

SOAR 8 Service Directory

SOAR 8 BOARD

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Region 8 Chair's Report July 2012 Gloria M. Lockridge

Dear Friends:

Miami here we come! Fun, Sun and right on the Beach! WOW!

It has been a busy 4 months for me since our wonderful Raleigh Assembly. Thank You Triangle Intergroup for hosting such a fantastic event-what a turn out!

Since Raleigh I've been to World Service Business Conference ("WSBC") with about 27 Delegates from Region 8, plus 3 Trustees! It was the best WSBC I have ever attended—**you can read all the details in my attached WSBC report.** The Report is quite long, so just pick out what interests you and leave the rest. Thanks to Trustee Gerri for parts of the report!

While at WSBC I was elected Chair of the Region Chairs Committee and am so honored to have that service position. I know I can count on Region 8 for lots of help!

It is also very exciting to have new literature and to know that Delegates from Region 8 helped that happen. Region 8 Rocks Again!

I have also been to Caracas, Venezuela at the invitation of the National Service Board of Venezuela. GST Janice S traveled with me and we stayed with Carolina P who was such a wonderful host, extraordinary driver and superlative abstinent cook. Thank You Carolina!

Many of you followed along on our trip with the emails I sent (people are calling it a "blog"- I don't think of myself as a blogger but maybe I am!) and they are also attached to this Report in case you did not get a chance to read them. Everyone we met was so loving, caring, and generous. I have never received so many wonderful hugs! My heart was so touched. I highly recommend a trip to South America or to any where in the US where OA is lived and spoken-you will get your soul fed and you will be forever changed.

I believe we will have region representatives from Colombia here in Miami and perhaps attendees at the recovery convention from Venezuela. I know all of you will treat them lovingly, just as Janice and I were treated.

Those of you who went to WSBC know we are focusing on OA's Action Plan (f/k/a "Strategic Plan") and want to do all we can to retain our current members and attract those still suffering. Together we will work on this at our Miami Assembly.

Your Board and Committee Chairs have also been busy since Raleigh, and I hope you will check out their reports.

Please feel free to call or email me (my contact information is in the Service Directory part of your agenda packet) or to introduce yourself at Assembly if we haven't met! I look forward to seeing all of you. And remember every day is an opportunity to PASS IT ON!

So get ready to be rocketed into that 4th dimension!

RECOVERY: PASS IT ON!

See you in Miami!

**Trust God, Clean House Help Others, Gloria L, Region 8 Chair
chair@oaregion8.org**

REPORTS FROM CARACAS, VENEZUELA

1. ARRIVAL

----- Forwarded message -----

From: **R8Chair Gloria** <chair@oaregion8.org>

Date: Thu, Jun 7, 2012 at 1:01 AM

Hi Everyone:

We are at Carolina's in Caracas and all is well! Her place is beautiful and on the way here from the airport we saw beautiful city lights and mountains. I can't wait to see it in the daytime!

Well its late and we have to be up early tomorrow for an OA public information event so I will say good night !

Buenas Nochas

--

Your Trusted Servant,

Gloria L, Region 8 Chair

chair@oaregion8.org

407-340-2008

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2. THURSDAY MORNING PUBLIC INFORMATION EVENT

Forwarded message -----

From: **R8Chair Gloria** <chair@oaregion8.org>

Date: Thu, Jun 7, 2012 at 1:05 PM

Hi everyone!

Janice, Carolina, Ginny (Chair of the Venezuela National Service Board) , Lilia and I went to an OA Public Information Event this morning at the Caracas University.

We had a wonderful translator, Irina, who translated while Janice and I told our stories and answered questions. We also heard 2 women from Caracas, Belkis and Ana Maria, who told incredible stories of recovery!! OA is alive and well.

We had a couple newcomers and I think we convinced them to come to the OA Meeting tonight where we will again be telling our stories and talking about service as Carolina requested. She needs help!

We also saw Viviana and Antonieta from Colombia who many of you will be remember meeting in Medellin. They will be at the retreat this weekend and at the meeting tonight.

Its a cloudy day but clearing a little so we got our first view of the mountains-we did not see them last night since we arrived about 930pm.

Lots of traffic here-its a big big city and gas is cheap!

We are being treated like royalty-everyone is fantastic! Ain't recovery grand!!!

I will write more tomorrow!

Love Gloria and Janice

3. THURSDAY NIGHT OA MEETING

Forwarded message -----

From: **R8Chair Gloria** <chair@oaregion8.org>

Date: Fri, Jun 8, 2012 at 12:04 AM

Hi Everyone!

Janice and I are working hard in the service of OA and Lovin it!

Tonight (Thursday June 7) we attended a local OA meeting and each told our OA stories. We saw many old friends, including Pedro (Chair of Colombia OA-Mr Presidente we call him), Angela Maria, Viviana, and Antoinetta from Colombia (many of you met them in Medellin) and Esperaza (she came to Medellin) from Caracas and Gabriella , also from Caracas, who I just met. Esperanza and Gabiella were our fine interpreters.

Several of the members shared about the tools and it was very touching to hear them talk about how writing helped them be honest with their disease.

What a great meeting! Several people came from the OA Public info Event that morning , including the newcomer!! She kept coming back!

Janice's nickname of "Hunnee Bunnee" has obviously crossed the ocean because several people greeted her with "Oh! there's the Hunnee-Bunnee!! And just try to translate "Cajun"!

Tomorrow we will head to the retreat which has a theme of "OA en Accion Juntos Podemos!" "OA in Action! Together We Can!

Stay tuned tomorrow. Love G

Your Trusted Servant,

Gloria L, Region 8 Chair

chair@oaregion8.org

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4. OA /NSB VENEZUELA RETREAT “OA en Accion, Juntos Podemos!

----- Forwarded message -----

From: **R8Chair Gloria** <chair@oaregion8.org>

Date: Fri, Jun 8, 2012 at 10:20 PM

Subject: Caracas Retreat at Los Teques, Edo, Miranda Venezuela

Hi Everyone!

I hope you are enjoying these reports from Venezuela! Thanks to all of you who are reading them and emailing me. I love it!

Janice , Carolina, Lilia , Ginny and I arrived at the Retreat Center in the mountains near Caracas about 5 pm. The traffic everywhere is very congested and with it being Friday afternoon, a little rainy and narrow mountain roads, it took 3 hours! Our poor driver!

During the drive, Lilia, who is an English teacher was helping me learn some Spanish. She can write and read English, and needs practice with speaking. So I am helping her with her English. Together we get better, right?!

Las Teques is a pretty place with nice gardens and we arrived once again to see some old friends and to make some new ones.

We all had dinner together and 630pm in a nice dining areas. Then we had a private hour until the meeting opened with welcome at 830pm with introductions. We were each given a number on a piece of paper and you were asked to answer one of the OA Thirty Questions based on the number on the piece of paper you were given.

The folks from Medellin (Pedro, Angela Maria, Viviana and Antonieta) and Tonya from the Dominican Republic did not actually get here until about 915 after a 4 hour bus ride and they have gone to the cafeteria to eat. So glad they made it-the traffic everywhere in VZ is very very bad!

Tomorrow we will start with an early meeting, breakfast and then Janice and I will spend the morning talking about Steps 1-5 and step 11 at some point in the afternoon. Other speakers will talk about Steps 6-10 and 12.

The Venezuelan National Service Board will have its Assembly here on Sunday so Janice and I will get to see them in action.

I feel a real sense of love and welcome and we have been treated so very lovingly. I feel incredibly grateful for the strength of OA in my own community and in the U.S. while at the same time I see the true selflessness of my fellow OAers here in Venezuela who would do anything for each other. The love and kindness of our program is truly shining here.

Goodnight for now-time to do a few more things and then bed.

Love Gloria

Your Trusted Servant,

Gloria L, Region 8 Chair

chair@oaregion8.org

407-340-2008

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5. SATURDAY AT THE RETREAT: STEPS 1, 2, 3, 4 AND 5, 10

----- Forwarded message -----

From: **R8Chair Gloria** <chair@oaregion8.org>

Date: Sun, Jun 10, 2012 at 12:39 AM

Hi Everyone!

Today (actually since its just past midnight now I guess it was technically yesterday!)has been a long, wonderful day! It is so peaceful here at the retreat area, and there is such a pretty chapel. It's truly a spiritual place. Emotions are running high!

We started with a meeting, then breakfast (love those arapes--made with corn, like an unsweetened corn cake) and then Janice and I did our presentations on steps 1, 2 and 3. Janice and I are both grounded in the AA Big Book, but here in Venezuela, like in Medellin, OA uses "original" OA literature a lot more. Janice gave an excellent presentation on Structure, Order and Discipline from the Big Book; I talked about the Doctors Opinion and making that important decision in Step 3 and taking action.

Lunch was vegetable soup, mixed carrots and broccoli and meatballs. Here they serve the veggies cold, as if it were a salad.

After lunch we heard an excellent workshop on the tool of the action plan-it was quite humorous as well. Then it was back to work for me and Janice on Steps 4 and 5 and our old friend Yahira from Venezuela gave an excellent presentation on Step 10. Somehow we managed to also squeeze in some comments on Steps 6, 7, 8 and 9. Steps 11 and 12 will come tomorrow.

The shares were powerful and everyone has been warm, loving, emotional and caring. We are treated like royalty!

After the workshops we had some dancing lessons from a very very dynamic duo in preparation for the party after dinner. These women were terrific-just great dancers. The party theme was the 70's and 80's retro and many came in fun costumes with platform shoes and big hair. We had a disco night of dancing and it was strenuous! We worked so hard all day--it was fun to kick up our heels at night!

We have another early start tomorrow so I better sign off for now. Thank all of you for the privilege of serving as your Chair so I could make this wonderful trip for OA.

Your Trusted Servant,

Gloria L, Region 8 Chair

chair@oaregion8.org

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6. SUNDAY AT THE RETREAT STEPS 11 and 12

Hi Everyone!

Another great day in the Neighborhood!

Sunday started out early, doing service by answering lots of questions about OA service structure and business matters, then breakfast with the wonderful Arapes, an after breakfast meeting with Pedro, Angela

Maria and Carolina about some language issues with respect to literature. Not all of the Spanish speaking countries agree on the same "version" of Spanish-more work to be done there!

Janice and I began the Sunday program with Step 11 and Pedro did a really wonderful job with Step 12, focusing on the principles embodied in each Step. He was absolutely terrific! He will be in Miami in July, as will Yehira from San Cristobal, but Yahira will be attending the recovery convention, not the Assembly.

The retreat closed with a beautiful closing that I have only experienced once before (Boomer, N.C) in my nearly 13 years in OA. Two lines very close together (like the old "London Bridges" game) are formed and the 2 people at the head of the line starting the Closing by walking between the two lines with their eyes closed, being gujided through the line by those around them with hugs all the way down the line. Everyone gets a turn to "walk the line". This is about trust in our fellows, and experiencing all the love that is out there for us. It was really beautiful and so emotional.

After lunch, from 1-7 pm Janice and I went to the Venezuelan National Service Board's Board Meeting and Assembly which was attended by about 12 people, including me and Janice. We did not have translators so we could not follow most of the discussion but we did learn all that was going on during breaks.

A dynamite new Board was elected, with Ginny Mendoza remaining as Chair. It was so rewarding to help them along the way with some parliamentary procedures and suggestions that will save a lot of time. I hope we can find a bilingual OA from Region 8 to be their sponsor-they would love that.

As I write this we are back at Carolina's and have had a nice salad at a local salad place where--believe it or not--we ran into Yahira, Pedro, Angela Maria, Esperanza and Ingrid, the new Treasurer of the NSB. Small world!

