

MINUTES CHANNEL ISLAND INTERGROUP

December 3, 2013

MEMBERS PRESENT **Cinthia** (Chair), **Barry** (Sat am Ventura/Wed. pm Oxnard), **Raven** (Rec. Sect'y), **Barbara** (Treas./Goleta Mon.), **Ann R.** (Mon. am Ventura), **Carolyn** (Outreach, SB), **Amy** (Wed. pm SB), **Lisa C.** (Mon. pm SB/ Tues. pm SB), **Susan C.** (Thurs. pm SB Women's), **Lauren** (Mon. pm. Ventura). *Natalie M.*

Twelve Concepts were read

Treasurer's Report Nov. **Assets** (\$276.75), **Liabilities** (\$312.78), **Balance** in account (\$2387.85), **Prudent Reserve** (\$1,006.46). We still need a treasurer to replace Barbara.

Business Secretary (position is open.)

Intervoice (Natalie was not present. Intervoice will come out next month.)

Web (No report. Natalie was not present.)

Retreats and Marathons (No report, position is open).

Region 2 Natalie M. reported the following.....Posters are to be printed and displayed where young adults can see them. Profits from the latest convention \$18,400. 12 Steps Within(?). Spring Assembly will be in San Francisco and Natalie would like to not attend, as it is an 8 hour event and it would be costly. Starting Jan. 12, 2014, Nancy Jensen (Chair of Region 2) will be available on phone and will create a monthly phone chat. (949 644-6997).

Outreach SB Carolyn announced the SB Independent ad will run for a year and the meeting schedule is now easier to find on the website (oaciigwordpress.com).

Outreach Vent. (No report. Leslie was not present.)

Old Business

- *Motion to provide \$50. to print OA posters in color.....tabled until next month.
- *Zoe request for \$\$\$ for newcomer packages for Tues. SB meeting was tabled. She was not present at the meeting.
- *Natalie G. will be our Webmaster.

New Business

- *Barbara was voted in as Business Secretary.
- *Lauren volunteered to call Verizon and negotiate for a better rate.
- *Motion passed to add the local website along with WSO website on our outgoing phone message.
- *Leslie's request regarding Casitas Days was tabled, as well as her request for more brochures for the event, as she was not present.
- *Susan volunteered to write an article for the Intervoice, regarding "13th stepping" that has been reported by some women. This was a long discussion. The motion was passed. She will be in touch with Natalie G. regarding this.

Next Meeting will be Jan. 7, 2013

Respectfully submitted, Raven

CIIG TREASURER'S REPORT FOR NOVEMBER 2013

ASSETS:

CIIG meeting	15.75
Goleta Mon. & Thur. Noon	
#'s 32642 & 15648	171.00
Tues. Goleta # 07100	60.00
Wed. Ven.# 35960	<u>30.00</u>
	276.75

LIABILITIES:

Verison	51.11
Intervoice Natalie /G.	38..70
Natalie Mc. Region 11	162.97
PO Box rent for year	<u>60.00</u>
	312.78

Checking account bal: as of 10/31:	2,387.85
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Savings account balance:	1,006.46
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MINUTES CHANNEL ISLAND INTERGROUP

November 5, 2013

MEMBERS PRESENT Barbara (Mon. Goleta noon/Treasurer), Ann R. (Mon. am Ventura), Zoe (Tues. SB pm SBCC), Natalie G. (Intervoice/Web/Tues. Ojai), Susan (Thurs pm SB), Lisa C. (Mon. pm S.B.), Leslie (Vent.am Fri./Outreach Vent.), Natalie (Mon. pm Vent./Region 2 rep), Erik (Mon. noon Goleta/Vice Chair), Lynn (SB outreach), Raven (Rec. Secty)

Twelve Traditions were read

Treasurer Report Our checking account balance: \$2,314.67 and Prudent Reserve: \$1,006.46. Barbara is looking for someone to be Treasurer and then she will be Business Secretary.

Intervoice Natalie G. brought in the new Intervoice and announced that the Tues. SB City College meeting has been suspended until they find a room to use.

Retreats and Marathons Raven announced that she would like someone to take over her position.

