

## Region 9 PI Newspaper Initiative 2011

Dear OA friends in Region 9,

Our primary purpose in OA is to help people who suffer in connection with food, right? So we in the Public Information Committee this year thought that we could encourage each other to send information to our local and/or regional newspapers.

Let's hand this encouragement out to each of our meetings and let's see what we can do, all of us together. A start can be to:

- a) find out who the person in charge of health articles in the Newspaper is
- b) telephone him or her and give some short information about who we are eg. "Hello, My name is Maria and I have recovered from compulsive overeating / Would you be interested in publishing my story of recovery or doing an interview with members from Overeaters Anonymous"

Notice: 51 years and x days of good experiences in OA!

- c) Send an email to the person with some interesting links eg. to [www.oa.org](http://www.oa.org) or the specific link for media [www.oa.org/media-resources/](http://www.oa.org/media-resources/)
- d) attach a story of recovery with the email (with details of the local OA number etc for the newcomer)
- e) include contact details if the journalist is interested in doing an interview or offer the journalist the option of attending of an open meeting.
- f) Advise the journalist that it is part of our OA traditions that we remain anonymous in the media.

When an article has been published we would be happy if you send the link to the Isabel, via [secretary@oaregion9.org](mailto:secretary@oaregion9.org). **Write 'To Isabel, PI' in the subject line!** I will collect the links and put them together for all of you to get them in collected form.

We hope you get inspired and are looking forward to your feedback and experiences. As soon as you want, we are here! And the suffering Overeaters, too.

By the way, today I found out the telephone number of a person of a very strong Austrian Newspaper's health-journalist, called and reached her and spoke for 8 minutes. She did not take the offer to interview some of us, but wants to come to an open meeting, is looking forward to getting links and said she once wrote about AA. Sounds promising, let's see. She got my mail on her mail-account now. I will call her next week to see what she can suggest to do or her colleagues to take over. The whole action took me two hours.

Please keep in touch. This is how we recover many of us noticed.

All the best to you and the recovering or suffering Overeater,

Our Region 9 PI-committee 2010-2011 Isabel (Austria) and Serena (Ireland)