



Never Alone

April 2016

The Anchorage Area NA Newsletter

We are currently looking for submissions.

If you have stories, wisdom, humor, events, photos (No faces!), or announcements that you would like to share, please send them to: aknewsletter@gmail.com. Deadline for submission is the 15th of the month .

The purpose of this newsletter is to keep Anchorage Area Narcotics Anonymous members informed of the events and happenings of our fellowship. Every attempt is made to adhere to NAVS guidelines for newsletters. The content contained herein expresses the views and knowledge of its contributors, not N.A. as a whole.

Editor: Nick B.

Area News: Doug P.

Head Writer: Frank Z

If you interested in working on the newsletter contact Nick B @ 907-202-1108. Meeting dates are varied.

"We pick up information as we talk to members and visit various groups!"

FRANK Z.

Great recovery can be found a short drive away in the valley!

For the past few Wednesday's, Michelle and I have made the short drive out to Wasilla to visit the Alano Club's noon meeting, The Valley NA Nooners. An added perk to this noon meeting is the opportunity to purchase a hardy lunch, a freshly grilled burger and fries, served from 10:00 am to 1:00 pm, for \$8. Folks who want just a small snack can enjoy an order of fries for \$3. The meetings are always well attended with 10-15-ish present. Members have various amounts of clean-time, some old-timers with solid recovery and newcomers who are really on-fire to hear the message. The Wednesday noon meeting group is doing a book study. The book *Living Clean* is the focus of the study. At each meeting, a section of the book is read. I have found the Valley to have very solid recovery and the discussions always include: solutions, working the steps, sponsorship, meeting attendance and not using between meetings no matter what.

The group is very service minded. They had four members attend the Area Meeting in Anchorage. Jordan P., caretaker of the Alano Club, is the hamburger chef extraordinaire. On Saturday mornings from 10:00 am until noon, members can enjoy a full breakfast menu – eggs to order, bacon, sausage,

pancakes, biscuits and more. The fellowship within the group is warm and welcoming to visitors and newcomers. The group's complete schedule is below:

Alano Club, 901 Snohomish Rd., Wasilla, Alaska

Higher Ground

Tuesday, Thursday, Saturday and Sunday – 7-8 pm (O, NS),

The Valley NA Nooner

Monday – Friday Noon-1:00 pm (O, NS)

Eighth of Hope Young People's Meeting

Monday, Wednesday and Friday – 7:00-8:00 pm & Saturday – 2:30 - 3:30 pm (TS) (O, NS)



Anchorage NA Helpline: 907-277-5483

Area Service News and Notes!

ANCHORAGE AREA NEWS

The Meeting – Area groups made up a quorum at the March meeting; 11 out of 19 GSRs were present.

The Valley Nooner was present in a big way – 4 members – and indicated commitment to make the drive to Anchorage monthly!

Area hooked up the phone for the Valley groups to participate telephonically using the Regional phone line. No one picked up on the Valley end. We learned something though; we need to figure out something by way of microphone, such as wireless variety. The microphone available with the BP Center phone only works to about 10 feet.

Treasury news.

The Area bank balance is \$3,593. Groups donated \$306 at the March meeting, which is about \$150 less than our average monthly expenses of \$450.



Area Subcommittee and RCM Nominations:

Groups brought nominations for H&I, Literature, and Newsletter Subcommittee Chairs, which are as follows:

- 907 Recovery nominated **Victorious for H&I Chair**.

Victorious Qualifications for H&I are as follows:

My clean date is 6/23/09. I have a home group, a sponsor, and sponsor other women. H&I has been a big part of my program since I was 90 days clean, serving on the detox panel at I2&I2 Treatment Center in Tulsa, Ok which I had been to for treatment.

I have also served on other various panels in Oklahoma to include Rogers County Jail and TCBH. For the last several months I have had the gift of serving as the panel leader at Hiland Mountain Correctional Center and assisting Clithroe women's H&I panel when needed.

I have a passion for serving those in hospitals and institutions and would love to use my enthusiasm to serve as H&I subcommittee chair. My goal is to encourage increased area members participation. I would also use the community contacts that I have to help the H&I subcommittee support the Anchorage Area, Groups, and Members, in their primary purpose through new panels.

By helping with our basic situations and needs, and encouraging the growth of the fellowship through H&I within the Anchorage Area, we will further help the still suffering addict.

