



Upper Midwest Region of Narcotics Anonymous
Regional Activities Committee



To All in Recovery,

It is with pride and gratitude that I submit the final report of my tenure as Chair of the Regional Activities Committee. We, as a Committee, have accomplished much over the past 12 months and are looking forward to next year as an opportunity to continue serving the Fellowship in the Upper Midwest Region.

As a Committee, we believe that our role within the Region affords us an opportunity to serve as more than simply a "Convention" Committee. As a result, 2007 through 2008 saw the Regional Activities Committee attempt to address needs within the Region that had been left unaddressed for some time.

A primary issue that has been simmering for sometime is a level of dissention within the Region regarding our annual Regional event, "Spiritual Refreshment." Although it is obvious that many throughout the Region and beyond see the value of this activity, there have been some that have expressed concern and frustration over the cost of the weekend. Regardless of how one perceives the value of "Spiritual Refreshment," it is hard not to recognize the significant cost that one must incur to attend the only truly Regional event in the Upper Midwest Region. We didn't want to ignore those dissenters any longer. Rather, we attempted to give them a voice by twice circulating "Regional Surveys" soliciting feedback and suggestions regarding this issue. The results of our first Survey, conducted solely within the UMRNA were reviewed in an earlier Report. A second Survey was circulated during the weekend of this year's "Spiritual Refreshment." This Survey was given to all in attendance, which resulted in a significant number of responses from addicts outside of our Region, as well as those from within the UMRNA.

In this Survey we asked slightly different questions, received a very good level of response and were provided with genuine and constructive feedback. The breakdown of responders is as follows:

- 54 Surveys returned by "Full-Weekend" attendees:
 - UMRNA – 13
 - Lake Agassiz – 11
 - Manitoba – 2
 - Lewis and Clark – 0
 - Minnesota Region – 34
 - Other Regions – 4
 - No Region identified – 2
 - Spouse – 1
- 6 Surveys returned by "Day Pass" attendees
 - UMRNA (Lake Agassiz) – 1
 - Minnesota Region – 4
 - No Region identified - 1

Fighting the urge to crunch numbers to the minutia, I have distilled down responses to four key questions. The questions and average responses are as follows:

7. On a scale of 1 (way to much) to 7 (best deal around), how do you feel about the COST of "Spiritual Refreshment"?
 - 5.59 - "Affordable"



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8. How would you rank the COST of “Spiritual Refreshment,” in relation to other “Regional” Conventions that you have personally attended? (Total \$\$\$ you spend for the Weekend.)
 - 5.07 “Slightly Less”
9. How would you rank the VALUE of “Spiritual Refreshment,” in relation to other “Regional” Conventions that you have personally attended? (Bang for your Buck!)
 - 5.98 “slightly better (+)”
10. On a scale of 1 (not interested) to 7 (sign me up!), would you be likely to attend an Annual Regional Convention, separate from “Spiritual Refreshment,” held each year at different locations throughout the Upper Midwest Region”
 - UMRNA: 4.9 - “I think so (-)”

As I stated, the Surveys provided us with a wealth of feedback and suggestions that will be used to provide hopefully an even better “Spiritual Refreshment” next year.

“Spiritual Refreshment 2008” was once again a resounding success, as well as a joy to work on. The rewards of participating in the planning and execution of this event far, far outweigh the effort put in. This isn’t to say that the Committee couldn’t use some additional members! We are very fortunate to have a strong core of dedicated Activities Committee members, and are also very grateful for all those who volunteer their time and energy leading up to and at the event. Without the added bodies that somehow materialize each year in the form of volunteers too numerous to mention, we’d all be even more frazzled than we may seem already.

The usual events (NA Olympics, Fishing, Volleyball, Pool, Ping Pong and THE Golf Tourney) went off without a hitch and enjoyed a great level of participation. This year we enjoyed an additional night of entertainment (Friday Night Karaoke) as well as the return of our always popular Sunday Night Talent Show emcee, with tales of NA in Greece! Finally, we were treated to a powerful story of Recovery from Tim M. of Longview, WA. Whether it’s euphoric recall or simply the Universe lining up correctly, the weekend seemed to go off without a hitch.

