mother with cancer. I was by her side through every operation, treatment, remission, and setback, and every time, I stayed abstinent. In July of 2017, my mother died at age 51. The day before I was in Canada doing my fifth step, and I came back overnight to be able to be by my mom's side and hold her hands for 4 hours as she left this Earth. Her loss has affected me more than anything I have ever experienced, but with the help of my sponsor, my fellows, and God, I have been walking through the grieving process without the need for a substance to medicate me. I have learned how to feel my feelings. Each day, I thank my Higher Power for the gift of this recovery, and I continue to put it first in my life so that I can be of maximum service to others in my life.

2. Service positions held at the group and intergroup level.

-I have held every service position at the local group level multiple times at meetings in Charleston, South Carolina, Atlanta, Georgia, and Los Angeles, California.

-I have been on various World Service committees over the years, including the PI Committee, the 12 Step Committee, and the connection Committee. These include:

*Secretary for the connection Committee
*Writing Session Liaison for the connection Committee
*Secretary for the 12 Step Committee
*Frontier List Manager for the 12 Step Committee
*Radio PSA Coordinator for the PI Committee

Additionally, I currently help manage back end on the connection Magazine website, and I have helped with back end on the FA website.

3. Education, business, professional or other experiences and skills that would be useful as officer or chair. Please do not send your résumé.
My graduate degree is in New Media Journalism, and my full time job is as Senior News Editor for a major digital media company. I manage a team of writers and editors and help run the editorial department for our news brand. I also have a variety of experience as a freelance journalist and editor prior to my becoming a managing editor at my current company, so my writing expertise is extensive. My knowledge of writing, journalism, and managing a major publication I believe will enable me to properly manage the ins and outs of the connection. Every single day I have to help lead a team to navigate the top news stories of the day, so I have the ability to work with others, set goals, and execute important projects in a timely manner. These skills and my experience will be most useful in the role as connection Committee chair.

Additionally, I have been a professional musician for 15 years in an award-winning rock band. My band has toured internationally and we are about to released our sixth studio album. I have been writing songs for as long as I can remember, so my creativity will be a great asset to being chair for this great committee. I believe I can provide a unique perspective to this committee as an artist and help others to find that creativity inside of them so that they can write for the connection Magazine.

4. Your thoughts on the following: aspects of the committee's current work you would emphasize; to the best of your ability, a description of your vision for the committee's work.

I have been on the connection Committee for 4 years now, and in that time, I have seen everyone on our team work together to create an incredible resource for food addicts all over the world. I am proud to have been able to serve on this committee, and if I am to become the new chair of the committee, I plan to continue the work that we've done to make the magazine accessible to all who want or need it. We've come a long way in just a couple of years. We went from strictly being a physical publication to offering a digital subscription. We've also developed a website solely for the connection Magazine that has helped expand our reach to FA members.

In that same vein, my vision for the connection is that we continue to be more forward thinking in how we deliver the message of FA to members everywhere. The digital age in which we live is ever changing, and there's no reason that the connection can't evolve the same way. One goal I have is to make the digital subscription more streamlined and easier to access/navigate. Right now, the process of accessing the digital subscription is a bit convoluted, so I'd like to make it easier, especially for members who aren't as tech savvy. Additionally, I recently worked with a developer to put together a proposal for a connection app for smartphones. The goal of this was to make subscribing, writing, submitting, and reading the connection magazine more streamlined and easier for people to do from the palm of their hands. I worked for months to put together a proposal and it was presented to the board in October. The board ultimately decided that now was not the time to move forward with it, but they did decide that they would like to pursue an FA app in which the connection would be a major part. Overall, I believe that our connection committee is full of incredible strong and dedicated food addicts willing to serve, and I would look forward to humbly leading our amazing team as we grow in our publication.
References

Reference 1

I am writing to recommend Dom K. of Los Angeles, California for the position of WSI’s connection chair. I have known Dom for many years, and in that time his presence, as well as his commitment to his recovery and to doing service, has inspired me and many others. He works his program very conscientiously and practices the Twelve Steps with diligence. He is dependable, conscientious, and humble. He is also young, bright, and perceptive, and would bring a fresh outlook to both the connection committee and to the WSI board. With the skills he brings from his professional life, he also contributes excellent writing and editing abilities, awareness of social media trends that could support the connection, as well as effective leadership skills. Dom has superb interpersonal abilities. He relates well to others, and would undoubtedly bring relevant talents and devotion to any service tasks he chooses to undertake, including that of the chair of the connection committee. I believe we would be fortunate to have Dom as the chair of this committee. I very enthusiastically recommend him.

Respectfully submitted,

David I., Canada

Reference 2

I have been the Chair of the connection committee for the last 3 ½ years. During that time, Dom K. has been a vital source of support, service and ideas for our magazine. He has been serving as our secretary for the past couple of years, and is both efficient and thorough in tracking our activities and recording the minutes. He handles the role beautifully, both on our committee conference calls and at our Business Convention breakout sessions. I’ve come to depend on him and know that he is always able to get the job done. Most recently, Dom submitted an extensive proposal for designing an app for connection. His research and understanding of what the project would entail was well thought out and clearly presented. He went above and beyond to consult with a designer, getting specific quotes, timelines, and creative details, which gave me a solid outline to bring before the World Service Board. I was impressed with both his business savvy and his vision for the future of connection. Dominic is also intricately involved in maintaining and updating the connection website. His technical skills are more than helpful and I know that all I have to do is ask and he provides what is needed. All that said, what I know best about him is that he is eager, willing and ready to be of service to FA is whatever capacity he can. He has a great love for our fellowship and the connection committee, and I know his innovative ideas and other fore-mentioned talents would be a great asset in moving our magazine onward to higher heights!

Respectfully submitted,

Adrienne P.

WSB Connection Chair

Reference 3

I am writing to heartily recommend Dominic K. (CA) for Chair of the connection Committee. I have known Dominic since he joined FA, and have observed him to be both a servant and a leader in our
beloved program for the entirety of his time he has been a member. Dominic is always willing to do service for the suffering food addict inside and outside of FA. Moreover, by virtue of his charismatic personality and his truly giving heart, Dominic has made himself a part of the fellowship in a widespread way, so that he is regularly in touch with many members, not just the ones local to him but also many members worldwide. Accordingly, he is aware of many of the needs of our outlying members—many of whom are served directly by the magazine and for whom the magazine was particularly intended in the minds of its creators, way back when—and will accordingly be able to make informed decisions regarding the content of the magazine.

As one of the original members of the magazine committee, and its original designer, I have watched the evolution of the magazine over the years and have been privileged to observe and work with many connection Committee chairs and committee members. It is a hard committee to chair, because there are so many people involved, so many components required for the magazine's production, and one must always keep in mind the Traditions as they apply to the magazine content. So the committee needs someone with great intelligence, a gift for working with large numbers of people, and, if possible, an artistic eye. Dominic brings all of those qualities, as well as a true and rare humility, to the table.