Region 2 Natalie attended the R2 convention and brought back pamphlets. She reported that in the OA Literature, the words "Compulsive Overeater" have been changed to "Compulsive Eater." Lifeline is requesting more subscriptions and is offering a raffle for reduced rates on OA literature, for those meetings that buy subscriptions. Posters can be downloaded on the R2 website. Also, she handed out Small Meeting Questioners to be filled out and submitted to R2 website. A study revealed that most OA members began compulsive eating between the ages of 11 - 18, and the average age of OA members is between 56 and 65.

Outreach SB Erik reported that the Sat. am meeting is not willing to change to a newcomers meeting. Carolyn reported problems with the Independent ad. To be discussed next month under New Business.

Outreach Vent. Leslie announced a free fishing day at Lake Casitas in March and suggested we might want to set up an OA table. She also got permission to put out pamphlets at the Channel Islands Library.

OLD BUSINESS

1. Something about adding the position of Web Master
2. Two proposals of the by-laws were voted on and not passed. The rest of the by-law proposals will be discussed and voted on next month

NEW BUSINESS...(to be discussed at the next Intergroup).....the need for a new treasurer, an issue with 13thstepping, the Verizon bill and Carolyn's issues regarding ads in the SB Independent.

Thank you all for your service to OA.

Respectfully submitted,
Raven

CIIG TREASURER'S REPORT FOR OCTOBER 2013

ASSETS:	
CIIG meeting	34.00

LIABILITIES:	
Verison	50.99

Checking account bal: as of 9/30:	2,369.64
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Savings account balance:	1,006.46
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MINUTES CHANNEL ISLANDS INTERGROUP

October 1, 2013

MEMBERS PRESENT Linda, Susan, Lisa C., Ann R., Amy W., Barbara, Natalie G., Maryanne, Cynthia, Leslie, Carolyn, Erik, Raven

Cynthia

Twelve Concepts were read.

GENERAL ANNOUNCEMENTS Natalie reminded us we are having a booth at Ojai Day Oct. 19. We need volunteers to help out.

MINUTES were read and approved.

TREASURE'S REPORT submitted by Barbara and approved (see attached). Our current balance is \$2314.67 and \$1,006.46 in prudent reserve. Linda requested itemized totals in all areas, which Barbara will supply to the next treasurer.

INTERVOICE Natalie G. asked us to remind people to submit short statements of their experience strength and hope to be put in the Intervoice. She is asking for someone to take over the Intervoice responsibility for her.

WEB Natalie G. has posted notices and will post any changes to our CIIG by-laws, as they occur.

RETREATS AND MARATHONS no report

REGION 2 no report

OUTREACH SB Carolyn brought in pamphlets (If Food is a Problem for You) to be handed out to doctors, therapists, libraries, etc., plus labels with CIIG information to be put inside the pamphlets. She asked for help placing outreach materials in the community. Erik volunteered to ask at the Sat. am SB meeting about possibly having a newcomers meeting.

OUTREACH VENTURA Leslie got permission at the Ventura Library to put out pamphlets and will take some to meetings for members to place in the community.

NEW BUSINESS.....ELECTION OF OFFICERS. The following is a list of our new CIIG officers

Chair Cynthia

Vice Erik

Treasurer Barbara will serve one more month. (Natalie is willing to be Treasurer if someone takes over Intervoice and Web.)

Business Secretary (Scotia was not present. Natalie G will call her to see if she is still interested.)

Recording Secretary Raven

Intervoice Editor.....needed

*A motion was passed to allow Carolyn to take out a 3 line ad in the SB Independent. She will communicate through email regarding the wording of the ad.

*A discussion was tabled until next month regarding posters.

THANKS TO ALL FORMER AND NEW BOARD MEMEBERS FOR YOUR SERVICE.

