

SOAR 8

Southeast Overeaters Anonymous Region 8



Alabama
 Arkansas
 Florida
 Georgia
 Louisiana
 Mississippi
 North Carolina
 South Carolina
 Tennessee
 Puerto Rico
 South America
 Central America
 Caribbean Islands

To all members of OA REGION 8:

In only a few days many of us will be meeting in Baton Rouge for the business assembly!

This is an addendum to the packet. It includes anything that was left off the original packet, any corrections that have been made and any changes that have been made since the packet was published. By printing out this addendum and bringing it to the SOAR 8 Assembly this week you will have all the changes and corrections made to this date without needing to print out an entirely new packet.

If there is anything we can do to help you this week in preparation for the SOAR 8 Assembly in Orlando please email secretary@oaregion8.org

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***This motion replaces page 32 in the Baton Rouge Assembly Packet



PIPO REPORT for

March Assembly at Baton Rouge February 12th, 2011

We were blessed with a very active and committed committee at the November Assembly in Orlando and hope to build on that commitment in Baton Rouge this March. The work this committee does is really exciting and this seems a wonderful and inspiring time to be a member.

It was also at the November Assembly in Orlando that I was elected by the committee members and then appointed committee Chair by the Region 8 Chair. I am still discovering how much there is to learn and do. I am very grateful to the Webmaster and Region 8 Board for the patience they've offered as I struggle to learn both the technology and routine needed to be an effective Chair. O.A. service has always allowed me to practice new skills without demanding instant mastery—what a nurturing environment in which to grow!

One exciting activity for PIPO has been the commitment to support and staff the booth at a National Sleep Disorder Convention in Orlando this month. David C. has been leading this effort and much kudos to him. He has also ordered discount literature for this event through forms supplied by Gerri. What is most impressive about this event is the way numerous Intergroups have stepped up to support it. The five hundred dollar charge for the booth was paid for by donations from several groups and Intergroups and the persons staffing the booths are volunteers from several groups in Florida. This is the sort of thing that makes me proud to be a member of OA and Region 8.

We have also now posted, on the Region 8 website, a template for a "meeting information tear-off sheet" that should be helpful in making local OA groups more visible. Thanks to Beth for her creativity and technical skill in getting this done,

January was media month. Members of the PIPO committee had volunteered to find members in their Intergroup to send out press releases or "community bulletin boards" regularly. Also, I sent out (with Dara's help) a sample press release informing the media of OA, OA's Birthday and its media celebration so these could be adopted by local groups and Intergroups. Thus far five different Intergroups have written indicating they've used adopted versions of this press release for local PIPO work.

We have arranged for a PIPO workshop at the Baton Rouge Assembly this March. Lisa, again, created a PIPO display to be used at that assembly and then donated to the hosting Intergroup. I have recently been contacted by the OAer doing PIPO work for the Baton Rouge Assembly and will be working with her to create press releases and PI material in advance of the Assembly.

Stephanie was good enough to forward a photo of a commuter-train poster that the PIPO committee in Philadelphia managed to get on the local mass transit. I loved it and sent it on to the rest of the Region PIPO committee. I will be checking into transportation services (Amtrak, Buss Lines?) that move through parts of our region, and see if we could do something similar on a regional rather than local level. I will be bringing this information to the next Assembly, so if any of you have connections or related material, please

share. This could be a very exciting venture for us and an opportunity for the Region 8 PIPO committee to bring several intergroups together in a service project.

Beyond our Region there has been much PIPO work to celebrate. Throughout January a fifteen second OA add ran on the CBS jumbo-tron once an hour every hour of the day, we've had articles appear in several papers, and had a new commercial air on several channels, but most particularly on the premier of the A&E show "Heavy." One of the subjects we will need to address at the next assembly is what to do to assure our groups are ready for an influx of newcomers as PIPO work continues. What a wonderful concern to have!

That's it for now; "more will be revealed." I am very much looking forward to seeing you all in Baton Rouge, LA (Aiiieyyyyeeee!) and to meeting again with the PIPO committee. Thank you again for this chance to be of service and please remember that while OA members might be anonymous, *OA itself isn't*. Enjoy yourself—spread the word!

Yours in Love and Service

Gary Davis



Gary Davis, PIPO CHAIR

Unity With Diversity

Interim Report 2011

Since the last Assembly, the Unity With Diversity committee has been exploring new ways to be more inclusive to the various under served populations in our Region.

