

UMRNA
Minutes for January 10, 2009

1) Opening Proceedings:

- a) New Business submitted to the UMRSCNA Chair, financial requests submitted to the UMRSCNA Treasurer.
- b) 12:23 pm Open Meeting with a Moment of Silence, followed by the “We” version of the Serenity Prayer, 12 Traditions, and 12 Concepts.

c) Sign In and Introductions:

Paul S.	Activities Chairperson
John F.	Regional Chair
Wes	RD and treasurer
Tony	Interested Member
Bryce	GSR-Detroit Lakes Area (LAASC)
Molly M.	RCM – LAASC
Dena N.	Secretary
Jeremy T.	RD-alt
Rob	RCM-LCASC
Wade H.	FDC

2) Quorum Call: 6 voting members, 2 RCM (active areas) - yes

3) Executive Reports:

a) Chair’s Report:

- See Appendix A

b) Co-chair’s Report:

- Nothing to report at this time.

c) Secretary’s Report:

- No report. Apologies for the tardy minutes.
- Amend Minutes to change Molly from LCASC RCM to LAASC RCM.
- Motion to approve the minutes from the last RSC.
Maker: Molly 2nd: RobVote: 6-0-0 Motion Passed

d) Treasurer’s Report:

- I was unable to get Microsoft excel to install on my computer, so the is attached in a separate document. Please see it for details.

4) Sub-committee Reports:

a) Activities

- See Appendix B

b) Fellowship Development

- See Appendix C
- Went the New Year’s event in Bismark and am compiling a list of people who are interested in being involved with FDC through service or as a resource person.
- Would like to have a learning Day workshop for H&I and PI in LCA.
- A bunch of literature (275 Basic Texts fifth edition were sent from WSC to a list of facilities with a bed count and book requirements from Pam Martin at na.org at WSC) went out in the

LCA and there aren't enough H&I panels to reach the addicts who have access to this literature in the facilities that it was distributed in.

- Discussion on having FDC do a learning day in Bismark on H&I. They are in need of some co-ordination on services in the area.
- It is very important to show up in person to other areas and events to carry the message, co-ordinate services, and reach addicts.

NOTE: QUARUM CHANGE – 2 RCMs and 7 voting members
(Wes arrived)

- c) Website (Resource)
 - See Appendix D

5) Regional Committee Member Reports:

- a) LAASC
 - See Appendix E
 - Attended the MZF and got a lot of information. Very interesting and a good experience. Looking forward to the next one.
- b) LCASC
 - No written report received. If it was sent via email, I apologize, but I don't seem to have it.
- c) MASC
 - No rep. A report was sent by the MASC Chair.
 - See Appendix F

Break 1:25 reopen at 1:38 with MOS

6) Regional Delegate and Alternate R.D. Reports:

- a) RD
 - See Appendix G
- b) RD-alt
 - See Appendix H
 - FDC will be working with RD and RD-alt on the workshops proposed in his report.

7) Elections:

Position:	Nominator:	Second:	Nominee:	Action:
Treasurer	Paul	Wade	Jeremy	Requests to be asked at next rsc
Website			None	

NOTE: Wes will continue to do the treasurer interim until a new treasurer is elected.

8) Old Business:

- a) Regional Prudent reserve
 - Motions submitted via the web forum.
 - Differed to new business.

b) Service Resumes

- Will forward the templates to the mailing list when they are downloaded.
- Tabled until next RSC

c) Action Plan

- Will send out tomorrow.
- Region cannot dictate a split of the region, the areas would have to do that.
- We are already doing the majority of the action plan.
- Chair removes this from Old Business.

d) Budgets

Motion: To establish a yearly budget for UMRSC as follows:

1 year operating budget proposal 2009-2010

Administrative:

3 meetings rent	\$90	
PO box year	36	
Bank fees (year) (5 per month)		60
Donation NAWS	0	
Total	\$186	

RD budget: (yearly)

Travel & lodgings (200 + 100)	\$300	
GSR Assembly (reserve funds)		175
Total	\$ 475	

RDA budget: (yearly)

Travel & lodging (200 + 100)	\$300	
GSR Assembly (reserve funds)		200
WSC Travel & lodging & per diem (1/2 total)		1000
Total	\$1500	

Secretary budget: (yearly)

Travel & lodging (200 + 100)	\$300	
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Treasurer budget: (yearly)

Travel & lodging (200 + 100)	\$300	
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Chair Budget: (yearly)

Travel & lodging (200 + 100) \$300

Co-Chair Budget: (yearly)

Travel & lodging (200 + 100) \$300

FDC budget: (yearly)

Travel & lodging (200 + 100) \$300

Literature stockpile starter kits 350

Total \$650

Web resource: (yearly)

Travel & lodging (200 + 100) \$300

Web hosting 114

Total \$414

Total 2008-2009 budget proposal \$4425

Intent: to fulfill our financial guidelines as described in:

Section III: Functions

C. The RSC Financial Policies include

2) Compilation...

