

Upper Midwest Region of Narcotics Anonymous
Minutes for November 14th, 2010 Regional Service Meeting
Held at UMRCNA 27 Jamestown, ND

1. **New Business** submitted to the Chair, financial requests submitted to the Treasurer.

2. **12:30 pm Opened with Serenity Prayer**

3. **12 Traditions and 12 Concepts Read**

4. **Sign In and Introductions:**

Debbie J.	Interested Member
Becca R.	Interested Member
Wesley K.	RD and Acting Treasurer
Jeff L.	Interested Member
George P.	Web RP and Secretary
Jeremy T.	RD-Alt
Rob H.	Chair
Wade H.	RCM - LAASC
Kory H.	RCM – L&CASC
Don W.	RCM Alt – L&CASC

5. **Quorum Call:** Quorum achieved.

6. **Approval of July 31 2010 Minutes:**

Motion to accept minutes: Maker: Kory 2nd: George **Motion: Pass**

7. **Chair’s Report:** Appendix A

8. **Secretary’s Report:** Appendix B

9. **Treasurer’s Report:** Appendix C

Subcommittee Reports:

10. **Fellowship Development:** Appendix D – Vacant Position

11. **Web Resource Report:** Appendix E

12. **Regional Committee Member Reports:**

A. LAASC: Verbal Report

B. LCASC: Appendix F

Break 1:12-1:28pm meeting resumed with Serenity Prayer

13. **Regional Delegate Report:** Appendix G –

Alternate RD Report: Appendix H -

14. **Elections:**

Position:	Nominator:	Second:	Nominee:	Election Quarter/Action Taken:
Treasurer			none	1 st Quarter Open/ Wes will continue until new treasurer is elected.
Regional Co-Chair			none	3 rd Quarter
Regional Chair			none	3 rd Quarter

Secretary			none	3 rd Quarter
Regional Activities Chair			none	1 st Quarter
Fellowship Development Chair			none	3 rd Quarter Open/ John F. as liaison until chair elected
Web Resource			none	1 st Quarter
Regional Delegate			Wes	4 th Quarter Elected by acclimation.
Alternate R.D.	Don	Wes	Jeremy T.	4 th Quarter Elected

15. Old Business:

- a) Activities guideline changes
Motion #1: To accept written changes additions/deletions to the Regional Activities Subcommittee guidelines. [Appendix L of 7/31/2010 Minutes]
Intent: To make updates to reflect current practices.
Maker: Wes K. 2nd: Debbie J.
Amendment:
Amend guidelines: In Section 2.4 by adding words “or savings” after the word “checking.”
Maker: Wes K. 2nd: Kory H. **Action: PASS**
- b) Extension RD/RDA terms. L&C area voiced concerns with extending the term to four years. A three year term was discussed. **Discussion concluded and topic died due to lack of a motion.**
- c) **Motion # 2:** To have 20% of profit from the convention go to host committee
Intent: To help the groups putting on the convention.
Maker: George P. 2nd Rob H. **Action: Tabled due to no Activities representation.**

Break from 2:25-2:39pm. Resumed meeting with Serenity Prayer

16. New Business:

- a) Budgets:
All Budgets deferred to next meeting because RD/RDA needs to compile a spending history.
- b) Motion #3: UMRSC to provide \$100 towards event after service structure workshop in Park Rapids Dec 4 2010.
Maker: Wes 2nd: Wade **Action: PASS**
- c) Motion #4: To send the RDA to the zonal forum in Peoria, IL, on Nov. 20 2010 and reimburse gas and lodging loading expenses as well as \$40 a day per diem not to exceed \$700.
Maker: Kory 2nd: Wade **Action: PASS**
- d) Motion #5: That the region purchase PSA's from the Metro Detroit region.
Maker: Wes 2nd: **Action: Deferred to next meeting so ASCs can discuss.**
- e) Discussion about hosting MZF at Spiritual Refreshment 2010. RD team will talk with Activities in order to ensure that the logistics are feasible.

