



OVEREATERS ANONYMOUS

Region Ten Roundup

Volume 22 #1

March 2017

oaregion10.org

What's happening in OA in our part of this global fellowship & how you can be of service



Lifeline, OA's magazine of recovery, is now available online by subscription at OAlifeline.org. With over 200 stories, with more to be added with each new edition, the website offers a wealth of experience strength and hope across eight major topic areas - Steps & Traditions, Tools & Concepts, Diversity, HP, Abstinence, Relapse and Recovery. The new website now replaces the previous eLifeline PDF, with the added benefit of being able to be translated more than 100 languages with a click of a button.

A one year subscription to OAlifeline.org is US\$23 (approximately AUD\$30 and NZD\$33, dependent on current exchange rates). Print subscriptions will continue to be available. Visit oa.org/members/lifeline-magazine to subscribe and support your 'meeting on the go'!

NEW RESOURCES

Recovery is rarely a straight forward journey. Thankfully OA's World Service has just released/updated two wonderful resources to help you re-affirm your personal commitment to abstinence. See page 5 to learn more and find out how you can download these free action plans.



Overeaters Anonymous now has an official Facebook page!

Help to carry the message of recovery through the Twelve Steps of OA to those who still suffer by 'liking' Overeaters Anonymous on Facebook. The more likes, the more attraction! See page 6 for more details, including OA's Public Media Policy.

Find us on 

Recovery IN PICTURES

The Web/Comm Committee is calling for images to use on the Region Ten website. So what does recovery look like to you? Perhaps it's physical recovery, or maybe it's improved relationships, or is it living a life of sane and happy usefulness by having found spiritual recovery. See page 3 for guidelines.



 Did you know that OA World Service offers over 45 hours of podcasts? With a variety of topics you're sure to find something to enhance your recovery! See page 5 to find out more.

skype Meetings

Region Ten hosts a Skype meeting every day of the week! The current list is on page 6 as well as online at www.oaregion10.org/members/loners

Distance No Barrier for Service

Read Adelaide Intergroup's report on the 2016 Assembly and Convention, including how one Region Ten Rep was able to contribute to it's organisation despite living 3 1/2 hours drive from Adelaide. See page 4.

Don't miss out on the opportunity to stay up-to-date with what's happening in Region Ten. Subscribe today and have Region Ten Roundup delivered direct to your inbox. Sign up at oaregion10.org/newssheets/roundup-signup.



The primary purpose of Region Ten's service newsletter **Roundup** is to give members within the region information about service activities within the region.

REGION TEN TRUSTEE REPORT

Hello Region Ten OA members,

What is Region Ten? Region Ten is one of the 10 regions that make up the geographical world of Overeaters Anonymous. It extends from China to Japan and from Indochina to Indonesia, Australia and New Zealand and the Pacific Islands (apart from Hawaii). Region Ten has intergroups in Australia (5), New Zealand (4), Japan (1) and now, very recently, China (1) and South Korea (1). Japan also has a Language Service Board which serves the Japanese speaking meetings and has 18 meetings affiliated with it. There are also unaffiliated (remote) meetings in Fiji, Indonesia, Malaysia, Singapore, and Thailand.

Brisbane Intergroup is changing its name to Queensland Intergroup because it is incorporating in Queensland State.

Region 10 Officers: Les K (ex-Brisbane IG Rep) was voted in as chair in October 2016, at the Region Ten Assembly in Adelaide; Lucy H was voted to return as secretary for one year and Sheryl H was voted to return as Treasurer for two years. Recently, our Treasurer, Sheryl H, found she needed to step back from this position. We wish Sheryl all the best on her journey and hope we see her again at Region Ten Assembly. We are very grateful to have such an experienced member prepared to temporarily fill in this important position. At our Assembly, we will be electing a new secretary and treasurer.

Region funds: Region Ten's commitment to including as many members as possible in decision making is evidenced by our continuing to budget region funds to assist service bodies to attend both assembly and WSBC. This year we will be able to help members from remote groups/intergroups to attend the Christchurch Assembly and Convention. We are also helping three intergroups to send delegates to WSBC 2017 in May. Region funds were also set aside to assist with Professional Exhibits to increase the visibility of OA within the health professional community and once again, we set aside \$5000 AUD for WSO. Our 2016 Assembly report is now available electronically from your intergroup secretary.

Trustee Tasks: My position as Region Ten Trustee means I communicate between WSO/BOT and Region Ten and help our region in any way, so the next suffering compulsive eater can find the warm welcome and the recovery that I found in the rooms of OA. I also attend Board of Trustees (BOT) meetings in the USA four times a year.