Respectfully submitted, Raven

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CIIG TREASURER'S REPORT FOR SEPTEMBER 2013

ASSETS:

CIIG meeting	21.00
Vent. Sat. am #36038	<u>35.00</u>
	56.00

LIABILITIES:

Verison	51.26
Natalie G. OA Booth in Ojai	90.00
Natalie G. Intervoice	<u>27.85</u>
	169.11

Checking account balance:	2,314.67
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Savings account balance:	1,006.46
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CIIG TREASURER'S ITEMIZED REPORT:JAN.-SEPT

ASSETS:

CIIG DONATIONS	164.50
MEETING DONATIONS	1,468.63
REGION 11 DONATIONS	285.30
WORK SHOP	100.00
OJAI WOMEN'S CLUB REBATE	<u>250.00</u>
	2,553.73

LIABILITIES:

RENT	240.00
VERIZON	399.22
INTERVOICE	156.86
REGION II CONVENTION	222.56
OJAI W.C. DAMAGE DEPOSIT	250.00
WORKSHOP PHAMPLETS	23.00
NATALIE G. INTERNET	20.00
NATALIE G. OA BOOTH	90.00
LINDA MATERIALS	<u>8.91</u>
	1,410.55

CIIG TREASURER'S REPORT: JAN.-SEPT

	ASSETS	LIABILITIES
JAN.	468.18	667.57
FEB.	17.00	70.87
MARCH	344.00	107.16
APRIL	948.65	71.01
MAY	21.00	22.58
JUNE	117.70	59.89
JULY	58.50	191.14
AUGUST	196.00	51.22
SEPT.	<u>56.00</u>	<u>169.11</u>
	\$2,569.73	1,410.55
	2,553.73	

Minutes: CHANNEL ISLANDS OA INTERGOUP September 3, 2013

Call to order: Natalie G., chairperson, opened the meeting at 7:30 pm.

Members present: Linda, recording secretary; Carolyn (Ellen) outreach SB; Maryanne, Cinthya, Amy, Laura, SB Wed.; Dania, SB Sat. am; Natalie, Mc., Mon. region 2 rep and Mon. newcomers; Lisa C. SB Mon. pm and Tues. pm; Barbara, Treasurer and Mon. noon Goleta; Raven, Retreats and Marathons; Ann R. Mon. Ventura am; and Natalie G. chair/web/intervoice.

7th Tradition: the shell was passed to collect donations

Recording Secretary: the minutes from August 6, 2013 were passed out by Linda and accepted as written

Treasurer: the report was provided by Barbara (see attached)

Intervoice: the Sept./Oct. intervoices were provided by Natalie G.

Web: Natalie G. gave a report on items that were updated

Retreats: Raven announced that it is a good time to start planning a retreat and she is open to suggestions.

Outreach SB: Ellen gave updates on what is happening for Santa Barbara outreach. She also explained the cost of putting an ad in the Independent SB newspaper. A motion was made and passed for this group to table this discussion until the Oct. meeting.

Old Business: Natalie G. handed out the bylaws with a number of suggested changes. Members of this group were encouraged to take the bylaws to local meetings so that we may make them available to local members at least 10 days before this intergroup votes on changes.

New business:

Ojai Day: a motion was made and passed for this group to pay \$90.00 for an OA booth at the 3rd Saturday of Oct. Ojai Day which will run from 9 – 5 pm. The Ojai group will provide the literature.

Next Meeting: will be Oct. 1, 2013 at which time ~~the new positions will be filled, including: chair, treasurer and recording secretary.~~

all board position will be elected.
The meeting was adjourned.

Respectfully submitted by Linda

CIIG TREASURER'S REPORT FOR AUGUST 2013

ASSETS:

CIIG meeting	16.00
Wed. 7:30 SB #36031	120.00
Tues. Goleta 5:30#07100	<u>60.00</u>
	196.00

LIABILITIES:

Verison	51.22
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Checking account balance:	2,314.67
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Savings account balance:	1,006.46
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Minutes: Channel Islands OA Intergroup August 6, 2013

Call to order: Natalie G., chairperson, opened the meeting at 7:30 pm.

Members present: were Natalie G., Brigitte, Natalie Mc., Cinthya, Scotia, Raven, Ellen M., Barbara G., Lisa C., and Linda M.

7th tradition: the shell was passed around to collect the 7th tradition funds.

Recording Secretary: the minutes were passed out by Linda and approved as written.

Treasurer: the report was provided by Barbara. See attached.

Intervoice: Natalie G. has accepted the position of Intervoice person.

