

ARSC Minutes
January 6, 2009

Meeting called to order at 7:02 PM by Anna S. Chair. Attending: Anna S., Alan Mc., Cory C., Sean C., Doug P., Charlotte D., Susan S., Lou Ann P., Robert G.– Juneau, Christy W., – Kenai, Anna H. – Golden Heart, Kevin – H&I, and Jeff L. Opened with Serenity Prayer.

Approved minutes from last meeting with amendment to note Golden Heart report not included. Alan P. moved to accept minutes with change and seconded by Robert – Juneau. Approved by 4 yes – 0 opposed – 0 – abstain.

Reports:

Chair – Anna S. has no written report for Secretary. Not a lot of activity. Will be voting on executive nominations tonight. Honor to be of service and thank you for opportunity to serve.

V. Chair – Cory C. – 1st meeting and no written report for Secretary. Thank you for chance to serve.

Treasurer – Sean C. - AK Region has \$4561.81 in account as of 1-4-2009. All invoices that I have seen are paid in full. Have not received money from Fairbanks convention committee. I am pleased to be able to serve the AK Regional committee. I will be stepping down and there will be a nomination coming from Anchorage for treasurer position. Asked Anna to check with Fairbanks convention committee about seed money for Anchorage convention committee.

Anna said Fairbanks \$ are in Fairbanks account. Anna gave info to Arlene L. chair for Anchorage convention committee including checkbook. Signatures need to be updated to be able to access funds.

Treasurer – Sean C. responds to Anna that he understands convention committee has separate account and all \$ should come back to region except seed \$.

Doug P. reported that James M, 2008 Convention Treasurer, reported that GH convention made \$1800 from convention.

Anna S. asks Sean to coordinate transfer of funds with Alan, Anchorage convention treasurer and Arlene L.

Secretary – Shelly W. absent – no report.

RCM Reports: Included in minutes

Anna H. – Golden Heart Area

– Hi Family,

The Golden Heart Area is excited to be having a Service Learning Day on February 28th. Tony L., Alan M., and Doug P. have expressed an interest in speaking at the event. I will forward a flyer to the Regional website when one becomes available.

We recently lost our Monday night meeting bringing our group count to 7. One of our groups meets at noon during the week so we can still claim we have a meeting each day of the week.

We changed our policy to have all Area Service commitments end in December. By announcing that all service positions were coming available, brought in some members new to the Area and some members who haven't been involved in a while. We have gotten the majority of our positions filled. We only have RCM Alternate and Vice Chair open. Nancy is pleased.

Our Policy Chair-elect, and me Tabbey S. made the road trip down the Anchorage for the Regional PI meeting. It was a well-attended meeting and it felt good to be connected to the Region. At the meeting, we discussed the possibility of a Regional PI mail out that will target the Golden Heart Area. I am working on a list of facilities to mail NA information to.

We have been updating our meeting information via the NAWS online database. There are two meetings listed in Golden Heart Area that are in Barrow. We are looking into finding out if these two meetings truly exist. More will be revealed.

Please make sure I am included in all Regional emails. My address is anne@annemholte.com.

Thanks for letting me serve.

Anne H.

907-374-3991 h
240-899-9349

Alan P. – Anchorage – Anchorage Area RCM Report
Regional meeting 1-06-09

I apologize for not being available at the October meeting. I want to thank Debbie S. and Doug P. for taking care of things and helping me understand what I missed. I also want to thank Anna for the work she has done in the last year and hope to see her involved in this committee again.

All is well in the Anchorage area. We have had a couple of good narathons over the holidays and are currently looking forward to a birthday dinner on the 13th of February at central Lutheran church. The fliers are available on the web site.

The Anchorage area passed a motion in November that

- “Anchorage Area give 1% of their monthly net income (after expenses) to Region with the intent it is sent to World — **motion passes**

Sean picked up the money at our area meeting lat night.

The Anchorage area also formed an ad-hoc committee to research liability insurance costs and options in accordance with NAWS Bulletin #33. This bulletin is attached to my report. Our RCM will keep this committee informed of what we find.

