

# SOAR 8

Southeast Overeaters Anonymous Region 8



Alabama  
Arkansas  
Florida  
Georgia  
Louisiana  
Mississippi  
North Carolina  
South Carolina  
Tennessee  
Puerto Rico  
South America  
Central America  
Caribbean Islands

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# 2016 - Responsibility- To Carry The Message

Memphis, Tennessee, USA - October 28-30, 2016

## I. SOAR 8 Service Directory

### Board Members

<b>Chair</b> Viviana G. Caracas, Venezuela <a href="tel:786-457-0702">786-457-0702</a> <a href="mailto:chair@oaregion8.org">chair@oaregion8.org</a>	<b>Vice Chair</b> Aleta P. Baton Rouge, LA 225-937-0566 <a href="mailto:vicechair@oaregion8.org">vicechair@oaregion8.org</a>	<b>Treasurer</b> Sam A. PO Box 40273 Saint Petersburg, FL 33743 727-458-3668 <a href="mailto:treasurer@oaregion8.org">treasurer@oaregion8.org</a>
<b>Secretary</b> Janet T. Winter Park, Florida 407-310-2284 <a href="mailto:secretary@oaregion8.org">secretary@oaregion8.org</a>	<b>Region Trustee</b> Linda H. Madeira Beach, Florida 727 647 8280 <a href="mailto:trustee@oaregion8.org">trustee@oaregion8.org</a>	<b>Parliamentarian</b> Judy K. Jacksonville, Florida 904-704-7004 <a href="mailto:parliamentarian@oaregion8.org">parliamentarian@oaregion8.org</a>

### Committee Chairs

<b>12th Step Within (TSW)</b> JC Clearwater, FL 813-240-8572 <a href="mailto:tswchair@oaregion8.org">tswchair@oaregion8.org</a>	<b>Technology/Website</b> Michelle D. Little Rock, Arkansas 501-580-6120 <a href="mailto:techwebchair@oaregion8.org">techwebchair@oaregion8.org</a>	<b>Bylaws/Electronic Documents</b> Marilyn T. Englewood, Florida 630-484-1426 or 941-460-0912 <a href="mailto:Bylawschair@oaregion8.org">Bylawschair@oaregion8.org</a>
<b>Intergroup Outreach (IGOR)</b> Andi S. Coral Springs, FL 954-295-1123 <a href="mailto:igorchair@oaregion8.org">igorchair@oaregion8.org</a>	<b>Ways &amp; Means</b> Patti G. Delray Beach, FL 716-523-5442 <a href="mailto:waysandmeanschair@oaregion8.org">waysandmeanschair@oaregion8.org</a>	<b>Unity With Diversity</b> CiCi West Palm Beach, FL 561-396-7803 <a href="mailto:Unitychair@oaregion8.org">Unitychair@oaregion8.org</a>
<b>Public Info/Prof. Outreach (PI/PO)</b> Bonnie V. Palm Beach, FL 561-733-9302 <a href="mailto:pipochair@oaregion8.org">pipochair@oaregion8.org</a>		

### Other Service Positions

<b>TSW Mentor List</b> Neill M., N. Carolina 919-789-9402 Tammy P., SW Louisiana 337-370-1252 <a href="mailto:mentors@oaregion8.org">mentors@oaregion8.org</a>	<b>TSW Email/Sponsor List</b> Julia S. 985-646-2593 Louisiana <a href="mailto:sponsors@oaregion8.org">sponsors@oaregion8.org</a>	<b>TSW Speaker List</b> Dianne B. 615-895-3177 Middle TN IG <a href="mailto:speakers@oaregion8.org">speakers@oaregion8.org</a>
<b>Region 8 Webmaster</b> Mary Jane W. St Petersburg, Florida 727-954-7544 <a href="mailto:webmaster@oaregion8.org">webmaster@oaregion8.org</a>		

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## I. Chair's Report- Viviana G-

### **CHAIR REPORT**

Hi to all my friends and fellows in Region 8.