Maker: Wes 2nd: Dena Vote:7-0-0 Action:Passes

e) Definition of prudent reserve

- Submitted to forum

Maker: Wes 2nd: Jeremy Vote: 7-0-0 Action: Motion passes

Break 3:00 to 2:11 reopen with MOS

9) New Business:

1. Motion: To establish a prudent reserve for the 2009-2010 financial year as follows:

Meeting rent (4@30): 120

PO Box: 55

Postage & Bank fees(20+60): 80

RD, RDA Team (gsr assemblies, rda wsc travel): (375 + 1000) 1375

Website Hosting: 150

FDC (5 starter kits): 350

Travel & lodging (8 positions x 225) 1800

Total proposal \$3930

Intent:

To fulfill function as described in;

Section III: Functions

A. The RSC Financial Policies include:

Creation of a prudent reserve...
To establish a format to follow for future treasures.

Maker: Wes 2nd: Paul Vote: 7-0-0 Action: Motion Passes

2. Website fliers guidelines

- Ask Will, assisted by Wes, to bring info to next RSC.

3. Motion: To change the fiscal year from (September 1 to August 31) as listed above, to coincide with the calendar year of (January 1 to December 31)

Intent:

To clearly define a fiscal year without regard to what exact month the RSC meets.
To coincide the fiscal year with the RSC treasurer position.

Intent: To clearly define a fiscal year without regard to what exact month the RSC meets.
To coincide the fiscal year with the RSC treasurer position.

Maker: Wes. 2nd: Jeremy. Vote: 7-0-0 Action: Motion passed

4. Motion: To change all references to specific months of the year that are written in the January 2008 Guidelines Upper Midwest Region of Narcotics Anonymous to quarters of the year. I.e; 1st quarter, 2nd quarter, 3rd quarter, 4th quarter

Intent: To establish consistency within the guidelines.

As in Section V: Meetings

A: The RSC shall hold one regular business meeting quarterly.

To rid any confusion as to what specifics need to happen in a timely manner in regard to regional business such as elections, budget proposals, and other assignments as directed by the service body.

Maker: Wes 2nd: Molly Vote: 6-0-1 Action: Motion passed

5. Motion: To have the Region become a full participant of the MZF.

Intent: To enhance the service structure.

Maker: Molly 2nd: Dena

Call to vote: Maker Wade 2nd Jeremy: 3-4-0 action fails

Motion to postpone until next RSC to discuss with areas.

Maker: Dena 2nd: Jeremy Vote: 7-0-0

Point of information, there are is information on the zonal forum websites regarding the purpose etc of the zonal forums.

6. Discussion on returning the start up funds to the region from the regional convention.

Motion: That the regional activities send back the \$300 start up fund.

Maker: Wes 2nd: Wade Vote: 4-0-3 Action: passes

7. Motion: To send a check to Meritcare for \$25 for facilities rent.

Maker: Wes 2nd: Jeremy Vote: 7-0-0 Action: passes

8. Motion: To Sstrike Section 3.C.8, line 3 from the regional guidelines.

Maker: Dena 2nd: Molly Vote: 7-0-0 Action: Motion Passes

9. Motion: To donate \$300 to NAWS.
Maker: Wes 2nd: Molly Vote: 7-0-0 Action: passes

10. Motion: That a link to the MZF be posted on the Regional Website.
Intent: Information
Maker: Jeremy 2nd: Molly Action: passes

10) Disbursements:

- Gas reimbursed and meeting rent paid

11) Confirmation of next UMRSCNA meeting:

- Next RSC Grand Forks April 4 noon at Royal Fork Buffet.

12) Announcements:

- none

13) Meeting closes 4:30 with gratitude prayer.

APPENDIX A
Regional Chair Report January 2009

I have had the opportunity to go and support a number of activities in our region since our last RSC. The UMRCNA 25.5 in Bismarck was a great success and the Fall Banquet in Fargo was well attended. The New Years Eve Celebration of Recovery was also a fun time for all. Minot has begun hosting a quarterly Pot Luck and Speaker Meeting and its inaugural one was excellent. A heart felt thank you to all those who work so hard to make fun in recovery possible. Our fellowship is really growing.

I attended the Mid-West Zonal Forum with Wes and the welcome we received was awesome. This is an excellent tool for exchanging information and I hope we can continue to attend it in the future. I attended the Workshop on leadership pit on by NAWS and found out there are a host of tools available to us on the NAWS website we can use for workshops.