Next year we look forward to another outstanding event. We’ll be adding a few new things and bringing back some proven favorites. We decided to “bite the bullet” for next year and finally raise the Registration prices. Pre-Registration at “Spiritual Refreshment 2008” went up to \$20. Each subsequent increment of pre- and on-site Registration will increase as well. We saw a slight dip in pre-Registrations for next year, from 86 to 75, but are confident that attendance will not be adversely effected.





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Now, the numbers for “Spiritual Refreshment 2008”:

- ATTENDEES: (Does not include any who may have attended the Saturday Night Speaker and/or Dance, all of which was free to attend.)

Pre-Registrations @ “Spiritual Refreshment 2007”	86
Advance Registrations by Mail	59
On-Site Full Registrations	<u>31</u>
TOTAL FULL WEEKEND REGISTRANTS	176
Saturday Day Passes	17
Sunday Day Passes	6
Saturday Newcomer Passes	<u>21</u>
TOTAL DAY REGISTRANTS	44
TOTAL FULL REGISTRANTS	176
TOTAL DAY REGISTRANTS	<u>44</u>
TOTAL PAID ATTENDEES	220

- INCOME: (See Notes that follow and “Attachment A” spreadsheet for full Regional Activities Account Ledger.)

2008 UMRONA 25 PLU Register Report 6-2-08 by George P. (Treasurer)

		Fri 5/23/08	Sat 5/24/08	Sun 5/25/08	Mon 5/26/08	PLU TOTALS
PLU Description	PL U					
Saturday Daypass	1	\$0.00	\$170.00	\$0.00	\$0.00	\$170.00
Saturday Newcomer	2	\$0.00	\$85.00	\$20.00	\$0.00	\$105.00
Sunday Daypass	3	\$10.00	\$0.00	\$50.00	\$0.00	\$60.00
		\$805.00				
On-Site Full Registration	4	0	\$180.00	\$0.00	\$0.00	\$985.00
Mugs & Shirts	5	\$296.00	\$152.00	\$52.00	\$8.00	\$508.00
Raffle, Silent Auction, Banner	6	\$11.00	\$809.00	\$353.00	\$0.00	\$1,173.00
Prints of 2003 Banner	7	\$0.00	\$30.00	\$20.00	\$0.00	\$50.00
Speaker CDs	8	\$0.00	\$54.00	\$6.00	\$10.00	\$70.00
			\$105.00			
2009 Pre-Registration*	9	\$0.00	0	\$580.00	\$960.00	\$1,645.00
Donations	10	\$32.00	\$100.00	\$8.00	\$0.00	\$140.00
Total		\$1,154.00	\$1,685.00	\$1,089.00	\$978.00	\$4,906.00
Actual		\$1,012.00	\$1,655.00	\$1,063.00	\$1,014.00	\$4,744.00
Difference		\$142.00	\$30.00	\$26.00	\$36.00	



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Notes		a	b	c	d	
Difference accounted for:		\$40.00	\$30.00	\$26.00	\$36.00	
Errors/misrings		\$102.00	\$0.00	\$0.00	\$0.00	

*PLU totals considered to be erroneous are italicized, **bolded**, and underlined*

Notes:

- 30.00 Refunded. Person paid on-site reg then realized he had pre reg'd
- a* reg'd
- b* 30.00 Refunded 3 Day Passes refunded- kids were under 13
Jim N. - sold mugs and used his own money, which was deposited, then the person buying the mugs paid for them on Sun, and so I refunded Jim's Money --
- c* So 1089 - 40.00 = 1049 + 14.00 = 1063.00 (14.00 in additional money from till start up-till left in)
- d* Till Money all went back in

- THE BOTTOM LINE: (For you dollars and cents folks.)

		<u>BALANCE</u>
Sole post-event deposit	\$ 4,744.00	\$3,836.38
Payment made to Fair Hills	\$ (833.00)	\$3,003.38
On-site Pre-registrations (75 x \$20) [Startup monies for "Spiritual Refreshment 2009"]	\$(1,500.00)	<u>\$1,503.38</u>
Income generated, donated to RSC		\$1,503.38

Next, we have a few items to submit for your consideration:

- Activities Committee Guidelines – You will find attached (Attachment B) the Draft of our Sub-Committee Guidelines that we would like to submit to the RSC for your approval. As a part of these Guidelines, you will notice that the Regional Activities Committee intends on hosting an additional annual Regional event. This is in direct response to the feedback and suggestions elicited from our Surveys. We intend to resurrect the traveling Recovery show that once was UMRONA. This will in no way effect "Spiritual Refreshment." "Spiritual Refreshment 2009" will take place next year, May 22 – 25, 2009 at Fair Hills Resort, as scheduled. The only impact that the new Regional event will have on "Spiritual Refreshment" is that the new event will adopt the designation of UMRONA. Going forward, "Spiritual Refreshment" will be designated by the year in which it is held. More information will be forthcoming, so stay tuned and let the Fellowship know that change for the better is on the way!
- Conflicting Event – I would like to submit, for consideration in "New Business," a motion that the RSC ask the Lake Agassiz Area to reschedule one of their events that conflicts with "Spiritual Refreshment." One common response we often hear when asking individuals whether they're attending "Spiritual Refreshment" is that they are rather attending the event now referred to as "Unity Day" in Fargo. As many know, the origins of this event were in direct response (opposition) to "Spiritual Refreshment" (Loser's Day, Winner's Day, Quitter's Day). In an effort to truly unify the Region, we would ask that the Lake Agassiz Area move their "Unity Day" event to another weekend. We have often heard from NA



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members living in other Areas and/or Regions that their local Fellowship deliberately sets aside Memorial Day Weekend because so many addicts want to be able to attend “Spiritual Refreshment.” We see no reason why an Area within our own Region can’t do so. With the many affordable “Day Pass” options now offered at “Spiritual Refreshment” there seems to be no need for an alternative, competing NA event. We would like to reach out to the many addicts who may never have attended “Spiritual Refreshment” and invite them to experience the Recovery that this Regional event has to offer.

- Next Year’s Activities Chair - The Upper Midwest Regional Activities Committee would like to submit, for your consideration, the name of Paul S. (outgoing RSC Chair) as nominee for the position of the next Chair of the Regional Activities Committee. Paul has a wealth of experience in NA Service, has expressed a willingness to serve in this position and has received the unanimous endorsement of the Activities Committee. We trust that you will see the value in his Service and the wisdom of this nomination.

Finally, I would once again like to offer my thanks to the many addicts who have worked, as a team, tirelessly on the efforts of this Activities Committee. It is their presence that makes what this Committee does, work. Without them we would not be able to carry the message as successfully as we do. They truly make the efforts of the Activities Committee a labor of love and gratitude. I personally stand in awe of their dedication and commitment to work of Service in Recovery. It has been my distinct pleasure to serve with them. I thank you all for that opportunity!

In Loving Service,
Chris Corbet
Regional Activities Chair



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ATTACHMENT A

Upper Midwest Region Activities Committee of Narcotics Anonymous Financial 8-11-07 Through 6-11-08