ILS

Alan M.

Robert – Juneau – Attendance seems a bit low at our regular meetings. Friday meeting “Smells Like Teen Spirit” is now 5:00 pm to 6:00 pm instead of 4:00 pm “Tuesday Game Nite” now runs from 7:00 pm to 8:30 pm instead of till 9:00 pm. We have recently purchased new two of the new IP’s and the 6th ed. Basic Text.

Christy – Kenai – Voted to disburse \$ for H&I and PI. PI - \$200 and \$200 reserve; H&I - \$100 and \$100 reserve; \$150 recreation and \$150 reserve. Clean Machine is stabilizing and more addicts are attending. Wildwood Correctional Institute continues to be covered by Mandy and Christy. Two new members have been approved to carry the message. January 31 tubing party.

Kevin – H&I Chair – made an inquiry into amount of annual budget. Discussion and consensus follows that H&I budget is \$500 per year and if not used will not roll over to next year. However, if more \$ are needed can always come back and request more. Anne H. asked if Golden Heart could receive literature donation from Region and was advised to have her region send a request from the Golden Heart area.

Happy New Year ARSC!

Our Regional H&I Committee’s been laying the groundwork for an exciting year providing H&I Services in our region. We have read the regional guidelines and other NA service materials to understand our responsibilities.

We have been actively communicating with the previous Regional H&I Chair (Geoff) about projects to continue and/or follow up with including contacts and headway with Spring Creek in Seward and Lemon Creek in Juneau. We understand from contact with an inmate at Spring Creek that they have 20 -30 addicts attending meetings several days a week on the inside and look forward to literature and communication with us.

We attended the Anchorage Area Newsletter subcommittee meeting to further develop a new idea of a column to be called “FREE ON THE INSIDE” where addicts can share with us their H&I experiences, either panel leaders carrying the NA message or inmates/patients receiving our help.

We encourage all RCM’s to please carry back to their areas and groups an announcement that brief stories/reflections are needed for this project. Newsletter/Regional H&I reserves the right to edit for length, content, language... please get these stories/articles/ reflections to me and our committee will review and work with the newsletter to publish. My email: supriv98@gci.net, or snail mail to Anchorage Area Newsletter PO Box 92088, Anchorage Alaska 99509.

Also, requesting RCM’s/ reps from outlying groups get us any names/contact info they can for members doing H&I in your area. We understand Renee has been elected Golden Heart H&I Chair and would very much like her info, please give her my email above. How about Kenai or Juneau? We would like you to help us include them in our committee and this process. We look forward to getting with them soon and welcome their ideas/concerns.

We want to thank PI and the regional web servant for the excellent updates on our Regional website. We feel confident meeting sending inmates/patients to the website for up to date meeting info. We also appreciate seeing the Anchorage Area H&I subcommittee minutes posted there. These are great strides to help improve the communication and unity within our service structure. We have requested from the old and recently new Regional PI Chair an email with their contact list/addresses attached to use in our service efforts and check for duplication of efforts and current contacts. We look forward to **receiving this soon** and coordinating with them.

We have been told that there is still about \$400 left over from last year's H&I budget and we would **like to request a check for \$400 or for the exact amount if known tonight or ASAP.** We will use it for a literature order to finish the last year/the last committee's efforts. We will order mostly white books (as this is what panel leaders tell us is most needed) and whatever our subcommittee deems necessary in NA Lit to divvy up around the Alaska Region. We will provide receipts and report accountability to Region in the future.

Next ... **We will prepare a budget for this coming year.** Are there any "guidelines" or thoughts on the normal amount? We can remember a number like \$500/year but would like this committee's conscience on if more could be requested or afforded? We have read the regional guidelines and copied below the sections related to H&I/budget. Typically, we have not have dollar amounts in guidelines but wanted to get a sense from this committee about how big we could dream.

Also coming... **OUR NEXT MEETING for Regional H&I is Thursday 1/29/09 at 6pm at the Westmark** in downtown Anchorage. We will have a speaker phone there and **will be using the teleconference # from Region** unless there are objections...

