

Minutes of the Foothill Intergroup OA Board Meeting – January 27, 2020

Attendance: Korie Beth, Jennifer, Marilyn, Margaret, Dan, Malinda, Daniel, Karen, Sandy, Cynthia, Diane, Pat, George, Ashley, Michael, Agnes, and Susan.

Young Person's Outreach – Patti: Korie Beth shared Patti's notes in her absence.

YOUNG PERSONS Outreach Chair Report

Reached out to the following school districts:

Pasadena

Erica Villalpando, Manager, Mental Health Program

I answered her questions and I invited her to attend a face to face meeting or call into the phone meeting. She is going submit information to the school district Superintendent. She agrees there are issues with eating disorders with students that need to be addressed.

STATUS: Waiting for feedback based on presentation to Superintendent

Glendale:

Michelle Green, Health Services Coordinator

Numerous emails with Michelle and she asked a lot of questions. I invited her to attend a face to face meeting or call into the phone meeting. She will present info on the meeting to the board. Has concerns about approaching students about weight issues.

STATUS: Waiting for feedback based on presentation to board.

Burbank:

Left (2) messages for Health Services. Have not received a reply to date.

STATUS: Intention is to deliver introduction packets to school district office even if I don't receive a call

back

PROPOSED ACTION:

I propose creating an info packet to give to each school district office. Packet will include the following:

OA Pamphlets:

- IS FOOD A PROBLEM FOR YOU
- TO THE FAMILY OF THE COMPULSIVE EATER
- TO THE TEEN

OA Foothill Produced information

- FLYERS FOR PHONE MEETING
- STICKERS

I have ordered a sample of the 'TO THE TEEN' pamphlet to review before ordering.

In addition, Sandy contacted me to coordinate terminology used on the website. I will continue to work with Sandy to tighten up our presentation on the website.

YOUNG PERSONS position is still listed as 'OPEN' under 'INTERGROUP CHAIRS AND COMMITTEE CHAIRS' on website.

Secretary's Report – Ashley: Motioned passed to accept minutes without descent.

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Treasurer's Report – Susan: Profit for the year= \$468.54. Funds of different groups should be dispersed as soon as possible. Jenny and Susan have figured out how much to donate to WSO and Region 2.

\$750 will go to Region 2 and \$2,250 will go to WSO. Susan shared a big thank you to Jenny and her husband for helping her transition into her new role.

Special Events – Melinda: Melinda created a list of workshops that people might be interested in, including Rose Bowl walks and fitness classes. Jen offered to make up flyers. WSO said that volunteer events serving other organizations are considered outside issues.

Melinda also reported that from her survey, everyone likes bookmarks as a form of communication. The survey results also show that people are comfortable with 4 events a year. Melinda proposes having a speaker led portion and then an activity at events. Melinda created another survey for us to take to our meetings to chart off the rest of the year. She provided 6 proposed motions for the meeting:

1. Request approval for a weekly Rose Bowl Walking Fellowship event
2. Request approval to have 2 components to each event this year, a speaker led portion and a related activity.
3. Request approval for schedule for events in the month of May, July and November.
4. Request approval for First Event to be Recovery from Relapse with Vision Board Workshop.
5. Request approval to send out questionnaires to our meetings to see which workshops concepts are most popular to advise schedule for future events.
6. Request making a social media position (ie Facebook) for FIG

WSO is excited about us building our social media presence.

Webmaster's Report – Sandy: We need to vote on when to speak to our web designer again. Should we set up automatic pay on our checking account or just submit a check? Do we want to post the OA FAQ that is on the WSO website on our Foothill Intergroup website?

Sandy would like people to volunteer to listen to the soundbite podcasts.

Public Info/Professional Outreach - Diane: There are a number of meetings Diane has not been able to verify on the Foothill Intergroup list. She will send out the list via email for help identifying who the point of contact is. Diane would like to create an intergroup letterhead. She will create a mock up and have everyone vote on it at the next meeting. She would also like permission to purchase a stamp with our name and address on it and priced it at roughly \$30.

Diane has posters that she would like all intergroup representatives to hand out at meetings. If you take a poster, you'll have to sign a form and follow up with Diane. She is interested in seeing if this is an affective form of outreach.

Chair's Report – Korie Beth: She received the bylaws and hopes to present them at the February meeting. She started doing an intergroup survey in December and couldn't make it to every meeting. Korie Beth encouraged delegates to take surveys back to their meetings to complete and return next

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month. She is interested in learning more about support for the intergroup and support for special events.