Under new business is an item regarding the posting of flyers on the web site. As some of you may be aware, there was some controversy regarding the Bismarck/Mandan New Year's flyer. I spoke with many addicts in our region about this and the thoughts on the subject were quite mixed. I spoke with Steve R at NAWS about the issue and he gave me some information to share with you all regarding what our guide to local service has to say about this issue and we discussed the issue and how the Traditions would apply to it. I will provide this info to you all during the discussion on this issue.

I also got a draft copy of a Traditions Working Guide that the Southern Zonal Forum has been working on for many years. After my discussions about the New Year's flyer, I am wondering why our World Board has not prioritized this literature and would ask our RD to look into why we are not working on a book like this? Some of you have asked for and received a copy of this. If anyone else would like a copy of this draft please let me know or visit the Southern Zonal Forum.

We have several important issues to address today so I hope we can have everyone stay focused upon the issue at hand.

Thanks for letting me be of service,
John F.

APPENDIX B

Activities Report – January 2009 – Upper Midwest Region Paul S. – Chair; Chris C. – Spiritual Refreshment Chair

Greetings Fellow Addicts,

We had a very successful Regional Convention! UMRCNA 25.5 was very well attended, despite the big snow storm. Approximately 90-100 people came, and there were nearly 450 years of clean-time in the room Saturday night! The majority of attendees were from Bismarck/Mandan, but a fairly large group from in and around Fargo came, as well as others from around the region. We also had some folks from treatment centers, half-way houses, and shelters attend. The locations in our Region that had the fewest attendees were Minot/Williston (too much snow), Western Minnesota, and Manitoba. We are hoping that next year's convention in Grand Forks will be better attended by addicts from those places.

We did an inventory of the event, and found that most things went very well. We were fortunate to have both MNNAC and Cleanware selling merchandise alongside us. We also had help from the Bis-Man Lit Fund and had some Lewis & Clark Area event merchandise help. The food was not particularly good, although Sunday brunch was better. The facility's staff was usually courteous and helpful, but there were some problems. Considering everything we would not recommend using this facility again. We were very pleased with the speakers and most aspects of the workshops, but have decided that we will be reviewing workshop materials (notes/ideas) before the workshops to minimize the chances of overly controversial material or attitudes being presented.

Financially the event was a tremendous success. We generated \$1,906.98 in profit, which will be plowed back into UMRCNA XXVI. We took in only 7 pre-registrations (\$105) for XXVI, so we are glad to be able to hang on to the funds. It was extremely difficult to create this function with only \$300 in start-up funds. We discussed returning the start-up money back to the Regional account, and so are looking for guidance from the body on that matter.

Detailed financial reports are attached. The current bank balance is \$3,337.46, which includes Spiritual Refreshment monies as well. The financial report for 25.5 was off by -\$58.00. We are unsure where the loss occurred. We are not sure we were paid for all of the Silent Auction items. Plus there always seems to be mistakes here and there with how the PLUs are used for the cash register as well, and this year was no different.

Not much new to report on Spiritual Refreshment 2009. Our deadline has passed for banner submissions, which we will be reviewing in the coming weeks. Due to shifting schedules it has been hard to find a time when we can all meet.

I have made no new progress on developing Guidelines for our two specific functions, or a bid process for the location of upcoming conventions, but plan to have quite a bit to review in the coming months. We are updating our mailing list with contact info gathered at the event.

Spiritual Refreshment 2009

Ck #	Date	To	In Payment/Collection of	Clr?	Out	In	Balance
	8/25/2008	Beginning Balance	#75 SR Pre-Reg 2009				\$1,500.00
	8/25/2008	Bank	SR- Cash Wise never deposited check for \$4.10	x		\$4.10	\$1,504.10
210 1	9/11/2008	Mathisons	SR - 1,200 Flyers	x	\$139.71		\$1,364.39

210 2	9/22/2008	Artco	24 Hats	x	\$208.54		\$1,155.85
N/A	9/23/2008		Reversal of above charge; hats "sold to 25.5"	x		\$208.54	\$1,364.39
211 3	11/17/2008	Artco	24 Hats	x	\$182.35		\$1,182.04
	11/17/2008	UMRCNA	19 hats	x	\$144.36		\$1,037.68
211 6	11/17/2008	Cash Wise	Half of stamp book	x	\$4.20		\$1,033.48
	11/18/2008		1 SR 09 Pre-Reg collected at 25.5	x		\$25.00	\$1,058.48
	12/17/2008	Bank	SR- 6 hats	x		\$72.00	\$1,130.48