We are looking at ways to interact with Spanish and/or Portuguese speaking communities to make them aware of the OA program of recovery and the resources now available in Spanish, and to encourage and support the formation of new meetings locally in their native language.

We would like to be able to reach out to National Service Boards in Latin America by sponsoring and mentoring these groups.

Towards these goals, Tampa has its first Spanish-speaking meeting and Miami Dade has voted to sponsor the Venezuelan National Service Board.

We are also actively pursuing ways to enhance the membership of African-American individuals through health fairs, professional conferences, and advertising in local media.

We are looking to the March 2011 Assembly to review and refine these ideas and goals.

Respectively submitted,

Lonna Cohen

Chairperson, Region 8 Unity With Diversity Committee

Bylaws/Electronic Documents Committee

February 2011 Report

I have had a lovely month, practicing Concept Two in my service work and other areas of my life. As I heard yesterday at a sponsorship workshop, "No" is a complete sentence.

This past month I collected and edited the submissions for our newsletter and passed them on to our editor. Our stellar spring edition will be out soon. I also distributed to the membership newsletters from around the region, including from my own Triangle Intergroup.

Our translation project is coming along. A generous member in Florida has taken the lead translating the P&P into Portuguese and Intergupo CCA RJ in Brazil has offered to assist. Our vice-chair has stepped up to collate the pages. We also have had some members step forward to begin translating the P&P into Spanish. It is exciting to see the talents and gifts of our membership.

I submitted an article for our newsletter and for the assembly packet. After a bit of work and a lot of prayer, I was able to secure a reasonably priced flight so I will be in Baton Rouge in a few weeks. I hope to see all of you there.

Thank you for allowing us to carry the message of recovery this way.
God bless you all and be well!

Joyfully Abstinent, Recovered & Emotionally Whole by the Grace of God

Atiya 

Raleigh, NC, U.S.A.

Motion:

Move to eliminate inconsistencies between the Bylaws and the Policy and Procedure Manual by striking and inserting the following wording from the Standing Rule section of the P&P (pages 14-16).

Current Wording:

Standing Rules

These rules take precedence over Robert's Rules of Order. They may be suspended by a 2/3 vote using a Motion to Suspend the Rules, to force standard parliamentary procedure.

Participation in Assembly

1. Voting member must wear **appropriate identification** badge/ribbon denoting Rep, funded committee chair, or Board Member.
2. The Secretary shall **call the roll** at the beginning of each session, and prior to any important vote, as deemed necessary by the Chairman. A roll call is performed by counting Board members, Committee Chairs, and each state's registered Rep(s).
3. A person must have been **counted in the preceding roll call** to participate in any Assembly procedure, e.g., voting, making a motion, speaking pro or con, etc.
4. **Visitors and guests** are permitted in the Assembly, but should not participate in any procedure except speaking informally when recognized by the Chairman.

Voting Procedures

1. Vote may be taken by voice, show of hands, standing, or ballot, at the discretion of the Chairman.
2. A voting member may request a more accurate vote count by simply calling out "Division." The Chairman may then use a voting method which assures an exact count.
3. The Chairman may also call for division by stating, "The Chairman is in doubt."
4. Ballot vote will be used for elections unless there is only one nominee, and the Assembly passes a motion to accept by acclamation. Ballots will be distributed, collected, and tallied by non-voting members appointed by the Chairman. After announcement of results, motion is in order to destroy ballots.

Recognition

1. Voting members who wish to speak shall, from the center microphone, give their name and Intergroup, and wait for recognition from the Chairman. If necessary to get the Chairman's attention, the voting member may say "Madam/Mr. Chairman," but may not speak further unless recognized by the Chairman.
2. For certain procedures, the voting member, from the center microphone, may display a sign to gain recognition from the Chairman (e.g., Point of Order, Point of Information, Parliamentary Inquiry, etc.).