Dominic would make a terrific connection Chair, and we would be blessed as a fellowship to have him in that role!

Respectfully submitted,
Susan L. (NY)
connection Committee

Glenny D., ME, USA
APPLICATION FOR FA WSI OFFICER OR COMMITTEE CHAIR

APPLICANT INFORMATION

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<td>Name</td>
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**YES** I have read the qualifications for the above-named position as set forth in the WSI Bylaws and summarized in the "Position Descriptions." As a candidate for this position, by selecting 'Yes' I affirm my adherence to all qualifications. Furthermore, my 'Yes' selection signifies my permission to make my application materials public to the FA fellowship for the purposes of the election.
1. Brief account of your experience in addiction and in recovery.

I have been 50 pounds (23 kilos) overweight, 20 pounds (9 kilos) underweight and I was bulimic for 25 years. As a young child, I was always more interested in sugary foods than were most of my friends. Because I was active and my parents carefully guarded my food intake, I was not overweight, that is not until I hit puberty. All the fear, doubt and insecurity that had been lying in wait, came roaring to the surface at that time. I became sullen, withdrawn and fat. As the weight started to accumulate, my mother took me to a diet doctor for help. Rather than prescribing pills, (for which I am eternally grateful!), he gave me a calorie counter, notepad, pen and the directive to have no more than 1300 calories per day.

That started the round of diets, diets of all kinds - the kind you pay for, the kind you find in magazines, the kind your friends and college roommates swear by. They all worked in the short run, but none was sustainable. I now understand that is because I do not have a weight problem, I have a living problem. I am an addict.

My first 12-step program was Alcoholics Anonymous, which I initially got into in 1975. When I discovered the effects of alcohol at age 15, I believed I had found the solution to all my fears and lack of social skills. A year later, when I “discovered” bulimia, once again, I thought I had found magic. I could then eat whatever I wanted and not get fat.

For the next several years, I lunged from one diet to another, experienced periods of not drinking, binged, purged, starved and resorted to compulsive exercise, all of this while looking like I was functioning. I was also on a quest for a spiritual path, casting about for something to fill the hole that alcohol, continual motion and food could no longer fill.

AA kept me sober. However, when I tried to apply AA principles to my eating, I had no success. I tried other 12-step programs, but it was not until I came into FA in January of 2004 that I have been able to attain and maintain abstinence from addictive eating. Initially I needed to gain 15 pounds (7 kilos), and the fact that God granted me the willingness to allow that to happen is a miracle in itself. The mental and spiritual growth is on going, sometimes quickly, sometimes slowly. I continue to do everything today that I did on day one of this journey. The way all of our tools and disciplines work together is a perfect design for recovery from food addiction. I am a food addict so for me, FA is the only place to be.

2. Service positions held at the group and intergroup level.

During the 14 years I have been in FA, I have held every service position at the local meeting level. The ones with which I had the most difficulty have undoubtedly been my best teachers.

In addition to providing service at my meetings, I have held the following positions:

- Secretary of the Maine Chapter
- Chair of the connection sub-committee of the 12th step committee of the Maine Chapter
- Active member of the WSI connection committee for 8 years
- Editorial Coordinator for the connection committee for the last 3 years
- Editor for the connection
- Writing coach for the magazine
- Facilitator of several connection writing sessions
- Contributing writer of several published articles in the magazine

Of all the service positions I have held in FA, the work I have done on the connection committee has
been by far the best fit for me.

3. Education, business, professional or other experiences and skills that would be useful as officer or chair. Please do not send your résumé.

As an undergraduate, I majored in English Literature, which is where my interest in writing took hold. Professionally I hold graduate degrees in both counseling and social work. For the majority of my adult life, I’ve been a social worker dealing with a variety of populations. As such I have acquired the following skills:

• Communication skills
• Understanding group dynamics
• Productive teamwork
• Computer skills
• Organizational skills

My last job before retiring was that of Volunteer Coordinator. In that role, I had the opportunity to find out what people were good at, what they were passionate about, and to encourage them in those areas. I also had a lot of opportunity to practice gratitude for those who were working in their chosen field for the love of it, not for the money.

In addition, I am a trained writing group facilitator. The skills I have acquired in that role include encouraging others’ writing abilities, especially those who don’t think they can write.

I believe that all of these experiences have afforded me the opportunity to learn and practice skills needed for the position of chair of the WSI connection committee.

4. Your thoughts on the following: aspects of the committee's current work you would emphasize; to the best of your ability, a description of your vision for the committee's work.

One of the things I have noticed during my years serving on the connection committee is the enthusiasm committee members have for the magazine. I would encourage that enthusiasm by learning what people are interested in and passionate about. If committee members have new ideas for the magazine, I would encourage the development of those ideas and have them brought before the committee as a whole.

As to my vision for the committee's work, I would like to find ways for us to inspire more people to write and submit articles. One of the ways I envision that happening is to encourage more writing sessions throughout the fellowship. It has been during those sessions that I have seen people who have not done much writing become interested and feel their confidence increased by the energy of the group. One idea is to have some audio recordings of writers reading their stories. These could then be posted on the
connection website. When people read their stories out loud, they come to life in a way that cannot happen on paper. I know the WSI board is working on ways to include more people on the frontier. I foresee the possibility of making on-line connection writing sessions available. This is one way the magazine can contribute to that effort.

I would also like to see more people subscribe to the magazine, either the digital or print version, or both! I believe connection reps could play a vital role in helping that happen.

I see wonderful opportunities here for team building with the committee and brainstorming ways in which some or all of these ideas might become a reality.

It is impressive to see the amount of work people on the connection committee do in order for the magazine to be what it is. I would love to see more people get involved in the creative momentum we have going in order to insure continuing improvement in the quality of the magazine.
Reference 1

As Chair of the connection committee, I first met Glenny at a breakout session during the Business Convention in 2015. I had heard of her before from long-term fellows in FA and knew that she was someone who was well thought of and trusted. After that, we kept in touch and I discovered that the impression I had of her from others was true. I have found her to be a dedicated, humble, thoughtful FA member, and someone who is willing to go to any lengths for her recovery. Glenny is an active and vital part of the connection committee and has taken on the role of Editorial Coordinator. She facilitates and guides our team of editors, to be certain they are all following our designated guidelines and getting things done as efficiently and expediently as possible. She is also an editor herself, as well as being a Writing Coach, (someone who helps members to flesh out and compose their stories for submission). Glenny has contributed many wonderful stories to our magazine, sharing her experience, strength and hope with our Fellowship. As an experienced writer, she has a keen eye and heart for what makes up a great story. I’d love to have her insights and understanding, as someone who would be choosing stories from the archives to be published each month. I have no doubt in my mind that she would bring strong leadership, ideas and kindness to both the committee and the World Service Board. I’m sure her time as Chair for the connection sub-committee of the Maine Chapter was excellent preparation for the role she is now applying for. I am grateful for her commitment to service and whole-heartedly recommend her for WSB connection Chair!