Prepared by George P. (Treasurer) (701) 799-2343 Current as of 6/11/08

Ck #	Date	To	In Payment/Collection of	Clr?	Out	In	Balance
	8/11/2007	Beginning Balance	2008 On-Site Pre-Reg Total				\$1,290.00
2061	8/11/2007	Lewis and Clark Area	4 T-shirts for XXV Raffle	Y	\$26.00		\$1,264.00
2062	12/10/2007	Mathison's	1500 Flyers, Tri-folded	Y	\$217.94		\$1,046.06
2063	12/10/2007	Office Max	500 Mailing Envelopes	Y	\$7.93		\$1,038.13
2064	12/10/2007	Cash Wise Foods	260 \$.41 Stamps and Tape	Y	\$110.80		\$927.33
2065	12/12/2007	USPS	Postage	Y	\$10.48		\$916.85
	1/2/2008	Deposit	\$40 Mathison's refund for shrinkwrapping 2 - '08 Regist.	Y		\$82.51	\$999.36
2066	1/7/2008	Copies of Treatment Letter	Kinkos	Y	\$5.84		\$993.52
	1/20/2008	Deposit	3 - '08 Regist.	Y		\$60.00	\$1,053.52
2067	2/10/2008	George Peterson	Receipt Book from Office Depot	Y	\$7.94		\$1,045.58
	2/18/2008	Deposit	3 - '08 Regist.	Y		\$60.00	\$1,105.58
2068	3/17/2008	Postmaster	12 Months PO Box Fee	Y	\$36.00		\$1,069.58
	3/17/2008	Deposit	3 - '08 Regist.	Y		\$60.00	\$1,129.58
2069	3/17/2008	John Bailey	Art Supplies	Y	\$75.00		\$1,054.58
2070	3/31/2008	National Pan	300 Pens	Y	\$84.92		\$969.66
	3/31/2008	Deposit	4 - '08 Regist.	Y		\$80.00	\$1,049.66
2071	3/31/2008	Cash Wise Foods	10 \$.41 Stamps	N	\$4.10		\$1,045.56
	4/9/2008	Deposit	8 - '08 Pre Reg \$40 New. Donation	Y		\$200.00	\$1,245.56
	4/28/2008	Deposit	\$195 (13X\$15) Next Step, 7 Reg @ \$25	Y		\$370.00	\$1,615.56
2072	5/5/2008	Jim Nypen	Cartdrige, pstg-(newcomer flyer)	N	\$93.28		\$1,522.28
2073	5/5/2008	Wesley Kukert	Items purchased to be raffled at XXV	Y	\$152.43		\$1,369.85
2074	5/5/2008	Chris Corbet	Reimbursed-Toothbrushes 1st Bill		\$235.00		\$1,134.85
2076	5/12/2008	Jim Nypen	Postage Newcomer Flyer		\$7.42		\$1,127.43
	5/13/2008	Deposit	5 - '08 Pre Reg \$40 New. Donation			\$165.00	\$1,292.43
	5/19/2008	Deposit	5 - '08 Pre Reg			\$125.00	\$1,417.43
2077	5/19/2008	Office Max	Copies - packet inserts		\$25.94		\$1,391.49
2078	5/19/2008	Chris Corbet	Rmbrse-envel., batteries, markers		\$48.16		\$1,343.33
2079	5/19/2008	Valley Printing	Itineraries - 400		\$143.77		\$1,199.56
2075	5/19/2008	Crown Trophy	Trophies & Awards		\$143.74		\$1,055.82
2080	5/19/2008	Paul Sanford	Rmbrse-recording materials, Ink, Banner printing, Badges		\$262.34		\$793.48
2081	5/19/2008	April Schwandt	Rmbrse - NA Olympics Supplies		\$111.55		\$681.93



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208 2	5/20/2008	VOID	VOID		\$0.00		\$681.93
208 3	5/20/2008	Embroidery by Andvik	Mug Invoice: 72 Mugs		\$315.08		\$366.85
208 4	5/20/2008	Target	Supplies: Sheet & Storage Tub		\$13.71		\$353.14
208 5	5/20/2008	Hobby Lobby	Popsicle sticks for bonfire meeting		\$2.11		\$351.03
208 6	5/20/2008	Gompf Display	Raffle Tickets		\$9.49		\$341.54
208 7	5/22/2008	George Peterson	Reimburse-Name Badges		\$8.46		\$333.08
	5/23/2008	Deposit	6 - '08 Pre-Reg 6 - Mugs \$12.00 Don.			\$210.00	\$543.08
208 8	5/23/2008	Fair Hills	Change for our cash register		\$40.00		\$503.08
208 9	5/23/2008	Fair Hills	Speaker Lodging (Tim M.)		\$196.00		\$307.08
209 0	5/23/2008	Fair Hills	Lodging Auction Winner 07 (Newell B.)*		\$121.00		\$186.08
209 1	5/23/2008	UMSO	Basic Text for the newcomer		\$10.00		\$176.08
209 2	5/25/2008	Electric Breeze (E. Breitling)	3 nights entertainment		\$600.00		-\$423.92
209 3	5/26/2008	Tim Milligan	Reimburse - Speaker Travel		\$378.68		-\$802.60
209 4	5/26/2008	Fair Hills	On site Copies and Speaker Gift		\$41.12		-\$843.72
209 5	5/26/2008	Paul Sanford	Reimburse-Trvl Golf Engraving		\$13.78		-\$857.50
209 6	5/26/2008	Jim Nypen	Jim used own \$ to refund 2 '09 Pre Reg		\$40.00		-\$897.50
	5/27/2008	Deposit	Sole post-event deposit			\$4,744.00	\$3,846.50
209 7	6/11/2008	Fair Hills Resort	Daypasses and newcomer meals		\$833.00		\$3,013.50
209 8	6/11/2008	USPS	Postage for Mailing Cds		\$10.12		\$3,003.38
209 9	6/11/2008	UMRSC	Income generated minus 2009 Pre-Reg \$ [RSC Donation]		\$1,503.38		\$1,500.00
	6/11/2008	Ending Balance	# 75 2009 On-site Pre-Registrations @ \$20 each [2009 Startup]				\$1,500.00
* Newell put \$75 on a room from last year and wished that we donate the rest to newcomers.							