Tomorrow we will attend a local OA meeting at 10am; it is the home meeting of Belkis and Ana Maria, the dynamic dancing duo from Saturday night!

Well, I keep falling asleep at the keyboard so I will sign off now!

Your Trusted Servant,

Gloria L, Region 8 Chair

chair@oaregion8.org

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7. MONDAY BACK IN CARACAS: OA MEETING: 6/11/2012 10:39 PM

Hi everyone! Today has been a fairly quiet day for us. Janice, Carolina, Esperanza and I went to a wonderful OA meeting this morning that was held outside in a church courtyard-beautiful!

As we drove up, parked and got out of the car, one of the newcomers from the OA public information event last Thursday showed up! And 2 others came as well.

It was hard to get there because of construction around the Church but after carefully negotiating the rocks and gravel we made it. So we have managed to keep about 4 newcomers over the past 5 days and 3 more came to the meeting this morning. WOW!

At the meeting, Janice and I talked about abstinence thourgh the 12 steps and it was an emotional meeting. They served water and tea during the meeting --of water and paper cups.

Although the meeting was over at Noon, it was 1pm before we left with all the talking, hugging, taking pictures and more hugs. I felt immediately connected to such warm, friendly people!

We left quickly after that so we could get out of the area before the big political rally for Chavez, who was announcing his reelection campaign for President.

The 4 of us (Janice, me, Esperanza and Carolina) had lunch at a local restaurant which served Yucca and it was quite tasty.

Tomorrow will be our last day here because we fly out early Wednesday morning and need to be at the airport by 5am. We have hired Gabriel, an OAer who was at the retreat and drives a taxi, to take us to the Airport! HP is taking care of us by helping us find a trusted servant for this important task!

Tomorrow we will get in a little play by taking a tram up the mountains and then an OA meeting at night.

It will be so sad to leave but also good to get home. I will try to write tomorrow but may not get the chance, so don't worry about us if you don't hear from us tomorrow.

Much Love to all
Your Trusted Servant,

Gloria L, Region 8 Chair

chair@oaregion8.org

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8. SAYING GOODBYE TO CARACAS AND ALL OUR FRIENDS TUES/WED 6/12 AND 6/13: MEETING< TRAM< GROCERY STORE<AIRPORT

Hi Everyone!

Thanks for traveling with us on the Venezuelan blog! Yesterday was a half play day and a 3/4 service day! I know that adds up to more than 1 day but that's the way it has been, living a day and a half in every day!

We started out slowly and headed for the tram that goes up the mountain, getting there about 11:15am only to find out they had decided to open at noon! So, being COE's we decided to head off for lunch and come back.

We went to a wonderful place where they served delicious roasted chicken, yucca and salad. We had a great time.

Then we headed back to ride the tram up the mountain and it was really breathtaking. Those of you who were in Medellin will remember what a great experience that was and this was just as spectacular. I think it was prettier here though.

At the top we got out and walked up further and took pictures. We were not able to see the sea because of the cloud cover. That was a little disappointing but it did clear up somewhat before we headed back. In the tram on the way back we sat with a young man from the town where Carolina was born. He is a medical student and was visiting Caracas because he had some business at the embassy. Victor was of Italian descent, very very nice and polite and we dropped him off at the subway to catch a train home on our way home.

But first a trip to the grocery store which is always very interesting in a foreign country. Carolina has fed us such great abstinent meals with plenty of delicious fresh vegetables! She is a wonderful cook and about the best driver I have ever seen, especially in this horrible Venezuelan traffic. It takes her about 20 minutes when she leaves her condo just to get to a point where she can make a U turn to go in the direction she usually needs to go!

Then it was off to the 7pm OA meeting where we saw a lot of old friends and met 3 newcomers. A couple weeks earlier Carolina had participated in a radio show about OA and it brought in a lot of newcomers! Janice and I each spoke and of course since it was our last night and we had to say goodbye it was very very emotional. We have made so many new friends who have touched our hearts. I will never forget this place and these wonderful people.

This morning it was up at 3am to leave at 4am for the airport. Our driver was Gabriel, who had been at the retreat and is an OA member. Another wonderful story there!

So we should board in about 45 minutes and we are anxious to get home. We love Venezuela but love home too!

Thanks again for following us online. We are so grateful to be PASSING ON the message of recovery and thank Region 8 for this wonderful opportunity.

Love Gloria and Janice-

Your Trusted Servant,

Gloria L, Region 8 Chair
chair@oaregion8.org
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WORLD SERVICE BUSINESS CONFERENCE REPORT FROM REGION 8 CHAIR

MAY 2012

Welcome and first impressions:

Hi Everyone:

Coming to you from Albuquerque, N.M. and the World Service Business Conference! There are lots of us here from Region 8: 24 Delegates, 3 Trustees and 1 Chair, for a total of 28!!

It is very exciting to be here among so many OAers with long term, committed abstinence, from all over the world who are interesting, fun and just altogether delightful! WOW!

Monday May 1 I attended my first meeting of the Region Chairs Committee with the other 9 Region Chairs. Those of you who went to Medellin will remember meeting many of them at our Assembly. They are just wonderful people!

Region Chairs Forum; Region Chairs Committee

Wednesday May 3 the Region Chairs put on the forum called "Conceptualizing Principles" which was a fun way to present the 12 concepts of OA Service and the principles they embody. We paraded into the room singing "I love a Parade" dressed up in circus costumes and sang and danced and illustrated the concepts in action --with stories and skits. I was a painted clown for OA!

Do you read the Twelve Concepts of Service in your business meetings? You can view them at <http://www.oa.org/membersgroups/the-twelve-concepts-of-oa-service/>. The Region 8 Board and Committee Chairs would love to come and do a workshop for you on this valuable topic and other topics in the OA Action Plan (f/k/a OA Strategic Plan). **Please contact me (chair@oaregion8.org) to arrange a date that works for you.**

I have another new service position. I was elected Chair of the Region Chairs Committee on Wednesday. My wonderful roommate (who I just met) Region 9 Chair Susan S, is the Vice Chair-we are both Green Dot Chairs (until the end of Conference) so this should be fun!

Adoption of New Literature:

Friday May 4 we adopted 4 new pieces of OA literature:

1. A rewrite of "Before You Take That First Compulsive Bite"
2. A rewrite of the pamphlet "To the Newcomer" which had the famous "Fifteen Questions". Now that we have 15 new or rewritten questions, this will also require a change in the 15 Questions and in every pamphlet that contains the original 15 Questions to avoid confusions, especially for newcomers. I am all for avoiding confusion!
3. Rewrite of the Pamphlet "Sponsoring Through the 12 Steps"
4. An electronic workbook to accompany the "Voices of Recovery" which will have a question or 2 for every day of the year to accompany each day's reading in the Voices of Recovery. The electronic workbook will be an interactive PDF file downloadable from the OA.org website.

I am especially proud of the rewritten "Before you Take that First Compulsive Bite" because I chaired the Subcommittee of the Conference Literature Committee that rewrote the pamphlet. We do get to help make a difference in OA with our service. Barbara T from Palm Beach Intergroup was also a member of the

subcommittee, so kudos to Barbara for all her fine service. Region 8 Rocks! Watch the OA.org website to see when the new literature will be released.

OA World Convention:

Start saving your pennies and quarters for the OA World Convention next year in Cleveland Ohio from August 29-September 1, 2013. The theme is "Recovery to Rock Our World"!! You won't want to miss it.

OA's Action Plan:

The Region Chairs had a joint session with the Board of Trustees to discuss OA's Strategic plan. You can look at that on the OA website - http://www.oa.org/pdfs/Ops_2012_WEB.pdf. Looks like we're in for a new name – OA's Action Plan! You will be hearing more about the OA Action Plan in our July Region Assembly!

WSBC Committee Meetings:

Wednesday afternoon encompassed committee meetings. All Region 8 Delegates should be reporting on what they took away from the meetings. This work goes on for the entire year. We were well represented at Bylaws, Conference-Approved Literature, Finance, Professional Outreach, Public Information, Region Chairs, 12th Step Within, Unity with Diversity, Web/Technology and Youth in OA. As noted above, I am a member of the Region Chairs Committee ("RCC"); in fact, I am the Delegate Co Chair of the RCC with Janice S, one of our General Service Trustees from Region 8 who is the Trustee Co Chair. AEEEEHHHAA! Burt T from North Florida Intergroup is the Delegate Co-Chair of the Web/Technology Committee. Congratulations Burt!

Our Region 8 committees can and do work closely with WSBC Committees to share information and recovery ideas and you can do the same thing for your Intergroups and their committees.

Region 8 Dinner

As Chair, it is my privilege to arrange and host the region 8 Dinner which was on Wednesday evening, May 3. We held it right at the hotel and it was great and we were well taken care of. All delegates, plus our Region Chair Gerri H and the 2 General Service Trustees from Region 8, Janice S and Karen C also attended. We had a nice visit and the green dots had an opportunity to meet with their mentors. We work hard at the business of OA, so the chance to socialize and kick back was really nice. In addition to the southeastern states, we were also represented this year by delegates from Venezuela, Costa Rica, Aruba and Brazil. SOAR 8 is truly an international region!

Business Meetings and Synopsis of Motions considered:

On Thursday, the business meetings started in earnest with lots of updates and reports

On Friday morning, we voted for Region Trustees. Mary Rose Dallal (region 6), Vicki Wilcox (Region 2) and Esti Ordan (Region 9) were elected for 3 year terms. General Service Trustees Joe Lawson and Tina Collins were elected to 3 year terms and Michael Buckley was elected to fill a 1 year term. Congratulations to those who received a second year term, as well as to our new 'green dot' trustees, Tina and Vicki.

Below from our Region 8 trustee, Gerri H is a synopsis of the motions that were considered. Those with numbers are bylaw amendments. The letters are policies:

- Proposal Item A – adopted on the consent agenda, to include virtual service boards in the list of service bodies requested to contribute and apply for funding from the Delegate Support Fund
- Proposal Item B - This was adopted and is important, because it affects what AA literature you can use in your meetings. AA books and booklets with an original copyright of 2010 or earlier are approved to be used in an OA meeting. Any additional edits of these books and booklets are included. AA pamphlets and any future AA books and booklets will not be considered as approved literature to use in an OA meeting. You may read whatever you like when you are not in an OA meeting.

