

## Alaska Region of Narcotics Anonymous

### MINUTES

January 19, 2016 6:30 PM

- Serenity Prayer
- 12 Tradition read by Doug
- 12 Concepts read by Arlene
- Roll Call
  - Chair pro temp – Lou Ann
  - Dennis, RCM from Kenai Area
  - Dave S, RCM from Golden Heart Area
  - Arlene L, RCM from Anchorage Area
  - Kevin H, Alt RCM from Anchorage
  - Sean M, GH Convention Chair (and alt RCM from GH)
  - Tony L, Alaska Regional Delegate
  - Frank P, Alt Delegate
  - H&I Chair, Doug P
  - Vice Chair, vacant
  - Treasurer, vacant
  - Secretary, vacant
  - Public Information, vacant
  - Literature, vacant
- Amendments to the Agenda – none
- Approval of October 10, 2015 Minutes, Moved by GH, 2<sup>nd</sup> by Anchorage, --APPROVED

### ADMINISTRATIVE COMMITTEE REPORTS

1. Chair –Pro Temp – Lou Ann P.  
Looking forward to a productive year and want to thank every one for their service! My nomination from Anchorage will need to be voted on as soon as possible. Please help in the search for the following positions: secretary, treasurer, public information and literature subcommittee chair.
2. Vice-Chair – Vacant
3. Secretary – Vacant
4. Treasurer – Vacant -- End of 2015 Financial Report is attached. Expenditures exceeded revenue by \$3,657 for the year. Expenditures were under budget by over \$2000.

### 5. AREA REPORTS

Anchorage -- report is attached.

Anchorage Area has about 20 groups active at this time.

Anniversary of NA in Alaska will be held on the 13<sup>th</sup> of Feb at Central Lutheran Church. The Christmas Narathon made a little money.

Golden Heart –

GH Area has 9 groups. PI subcommittee is active.

GSR welcome packets have been approved. (a copy is attached)

Kenai – report is attached.

Kenai Area has 14 groups and all subcommittees are active.

Literature subcommittee has a balance of \$2000 and treasury is over \$11,000.

PR has recently had a phone line workshop; Dennis will follow up with contact information for the Regional phone line.

H&I has 4 or 5 panels.

Women's retreat coming up

## **SUBCOMMITTEE REPORTS**

Regional Delegate – Tony L. – gave a verbal report:

Readying for the Western States Zonal Forum on Jan 29, 30, and 31. Alternate RD is also attending and they will share a room.

Call Tony to request a workshop. They plan to work with Areas to do the CAR workshop. The delegate team is pulling together a list of groups and contact information.

Alt. Regional Delegate – Frank P. – see written report.

Frank plans on attending the WSZF and WSC and requested to be paid or reimbursed for the WSC, which expense is budgeted.

Suggested a teleconference among areas for the CAR workshop. Frank is pulling together group contact information for the CAR conscience.

2015 Convention Chair – Sean C. – absent. No written report.

Lou Ann will get a report, and contact Dave L, the 2015 Convention Treasurer about transferring the profits to ARSC and the Convention seed (\$6000) to the GH convention Committee, particularly Sean M.

2016 Convention Chair – Sean M – no written report.

The Convention theme has been selected – “The Journey Continues”

“we” have been making queries to update convention information on the AKNA.org site.

Advised to keep talking to Shannon that he is responsive. (this has been resolved.)

Hospitals and Institutions – Doug P. – See Written Report, attached.

Doug continues to work with State of Alaska Dept. of Corrections regarding *Working Steps Behind the Walls* and making some progress.

Sent literature to 11 institutions. Postage and literature costs put H&I over budget by some \$100.

H&I still plans on selling tee shirts w H&I Logo (to be determined) with H&I budget to make providing literature more sustainable.

Public Information – Vacant.

Literature – Vacant

## **OLD BUSINESS**

1. Revised guideline review -- no action.
2. Literature Chair nomination – none
3. Secretary nomination -- none
4. Vice Chair nomination -- none
5. Chair nomination – *Lou Ann P. was pro-temp by outgoing chair Jeffrey W. . There was some confusion surrounding this nomination and vote at the Areas. No Action, still with the groups.*

## **ACTION ITEMS FROM JANUARY 19, 2016 MEETING:**

1. 2015 (Anchorage) convention committee will transfer profit to AK Region, and seed, \$6000, to GH 2016 convention committee.
2. Kenai needs to provide Lou Ann (as acting PI given there is no PI) with the Kenai help line contact information.
3. Areas are to review and comment on the Draft Regional Guidelines. This is not an approval review, just comment and feed back review.
4. Guideline committee seeks to draft REGIONAL MISSION STATEMENT.
5. Vote for Chair – Lou Ann P.