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ATTACHMENT B

UPPER MIDWEST REGIONAL ACTIVITIES

Sub-Committee Guidelines

- FOR APPROVAL -

1. PURPOSE:

- 1.1.** To support the Areas within the Upper Midwest Region of Narcotics Anonymous (UMRNA) in carrying the message of NA, by promoting unity through activities, communication, funds and sharing experience, strength and hope.
- 1.2.** To provide donations to the Upper Midwest Regional Service Committee (UMRSC) of all funds generated from sponsored Regional Activities, less approved startup costs for subsequent events, in an effort to help support the operations of the Upper Midwest Region.
- 1.3.** To host the annual Upper Midwest Regional “Spiritual Refreshment” retreat each Memorial Day Weekend, at Fair Hills Resort near Detroit Lakes, MN.
- 1.4.** To aid in the facilitation of the annual Upper Midwest Regional Convention of Narcotics Anonymous (UMRCNA), to be held at various locations throughout the Upper Midwest Region, via a prescribed “UMRCNA Bid Process.”

2. MEMBERSHIP AND OPERATIONS:

- 2.1.** The Upper Midwest Regional Activities Committee (UMRAC) shall be comprised of, and open to, all interested members and trusted servants in the NA fellowship. Membership in the UMRAC shall be limited to members of NA.
- 2.2. A committee member shall become a voting member of the UMRAC after making a verbal commitment to service before the Committee.
 - 2.2.1.** Commitment to service shall entail regular attendance at the UMRAC and responsibility for accepted tasks.
 - 2.2.2. All voting members of the UMRAC shall maintain complete abstinence from all drugs.
 - 2.2.3.** Each voting member, except the chair, shall have one vote. The chair shall vote only in case of a tie.
- 2.3. The UMRAC shall hold regular meetings as required to plan and prepare for the various scheduled Regional Activities. Special meetings may be called by a simple majority vote or at the request of the chair, with a one (1) week notice.
- 2.4.** The UMRAC shall retain a working start-up capital, following the completion of each annual Regional Activity, consisting of funds collected from pre-registrations for the following year’s annual Activity, to be kept in the UMRAC checking account.
- 2.5. The UMRAC may host fund raising activities, as needed, to maintain its working capital.
- 2.6.** Each check written in excess of one hundred dollars (\$100.00) shall require the signature of two



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members of the UMRCA. Signers may consist any of the following, pending approval of the Committee and completion of Bank requirements:



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- 2.6.1. UMRAC Chairperson
 - 2.6.2. UMRAC Vice-Chairperson
 - 2.6.3. Spiritual Refreshment Chairperson
 - 2.6.4. UMRAC Secretary
 - 2.6.5. UMRAC Treasurer
 - 2.6.6. UMRSC Treasurer
- 3. DISBURSEMENT OF FUNDS:**
- 3.1.** All monies collected from each annual Regional Activity shall be accounted for separately, to facilitate an easier and clearer distribution of funds following each event.
 - 3.2. All monies collected from each annual Regional Activity, less those funds collected from pre-registrations for the following year's annual Regional Activity, shall be promptly donated to the UMRSC.
 - 3.3. A final "close-out" report of each annual Regional Activity shall be submitted to the UMRSC, at the Regional Service Committee (RSC) meeting held immediately following each event.
- 4. DISBURSEMENT OF DONATED MERCHANDISE:**
- 4.1.** All merchandise (sale, auction, raffle, etc.) donated to the UMRAC for distribution at a Regional Activity may be held by any one of the officers of the UMRAC.
 - 4.2.** Requests from groups or committees, within or without the Upper Midwest Region, for the donation of two (2) or fewer Regional Activity items (sale, auction, raffle, etc.) for distribution at another Activity may be disbursed following the approval of any two UMRAC members.
 - 4.3.** Requests from groups or committees, within or without the Upper Midwest Region, for the donation of more than two (2) items (sale, auction, raffle, etc.) for distribution at another Activity must be made in-person, at a scheduled UMRAC meeting.
- 5. OFFICERS DUTIES (All officers of the Upper Midwest Regional Activities Committee shall serve one-year terms.):**
- 5.1. CHAIRPERSON
 - 5.1.1.** Must have a minimum of two years continuous clean time upon election, and must maintain abstinence during tenure.
 - 5.1.2.** Understands the Rules of Order as adopted by the UMRSC.
 - 5.1.3. May be one of the signers on the UMRAC checking account.
 - 5.1.4.** Shall preside over the UMRAC meetings, keeping focus of meeting on agenda.
 - 5.1.5.** Is responsible for submitting Quarterly reports of all UMRAC activities to the UMRSC. Information shall include dates of scheduled events, a financial update of the UMRAC checking account and all other activities that the UMRAC is undertaking.