In loving service,

Victorious S.

- 907 Recovery nominated **Morgan D for Literature Chair**

Morgan's qualifications are as follows: Current GSR for *Just for Tonight* group, Acting GSR for 907 Recovery group from 2014 to the present, Activities subcommittee participant 2010 to 2013, and Roundabout Secretary 2009 – 2011. Morgan is currently assisting the Literature subcommittee.

Morgan has been clean since 11-15-2009.

- Clean and Serene nominated **Nick for Newsletter Chair**. In lieu of qualifications, Nick has served as Newsletter Chair for the last year. He did not relapse in the last year, so he is still qualified.

Area Service News and Notes Continued!

Old Area Business

- Groups voted to waive requirement that Nick be present in order to submit qualifications for Newsletter Chair.

New Area Business

Valley Teleconference motion was introduced on behalf of the Valley GSF:

A motion authorizing the Mat-Su Valley groups to teleconference or video conference (hereinafter called “teleconference”) into the Anchorage Area meeting was introduced on behalf of the Valley GSF.

The motion will authorize the following:

1. Valley Groups may teleconference into the Area meeting by means of video- or audio- conferencing equipment.
2. Groups will convene together at one mutually agreeable location for the teleconference with Area. This reduces costs and complexity and fosters some unity.
3. Valley groups participating in the Area teleconference have all the rights of other group attending the Area meeting including the ability to make and discuss motions, vote, and are counted as part of the Area quorum.
4. While a group can bring a nomination for an Area officer *by teleconference*, this motion does not waive the requirement that a nominee for an Area office be present at the Anchorage meeting to be nominated.

Intent of the Motion: This motion is intended to make an accommodation for geographically challenged groups that live in the Valley. Representatives from the Valley must travel an hour to the Anchorage Area meeting, and accordingly, we have seen low Valley group participation. This enables the Valley groups to participate in the Area meeting more easily.

Costs: This motion might cost Area \$100 in equipment costs to help make this work. We need to get a wireless mike and get a blue tooth speaker to help the audio at least. Region would pick up the telephone costs.

Old Regional Business:

- Groups voted to waive clean time requirement for Audrey B for Regional H&I Chair with strong support.
- Groups elected to vote for Audrey B at Region for H&I Chair with strong support.
- Groups elected to vote for Shannon D for Regional Treasurer with strong support.



Area Service News and Notes Continued!

New Regional Business:

Region has proposed a biannual budget. See attached 2017 and 2018 budget (1 page), and line item descriptions, 2 pages. Regarding the budget, note that the 1st column includes the budget line item description, 2nd column is the proposed budget for those items, and the 3rd column is amount of increase (pink) or decrease (blue) from the prior 2015 or 2016 budgets.

Summarizing Action Items:

- Newsletter Chair Election – Nick B, unopposed
- Literature Chair Election – Morgan, unopposed
- H&I Chair Election – Victorious, unopposed
- Valley teleconference Motion
- Regional Bi-Annual budget.

Area invites nominations for the following positions in April

- Public Information
- Activities
- Regional Committee Member
- Alternate RCM

Qualifications for subcommittee chairs include 2 years of clean time and 2 years of service at the Area or Regional level. RCM requires 3 years of clean time and 2 years of Area or Regional service.

Convention News –

Woo Hoo!! Cajun Feed Sponsored by the *Walk Your Talk* Raised \$800 for the 2017 Convention.

Learning Day (or Afternoon) – Last Saturday in April. – DRAFT AGENDA below.

- H&I Best Practices – a round table discussion of H&I Challenges and Responses.
- Public Relations – What is the role in Anchorage and the Valley?
- Public Relations – Making presentations to the Public.
- New NAWs Approved Literature – ***NA and Persons Receiving Medication-Assisted Treatment.***
- Communication Practices
- Fun and Fellowship

Events and Happenings!