It is such a joy seeing those who are fortunate to serve as region 8 representatives of their Intergroup in our next assembly in Memphis. At first glance the service in a level beyond our local groups, seems boring and very tiring. And perhaps it is true if it had not been chosen with a clear purpose. For me the service is the "express line" to recovery. It is something like going by "bullet train" to recovery land... Everything happens so fast and we realize we are another person and we've learned so much about ourselves just when we get the next task.

These have been just 3 months but seem like years. I have learned a lot from my fellows in service but especially myself. I am very grateful to you for giving me the opportunity to serve and to live this great challenge one day at a time. I want to thank my chair fellows from other regions with whom I have a beautiful friendship, built with respect and kindness. I want to thank my parliamentarian who has been like a lighthouse.

Now I will tell you what I have done as your region chair in the last three months. I want to do that as our bylaws and our P&P manual say I should do my duties in the region:

***As responsibility for unity and group conscience of Region 8.*** I have been attentive to the suggestions and comments about my service role. I've been carrying the message to groups and intergroups who have asked me for help. Specifically, the IGs of Bogota and Medellin. I have not visited more intergroup officially because they have not asked me for help.

***I have maintained regular contact with all members of the Board, with the trustee and the various committee chairs*** through an application IP voice we have in the phone. ***I should preside at all regular and special meetings of the Assembly of region 8 and the Board of the Region 8.*** So I did. Finally, thanks to the help of our secretary I found the way to make international telephone calls so that members of the region living in USA can use their cell phones without connecting electronically. Although sometimes we had connectivity problems, we managed to keep in touch.

***I should preside at all Board Meetings and Business Sessions.*** I address all meetings of the Board, except one that was called by our trustee, which I attended but not coordinated. ***As head of the order and structure of the meetings, I have proposed agendas and I used at each meeting of the Board work and during assemblies.***

***I am to appoint a parliamentarian with the approval of the Board.*** So I did, Judy K was appointed as parliamentarian in our meetings for both the Assembly and the Board. And she has advised the Board, neutrally and without vote regarding the appropriate parliamentary procedures for all matters of the region according to what the Bylaws define.

***I am responsible for the Forum, to be presented at the Friday night opening of the Assembly.*** I presented a proposal for the forum's assembly in Memphis "If you prepare, they will come" about work health of OA, something I learned at the world convention, but we decided to consider a request by some members in the

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region who want to know more about how trusted servants are funded.

**As ex-officio member of all committees** have been attentive to questions and consultations that have made me my colleagues of the various committees.

It is not yet time **to attend World Service Business Conference (WSBC) 2017** please be aware of deadlines for funding requests if you want to attend as a delegate.

**I should maintain periodic contact with other Region Chairmen, and provide them with the information, as requested.** I have always kept in touch with the other Region Chairs and send them the information they ask me in a timely manner.

**As a member of Region Chairs Committee, I attended Region Chairs Committee meetings twice in the last three months:** The first one (RCC2) in Boston just before the WSC. There, we not only worked on our responsibilities as Region Chairs, which are already described in a manual that we are reviewing to be presented to the fellowship next year. But I also worked with the Board of Trustees in the design of Strategic Operation Plan for the next three years. Two weeks ago I was in Region 7 assembly, which the region chair attended as visitors. I learned a lot from how Region 7 leads their assembly. Just before the meeting we had our meeting of Region Chair Committee (RCC3), we could advance much of our work for the coming year. An interesting fact... from this month we will be 4 "old" chairs and 6 new, because most of us rotated this year. We expect a lot of work, but we are a very good team.

There are two functions I will continue to work on such as **responding to all correspondence, phone calls, and questions in timely manner.** I do my best to keep myself available to all members of the region. I activated a local line in USA even though I do not live in this country, but only works when I'm connected to the Internet. **I should be bonded**, but the company which we usually use for that, doesn't offer the option to bond some who is not USA citizen, I'm looking for another option with an international company.

I have so much fun doing my service. And above all I have the best service family in the world... I have you, my fellowship, and I have myself in recovery, and it is our tradition 8 in action. I thank you for your ongoing patience and understanding since I am your first non USA chair and English is not my first language. We are making Rozanne proud by embracing our international presence here in Region 8. Thank you for walking this road to recovery with me.