**UMRCNA 25.5 Financial
2008**

Ck #	Date	To	In Payment/Collection of	Clr?	Out	IN	Balance
	8/25/2008	Bank	From UMRSC - "seed" money \$300				\$300.00
210 0	9/11/2008	Mathisons	25.5 - Tickets and 950 flyers	x	\$75.51		\$224.49
210 2	9/22/2008	Artco	24 Hats	x	\$208.54		\$15.95
	9/23/2008	Bank	140 in Reg, \$96 in hats, \$2 Donation	x		\$238.00	\$253.95
N/A	9/23/2008	Spiritual Refreshment	24 Hats	x	\$208.54		\$45.41
210 3	9/29/2008	Jim Nypen	25.5 - Pstg/printing reimbursefor Bsmck area treat cen.	x	\$12.67		\$32.74
	9/30/2008	Bank	25.5 - \$420 in hats(#35) \$35 in reg, \$5 donation	x		\$460.00	\$492.74
	10/7/2008	Bank	25.5 - \$225 in Reg, \$12 in hats	x		\$237.00	\$729.74
	10/15/2008	Bank	25.5 - \$165 in Reg, \$84 in hats, \$15 in Don	x		\$264.00	\$993.74
210 4	10/20/2008	Artco	25.5 - 47 Hats	x	\$356.91		\$636.83
	10/21/2008	Bank	25.5 - \$105 in Reg, \$72 in Hats	x		\$177.00	\$813.83
	10/29/2008	Bank	25.5 - NSF Check #1674 Amount: \$35.00	x	\$35.00		\$778.83
	11/3/2008	Bank	25.5 - Deposit \$670 in Reg, \$10 in Donation	x		\$680.00	\$1,458.83
	11/5/2008	Bank	25.5 - \$655 In Reg, \$252 in Hats, \$8 in Merch, \$150 in Donat.	x		\$1,065.00	\$2,523.83
	11/5/2008	Bank	25.5 - Change for cash till for 25.5	x	\$100.00		\$2,423.83
210 5	11/7/2008	George Peterson	25.5 - Reimburse - 2 Receipt books for Convention	x	\$20.76		\$2,403.07
210 7	11/8/2008	Music Lights Action	25.5 - DJ Cost	x	\$200.00		\$2,203.07
210 9	11/9/2008	Cleanwear	25.5 - Speaker Gifts	x	\$20.00		\$2,183.07
201 0	11/9/2008	Best Western Hotel	25.5 - Convention Invoice - Meals, Coffee	x	\$1,982.16		\$200.91
	11/10/2008	Bank	25.5 - Deposit - reg, raffle/auction, lit, meals, coffee, merch, till \$ back in	x		\$1,681.26	\$1,882.17

	11/14/2008	Bank	25.5 - \$48 in hats, remainder in reg	x		\$634.00	\$2,516.17
2108	11/12/2008	Eastenders NA	25.5 - Literature \$ owed to group from sales at 25.5 desk		\$84.00		\$2,432.17
2111	VOID	VOID	VOID	NA	\$0.00		\$2,432.17
2112	11/17/2008	Debbie Jacobson	25.5 - 12 Basic Texts for sale at convention		\$120.00		\$2,312.17
2113	11/17/2008	Artco	24 hats		\$182.35		\$2,129.82
2114	11/17/2008	Eastenders NA	25.5 - Bis-Man tees sold at convention		\$4.00		\$2,125.82
2115	11/17/2008	L & C ANA	25.5 - 7 L&C tees sold at convention		\$14.00		\$2,111.82
2116	11/17/2008	Cash Wise	Half of book of stamps	x	\$4.20		\$2,107.62
	11/18/2008	Spiritual Refreshment	One Pre-Registration for SR 09 collected at 25.5	x	\$25.00		\$2,082.62
	11/17/2008	Spiritual Refreshment	Payment for 19 Hats at production cost	x		\$144.36	\$2,226.98
2117	1/7/2009	Jim Nypen	art supplies reimbursement		\$20.00		\$2,206.98
ENDING BALANCE:							\$2,206.98
Debits 2108, 2112, 2113, 2114, 2115, 2117 have not cleared as of bank statement of 12/07/08							
Other than those outstanding checks, "books" are closed on this event.							

ppper Midwest Region Activities Committee of Narcotics Anonymous Financial (TRUE CHECKING ACTIVITY "LEDGER")