17. Disbursements.

18. Next UMRSC meeting: February 12th in Fargo. Location TBA.

19. Motion # 6: To close meeting.

Maker: George H. 2nd: Wade **Action: PASS**

20. Meeting closed @ 3:25pm with circle of unity and Gratitude Prayer.

Appendix A – Chair’s Report -

Greetings fellow addicts, I must first apologize for not adhering to our guideline change of submitting my report 10 days prior to the RSC meeting. I however do not have too much to report. I was contacted by John F. about a starter kit for Wahpeton early in the Quarter. Thanks to all the officers and Sub committee chairs for doing such a great Job this Quarter as much has been done for the fellowship. The RD and RDA for their organizing workshops on the service structure motions for each area. The Activities Committee for all their hard work and dedication planning and putting together the One Promise Convention this weekend. And the Web Resource Person / Secretary for all his help and work in all aspects of the website and having the minutes available so early after the last RSC. Awesome! I am looking forward to seeing all of you in Jamestown.

Thank you for the opportunity to serve.

Love-N-Peace-in Service

Rob H.

Appendix B – Secretary’s Report

The July minutes are completed, any reports that I did not receive upon request are not included. Please let me know if there is anything that is incorrect or improperly done.

Secretary FY 2011 Budget:

\$75.00 Printing (minutes, miscellaneous documents)

\$15.00 Postage (if needed-- we do not regularly mail things)

=\$90.00 Total

Something clever,

George P.

Appendix C – Treasurer’s Report

Checkbook balance	\$7119.31
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Savings balance	\$110.02
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Total	\$7229.33
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After the close of today’s meeting I can start on a 2010 spending report. I did this last year and it gave a description of where the funds went. I will be asking that any service positions would look at this past year and maybe the previous one to come to a suggested amount for their particular budget beyond travel/lodging. We opened 2 savings accounts; one for the regional account and one for the activities subcommittee. By doing so and setting up automatic transfers between each checking and savings account respectively, we no longer incur the banking fees that we had in the past. On the regional account we still have a fee for the check return fee, this is nice because it gives a copy of each check written, cashed, and endorsed from that account so it is a failsafe for the account. The balance of each account will go up at a rate of \$5 per month. As per our financial guidelines we can use the savings account as a prudent reserve or working start-up capitol, whichever term is preferred.

The post office box was paid \$40 on 11/5/2010. The checkbook and the bank account balance today. After discernments today the balance in the account is \$6602.91 We will have a few upcoming expenses before the end of the year to include some travel to a zonal forum as well as a RD report to an area and the cost of sharing a workshop with the MN region at Park Rapids, MN on Dec 4, 2010. There is a flyer on the web page for that event.

This service position of regional treasurer is open, please announce at meetings and have any interested persons contact me so I can help by describing the position and its duties. I will continue to fulfill this position until someone steps forward and is qualified and able to do it. Wes K. = tippyturtle@hotmail.com

Appendix D – FDC Vacant Position – 4 Starter kits available—John F. has possession of these.

Appendix E – LCASC RCM Report --

RCM> Kory H.
RCMA> Don W.

Hello trusted servants,

Our last L&CASC meeting was held Sept 18, 2010 in Bismarck. Elections were held for RCM, RCMA, Activities chair and Outreach chair. Kory H. was elected as RCM. Don W. was elected as RCMA. Teresa K. was elected as Activities chair. The Outreach chair position was split into 2 separate positions H&I chair and PI chair. Nobody was elected as PI chair so Tony F. has agreed to chair both positions until the next L&CASC meeting .

A proposal was presented with several different options for a helpline. The proposal was discussed and was found to be way more elaborate than what the the ASC was looking for. We decided to bring the proposal back to our groups to narrow down exactly what we were looking for. This will be discussed at the next ASC.

The topic of extending the term lengths of the RD and RDA was discussed and some concerns were expressed.

Our next L&CASC meeting will be held in Minot at the the New Life Luthern Church and will begin at 11am. Wes will be attending to discuss the WSC motions as well as the proposed changes to the service structure.

In service,
L&C RCM
Kory H.

Appendix F – Web Resource Person Report

New Host:

The website has been moved to the new host. Things went reasonably smooth:

- As of today (11-4-10) the Forum is down, I am working with another person trying to get it back up. It may need to be set up again on the new host, but we are trying to avoid that for now.
- Also as of today the map is not up, it is being worked on as well. The old map included MASC so we needed to make a new one.
- In accordance with our new guideline relating to Area websites, the LAASC website is hosted on our host. The unlimited disk space makes this possible and allows for future expansion. (It will also be nice to not be forced to pull things off the website when the disk gets full, as it did before). I set things up with the host so that only the UMRSC has full administrative privileges to the host, domains, billing information, etc, and Areas will be able to access the host in order to maintain and update their website(s) as necessary.
- Please send mail for the regional mailing list to region@umna.ORG. If you send to .com, your message will fail.