- Proposal Item C – adopted, to reflect our current practice that service bodies may form service centers to assist them with communicating with groups, to carry the message, as long as they adhere to the traditions and are guided by the concepts of service.
- Proposal Item D – adopted on the consent agenda, also reflects current practice where a group can restrict access to the meetings because there is already limited access, such as on military bases, ships or institutional settings.
- Proposal Item E – adopted on the consent agenda which clarifies that OA doesn't provide group liability insurance
- Proposal Item F – the motion was withdrawn for more work. It encompasses a statement on core values. It was too vague.
- Proposal Item G – reflects the current practice of protecting anonymity for members at the level of public media of communication – that is the internet, by removing last names on any reports from conference which are on the OA website. We approved it on the consent agenda.
- Proposal Item H – adopted on the consent agenda, to reflect our practice of debating bylaw amendments only as authorized by the current fellowship, and no motions would be carried over to a subsequent year.
- Proposal Item I – adopted to remove our restricted fund for translations, because it is already in our operating budget. Any funds left over must be used for translations.
- Proposal Item J – adopted to limit delegates from Intergroups & Service Boards attendance at WSBC to 4 consecutive years, with a possible 2 year extension. After that you'll need to rotate out for a year. This is in line with Tradition 2 & Concepts 12a and 12c. If there is a hardship, a waiver can be submitted to the BOT for consideration.
- Proposal Item 1 – adopted on the consent agenda – this clarifies the term 'registered' with reference to groups as defined in the bylaws. (Article VII – Regions, Section 2 – Regional Assemblies.
- Proposal Item 2 – adopted on the consent agenda – removes the words region and intergroup and replaces with service body (Article X – Meetings of Delegates, Section 4 - Notice.)
- Proposal Item 3 – adopted on the consent agenda – cleans up language – replaces the word full with regular. (Article IX – Board of Trustees, Section 6 – Election of Trustees.)
- Proposal Item 4, 5 & 6 – adopted together as amended – All three motions related to the same issue, with regard to Intergroups, Regions and Service Boards. You will now need to update your bylaws whenever the OA, Inc. Bylaws are amended and affect yours (such as the definition of a group was modified at 2011 WSBC) Your bylaws must be amended in two years. (Article VI – Intergroup, Section 2 - Registration – Meetings of Delegates, Section 4 – Notice, Article VII – Regions, Section 3 – Registration and Article VIII – Service Boards, Section 3 – Registration)
- Proposal Item 7 – Adopted with amendments. This provides a consequence if your service body doesn't amend bylaws with the two years. The IG, Region or SB will not be permitted to register delegate(s) for the current Conference. (Article X – Meetings of Delegates, Section 3 – Delegates) * *note- if you have not amended your bylaws within the last year, or have never amended your bylaws, that affects your service body.*
- Proposal Item 8 – adopted on the consent agenda – cleans up the language in the bylaws to accurately reflect the current tasks and direction of the WSBC Finance Committee (Article XI – Conference Committees, Section 3 – Finance Committee)
- Proposal Item 9, 10 & 11 – adopted on the consent agenda – provides the same language defining an OA group, by adding that groups are guided by the Twelve Concepts of OA Service (Article VI - Intergroups, Section 2 – Registration, Article VII – Regions, Section 3 – Registration and Article VIII – Service Boards, Section 3 – Registration)

- Proposal Item 12 – adopted the creation of a 17th trustee for virtual services, A VST. (Article IX – Board of Trustees, Section 1 – Composition)
- Proposal Items 13 and 18 – adopted together with amendments. This amendment protects groups from being arbitrarily deregistered, by requiring a written request to the WSO, Region Chair and Trustee. (Article VI – Intergroups, Section 3 – Functioning and Article VII – Service Boards, Section 4 – Functioning)
- Proposal Item 14 – adopted on consent agenda - cleans up wording, changing that the BOT shall “speak on behalf” of OA, rather than being a ‘spokesman’. (Article IX – Board of Trustees, Section 2 – Duties and Responsibilities.)
- Proposal Item 15 – adopted on consent agenda - makes the language of the bylaws gender neutral by changing “chairman” to “chair” (Article X – Meetings of Delegates)
- Proposal Item 16 – adopted on consent agenda - makes the language of the bylaws gender neutral by changing “chairman” to “chair” (Article XI – Conference Committees)
- Proposal Item 17 – adopted on consent agenda - makes the language of the bylaws gender neutral by changing “chairman” to “chair” (Article XIV – Section 1 - Procedure)

A grand total of \$3,810.78 was donated in 7th tradition.

We said goodbye to Cheryle Touchton GST and Wanda Stayton, Region 3 Trustee, who rotated out of service.

BOT Elections:

At the Board Meeting following the close of conference on Saturday, Teresa Kopel was elected to Chair, Joe Lawson to 1st Vice Chair, Barbara Bertelson to 2nd Vice Chair and Karen Cornacchia (from Region 8) to Treasurer. Region Trustee Gerri H I will be serving as chair of the Conference Planning, which means that she will chair a committee to determine the theme of next year’s WSBC.

International Language Committee:

Here is a report from our Region 8 Trustee Gerri about a very special meeting:

“There was a very exciting meeting which took place over lunch on Thursday. Delegates from Venezuela, Costa Rica, Mexico, Spain and Brazil met with the International Language committee (Gerri Helms, Region 8, Esti Ordan, Region 9 and Faith Mahoney, Region 10) and Terry Stuart, WSO staff. We talked about how to unite the Spanish speaking countries for translations. There was much discussion about how each has different dialects and is very proud of their own languages. We finally agreed to try something new. ILC will fund a translation of one of the newly approved pamphlets, in the most simple of language to see if each of the Spanish speaking groups can ‘live with it.’ If this works, it will change how we move forward with Spanish translations, so that every country doesn’t have to do their own translations. This will save us all a lot of money. We are very excited about the prospects!”

Closing:

In closing I want to thank Region 8 for allowing me the privilege to attend WSBC as your Chair. I also want to thank all of the Delegates for their committed service to Region 8 and to OA. It was the best ever WSBC for me, and I thank each and every one who contributed to making it possible! It was such an incredible experience and a boost to my recovery; I hope you will consider attending!

Love and thanks, Gloria L, region 8 Chair

Recovery: Pass It On!

REVISED AGENDA FOR REGION 8 MIAMI BOARD MEETING

FRIDAY, July 13, 2012

8AM-9AM Informal gathering of Board –please feel free to bring Breakfast

9AM -Board Meeting Convenes

Old Business

1. Topics for November St Pete 2012 Assembly for Presentation and Discussion (VC)

- 1) What is your action plan and how have it changed over the year(s)
- 2) Describe how your action plan cover the emotional, physical, and spiritual aspects of the program
- 3) Where do you place the action plan in priority to the other tools and why
- 4) Describe how the action plans make you program easier to follow and give some examples.

2. Revising Hosting Manual-status

3. Prepare for Forum: **OA Action Plan** ((f/k/a Strategic Plan)

4. Changing Fiscal Year to Calendar Year-status (Treas.)

5. Technology- Future use of OOVOO for Board Meetings and other options (free-conferencing technology, etc) status

New Business

1. Finances – Proposed Budget Amendment

2. PASS IT ON- What can we do as a Board to help each other in our recovery?

3. OA's Action Plan/f/k/a Strategic Operations Plan –Region and Chair responsibilities

4. Guidelines for appearing at professional conventions where OA has a booth or table

5. Status of IG Chairs email Loop-defer to afternoon when Committee Chairs check in

6. Nominations: VC and Secretary; Region Chair

7. Exchange of information from one service body to the next for assembly/convention registration; eventbrite use of OA information.

8. Funding and Education of WSBC Delegates

9. Other new business?

Lunch

12 noon Break for lunch

Reconvene

2:00 p.m. Board Meeting Reconvenes

Funded Committee Chairs join Board Meeting (Check in & update on Committee issues & activities, questions, concerns, issues)

4:00 p.m. Meeting Adjourned

Intergroup Outreach Committee
OA Region 8
Quarterly Report June 2012

Activity for this committee is picking up as the July Assembly draws nearer. Here's what's happened since our last assembly in Raleigh Durham:

- **Quarterly IG Chair Phone Conference.** Even though this call was held on Father's Day, 11 Intergroup Chairs and committee members participated on the call. Everyone shared questions and issues facing their intergroups. Those on the call expressed gratitude for having the opportunity to discuss issues specific to intergroups. We will request assistance to have the next call via teleconference.
- **IG Sponsorship Program.** The Sponsorship Program link/OA.org website is working very well. Requests received through this link are sent information on how to "get" an intergroup sponsor together with a list of available sponsors. Subcommittee Chair Frances W. keeps this list current. In addition, an email is sent out to everyone each quarter inviting experienced COE's to serve as sponsors for intergroups.
- **Scholarship Program.** We have received one request for financial assistance to bring a delegate to the business assembly in Miami. Several intergroups are passing an extra basket to assist bringing delegates to the business assembly. Two additional requests are pending for the St Pete Business Assembly.
- **Intergroup Chair Breakfast.** We had lively sharing and discussion at our breakfast in Raleigh Durham, with 18 intergroup chairs/or designees attending. We look forward to seeing everyone at the IG Chair breakfast on Sunday morning in Miami!
- **IG Chair Loop Mailing list.** Another top priority, this list is out of date and we are unable to update the list at this time. Any new names received are sent to the Region 8 Secretary, so when we have our new loop, we will be ready to go. At the present time, I have duplicated the list and have begun adding and deleting new intergroup chairs to "my" list as I receive them.
- **Unaffiliated Meetings.** We have just received a list and contacting these groups will be a top priority at the Miami Assembly. Pat L. will be Subcommittee Chair for this important project.

Blessings,

Betty Smith
IGOR Chair/Region 8
igorchair@oaregion8.org

Motion: Move to amend the Southeastern Overeaters Anonymous Region 8 Bylaws by deleting and inserting as follows:

ORIGINAL WORDING (SOAR 8 BYLAWS, ARTICLE III, PAGE 16)

ARTICLE III – COMMITTEES

Section 1

The Region-8 Business Assembly shall form Committees, Subcommittees and Ad Hoc Committees as are deemed necessary for the welfare and operation of Region-8, Inc.

- A. Region-8 Committee Chairman shall be nominated by said Committee and appointed by the Region-8 Board yearly at each late October early November Region-8 Business Assembly.
 - 1. To be eligible for appointment, a person must:
 - a. Be a past or present Region-8 Representative.
 - b. Have served on the Committee for which he or she is being appointed chairman.
 - c. Have attended two or more Region-8 Business Assemblies held during their term of office as Region-8 Representative.
 - d. Have arrested his/her compulsive eating and be living within the concepts of the Twelve Steps of Overeaters Anonymous for one year.
- B. Region-8 Committee Chairs shall serve no more than four consecutive years (each term to be 2 years in length) in the same position, whenever possible.

PROPOSED WORDING (SOAR 8 BYLAWS, ARTICLE III, PAGE 16)

ARTICLE III – COMMITTEES

Section 1

The Region-8 Business Assembly shall form Committees, Subcommittees and Ad Hoc Committees as are deemed necessary for the welfare and operation of Region-8, Inc.

- A. Region-8 Committee Chairman shall be nominated by said Committee and appointed by the Region-8 Board yearly at each late October early November Region-8 Business Assembly, **on the following schedule:**
 - 1. **Even Years: Ways & Means, Intergroup Outreach, and By-Laws/Electronic Documents**
 - 2. **Odd Years: Technology/Web Site, Twelfth-Step-Within, Unity with Diversity, Public Information/Professional Outreach Committee**
- B. To be eligible for appointment, a person must:
 - 1. Be a past or present Region-8 Representative.
 - 2. Have served on the Committee for which he or she is being appointed chairman.
 - 3. Have attended two or more Region-8 Business Assemblies held during their term of office as Region-8 Representative.
 - 4. Have arrested his/her compulsive eating and be living within the concepts of the Twelve Steps of Overeaters Anonymous for one year.
- C. Region-8 Committee Chairs shall serve no more than four consecutive years (each term to be 2 years in length) in the same position, whenever possible.

Submitted By: Bylaws and Policy and Procedure Committee and the Region-8 Board

Intent: It has come to the attention of the Board and the Bylaws/Electronic Documents Committee that the current By-Laws force simultaneous turnover of all seven Standing Committee Chairs, while also stating that the Chairman and Treasurer are elected in odd years; and the Vice-Chairman and Secretary in even years (Article V, Section 6.A.1). The resulting 82% turnover is destabilizing to the essential workflow and communications of Committees and the Board. The intent of this motion is to resolve this by staggering the 2-year terms of Committee Chairs.

Implementation: Implementation requires both a By-Laws change as above, and an initial, one-time, limited Executive Order to suspend the By-Laws for a one year adjustment period only. During this adjustment period, each Standing Committee must decide whether to extend or reduce its current Chair's term, elect an interim chair, or otherwise prepare to commence new terms in 2013 for the odd-year Committees and 2014 for the even-year Committees.