Ck #	Date	To	In Payment/Collection of	Clr?	Out	In	Balance
	8/25/2008	Beginning Balance	#75 SR Pre-Reg 2009				\$1,500.00
	8/25/2008	Bank	SR- Cash Wise never deposited check for \$4.10	NA		4.1	1504.1
	8/25/2008	Bank	25.5 - "seed" money from UMRSC	x		300	1804.1
2100	9/11/2008	Mathisons	25.5 - Tickets and 950 flyers	x	\$75.51		\$1,728.59
2101	9/11/2008	Mathisons	SR - 1,200 Flyers	x	\$139.71		\$1,588.88
2102	9/22/2008	Artco	48 Hats, 24 for SR, 24 for 25.5	x	\$417.08		\$1,171.80
	9/23/2008	Bank	25.5 - \$140 in Reg, \$96 in hats, \$2 Donation	x		\$238.00	\$1,409.80
2103	9/29/2008	Jim Nypen	25.5 - Pstg/printing reimbursefor Bsmck area treat cen.	x	\$12.67		\$1,397.13
	9/30/2008	Bank	25.5 - \$420 in hats(#35) \$35 in reg, \$5 donation	x		\$460.00	\$1,857.13
	10/7/2008	Bank	25.5 - \$225 in Reg, \$12 in hats	x		\$237.00	\$2,094.13
2104	10/20/2008	Artco	25.5 - 47 Hats	x	\$356.91		\$1,737.22
	10/15/2008	Bank	25.5 - \$165 in Reg, \$84 in hats, \$15 in Don	x		\$264.00	\$2,001.22
2106	void	void	void			\$0.00	\$2,001.22
	10/21/2008	Bank	25.5 - \$105 in Reg, \$72 in Hats	x		\$177.00	\$2,178.22
	10/29/2008	Bank	25.5 NSF Check #1674 Amount: \$35.00	x	\$35.00		\$2,143.22
	11/3/2008	Bank	25.5 - Deposit \$670 in Reg, \$10 in Donation	x		\$680.00	\$2,823.22
	11/5/2008	Bank	25.5 - \$655 In Reg, \$252 in Hats, \$8 in Merch, \$150 in Donat.	x		\$1,065.00	\$3,888.22
	11/5/2008	Bank	25.5 - Change for cash till for 25.5	x	\$100.00		\$3,788.22
2105	11/7/2008	George Peterson	25.5 - Reimburse - 2 Receipt books for Convention	x	\$20.76		\$3,767.46
2107	11/8/2008	Music Lights Action	25.5 - DJ Cost	x	\$200.00		\$3,567.46
2109	11/9/2008	Cleanwear	25.5 - Speaker Gifts	x	\$20.00		\$3,547.46
2010	11/9/2008	Best Western Hotel	25.5 - Convention Invoice - Meals, Coffee	x	\$1,982.16		\$1,565.30
	11/10/2008	Bank	25.5 - Deposit - reg, raffle/auction, lit, meals, coffee, till \$ back in	x		\$1,681.26	\$3,246.56
2108	11/12/2008	Eastenders NA	25.5 - Literature \$ owed to group from sales at 25.5 desk		\$84.00		\$3,162.56
2111	VOID	VOID	VOID		\$0.00		\$3,162.56
2112	11/17/2008	Debbie Jacobson	25.5 - 12 Basic Texts for sale at convention		\$120.00		\$3,042.56
2113	11/17/2008	Artco	48 Hats		\$364.70		\$2,677.86
2114	11/17/2008	Eastenders NA	25.5 - Bis-Man tees sold at convention		\$4.00		\$2,673.86
2115	11/17/2008	L & C ANA	25.5 - 7 L&C tees sold at convention		\$14.00		\$2,659.86
2116	11/17/2008	Cash Wise	Book of forever stamps	x	\$8.40		\$2,651.46
	12/17/2008	Bank	SR - 6 hats	x		\$72.00	\$2,723.46
	11/14/2008	Bank	25.5 - \$48 in hats, remainder in reg	x		\$634.00	\$3,357.46
2117	1/7/2009	Jim Nypen	25.5 - Reimburse for art supplies for banner		\$20.00		\$3,337.46