At the most recent BOT meetings, mid-February, the BOT, after much consideration, determined that the Monday, Wednesday and Friday night 7.30 PM Christchurch meetings (#15994, #07810, and #08964) are deregistered as of 4th March, 2017. These meetings were first notified in April 2016 of the need to address multiple Tradition breakages. While there have been concessions from the groups on some practices, serious issues remain. An example being the practice of sponsors requiring sponsees to not follow professional medical advice in relation to prescribed medication is continuing. These practices are harmful to the sponsee, and to Overeaters Anonymous as a whole.

TRUSTEE REPORT (CONT)

Members in these meetings were enabling these unsafe practices to continue.

By the time this Region Roundup is out, I will have completed workshops for Hamilton IG, Perth IG and Melbourne IG. I also visited Hamilton and Wellington IGs in December, 2016.

Keep the Date - 4-8th October, 2017- for our Assembly and Convention – Christchurch

Yours in service

Letitia M., Region Ten Trustee

REGION TEN CHAIRPERSON REPORT

Hello Region Ten Members,

Dealing with day to day matters of the Region Chair Committee consisting of all the region chairs and a representative from the Board of Trustees. This has shown me the challenges we face in Region Ten are the same all over the world. Meetings close, and new meetings are created. Intergroups need guidance on by laws and how to set up their next convention.

With the support of the wonderful executive board and your region reps I hope we can all see more newcomers walking into your local meeting waiting for you to share your experience strength and hope.

I hope I get to see you at the Region Ten Assembly and Convention in scenic Christchurch from October 4 - 8. I know it will be a wonderful time for Region Reps and visitors.

Yours in service,

Les K., Region Ten Chair.

LIFELINE'S NEW WEBSITE

For fifty-one years, Lifeline magazine has been OA's "meeting on the go," uniting OA members, first in the USA and then around the world, through printed pages of experience, strength, and hope.

In 1999, Lifeline branched into digital publication with the launch of Lifeline Online (later renamed e-Lifeline), a PDF version of our magazine, which from 2010—2015 was supplemented by Lifeline Weekly, a one-page dose of Lifeline delivered by email.

With 2017, Lifeline has taken a giant leap forward onto a new online platform: Oalifeline.org is the new online home for our magazine, and you can sign up today and read it in any of more than one hundred languages.



Currently, Oalifeline.org includes every Lifeline magazine story published since January 2016 — more than two hundred stories. New stories will be added with the publication of each print issue of Lifeline. Visit oa.org/members/lifeline-magazine to subscribe.

WEB/COMM COMMITTEE REPORT

Here's a summary of the Web/Comm Committee progress:

1. We have collated information from Region 10 Intergroups as to what we would include (including software) for a visually appealing and simple-to-use online registration form for the A&C.
2. We have drafted procedures and a job description for the webmaster and the website.
3. We have agreed technical and anonymity guidelines for images (and pdfs) so that members can contribute visuals to the Region 10 website. These are as follows:

Guidelines for images/PDFs

We would love local images for our site, as well as your event information. However, please note a few guidelines to follow:

Images must belong to you, or you must be 100% sure you have the right to use it. Keep people anonymous (e.g. no faces showing). Ideally image sizes should be at least 500K, and in a JPG or PNG format.

For PDFs, please ensure no full names are identifiable in the contact details, including email addresses (e.g. r10ch2017@gmail.com, not joe.bloggs@gmail.com). Please optimise these to be less than 1MB in size if possible.

Please send these to webmaster@oaregion10.org

Yours in service, the Web/Comm Committee.

ADELAIDE INTERGROUP REPORT

Positions: Chair, secretary, treasurer, 3 meeting representatives, Web goddess and committee.

Positions not filled: PI and Phone and meeting co-ordinator.

IG has a monthly meeting held after the Saturday meeting.

The Adelaide fellowship has 3 weekly meetings:

1. Saturday morning 10am - 11am at North Adelaide
2. Wednesday evening 5:30pm - 6:30pm at North Adelaide
3. Monday evening 7:30pm - 8:30pm at Mitchell Park

Some members are now also participating in Skype meetings.

We are a small fellowship so we LOVE it when visitors from interstate and overseas visit. Please drop in whenever you are in Adelaide. You will be warmly welcomed.