Motions and Debate

1. Process for New Business Motions
 - a. Secretary will distribute minutes of the Business Assembly to the Board and Committee Chairs electronically no later than fifteen (15) days after close of the Business Assembly. New motions will be contained in the Committee Reports of the minutes.
 - b. New motions arising out of committees during an Assembly shall be communicated to the Secretary within fifteen (15) days after the close of the Assembly at which they emerge. After Board notification the Secretary shall forward these motions to the Bylaws/Electronic Documents Chair within twenty-one (21) days of the close of the Assembly at which they emerge.
 - c. New motions arising outside the Business Assembly shall be submitted to the Secretary at least sixty-five (65) days prior to the Region 8 Business Assembly or special Region 8 Business Assembly at which action is to be taken on the proposed motion.
 - d. Motions must be formatted to contain the intent, the proposed motion, any possible effects (costs, time, other committees affected, etc.), date of implementation and a list of necessary changes to be made to the Policy & Procedure Manual for consistency or congruity.
 - e. The Bylaws/Electronic Documents Committee may suggest changes in the motion to the maker to facilitate arriving at a more suitable version for submission to the next Business Assembly if the passing of the motion, as initially proposed, would:
 - 1.) create incongruity within either the Policy & Procedure Manual or the Bylaws,
 - 2.) create incongruity between the Policy & Procedure Manual and the Bylaws,
 - 3.) be in contradiction to or with either the Policy & Procedure Manual or the Bylaws, or
 - 4.) result in an adverse, unintended effect unrelated to content, intent or rationale (such as, but not limited to, language or structure).
 - f. The Bylaws/Electronic Documents Chair will submit the reviewed motions to the Secretary electronically, no later than (sixty) 60 days after the close of the Assembly for inclusion in the mailing packet for the following Assembly.
 - g. No motions other than emergency motions will be taken from the floor at the Assembly. Emergency motions shall be submitted to the Bylaws/Electronic Documents Chair before the lunch break on Saturday of the Assembly.
2. There will be a maximum of **three pro and three con speakers to each motion**. There will be a maximum of **two pro and two con speakers to each amendment**. Each speaker may speak for a maximum of three minutes.
3. Pro and con speakers shall use the appropriate **pro/con microphone**. While waiting to speak, pro/con speakers may queue at the microphones.
4. A voting **member may not speak on two consecutive motions or amendments** unless the maximum number of speakers has not been reached.
5. The **first speaker is always pro**, and is usually the maker of the motion (unless he/she wishes to have another voting member speak).
6. If **more than the maximum number** of speakers wishes to speak to a motion, they are encouraged to select among themselves those speakers who can best represent their views.
7. There shall be **at least one pro and one con speaker** before any discussion on the motion is taken from the center microphone.

8. A motion to close debate (**Previous Question**) or limit debate is in order for motions or amendments, and requires a 2/3 vote.
9. To save time on a simple amendment to a motion, the Chairman may ask the maker of the motion if he/she would be willing to accept a “**friendly amendment.**” If the maker of the motion agrees and there is no objection from the Assembly, the motion is changed to include the amendment.

Miscellaneous Rules

1. **No smoking** is allowed in any Assembly room.
2. **No animals** are allowed in any Assembly room, except guide dogs and service animals.
3. **All cell-phones**, beepers and 2-way pagers are to be set on vibrate or turned off.
4. **Voting members are not to leave or enter** the Assembly room while votes are being taken.
5. **No eating food** allowed during the business session.

Proposed Wording:

Standing Rules

These rules take precedence over Robert's Rules of Order. They may be suspended by a 2/3 vote using a Motion to Suspend the Rules, ~~to force standard parliamentary procedure.~~

Participation in Assembly

1. Voting member must wear **appropriate identification** badge/ribbon denoting Rep, funded committee chair, or Board Member.
2. The Secretary shall **call the roll** make a **credentials report** at the beginning of each session, and prior to any important vote, as deemed necessary by the Chairman. ~~A roll call is performed by counting Board members, Committee Chairs, and each state's registered Rep(s).~~ A **credentials report** includes counts of registered voting and non-voting members.
3. ~~A person must have been counted in the preceding roll call to participate in any Assembly procedure, e.g., voting, making a motion, speaking pro or con, etc.~~ Any registered member of the Assembly may participate in Assembly procedures, e.g. vote, make a motion, speak to a motion, etc. Non-voting members may have a voice at the discretion of the Chairman.
4. ~~Visitors and guests are permitted in the Assembly, but should not participate in any procedure except speaking informally when recognized by the Chairman.~~

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2. A voting member may request a more accurate vote count by simply calling out “Division.” The Chairman may then use a voting method which assures an exact count.
3. The Chairman may also call for division by stating, “The Chairman is in doubt.”
4. ~~Ballot vote will be used for elections unless there is only one nominee, and the Assembly passes a motion to accept by acclamation. Ballots will be distributed, collected, and tallied~~

~~by non-voting members appointed by the Chairman. After announcement of results, motion is in order to destroy ballots.~~ Ballot vote will be used for elections. Ballots will be distributed, collected, and tallied by non-voting members appointed by the Chairman. After announcement of results, motion is in order to destroy ballots

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Submitted By:

Bylaws/Electronic Documents Committee

Intent:

The intent of the motion is to remove inconsistencies between the Bylaws and the Policy and Procedure Manual.

