

Alaska Region of Narcotics Anonymous

Wednesday December 19th - 7PM

ZOOM Meeting ID: 835-729-936

Phone Numbers: 408-638-0968

Did not read have a moment of silence followed by the Serenity Prayer.

Did not Reading of the Twelve Traditions and Twelve Concepts of Service.

Roll Call

- Chair Tony - HERE
- Vice Chair Yvonne - HERE
- Secretary Paul - HERE
- Treasurer Bob
- Anchorage RCM Ashley - NOT HERE
- Anchorage Alt RCM Sean C - HERE
- Fairbanks RCM Shawn - HERE
- Fairbanks Alt RCM
- Kenai RCM Dennis - HERE
- Kenai Alt RCM
- Regional Delegate Frank - HERE
- Alt Regional Delegate
- Convention Chair Audrey C - NOT HERE
- H & I Chair
- Public Information
- Literature
- Outreach Paul - HERE

Amendments to Agenda

none

Approval of Last Meeting Minutes

Motion to approve by Dennis seconded by Shawn.

Reports

Shawn Fairbanks RCM gave report.

Golden Heart Area of Narcotics Anonymous Regional Report December 19, 2018

There are eleven groups active with two to three meetings per day seven days a week in Fairbanks, two meeting a week in North Pole, a meeting in Nenana, a Zoom internet meeting on Tuesdays at 7:00pm and Saturday at 12:00pm. The meetings in Utqiagvik are struggling. There are between three and forty members attending each meeting. Some of our meetings have changed location and are updated on the Area Meeting Schedule. Golden Heart Area Narcotics Anonymous (GHANA) is currently in the process of filling all Area administrative and subcommittee positions. They have all administrative positions filled, are currently working to fill subcommittee positions and Regional Committee member positions.

I continue to reach out to the groups and GSR's about Region's need to filling subcommittee positions. Anyone interested can view the rights and responsibilities as well as clean time requirements at www.AKNA.org, and need to review ARSCNA guidelines. I continue to share at local groups and Area the purpose of Region and how Region helps Area carry the message of recovery throughout the State of Alaska. I informed Golden Heart that Regional positions are on their two-year rotation and that we need nominees for those positions.

Activities: continues to meet on the second Wednesday of every month at First Presbyterian Church at 8:00pm but they are in transition. They host local events to help raise funds, build unity and communities among the Groups. Some of the recent events where Holiday Fellowship that North Pole Outlaw host every year. This year it was on Dec.16, dinner at 6:00pm, meeting at 7:00pm. There where twenty-five to thirty members and treatment center attendees. There will be an End of Year trip to Chena Hot Springs Spiritual Cleansing on Dec. 30th after 4:00pm meeting. We have posted these events and dates to the Regional web page. Zoom could be a used to help all Area committee's gain member support for those that can't always attend the committee meetings

Public Relations: meets on the third Wednesday at First Presbyterian Church at 8:00pm. PR committee continue to work with the community to educate individuals and groups on what NA has to offer. PR is currently in the process of electing a new committee chair. H&I continues to look for volunteers to support all our Hospital and Institution commitments to reaching treatment, half way houses and jails for both male and female.

Outreach: Now that Paul H. has moved to Regional Outreach that position is open at the Area level. Area is working to fill this position as well as working with the Regional Outreach.

Blowout: committee chair Susan S. is going strong to plan the 2019 Blowout. Zoom could be used to help anyone that wants to participate and can't be present. The Blowout committee is hosting a logo contest.

The flyer is on the AKNA site under Fairbanks, events. The dates for the Blow out are June 28th thru 30 2019 at Twin Bears Camp.

The North Pole Outlaws women are working on the 2019 Women's Retreat. The Women's Retreat will be held A Twin Bears Camp on June 7th thru 9th 2019 and more will be revealed.

Vote:

No votes

Nominations:

No nominations

Discussion Items:

- Golden Heart Area Nominated Mandy H. as Alternate Delegate for 2019 thru 2021 in the November Area meeting
- I Lu of the recent events in the ARD position. Golden Heart discussed this matter at length and believe both candidates meet the RD and ARD requirements and both received votes from groups at Area meeting in November and no group address and issue with either candidate. We believe that Mandy and Alan are more than capable to server Alaska in the spirit that our guidelines from World to Region to Area require. One candidate received more votes than other. Golden Heart Area would like to see both candidates receive positions in the vote count. Mandy to RD and Alan to ARD
- Discuss web page management
- Will need a budget for next year and review of last year's budget.
- Regional Finances and how they are handled.
- Zoom: We have it now how are we going to use it? Zoom integration with the web page.
- **Motions**
 - Mandy move to RD position. Alan move to ARD position
 - Motion to send RD and ARD to 2019 WSZF.
 - Thank you, for the opportunity to serve
 - Shawn M. RCM (Regional Committee Member) Golden Heart Area Narcotics Anonymous.