Vice Chair – Jenny: Jenny hopes to get to the different meetings next month to develop a relationships and create a speakers list. Please let her know if there is anything else you'd like to see Jenny do in this role. She is also going to bring notices of events that are going on outside of our intergroup. She will send them out via email when she gets home.

WSO Delegate – Agnes: Agnes has nothing to report.

Footnotes: Daniel offered to do the footnotes for Shiela and everyone voted yes.

Open positions:

R2 Delegate -

Newcomers – Pat volunteered. Motion passed to accept Pat without dissent.

12 Step Within – Jennifer volunteered. Motion passed to accept Jennifer without dissent.

7:35 pm – 7th Tradition

7:37 pm – Motions to Approve that don't need discussion

Action plan for Health Care Professionals Schools Outreach – Jennifer doesn't think we have the copyright for image from the Foothill website. Diane would like to use that image on the Intergroup letterhead. She also believes that we must request permission from WSO to use the logo. Pat suggested we don't need letterhead. Michael believes the letterhead is nice to have and thinks a stamp with our address is very convenient. Jenny asked if stickers instead of a stamp might be better and possibly cheaper.

George mentioned that he had to go through WSO to get approval to create prayer cards even though they were already part of WSO. It takes about a week. Michael mentioned printing out labels as we need them. Agnes pointed out that if we are already using an image on our website, then there shouldn't be an issue in using it on letterhead.

Diane will contact WSO to confirm what can be on letterhead, etc. and price out the difference between stickers and stamps. Jenny will let Diane know about using the painting image.

"Talking Points" Suggestions for Groups Welcoming Observers: Diane is going to email them out for comments. These are just to think about when observers come. After she receives comments, Diane will adjust the Talking Points. George asked if the professional outreach and youth chairman meet because some of their work overlaps. Korie Beth, Diane and Patti will connect about possibly getting that started. Diane clarified that she is interested going after healthcare professionals instead of youth.

Webmaster Motions: We need to vote when to speak to our web designer again. Michael and Jennifer suggested forming a sub group – perhaps Korie Beth, Susan, and Sandy should meet with the web designer. Jenny put in a motion to have the sub group. Melinda seconded and it passed without dissent.

Another question that came up was should we set up automatic pay on our checking account or just submit a check? Michael motioned to submit a check to have more control over the payments. Jenny

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suggests doing it a way the way the treasurer would like to do it and Susan (our current treasurer) would like to write checks. George motioned to have Susan write checks to pay the web designer and Jenny seconded. Passed without dissent.

George put in two reports for the WSO 2018 and 2019 and wondered if anyone got them to be put on the website. Sandy will check. Jennifer – the former webmaster will check as well.

Do we want to post the Frequently Asked Questions from the WSO website on our website? Melinda motioned to post it on the website and Marilyn seconded it. It was passed without dissent.

Storage of IG equipment – George: He has been holding a lot of Intergroup equipment in his garage and wondering if we could put it in a storage unit. Michael suggested that if we choose a storage space, that it be centrally located with a combination lock. Marilyn suggested for George to find out how much it would cost and perhaps for someone to make a flyer to pass out to the different Foothill groups to see if anyone has a storage space they aren't using?" George will give Korie Beth the storage unit prices for discussion at the next meeting discussion since he won't be here.

Treasure – Susan: How often should we make donations? Agnes suggested simply giving donations quarterly. To do it more than that would be too burdensome. Each individual meeting should decide when and how they want to give because some meetings take a while. Marilyn motioned that the board should recommend meetings donate at least quarterly and Michael seconded it. It was passed without dissent.

Agnes asked that we need to clarify the expectations WSO has for us. Susan will do some research and come back and report it next month.

If you want sign up to be part of a special events or public outreach committee – please do so.

Rose bowl Walks – Melinda: She motioned to have a Rose Bowl walk on Sunday mornings at 10 am. Jennifer suggested that weekly is too much. She suggested monthly. Cynthia brought up that events go on at the Rose Bowl that make parking very difficult. Pat brought up that consistency enhances attendance if someone in charge will be there.

Melinda adjusted her motion to have a monthly Rose Bowl walk and Michael seconded it. It was passed without dissent.

Jennifer motioned that Special Event Requests #2, 3, 4 and 5 provided by Melinda to be decided upon by a special events committee. Marilyn seconded it. It was passed without dissent.

8:20 pm Good and Welfare

Melinda brought up that Thursday noon Pasadena meeting at the Presbyterian church needs support.

Respectfully submitted by

Ashley