Business Secretary: Scotia has received information about:

the upcoming Region 2 Assembly
an Intergroup application form
and a packet of material from World Service regarding new issues

Parliamentarian: the position is open

Retreats: According to Raven, there is nothing currently planned but new ideas are welcome.

Region 2: Rep. Natalie Mc. will attend the Region 2 Assembly in the fall.

Outreach Santa Barbara: Ellen would like to have a committee participate in the S. B. outreach. She welcomes phone calls from any one interested. She provided more pamphlets to be passed out at local meetings in the community. Ellen placed an ad on Craig's list. This needs to be renewed every few days. She would like someone to take over that opportunity for service. Ellen will email "the letter to professionals" to Intergroup members. Cinthya has spoken to the

dietician at Ventura County Medical Center. Natalie G. will order new posters.

New Business: A motion was made and passed that the treasurer provide a six month financial summary so that we can better understand this groups financial situation.

A motion was made that did not pass, that this Intergroup agree to fund reasonable requests for promotional ads. Instead it was decided that this group entertain each request on an individual basis.

Natalie G. announced that elections for elected service positions will take place in October. There are no abstinence requirements for these elected positions.

It was announced that Keith has resigned his service positions. His service to this group has been greatly valued.

Next Meeting: will be Sept. 3, 2013

Respectfully submitted: Linda M.

CIIG TREASURER'S REPORT FOR JULY 2013

ASSETS:

CIIG meeting	17.50
Ventura Mon. #51540	16.00
Ventura Frii. #35404	<u>25.00</u>
	58.50

48.50

LIABILITIES:

Rent to Church June-Dec.	140.00
Verizon	<u>51.14</u>
	191.14

Checking account balance:	2,505.81
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Savings account balance:	1,006.46
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Minutes: CHANNEL ISLANDS OA INTERGROUP OA July 2, 2013

Acting Chair: In the absence of Natalie G., CIIG chairperson, Barbara facilitated the meeting.

Members Present: Barbara, Suree, Raven, Lisa C., Scotia, Natalie Mc., Erik, Leslie, Brigitte, Ellen M. , and Linda

7th Tradition: the shell was passed around to collect the 7th tradition funds

Twelve Principles: from the 12 traditions were read

Recording Secretary: the minutes were passed out by Linda and accepted as written.

Treasurer's report: was provided by Barbara and accepted as written. See attached.

Business Secretary: Scotia shared info from the San Diego OA Intergroup. Information on the Men's retreat in August was provided. A motion was made and passed that this intergroup wishes to continue receiving the San Diego Intergroup announcements.

Old Business: the vote on changes to the bylaws was postponed until next meeting when Keith is here.

Region 2: Natalie attended the convention in Palm Springs and shared some of the what she had experienced. She encouraged others to attend in the future.

She recommended that the members check out the web site for CD's or podcasts of the great speakers from the convention.

Natalie estimated that the cost of having a second R - 2 rep attend the fall assembly would be \$315.00. For this intergroup to fund the expenses for two reps, the total would be \$630.00.

A motion was made and passed to send a second rep from CIIG to the fall assembly and cover expenses.

A motion was made that we apply for a scholarship for the second rep to go to the fall assembly. This motion failed.

Outreach for Ventura: Leslie Mc. accepted the position for Ventura.

Outreach Santa Barbara: Ellen is open to new suggestions.

The following suggestions were offered for both Santa Barbara and Ventura.

1. Pamphlets in all libraries
2. Newcomer meeting connected to regular meetings
3. Education doctors or therapists
4. Word of mouth
5. TV and radio public service announcements
6. Students
7. Colleges, including Antioch and Westmont
8. Continued letters to professionals
9. Address the needs of those who are anorexic
10. Social media
11. Small newspapers
12. Put OA on 211 information centers
13. Add OA to related Web sites
14. Dr. Billy
15. Pay for an ad in the independent

Next Meeting: August 6, 2013

Respectfully submitted,

Linda M.