Apr '17	EVENT	LOCATION	HOST	DONATION
1 Before Midnight	<i>Alaska Region Convention of Narcotics Anonymous</i> Convention Logo Contest Alaska Region Convention Logo Contest Flyer	Submit Logo Click Here To Submit Your Logo Anchorage, AK	Alaska Region Convention Committee of Narcotics Anonymous Rob T 907-830-7628	See Flyer for Details
22 6 p.m. to ???	<i>The 12th Annual 2nd Chance Prom</i> The Phantom of the Opera Time to Take Off Masks	Viking Hall Upstairs from the Dry Dock 8141 Briarwood St Anchorage, AK 99518	Frozen Chosen Group Anchorage Narcotics Anonymous Area Lisa D, Lori W, Catelyn S, Sage S, Sasha T, or Stacy A	Dinner, Speaker and Dance More details later with flyer
30 Complete Merchandising Survey	<i>Alaska Region Convention of Narcotics Anonymous</i> Share Your Opinion	Submit Opinion Click Here To Submit Your Opinion Anchorage, AK	Alaska Region Convention Committee of Narcotics Anonymous	
May '17	EVENT	LOCATION	HOST	DONATION
19 - 21 TBA	<i>Kenai Area of Narcotics Anonymous</i> Kenai Area Men's Retreat Men's Retreat Registration Form	Soldotna, AK	Kenai Area of Narcotics Anonymous Ricky P 907-690-4832 or Dennis A 907-362-0249	See flyer for most details Men's Retreat Flyer
Jun'17	EVENT	LOCATION	HOST	DONATION
23 - 25 TBA	<i>North Pole Outlaws of Narcotics Anonymous</i> Annual Women's Retreat Golden Heart Women's Retreat Flyer	Twin Bears Camp Milepost 30 Chena Hot Springs Road Fairbanks, AK	North Pole Outlaws of Narcotics Anonymous Nancy B 907.799.1690 or Ashley B 907-750-2097	Bring your own camping gear See flyer for most details
Jul'17	EVENT	LOCATION	HOST	DONATION
28 - 30 TBA	<i>Fairbanks Area of Narcotics Anonymous</i> 33rd Annual Blow Out Planting the Seed	Twin Bears Milepost 30 Chena Hot Springs Rd Fairbanks, AK	Fairbanks Area of Narcotics Anonymous Sara P 907-338-8265 Submit Logo Email	Logo Contest Accepting logos or ideas until March 15 Winner gets a T-shirt

2017 AK REGIONAL CONVENTION OF NA XXXIII

Welcomes All Participants

Help make this the best convention ever

Open positions for Sub-Committee Chairpersons

each with 2 year requirements

Hotels & Hospitality

Arts & Graphics

Registration

Programming

Entertainment

Convention Information

Merchandise

Please put your qualifications and clean time in writing

and submit to a Committee Member below

They must be in writing to be accepted

Get involved with the 2017 ARCNA XXXIII

Dave L., Chairperson	(907) 903-7343
Arlene L., Vice-Chairperson	(907) 244-6919
Kathy W., Treasurer	(907) 952-1890
Sasha T., Secretary	(650) 278-6511

2017 and 2018 Draft Budget

2017					2018				
category	2017 budget	Change from 2015 budget	expense	budget balance	Category	Budget	Change from 2016 budget	expense	budget balance
Public Information	\$350	-\$150			Public Information	\$350	-\$150		
Phone line	\$1,200	-\$50			Phone line	\$1,200	-\$50		
web host	\$12	\$0			web host	\$12	\$0		
Translation	\$0	-\$500			Translation	\$0	\$0		
Outreach	\$1,200	\$700			Outreach	\$500	\$0		
Entertainment Project	\$0	\$0			Entertainment Project	\$0	\$0		
H&I	\$1,000	\$250			H&I	\$800	\$50		
Administration	\$600	-\$100			Administration	\$600	-\$100		
Donation to NAWS***	\$300	-\$150			Donation to NAWS***	\$600	-\$150		
Insurance	\$1,700	\$200			Insurance	\$1,700	\$200		
WSC	\$0	\$0			WSC	\$2,000	\$0		
Assembly or workshop	\$250	-\$250			WSC Assembly or Work	\$1,000	-\$500		
WSZF	\$2,000	\$1,000			WSZF	\$2,000	\$1,000		
Convention Contingency****	\$2,000	\$2,000			convention contingency				
Learning Days					Learning Days				
Total expenditures	\$10,612	\$2,950			Total	\$10,762	\$300		
income**	\$5,000				income**	\$8,000			
**Income is assumed to be \$3000 from the 2016 GH convention, and \$2000 in Area donations.					**Income is assumed to be \$6000 from the 2017 Anchorage convention and \$2000 in Area donations.				
*** "Donation to NAWS" is stipulated in the guidelines as 10% of convention profit.					***Donation to NAWS is 10% of the estimated convention revenue of \$6000.				
**** Convention Contingency funds are meant to assist Convention but will be returned to Region after the convention with profit.					*includes pre-Assembly CAR workshops in FAI, Kenai, and Juneau, and Anch.				

