

NOMINATION FORM FOR REGION OFFICERS: Treasurer

Note: All nominees must bring to Fall Assembly a notarized photocopy of their driver's license and social security card to provide for bank transfer of signatures

FULL NAME OF NOMINEE: Meg M
OA HOME GROUP: #04913 Anoka, MN
DAYS: Monday TIMES: 7:00 – 8:30 PM

LENGTH OF TIME IN O.A.: 11 Years – Abstinent date: 6/14/04

BRIEF ACCOUNT OF OA STORY

1985 -1990 – Entered OA for the first time. Was abstinent for about 3 years. Left late 1990. June 14, 2004 re-entered OA and have been abstinent since that date.

I believe I was born being a compulsive overeater, have always been addicted to sugar and am a volume eater. I started dieting at 16 and didn't show excessive weight until I was in my 30s – after leaving OA the first time. I have over exercised, dieted and starved in my younger years, but during my 14 year relapse I overate and dieted.

Upon my return in 2004, I was 105 pounds heavier than when I entered in 1985. I regularly attend meetings – have gone to meetings out of state when on vacation (Washington, Iowa, Texas). I participate and help facilitate in my group's quarterly Group Conscience meetings and monthly Relapse meetings.

I am maintaining a weight loss of 80-85 pounds. I abstain from recreational sugar, sugar substitutes, fried foods, wheat and caffeine. I am a sponsor and have a sponsor.

I am active in my home group and have done the following service positions: key holder, greeter, meeting lead, speaker, treasurer, Group Conscience chair, Secretary, Intergroup representative.

HISTORY OF OA SERVICE (Above the Group Level):

2005	MN State Convention Greeter
2006	MN State Convention Convention Speaker – Step 5
2007	Unity Intergroup Retreat (Buffalo, MN) – Year to plan for this event Communication Chair (created flyers, handouts, forms)
2008	Unity Intergroup Retreat (Buffalo, MN) – Year to plan for this event Communication Chair (created flyers, handouts, forms) Retreat Speaker Step 1 Unity Intergroup Sponsorship Speaker – March 2008 Intergroup Representative sub
2009	MN State Convention (6 months) Assisted Outreach Chair: attended planning meeting, contacted all phone and online meeting liaisons requesting them to publicize the MN State Convention Facilitator – Online/Phone Meetings Hospitality room Unity Intergroup Intergroup Representative sub
2010	Unity Intergroup Treasurer (Jan 10 – Present)

Region IV Rep (April 10 – Present)

Ways and Means committee

Assisting the Newsletter Editor – have submitted 5 Unity Intergroup – Region IV bios to be published

BUSINESS, PROFESSIONAL, VOLUNTEER OR OTHER EXPERIENCE OR SKILLS YOU CAN BRING TO THIS JOB.

I've worked as a Board Treasurer for various organizations

1988 – 1989 Twin Cities Singles Group/Budget: \$250,000

Budget: \$250,000 Duties: Planned budget, paid invoices/reimbursements, made deposits

2007 – Present Townhouse Association (3-5 hour a month commitment)

Budget: \$350,000 Duties: Work with Board to plan budget, review deposits and payments

2008 – 2010 OA Home Group Treasurer (will finish 12/31/10)

Duties: Pay invoices, make contributions

2010 (current) Unity Intergroup Treasurer (will finish 12/31/10)

Budget: \$50,000+ Duties: Plan budget, pay invoices/reimbursements, made deposits, work with Tax Accountant, create reports

1988 – 2004

Toastmasters International

Polished public speaking and parliamentary procedure skills, while volunteering for positions in the club, area and region levels (included 6 states). Won speaking contests, lead workshops, and advanced in the program of speaking goals.

2008

M.S. Business & Technology: Organizational Leadership

Capella University

Software experience: Word, Excel, PowerPoint, QuickBooks, Access

WHY DO YOU WANT TO DO THIS JOB OR SERVICE?

Service offers me the opportunity to give back what I've so generously been given. I believe in OA as it continually saves my life and it is exciting to work with others who are dedicated to this phenomenal program. I love sharing the message.

I love working as a treasurer because I like the structure and order of paying bills, entering data and reporting. I also get to learn what it really costs to run a business.

Getting elected as a Region IV Representative, I was fortunate to expand my circle of recovery. I enjoy and am energized by all of the exciting things done in OA. To keep OA alive I need and want to do my part, both to help myself and to be able to share the message.

I would feel honored and privileged to provide this service.

DATE: July 28, 2010

SIGNATURE:

Meg M