See **website** for meeting details at www.oaadelaide.org

Intergroup Plans for 2017

Our IG pre-planning includes:-

- Continuing to improve our use of digital means, Google groups etc, to record meetings minutes, agendas, archiving, etc., and as an effective tool of communication within our fellowship. "Phone in" as

ADELAIDE INTERGROUP REPORT (CONT)

become an accepted way of attending meetings for those who can't always attend.

- Continuing to encourage recovery through Step workshops and meetings using the OA 12 x 12 *Workbook*, the our *Getting Started* program, and other 12 step programs, including trialling the new *12 Step Workbook and Study Guide*. Monday group is already using the *First 12 Days in OA program* received from Sydney IG at the Assembly. Monday meeting has a member designated to use this program with newcomers.
- Members have expressed the desire to have a retreat again this year (so not scared off by the recent A&C experience).
- The web committee will continue to work to keep our web site active and informative.
- PI committee is still to be formed and meetings will be invited to ask members to participate on the committee.
- We plan to invite each meeting to plan a workshop as a celebration of OA special days, and hopefully to reinstate our program of 4 seasonal workshops spread throughout the year Autumn, Winter, Spring and Summer (pre Christmas).

The 23rd Assembly and Convention held in Adelaide, October 5th to 9th 2016

As the year is just starting it seems early to be reporting to Roundup on our activity for this year, rather, we offer a few thoughts on the experience of hosting the A&C that was held in October 2016, in the hope that it might encourage other intergroups to embrace the opportunity to host an Assembly and Convention.

The idea for hosting the A&C crystallised at the Brisbane A&C of 2015 that five members from Adelaide attended. Chairs from all the OA Regions in the world had travelled there. It was such a privilege to meet them all, and helped us to truly feel part of our own Region 10, and close to the OA World fellowship. This sense of being part of a wider fellowship continued with our own A&C in Adelaide. While we did not have the privilege of having visiting Chairs from beyond our Region 10, we had national and international visitors and experienced the power of a Skype meeting which has now become an active part of program for many of our members.

Hosting the A&C was a uniting and transformative for our whole small OA fellowship. We had no idea how we would do it but our very first committee meeting was attended by at least 10 members and the enthusiasm continued throughout the year. Responsibilities were delegated with different people taking on different tasks, including our "loner" Region Ten Rep who was able to attend either in person or by phone. Endless lists were written, revised and re-written. We formed Google groups and started to use them, which was a challenge to some of us!. All the while we kept in mind the purpose of it all; "To help the still suffering Compulsive overeater" and of course we had to look after our own recovery as a priority. We were well supported by the

ADELAIDE INTERGROUP REPORT (CONT)

Region 10 Board and ample documentation from previous A&C's available online. Everyone was enthusiastically involved and contributed in one way or another. It made the task a joyful service and we all know that Service is a vital tool for recovery.

Experience, ideas, recovery and understandings of the OA program were shared. It was truly worthwhile. We recommend hosting an OA Assembly and Convention to every Intergroup in Region Ten.

In OA fellowship and Service,
Tess R10 rep and the Adelaide IG

The following is part of a report from our second Region Ten rep, Marg, who lives 3 ½ hours drive from Adelaide, and offers an insight on how she was able to perform service work and committee work.

Hello to my fellow OA Adelaide members,

I have really enjoyed the experience of being an Adelaide Region Ten representative and I tried hard to contribute to the Adelaide Assembly and Convention to the best of my ability. When I couldn't attend committees in person, I connected by phone and email (not always problem free!).

During my many years in OA I have participated at Intergroup in Alice Springs, Sydney and now Adelaide but never at Region level. I have learnt lots from the experience and was reminded how much it is our weakness that binds us and ironically how sharing that weakness makes us strong.

I have found service challenging in recent years because of the tyranny of distance. However by asking me to be a rep Adelaide Intergroup, you really gave me a special gift and showed me a way to keep my 12th Step service alive and I am really grateful. As usual my High Power always has better plans than me!!!

So now after the Adelaide A&C I am the Chair of the Region Ten Outreach Committee whose main focus are *OA loners in Region Ten* which suits me down to the ground and I feel that I have skills to offer. To this end I have with my committees input been collating a mail out/email out to send to Loners in Region Ten. We have seven documents that we will send out after the Board approves them. Pauline from Thailand has written a Loners experience of the Adelaide OA 2016 convention and another member has also put pen to paper which is wonderful, and his story will be used in the future which will reach out to the men of the Region. Thanks to OA and the Region for the service opportunity.