Respectfully submitted,
Adrienne P.

Reference 2

I am writing in support of Glenny’s candidacy for connection chair because of her wonderful, caring enthusiasm for the writing of personal stories; her passionate commitment to the connection; and the strength of her own program of recovery.

Glenny writes regularly herself and has taken deep pleasure in encouraging others to do the same. Outside of FA, she has trained as a facilitator of writing. Her inherent kindness combined with her training make her particularly sensitive and skilled in encouraging members to let go of their self-consciousness so they can have the joy of sharing their hope and recovery with others—in writing. Within FA, her experience as chair of the connection’s editorial sub-committee, her co-facilitation of writing sessions, and her work as a writing coach and a writer give her invaluable background and experience: she has an excellent grasp of the magazine’s content and the process by which each issue is created and finalized. Committee, board, and administrative work inside and outside of FA have given her excellent skills in creating and leading a team, as well as in handling the nuts and bolts of committee leadership.

I have known Glenny for fourteen years and can attest to her strong, daily commitment to the FA program and the Twelve Steps. Glenny is open to feedback regarding her actions and attitudes. She is quick to see the best in others, highly values collaboration, and likes to laugh—all qualities that make her a strong leader. Her eight years of involvement with the connection attest to her love for it. Glenny would make an excellent connection chair.

Kesaya N.
Reference 3

I met Glenny when she first came to FA because she took her sponsor’s suggestion and reached out to fellows living in our small state. Wasting no time, she asked if she could come and stay with me and go to a meeting! She demonstrated courage and willingness. That was many years ago now and she has made dozens or even hundreds of friends in this program the same way. She really works the tools the way they’re supposed to be worked and her recovery reflects that effort. She has truly grown and changed as a result of working the Twelve Steps.

Service has been the basis of all parts of Glenny’s life. She was a hospice social worker in her professional life, and has become a volunteer and end-of-life doula in retirement. She is outwardly focused and inwardly guided, willing to help others whenever and however she can. I know that she would apply these traits to serving as Chair of the connection committee and as a member of the FA WSI Board. She has exemplary FA service credentials having served as the secretary of the Maine Chapter and in several positions on the connection Committee. For the last 3 years, Glenny has been the Editorial Coordinator for the magazine. She is a good listener and has the ability to take what she hears and respond thoughtfully. Best of all, since she is retired, she can devote the time and effort needed to do these jobs. She is eager to serve FA and will do so wholeheartedly with skill and compassion. Vote Glenny!

Lynne M.
New Hampshire
Convention Planning Committee
Gabe E., MA, USA
# APPLICATION FOR FA WSI OFFICER OR COMMITTEE CHAIR

## APPLICANT INFORMATION

<table>
<thead>
<tr>
<th>Position Applying For:</th>
<th>Convention Planning</th>
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<tbody>
<tr>
<td>Name</td>
<td>Gabe E.</td>
</tr>
<tr>
<td>Date continuous FA abstinence began:</td>
<td>04/05/2009</td>
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**YES** I have read the qualifications for the above-named position as set forth in the WSI Bylaws and summarized in the "Position Descriptions." As a candidate for this position, by selecting 'Yes' I affirm my adherence to all qualifications. Furthermore, my 'Yes' selection signifies my permission to make my application materials public to the FA fellowship for the purposes of the election.
1. Brief account of your experience in addiction and in recovery.

For most of my life I was at a normal weight, but I’ve always suffered from the mental part of this disease. As a child I had overwhelming fear and anxiety. I had very poor social skills and preferred being by myself over being with others. I eased some of the discomfort of my anxiety by leaning heavily on my mom and then eventually leaning heavily on my spouse. I divorced when I was 33, in 2003, and my disease really took off at that point. I went from normal weight to morbidly obese within in a year. I suffered from severe depression and was placed on psych medications and hospitalized several times for suicidal ideations. I was diagnosed with diabetes when I was about 35 years old, but I could not adhere to a diabetic diet, so I chose to ignore the fact that I had diabetes. In November of 2008 I was having problems with my vision. My doctor informed me that I was losing my vision because my diabetes was out of control. She sent me to a diabetic nurse where I weighed in at 264 pounds. That nurse restricted my carbohydrate intake and I began to lose weight, but I also lost any will to live. In December of 2008 I made two very serious suicide attempts back to back. In March 2009, my therapist who I had been seeing for over 5 years asked me to find a group therapist. I googled group therapists and picked one who had groups on Thursday nights. After my second session with him he asked me to go check out a 12-step meeting because he thought there may have been some addiction issues in my family of origin. He gave me a trifold for FA. I went to a meeting and had hope for the first time in years that my life could be better. I was deathly afraid to get a sponsor, so I just went to meetings for several weeks. In that period, I lost my job in a fit of rage and was finally ready to try to FA. I started with my sponsor on April 5, 2009 and by the grace of God have been abstinent ever since.

That first year of abstinence was very difficult. I had to learn to sit through many things including bone crushing cravings to eat when I was uncomfortable, extreme fatigue, shakes, headaches, panic attacks, and the awakening of my emotions that I had deadened with food for years. Fortunately, I did not have to do this alone. I did every tool every day. I was bolstered by conversations with fellows who had experienced what I was going through. They told me it would get better. They shared with me how they prayed. They helped me to practice gratitude. They told me that the only thing I had to do was not eat and God would take care of everything else. They were right. Life got better. I got off my psych meds with the help of my psychiatrist. I got a full-time job. I began to repair damaged relationships with my friends and families. I became part of a fellowship. I began to work the steps in an AWOL. After my first 5th step I used the help of a therapist to discover my hidden self and began my transition into a male body. It was around this time in my recovery that I had mentioned to my sponsor that I didn’t feel like one among many in FA. She suggested I join Intergroup. At that time, I lived about 5 hours away from Boston. I reached out to committee chairs as how to get involved from a distance and God did take care of the rest. Long distance calls in to committee meetings were established and circumstances aligned just right in February 2011, so I was able to move just 100 miles from Boston. I’ve been attending Intergroup since. I now not only have the support of my local fellowship, but I have a strong community of fellows through Intergroup. My support system has also expanded outside of FA to include family, neighbors, a church community, and a hiking group. My emotions have evened out and my anxiety has decreased significantly. I’m able to tolerate discomfort by quietly asking God for help. I’ve also found that the more I give in service, the more I get back and the happier my life is.

2. Service positions held at the group and intergroup level.

I am currently the chair of the EAI Service Group Support Committee. I have held that position since June 2015. Our committee is responsible for hosting the Service Support Weekend held in November.
Since June 2016, I've served as Paige (formerly known as the Lady in Waiting) to the WSI Convention Planning Chair. In that capacity I’ve overseen the Convention Planning Subcommittee Chairs for Orientation, Transportation, Registration, Hospitality, and Entertainment. During Convention Season, I meet regularly, via phone, with the Convention Planning Chair preparing for the Conventions.

