

Application for Region 5 Officer

Full Name: Barbara [REDACTED]

Address: [REDACTED]

Number of Years in OA: 7

City: Louisville.

Name of Home IG: Louisville Metro Intergroup

State / Province: Kentucky

Currently a Region 5 Rep? Yes

Zip: [REDACTED]

Previously a Region 5 Rep? Yes

For which office are you applying?

Chair _____

Vice Chair _____

Treasurer: X

Secretary _____

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

I started into OA when I had tried every diet and weight loss gimmick. I could usually lose weight on all of them, but never could keep it off. I always knew I was a compulsive overeater, bingeing and restricting, but never wanted to accept that fact because I thought I could control my weight. When I joined OA, I was dying inside. I heard about OA from a friend in one of my diet club meetings. My highest weight was 250 lbs. Today I have been abstinent and at a healthy weight for 6½ years. I got a sponsor after I came through the doors of OA and will never leave this wonderful group of individuals who have accepted me unconditionally. Working the 12 steps and using the OA's resources of reading materials, meetings and service have helped me stay abstinent. My higher power, I call God, has been by my side every day. I am so grateful for OA it has saved my life.

2) Give a summary of your O. A. service:

I have helped in OA meetings by leading, participating, hosting zoom meetings and helping in any way I can. I am a sponsor. I have been a co-chair of our intergroup. I have also co-chaired two retreats for Louisville Metro Intergroup. I have been Region 5 Representative for my intergroup. Presently the Region 5 Treasurer. I have also helped with many of our workshops.

3) Explain why you would like to be a Region 5 officer:

I have enjoyed being the Treasurer for these past two years and it would be my honor to continue this service for Region 5 for the next two years.

Application for Region 5 Officer (cont.)

4) Explain any skills or experience you would bring to the Region 5 Board:

Over the years I have been a board member on a number of boards. For 15 years, I was the Executive Director of Mattingly Center that served 100 plus individuals, 21 and older, with severe development disabilities. I was also in charge of the Cerebral Palsy School of Louisville endowment. I met regularly with Bankers that reviewed our investments. I also, worked closely with our Accountants.

In my position as Executive Director, I reported directly to the Board of Directors. This non-profit used QuickBooks for its accounting and financial recordkeeping. QuickBooks is the same accounting program used by Region 5. I also served as President of the U of L's Kent School alumni. I served for 4 years as the President of the Bellarmine University Women's Council, that raised money for students. I have been a Representative and the Treasurer for Region 5.

Signature:

A handwritten signature in cursive script, appearing to read 'Barbara H.', followed by a large black rectangular redaction mark. The signature is written over a horizontal line.

Date: August 16, 2026