Cost: None

Rationale: Clearly the best interests of Region 8 are served by ensuring the greatest possible operational stability. This proposal staggers Committee Chair terms in alignment with the Board member(s) and Committees that are most relevant to their work, greatly reducing risks to the stable flow of information and effort.

Motion for Miami Business Assembly

Move to make the by-laws consistent with current practice by amending Article VII, Section 1, Part A. Page 12 as follows

Current Wording A. Region-8 shall hold regular Region-8 Recovery Convention and Business Assemblies three (3) times a year, on a rotation basis among the states, countries and territories in the Region as approved at the ~~previous Region-8 Business Assembly~~.

Proposed Wording A. Region-8 shall hold regular Region-8 Recovery Convention and Business Assemblies three (3) times a year, on a rotation basis among the states, countries and territories in the Region as approved at the Region 8 Business Assembly one year previous.

Intent:

To make the By-Laws consistent with current practice, which allows the hosting intergroup 12 months to prepare for the Assembly and Recovery Convention.

Cost: None

Rationale:

Whether by original intent or accident of wording, the current by-laws read that the site an assembly shall be chosen at “the previous meeting” implying the one four months before. This is not practical as it would not leave a local intergroup enough time to prepare and is, in fact, not our practice as a region.

Submitted by the Bylaws/Electronic Documents Committee

Region 8
Treasurer's Report
June 30, 2012

For the month of June 2012, Region 8 expended a total of \$374.05 while receiving a total of \$1,281.87. Including all outstanding checks and deposits, the current checking account reconciled balance is \$28,350.79 with our prudent reserve at 82%.

Respectfully submitted

Patti Schumacher
Region 8 Treasurer
6/30/2012

Southeastern Overeaters Anonymous
 Region 8
 Four Month Report
 March 2012 - June 2012

Income	Mar - June
Contributions	6,395.07\$
Region 8 Assemblies	3,147.57\$
Assembly 7th Tradition	438.50\$
Way and Means Projects	426.00\$
Seed Money Returned	500.00\$
IGOR Projects	15.00\$
Quarterly Appeal	6.00\$
TSW Projects	26.00\$
Reimbursements	15.00\$
Total Receipts	10,969.14\$
Expenses:	Mar - June
Chair	67.16\$
Treasurer	61.15\$
Board Travel	2,208.20\$
Parliamentarian	314.52\$
Chairman-Other Travel	1,585.70\$
Chairman-WSO Expenses	1,179.55\$
WSBC Region Delegate Travel	2,128.73\$
Committee Chair Travel	2,719.89\$
Seed Money	1,000.00\$
Committees:	
Tech/Web	29.95\$
IGOR/ Rep Funding	144.26\$
Ways and Means Projects	288.90\$
Corporate Expenses	250.00\$
Miscellaneous	
Website hosting annual fee	137.40\$
PayPal Expenses	4.86\$
Total Expenses	12,120.27\$
Net income (loss)	(1,151.13)

Budget for SOAR 8 Convention and Assembly
Raleigh, NC – March, 2012
Budget vs. Actual, updated March 26, 2012

*INCOME	BUDGET	ACTUAL
Registration (182 at \$35/10 at \$50)	5000	6870
Lunch (quantity 93)	2800	2604
Dinner (quantity 103)	3400	3502
Boutique	500	163.36
Raffle	400	589
Literature	250	85
Donations	0	413
Seed money	500	500
Petty cash from convention	0	745
pens	0	126
Miscellaneous	0	366.76
Total Income	12850	15964.12
EXPENSES	BUDGET	ACTUAL
Lunch	2402	1734
Dinner	2922	2321
Service charge, tax	0	1307.13
room reset fee	0	65.12
coffee service for assembly	0	211.49
screen rental	500	149.45
Dance Floor	0	0
Change for Convention	170	0
DJ/Juke Box	300	225
deposit	75	75
Decorations/signs/banner	150	121.98
Paper/pens-Love note	25	0
Printing (Regstr./pgm)	100	0
Nametags	50	0
Money boxes (4)	25	69.56
Checking acct fees	50	23.38
Supplies for Hospitality	250	241.87
Supplies for Registration	100	194.97
Refunds	0	412
Speaker expenses	255	0
Taping (2 lunches/2 dinners)	340	0
Program	50	96.29
Literature	250	249.28
Raffle	10	0
Boutique	160	0
scholarships	0	119
pens	0	151.73
PIPO	0	10.5
Petty cash for convention	0	745
Marriot; room rental, AV	0	481.88
Total Expenses	8184	9005.63

SOARING TO RECOVERY – EMOTIONAL, SPIRITUAL, PHYSICAL

March 9 – 11, 2012 at Embassy Suites – Crabtree, Raleigh, NC

CHAIRMAN FINAL REPORT

Number registered at convention and assembly: 182 early registrations, 10 late registrations,)

Number registered at Hotel: ?

Number of guest rooms used: We planned a block of 30 hotel rooms per night, but actually booked 49 hotel rooms at the Embassy Suites and another 6 hotel rooms at the Marriott next door during the weekend.

Number reserved for Banquet and Number served at Banquet: We guaranteed 110 meals and served 106.

Price per ticket for Banquet: Cost per meal was \$34 (\$22.53 plus 22% hotel service charge, 8.75% tax and an approximate \$4 surcharge which offset other hotel meeting room costs.)

Number reserved for Luncheon and Number served at Luncheon: We guaranteed 100 meals and served 100.

Price per ticket for Luncheon: Cost per meal was \$28 (\$17.34 plus 22% hotel service charge, 8.75% tax and an approximate \$4 surcharge that offset other hotel meeting room costs.)

Number of photocopies made during SOAR 8 Business Assembly: 25 copies were made for the SOAR 8 Business Assembly at no charge

Total amount received from Registrations (seed money not included): \$6870

BUDGET

(detailed budget provided)

Income with respect to the convention was \$15,964.12, which includes registration, meals, Boutique, Raffle, Literature, Donations, Seed money, Petty cash returned to the checking account after the convention, souvenir pens, and a category of miscellaneous income. The latter represents funds for which the source cannot be determined. In the future, I suggest the treasurer and registrar work closely together. Expenses for the convention are \$9005.63, which leaves a net income of \$6958.49, which is the current checking account balance. Subtracting \$500 to pay back the seed money leaves \$6458.49. Subtracting the Boutique funds of 163.36 leaves \$6295.13 to be split with SOAR 8: \$3147.56 to Triangle Intergroup and 3147.57 to SOAR 8. Of the funds earmarked for Triangle Intergroup, we will send \$73.50 each to the Triad and Piedmont Intergroups for the IGs to use toward their SOAR reps' expenses for a future assembly. This represents our share of the funds left over from scholarship donations. Final checks to be written: \$500 to SOAR 8 (seed money); \$73.50 to Triad Intergroup; \$73.50 to Piedmont Intergroup; 3147.57 to SOAR 8; and \$3163.92 to Triangle intergroup.

DECORATIONS

Budget \$150

Actual Budget (See Audrey's accounting)

Printing and Balloons - \$121.98

There were two limitations upon the committee, Hotel restrictions and volunteers. As a chair was not found this task was taken by the Co-Chair. Working with the Hotel Liaison the rules were set as follows:

- Nothing attached to walls except "Post-it" style flip charts
- A banner may be displayed, the Hotel staff would hang this.
- Nothing hanging from ceilings, light fixtures, etc....
- Fire and Emergency exits and other rules need to be respected including handicap accessibility.

Ideas of doing mobiles with clouds, planes and balloons were dropped after the hotel guidelines were received. We went with the simple idea of Balloons and Banners. Gloria, SOAR 8 Chair, requested we do 3 wall hangings of the Steps, Traditions and Concepts. I had these printed on paper that was 24" x 52". These were hung on the wall by attaching them to "Post-it" flip charts and were used in the room with the business meeting.

A banner design incorporating the logo designed for the conference, the SOAR 8 Logo and listing of places was drawn up. This was approved by the Vice Chair and the Conference Chair. This was provided to the Hotel. It hung outside the conference room.

Balloons were latex and we got the "goo" called Hi-Float. It was squirted into the balloons prior to filling and kept most of them floating for the length of the conference. Balloon weights were lent by the Chair.

ENTERTAINMENT

Skit

The entertainment committee started by reading skits on an unofficial website that posts 12-step skits, http://www.recoveryskits.com/SKIT_LIST.html. Members brought their favorites (or descriptions of their favorites to the committee as a whole and we selected one modeled after “The Dating Game” called “The Sponsoring Game.” However, it did not cover the ideas of working a physical, emotional, and spiritual program that was the theme of the conference so we decided to re-write it. The committee brain-stormed ideas and the task of drafting a new “commercial” conveying the conference theme was taken on by one member and that of modifying the skit to reflect the theme was taken on by the chair. Drafts were then submitted to the remainder of the committee for corrections and revisions until a final draft was completed and submitted to the vice chair for approval.

We found that it was harder and took longer than anticipated to cast all the roles within the Chapel Hill area. Although the purpose of trying to cast all the roles in one city was to make meeting for rehearsal easier, it was still very difficult to find times that everyone could participate in rehearsals. Although some people met to rehearse together (particularly for the “commercial”) the entire company was only assembled twice—once about 2 months before the Assembly and once the day of the performance. Everyone was encouraged to run lines and practice on their own with the help of friends for cuing. People who were nervous about remembering lines were allowed to read, but encouraged to put their parts on index cards rather than holding up their scripts. (Transferring the lines to index cards may have also helped memory.)

We had two volunteers from IG to provide sets, props, and costumes, though actors were encouraged to build their costumes on things in their own closet. These touches really brought the skit to life and we are very grateful for this work. (Thanks Patrick and Alicia!)

Given the size of the audience, the skit could not have succeeded without microphones. Jim Hoffman at Vision Audio provided these as part of the taping service. Otherwise these could not have been obtained on the entertainment budget. The same is true for microphones for the talent after the banquet.

Skit Lessons Learned

- Creating your own skit or adapting from other material is fun and assures that the audience will not have seen it before. There are people in every group who are, or would like to be, writers.
- Start casting and scheduling rehearsals at least as far in advance as the hosting manual says, even though it seems very early. If you are hosting in March, allow for the time you will miss around the winter holidays. However, be aware that early casting may lead to people dropping out because of illness or competing demands as it gets closer to show time.
- Approach individuals about their willingness to take a part rather than just announcing the need for actors at meetings. Ask people to tell you frankly whether they would be willing to take a large part or would prefer a smaller one.
- Plan to use microphones and estimate, early on, the minimum number you can use—allowing for actors to share them. Ask if the person taping for the meetings can provide this equipment. Otherwise, ask among members who perform and might have mikes and amplifiers.
- Remember that no one expects Broadway. This is a loving and accepting fellowship and mistakes just add to the fun.

After-Banquet Entertainment

There were no local DJs that had list prices as low as the \$300 in the budget. One DJ agreed to work with us for the budgeted amount, primarily because we did not need any “frills” such as mikes for the speakers and entertainment (Thanks to Vision Audio), and, I believe, because he wanted to give a young DJ —the company owner’s son—some additional experience. Otherwise, renting a juke box might have been a cheaper option than a DJ though still expensive in our market. As much as I love to dance (and enjoyed dancing at this event), the number of people who stay long enough to dance may not justify the allotted expense of \$300, or the larger amount that would be needed if list price were paid.

