

Application for Region 5 Officer

Full Name: Pamela [REDACTED] P [REDACTED]

Address: [REDACTED]

City: Parma

State / Province: OH

Zip Code: 44129

Number of Years in OA: 31

Name of Home IG: Cleveland Central Intgr.

Currently a Region 5 Rep? No

Previously a Region 5 Rep? Yes

For which office are you applying?

Chair_X

Vice Chair _____

Treasurer _____

Secretary _____

1) Give a brief account of your O. A. story:

I can see an abnormal relationship with food as far back as I can remember. I used food to solve all my problems and help deal with emotions. My top weight was 256 pounds in my late 20's. I was at my end and didn't know what was wrong, I just was not happy and was not participating in life. I tried a weigh and pay place and I was emotionally worse as I just didn't know what to do with myself, so I started eating again and gaining any weight I had lost. A friend of mine joined AA and I attended meetings with her and loved what I heard and loved the hope that was shared for a new life. I wanted to be an alcoholic or addict and I got my wish when I attended my first OA meeting in January 1993 and have been coming ever since. I have lost over 50 lbs the first year and worked the program as suggested. OA gave me a life I never had before, but I took it for granted and was not willing to continue to change my food plan as I got older; hence I put some weight back on as my body was aging. I was abstinent for 13 years and had a break for a meal so I reset my abstinence date to July 12, 2006. Currently have 20 years of abstinence. When the new definition of abstinence came out and I heard working towards or maintaining a normal body weight I had to take notice I was not there. I worked with my sponsor and revised my food plan. As I continued to age, I continue to modify my food plan to work to a normal body weight. My total weight loss now is 75 lbs. With this weight loss I have gained a greater spiritual connection with my HP and a stronger emotional foundation. Hence, I have gained more than I have lost. I have been working on all 3 areas of recovery — emotional, physical and spiritual. There have been many ups and downs over the years, deaths and births, but I work to keep the program constant and fresh. Service is the vehicle I use to aid in that recovery plan.

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2) Give a summary of your OA Service:

At a local level I have been a speaker, set-up person, meeting chair, group secretary, group treasurer, intergroup representative. At our Intergroup level I was the Cleveland Central Intergroup (CCI) newsletter chair, CCI Secretary, CCI Treasurer, CCI Vice-chair, and Region/WSBC Representative and CCI chair. I am currently completing my first term as Region 5 Chair.

3) Explain why you would like to become a Region 5 officer.

I have been serving as the Region 5 Chair for the last two years and feel like I am just beginning to hit my stride. During this time, I have gained a deeper understanding of the needs of our region and the importance of steady, thoughtful service. I would like to continue the work that has been started, support the goals already in motion, and keep serving the Region 5 members with willingness, commitment, and gratitude.

4) Explain any skills or experience you would bring to the Region 5 board.

I had a great career as an IT executive for 30 years and owned my own company for a year, both specializing in team development, organization, and goal setting. These are all skills I would like to continue bringing forward to the Region. In addition, I have been serving in this position for the last two years, which has given me a stronger understanding of the work required at both the region and world level. I understand the importance of communication, follow-through, collaboration, and keeping the needs of Region 5 members at the center of the work.

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

Signature: **Pamela P**

[OBJ] Date: 7/28/2026