## **Reporte del Presidente**

Hola a todos mis amigos y compañeros de Región 8.

Qué alegría siento al pensar que falta poco para ver a aquellos que tienen la dicha de servir como representante de su Intergrupo en nuestras asambleas de trabajo. A simple vista el servicio a un nivel más allá de nuestros grupos locales, parece aburrido y muy agotador. Y quizás resulta así si no tuviera un claro propósito al servir. Para mí el servicio es el camino más rápido hacia la recuperación. Es algo así como ir en tren bala... Todo pasa tan rápido que solo te das cuenta de lo que has aprendido cuando llegaste a la siguiente tarea.

Estos han sido meses que me han parecido años. He aprendido mucho de mis compañeros de servicio pero sobre todo de mi misma. Estoy muy agradecida con ustedes por haberme dado la oportunidad de servir y de vivir este reto tan grande un día a la vez. Quiero dar las gracias a mis compañeras presidentes de las otras regiones con quienes tengo una hermosa amistad, construida con respeto y amabilidad. Quiero dar las gracias a mi parlamentaria quien ha sido mucho más que un faro en mi camino, ha representado la certeza de que el

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camino que tengo por delante es un reto difícil de vivir pero no estoy sola en él. Ahora paso a contarles lo que he hecho como presidente de su región en estos últimos tres meses. Quiero hacerlo tal como me lo mandan los estatutos y el manual de políticas y procedimientos de la región:

**Como responsable de la unidad y del mantenimiento de la conciencia de grupo de la Región.** He estado atenta a las sugerencias y a los comentarios que los servidores y los demás miembros me han hecho para prestar mejor mi servicio. He estado llevando el mensaje a los grupos e intergrupos que me han solicitado ayuda. Específicamente los IG de Bogotá y de Medellín. No he visitado más intergrupos de manera oficial porque no me han solicitado ayuda.

**He mantenido contacto periódico con todos los miembros del Board, con la trustee y con los diferentes presidentes de los comités,** a través de una aplicación de voz IP que tenemos en el teléfono. **Debo presidir todas las reuniones ordinarias y extraordinarias de la Asamblea de la región 8 y de la Junta de la Región 8.** Así lo hice. Finalmente y gracias a la ayuda de nuestra secretaria hallé la forma de hacer conferencias telefónicas internacionales de tal forma que los miembros de la región que viven en USA puedan usar sus teléfonos celulares y/o fijos sin necesidad de conectarse por vía electrónica. Aunque hemos tenido a veces problemas de conectividad finalmente hemos logrado mantenernos en contacto.

**He presidido todas las reuniones de trabajo del Board,** excepto una que fue convocada por nuestra trustee, a la cual asistí pero no coordiné. **Como responsable del orden y la estructura de las reuniones de trabajo, he propuesto agendas y las he utilizado en cada reunión de trabajo del Board y durante las asambleas.**

**Debía nombrar un parlamentario con la aprobación de la Junta.** Así lo hice, he contado con Judy K como parlamentario en nuestras reuniones tanto de la asamblea como del Board. Y ella ha asesorado al Board, de manera neutral y sin voto en cuanto a los procedimientos parlamentarios apropiados para todos los asuntos de la región de acuerdo a lo que los estatutos definen.

**Como responsable del Foro, que presentamos cada viernes previo a la asamblea,** presenté una propuesta para el foro la asamblea de Memphis "Si te preparas, ellos vendrán", acerca de trabajar la salud de OA, algo que aprendí en la convención mundial, pero decidimos tener en cuenta una solicitud de algunos miembros de la región que quieren saber más sobre que hacemos los servidores de confianza que somos financiados.

**Como miembro ex officio de todos los comités** he estado atenta a las preguntas y las consultas que me han hecho mis compañeros de los diferentes comités.

Aun no es tiempo de prepararse para **asistir a la WSBC del año 2017** pero he estado trabajando en la convocatoria a los miembros de la Región 8 que quieran ser delegados financiados y he explicado como es el procedimiento que deben seguir.

