

- c I record what I eat, I weigh and measure, and I have a daily activity plan that includes time for meditation and time for exercise. I am basically a volume eater, but there are certain things I limit because they cause cravings, including sweet foods and flour. I also weigh or measure foods that I know are easy to overeat – like chips, nuts, and crackers. They may not be wheat flour but if they are crunchy, salty, or greasy I know I can overeat them!
- d I try to attend at least 3 meetings a week and call or text someone daily. I have a sponsor and a sponsee. I enjoy giving service and feel that it is part of what keeps me coming back day by day!

2) Give a summary of your O. A. service: I have done service in multiple capacities over time, including treasurer at the group and Intergroup level as well as currently the Region. I chair meetings, act as a Zoom host for meetings, and have previously been a meeting secretary. Before becoming Region Treasurer I served as the Treasurer for the Central Ohio Service Intergroup. I recently retired and moved to Cleveland after 11 years in Columbus but due to the pandemic I had to figure out new ways to get to meetings. I now have 2 Cleveland and 1 Columbus meeting that I call “home”.

3) Explain why you would like to be a Region 5 officer: I have been treasurer for the last 2 years and have found it an interesting challenge. There are two parts to the challenge – learning the role of treasurer including working in Quickbooks and online with our bank and registration systems is one part. This has been interesting and gratifying because it allowed me to gain new computer skills and develop new approaches that streamline the things the treasurer needs to do. The second challenge is learning to work with a group of individuals that come from all over the Region. Originally three Board members were from Columbus and knew one another. Now we live in different cities and meet monthly over Zoom. This means adjusting to other people’s personalities and needs – the old Change me, Bless them education.

4) Explain any skills or experience you would bring to the Region 5 board: The biggest skill I bring to the board is my comfort with computers and computer programs. I like learning new computer skills and mastering them. However, I also bring things like a willingness to change, a desire to be of service to our members, and a perseverance against difficulties. I like to ask questions which can be a great thing or crazy making. But often it can help identify issues that haven’t been discussed or clarified. I hate change – but I am also willing to make it!

Responsibilities and Duties of Region 5 Officers are listed in the Policies and Procedures in Article II. By signing this applications, you certify that you meet the qualifications for Region 5 Officers can found in the Region 5 Bylaws, Article VI, Section A.

Signature: _____

Date: __8-10-2022__