I’ve served as chair of the EAI connection Committee from November 2013 to May 2015.

I’ve served as a member of the EAI Service Group Support Committee from February 2011 to May 2013.

Since January 2016, I’ve served as an AWOL co-leader on a phone AWOL.

At my local group level, I’ve held these various positions at various times: meeting secretary, meeting scribe, treasurer, literature, EAI contact, WSI contact, connection Representative, meeting contact, and greeter.

3. Education, business, professional or other experiences and skills that would be useful as officer or chair. Please do not send your résumé.

I have my bachelor’s degree in broadcast communications and my master’s degree in marriage and family counseling. I have worked for over 25 years in the medical finance industry. I’m currently a Billing Business Analyst for a Medical Records Software Company. My current position requires me to have an exacting attention to detail, to be highly organized, to be able to efficiently multi-task, and to work well with others to accomplish a successful implementation of a new software system. I have several years of supervisory experience. I have worked several years in the budget and finance department of a hospital where I acquired excellent planning experience and extensive knowledge of Microsoft Excel. I’ve served on the EAI Board for over 4 years. I’ve worked closely with the current WSI Convention Planning Chair for two years.

4. Your thoughts on the following: aspects of the committee's current work you would emphasize; to the best of your ability, a description of your vision for the committee's work.

I think the committee has done an excellent job in organizing the business and fellowship conventions I have attended. We have worked with earnest this year to expand the work of the sub-committee chairs to lessen the burden on the Convention Planning Chair.

As an addict I find the conventions to be stressful and overwhelming. I would like the committee to continue to work to make these gatherings as stress free as possible, so we can protect our most valuable asset, our abstinence. Last year we added a floating greeter to help members find the elevators and registration. We also added an orientation on Friday and added tours of the hotel to help members find their way about more easily. We moved the Registration table to the other end of the Living Room so members would not have to walk all the way across the Living Room to get to it. Last year we held an open committee meeting during the convention and found two of this year’s sub-committee chairs. This year we are introducing two additional sub-committees, the room mothers (to monitor each room and make sure everything is in place in that room) and the help desk (a one stop shop for all members’ questions during the convention). As Convention Planning Chair I would like to continue to expand the roles and responsibilities of the sub-committee chairs and would like to hold
regular committee meetings.
Reference 1

In 2016 Gabe expressed an interest in being mentored for the role of Convention Planning Chair and I’ve been fortunate enough to work with him ever since. Because of his work at the EAI level - specifically planning the EAI service group support weekend - he understands the various aspects of logistics and planning for large groups of people. As we’ve worked together, Gabe has made suggestions and enhancements to the convention that have not only saved time, but money. One example is the Registration Package. When we were up against a tight deadline to manually assemble packets on the west coast, then ship them to the east coast, Gabe not only emailed me, but physically mailed a hard copy of the EAI weekend registration package to my home and worked with me to put together the beautiful package we use at conventions today. He also jumped in and coordinated all aspects of volunteer service for the convention including registration, greeters, rides & lodging, signs, and entertainment.

In his service at the convention, Gabe has been extremely dependable and easy to work with. In addition, he is meticulous with details and deadlines and is able to stay calm under pressure. He is friendly, approachable, communicates clearly, and understands the various aspects of the Conventions, both in the planning and coordination of people doing service. I am pleased to recommend Gabe for the position of WSI Convention Planning Committee Chair and think he would do a wonderful job in this position.

-Ebony F., CA

Reference 2

I highly recommend Gabe for the position of Business Convention Chair. I have had the privilege of working with Gabe on two EAI Support Weekend and Fellowship Convention events and he has demonstrated that he is more than capable of fulfilling the responsibilities and duties of convention chair. Gabe is hard working and possesses a combination of abilities and talents that will compliment his willingness to serve as Convention Chair. Gabe has been a pleasure to work and I recommend him enthusiastically for this position.

Sincerely,

Adrienne C.

Reference 3

I have been an abstinent FA member for nearly 17 years and have participated in service at EAI for all of that time. I was privileged to meet Gabe about 9 years ago. We served together on what is now called the Service Group Support Committee. A primary task of our committee is to organize and deliver the annual EAI Business/Support weekend. Gabe has been Committee Chair for the past 3 years and has been highly successful. Gabe’s tireless efforts and willingness to roll up his sleeves to do whatever is necessary earned him the highest respect of our committee members and he became the obvious choice to become WSI Convention Planning Chair. Gabe has true leadership skills. He consistently demonstrates clear, open minded communication, attention to detail, and a humility that welcomes his
committee members to stretch and grow. I know firsthand how welcoming Gabe is of diverse input and letting Higher Power guide our process.

Gabe is calming under pressure and brings a trademark sense of humor that makes doing service a pleasure. I know he would bring these qualities to the WSI board and I am excited to imagine the WSI conference that would emerge with Gabe at the helm.

Most Sincerely,
Cindy P.
Convention Planning Committee

Vanessa C., CA, USA
APPLICATION FOR FA WSI OFFICER OR COMMITTEE CHAIR

APPLICANT INFORMATION

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<thead>
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<th>Convention Planning</th>
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<tr>
<td>Name</td>
<td>Vanessa C.</td>
</tr>
<tr>
<td>Date continuous FA abstinence began:</td>
<td>01/01/2008</td>
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**YES** I have read the qualifications for the above-named position as set forth in the WSI Bylaws and summarized in the "Position Descriptions." As a candidate for this position, by selecting 'Yes' I affirm my adherence to all qualifications. Furthermore, my 'Yes' selection signifies my permission to make my application materials public to the FA fellowship for the purposes of the election.
1. Brief account of your experience in addiction and in recovery.

In high school, I used to judge other kids for drinking. But while they were drinking, I was in everyone’s cupboards scrounging for food. I didn’t understand it at the time, but I was using food as a drug to feel comfortable in my own skin. The food worked for a while, but when I left for college at age 18, I began to plummet downhill fast. I experienced some severe losses that year: my mom died of breast cancer, my brother went into emotional and physical hibernation, my childhood dog was given away, and my dad got remarried to a woman who rejected me. My childhood foundation was not sturdy enough to surmount the disease of addiction that had been quietly living inside me, just waiting to emerge. For the next six years, I became unrecognizable to myself: sullen, combative, and lonely. I felt awkward and insecure, cried a lot, and became self-consumed. Also, as an oversensitive, perfectionistic addict, I couldn’t handle any hint of constructive feedback. I was difficult to get along with and had only a few friends. My response was to eat additively. My preoccupation with food from my earlier years had now turned into full-blown obsession and addiction. I ate constantly, hungry or not. I was distracted all the time by food. Furthermore, I had gained 30 pounds, which I hated.