Yours in Recovery and Service,
Marg, Adelaide Region 10 Rep

ADVERTISE IN REGION TEN ROUNDUP

Region Ten Roundup welcomes contributions from Intergroups who wish to advertise upcoming conventions, workshops, retreats or other events. To ensure that your event can be included please send information to r10roundup@gmail.com by the deadline listed on the final page.



HAMILTON INTERGROUP REPORT

Number of groups: 7 operating groups

Approximate number of members in Service Body Area: 40

Service Body Positions: Chairperson, Secretary – vacant - stand-in, Treasurer, Literature Co-ordinator, Public Information committee and Retreat Committee. Region Representative - vacant and WSBC delegate - vacant.

Intergroup Activities and Highlights

Intergroup meets bi-monthly alternating between Hamilton and outlying groups. Intergroup meetings followed by a speaker meeting/workshop. Day runs 9.30 -3.00pm. This continues to be successful in making more opportunity for many members to attend Intergroup.

Have successfully had two intergroup meetings where IG reps and other members have attended via speaker phone.

Public information is coordinated by Intergroup:

- September 2016 – Tauranga Members host a booth at Te Puke High School Youth Expo
- March 2017 PI Booth booked at Wellbeing Waikato Show
- Classified advertisements in a Hamilton free newspaper, Tauranga free papers, New Plymouth
- Supermarket notice board notices throughout Hamilton city, Taranaki and Tauranga
- Library displays around the Intergroup area
- Intergroup holds two Lifeline subscriptions specifically for PI purposes. IG reps take these to places such as Hanmer Clinics, Doctor's Surgeries, Dieticians
- Annual retreat which has been held for the past 15 years.
- Investigating Professional Info presentation at Addiction Nurses Symposium.
- Professional Exhibit stand at Cutting Edge conference 2016 (R10)

Other Activities

Each year intergroup members meet to respond to the WSBC agenda questionnaire and any Region Ten agenda items that are to be voted on at Assembly.

Continue to get good use of our PI (pull up) banners, modelled on the Region Ten PI banners.

Intergroup Challenges

Filling service positions at Intergroup board level – members not meeting the requirements for the positions. People who meet the requirements not available or being on rotation out of service.

Compiled by Hamilton Intergroup Board members.

PERTH INTERGROUP REPORT

Hello All

Although unable (because of time pressures) to send a rep to Assembly this year, we are sending you this brief report about our activities in the past year. We look forward to a visit from our R10 Trustee in March and catching up with your intergroup activities via Region Ten Roundup.

Yours in Service, Perth Intergroup R10 Rep

Approximate number of members in Service Body Area: 50

Number of Groups: 11 groups in total; 9 metropolitan groups with meetings every day except Tuesday and 2 groups in regional cities, as well as contacts in several country areas.

Intergroup positions: Chairperson, Secretary, Treasurer, Assistant Treasurer, Loners Rep, Literature Rep, Newcomers Buddy (temporary sponsors) Rep, WSO & R10 Mail Downloader, Meetings List Rep, Public Information Committee, 12th Step Within Committee.

Vacant Positions: none

Intergroup Activities/Highlights:

- Intergroup meets monthly and members who live out of the Perth area are encouraged to phone in.
- Thursday Skype Meeting has joined our intergroup.
- Changed our 'temporary sponsor' co-ordination role to a 'newcomers buddy' co-ordination role. Same role - different name!
- Public information committee co-ordinates our advertising. We are currently using 'Facebook' to post ads on, and receiving about 60 clicks on that ad per month.

NEW RESOURCES FOR SLIPS & RELAPSE

Have you slipped or relapsed or know someone who has? World Service Office have released/updated two wonderful free downloadable resources to help you renew your commitment to abstinence and recovery.

From Slip or Relapse to Recovery: Download the new action plan designed specifically to reclaim and retain abstinence. This three part action plan will assist you to:

1. write an inventory of what happened
2. Identify specific actions you are willing to take now to move back into recovery, and
3. develop an action plan using the Steps, Traditions and tools of OA to remain in recovery.

Been Slipping and Sliding? This downloadable writing exercise with thirty questions is designed to help you recommit your recovery and now includes references to OA's most current literature.

You can find both these wonderful resources at oa.org on the 'Twelfth Step Within' page under 'Resources'.

PERTH INTERGROUP REPORT (CONT)

- Twelfth Step Within Committee suggests a monthly outreach activity for the fellowship, such as "call a loner"
- Loner's Rep continues to do the important work of reaching out to far-flung members in our huge home state. Currently about 40 members on the loner's list.
- Held our annual 'Festive Season Survival' workshop in December. This is usually organised by 12th Step Within and gives us an opportunity to strengthen our recovery by focusing on tools that help us deal with the extra stresses and social functions at this time of year.
- Our Intergroup AGM is held in conjunction with a day of workshops annually. Intergroup also holds its monthly meeting on this day so that many members can participate. This year's AGM was held on 31 July and workshop topics included Service.