Tony interjected and mentioned the importance of sorting out the ARD/RD situation.

Yvonne Vice-chair gave report

Please email me if i haven't included you in email chain. My email is ycadkison@gmail.com

Paul Secretary gave report

Please email your reports to me so I can put them in the minutes.

Paul

Bob submitted report by email - Yvonne read the report

2019 – 2020 Budget Draft

2018-2019 maybe a tough year for funding. The regional account balances are approx. \$7000.00. The convention in fall of 2017 only raised \$2200. The 2018 budget was approximately \$11.500. The prudent reserve clause states account balance are not to drop below \$3500. that's enough to run the regional helpline and Insurance . We are going to need groups and Areas to make donations to region to continue. The Budget is listed alphabetically not by importance.

Administration: Includes teleconference phone line, post office rent, meeting rent, stamps occasionally. This has been averaging between \$500 and \$600 last few years. **Budget request is \$600.**

Donation to Naws. Typically Ak region has donated 10% of convention proceeds to Naws. Budget constrains in 2019 is to suspend this until we get our finances in order. **Budget 0**

Entertainment: There is no proposed budget for entertainment

H&I: this budget is \$750.

Insurance: This is the Regional, Area, and Group liability insurance policy for Alaska. It covers all of our events and Groups. Cost has been running \$250 brokerage, and \$1210 to Philadelphia Insurer. **Budget \$1700**

Literature: No Budget.

Public Information – PI committee is responsible for phone line, Region's on line presence, and translations. **PI Budget total is \$1350 per year.**

ï **Phoneline** is the regional help line and includes ACS and Switchboard. Switchboard is the helpline answering service, where a person redirects the caller to a help line volunteer in the community they are calling from or to a regional help line NA member. This typically cost \$55/00mo for Switch board, and \$10/mo for ACS phone line. **Budget: \$1000 per year.**

ï **“Public information”** budget line item covers regional public relations efforts including cost associated with communicating with Areas and groups, responding to the public, presentations to the public, and health fair booths. For instance, Region typically funds costs associated with a booth manned by Anchorage Area at the Annual School of Addiction. Website hosting included **PI Budget: \$350 per year.**

ï **Translation** – no budget for translation currently.

Outreach: The primary purpose of Outreach is starting and/or supporting meetings across communities in Alaska where there are few if any meetings. **Budget request \$500**

Outreach is sometimes used interchangeably with Fellowship Development. FD would include PR and H&I workshops, and development service delivery.

ï **The starter kits** for new meetings come out of the Outreach budget. The starter kit includes a Basic Text, It Works How & Why, a Step Working Guide, and Just for Today, and 10 White Booklets, and a few Introductory Guide to NA. Maybe a Working Step 4 in NA pamphlet.. Value is about \$60 plus postage. (budget = \$300)

ï **Outreach and PR in rural communities:** A new outreach committee was formed and is working through a Zoom online meeting , with hopes of adding an 800 toll free access across

Alaska. They have received a donation from Washington/ N Idaho region for \$1350.00 to fund this.

Outreach Budget:

2018: starter kits (\$300) + PR communication, etc. (\$200) = \$500.

Zoom meeting 1-800 unlimited tollfree \$1350/year . Funded by Washington region **Request 0**

WSC (Biannual World Service Conference) – This funds the Alternate Delegate travel and lodging to the WSC every two years. This is NAWS Conference where all the delegates from all Regions meet to carry conscience to “World”. It extends for two weekends and the week between. Expense occurs every other year (even years – 2018). **2019 request 0**

WSC Assembly or Workshop – During conference years, this budget funds the CAR workshop in Kenai, Anchorage, Wasilla, and Fairbanks. Some of this money intended for travel to other communities than the Delegate (or ARD) resides in. Some of it is for workshop supplies and rent as required. (Full budget is \$1500) **2019 request 0**

WSZF (Western States Zonal Forum) - Alaska is a member of the WSZF. WSZF meets annually. WSZF meeting is 3 days –Friday, all of Saturday, and Sunday until noon. During the Conference years, it reviews the CAR and someone from NAWS attends as well. During non-conference years, purpose is to exchange ideas with other western state Regions. Regional Delegate attendance **Budget request \$1000**