In 1998, at age 24, thank you God, I was introduced to FA. Slowly, through daily practice of the tools and disciplines, FA has restored me to emotional, physical, and spiritual health. I can accept feedback today because I know deep down that I am abstinent and in a right-sized body. Today I have learned to seek my validation from a Higher Power and from doing the right thing instead of looking to a compliment to build me up. My self-obsession has diminished, and my desire to do service for others has increased. It would be an honor to serve on the WSI Board as Convention Chair if that’s God’s will for me.

2. Service positions held at the group and intergroup level.

I have served on the Convention Planning Committee for all sixteen Business Conventions and for four Fellowship Conventions. For the last several Business Conventions, I have been the “right-hand” for the Chair, learning the ropes and helping make critical decisions.

Other key Convention responsibilities over the years have included:

- Writing, editing, and distributing pre-Convention communications
- Coordinating with our hotel contact to secure and assign rooms, and resolve reservation glitches
- Working with the hotel chef to design the menu for all meals
- Serving as Registration Chair
- Maintaining the Convention section of the FA website
- Producing and running the PowerPoint during business sessions, and serving as note taker, incorporating amendments as the conference shaped them.
- Responding to member inquiries that come through the Convention email inbox
- Working on the Forum Planning Committee, helping to design the agenda, secure speakers, and manage logistics
- Supporting the Orientation, Transportation, Entertainment, and Hospitality sub-committees

Also, for many years I have worked closely with the FA office editing and uploading documents to the FA website, writing and distributing Constant Contact emails, and serving on the Document Management Sub-committee. For the 12th Step Committee, I was Chair of Gratitude in Action and Secretary. I am continually a member of the Long-Distance Sponsor and Universal Language Lists.
For the last four years, I served as the Secretary for Western Area Intergroup (WAI) and as the editor for the WAI section of the FA website. For the last ten years, I have provided the necessary technology support and recorded important information for the monthly WAI meetings. Also, for many years I maintained WAI trifolds on the website and managed the media contacts database (Cision) for the PI Committee. I have also been a panelist at Information Sessions, participant at Health Fairs, and a speaker at Teens and Twenties classroom events.

At the meeting level, I have held every position many times over.

3. Education, business, professional or other experiences and skills that would be useful as officer or chair. Please do not send your résumé.

In my professional life, I’m the chief of staff for a group of busy executives and their 12-person team at a management consulting firm. My job is to make sure everyone is in the right place at the right time, doing the right things. I spend my days taking logistical details off my colleagues’ plates so they can focus on their clients.

My responsibilities at work dovetail nicely with running FA Conventions: customer service, identifying and booking spaces for meetings and events, negotiating contracts with hotel sales managers for rooms and meal plans, partnering with outside vendors, developing, editing, and distributing communications to multiple audiences, helping to realize the vision for events and meetings, and agenda planning. I am also responsible for scheduling, proofreading and editing, and maintaining databases. I am organized, attentive to details, proactive, and capable of juggling many competing tasks at the same time.

Education-wise, I have a BA in Psychology, and have done graduate work in Organizational Development and executive coaching, all valuable experiences for working with the WSI Board and being a Committee Chair. As a team member, I am collaborative, unafraid to ask tough questions, and open to hearing a better way of doing things. I am also highly proficient at Microsoft Word, PowerPoint, Excel, and Google Docs.

4. Your thoughts on the following: aspects of the committee's current work you would emphasize; to the best of your ability, a description of your vision for the committee's work.

Next year is going to be an important one for the Convention Planning Chair, as our contracts with both the Danvers, MA and Tampa, FL hotels will be up for renewal. It means we have an important opportunity to renegotiate our contracts or even choose new venues.

Due to the continued growth of FA, one area where we’ve had ongoing issues is running out of hotel rooms shortly after registration opens. This has caused frustration for members because some have had to either pay a higher rate for their rooms, or have even had to stay offsite at a different hotel and commute to the Convention each day. As Convention Committee Chair, I would leverage the already strong rapport I have with the hotel Sales Manager and Convention Services Manager to (re)negotiate the contracts so as to optimize the number of rooms we secure at the beginning, thus removing frustration for attendees. It’s very stressful for recovering addicts to plan and prepare for the Convention each year—my goal is to make that process very smooth, from the minute people begin thinking about attending all the way through to the end of their weekend experience. One way I’ve been doing that as head of the Hotel Logistics and Planning Sub-committee is through matching members up with hotel rooms. Sometimes people book rooms that they don’t end up needing, so I work with our
Convention Services Manager to switch their room reservations to someone that needs one.

As I have already been doing in my role as Communications manager, I would also continue to closely monitor the Convention email inbox, responding promptly to member inquiries and concerns as another way to meet their needs and reduce apprehension. Furthermore, I would keep members informed about Convention news by continuing to make regular updates to the Convention page of the website and continuing to write the pre-Convention communications that get distributed to the fellowship.

Lastly, because it takes a village to plan and run a Convention—and to support 300+ recovering food addicts in a stimulating environment—as Convention Planning Chair, I would look forward to working closely with my Sub-committee Chairs, Committee members, and WSI Board members to solicit input on important decisions and generally ensure a smooth, meaningful, abstinent experience for all.
**References**

**Reference 1**

The role of Convention Planning Chair is all about service and caring for the needs of the fellowship, and even before I took it on in 2014, Vanessa was already deeply integrated into the committee, demonstrating her understanding of the big picture as well as her ability to attend to detailed logistics. Throughout her twenty years in FA, Vanessa has attended every convention and has held various positions on the Convention Planning Committee, including registration chair, note taker, time-keeper, and greeter. For many years, she was also responsible for working with Intergroup, Chapter, and Committee Chairs to create the WSBC PowerPoint presentation. In addition to creating the PowerPoint, she ran the presentation during the Convention and was called upon to make changes on the spot during the voting process. I watched in amazement as Vanessa remained calm and graceful under pressure while many voices in the room passionately suggested edits.

In the last two years, Vanessa has taken over responsibility for coordinating Conference communications. As mandated by the Bylaws, FA has a schedule of notifications that must go out to the fellowship according to a deadline. Working with the FA Office Director, Vanessa has been instrumental in streamlining the process to ensure communications are accurate, sent to the fellowship on time, and posted on the FA website. She also promptly and tactfully responds to member inquiries that come to the Convention Planning email inbox. Additionally, Vanessa has assumed responsibility for hotel logistics, working directly with the hotel to coordinate our meeting rooms, meals, and other conference-related events. Last year, when we ran into issues with our hotel sleeping room block, Vanessa worked with the hotel to come up with a process to make sure members received the discounted FA rate. It was a long, tedious, manual process, but Vanessa was determined to get the job done. This year, when we sold out of rooms much earlier than anticipated, Vanessa coordinated with the hotel to secure an additional room block and continued to do so until there were no more rooms left for us to purchase.

In working with Vanessa for many years, I can wholeheartedly say that Vanessa gives her all. She is proactive, detail-oriented, and always does what she says she will do. In her service to the fellowship, Vanessa has proven to be efficient, enthusiastic, technically savvy, and extremely helpful both onsite as well throughout the planning process. I know that with her energy and drive combined with her skills, she would make an excellent Convention Planning Chair.