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5.2. VICE-CHAIRPERSON

- 5.2.1. Must have a minimum of one year continuous clean time upon election, and must maintain abstinence during tenure.
- 5.2.2. Understands the Rules of Order as adopted by the Upper Midwest RSC.
- 5.2.3. May be one of the signers on the UMRAC checking account.
- 5.2.4. Shall assist Chairperson in their performance of duties.
- 5.2.5. Shall fill in, in the absence of any officer, at a meeting of the UMRAC.

5.3. SPIRITUAL REFRESHMENT CHAIRPERSON

- 5.3.1. Must have a minimum of two years continuous clean time upon election, and must maintain abstinence during tenure.
- 5.3.2. Understands the Rules of Order as adopted by the Upper Midwest RSC.
- 5.3.3. May be one of the signers on the UMRAC checking account.
- 5.3.4. Shall preside over the Spiritual Refreshment Sub-Committee meetings, keeping focus of meeting on agenda.
- 5.3.5. Is responsible for submitting Quarterly reports of the “Spiritual Refreshment” Sub-Committee to the UMRAC Chairperson a minimum of one (1) week prior to each RSC. Information shall include dates of scheduled events, a financial update of the “Spiritual Refreshment” fund account and all other activities that this Sub-Committee is undertaking.

5.4. SECRETARY

- 5.4.1. Must have a minimum of six months continuous clean time upon election, and must maintain abstinence during tenure.
- 5.4.2. May be one of the signers on the UMRAC checking account.
- 5.4.3. Shall record each UMRAC meeting’s discussion, motions, etc. and distributes these minutes within five (5) days of the Committee meeting.
- 5.4.4. Must have computer and internet access.

5.5. TREASURER

- 5.5.1. Must have a minimum of two years continuous clean time upon election, and must maintain abstinence during tenure.
- 5.5.2. Shall be one of the signers on the UMRAC checking account.
- 5.5.3. Shall report all contributions and expenditures at every UMRAC meeting.
- 5.5.4. Is responsible to continuously maintain and balance the UMRAC checking account, retaining all receipts for expenditures and deposits.
- 5.5.5. Is responsible for submitting a final financial “close-out” report of each annual Regional Activity, for inclusion in the UMRAC Chairperson’s Report to be submitted at the next meeting of the UMRSC.



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6. NOMINATIONS AND ELECTIONS:

- 6.1. The Chairperson of the UMRAC shall be chosen by the UMRSC during the July RSC, for a one-year term.
 - 6.1.1.** A Chairperson-nominee shall be selected for the position by vote the UMRAC and nominated at the RSC by the out-going UMRAC Chairperson.
 - 6.1.2.** It is suggested that the nominated Chairperson shall have served as the UMRAC Vice-Chairperson for the year immediately preceding their nomination as Chairperson.
 - 6.1.3. No UMRAC Chairperson shall serve more than two (2) consecutive terms as Chairperson.
- 6.2.** Election of all other UMRAC officers shall take place at the first UMRAC meeting immediately following the July UMRSC.
- 6.3. It is suggested that, to be elected to each respective office, the Vice-Chairperson, Spiritual Refreshment Chairperson, Treasurer and Secretary shall have attended at least four (4) consecutive UMRAC meetings prior to their nomination.