Other Activities:

- We have made our own pull up banner for fellowship and PI events - see photo below.

Challenges and Other Issues:

- We have not held a retreat, nor a 'meeting on wheels' (where we take a meeting to a country town) this year as there has been a lack of experienced members with the capacity to help host these events. The good news is that planning for our 2018 retreat is now underway.
- Number of members has fluctuated this year but seems to be increasing again.
- As our R10 rep was unable to attend assembly this year we have been able to increase our R10 donation in lieu of some of the travel costs.

PODCASTS

Listen to recordings of virtual workshops on a variety of topics as members share their experience, strength, and hope to bring the Twelve-Step program of Overeaters Anonymous to life.

Service and My Recovery

12 podcasts (9+ hours in total)

The Importance of Working All Twelve Steps

13 podcasts (10+ hours in total)

OA Literature: the Heart and Soul of OA

12 podcasts (5+ hours in total)

Our Primary Purpose

12 podcasts (5+ hours in total)

Sound Bites from Overeaters Anonymous: A 12-Step Solution to Compulsive Eating (An introduction to OA)

13 podcasts (10+ hours in total)

Interviews, Readings, and Meetings

21 podcasts (6+ hours in total) plus 3 Spanish & 1 French

These are all available at oa.org/podcasts

OFFICIAL OA FACEBOOK PAGE

Spread the word: OA's official social media page needs your "likes" to help reach out to the still-suffering compulsive eater.

The approval of OA's Statement on Public Media Policy (see right) by the delegates of WSBC 2016 paved the way for OA groups and service bodies to carry the message of recovery through social media. In January 2017, Overeaters Anonymous, Inc. launched its official page on Facebook. The new page will be used to attract still-suffering compulsive eaters to OA and give our Fellowship another resource to learn about program news and recovery.

Find our page by going to facebook.com and searching [OvereatersAnonymousOfficial](#) in the Facebook search bar.

One small service that anyone with a Facebook account can give is to "like" OA's official page. (When you like the page, your name will not show up on the OA page.) More likes will raise the profile of our official page, making it easier to find when compulsive overeaters search for a solution.

To preserve our Twelfth Tradition of personal anonymity, please do not like or comment on individual posts. OA only accepts comments from registered groups and service bodies.



**More Likes =
More Attraction**

Article from A Step Ahead / First Quarter 2017 Volume 21, Number 1

STATEMENT ON PUBLIC MEDIA POLICY

While Overeaters Anonymous has no opinion on outside issues, including social media, the delegates of the 2016 World Service Business Conference recommend that any OA member, group, or service body using social media for OA public information and public awareness maintain the personal anonymity of OA members.

While Overeaters Anonymous has no opinion on outside issues, including social media, the delegates of the 2016 World Service Business Conference recommend that any OA member, group, or service body using social media for OA public information and public awareness maintain the personal anonymity of OA members.

For more information see: oa.org/files/pdf/Anonymity-Guidelines-V2-proof.pdf



SKYPE MEETING LIST

Region Ten hosted English speaking meetings valid from 2 April - 24 September 2017

| Day & Meeting Number | Bangkok / Jakarta Time | Singapore / China / Perth Time | Australia - Brisbane Time | Australia - Sydney Time | New Zealand Time | Skype Name and Email | Meeting Secretary & Location |
|----------------------|------------------------|--------------------------------|---------------------------|-------------------------|------------------|---|--|
| | GMT +7 | GMT +8 | GMT +10 | GMT +10 | GMT +12 | | |
| Monday (# 88397) | 1:30PM | 2:30PM | 5:30PM | 5:30PM | 7:30PM | oa-pacific-rim kaza_blank6@yahoo.com.au | Karen <i>Qld Australia</i> |
| Tuesday (# 88302) | 5:30PM | 6:30PM | 8.30PM | 8:30PM | 10:30PM | oaskypero oaskyper@gmail.com | Tracy <i>NSW Australia</i> |
| Wednesday (# 88620) | 2:30PM | 3:30PM | 5:30PM | 5:30PM | 7:30PM | r10.oa100lbers r10.oa.100lbers@gmail.com | Catherine <i>New Zealand</i> |
| Thursday (# 88393) | 6:00PM | 7:00PM | 9:00PM | 9:00PM | 11:00PM | oa.asia.pacific oa.asia.pacific@gmail.com | Elsbeth <i>Singapore</i> |
| Friday (# 88619) | 2:30PM | 3:30PM | 5:30PM | 5:30PM | 7:30PM | oaauckland_thurs faithm@xtra.co.nz | Faith <i>New Zealand</i> |
| Saturday (# 88375) | 8:00AM | 9:00AM | 11:00AM | 11:00AM | 1:00PM | oa_gmtplus12_chch oa.gmt12.chch@gmail.com | Letitia <i>New Zealand</i> |
| Sunday (#88329) | 4:00PM | 5:00PM | 7:00PM | 7:00PM | 9:00PM | oa.asia.pacific oa.asia.pacific@gmail.com | Elsbeth <i>Singapore</i> |