-Ebony F., CA
Convention Planning Chair

**Reference 2**

I have known Vanessa since before I began FA in September of 1998. In fact, she is the person who not only told me about FA, but offered to meet me at my first meeting. I knew right away she had something I wanted and was desperate for, and she was more than happy to share it with me. For that kind service, I am extremely grateful! We’ve been on this journey of recovery together ever since, and I’ve watched her grow in confidence, poise, maturity, and grace.

When I read over all the service positions she mentioned in her application, I was quite amazed to see the amount and level of detail she’s been involved with, though not at all surprised that she’s been willing and able to do it. Vanessa is one of the most enthusiastic, capable, and efficient members of FA that I know. She steps up to the plate readily, and brings a wide range of skills and experience with her.
As Convention Chair, I am sure she would be a natural, both onsite and off. Having had that role myself for four years, I know that it takes a certain amount of calm under pressure and an ability to handle a lot of things at once. My experience with Vanessa is that she is great at managing a myriad of tasks simultaneously.

I got to see this first-hand when she worked with me on the 2009 Fellowship Convention when I was Convention Chair. We had an all-time high of 1000 attendees, all of whom were made to feel welcomed and taken care of by Vanessa and the team she headed at the registration desk.

I believe she is more than ready to take on this position, and it would be a joy to have her strength and vibrancy as a part of our World Service Board.

-Adrienne P., OH
connection Chair

Reference 3

In the San Francisco Bay Area fellowship, Vanessa is the go-to person for any event planning. I have watched in awe as she juggles guest lists, venues, lodging, and plane flights. While others might crumble in the face of such details and demands, to Vanessa, it's sport. It's also her profession. I've had the pleasure of seeing her find her perfect fit as a chief of staff/executive assistant. Her glowing work performance reviews all attest to her abilities to effectively orchestrate the lives of several bosses and company events.

Her ability to see the overall intent of a situation, simplify it into workable solutions, and execute it graciously has translated well to FA service. Vanessa was a month or two shy of her first 90 days when I started in FA in '98. It has been a pleasure to watch her flourish through service, from her first qualification, through every meeting service position, to working on the WAI Board for 10 years and on various WSI Committees. I've seen her thrive at the front of the room at Intergroup and manage the PowerPoint amidst all the wordsmithing at the Business Convention, both of which require lengthy periods of time under the watchful eye of many FA members. I've rarely seen her flustered by any of it. She's equally successful handling behind-the-scenes tasks that require attention to detail and little acclaim, such as writing the Gratitude in Action newsletter, and working for the WSI and WAI Office Committees. These varied roles have demonstrated Vanessa's capabilities as a team player as well as her ability to lead with vision and initiative.

On a personal front, having Vanessa as maid of honor at my wedding meant having a friend beside me who could be counted upon to be attentive and present, responsive and thoughtful. Vanessa has the gift of anticipating and taking care of every need, whether it's personal or practical. Her presence also meant I could relax entirely, as not a single detail would dare go astray in the presence of such a master planner!

I have every confidence that Vanessa will make an exemplary Convention Chair. I would also be excited to see her exercise her FA experience as a WSI Board member. Her commitment to FA as an organization has been there from the start. As FA continues to grow, her long-term FA experience, coupled with technological expertise, editorial skills, a positive, solution-oriented attitude, and her open mindedness will all be an asset to the Board and FA as a whole.

-Anna B., NM
Frontier Sub-committee Chair
Office Committee

Jan B., CA, USA
APPLICATION FOR FA WSI OFFICER OR COMMITTEE CHAIR

APPLICANT INFORMATION

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<thead>
<tr>
<th>Position Applying For:</th>
<th>Office</th>
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<tr>
<td>Name</td>
<td>Jan B.</td>
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<td>Date continuous FA abstinence began:</td>
<td>01/01/2006</td>
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YES I have read the qualifications for the above-named position as set forth in the WSI Bylaws and summarized in the "Position Descriptions." As a candidate for this position, by selecting 'Yes' I affirm my adherence to all qualifications. Furthermore, my 'Yes' selection signifies my permission to make my application materials public to the FA fellowship for the purposes of the election.
1. Brief account of your experience in addiction and in recovery.

My first introduction to 12 Step programs was Overeaters Anonymous (OA) in 1981. A friend asked me to go to a meeting. I had just lost weight, but knew it was only a matter of time before I put it all back on again. I liked OA and started attending meetings, but it was suggested I go to Alcoholics Anonymous, take care of my addiction to alcohol and drugs first, and then come back to OA. In AA, I gained 60 pounds in six months. My AA sponsor promptly sent me back to OA. For the next 30 years I stayed sober and drug free, but struggled with my weight while in and out of OA, OA How, and FA.

My struggle with food and my weight ended on January 1, 2006, when, after two years in FA, I once again felt my abstinence slipping away and finally surrendered. For the first time I admitted to myself that my food addiction was as serious as my alcoholism and drug addiction. I got “one of those kind of sponsors,” admitted all of the ways I was cheating with both my food and my tools, and started following the program the way it was passed down. Today I weigh and measure my food exactly. I do all of my tools everyday. Slowly my heart is changing and I do service, not because I have to, but because I want to. I want to do all I can to make sure FA will be here for every food addict who, like me, is searching for an answer.

2. Service positions held at the group and intergroup level.

I have held every position at the group level — secretary, speaker getter, treasurer, greeter, literature, public information, phone list, opener, sponsor-a-rack, set-up, take-down, meeting health, WSI contact, Intergroup representative, web and directory contact, connection representative, and World Service Conference member. I attend Western Area Intergroup every month. Most of my service has been with the public information committee, focusing my efforts on working with the media and media coverage.

In 2010 I was asked to be on the World Service Design Committee. The committee’s job was to help create a brand for FA — a new logo, look, and website. After a period of time, I became chair of the Design Committee and worked closely with the World Service office director to search and select the vendors that would develop the new look and website. As chair of the Design Committee I work with the Literature Committee on the design of FA literature, including the FA book in regular and large print, the e-book, the Living Abstinently pamphlet, and Spanish and German versions of our FA literature. I also work closely with the World Service office director coordinating the design, printing, and distribution of all FA literature and on enhancements, modifications, and additions to the FA website. I helped design and develop the connection website and continue to work with the office director on enhancements to the site.

3. Education, business, professional or other experiences and skills that would be useful as officer or chair. Please do not send your résumé.

I majored in journalism and minored in English in college, worked as a writer and editor early in my career, and then in public relations, owning my own public relations company and managing an office for a regional public relations agency. I currently work in communications for a state agency.

I spend my working hours writing, editing, and developing and implementing communication plans. A large portion of my time is spent developing content for internal and external websites, online communication, and social media platforms. I work with IT, user experience, and web experts analyzing
4. Your thoughts on the following: aspects of the committee's current work you would emphasize; to the best of your ability, a description of your vision for the committee's work.