CIIG TREASURER'S REPORT FOR JUNE 2013

ASSETS:

CIIG meeting	11.00	
Ojai meeting#47208	86.70	
Goleta meetings		
#'s 32642 & 15648	<u>120.00</u>	
	<u>217.70</u>	206.70

LIABILITIES:

Linda-materials	8.91
Verizon	<u>50.98</u>
	59.89

Checking account balance:	2,348.00
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Savings account balance:	1,006.40
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Minutes: **Channel Islands OA Intergroup June 4, 2013**

Members present: Natalie G., Kimberly, Lisa, Susan S., Barbara G., Scotia, Natalie Mc., Brigitte, and Linda

The Concepts: were read by members

New Business: Scotia was nominated as business secretary.

Recording Secretary: the minutes were passed out by Linda and approved as corrected.

Treasurer: report is attached

Web: Report: Natalie G. announced that she had updated the web site with the 7th traditions for the last two months and will add further information about OA.

The members present were encouraged to let the local meetings know that sponsors will be listed on the web.

Business Secretary: Scotia passed around OA information from San Diego.

Region 2: Natalie Mc. reminded the group that the Region 2 Convention is coming up this month in Palm Springs.

Old Business: The by-laws had been sent out for review. This group will vote on any changes to the by-laws next month, when Keith is here.

It was decided to wait to entertain a motion on sending a second R – 2 rep to the Assembly until the July meeting. Natalie MC. will gather information and make a motion at that meeting.

A motion was made that did not pass, to move this meeting to Ventura after the Ventura 10:00 am Saturday meeting.

A motion was made that did not pass, to change the starting time of this meeting to 7:00 pm.

Susan S. made a motion that this group forward a request to Region 2 or World Service to develop literature for maintainers. She provided some detailed information which is attached. The motion passed. Natalie Mc. will pursue finding out how to pass this request up the levels of leadership in OA.

Outreach: There was a discussion about what the next steps for this group will be in term of future outreach. Members were encouraged to survey their local meetings for further ideas.

Next meeting: July 2, 2013

Respectfully submitted: Linda M.

CIIG TREASURER'S REPORT FOR MAY 2013

ASSETS:	
CIIG meeting	21.00
LIABILITIES:	
Keith for Intervice	22.58
Checking account balance:	1,979.19
Savings account balance:	1,006.40

To: Channel Islands Intergroup: Region 2 & WSO reps

From: Wednesday noon Literature Mtg, Ventura

Topic: Literature for Long Time Maintainers

Date: June 4, 2013

In the past 30 years, I've seen OA grow from infancy into a mature organization. During this time, OA has developed its own literature, as opposed, to using all AA literature.

I've been in OA and maintaining for 30 years and have need of literature written for this group...pamphlets &/or booklets:

1. Could we have the OA 12 Step questions written for this group?
2. The 11th Step stresses meditation as the way of quieting the mind so HP can talk to us. Could a pamphlet be developed addressing the reason for meditation and types of meditation? Suggested method(s) on how begin to meditate. Could a CD be made of OA members leading guided meditation?
3. I'm now 72 years old, my body deals with multiple sclerosis every day...each day is different: pain, left leg weakness, difficulty walking with walker and balance, fatigue. In my early OA years, I always carried literature in my purse, in my drawer at work and in my car. Today, I feel the same, because I can't get around very well, I face constant health issues, and all the issues that come with aging including death...I need written inspirational writings to help keep me connected to HP, no matter what is happening in the physical world.

Signed,

Susan S., a recovered OA member filled with Gratitude

Minutes: **CHANNEL ISLANDS OA INTERGROUP May 7, 2013**

Members present: Lisa, Monday and Tuesday Santa Barbara evenings; Marissa, Friday Santa Barbara, speaker; Laura, Wednesday Santa Barbara; Natalie Mc. Ventura Monday 7:00 pm, Region 2 rep; Natalie G., Tuesday pm Ojai, chairperson and webmaster; Raven, Monday and Thursday noon Goleta, Retreats and Marathons; Keith, Wednesday Ventura literature, Parliamentarian, Intervoice; Barbara treasurer; Leslie, Saturday am Ventura; Brigitte, Wednesday noon Ventura; Erik, and Linda, Monday am Ventura, recording secretary.