Please let anyone interested in H&I know they are welcome to join us!

CALL Toll Free Dial From any phone: (866)390-5250

*** ACCESS CODE: 7488087 followed by the # sign**

The first 10 minutes of the meeting will be a concept study, as was requested of us.

In Loving Service,

Kevin H.

223-1265

supriv@gei.net



Christine B. – PI Chair

ARSCNA

Public Information Subcommittee Report

January 6, 2009

The Public Information Subcommittee met on December 20, 2008, at 325 E. 3rd Avenue (3rd & Cordova). There were eight addicts in attendance, including two who drove down from Fairbanks to attend. We had quite the productive, although lengthy discussion. The committee recognized Doug P. for his outstanding and selfless service as the Regional PI chairperson for the last two years, and his continuing service on the current committee to help keep the PI dream alive.

The hottest topic of discussion was the need for on-line meetings hosted by local addicts to carry the message of Narcotics Anonymous to those addicts in remote villages or locations of Alaska. It was clear at this meeting and has been clear for quite some time in speaking with many addicts in our fellowship that on-line meetings would fill a niche in our region. So we've made the decision to start at least one moderated, on-line meeting on the regional web page. That's going

to take some time. In the meantime, it was suggested that we provide a link on our website to an existing on-line meeting, which we have done – on the Outreach page. Our Webmaster, Bob R. has been indispensable, as usual, in his research efforts regarding our starting an Alaska Regional On-Line Meeting of Narcotics Anonymous. We have been announcing at meetings that we're looking for a few good geeks with this effort. We're asking all RCM's to take that announcement back to their areas and please have all interested addicts contact me. We'll be continuing the discussion at the Outreach meeting coming up next month.

AKNA.ORG Website – The Regional website remains as up-to-date as the information we are given. If your area has any upcoming events, area minutes, announcements, etc., please get that information to us and we will gladly post it on the your area's web page. You can go to the contacts page on the website and click on Web servant: email, and attach documents or send an email with the information you'd like posted for your particular area. Please include contact name and information in case we have any questions or need further information from you. You can also call me at 278-0478 or 947-2362.

NAWS database – The Webmaster and I continue our review and updating of the NAWS database, the RCM's cooperation in responding to inquiries is appreciated. Thanks for all your help with this.

Fairbanks Area learning days - We plan on doing a Public Relations Workshop at the Fairbanks Learning Days coming up in February, *if schedules permit*.

The Regional Meeting Schedule is up-to-date and available on the website. It is printed on an as needed basis (usually for mail outs).

Mail outs have been done in the past to the target regions of Bethel, Fairbanks, Kenai, Ketchikan and Juneau. We will continue those efforts with added regions such as Barrow, Valdez and any other regions identified through our ongoing outreach efforts.

Regional Post Office Box – The Vice Chair was given a key to the Regional Post Office box, I still have the 2nd key. Not sure when the rent on the PO Box expires, but will inquire at the post office to make sure that the yearly rent is paid well in advance.

The next Outreach Subcommittee will be meeting on Saturday, February 7th, 2009, at 1:00 pm at 325 E. 3rd Avenue (3rd & Cordova). We plan to secure a room with a conference room so that members can attend via teleconference. If we cannot secure a telephone line there, we will be moving the meeting place. Stay tune for more info ...

In loving service,
Christine

RD – Absent

Alternate RD – Robert G. - For our next Regional meeting I request that joining a zonal forum be a topic of discussion

Old Business

Alan voted in as ARSC chair. – 4 yes – 0 opposed 0 abstaining.

Lou Ann P. voted in as ARSC secretary – 4 yes – 0 opposed 0 abstaining.

Christine B. voted in as ARSC PI chair – 4 yes – 0 opposed 0 abstaining.

New Business

Need nominations for new ARSC treasurer and clean time requirement for treasurer is 2 years.

Budget – need budgets from H&I and PI for 2009. And, need overall budget for ARSC.

Donation to World

Liability Insurance

Zonal Forum Discussion