The FA website has quickly become our primary method of communicating with food addicts looking for help, newcomers, FA members, healthcare professionals, and the media. We order literature, register for conventions, conduct surveys, and download MP3s and issues of the connection. I would like to continue the ongoing evaluation and improvements to the FA website, making sure it is easy to navigate and find information, its content is up-to-date and relevant, and that we are taking advantage of best practices in search engine optimization (SEO).

I would also like to continue to research, evaluate, and take advantage of online, digital communication channels to reach the still suffering food addict when appropriate. For example, Western Area Intergroup’s web links committee has linked the FA website to more than 1,500 websites. The committee has received a grant from Google for an AdWords campaign that has increased the number of hits to the FA website by more 25,000 per month. Both initiatives help us reach food addicts looking for a solution and help our SEO.
Reference 1

I am writing to recommend Jan B for the position of WSI’s Office Chair. Jan has made a significant and superb contribution to the World Service board for the past eight years as a member and eventual chair of the design committee. She had a noteworthy impact and leadership role in the development of such areas as the website and logo redesign, the design and development of the connection website, as well as managing the design, printing and distribution of FA literature, and drafting the request for proposal and selection of a company to build and maintain the current FA website. Jan was also involved in managing a team that prints and distributes the FA literature, as well as the research, selection and transition of a new vendor to handle fulfillment of FA literature, CDs, and the connection Magazine.

Needless to say, Jan’s professional experience and expertise, along with her extensive experience and amazing, competent leadership on the design committee, makes her more than qualified to make a unique contribution in the role of Office Chair. The strength of Jan’s recovery, evident in her sound and steadfast approach to leadership, has earned my respect. I wholeheartedly support Jan to step into this position.

Respectfully submitted,

David I.
Chair, WSI

Reference 2

I am pleased to recommend Jan B. for WSI Office Committee Chair. She comes to this position with substantial pertinent experience. For several years Jan has served as the chair of the World Service Board’s Design Committee. In this capacity she has dealt not only with FA publications but with our website. The website is obviously key to the operation of the FA office (and to FA as a whole), so the office chair needs to be well acquainted with it. Jan has not only worked on the website’s “look” but has recently headed up the office committee’s search-engine-optimization project, meaning that she has worked on our web content to imbed key words that will increase the chances that still-suffering food addicts who are searching the internet for help with food addiction will be pointed to our site.

In addition to being well acquainted with the FA website, Jan B. has developed a close and efficacious working relationship with the FA Office Director (FA’s full-time paid administrator). The office chair must work closely with the office director, so the fact that Jan has already been doing that (due to the search engine optimization and other projects) gives her an important head start over another applicant.

Margaret H.
Outgoing WSI Office Committee Chair

Reference 3

I highly recommend Jan as Office Chair and feel that she would be a great complement and an invaluable asset to the World Service Board and me. As office director, I have worked with Jan for almost
10 years. In her role as chair of the FA Design Committee, we work together coordinating the design, printing, and distribution of all FA literature. I worked with Jan on the initial design of the FA website and the selection of a website developer. We also worked together on the development of the connection website and continue to work closely on new content, redesigns, upgrades, and improvements to both websites.

Jan and I also work together on key initiatives for the FA office. She currently heads up Search Engine Optimization (SEO) for both websites, upgrading content and adding key words and titles to our web pages in order to improve our visibility to those looking for a solution to food addiction. Jan has also been instrumental in the selection and transition to a new vendor that will distribute FA literature and provide significant improvements to the reporting and tracking of our current fulfillment information. Jan is an invaluable resource because of her professional expertise and desire to want what is best for FA. She understands the best practices and the latest developments in online communication and is invaluable in helping me plan, budget, and apply those technologies to FA. I can’t think of anyone who is more capable and prepared to step in as Office Chair and, in addition, has experience and history working with the World Service Board.

Adrienne C.
WSI Office Director
Traditions Committee

Patty R., ME, USA
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1. Brief account of your experience in addiction and in recovery.

I think I was born a food addict, the youngest child of alcoholic parents, with 5 siblings who all share the disease of addiction. There is a family story about me drinking a whole "family size" bottle of a condiment when I was 2 years old. At school I asked kids for food from their trays until it became more important to "look respectable." So instead I stole the food or took it off trays put up for the dish washers. I always had crumbs in my pocket from stealing and hiding food, and I learned to lie to cover my butt and look better than I was. I became a compulsive liar through junior high and high school.

What that meant for me was a life of obesity - I was a fat kid, a fat teenager, a fat adult, and I never knew what to do about it. I could never diet more than a day or two so I gave up. I played sports until I couldn't keep up. I was awkward socially and always felt friendless, yet I was voted "Friendliest" in my high school class. I was successful academically and active in student government and other activities, yet I always felt less than everyone else. I took on more than I could handle so I could look good but often did not follow through. I had no self discipline. I was pretty successful in my early working years, too, but I just could not be successful in controlling my weight.

After college I began seeing a string of therapists. When they didn't help I searched for a spiritual answer to my problems, from Christian baptism to Buddhism to goddess circles to psychics to yoga. After attending OA meetings for awhile I used to tell people I was "like an alcoholic with food". Unfortunately OA did not help either.

I kept myself busy by volunteering and serving on boards, hoping that would make my resume strong and make me feel more worthy. I took on all sorts of unmanageable projects, along with all kinds of anger and resentments when I felt overburdened or when things didn't go my way. I had to be right and I had to tell you about it. But really I was all bluster - I talked big about things I knew little about, I held myself up as better and smarter than everyone while I felt small inside, very much alone, and angry at the world. I didn't do the things I said I would so the guilt ate me up inside.

When I came into FA in May 2001 I was 38 years old, 248 lbs, 5'2" tall, lost and lonely. I had all sorts of weight-related medical issues, including high blood pressure. I was thrilled with the immediate weight loss but it took me awhile to stay abstinent. I made the group and the program my higher power, which worked for a time, but it did not sustain me and I broke my abstinence several times over the first year and a half. At one point I realized that I just could not keep going back and forth into the craziness. I finally surrendered on December 14, 2002 and am grateful today to have back-to-back abstinence and to be maintaining a 130+ lb. weight loss for over 13 years. The life-threatening medical issues that I faced then are gone.

Our fellowship in 2001 was small and spread out. I drove for 1, 2, and 3 hours to my three meetings because I needed the strength of a solid fellowship. I sponsored as many people as I could and started three meetings in outlying areas, two of which are still going today. At that time it was just assumed that everyone would attend business meetings and do service to give away what we had been given. I did need to be told to sit and be quiet every time I broke, that people weren't interested in what I had to say unless I had been abstinent and out of my food fog for awhile. But I was told that service would keep me abstinent, so once I did I took on every service position there was at one point or another.