We recruited 4 singing/instrumental acts in addition to one dance act more than six months before the event; but two acts dropped out in the last couple of months. In hindsight, that might have been good because otherwise the dancing would have started even later and fewer people would have stayed. It may be best to choose between performers and a dance or performers and karaoke. As suggested in the hosting manual, we provided the guidelines that material did not have to be explicitly about recovery, but should be consistent with, or at minimum not be in opposition to, program principles (e.g., Do not perform “Food, Glorious Food” from *Oliver*.)

We held one run-through of the talent acts to hear/see the material that was going to be used and time the length of the performances. We did not have any problems with material or quality of performances, but this would have been the time to make adjustments if needed. Otherwise, we expected performers to be responsible for their own rehearsals.

The only criticism received (on evaluation forms or orally) was that it started too late because of dinner, speaker, raffle drawing for a large number of items, and then the entertainment. We were handicapped by our own success and could not begin any of these activities until all serving was completed. In a larger room, it might be possible to do raffle drawings or begin the speaker while some people are finishing their meals as typically happens at non-recovery banquets. However, I have never been to a SOAR assembly in which the entertainment did not start very late. Perhaps we should consider having the raffle-drawing, entertainment, or both at some other time during the weekend or begin dinner earlier (though I know people need a break between the business meeting or workshops and the banquet.

After-Banquet Entertainment Lessons Learned

- Investigate ways to start earlier
- If using live performers, schedule a time in advance for sound checks before the performance.
- If using *volunteer* live performers, recruit more acts than you will need to allow for attrition. You can adjust the maximum length of each act to shorten or lengthen, as needed.
- As with the skit, look for free or inexpensive ways to obtain the use of microphones and amplifying equipment. (Vision Audio was a God-send for us.)
- In some markets, you cannot provide a DJ or other professional entertainment within the \$300 budget line item. Consider increasing the line item or relying entirely on volunteer performers or donated equipment.
- It is essential to have a good hotel liaison and work closely with that person about the space and resources needed for both parts of the entertainment. Ours was amazing, as were our chair and vice chair who also fielded questions and problems in this area.

DRAWING

The total collected and forwarded to the Triangle IG was \$589.00. This does not include the 50% of the 50-50 raffle that was given to one lucky winner. Here now is the breakdown of funds collected:

50 – 50 Raffle - \$265.00 was collected (\$132 went to a lucky member and \$133 was given to our IG along with monies collected from other raffle items and flowers.)

Raffle and flowers: \$456.00 was collected

Total \$133 + \$456 = \$589.00

**A starter amount of \$65.00 was given to me by the treasurer for the event and this same amount was returned.

Possible things to consider or repeat if I had to do this over again:

- ❖ Asking groups to donate gift cards or cash towards the purchase of gift cards was a great idea. Visa cards were purchased from a local Credit Union as their fee is just \$1.00. Other establishments charged \$5 per card.
- ❖ Money donated by groups was used to buy gas cards from a national chain so lucky winners would have no problems using their gift.
- ❖ Money was also used to buy other items that members would find useful or definitely want.
- ❖ The amount of tickets in each bag in front of an item to be raffled indicated that members liked this idea.
- ❖ Some gift baskets were donated but the question posed several times was “How am I going to take this on the plane...”
- ❖ Have tape and scissors handy.
- ❖ Brown lunch-type bags were placed in front of each item.
- ❖ A picture of each item or clip-art of the item was stapled to each bag.
- ❖ Because several bags were knocked on the floor a few times, placing a piece of tape on the bottom of the bag helped secure it and eliminate the problem.

- ❖ One great thing to consider is how many items there are to be raffled and make sure that there is enough space or tables to display them or make sure that another table can be retrieved and used.
- ❖ The gift cards were held in my possession until the drawing. The stapled card on each bag let members know that the bag was for example a \$25 Visa card, a \$25 gas card, etc.
- ❖ The hotel covered all the items with sheets overnight and this was a helpful thing.

Each IG Rep was asked to go back to their homegroup and ask members if they would be willing to help sell raffle tickets. This information was also posted in the monthly Newsletters. Having volunteers was so good for it would not have been as successful had this project been worked on by just one.

TAPES

Jim and Maria Hoffman of Vision Audio provided all of the AV for the Business Assembly, Workshop Rooms and our entertainment on Friday and Saturday night. Jim is very knowledgeable and his services were invaluable. They did not charge for their equipment, but we provided their room and meals.

EVALUTIONS

RECOVERY SURVEY SUMMARY

WORKSHOPS:

Should we have more/less?

Wonderful selection, just right

Love the workshops

Just right

I thought work shops were great –format good

Just right number

Perfect amount – choice of 3 each hour

More on Sat. 5-6 pm

More

I think that was right amount

Less

Perfect

Less – 2 topics in larger rooms

Liked having choices

Right on – 3 choices – some much service!!

Did the Topics meet your recovery needs? Lots of yes

Did the Topics help your understanding of OA? Lots of yes

Did the Topics help your understanding of Region 8? No; not really what did I miss; no; yes

Did you like the format?

The printed workshop sheet I had (and some others had) did not have all 3 workshops for the Sat 3-4 time slot; 1 slot was cut off

Yes but speaker should be longer

Not stimulating enough

Yes

Allow speakers more time in workshops

Could repeat workshops so you need fewer leaders and attendees have more than 1 chance to see each workshop

Suggestions for future Topics?

Working Steps 4-9 to heal from anger

Silent workshop

Being a sponsor/sponsee

How to work with 'problem sponsees'

Return from relapse

Working a progressive recovery from our progressive disease

Sponsorship – how do I sponsor? What should I expect from a sponsor?

Finding a sponsor
More sexuality workshops
Anorexic and Bulimia
Domestic violence and OA program

CONVENTION:

Format

Good
Excellent
Very good
Terrific – se well organized – thank you so much
Super
Good
Great
great

Registration Procedure

Great
Great
Easy – well organized – the best
Good
Excellent
Did not care for computer site
Easy online
good
Other than the post office glitch – very smooth
Not too clear, crowded hall
Ok- could have used 2 workers
PO address was fiasco
Very good
Good
ok

Registration Packets

Fantastic
great
Good but more in it than necessary - ecologically
put in couple of blank love notes next time
Maybe folders next time
More oa info
Good
Very helpful – info about Crabtree Valley
I would have liked more OA in there – something encouraging; it is a huge step to be here at all
Needed explanation/map of meeting rooms
Very good
helpful

Hospitality Suite

Great
Wonderful
Good
Good
Ok
Nice
Excellent
Discombobulated

good
Crowded but fine
Kind of small but ok

Luncheon

Delicious
good
Excellent
Very good
Yummy
excellent
I kissed the chef at lunch. REALLY!
Food tasty- service great
Chicken was dry – dark meat would have been good
Food tasty – service great

Banquet

Excellent
Great
excellent
nice
vegetarian - portions too small
Set up kind of tight
Good
Excellent
Chicken was dry – dark meat would have been good

Banquet Speaker

Excellent
Great
Wonderful
ok
Excellent
Very good
Excellent
excellent

Entertainment

Loved skit
Enjoyed skit
enjoyable
great
Went to bed –sorry
Too late
Marvelous
Enjoyed it
Excellent
Great but started too late

Was the PI/HIPM display informative? Did it offer any help?

Yes
Yes loved the yo yos
Missed it completely
Yes
No I read it but didn't gain much
Didn't spend time there

Was ok and people were always there at table
yes

HOTEL:

Room/price/service

all very good
great service
excellent – so doable cost wise sharing rooms
room very nice
good
great
very good
great

Restaurant meals/price/service

Wonderful
ok
Great service
Meals were pricy
Good
great

Quality of food at Luncheon

Excellent but high priced
Great
Great
Very good

Quality of food at Banquet

Excellent but high priced
Great
Ample
Excellent
ok

Meeting Rooms

Small but fine, I enjoyed walking to Marriott
Too small
Comfortable
great
Small
Fine
Too cool
Too small
Good
Ok but on the small side. I liked that everything was upstairs mainly

Other Comments:

Thank you! It was inspiring in many ways. Good Job!
The hotel itself was fine. Coffee wasn't great and service for coffee or food was not very good. The veggie portion at banquet meal were well-chosen but much too small. This was a great convention for me overall.
Great job
You all did a wonderful job
You did a great job! Bless you all
This was wonderful support and information in OA journey of recovery

Next time I think it would be better to have all the workshop classes in one hotel!! It wasn't convenient going from place to place- especially for people that had trouble with their mobility!! Also, was disappointed that they closed the convention for walk-ins!!

Committees/chairs did a super job; well planned; perhaps more workshops on relapse would be good

White folding chairs were horrible

Have topics/speaker names – lunch/dinner

Have speaker names at workshop meetings

It seemed to me that the non-recorded meetings were more open

I love Embassy Suites and always feel safe and comfortable here

Don't please close a workshop early because there is no one in line to speak. Wait in silence until closing time. We need that time. This has already happened in two of the 3 workshops I attended. Also don't make a workshop into a repeat of another already scheduled. Let attendees stay on topic

Step 4/5 workshop good metaphor but not effective for 1 hour format

Use of 'advice giving' in step 9 workshop seemed out of place

Sexuality session and finance very good

Banquet too late; entertainment too late

Great, except for white chairs – hard on back

A map to meeting rooms would be helpful – closing registration on the website was disconcerting. Some people missed an opportunity to further their recover. Communication form website to respond to my questions didn't happen

Everything was excellent. Amazing. Thank you Triangle IG!!

Poor poor wedding chairs – unsupportive

More comfortable chairs

I would like to suggest there be more communication

- Provide outline of program when folks are registering
- Let people know – with both announcements and written notes – when there are changes (like cancellation of sat night speaker at Marriott)
- Let people know via writing about the various tables and options. For example, explain the process of 'love notes' and cds
- I registered without having any idea of what I was registering for
- I also suggest having vendors like Barnes and Noble – provide related material. Obviously we do not endorse anything but approved OA literature but we can have options that we know people use. Having vendors would provide another option for time between scheduled activities.

This has been a great connection. You can tell you put a lot of work into it. Thank you so much. The opening skit was very funny yet we got the message. Thank you.

Everything was wonderful. Thank you

A possible shuttle to Marriott

I also again want to thank you for making scholarship available for one from SC. Bless you all – a great experience

BUSINESS SURVEY SUMMARY

Assembly format:

Ok but it would be better if had more time to interact with the Board in a less formal manner

Begin assembly earlier Friday go thru Saturday afternoon. Sat afternoon concentrate on recovery convention. Use Reps as speakers.

Good

Hectic but good

It was great

Hospitality Suite:

Good

OK

Suits

Small

Friendly

No clothes :<

Committee meeting rooms:

No rooms available – maybe make rooms available

OK

Too crowded

Good

Too small

Luncheon:

Great speaker and lunch

Good

Excellent

excellent

indicate on registration flyer what the vegan options will be

good

Banquet:

Great speaker and dinner – fast service very impressed

Good

Excellent, but too crowded

Excellent

good

Dance/entertainment:

Wonderful – Friday and Saturday nights were very enjoyable

Sorry I missed the dancer, but love dancing

Very good

Especially enjoyed the skit at opening, grateful for mikes, so we could hear

Flyer:

great – lots of information

nice, easy to read, all the information was there

well done

creative

Hotel rooms/cost/service:

Good

Great

great

excellent

awesome

very good

the hotel was very nice, the food also. The people management went over expectations of service

Restaurant meals/cost/service:

Excellent, the hotel staff went out of their way to make everyone's meal plan accommodations

Excellent

excellent

awesome

Other comments:

I'm not from Raleigh but I know it must be difficult to get up in front of people and sing/dance. Raleigh did a great job

Committee did a fantastic job

Thank you for all your service!