12 Traditions: read by Marissa

Region 2: Natalie Mc. reminded the group of the June Convention in Palm Springs. She also reported that there were bylaw changes at the Assembly in April. Region 2 is creating a blog for younger ~~kids~~ *people*.

Treasurer: report given by Barbara, see attached

Recording Secretary: the minutes were passed out by Linda. The minutes were approved with two minor corrections.

Intervoice: Keith passed out the May/June copies of the Intervoice. Keith also passed out "Strong Meeting Checklists".

Web Report: Natalie has updated the Web information.

Retreats and Marathons: Raven stated that she had received a call from the St. Mary's Retreat center. They have saved the date for a CIIG Women's retreat and have a possibility of renting the facilities to another group. A motion was made and passed that this Intergroup let the saved date go. Raven will notify the retreat center.

Outreach Santa Barbara: Erik mentioned the difficulty in providing outreach materials at U.C.S.B. Other groups have been allowed access to provide info but not OA. It was noted that Ellen has posted OA info on Craig's list in Santa Barbara.

Positions open: the Intergroup positions of Vice Chair, Business Secretary, and Outreach for Ventura are still open.

Old Business: A motion was passed that Keith and any one else interested in addressing the correction of bylaws set a time to meet. Members will notify Keith with any of their concerns about the bylaws.

New business: It was proposed that we have a motion at the June meeting regarding any change of day, place and time of this Intergroup meeting.

New business, cont.: Brigitte addressed a request from an OA member. The member's desire is for Region 2 or World Service to provide further material for people who are maintaining goal weight in the OA program. Brigitte will provide written information to address this request and this group will vote on it at the June meeting.

The next meeting: June 4, 2013

Respectfully submitted, Linda

CIIG TREASURER'S REPORT FOR APRIL 2013

ASSETS:

CIIG meeting	20.00	
- Ojai Women's Club rebate	250.00	
Wed. nite #36031	300.00	
Ojai # 47208	17.85	
Mon. 7:30 S.B.#51002	104.26	
Tues. Goleta # 07100	36.00	
SB Friday # 36036	76.54	
Mon. & Thurs, Goleta #'s 32642,15648	144.00	
	<u>648.65</u>	- 678.65
		948.65

LIABILITIES:

Natalie G. for internet expense	20.00
Verizon	<u>51.01</u>
	71.01

Checking account balance: 1,980.77

Savings account balance: 1,006.40

Minutes: **CHANNEL ISLANDS OA INTERGROUP April 2, 2013**

Members Present: Keith, Brigitte, Lisa, Barbara, Natalie Mc, Eric, Natalie G, Laura and Linda, *Thelie*.

12 Concepts: were read by members

7th tradition: the basket was passed around to support CIIG and WSO.

Recording Secretary: Linda passed out copies of the minutes from the March 5, 2013 meeting. The minutes were approved with a number of punctuation corrections.

Treasurer's Report: see attached.

Parliamentarian: Keith will bring the by-laws to the next meeting.

Web: Natalie G. announced that she had updated meeting changes on the web.

Retreats and Marathons: Barbara reported that the workshop brought in \$180.00, just short of the expenses.

Region 2: Natalie Mc will be attending the OA Assembly from April 12 to the 14th, 2013.

Outreach S.B.: Ellen will provide the colored posters at the next meeting.

Old Business: Natalie Mc and Keith are willing to have their name and phone #'s on the web site, listing themselves as sponsors.

New Business: Barbara made a motion that for the next workshop participants will be asked to mail in their fees ahead of time and there will be no refunds. The motion passed.

According to Natalie G., the new business should be brought up as a **proposal**, as opposed to a back and forth discussion.

Natalie G. made a motion that we intergroup members review the **bylaws** before the next meeting as requested by WSO. The motion passed and Natalie G. will email the bylaws from 2006 and will include a link to the WSO by-laws.

Natalie G. made a motion that we read one **OA Concept** per meeting and that members might give a brief presentation on that concept. The motion passed. Keith will present on Concept 5 in May and Natalie Mc will present on Concept 6 in June.