**Me he mantenido siempre en contacto con los demás presidentes de región, y les envió la información que ellos me piden de manera oportuna.** Como miembro del comité de presidentes de región, **asistí a las reuniones de los presidentes de región dos veces en estos tres meses:** La primera vez (RCC2) en Boston justo antes de la convención mundial. Allí no solo trabajamos en nuestras responsabilidades, las cuales ya están descritas en un manual que estamos revisando para ser presentado a la comunidad el año entrante. Sino que junto al Board of Trustees trabajamos en el diseño del plan estratégico operativo para los próximos tres años. Hace dos semanas estuve en la asamblea de la región 7, en la cual fuimos los presidentes de la región como visitantes. Aprendí mucho de la forma que trabaja otra región. Justo antes de la asamblea tuvimos nuestra reunión del comité de presidentes de región (RCC3), pudimos adelantar mucho de nuestro trabajo para el año

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entrante. Como dato curioso, a partir de este mes seremos 4 chairs antiguos y 6 nuevos porque la mayoría rotaron este año. Nos espera mucho trabajo, pero somos un muy buen equipo.

Hay dos funciones que no he podido desempeñar bien, lo cual no significa que no haya hecho los esfuerzos necesarios para mejorar en mi desempeño acerca de ellas: **Responder a toda la correspondencia, llamadas telefónicas y preguntas de manera oportuna; y estar afianzada.** He hecho mi mejor esfuerzo por mantenerme disponible para todos los miembros de la región pero no he tenido éxito, habilité una línea local en USA aun cuando yo no vivo en este país pero no ha sido útil porque solo sirve cuando estoy conectada a internet. Igualmente no he podido conseguir una compañía que me afiance porque no soy ciudadana americana, sigo buscando una opción con una compañía internacional.

Aunque no se lee nada divertido lo que hago, yo me divierto mucho haciendo mi servicio. Y por encima de todo tengo los mejores beneficios del mundo, los tengo a ustedes como mi familia, y me tengo a mí misma en recuperación, y esa es nuestra tradición 8 en acción. Les doy las gracias por la paciencia y la comprensión que han tenido conmigo, ya que soy su primera presidenta que no vive en EE.UU., que no es ciudadana americana y que el Inglés no es su primera lengua. Orgullosamente estamos siguiendo los pasos de Rozanne al afianzar nuestra presencia internacional aquí en la Región 8. Gracias por caminar este camino de la recuperación conmigo.

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## II. Ammended Vice Chair Report- Aleta P.

*Aleta Pickholtz*

*1966 Gamwich Road*

*Baton Rouge, La 70810*

*(225) 753-2739 (225) 937-0566*

### *Addendum to Vice Chairs Report*

*Back in August when I submitted my original report, I also had submitted an application for a second term as vice chair. I am writing this to inform you that subsequently after much interaction with my sponsor, trusted friends and my Higher Power, I have decided to withdraw that application.*

*There are many reasons for this decision and after speaking with my sponsor again on Thursday and indicating that I thought the best decision was to withdraw; her response was "you sound at peace with your decision", that was followed by "if you begin to second guess your decision; Don't."*

*I have asked our Secretary to please eliminate my name from the ballot, I informed the remainder of the Region 8 board last night and now I am sending this out to you. There are many ways that I could have presented this decision, but I felt that this was perhaps the best way.*

*Thank you all so very much for trusting in me to serve Region 8, and forgive me for a last minute decision (of course, it was not a last minute consideration) I have been praying about this from the beginning even when I submitted the application.*

*I will miss each and every one of you so very much and I hope to be available to the new Vice Chair as a helper and mentor. I am also available to any of you to assist in event planning and carrying the message wherever and whenever I am asked. It is with*

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*profound sadness that I submit this letter, however there are many indicators that lead me in this direction.*

*My prayer is that each of us remain abstinent and committed to working the Twelve Steps and living the Twelve Traditions and Twelve Concepts of Service. I also pray that Region 8 will be strong and serve all of its members.*

*Thank you all for everything. May we meet again as we “trudge the Road of Happy Destiny.”*

*In Service and Love*



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## III. Proposed Budget

### Proposed Budget for November 2016 – October 2017

#### SOURCES OF FUNDS

Beginning Bank Balance	\$29,020.61	<i>as of 10/1/16</i>
Prudent Reserve	\$20,805.61	