	AK Regional Budget	2019 Budget					
	INCOME	2019 Budget	Actual	Income	Income Description	2019 income	Income to collect
1							
	Convention Donation	2,500	4,203.70	4,203.70		4,204	
	Interest income						
	Area Donations	2,000	5,192.84	5,192.84		5,193	
	Group Donations		200.00	200.00		200	
	Other Donations		1,630.25	1,630.25		1,630	
	Fund Raising Event						
	Income total	4,500	11,226.79	11,226.79		11,227	- 0
	GRAND TOTAL - INCOME	4,500	11,226.79	11,226.79		11,227	(6,726.79)
	EXPENSES	2019		Runng total 2019			
1				Expense	Expense Description	2019 expense Total	Over/under
1.1	ADMINISTRATION	600				- 0	
	Admin Total						600
1.2	Donations To NAWS	0					- 0
1.3	Entertainment	0					- 0
1.4	Hospitals & Instutions	250					250

1.5	Insurance	1,700					
	Insurance Total					1,700	
1.6	Public Information						
	PI -Helpline	1,000					
	PI-Events,Commucations..	300					
	PI-Website	12					
	PI-Translations	0					
	Public Information Total	1,312				1,312	
1.7	Outreach	500				500	
1.6	WSC -workshops	0				0	
1.7	WSC -ARD attendance	0				0	
1.8	WSZF	1,000				1,000	
						0	
	Expense TOTAL	6,674			-	- 0 6,674	
					-		
	GRAND TOTAL - EXPENSES	6,674			-	- 0	
	Net +/-	-2,174					

INCOME	
Convention Income	4,203.70
Donations	
Area Donations	
Golden Heart	2,300.00
Kenai	2,892.84

TOTAL Area Donations	5,192.84
Group Donations	
Ketchikan Never Alone	100
Nenena	100

TOTAL Group Donations	200
Out Reach Donations	1,630.25

TOTAL Donations	7,023.09

TOTAL INCOME	11,226.79
EXPENSES	
Administration	1,284.97
Bank Charge	33.88

TOTAL Administration	1,318.85
Donations to Naws	222.77
Hospitals & Institutions	57.9
Insurance	1,460.50
Public Information	
Phoneline	849.74

TOTAL Public Information	849.74
WSC -biannual	2,185.72
WSZF	544.4

TOTAL EXPENSES	6,639.88

OVERALL TOTAL	4,586.91

Dennis Kenai RCM gave report

KENAI AREA RCM REPORT DECEMBER 2018

Hello Everyone

Our area continues to change growing in some areas and not so much in other areas. At our last area meeting seven new people into positions but alas we still have a few vacant positions which we are trying to fill as quickly as possible.

Our current treasury balance is \$13,785.69. We have deposited a check into the regional account in the amount of \$2,892.84 which is as per our guidelines 25% of money above our reserve.

A motion has gone back to the groups to be voted on in January that 75% above our reserve go to region every six months and 25% to world every six months. If this passes it will make our funds flow more freely than they currently do now.

I would like to thank the people who have served in their positions for the past twelve months it has been a bit of a struggle, but we got through it.

Big thanks to the Kenai Fellowship for the support and service in hosting the 34th regional convention in Homer. What a great celebration of recovery and thanks to all the areas for their support. I will have a separate report for the event.

We have the annual women's retreat coming up in March and the 4th annual men's retreat will be held in May 17th – 19th at the Solid Rock facility. More to be revealed on both

All regional minutes have been posted to our google drive for groups to read and comment. We have a new secretary and I will have her post our minutes to the website for all to read.

We have voted on all business sent back from the regions last meeting and are prepared to vote on all business before this committee.

In Loving Service

Dennis A

Sean C Anchorage Report RCM gave report

He was just pro-tempored into RCM-alt and he is still acclimating to the position and prepared to vote.

Fank RD gave report

Paul Outreach gave report

We have a number of meetings in real life hybridizing with Zoom and Tuesday and Saturday Zoom only meetings. They are on the calendar on the Region website. We have a committee meeting 7 pm January 14.

Paul

Dennis has convention report

XXXIV REGIONAL CONVENTION REPORT 2018

Hello Everyone

What a great convention and celebration of recovery we had. Thanks to the Kenai area and especially the people that served and filled positions.