Implementation:

Changing the Policy and Procedure Manual

Cost:

None

Rationale:

In the ranking of governing documents the Bylaws take precedence over the Policy and Procedure manual, therefore the P&P must conform to the Bylaws. Revising the Standing Rules brings the P&P into alignment with the Bylaws.



Triangle OA Intergroup
Raleigh, NC
presents:

SOARING to Recovery!
Physical, Emotional, Spiritual



SOAR 8

RECOVERY CONVENTION AND BUSINESS ASSEMBLY

March 9-11, 2012

Hotel Information:

Embassy Suites Hotel Raleigh – Crabtree
4700 Creedmoor Road
Raleigh, NC 27612
Reservations: 919-881-0000/800-870-5173
Please specify SOAR 8 when making your reservation for special room rate of \$115 + tax
1 – 4 people per King; 1 – 6 people per double.
✓-in 3 pm; ✓-out 12 pm
Rate includes FREE full cooked-to order breakfast each morning
FREE Microwave and Refrigerator in each Suite
FREE Wifi
FREE Airport Shuttle (7 am to 11 pm)
FREE Parking

Hotel Facilities:

Multi-million dollar renovation in 2008
225 spacious and contemporary 2-room suites including 173 King & 50 Double/Double Suites
Handicapped Accessible Suites
Indoor pool, whirlpool and outdoor deck
State of the Art PreCor fitness center

Suite Features:

Private bedroom with one king or two double beds; Separate living room with pull out sofa and work station; Refrigerator, microwave and coffee pot; Two flat screen TVs



Directions:

FREE Airport Shuttle (7 am to 11 pm); Taxi \$25
From Raleigh-Durham International Airport (RDU), 1600 Terminal Blvd. #8, Morrisville NC 27560 – Head Northwest on Airport Blvd toward W International Drive. Take the 1st right onto W International Drive. W International Drive turns left and becomes E Aviation Drive/Commerce Blvd(Continue to follow Commerce Drive.) Turn right at Lumley Road. Slight right to merge onto US-70 E/Glenwood Avenue toward Raleigh. Turn left at Creedmoor Road. Turn right at Marriott Drive. Embassy Suites Hotel Raleigh-Crabtree will be on the left.

Featured Attractions:

OUTSIDE ENTERPRISES ARE NOT ENDORSED BY OA OR SOAR 8

- * Restaurants and large shopping mall with more restaurants within short walking distance. Early morning indoor mall walkers welcome.
- * Nearby access to Capital Area Greenway system of linear parks for pedestrians and bicycles with trails to nearby parks and lakes.
- * State Capitol
- * NC Museum of Art
- * Springtime in Raleigh is a sight to behold!

Estimated Costs:

Early Registration (by Feb 8, 2012)..... \$35
Late Registration (after Feb 8, 2012)..... \$50
No one will be turned away due to lack of funds
Saturday Lunch: \$28
Saturday Dinner: \$34





Tune into the Principles

SOAR 8 Recovery Convention and Business Conference



July 8-10, 2011
hosted by
Middle Tennessee Intergroup
(MTI)

Holiday Inn Opryland/Briley Parkway
2200 Elm Hill Pike
Nashville, TN 37214
(866) 871-1171 or (615) 883-9770
<http://www.holidayinn.com>

- COME JOIN US AND ENJOY
- GREAT SPEAKERS
 - WORKSHOPS
 - ENTERTAINMENT
 - FELLOWSHIP
 - SERVICE OPPORTUNITIES

HOTEL REGISTRATION

YOU MUST MAKE YOUR OWN RESERVATIONS. MENTION SOAR8 FOR SPECIAL ROOM RATE.

ROOM RATES:

\$89/room/night plus tax for up to 4 people/room.

Reserve by June 7, 2011.

Preferred rate good for 3 days before and 3 days after Assembly.

Check in at 3PM. Check out at 12PM.

NEED A ROOM/MAT?

Contact Heidi H. at: 615-440-8540
heidith@tn@gmail.com

QUESTIONS?