Great job Triangle

Thank you for all your work, ideas, all your time spent creating this fabulous weekend of recovery

Stayed at Marriott. Accommodations very nice. Please put on next internet info – room reservations must be made separately
You did a great job. Thanks to all who served, shared and prepared

Cheryl Young
SOAR 8 March 2012 Planning Chair

SOAR 8 Recovery Convention and Business Assembly
SOARING TO RECOVERY – EMOTIONAL, SPIRITUAL, PHYSICAL
March 9 – 11, 2012 at Embassy Suites – Crabtree, Raleigh, NC

COMMITTEE CHAIR REPORTS

TREASURER'S COMMITTEE REPORT

Income with respect to the convention was \$15,964.12, which includes registration, meals, Boutique, Raffle, Literature, Donations, Seed money, Petty cash returned to the checking account after the convention, souvenir pens, and a category of miscellaneous income. The latter represents funds for which the source cannot be determined. In the future, I suggest the treasurer and registrar work closely together. Expenses for the convention are \$9005.63, which leaves a net income of \$6958.49, which is the current checking account balance. Subtracting \$500 to pay back the seed money leaves \$6458.49. Subtracting the Boutique funds of 163.36 leaves \$6295.13 to be split with SOAR 8: \$3147.56 to Triangle Intergroup and 3147.57 to SOAR 8. Of the funds earmarked for Triangle Intergroup, we will send \$73.50 each to the Triad and Piedmont Intergroups for the IGs to use toward their SOAR reps' expenses for a future assembly. This represents our share of the funds left over from scholarship donations. Final checks to be written: \$500 to SOAR 8 (seed money); \$73.50 to Triad Intergroup; \$73.50 to Piedmont Intergroup; 3147.57 to SOAR 8; and \$3163.92 to Triangle intergroup.

HOTEL LIAISON COMMITTEE REPORT

HOTEL GUEST ROOMS

We planned a block of 30 hotel rooms per night, but actually booked 49 hotel rooms at the Embassy Suites and another 6 hotel rooms at the Marriott next door during the weekend.

MEETING ROOMS USED

Ballroom - capacity 150
Meeting Room 1 - capacity 50
Meeting Room 2/Presidential Suite - capacity 30
Meeting Room 3/Hospitality Suite – capacity 12
Meeting Room 4/Hospitality Overflow – capacity 12
Overflow Meeting Room 1 – capacity 100

MEALS

Saturday Lunch – Cost per meal was \$28 (\$17.34 plus 22% hotel service charge, 8.75% tax and an approximate \$4 surcharge that offset other hotel meeting room costs.) We guaranteed 100 meals and served 100.
Saturday Banquet – Cost per meal was \$34 (\$22.53 plus 22% hotel service charge, 8.75% tax and an approximate \$4 surcharge which offset other hotel meeting room costs.) We guaranteed 110 meals and served 106.

OTHER HOTEL COSTS

25 copies were made for the SOAR 8 Business Assembly at no charge

RECORDING RESOURCES

- Jim and Maria Hoffman of Vision Audio provided all of the AV for the Business Assembly, Workshop Rooms and our entertainment on Friday and Saturday night. Jim is very knowledgeable and his services were invaluable. They did not charge for their equipment, but we provided their room and meals.
- See my other comments below.

COMMENTS FROM THE HOTEL LIAISON

It would have been helpful if the Hosting Manual had made provisions in the hotel requirements for areas of the country that are likely to draw a much larger recovery crowd than others.

- Our SOAR Committee Chair identified a number of area hotels that met the requirements as defined in the Hosting Manual before the committee chairs were identified. The hotel that the Committee chose was a fantastic choice even

though our event drew three times as many recovery-side attendees as the Hosting Manual had us prepare for. That caused us considerable stress as we brainstormed to find enough space to provide workshop space for all who attended.

- When we realized that we had exceeded hotel capacity, we closed registration and partnered with a neighboring hotel to provide overflow meeting room space.

Other things that it would have been helpful to know in advance:

- That we could add an upcharge to each hotel room that would help offset the meeting room charges that our area hotels would not negotiate.
- Total AV needs. Our Chair spent a great deal of time combing through the entire Hosting Manual and created a list of AV needs from each sub-committee section. **The list is attached so that others can benefit from her work.**
- That Jim Hoffman at Vision Audio could provide all of the AV needs in addition to recording the workshops. We spent a considerable amount of time defining AV needs and working with the Hotel staff and outside AV resources to get a bid for AV only to have the bid come back at several thousands of dollars against a suggested budget of less than \$1,000. After all of that work, a member of our own committee referred us to Jim and he provided all but a projection screen (cost \$150). He did not charge for his services, so we provided his hotel room for two nights. This was a free room that Cheryl had negotiated with the hotel and we also paid for meals for he and his wife, Maria. It would have saved quite a bit of work and stress if the Hosting Manual had directed me to Jim in the first place.

INFO FOR FUTURE HOTEL LIAISONS:

- Call Jim Hoffman at Vision Audio for all of the AV needs and for workshop recording. He will provide everything you need for the Business Assembly, Workshops and entertainment, except for an eight-foot projection screen. He doesn't charge for his services, but asks for his hotel room to be provided. Our Chair had negotiated a free room as part of our contract process with the hotel and we gave that to Jim. We also paid for meals for he and his wife, Maria.
- We found it very helpful to send a final communication to all registered a week or so before our event which included last minute details and the menu for the weekend along with an ingredients list. This saved us from answering a hundred questions about the meals.
- Plan in advance for enough Shirted Tables in the main registration area. We used: 4 for the Taping/Recording people (set in a square for their equipment), 1 or 2 Registration, 1 for Love Notes and another for workspace for people writing them, 3 Fundraising/Raffles, 1 Literature, 1 PIPO, 2 in the back of Business Assembly Room. Hospitality also needed 2 or 3 for Boutique items they sold.
- When completing the hotel contract:
Arrange for water service for all meeting rooms and coffee service during the Friday Board meeting and also the morning Board meetings. Your hotel may allow you to bring your own coffee and supplies in. We did not specify this at the beginning and it was difficult to add during the event.

HOSPITALITY/BOUTIQUE COMMITTEE REPORT

Boutique: donated items

We had a good show of many handmade items. The best seller was the jewelry, having only a handful of items left. The T-shirts did not sell and were given to the Knoxville IG rep to support her attendance at the next SOAR 8 Assembly. I also offered her other items from the person I knew would approve of the purpose—support service work.

Some of the volunteers who were scheduled to work showed and were EXTREMELY helpful and did a great job! The others, unfortunately, were ill. I had plenty of activity in the Boutique and had lots of fun.

Drawback: Sales were down dramatically on Saturday with people leaving the building for the workshops down the street.

Hospitality: beverages and fruit

There was limited space to move around the area, even without the cooler for the canned and bottled drinks. I had a difficult time deciding on pricing, either because of complaints or amount of supplies. This affected sales as well as the above Drawback.

Hospitality: Huggers

None of the huggers that were scheduled showed up at Registration or Hospitality. I recruited a few of the Boutique volunteers and we had a great time with the “I’ve been HUGGED!” tags. I have quite a few left and could be passed on to the next Convention Planning Committee.

Hours

I would have liked to keep the Hospitality open and close the Boutique during workshops. The room next door was posted Saturday as “The Conversation Room” to the delight of several people. It was used occasionally and the hotel kept it stocked with water, glasses and napkins. I don’t think that keeping it open until 11:00 p.m. was necessary.

There was a minor confusion about the keys to the Gothic room and was taken in stride.

REGISTRATION COMMITTEE REPORT

PLEASE NOTE PLANNING CHAIR IS PROVIDING REPORT - Registration Chair was contacted numerous times for the report and has not responded.

Registration for our event was provided with a number of obstacles that through the grace of our higher power and using our program, we were able to overcome and still be successful. We had many opportunities to turn our fears over to our higher power and use the serenity prayers many times! And as usual it worked – when we were willing to surrender and get quiet a solution presented itself!

PO BOX

Our IG chose to set up a separate PO Box for the SOAR event. Our first registration chair set up the PO Box at a post office near their home. Our biggest issue that had a domino effect, was that this person set the PO Box up in their PERSONAL NAME versus SOAR 8 ASSEMBLY AND CONVENTION. This caused a problem because when the registrations started coming in with the SOAR 8 listing, the post office saw that as a business and would not deliver mail to box. We were told that we should have rented a ‘business’ PO Box and paid a higher fee.

There was an easy solution of renting a new business box and having mail forwarded to the new box. However, the first registration chair stopped showing up and discontinued all communications. And since the PO Box was in this person’s name – we were unable to make any changes to set up the new PO box and have the registrations forwarded. So in the end we used the IG PO Box after all and emailed blasted updated registration forms to all registrants to get the word out to their groups. It was a mess but we made it through.

So a couple of suggestions:

1. If your group sets up a separate PO Box – make sure it is set up in the name of SOAR 8 ASSEMBLY AND CONVENTION or however it is listed on registration form and pay the business rate; and
2. PO Boxes come with 2 keys so make sure someone else has a key other than the registration chair – luckily, the planning chair had been given a key.

REGISTRATION

A hard copy of the registration form was created and we used the format of the registration form in the manual as well as the registration form used for the Baton Rouge, LA convention and assembly as a guide.

In addition to the mail-in version we also created an on-line option using the suggested www.eventbrite.com that has been used for past assemblies.

Eventbrite provides the registration list so mail-in registrations need to be hand-entered into eventbrite.

STRONGLY suggest the registrations be entered in as soon as they are received for two main reasons.

1. It is very time consuming and the reg chair can get behind very quickly if not entered as they come in. And at the end, there is a lot of work to be done for the registration packets, name tags, meal tickets, etc.

2. The registration chair is responsible for letting the committee chairs know about service people and letting the SOAR Vice Chair and Secretary know about business reps, etc so it is key to have this information available so it can be emailed out regularly. If not, then it causes hardship on the committees and Vice Chair and Secretary.

NAME TAGS

Nametag Resource www.Kleartech.com – it was suggested to get a name tag 3' deep and 4' wide

REGISTRATON PACKETS

A few months before the event, we contacted the hotel, local Visitor's Bureau and mall across from hotel for informational materials to put in the registration packet.

We used a manila envelope and liked it because they were easy to organize, label and nothing fell out.

A registration packet/nametag party was held 2 weeks before the assembly and all but last minute items were done prior to the event. So items has to be prepared prior to the meeting to be ready for the packet stuffing party. It was a lot to do but in the end made it a lot easier on the registration chair. We had about 5 people and it took about 2 hours to complete.

ATTENDEES

Per the manual, we were expecting around 130 attendees and the hotel the hotel used met all the manual requirements. However, we were blessed with over 200 attendees for the event.

Three days before the Early Bird Registration deadline, we had approximately 80 registrations. Within that 72-hour-period, we had over 100 registrations come in. In the end, the committee along with the SOAR Vice Chair made a decision to cut-off registration early due to the hotel's fire code laws.

FINAL THOUGHTS

Thankfully we were able to find a second registration chair who showed up and did a great job at the registration table. The planning chair stayed involved with the registration chair to make sure all timelines were met prior to the event. A registration co-chair would be a great addition.

DECORATIONS COMMITTEE REPORT

Acting Chair: Jim Kerick

Budget \$150

Actual Budget (See Audrey's accounting)

Printing and Balloons - \$121.98

There were two limitations upon the committee, Hotel restrictions and volunteers. As a chair was not found this task was taken by the Co-Chair. Working with the Hotel Liaison the rules were set as follows:

- Nothing attached to walls except "Post-it" style flip charts
- A banner may be displayed, the Hotel staff would hang this.
- Nothing hanging from ceilings, light fixtures, etc....
- Fire and Emergency exits and other rules need to be respected including handicap accessibility.