#### RECEIPTS

Contributions	\$28,500.00	
Region 8 Assemblies	\$8,500.00	
Region 8 7th Tradition	\$1,400.00	
Ways & Means Projects	\$4,000.00	<i>(profit)</i>
Seed Money Returned	\$1,500.00	

**TOTAL RECEIPTS:** \$43,900.00

**TOTAL SOURCES OF FUNDS (Beginning Balance + Total Receipts)** \$72,920.61

#### USES OF FUNDS:

##### EXPENDURES

##### Board:

Chairman	\$800.00	<i>(includes cost of new computer)</i>
Vice Chairman	\$400.00	
Secretary	\$200.00	
Treasurer	\$500.00	<i>(includes taxes/corp. fees)</i>

##### Board & Parliamentarian Travel:

Board Travel	\$12,000.00	
Parliamentarian	\$1,200.00	
Chairman Travel WSBC	\$2,100.00	<i>(in May)</i>
Chairman Travel RCC3	\$2,100.00	
Chairman Travel RCC & BOT	\$2,100.00	<i>(in August)</i>
WSBC Region 8 Delegate	\$2,500.00	
WSBC Region 8 IG Support Fund	\$3,000.00	

**Committee Chair Travel** \$8,500.00

##### Committees:

Bylaws-Electronic Documents	\$150.00	
Tech-Web	\$2,410.00	<i>(Webmaster/ooVoo/Email Fees)</i>
UWD	\$250.00	
IGOR Rep Funding	\$2,400.00	
TSW	\$500.00	

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PIPO	\$550.00	
Ways & Means	\$2,400.00	
<b>MISCELLANEOUS</b>		
Carry The Message Fund	\$1,000.00	
Region 8 Trustee	\$600.00	
WSO Contribution	\$5,000.00	
Seed Money Advanced	\$1,000.00	
PayPal Fees	\$55.00	
Bonding Fees - Board Members	\$1,000.00	
<b>TOTAL EXPENDITURES</b>	<b>\$52,715.00</b>	
Allocated to Prudent Reserve (OA suggestion 40-60%)	\$20,805.61	(55%)
<b>TOTAL USES OF FUNDS (Reserve Allocation + Total Expenditures)</b>	<b>\$73,520.61</b>	

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## IV. Committee Reports

### Unity With Diversity

#### PROGRESS REPORT – FUNDED COMMITTEE CHAIR



**SOUTHEAST OVEREATERS ANONYMOUS SOAR 8**

ALABAMA - ARKANSAS - BERMUDA – CARIBBEAN – CENTRAL AMERICA - PUERTO RICO - FLORIDA - GEORGIA  
LOUISIANA - MISSISSIPPI - NORTH CAROLINA – SOUTH AMERICA – SOUTH CAROLINA - TENNESSEE

#### PROGRESS REPORT – FUNDED COMMITTEE CHAIR

COMMITTEE: Unity with Diversity

PERIOD COVERED

July - Nov  
2016

Memphis - November 2016

BUSINESS ASSEMBLY

#### Specific objectives for the period (Numbered List)

1. Report back to committee a recommendation for entry to p&p re: translating documents.
2. Translate, distribute and collect diversity surveys from at least half of intergroups in region. Execute phone tree and raffle incentive.
3. Create webpage for UWD with pull down tabs for diversity mentor requests, volunteer and speaker request. Work with 12SW committee to communicate with fellowship.
4. Monitor status of Chile IG and needs. Make recommendations to board as appropriate.
5. Continue brainstorming ways to facilitate inclusion of diverse members at meetings and conventions. Research iccypa for ideas on outreach to young people

#### Actions /Activities conducted toward objectives (List by Objective)

1. Work with 12SW to include diversity checklist on speaker pairing webpage.
2. Search membership for willing committee chair for next quarter.
3. Monitor status of Chile IG
4. Brainstorm diversity outreach. Outreach to members interested in traveling to conventions and retreats to share experience with diversity topics in OA.

#### Projections for the next period