Contact Jenny B., 615-476-3404.
JennyBNashvilleTN@gmail.com or
Phyllis C., 615-300-8876.
PhyllisCNashvilleTN@gmail.com

DEADLINES

Hotel reservations: 6/7/11
Early Bird registration: 6/7/11
Registration fee refund: 6/24/11

REGISTRATION

PLEASE CIRCLE CHOICES

Registration by 6/7/2011 \$40 _____

Registration after 6/7/2011 \$50 _____

Must be mailed by 7/1/11 or register at the door! _____

Saturday Lunch (bu.fee.) \$28 _____

Circle one: Chicken Pork Vegetarian _____

Saturday Request Dinner(buffet) \$25 _____

Circle one: Beef Salmon Vegetarian _____

Scholarship Contribution _____

(for those who otherwise are unable to attend)

TOTAL ENCLOSED

(No one will be turned away for lack of funds)

MAKE CONFERENCE CHECK OR MONEY ORDER PAYABLE TO:

Middle Tennessee Intergroup
MAIL THIS REGISTRATION FORM AND VOLUNTEER SERVICE FORM TO:

Nancy Perdue
1422 Rivermont Circle North
Gallatin, TN 37056
615-452-6067

OR REGISTER ONLINE AT
nashville.eventbrite.com
Small online service fee applies.

VOLUNTEER SERVICES AVAILABLE

PLEASE CIRCLE DESIRED SERVICE

SPEAKER	GREETER
REGISTRATION	TIVERTOPAGE
HOSPITALITY	INFO DESK
BOUQUET	WHEREVER NEEDED
GREENDOCTOR	REG ON REP:

Please indicate if willing to leave Assembly to speak YES NO

FULL NAME:

NAME ON BADGE

ADDRESS

CITY & ZIP

PHONE

ROOM WANTED

Email:

BOOD Rep _____ Trustee _____ Indec: chair _____

1st: The Rep _____ Reg group _____

DIRECTIONS FROM AIRPORT

Take the Nashville exit toward I-40 West
Take I-40 West to exit 7/15B/Briley Pkwy N
Take Briley Pkwy North to exit 7/Elm Hill Pike
Turn right at the light -
and the hotel is on the left

DIRECTIONS FROM THE EAST, WEST, NORTH & SOUTH

Take I-40 to exit 7/15B/Briley Pkwy North
Take Briley Pkwy North to exit 7/Elm Hill Pike
Turn right at the light -
and the hotel is on the left

LOCAL ATTRACTIONS

(within 15 mile radius):

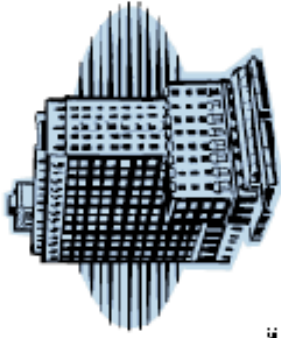
- OUTSIDE ENTERPRISES NOT ENDORSED BY OA OR SOARS-

- Country Music Hall of Fame
- General Jackson Showboat
- LP Field - home of the Titans
- Ryman Auditorium
- Music Row
- Grand Ole Opry
- The Hermitage
- The Parthenon
- Downtown Nashville
- Belk Meade Plantation

Please make copies of this flyer and share it with your groups. (DOWNLOAD THIS FLYER at www.oaregion8.org.)

FIND OUT MORE at:
info@banashville.org OR
call Sarah G. at 615-383-7860

HOTEL INFORMATION



Hotel Facilities:

383 Hotel Rooms

All accommodations include:

- Cable TV with pay-per-view movies
- Coffee-maker
- Complimentary weekday newspaper
- Connecting rooms
- Hairdryer
- Some complimentary refrigerators available or first come/first serve basis
- Rollaway beds/bed
- Sofa Bed
- Two phones with voice mail
- Work Desk with Lamp

Additional Hotel Amenities:

- Free airport transportation (5 a.m. - 11 p.m.) with pick-ups taking place every 20 minutes starting on the hour - contact hotel for information
- Restaurant onsite serving breakfast, lunch and dinner as well as other restaurants within a 10 miles radius
- Free wireless high-speed internet service in all rooms and meeting areas.
- Free parking
- Business center with fax, copying and printing services
- Fitness Center
- Gift Shop
- Indoor heated pool
- Sauna and whirlpool
- ATM Machine

