

Fri - April 1, 2016
Region 4 BOD Meeting Approved Minutes
TIME 3:00 – 4:00 PM
St. Louis, MO

Attendees

	Name		Name		Name
	Meg M, Chair		Bob S, Vice Chair		Wanda G, Secretary
	Colleen O-D, Treasurer		Cyndy L, Trustee		Visitors: Elizabeth, J Mo, Jan H.

Agenda: Meeting began

Time	Item	Person Responsible
3:03	Opening – <ul style="list-style-type: none"> • Serenity Prayer • Twelve Steps • Twelve Traditions • Twelve Concepts 	All Colleen Wanda Bob
3:10	Officer Reports <ul style="list-style-type: none"> • Secretary <ul style="list-style-type: none"> • Approval of Jan 2016 BOD Minutes • Website - report forwarded • Newsletter – report was included with package <ul style="list-style-type: none"> • Hosting Intergroups <ul style="list-style-type: none"> • Jun 2016—Mid-Continent—Due May 13 • Sep 2016—Unity—Due Aug 13 • Dec 2016—All Iowa —Due Nov 13 • Mar 2017 – To get at Assembly • Manual – no report, learning the process 	Wanda

3:22	<ul style="list-style-type: none"> • Treasurer - <ul style="list-style-type: none"> • Treasurer Report/Account Balances all up to date and changes to names on account for new treasurer <ul style="list-style-type: none"> • Checking: 5753.33 • Reserves: \$(set aside for Convention) - \$1000 seed money -\$460 scholarships • Savings: \$7504.92 • Account status – up to date • US bank is taking 15.00 a month as a monthly fee from savings account, also other issues with getting response to get a credit card, cant get statements all out on the same date for our accounts, not getting a response from them to our inquiries • Discuss changing banks: <u>Meg may try to contact this bank again</u>, discussed putting the money from savings into a CD (certificate of deposit) which wouldn't have a fee and wouldn't earn interest but we don't now anyway. (because of very low interest rates) Or put into the chequing account, or switch banks, Meg will look into Internet banking to see if that suits us better. • <u>Colleen will close the savings account now and transfer to chequing pending further inquiries and decisions regarding future banking</u> • Questions : re the list of donations is quarterly now but suggestion is to change it to biannually for assembly to assembly – discussion - leave as is quarterly but we want to let assembly know the annual amounts are posted in newsletter in March • Treasurer clarified we are only on budget now because we had a surplus otherwise we are at a deficit There were 3 budget items not accounted for in our budget – sending. 10% to WSO at year end, paying for our domain name not sure of cost but not a big expense, the other is internet provider services which isn't due until next year – these will all be added to the budget items <p>in future</p> <p>Delegate Funding</p> <ul style="list-style-type: none"> • Starting balance of \$4000, remaining balance will be used for assembly funding – spent \$ 2800.00 with balance of 1200 remaining <ul style="list-style-type: none"> • Assembly 3000 -balance of \$ zero now <ul style="list-style-type: none"> • Ways and Means - <ul style="list-style-type: none"> • Journals - 10th printing – sold to date: 93/550 left • Earning average \$4.00 per book • <u>Meg Will inquire with someone in Minneapolis about holding the journals and handling the sales when Meg's term as chair is over</u> <ul style="list-style-type: none"> • Consider plan if it takes longer than a year to sell 500 journals • Serenity Knots –sold 450/500 – (net: +\$1245) Flashlights –giving away at Convention Meg will present new idea to Ways and Means tomorrow 7th tradition donations since January 1 were 5208.91 includes anonymous, group and other. The recurring donation is working again on line. 	Colleen Meg/ Coll
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3:37	<ul style="list-style-type: none"> • Vice Chair <ul style="list-style-type: none"> • Assembly Planning Coordinator – no issues for Spring 2016 Assembly • Outreach – Focus on affiliated meetings and hope to come up with a questionnaire to use when contacting them – maybe include question about how groups raise funds for delegate and assembly funding 	Bob
3:49	<ul style="list-style-type: none"> • Chair <ul style="list-style-type: none"> • Intergroup Health Updates <ul style="list-style-type: none"> • Promises of Eastern IA – April 23, 2016 (Meg) • Tri-State Siouland – May 14, 2016 (Meg) • Heart of Illinois – October (Cyndy) • Moline, IL - Quad Cities – working on that (Cyndy) • 2015/2016 Assemblies Covered: <ul style="list-style-type: none"> • Fall 2016 Heart of Canada, Winnipeg, MB CAN • Spring 2017 Mid-Continent, Wichita, KS • Fall 2017 – will discuss tomorrow • 2016 Convention: <ul style="list-style-type: none"> • Theme: “Hope in the Heartland – 12 Suggestions for Recovery” • Hotel: Sheraton West Des Moines Hotel <ul style="list-style-type: none"> • 1800 50th St, West Des Moines, IA 50266 • Planning going well and on track • Elections <ul style="list-style-type: none"> • Chair – Nomination forms are due August 1 encourage reps to consider • Secretary 	Meg
4:00	<ul style="list-style-type: none"> • Trustee <ul style="list-style-type: none"> • IG Updates – Heart of Illinois in October, continue to speak to Quad Cities, • WSO updates – website revised at a cost of \$111,000 • Want to discuss unity - aware of divisions/distractions within our own areas that might hurt OA as a whole need to speak up about it and fiscal responsibility – self supporting at all levels, what a prudent reserve is and that excess should be sent on to WSO or region not held back • <u>Meg will put out this reminder in her message to the IG chairs to spend excess and send contributions to region and WSO if have excess</u> • Discussion to consider put together a list of bills that Region 4 has to pay monthly and send that out as an education tool so people know what money goes for- <u>Colleen and Meg to work on</u> • Board will work on a campaign to generate a day of contributing \$5.00 a one time donation to Region 4 	Cyndy

4:12	Workshop for Spring 2016 Assembly <ul style="list-style-type: none"> • Assembly Topic: • 4 options and groups will come up with a PR plan – anoerixics, gastoric bypass, young persons, clergy/professional health care. Brainstorm on how to reach out and carry the message to these groups using materials from WSO <ul style="list-style-type: none"> • Will discuss what will occur – handouts provided 	Meg
4:15	New/Old Business <ul style="list-style-type: none"> • STC Workshops/Visit <ul style="list-style-type: none"> • Heart of Canada – Feb 20, 2016 – (Meg) • RCC/Trustee Travel – <ul style="list-style-type: none"> • Albuquerque BOT/RCC meeting– May 2 – 7, 2016 • WSO Convention in Boston September • Next WSO 2020 	BOD
4:19	Future Region 4 BOD Meetings <ul style="list-style-type: none"> • Summer Meeting – June 10 3pm - 12, 2016 (R4 Convention) <ul style="list-style-type: none"> • Des Moines, IA – Central IA • Fall Meeting – October 14 – 15, 2016 (3:00 PM) <ul style="list-style-type: none"> • Fall Assembly – Winnipeg, MB 	Meg
4:25	Other/Closing	

Meeting adjourned: 4:33