Costs and FY 2011 Budget:

The LAASC domain name (laa-na.org) was free for a year with the new host, so the only cost for the website transfer was \$19.90 for our two domain names. Since these two domain registrations were paid twice this year, they are both valid through spring of 2012. The hosting space is paid for through 2-9-2012. Laa-na.org is due on 5-18-2011. Domain regs are \$9.95 each, per year. So, the budget to for Web RP for FY 2011 is **\$19.90**, the cost of the LAASC domain and one other domain, should another area decide to create a website.

Noteworthy website changes:

- Updated UMRSC Regional Meeting List
- All MASC files have been removed. I am planning on taking down the MASC website link that is on the front page in a couple of months, unless this body feels otherwise.

Website Usage:

Sorry, no stats for this quarter with the host transfer.

Other:

Currently, if one accesses umna.com they are automatically redirected to the .org. We have been keeping the .com address for a few years because people and search engines have that url on file. However, I think it may be time to phase it out: what I suggest is to have the .com page come up with a message telling people to switch their bookmarks to the .org, provide a link to the .org, and in spring of 2012 not renew the domain name.

For security purposes, I am giving a physical copy of the logins/passwords and a physical copy of the website to the UMRSC Chair to be kept safe and confidential.

Something clever,

George P.
Web Resource Person
Upper Midwest Region Service Committee of Narcotics Anonymous

Appendix G – Regional Delegate Report – Regional Delegate report 4th quarter

Hey there

We, as a region are working together with the MN region to put on a workshop on the service structure workshop in Park Rapids, MN on Dec 4th. I have done 2 of these introductory workshops and will be doing another soon. I am going to Minot for the L&C area service committee and Jeremy will be going to the L A area service committee to present the information from the wsc this year. We have found that by giving the information directly to groups at an area venue helps in promoting unity between the committees and groups.

I attended the service structure workshop in Detroit and communicated with other members of the Midwest zonal forum. It has been a goal to be active in that area of service for the region. By our continued involvement with the zonal forum we have an opportunity to host one of the quarterly meetings in 2011, hopefully at the spiritual refreshment convention. This presents us with many opportunities for service role models, potential speakers and workshop presenters, as well as friends in recovery from outside our back yards.

The end of 2010 is a deadline for a few things: subscriptions to both the NA WAY and NAWS NEWS mailed to individuals and groups will cease. Any input to the service system is due also Dec 31, 2010. Please take some time to look at the information on <http://www.na.org/servicesystem> check out the discussion area near the bottom of that page. See what others are saying. The next thing that is a big issue that needs to be reported about is the literature survey on <http://www.na.org/projects> and the Living Clean project. If not found find the tab labeled NAWS Projects & Surveys.

I am able to serve another term as RD, this being my second and final full term as regional delegate. It is an honor and privilege to serve at this capacity, thanks for your continued support and trust to do the best for this region.

Wes Kukert tippyturtle@hotmail.com 701-200-6419

Appendix H – Regional Delegate Alternate Report

Hello Region,

I apologies for not having my report out 10 days before the RSC but I was busy reading George's reports.

The first thing that I would like to mention is the fact that the next Midwest Zonal meeting is this next weekend in Illinois. There has been talk amongst Wes and me about me going out there to petition to have a Zonal meeting at Spiritual Refreshment 2011. This would aid in putting our Regional event on a more nationally known level. Wes is not able to attend this Zonal meeting because he has other engagements and in order for us to hold a meeting at Spiritual Refreshment 2011 (what should be the Minnesota's turn to host a meeting) there needs to be representation from our Region at this next Zonal meeting. Thus, I am requesting that the Region send me to the next Midwest Zonal Forum.

Wes and I have received an interesting email from a seemingly concerned individual member of the Region. This email is in regards to the new service system that is being discussed. In a nut shell some individual members are concerned that by implementing any kind of new proposed service system means that there is going to be less of a voting power on the behalf of, what we call today regions and more of a voting power on the World Board.

I would also like to make an amends to this committee for my selfishness that I have displayed over the past two years. I feel as though I have not been living up to the agreement I made with this committee two years ago by fulfilling my service position as Alternate Regional Delegate. I feel as though I should have waited to run for this position for the conference cycle after the one I ran during, I should have ran today not two years ago. I have been busy and concentrated with school. However, this next semester, starting January 10th, I will not be in my internship, thus, I can focus more on my service positions. I would still like to run for AD or RD today in order to me to make up the past two years to this committee.

In Grateful Service,
Jeremy T.