Next meeting: May 7, 2013

Submitted by: Linda

CIIG Treasurer's Report for March 2013

Assets:

CIIG meeting	19.00
Mon Goleta #32642	60.00
Thurs.Goleta #15648	60.00
Workshop	180.00
Ventura #35960	<u>25.00</u>
	344.00

Liabilities

March/April Intervoice	59.13
Verizon	<u>48.03</u>
	107.16

Checking account balance: 1,403.13

Savings account balance: 1,005.28

Minutes: CHANNEL ISLANDS OA INTERGROUP MARCH 5, 2013

Members present: Raven, Natalie Mc., Natalie G., Leslie, Barbara, Ellen, Keith, Linda, Cinthya, Laura, and Lisa

12 Traditions: were read by members

Recording Secretary: Linda provided copies of the minutes from the Feb. 5, 2013 meeting for members to review. The minutes were approved with minor amendments.

Treasurer's report: see attached

Intervoice: Keith passed out copies of the March/April Intervoice. A discussion was held regarding the listing of meeting donations to Intergroup. Natalie Mc. volunteered to write an article about donations for the upcoming Intervoice.

Parliamentarian: It was announced that the by-laws will be available for review at our next meeting.

Web Report: Natalie G. requested that we ask at local meetings if there are things that members would like to see on the CIIG web site. One suggestion was made to have an article on sponsorship. Natalie G. suggested that CIIG members ask at local meetings whether any sponsors are willing to have their names and phone numbers listed on the CIIG website.

Retreats & Marathons: Raven reminded the group of the upcoming March 16, 2013 workshop in Ojai.

Region 2: Natalie Mc will attend the assembly on April 12 - 14, 2013, in Palm Springs, as the representative from this Intergroup.

Outreach for Santa Barbara: Ellen reported the difficulty placing posters in the SB library. She also stated that Eric took pamphlets to UCSB and the university has denied OA access to having pamphlets available at their facility. Keith will post OA meeting information on the Ventura Craig's list. Ellen will post OA information on the Santa Barbara Craig's list. A motion was made and passed, that this group order 100 more of the pamphlets titled, *"Introducing Overeater's Anonymous"*.

New Business: A discussion took place regarding the tightening up of the meeting format for future meetings. A decision was made that in the future reports will be given and discussion will be held later under new business.

Next meeting: will be April 2, 2013.

Respectfully submitted, Linda

CIIG Treasurer's Report for February 2013

Assets:

CIIG meeting	17.00
1	

Liabilities

100 pamphlets for workshop	23.00
Verizon	<u>47.87</u>
	70.87

Checking account balance:	1,776.42
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Savings account balance:	1,005.28
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Minutes: **CHANNEL ISLANDS OA INTERGROUP Feb. 5, 2013**

Members present: Erik, Marissa, Natalie G. Keith, Brigitte, Leslie, Barbara, Ellen, Raven, Laura and Linda

12 Concepts: read by members

Recording Secretary: Linda provided copies of the minutes, from the Jan. 8, 2013 meeting, for members to review. The minutes were accepted with a number of spelling corrections.

Treasure's Report: see attached

Vice Chair and Business Secretary: these positions are still open

Web Report: the March workshop flyer has been added. The contact information for the Monday Ventura am meeting was updated on the O.A. .org website.

Retreats and Marathons: flyers were handed out for the March 16, 2013 workshop. The title is ***"Unwrapping the Promises: Living the sweet life without eating sweets"***.

A motion was made and passed to purchase 100 brochures called, **"Before you take that first compulsive bite"** and they will be handed out at the March workshop.

It was suggested that we encourage car pools to Ojai.

It is also a good idea to mention that lunch is not included.

Linda provided the name of Kathryn, from Mon. 8:45 am Ventura meeting who would like to see if a retreat or mini workshop could be held in the Port Hueneme area. She is willing to help find a site for this and her phone number is: 986-2123.

Outreach for Santa Barbara: Ellen provided outreach materials.

She also shared information from the diversity committee of Region 2 to consider sending a post card to medical and mental health providers. Professionals would be invited to request further OA materials. No decision was made on this.

Erik suggested that efforts be made to provide materials for colleges in this intergroup.

Natalie G. shared posters from the World Service office and members will distribute them to be displayed in public areas.