Ideas of doing mobiles with clouds, planes and balloons were dropped after the hotel guidelines were received. We went with the simple idea of Balloons and Banners. Gloria, SOAR 8 Chair, requested we do 3 wall hangings of the Steps, Traditions and Concepts. I had these printed on paper that was 24" x 52". These were hung on the wall by attaching them to "Post-it" flip charts and were used in the room with the business meeting.

A banner design incorporating the logo designed for the conference, the SOAR 8 Logo and listing of places was drawn up. This was approved by the Vice Chair and the Conference Chair. This was provided to the Hotel. It hung outside the conference room.

Balloons were latex and we got the "goo" called Hi-Float. It was squirted into the balloons prior to filling and kept most of them floating for the length of the conference. Balloon weights were lent by the Chair.

Publicity Report

We were unable to secure a publicity chair so the chair and vice-chair volunteered to do this service as a joint effort.

The registration form was emailed to all members of the Triangle Intergroup and each were asked to spread the word about the event to their meetings. We also made 250 copies of the registration forms and all were distributed at a monthly IG meeting to attending reps to hand out to their groups. And for groups that did not have a rep at the IG meeting – we mailed copies out with the newsletters that are mailed out monthly. We also posted the registration form on our Triangle IG website and put it in our monthly newsletter.

Finally, the chair accessed the Region 8 IG list from the SOAR 8 website and mailed hard copies to all IGs in the region that did not have an email to contact. The vice-chair emailed the registration form/event information to all Region 8 IGs that had contact emails.

ENTERTAINMENT COMMITTEE REPORT

The entertainment committee started by reading skits on an unofficial website that posts 12-step skits, http://www.recoveryskits.com/SKIT_LIST.html. Members brought their favorites (or descriptions of their favorites to the committee as a whole and we selected one modeled after “The Dating Game” called “The Sponsoring Game.” However, it did not cover the ideas of working a physical, emotional, and spiritual program that was the theme of the conference so we decided to re-write it. The committee brain-stormed ideas and the task of drafting a new “commercial” conveying the conference theme was taken on by one member and that of modifying the skit to reflect the theme was taken on by the chair. Drafts were then submitted to the remainder of the committee for corrections and revisions until a final draft was completed and submitted to the vice chair for approval.

We found that it was harder and took longer than anticipated to cast all the roles within the Chapel Hill area. Although the purpose of trying to cast all the roles in one city was to make meeting for rehearsal easier, it was still very difficult to find times that everyone could participate in rehearsals. Although some people met to rehearse together (particularly for the “commercial”) the entire company was only assembled twice—once about 2 months before the Assembly and once the day of the performance. Everyone was encouraged to run lines and practice on their own with the help of friends for cuing. People who were nervous about remembering lines were allowed to read, but encouraged to put their parts on index cards rather than holding up their scripts. (Transferring the lines to index cards may have also helped memory.)

We had two volunteers from IG to provide sets, props, and costumes, though actors were encouraged to build their costumes on things in their own closet. These touches really brought the skit to life and we are very grateful for this work. (Thanks Patrick and Alicia!)

Given the size of the audience, the skit could not have succeeded without microphones. Jim Hoffman at Vision Audio provided these as part of the taping service. Otherwise these could not have been obtained on the entertainment budget. The same is true for microphones for the talent after the banquet.

Skit Lessons Learned

- Creating your own skit or adapting from other material is fun and assures that the audience will not have seen it before. There are people in every group who are, or would like to be, writers.
- Start casting and scheduling rehearsals at least as far in advance as the hosting manual says, even though it seems very early. If you are hosting in March, allow for the time you will miss around the winter holidays. However, be aware that early casting may lead to people dropping out because of illness or competing demands as it gets closer to show time.
- Approach individuals about their willingness to take a part rather than just announcing the need for actors at meetings. Ask people to tell you frankly whether they would be willing to take a large part or would prefer a smaller one.
- Plan to use microphones and estimate, early on, the minimum number you can use—allowing for actors to share them. Ask if the person taping for the meetings can provide this equipment. Otherwise, ask among members who perform and might have mikes and amplifiers.
- Remember that no one expects Broadway. This is a loving and accepting fellowship and mistakes just add to the fun.

After-Banquet Entertainment

There were no local DJs that had list prices as low as the \$300 in the budget. One DJ agreed to work with us for the budgeted amount, primarily because we did not need any “frills” such as mikes for the speakers and entertainment (Thanks to Vision Audio), and, I believe, because he wanted to give a young DJ –the company owner’s son—some additional experience.

Otherwise, renting a juke box might have been a cheaper option than a DJ though still expensive in our market. As much as I love to dance (and enjoyed dancing at this event), the number of people who stay long enough to dance may not justify the allotted expense of \$300, or the larger amount that would be needed if list price were paid.

We recruited 4 singing/instrumental acts in addition to one dance act more than six months before the event; but two acts dropped out in the last couple of months. In hindsight, that might have been good because otherwise the dancing would have started even later and fewer people would have stayed. It may be best to choose between performers and a dance or performers and karaoke. As suggested in the hosting manual, we provided the guidelines that material did not have to be explicitly about recovery, but should be consistent with, or at minimum not be in opposition to, program principles (e.g., Do not perform “Food, Glorious Food” from *Oliver*.)

We held one run-through of the talent acts to hear/see the material that was going to be used and time the length of the performances. We did not have any problems with material or quality of performances, but this would have been the time to make adjustments if needed. Otherwise, we expected performers to be responsible for their own rehearsals.

The only criticism received (on evaluation forms or orally) was that it started too late because of dinner, speaker, raffle drawing for a large number of items, and then the entertainment. We were handicapped by our own success and could not begin any of these activities until all serving was completed. In a larger room, it might be possible to do raffle drawings or begin the speaker while some people are finishing their meals as typically happens at non-recovery banquets. However, I have never been to a SOAR assembly in which the entertainment did not start very late. Perhaps we should consider having the raffle-drawing, entertainment, or both at some other time during the weekend or begin dinner earlier (though I know people need a break between the business meeting or workshops and the banquet.

After-Banquet Entertainment Lessons Learned

- Investigate ways to start earlier
- If using live performers, schedule a time in advance for sound checks before the performance.
- If using *volunteer* live performers, recruit more acts than you will need to allow for attrition. You can adjust the maximum length of each act to shorten or lengthen, as needed.
- As with the skit, look for free or inexpensive ways to obtain the use of microphones and amplifying equipment. (Vision Audio was a God-send for us.)
- In some markets, you cannot provide a DJ or other professional entertainment within the \$300 budget line item. Consider increasing the line item or relying entirely on volunteer performers or donated equipment.
- It is essential to have a good hotel liaison and work closely with that person about the space and resources needed for both parts of the entertainment. Ours was amazing, as were our chair and vice chair who also fielded questions and problems in this area.

PIPO COMMITTEE REPORT:

The PIPO table seemed to go very well at this convention. The region PIPO chair let me know what she needed, and she had an attractive display planned and ready. People stopped by and were engaged with the content, especially the yo-yo's.

The PIPO table itself was off to the side and not visible from the registration table. It might have been more appropriate to have the PIPO table right beside the registration table, and hopefully other conventions will be able to arrange this.

9 people volunteered to help staff the table, and 8 of them actually did so. Contacting folks by email ahead of time seemed to work well. It was a little tricky to coordinate with those who had also volunteered to lead workshops since the final program was not published until right before the event, but it worked out fine.

There was a TV and DVD player to try to play the OA video PSA, but even with technical help from OA members, we could not get it to play. The OA video PSA was the only expense we had, and we are giving the DVD to Triangle Intergroup for use in PIPO in the Triangle.

LITERATURE COMMITTEE REPORT

The Literature Committee was given \$250.00 seed money to purchase OA Literature from the OA website. It was determined by the SOAR Conference Planning Committee to sell literature that was either new or recently updated along with a few popular publications (refer to table below).

Qty	Title	Amount	Total	Running Total
40	Updated Tools of Recovery Pamphlet	0.30	12.00	12.00
25	New - A Common Solution: Diversity and Recovery	1.00	25.00	37.00
20	Anorexic/Bulimic packet	2.00	40.00	77.00
40	Updated Questions and Answers	0.50	20.00	97.00
10	Updated To the Teen	0.60	6.00	103.00
5	Updated To the Teen Questionnaire	0.10	0.50	103.50
20	Updated Welcome Back	0.20	4.00	107.50
50	Updated To the Family of the Compulsive Eater	0.25	12.50	120.00
5	Overeaters Anonymous 2nd Edition	12.00	60.00	180.00
7	Sponsorship Kit	2.25	15.75	195.75
20	Maintaining a Healthy Weight	0.60	12.00	207.75
1	Professional Outreach Manual	15.00	15.00	222.75

With shipping and handling the total expenditure was \$249.48. Only 41% of the stock was sold. The worst selling items were the *Anorexic and Bulimia* packet, the new pamphlet *A Common Solution: Diversity and Recovery*, and the updated pamphlets *To the Family of the Compulsive Eater*, *Welcome Back*, *To the Teen*, and *Questions and Answers*. The most popular items were Sponsorship Packets and the pamphlets *Maintaining Healthy Weight* and *Tools of Recovery*. The Sponsorship packets were sold out and there were many requests. I recommend that at least 15 Sponsorship packets be obtained and sold at the next conference.

Triangle Intergroup had some books left over from another event which needed selling (proceeds to go to them). There were 10 Big Books but only one was sold, and there were several *For Today* and *Voices of Recovery* which were all sold. I would recommend that the devotionals be obtained and sold at the next conference.

Since most of the sell items were pamphlets, which sold at 30¢ to 60¢ each, I obtained rolls of coins in order to make change. Most people however donated the change therefore we did not need as many rolls of coins. We had \$8.70 donated through "keep the change". We sold \$76.30 worth of literature plus the \$8.70 donated, making our total made \$85.00.

After the conference the remaining literature was offered to the small and/or new groups free of charge. Only 2 groups picked up literature. The remaining will be given to Darcy for upcoming conference.

Everyone who had signed up to help staff the Literature Table performed their service including three folks from out of state who requested to provide service during the conference. A big THANKS to all for their dependability and service.

Recommendations in staffing the table include:

1. It would have been nice to have the speaker program noting the workshop times so that the time slots for staffing the literature table coincided. This presented a problem on Friday night but the folks scheduled to work adjusted by adding 20 minutes to their schedule so their relief help would not have to leave their workshop 20 minutes before it was over.
2. Also, I closed the table during the Saturday night banquet and program. This enabled the assigned folks to attend. Most attendees were at the banquet and were not walking the halls looking at the various tables to buy something. I recommend not have the literature table open during the banquet and program for future conferences.

LOVE NOTES COMMITTEE REPORT

The cost of putting this together is minimal. At most it could cost you \$50. Most of the things can be borrowed, made from scraps or purchased from a Dollar Store.

I had most of the things I needed. I donated most of the leftovers to the Topsail Island Retreat Group. While this is a FUN activity, some of the "cons" of offering this were brought to my attention beforehand and now I have to agree. I still

have my love note sheet (an 8.5 x 11 sheet of paper taped on a wall in the main building which people were encouraged to write on) from the last October OA Retreat, but this was a smaller event and easier to coordinate.

Many people filled out a card or two for friends--old and new. Still, when it came down to it this was a large group and everyone had only one or two love notes and many left early without getting their goody bags. I am just not sure it's worth the time and effort to coordinate, but that's just my opinion.