UMRCNA 25.5 Financial Breakdown - November 2008

	<u>OUT</u>			<u>IN</u>		<u>LINE TOTALS</u>	Description
Pre-Registrations			\$760.00				76 @ \$10
On-site Registrations			\$215.00				14.3 @ \$15
Registration Totals				\$975.00		\$975.00	
Saturday Dinner			\$1,121.00				79 @ \$15, 2 kids @ \$8
On-site Dinners			\$151.00				7 @ \$15, 2 kids @ \$8
Dinner Totals	-\$1,255.89			\$1,272.00		\$16.11	
Sunday Brunch			\$660.00				66 @ \$10
On-site Brunch			\$67.00				4 @ \$10, 4 kids @ \$7
Brunch Totals	-\$596.44			\$727.00		\$130.56	
Coffee	-\$130.33			\$46.26		-\$84.07	
Early Donations				\$125.00			
On-site Donations				\$5.50			
Donation Totals						\$130.50	
Raffle Tickets				\$340.00		\$340.00	
Silent Auction				\$38.00		\$38.00	
Banner	-\$20.00			\$200.00		\$180.00	
Old Merchandise				\$19.00		\$19.00	
Basic Text profits				\$12.00		\$12.00	
Flyers & Tickets	-\$75.51					-\$75.51	
Printing & Postage	-\$12.67					-\$12.67	
Receipt Books	-\$20.76					-\$20.76	
DJ	-\$200.00					-\$200.00	
Speaker Gifts	-\$20.00					-\$20.00	4 pins @ \$5
UMR Knit Caps	-\$956.34			\$1,272.00		\$315.66	94 @ \$12
TOTALS	-\$3,287.94			\$5,031.76		\$1,743.82	
Start-up Money				\$300.00		\$300.00	
Stamps (after event)	-\$4.20					-\$4.20	
NSF check for	-\$35.00					-\$35.00	

APPENDIX C

Hello from the Fellowship Development Committee

Very grateful to be here, and on the 12th of December we went to Jamestown to participate in a potluck with a speaker afterwards

and there were seven addicts who came from the Lake Agassiz Area. We had set up a spot in one of the rooms for those who wanted to

know more about what this committee does and there were a few newcomers who stopped in and we did a real general introduction. We

helped peel potatoes along with other things and there was unity with those involved, it was fun!

Would also like to note that attending the Midwest Zonal Forum was a huge learning experience with a lot of information that was able

to be brought back and applied to our service efforts to better carry the message, and also being of service as a whole and to pool our efforts

together which is directly linked to this committee through unity, patience and commitment to Narcotics Anonymous and much much more.

As for the actual service positions within the committee I have made some phone calls to those who might want to be involved and hopefully

there will be more to report the next time we meet. Currently though, there is a lot more addicts supporting outside meetings than just the ones in the town

they live in and a large interest to travel to those meetings which has ranged from 40-80+ miles.

I received a phone call from the Lake Agassiz Area Vice Chair with a meeting that is being started in Henning Mn every Wednesday at 7 pm. at

the Community Center and is located about 35 miles East of Fergus Falls and 22 miles South of New York Mills and I sent a starter kit for that meeting with

the LAA Vice Chair who will be attending that meeting for a while to help it along. This is part of the Lake Agassiz Area where there is young NA but there is also a lot of excitement! We will be in contact with those involved for further developments as they grow and help out where we can.

We would also like to have a learning day out west in the Lewis and Clark Area for PI, H&I and general service structure based around the

information that is available to us through our experience and our literature.

In grateful loving service

Wade H (FDC Chair)

APENDIX D

Web Resource Person Quarterly Report January 12, 2009

Website Activity For Period October 2008 to December 2008

Since last quarter retrievals are up 16% with a 20% increase in visitors. Disk space increased by 3.9%. The forum is still using just less than 1% of the disk space.

Meeting Lists Retrieved
Lake Agassiz Area 537
Lewis and Clark Area 347
Manitoba Area 457

Pages and images retrieved 43,866
Visits 6,455
Website updates 15
Disk space used 84.4%

I've sent receipts totalling US\$ 93.57 to the Region Post Office box with instructions on where to mail the check. This is CAD 109.00, at a conversion rate of 0.7675 for the website hosting for Oct 2008 to September 2009 and USD 9.90 to renew the umrna.org domain from March 2009 to March 2010.

Yours in service,
Daryl F.

APPENDIX E

Lake Agassiz Area RCM Report October 12, 2008

Hello fellow addicts,

There has been an average of 17 addicts attending the ASC. A few of the open positions have been filled. Jay B. was elected Vice Chair, Kris O. was elected Public Information Chair, and Brianna A. was elected Secretary. Positions open still are Scribe, Parliamentarian and now Alternate RCM. The previous Alt. RCM stepped down for personal reasons. Tim B. has been appointed Ad-Hoc Chair of the Literature Subcommittee. The Area makes a quarterly donation to the Region and a check was given to Wes following the September ASC. The amount was \$570.34. Between the main account and activities account the balance is roughly \$3000.

Since the last regional meeting the area has gotten an email address. It is LAANA@live.com. It is free and will be used for sending the minutes to groups that receive them via email and to send the minutes, flyers, and updated meeting lists to the region and the world. The current guidelines were changed so that trusted servants can serve on both area and regional levels. The final vote on the revised guidelines will be at the October 19, 2008 ASC that will be held in Glenwood, MN. Budgets are to be submitted at the October ASC and voted on at the November ASC.