Pink color denotes an increase in budget | \$20
 blue color denotes a decrease in budget | -\$20

DRAFT BUDGET AND INCOME PROJECTION 2015 & 2016	
2017	\$10,612
2018	\$10,762
TOTAL 2-yr BUDGET =	\$21,374
Estimated Funds in acct at end of 2016*	\$13,500
projected revenue from Conventions and Donations**	\$12,500
Account balance plus estimated 2014 and 2015 revenue =	\$26,000
BALANCE OF FUNDS after the 2016 and 2017 Budget Cycle =	\$4,626

2017 – 2018 Budget Draft

In looking at the draft budget for 2017 and 2018, note the third column shows the change in budget from the previous even or odd year. Blue is a decrease in budget, and pink is an increase in budget. Overall the budgets have increased. The 2017 budget includes a convention contingency, which should be returned by the Convention committee after the 2017 convention. More realistically the 2017 budget is up \$950 from the \$2015 budget, and the 2018 budget is \$300 more than the 2016 budget. Some discussion of the budget line items are shown below.

Public Information – PI committee is responsible for phone line, Region’s on line presence, and translations. PR Budget total is \$1550 per year which includes *Public Information, Phonenumber (helpline), and Translation.*

- **“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.
 - **Goal:** to become part of the statewide conversation on drug addiction. We want to become part of the solution.
 - **Goal:** to communicate with institutions on behalf of the
 - **PI Budget:** \$350 per year.
- **Phonenumber** 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. We have Barrow coming on line and Anchorage wants to use it teleconference with the Valley.
 - **Goal:** to be responsive to the public who are looking for help whether this be (i) the addict or (ii) institutions looking for information about NA.
 - **Budget:** \$1200 per year.
- **Translation** – no budget for translation currently.

Outreach: The primary purpose of Outreach is starting and/or supporting meetings in hub communities in Alaska where there are few if any meetings. Currently we have no meetings in Bethel, Kotzebue, Sitka and Nome. The status of meetings in Dillingham, Kodiak and Ketchikan is unknown. (there is no communication with a group of any kind anyway). Juneau is not currently an active Area and we should do what we can to sustain the fellowship there.

Outreach is sometimes used interchangeably with Fellowship Development. FD would include PR and H&I workshops, and traditions and concept work.

Outreach Budget:

2017: starter kits (\$300) + rural fellowship development (\$900) = \$1200

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

- **Outreach and PR in Hub communities:** Includes Bethel and Ketchikan travel to do some fellowship development there. We need to reach out the these communities. Cut

any travel in 2018 during the Conference year so budget \$500. Public Relations and H&I

- **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)

Entertainment: There is no proposed budget for entertainment.

Literature: No Budget.

H&I: This budget is \$1000. Includes \$650 in literature mail out and then \$150 for the Postage. \$815 was the cost in 2014, and \$986 in 2015. 2015 was over budget because of H&I work in the Valley. \$185 is for doing H&I and Working Steps Behind the Walls outreach and training. This is a \$250 bump over the last cycle.

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

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 \$1371 to Philadelphia insurer. \$1700 covers it.

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 – 2016).

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 \$1000, a conference year; it is \$250 during non-conference year.

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. Budget here is \$1000 each for the ARD and RD, \$2000 per year. Fellowship voted on this in 2016. Motion to fund the ARD to WSZF passed, which increases this budget to \$2000 each year.

Convention Contingency – Anchorage 2017 Convention committee sought additional “seed” money because convention 2015 had cash flow issues. Instead of increasing the \$6000 seed, it was decided to put \$2000 into the 2017 budget to help alleviate cash flow issues during 2017 convention planning, which funds would be returned with profits to the Region when the Convention was over. The convention contingency budget line item looks like it “inflates” the budget, but actually the funds are not an “expenditure” so much as a kind of loan. There is a small risk associated with the “loan” in the event that the Anchorage 2017 convention does not earn back the seed plus the loan.