Intervoice: Linda provided a quote for the next Intervoice. "To get out of the hell of compulsive overeating, you have to be willing to give up eating compulsively, one day at a time." Further submissions are encouraged.

Old Business: Continued discussion will take place in the future regarding changing the Women's Retreat fund to a gender-neutral account.

The discussion about moving the Intergroup meeting to Ventura was also tabled.

A Spanish speaker is still needed to handle Spanish speaking calls to the voicemail.

Linda provided a couple of suggestions of strong OA meetings in the Los Angeles area for this Intergroup members to consider attending together.

Next meeting: March 5, 2013.

Respectfully submitted, Linda

CIIG Treasurer's Report for January 2013

Assets:

CIIG meeting	22.00	
Ventura Gr. # 35960	25.00	
Ventura Gr.# 51450	38.40	18.25
Ventura Gr. # 36038	97.48	166.88
Donation from Region II	<u>285.30</u>	
	468.18	- 468.18

Liabilities:

Rent to Carpinteria Comm. Church	100.00
(Jan.-May)	
Keith M. Intervoice printing	47.30
Natlalie McC Region II Conven.	222.56
Verizon	47.71
Ojai Women's Club damage deposit	<u>250.00</u>
	667.57

Checking Account Balance	1,269.30
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Savings Account Balance:	1,006.04
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Minutes: CHANNEL ISLANDS OA INTERGROUP January 8, 2013

Members present: Keith, Natalie Mc., Raven, Barbara, Natalie G., Marissa, Brigitte, Erik and Linda

12 Traditions : were read by Marissa

Recording Secretary: minutes from the last meeting were read by Linda and approved as read with ^{an} addition

Treasurer's Report: see attached. Barbara reposted receiving the bank statements for the Women's Retreat and the balance is \$1,634.08. Raven will determine if the checkbook is with the Women's Retreat information. A discussion was held whether it is appropriate to have a retreat account with funds to be used with one gender only.

Vice Chair and Business Secretary: these two positions are still open.

Intervoice: for Jan. and Feb. 2013 were passed out by Keith. He is interested in submissions for the Intervoice.

Linda will give Natalie G. the phone # of Loretta who is the secretary for the Monday 8:45 Ventura meeting.

Web Report: Natalie G. has updated the receipts for Nov. and will do it for Dec. Natalie looked into importing the meeting from World Service to our web site and it cannot be done at this time.

Retreats and Marathons: March 16th will be the date of the next one day workshop. It will be held in Ojai and go from 9:30 am till 3:30 pm. The day is titled "Unwrapping the Promises". It was mentioned that an afternoon speaker is still needed and it would be great to have a male speaker. Linda offered a suggestion of a male OA speaker who has lost 100 lbs and Linda will provide Raven with the name and phone number. Members were reminded to announce this workshop at local meetings.

Region 2: Natalie Mc. will be attending the OA assembly in Palm Springs in April. The expenses are estimated to be up to \$300.00. A motion was made and passed that CIIG cover her expenses.

Outreach for Santa Barbara: Karolyn was absent. Natalie G. has spoken to her about labels.

Old Business: the insurance has been paid. Natalie G. has the insurance certificate in the chairperson's binder.

In June, this group will have a discussion about supporting an additional Region 2 rep.

A discussion was held regarding the possibility of changing the day and or time of this meeting. It was decided that Natalie G. will explore considerations about whether the Intergroup could meet in Ventura at 11:15 or 11:30 am on a Saturday morning after the well-attended 10:00 Ventura OA meeting.

Next Meeting: will be on Tuesday, Feb. 5, 2013

Respectfully submitted, Linda

CIIG Treasurer's Report for December 2012

Assets:

CIIG meeting	\$16.75
Mon. 12:00 Goleta	60.00
Thurs. 12:00 Goleta	60.00
Fri. 7:00pm S.B.	<u>33.60</u>
	\$170.35

Liabilities:

Verizon phone bill	48.29
Natalie G. for pamphlets	34.20
R.V. Nuccio Insurance	\$265.00
Ojai Women's Club for	
March workshop deposit	<u>200.00</u>
	547.49

Checking account balance: \$1,566.87

Savings account balance: 1,005.28