The Public Information Subcommittee meets the 1st Tuesday of the month at 8pm at Atomic Coffee, 222 Broadway N. in Fargo. Attendance has been an average of 4 addicts. The phone line has been updated but the committee is still looking for someone to maintain it. New meeting lists were printed and distributed in September. The committee is making sure that meeting list info is up to date for groups not attending the ASC. Wadena and Valley City have joined the area and both are on the new meeting list. PI has been in contact with the Fargo VA about doing another panel for a larger portion of the staff. Information packets have been sent to counselors referred to PI by family members of an addict. PI is looking for suggestions for upcoming projects.

Hospitals and Institutions now meets the 2nd and 4th Sunday of the month at 1pm at Caribou Coffee on the corner of 13th ave. and 25th st s. in Fargo. Attendance has been averaging 5 to 8 addicts. Open positions include Vice Chair and Secretary. The facilities that they are currently going into are the Cass County men's jail, the Clay County jail (which is a coed mtg), the Clay County Juvenile Center, and the Fergus Falls Halfway House. Attendance has been good but they could use more men to go into the jails. Two women have filled out paperwork to go into the Cass County jail and hope to start that meeting back up again within the next month. H&I sent letters to Prairie Psych and Merit Care Psych and is waiting to hear back from both. There have been 20 H&I handbooks ordered. Groups in Fargo have been making donations to H&I.

The Activities Subcommittee meets Wednesdays at 5pm at Atomic Coffee, 222 Broadway N. in Fargo. August was a busy month for activities. The NOW Campout was held August 8-10th at Ottetail Lake. It was a success! The learning day and frof tournament (which was postponed from July) were also well attended. The Fall Banquet was supposed to be held October 11, 2008 but the committee had a hard time finding a facility so the guidelines were suspended and the banquet was postponed. It is being held November 22, 2008 at Our Savior's Lutheran Church in Moorhead. The theme is "The Ties That Bind Us." There will be 3 workshops, a speaker, a meal, clean time countdown, speaker, silent raffle/auction, and dance. Flyers are out and tickets will be available October 20th.

In grateful service,
Molly M.

APENDIX F

Hi Friends,

I am an addict named Marshall Dana, I am the of the newly elected (November 2008)Manitoba Area Service Committee Chair. MASC continues to have no RCM, so I have been charged with the responsibility to report to the region. As I haven't legal clearance to attend meetings in the USA, I must do this via email.

Our area appears to be growing, we have 3 new meetings started, one in Winnipeg and two in Selkirk (25 km north of Winnipeg). We have also experienced attrition as well, the Jericho Group has closed its doors, for lack of support and the ability of the group's member to be in more than one place at a time. In the past few months, the ASC has undergone a few changes. Daryl F has completed his term as MASC Chair, Marshall D completed his term as vice chair and was elected Chair, and Pete H was elected Vice Chair. Karen M has been elected MACCNA XIX Chair (June 2009 convention), Susan Y was elected the Newslite Chair. There was a motion to dismiss a Trusted Servant for dereliction of duties, after being handed a letter with the reasons for the motion, the Trusted Servant responded both in person as well as in writing. The decision was sent back to the fellowship with all information, and the motion failed. The Phoneline, PI, Outreach, RCM and Alternate continue to be unfilled at the ASC. Alana F has been elected A&E Chair, and Perry H continues to be busy as the H&I Chair with Jason K as his Vice Chair.

H&I currently attends the Health Sciences Centre Addictions Unit and the Main Street Project Detox Unit weekly, the Salvation Army/Anchorage Treatment Program 2 times a month, as well as the Addictions Foundation of Manitoba James Toal Building (men's treatment centre) every second week. The H&I panels also attend, twice a month, the AFM River House (women's treatment centre)and the Native Addictions Council of Manitoba twice each 5 week cycle. As we have no Outreach, PI, or Phoneline Chairs, H&I has been doing what it can to carry on this service and is starting to create the Fellowship Development Committee guidelines, as the guidelines are closer to workable, the area will be looking to other levels of service for additional support in creating the area guidelines to replace the current H&I, PI, Outreach, and Phoneline guidelines. The Phoneline cellphone is being passed from trusted servant to trusted servant in the absence of a Phoneline Committee so addicts can still get information about NA in the area.

The Admin/Steering Committee had been investigating incorporation in order to protect Trusted Servant's personal holdings to make Area service less daunting to potential trusted servants. An ad-hoc committee has been struck to complete the task, Peter H volunteered to chair the ad hoc committee. They met in December and have begun the investigations. Committee budgets are due for the February Admin/Steering committee meeting to be brought to the area for February and to be sent to groups and voted on at the ASC meeting in March.