In FA, however, I learned about true service to others - not the ego-inflating resume-packing puffery I had done for years before. I learned over time to listen to others with respect and consideration. I learned to show up for meetings and for my commitments. I learned that I could have integrity - that I could be the treasurer of a group and not take one penny of the 7th Tradition for myself. (That was a really big deal for me.) Doing service brought good orderly direction into my life; it taught me self discipline so I could complete my commitments. It brought me friends - the closest friends I've had in FA are those I've done service with.

FA service brought me humility by teaching me that I am not in charge and every voice is important. It made me teachable. I learned that I don't have busy myself just to not eat but I can be busy helping
others and then I won't eat. I learned that I don't have to steal, and I don't have to lie. I can generally feel alright in most social settings. I no longer have to search for my purpose on earth. Mostly, I learned that I don't have to be right and I don't have to be in charge. That's my higher power's job.

2. Service positions held at the group and intergroup level.

Over the years I have held every service position available at the group level. Since 2002 I have attended every convention but one, always as a voting member. I was part of the founding of the Maine Chapter in 2002, first as an attendee and committee member, then as P.I. Chair (2 years), Vice Chair (4 years), and Chair (4 years). My introduction to WSI was as part of the (then-named) Chapter Support Committee, where I co-chaired the Chapter Forum Subcommittee for about 5 years, Chaired the Best Practices Subcommittee, and served on the Chapter Manual Rewrite subcommittee. I served for 2 years as Regional Outreach Chair for Eastern Area Intergroup and chaired the ad-hoc "EAI Workspace Committee".

I joined the Traditions Committee in 2013; for 2.5 years I was responsible for writing several committee opinions and chaired the Education Subcommittee which submitted issues for the GIA newsletter. I became the chair of the committee in 2016.

3. Education, business, professional or other experiences and skills that would be useful as officer or chair. Please do not send your résumé.

I have worked for nonprofit organizations for 25-30 years where I have gained invaluable experience supporting the work of many boards and committees, including those dealing with governance (bylaws), membership and strategic planning issues. I have also volunteered on several boards, as both Public Relations Chair and Vice Chair of one, and as Co-chair of a 35-member board where I learned how to facilitate by a formal consensus process, then led a strategic planning process that reorganized the size and work scope of the board to 8 members. These experiences have helped me to learn patience, active listening, and understanding for other's opinions and experiences that helps me immensely in working in FA service positions.

Professionally, I have been a writer and editor, event planner, fundraiser and administrator. I have strong organizational skills, attention to detail, process-orientation, and communications skills (including listening). I have recently participated in an 8-month intensive leadership institute and a seminar in non-violent communications, among many others.

4. Your thoughts on the following: aspects of the committee's current work you would emphasize; to the best of your ability, a description of your vision for the committee's work.

I joined the TRC hoping to contribute to its growth as a resource for the membership rather than being perceived as a governing or policing body. I believed then - and have since experienced that many members of the fellowship are very interested in the Traditions and would like to learn more about how they can be applied to our meetings and our personal recovery on a very practical basis. I believe that the committee has grown in this area and is now seen as such a resource.

The current committee goals are to continue to respond to inquiries from FA members, meeting groups,
and service groups with thoughtful opinions and interpretations of the 12 Traditions of FA. The committee is currently finalizing an index of all the issues reviewed since 2002 with the intent to post it on the FA website for any FA member to refer to. If the interest is sufficient, we would consider creating a searchable database or app to make it easier to use. I look forward to helping to bring that to the fellowship in the future.
It is an honour and privilege to recommend Patty Renaud for the position of Traditions Review Committee (TRC) Chair.

I first observed Patty at the World Service Business Convention a number of years ago as she led the pre-convention Chapter Forums. These Forum were my favourite learning experiences during all my years attending FA Conventions. Initially, I marvelled at Patty's coordination of these events from afar. There were so many panel sessions going on simultaneously on so many varied topics requiring coordination of all those panelists. Later, being a panelist, I saw Patty's organizational and leadership skills first hand, from a behind the scenes perspective.

I also had the opportunity to visit Maine a few years back for the Maine "Chapter Day" event. Both at the event and in my prior interactions with the Main Chapter (the last Chapter standing) it was clear to me that Patty is respect by her local fellows for her years of service as Chair, Vice Chair among her other service roles at the local service group level. Additionally, I know of Patty's broad FA service experience at the local meeting level, her current work at the intergroup (EAI) level as a committee chair, and, as well, her ad hoc work on a number of other World Service level initiatives and committees.

Over the past few years, Patty has served with me as a member of the TRC. From day one on the committee I could always count on Patty to jump in, with both feet, to take on various tasks. Patty took a leadership role chairing the "Education" subcommittee responsible for publishing relevant TRC issues in the Gratitude in Action newsletter. As well, Patty thoughtfully managed through completion a number of inquiries brought to the TRC to a successful conclusion. Recently, Patty has taken on additional responsibilities to better prepare herself for the possibility to becoming the next TRC chair.

I have every confidence that Patty will capably take on the current TRC responsibilities and will humbly lead the committee through new interesting and valuable initiatives in support of the FA fellowship and the still suffering Food Addict. If elected, I am confident that Patty will quickly become an invaluable member of the WSI board.

Dan B

I've known Patty for many years in program. She is an outstanding leader as she demonstrated as the Maine Chapter Chair and, then on the EAI Board, on her work on the the WSI Intergroup and Chapter Support Committee. As a member of the Traditions Committee she has led the Education Subcommittee and been an active contributor on all the issues.

She is an initiator, very willing to take on hard work, an understanding leader and collaborator, and extraordinarily dependable. She is very wise and has deep common sense. People who work with her trust her, because she is so open to feedback and can be so kind. She will do a terrific job a Traditions Chair and as a member of the WSI Board. She also is a great group facilitator as she has demonstrated in the many Traditions Workshops she has done and for her work on the Intergroup and Chapter Support Forums. She also has great writing and editorial skills. Also she is a very honest person with herself and others. I recommend her enthusiastically for this position. She will be an outstanding contributor to our
fellowship that she has demonstrated already.

George M.

Reference 3

Dear FA Fellowship,

It is my pleasure to submit this recommendation for Patty R. to serve as chair of the Traditions Committee. I have had the privilege of working with Patty on the Maine Chapter Executive Board and numerous sub-committees engaged in WSI, EAI and local service work. Patty is one of the hardest working volunteers I have seen in any organization. She possesses a combination of abilities and talents that will serve her well in this important leadership role. Her organization skills and attention to detail are impeccable. She possesses a calm, clear voice of reason in discussions and has the ability to assert herself in a very politic and sensitive manner. She is tenacious without being overbearing and committed to completing her assignments on time and in the best possible order. Her communication skills are excellent. I have seen Patty demonstrate her recovery in difficult situations. She personifies the 12 Steps of recovery and her commitment to the program is unwavering. The fellowship will be well served by Patty as a member of the World Service Board and chair of the Traditions Committee and she has my strong endorsement.

Sincerely,

Jane M.