Chair Audrey C , Registration Donna A, Programing Robyn & Ciera C, Hotels Dennis A. and we all collaborated on merchandise. This was a very small committee for such a big event and all did and outstanding job.

Here are the details from the event.

Room booked 53

Registration 116

Newcomer reg 15 and even more received dinners

No addict was turned away or not feed over the weekend

Friday nights dinner hosted by the Kenai Peninsula are at a cost of \$1470.00

Financials

Financially the convention was a great success. Here are some of the high points. I will also attach the balance sheet from the convention outlining all expenses

Hotel bill \$10526.39

Airfare \$2137.28

Auction \$3040.00

Merchandise \$2176.46

Total Exp \$21276.33

Total Inc \$31480.03.

This gave us an income of \$10203.70 lees \$6000.00 seed money = Profit \$4203.70

This amount has been deposited into the regional account and the convention account for Kenai has been closed and handed over the Anchorage area.

That's all I have for now if you have any questions or concerns please let me know.

In loving Service

Dennis A

		ARCNA XXXIV Ledger					
Check #	Date	Issued To	Payment For	Debit	Credit	Balance	Comments
	4/3/18		Opening Balance		\$ 6,000.00		
	4/30/18				\$ 1,300.00	\$ 7,300.00	Cajun Night Fund raiser
	4/30/18		Bank Charge	\$ 24.90		\$ 7,275.10	
1021	3/12/18	Lands End	Deposit	\$ 1,200.00		\$ 6,075.10	
1022	3/13/18	Dennis A	copying	\$ 47.80		\$ 6,027.30	
	3/13/18				\$ 1,325.00	\$ 7,352.30	current registration
	7/3/18		bank charge	\$ 24.90		\$ 7,327.40	
	7/19/18				\$ 40.00	\$ 7,367.40	
	8/13/18				\$ 160.00	\$ 7,527.40	newcomer donation
	8/3/18		bank charge	\$ 38.08		\$7,489.32	
	3/5/18		Bank Charge	\$ 24.90		\$ 7,464.42	
1023	8/13/18		Speaker air fare	\$ 1,371.78		\$ 6,092.64	Barry & Kasandra
	8/15/18				\$ 1,493.65	\$ 7,586.29	Fund Rasing
	9/10/18				\$ 378.75	\$ 7,965.04	Registration
1024	9/10/18	Dennis A	FLIGHTS,HOTEL ,MERC	\$ 2,643.50		\$ 5,321.54	Reg mech,& mech

	9/4/18		Bank Fees	\$ 34.43		\$ 5,287.11	
	9/11/18				\$ 250.00	\$ 5,537.11	Mandy Registratio n
	9/12/18				\$ 257.50	\$ 5,794.61	Dennis M Registratio n
1025	9/12/18	Kenai Neon	Banner & Signs	\$ 395.01		\$ 5,399.60	Steve M Registratio n
	9/15/18				\$ 153.75	\$ 5,553.35	Susan S Registratio n
	9/17/18				\$ 128.75	\$ 5,682.10	Frank P registratio n
	9/17/2018				\$ 815.00	\$ 6,497.10	Registratio n
	9/17/18				\$ 750.00	\$ 7,247.10	Men's Group Newcomer
1026	9/17/18	heather's	Merchandise	\$ 2,176.46		\$ 5,070.64	Shirts Hoodies etc.
1027	10/3/18	Bank	Cash For Convention	\$ 600.00		\$ 4,470.64	Cash For Conventio n
	10/3/18				\$ 2,003.00	\$ 6,473.64	Registratio ns
	10/3/18		Bank Fees	\$ 26.32		\$ 6,447.32	Over \$112.90 to Bank
	10/5/18				\$ 200.00	\$ 6,647.32	Friday Night 7th trad
	10/5/18				\$ 830.00	\$ 7,477.32	Merchandi se cash
	10/5/18				\$ 2,360.00	\$ 9,837.32	Registratio n cash