The area inventory process was started inFebruary, 2008 and completed on August 6, 2008. The MASC was promised a completed summary of the inventory for each (4)ASC meeting subsequent to its completion, for various reasons the Inventory Facilitator was unable to complete the task. The Admin/Steering Committee brought forward several motions to the area based on the cumulative memories of the results of the inventory and these motions have been either accepted and or rejected by the groups. The MASC is due another inventory in the spring, we will be selecting a different Inventory Facilitator. This accounting is not meant to shame the Inventory Facilitator, it is to point out how we the Manitoba Area Service Committee may not have offered the appropriate supports to ensure the Trusted Servant's success. Our third concept for NA service requires the groups offer any support to Trusted Servant's in carrying out their respective duties. Our fourth concept suggest that Trusted Servant's need to display the humility in asking for assistance where required.

In the future we the members of MASC would be grateful if the minutes of the Regional Service Committee meetings were posted in a timely manner to the webpage so all groups could access them easily when so needed by any member of the groups. This would help maintain consistent adherence to our Eighth Concept.

In Loving Service

Marshall Dana
MASC Chair

APENDIX G

Regional Delegate report

Winter 2009

The human resources department at NAWS is asking interested members to update their information in the World Pool if they haven't done so in the last three years. Search for wpif on the web page na.org

There were a group of us that went to the Midwest zonal forum in Minnesota recently. We took part and were gladly received at that level. The participants were rd's and rda's and the next one is at ISNAC coming up.

The delegate team of Jeremy and I and the fellowship development committee are working together on a survey of all groups within the region. We are doing this to invite communication between the groups and the region as well as to get a better grasp on the needs of the fellowship. We will be compiling perspective questions soon, if interested please send input to me at tippyturtle@hotmail.com

We are going to send along with this survey group update and new group registrations to be completed and mailed back with a stamped envelope that will be provided. While working with the FDC we will be able to fulfill some of the things we discussed at the regional inventory by working together with other regional participants as well as promote better communication throughout the fellowship.

There are fellowship Issue topics that can be work-shopped at events this upcoming cycle, as well as some other information for service related discussions. We will be holding GSR assemblies when that time comes around more info will be available next regional meeting.

Thanks for the opportunity to serve,

Wes Kukert

APENDIX H

Happy day everyone,

I would like to thank this committee for electing me as the new RDA. I am looking forward to working with this RSC in the years to come. I am also looking forward to learning from and working closely with Wes.

Here is what is going on with NAWS:

- The WSO printed 10,000 commemorative edition basic texts celebrating the Basic Text's 25th anniversary and the sixth ed. release. All of these 10,000 copies are sold out, however the word around the service structure is that they are planning on making more copies some time this spring.
- There is a survey online to gather input for the book project "Living Clean." You can participate by going to <http://www.naws.org/survey/index.php?sid=69453&lang=en>. Your answers on this survey could end up in *Living Clean the Journey Continues*.
- Updated tools for the three Issue Discussion Topics for this cycle-*Leadership; Communication; and Our Freedom, Our Responsibility*- are available online at <http://www.na.org/IDT/IDT.htm>.
- Review and input drafts of the self-support pamphlets and proposed revisions to *In Times of Illness* will be released for fellowship review between March 1st and May 30th 2009. More information will be posted as it becomes available-<http://www.na.org/conference/>.
- NAWS would like people to write for their periodicals; especially addicts who can share their experience, strength, and hope with addicts "on the inside" for *Reaching Out*. They would like submissions to be done online to help to communicate more effectively and control distribution costs. For more information about submission guidelines visit <http://www.na.org/naway/submissionguides.htm> or <http://www.na.org/reaching-out/index.htm>.
- There will be Worldwide Workshops in Oakland, California, Feb. 27th- Mar. 1st 2009 and in Boston, Massachusetts, Nov. 20-22 2009.
- WCNA 33 August 20th-23rd 2009 in Barcelona Spain, you can register at <http://www.na.org/wcna/>.
- As a result of the current financial situation that the world is in, NAWS has experienced financial increases. Between July 2007 and June 2008 they were able to provide over \$625,000 of free or subsidized literature to members around the world, due to monetary donations made to NAWS. They would like to hear why we think regional donations are not coming to NAWS even though the region's expenses have been offset by delegate funding. Please feel free to contact NAWS.

Wes and I have also talked some about putting on three workshops, one for each area these workshops would cover what the World and the Region do for the areas. We would be looking at possibly doing the workshops at area events, to help maximize attendance to the workshops. We feel that the workshops would help bring in new addicts interested in service at the Regional level. Also, these workshops could potentially help form a stronger relationship with the groups for when the GSR Assembly happens next year.

In Grateful Service,
Jeremy T.