Blue times indicate the time/place where the Skype meeting is hosted.

SERVICE BODIES CONTACT DETAILS

AUSTRALIA

ADELAIDE

PO Box 986
Tynte Street
North Adelaide SA 5006
Phone: +61 8 8411 2814
Email: admin@oadelaide.org
W/site: www.oadelaide.org

QUEENSLAND RISBANE

PO Box 15015
City East QLD 4002
Phone: +61 7 3030 3619
Email: secretaryoabrisbane@gmail.com
W/site: www.oabrisbane.com

MELBOURNE

Office & Postal Address:
70 Punt Road
Windsor VIC 3181
Email: oa.melb@gmail.com
W/site: www.oa.org.au

PERTH

Overeaters Anonymous
2 Delhi Street
West Perth WA 6005
Phone: +61 8 9420 7254
Email: Perth@OARegion10.org
W/site: www.oaperth.blogspot.com

SYDNEY

PO Box 35
Dulwich Hill NSW 2203
Phone: +61 2 9518 3004
Email: info@OASydney.org
W/site: www.oasydney.org

NEW ZEALAND

AUCKLAND

PO Box 90380
Victoria Street West
Auckland 1142
Phone: +64 9 376 3068
Email: aucklandoa@gmail.com

CANTERBURY

PO Box 2451
Christchurch 8140
Phone: +64 3 365 3812
Email: ocanterbury@yahoo.co.nz
W/site: www.oachristchurch.org.nz

HAMILTON

PO Box 19128
Hamilton Central 3244
Phone: +64 7 839 1599
Email: oahamigsecretary@gmail.com

WELLINGTON

PO Box 5332
Wellington 6145
Phone: +64 4 384 8821
Email: Wellington@OARegion10.org

JAPAN

International Intergroup

c/- Deirdre
2-6-18 Moto Azabu, Minato-ku
Tokyo 106-0046, Japan
Email: ootokyo@gmail.com
W/site: www.oaintokyo.org

Language Service Board

c/- Deirdre
2-6-18 Moto Azabu, Minato-ku
Tokyo 106-0046, Japan
Email: japanlanguageserviceboard@gmail.com
W/site (Japanese): oajapan.capoo.jp

We ask that Intergroup Chairs and Secretaries please keep these details up to date by advising the Region Ten Secretary and the WSO of any changes.

www.oaregion10.org

NEXT ISSUE DEADLINE

The Region Ten Roundup Volume 22 #2 is due for publication in late June. Reports are due from: The Board, Outreach/Professional Exhibits Committee, Auckland Intergroup, Canterbury Intergroup and Melbourne Intergroup. Please send your reports to r10roundup@gmail.com by the 26th May 2017.

SERVICE DIRECTORY

Trustee

Letitia McL
Email: r10trustee@gmail.com

Chair

Les K
Email: r10chair@gmail.com

Treasurer

Faith M
Email: r10treasurer@gmail.com

Secretary

Lucy H
Email: r10secretary@gmail.com

Bylaws Committee

The Board

Fundraising Committee Chair

Faith M
Email: r10treasurer@gmail.com

Region Ten Roundup Committee Chair

Kathryn McG
Email: r10roundup@gmail.com

Outreach Committee Chair

Marg A
Email: region10outreach@gmail.com

Professional Exhibits Committee Chair

Tess G
Email: region10outreach@gmail.com

Web/Comm Committee Chair

Janet B
Email: info@oaregion10.org

Webmaster

Maria B
Email: webmaster@oaregion10.org

Archivist

Cliff B
Email: r10archivist@gmail.com

Australian Banker

Sharon P
Email: r10fundraising@gmail.com