	10/5/18				\$ 2,591.01	\$ 12,428.33	Reg/Mech credit card
	10/6/18				\$ 80.48	\$ 12,508.81	Men's Meeting 7th
	10/6/18				\$ 3,040.00	\$ 15,548.81	Auction
	10/6/18				\$ 219.65	\$ 15,768.46	Saturday Night 7th Tad
	10/6/18				\$ 842.00	\$ 16,610.46	Raffel
	10/6/18				\$ 409.00	\$ 17,019.46	Split the Pot
	10/6/18				\$ 1,576.27	\$ 18,595.73	Registration
	10/6/18				\$ 1,759.00	\$ 20,354.73	Reg/Mech CC/Cash
1028	10/6/18	Roland W	Air Fare	\$ 765.50		\$ 19,589.23	Roland Airfare
	10/7/18				\$ 200.00	\$ 19,789.23	Registration
	10/7/18				\$ 150.00	\$ 19,939.23	Sam CD
	10/7/18				\$ 40.00	\$ 19,979.23	Registration
	10/7/18				\$ 158.50	\$ 20,137.73	Sunday 7th Trad
	10/7/18				\$ 200.00	\$ 20,337.73	Merchandise cash
	10/15/18				\$ 1,470.00	\$ 21,807.73	Friday Dinner Area
1029	10/15/18	Robin C	Speaker Baskets	\$ 132.69		\$ 21,675.04	Speaker Baskets
1030	10/15/18	Dennis a	Postage / Stationary	\$ 44.41		\$ 21,630.63	Postage / Stationary

1031	10/12/18	lands End	Hotel	\$ 10,526.39		\$ 11,104.24	Hotel
1032	10/16/18	Dennis A	Jackets From Auction	\$ 259.98		\$ 10,844.26	Jackets From Auction
1033	10/16/18	heather's	Merchandise	\$ 482.85		\$ 10,361.41	Merchandise
	10/4/18		Bank fees October	\$ 39.45		\$ 10,321.96	Bank Fees
	10/18/18		Bank Adjustment		\$ 173.72	\$ 10,495.68	Adjustment
	11/11/18				\$ 125.00	\$ 10,620.68	registration
	11/5/18		C.C charges	\$ 355.18		\$ 10,265.50	Bank Charges
	10/24/18		Charge Back	\$ 61.80		\$ 10,203.70	Charge Back
				\$ 21,276.33	\$ 31,480.03		
			Totals				
			Seed Money	\$ 6,000.00			
			Regional Reserve				
			Sub Total	\$ 10,203.70			
			Profit	\$ 4,203.70			
			Transfer to Region	\$ 4,203.70			

Old Business

- Nominations for regional positions (none)
- PR position now open
- Ketchikan needs literature - what do they need? \$50 approved and seconded and thirded!
- ARD nomination Alan (anc) submitted resume
- ARD nomination Mandy M (kenai) submitted resume
- VOTE: 2 - Mandy, 1 - Alan.
- Mandy is new ARD - Discussion about what to do about sending to people to the Zonal event. Different opinions brought forth. Anchorage says that both candidates are supported at ARD/RD level which is similar to Fairbanks. They suggest Alan be pro-tempored in as ARD and Mandy be RD. Dennis brings up that people will get left out of the process if we don't have an election. Tony will not pro-tempore and let nominations proceed while sending Mandy to WSC.

Shawn Fairbanks makes motion that we put Mandy in RD and Alan in ARD. Not seconded.

Mandy sent to Zonal Form? 3 - Yes. 0 - no.

Taking back to groups voting for ARD - Fairbanks abstained, the other groups were okay with it. The position of ARD is open for nominations.

- Phone line training - Fairbanks wants to be added to the phone list. Dennis explains how to do it.

New Business

- Phone line (solved in old business above)
- WSC funding - already in the guidelines (see below)
- ARD nominations - goes back to groups.
- Budget approval process (tabled until Bob is at next meeting)
- The Zoom line cease's Jan 1 2019 need the approval to spend the money \$149.00 for 1 year, I have locked our meeting ID#, so it will always stay that number. And is ready to be paid. (approved motion made by Shawn, dennis seconds) all yes
- Need motion to pay Alec Webservant back for \$304 used out of his own money for 3 yrs of website (approved)
- The RCMs need to approve sending Regional Delegate to San Diego, a 1000 is in the budget awaiting approval
- Sean C from Anchorage suggests we send Alan as an NA member and vote on it. Motion wasn't seconded and failed.

- How do we manage our website? (fairbanks asks) Better communication requested with webservant. committee meetings don't exist.
- Motion made to move the webservant committee out of pr to make it own subcommittee at region (change guidelines). It has been seconded. It cannot go forward cause against guidelines.
- **Motion made to start ad hoc committee to help with the web page to make it more transparent and more of a group effort. Shawn makes it. Dennis seconds it.**

Dennis has made progress with Yupik and Inupiaq na literature translations

Positions need to be filled

Motion to close. Seconded.

Did not determine time of next meeting. Next meeting time decided through email conversation to occur on March 19th at 7:00 pm.