PROGRAM COMMITTEE REPORT

A program committee member contacted 2 taping companies and based on availability, booked one for the weekend Jim and Maria Hoffman visionaudio@verizon.net, (727) 539-0101 or (727) 251-3188). [They were fabulous! I do not have the words to express my appreciation and gratitude.] I sent an email (during our first convention planning committee meeting) clarifying with the Hoffmans the number of rooms and number of nights needed, as well as whether we can use their microphones for our business assembly and entertainment [they allowed us to use this equipment and so much more. They saved us hundreds of dollars.]. I also sent out an email to everyone on the planning committee to vote on proposed topics for the Friday night Panel & Discussion (that I prayerfully created). I gave people from Saturday until Wednesday to respond, and invited them to submit the own suggestions. Our program budget included the cost of the room for the taping company, the cost of printing brochures and any speaker costs (which was minimal).

After the deadline passed for the P&D topics, I tallied the responses and sent them, in order, to the vice-chair. I also asked someone to be our banquet speaker. I realized afterward that this person is short the two years of Abstinence, however can use as the luncheon or closing speaker. I sent an estimated figure to our treasurer for the budget.

I used the titles not selected by the vice-chair as the initial titles for our weekend workshops. I prayed about and added a number of titles related to our theme (SOARing to recovery) based on the number of workshops listed on the tentative agenda (lovingly typed up by our committee chair). I also prayed about and asked people to speak/lead workshops throughout the weekend. Our first banquet speaker declined and then changed his mind. This was mid-October. I continued to contact people about serving to lead workshops. Everyone who wanted to serve had to register, which they did.

As our registration numbers increased, I made some modifications to the workshops (including the order and length of each). A few weeks before the convention, I compiled a list of convention registrants who volunteered to serve as workshop leaders or in any capacity. I plugged some people into workshop spaces based on their availability during the weekend. I then sent a group email to all potential speakers/workshop leaders and asked people to select a workshop title. Without much ado, everyone signed up. I sent a follow up email showing the leaders for each workshop. I asked that this list not be distributed, in keeping with our practice of the Tradition of Anonymity.

Using the SOAR handbook, I typed up speaker guidelines and workshop and meeting formats, which I sent out via email to all of our leaders and speakers. I also typed time cards (2 minutes, 1 minute, Stop). I copied everything and encased in plastic (lamination was too expensive). Before the first workshop began, I placed the workshop and meeting formats, along with time cards and an agenda in each workshop space. I did not have a sign up sheet for attendees to sign up to lead because I was blessed to have a leader for every workshop.

During the weekend, I got to sit back and relax and enjoy. I chose to introduce each of our speakers (luncheon, banquet and closing). After the closing speaker, I closed the convention with a few words, some music and bubbles - a little bit of fun in a bottle! What can I say; it was an amazing experience and I am grateful that I got to participate. It was certainly work, a bit maddening at times. Yet it was a labor of love and one that I would undertake again (in a few years :-D). I love my recovery family. I cannot say that this experience brought us closer, because we have always been close. I can say that this event re-affirmed how blessed I am to be recovering with each one of them. I am unable to recover in isolation which is why my Higher Power has me here with these loving souls.

BUSINESS RUNNERS/PAGES COMMITTEE REPORT

I think it works out best for a member of the board to set the hours as was done this time. There were times the board was meeting but did not need pages and I would not have known that otherwise.

My biggest hurdle was not having been to a convention before and the only information package I had about the duties of pages was very vague and I expect, out of date. One duty for me was “know where the cheapest copiers are” but with laptops, paper copies for everyone is not as important. The major duty of the pages was not mentioned in any of the information that I had.

The primary duty was to hand deliver notes between board members. The board members would write a note to someone, hold the note in their raised hand, and the page would take the note to the recipient. Additionally, when the board was about to vote on a proposal, the page would announce the upcoming vote, leave the room, and keep visitors out during the vote.

We also performed any requests by board members such as pass out water, get note pads/pencils or requests by other program chairs. For example, we assisted the registration desk during the peak check-in time on Friday evening.

RAFFLE COMMITTEE REPORT

First, thanks for allowing me to do service for our recent SOAR, Region 8 Assembly. I was given the privilege of coordinating the raffle and I think I have a little bit of helpful information for any IG in the future, hosting the event.

Let me start by saying that the total collected and forwarded to the Triangle IG was \$589.00. This does not include the 50% of the 50-50 raffle that was given to one lucky winner. Here now is the breakdown of funds collected:

50 – 50 Raffle - \$265.00 was collected (\$132 went to a lucky member and \$133 was given to our IG along with monies collected from other raffle items and flowers.)

Raffle and flowers: \$456.00 was collected

Total \$133 + \$456 = \$589.00

**A starter amount of \$65.00 was given to me by the treasurer for the event and this same amount was returned.

Possible things to consider or repeat if I had to do this over again:

- ❖ Asking groups to donate gift cards or cash towards the purchase of gift cards was a great idea. Visa cards were purchased from a local Credit Union as their fee is just \$1.00. Other establishments charged \$5 per card.
- ❖ Money donated by groups was used to buy gas cards from a national chain so lucky winners would have no problems using their gift.
- ❖ Money was also used to buy other items that members would find useful or definitely want.
- ❖ The amount of tickets in each bag in front of an item to be raffled indicated that members liked this idea.
- ❖ Some gift baskets were donated but the question posed several times was “How am I going to take this on the plane...”
- ❖ Have tape and scissors handy.
- ❖ Brown lunch-type bags were placed in front of each item.
- ❖ A picture of each item or clip-art of the item was stapled to each bag.
- ❖ Because several bags were knocked on the floor a few times, placing a piece of tape on the bottom of the bag helped secure it and eliminate the problem.
- ❖ One great thing to consider is how many items there are to be raffled and make sure that there is enough space or tables to display them or make sure that another table can be retrieved and used.
- ❖ The gift cards were held in my possession until the drawing. The stapled card on each bag let members know that the bag was for example a \$25 Visa card, a \$25 gas card, etc.
- ❖ The hotel covered all the items with sheets overnight and this was a helpful thing.

Each IG Rep was asked to go back to their homegroup and ask members if they would be willing to help sell raffle tickets. This information was also posted in the monthly Newsletters. Having volunteers was so good for it would not have been as successful had this project been worked on by just one.

Again, thanks for allowing me to serve.

AV EQUIPMENT NEEDS

Please provide pricing:

Main Assembly Room:

- 1 large (72" wide minimum) movie screen
- 4 microphones
- 3 microphone floor stands
- 1 podium with microphone boom
- 1 microphone mixer with at least 4 inputs, one main L/R output, and one aux stereo output
- 4 50' microphone cables
- 1 hookup cable with std 1/4" phone jack on both ends to feed PA
- 1 100' hookup cable with std 1/4" phone jack on both ends to feed the remote attendance equipment
- if not hooking into hotel PA system --
- 1 PA system with speakers sufficient to feed the room

Meeting Room:

- 1 or 2 microphones
- 1 podium with microphone boom or microphone floor stand
- 1 microphone mixer with appropriate microphone and PA hookup cables
- if using 2 mics --
- 1 tabletop microphone stand for meeting leader
- if not hooking into hotel PA system --
- 1 PA system with speakers sufficient to feed the room

Banquet/Luncheon Room:

- 1 microphone
- 1 podium with microphone boom or microphone floor stand
- 1 microphone mixer with appropriate microphone and PA hookup cables
- if not hooking into hotel PA system --
- 1 PA system with speakers sufficient to feed the room

MEETING SPACE NEEDS

Event will be held in March 2012 – Friday to Sunday – Please provide available dates

Meeting Space Charges

There should be no charge for meeting room space once hotel room block is met. Hotel must specify on a percentage or sliding scale what the charge for meeting space will be if the room block is not met

*Need technician at 6:45 pm Friday and at 8:15 am Saturday to assist with technical problems that may occur – provide pricing if extra

Conference will last from Friday, 7 am (registration begins) to Sunday at 1 pm

Registration area – 2 to 6 6'skirted tables

Hospitality Room - (need sink in room or bathroom with sink close by) need table and chairs

1 Small Room – 20 to 25 people – Friday 8 am to 4 pm

1 Small Room – 20 to 25 people – Saturday 7:30 to 8:30 am

1 Small Room – 20 people – Sunday 7 am to 9:30 am

Banquet room – Lunch 60 – 80 people – Saturday only

Banquet room (optional dance floor) – Dinner 80 – 100 people – Saturday only

Conference room - 75 people classroom style, 25 people – chairs only in back of room

1 to 2 rooms (depending on availability) 40 – 60 people

2011-2012 Adopted Budget

July 2012 Proposed Amended Budget

SOURCES OF FUNDS:

Beginning Bank Balance	23,338.81\$		
a) Prudent Reserve	21,900.00\$		
b) Excess Available for Expenditures (funds on hand above the 60% prudent reserve)	1,438.81\$		

27,443.01\$
23,177.13\$
4,265.88\$

RECEIPTS

Contributions	22,000.00\$		
Region 8 Assemblies	7,800.00\$		
Region 8 7th Tradition	750.00\$		
Way and Means Projects	1,600.00\$		
TSW Committee	50.00\$		
Seed Money Returned	1,000.00\$		
Service & Traditions W/S	100.00\$		
Special Appeal	1,300.00\$		
IGOR Committee	-\$		
5 Alive	-\$		
Reimbursements	-\$		
Total Receipts	34,600.00\$		

23,000.00\$
7,800.00\$
1,038.51\$
1,100.00\$
50.00\$
1,000.00\$
-\$
-\$
15.00\$
286.16\$
73.00\$
34,362.67\$

TOTAL SOURCES OF FUNDS (beginning balance + total receipts)

USES OF FUNDS:

EXPENDITURES

Board			
Chairman	100.00\$		
Vice-Chairman	300.00\$		
Secretary	400.00\$		
Treasurer	350.00\$		
Board & Parliamentarian Travel			
Board Travel	7,000.00\$		
Parliamentarian	1,500.00\$		
Chairman-Other Travel	2,500.00\$		
Chairman-WSO Expenses	1,250.00\$		
WSBC Region Sponsored Delegate Travel	3,000.00\$		
Committee Chair Travel	8,500.00\$		
Committees			
Bylaws/ Electronic Documents	400.00\$		
Tech/Web	690.00\$		
Unity with Diversity	300.00\$		
Rep Funding	1,400.00\$		
IGOR Committee	640.00\$		
TSW Committee	300.00\$		
Public Information	300.00\$		
Ways and Means	50.00\$		
Ways and Means Projects	800.00\$		
Service & Traditions Workshop Travel	750.00\$		
WSO Contributions	1,000.00\$		
Seed Money Advanced	1,000.00\$		
Corporate Expenses	500.00\$		
Miscellaneous			
Website	150.00\$		
Trustee Assembly Funding	600.00\$		
Equipment	750.00\$		
PayPal fees	70.00\$		
International Travel	-\$	1,500.00\$	
International Travel Reserve-Future Assemblies	-\$	1,000.00\$	

200.00\$
300.00\$
400.00\$
350.00\$
7,000.00\$
1,500.00\$
3,500.00\$
1,278.55\$
3,000.00\$
9,000.00\$
400.00\$
690.00\$
300.00\$
1,400.00\$
640.00\$
300.00\$
300.00\$
50.00\$
800.00\$
750.00\$
1,500.00\$
1,000.00\$
500.00\$
150.00\$
-\$
750.00\$
70.00\$
1,500.00\$
1,000.00\$

Total Expenditures

Allocation to Prudent Reserve

TOTAL USES OF FUNDS (prudent reserve allocation + total expenditures)

Excess Balance Available (Total Sources - Total Uses)

38,628.55\$
23,177.13\$
61,805.68\$

proposed new line item
proposed new line item