**ANNOUNCEMENTS – Next Regional Meeting - Wednesday, March 30, 2016 at 6:30 PM.**

Attachments embedded in the Minutes

- Kenai Area RCM Report January 2016, 1 page
- Anchorage RCM Report January 19, 2016, 1 page
- 2015 End of Year Financial Report, 1 page
- H&I Report January 19, 2016, 1 page
- Alternate RD Report January 19, 2016, 1 page

Attachment as separate document as a point of interest.

- Golden Heart GSR Welcome Packet (may be found on the GH Area page on [AKNA.org](http://AKNA.org)).

# Kenai Area RCM Report January 2016

Hello Everyone

The Kenai area continues to thrive, we have 14 current groups and all subcommittees are working to carry the message on the Kenai Peninsula.

I have been unable to attend the last two area meeting due to vacation and work, but I can report that we recently held our annual elections and I believe all positions were filled.

Our Literature committee has a balance of \$2000.00 and our current treasury balance stands at \$11,791.00.

The annual women's retreat is coming up soon headed up by Chairperson Heidi and I know there will be a flyer out soon.

I did not get any feedback on the regional guidelines.

The PR committee was having a phone line learning day but I did not get a report on the outcome of that nor did I get any names for Luanne.

I will follow up at our next meeting on February 6<sup>th</sup> of who all signed up for that and get that to you.

That's about all for now.

In Loving Service

Dennis A

Regional RCM  
Anchorage, Ak 99508  
Jan 19, 2016 Report for ARSC

My name is Arlene; I'm an addict. At the Jan 4th, 2016 AASC meeting there were 17 out of 21 groups present, and I believe 3 groups are from Wasilla and Palmer.

Area Newsletter is vacant. Area PI Chris M had his meeting 01/10/16. Michael P. is pro temp for Area H&I. They meet the 3rd Tues at Joy Lutheran, although it will change to Wings & Things meeting place. Area Activities Xmas NA Marathon made \$174 profit. 35th NA Birthday is Sat, Feb 13<sup>th</sup>, 2016, Central Lutheran Church starts at 6:30 with dessert contest. Tickets are \$20. Area Literature gave \$350 to Area, but wants \$750 seed. Frank Z was voted Treasurer.

I'm not sure if this is my place to announce, but the RCM report to Area for the following vacant positions are as follows with clean time requirements for ARSC.

1. Vice-Chair 7 years, 1 year of Regional service
2. Secretary 3 years, no requirement
3. Treasurer 5 years, 2 years Regional or Area level service
4. Public Information 5 years, 2 years Area level service
5. Literature 5 years, 2 years Area level service

Would very much appreciate eligible service commitments to step up and participate. Next Area meeting is Mon, Feb 1, 2016 at 6:30 pm. Next Anchorage GSF Sat, Jan 30th, 2016.

NAWS (Narcotics Anonymous World Services) will hold a business conference for a week, the first week of May 2016. Doug P. gave me a copy of the 2016 CAR (Conference Agenda Report) thingy. The subject of the CAR is summarized in the CAR tally sheet. Most of the CAR is the Draft Traditions Book, approximately 286 pages long and can be downloaded from the NA website. The CAR costs \$15.00 per copy to order from NAWS and includes the draft copy of the Traditions Book. The cost of a black and white copy of the CAR is \$8.50 per copy (from Minuteman Press). A copy of the draft Traditions book alone would be \$6.00 per copy. On a different note, it was suggested to coordinate with RD Tony L to help set up a CAR Workshop.

Anchorage is planning a workshop which may be the 19<sup>th</sup> of March.

On the same note, I met with the Valley GSF in Eagle River on Sat, Jan 16th, with at least 17 present. A few of the items that I was able to write down, were Dave L. will call Doug P. to organize a Learning Days on March 12<sup>th</sup>, 2016 in Wasilla. Their 1<sup>st</sup> committee planning meeting will be Sat, Feb 6<sup>th</sup>, 2016. Don't remember the time and place. Call Crystal for details. On behalf of the Valley GSF they're requesting \$150 for seed money to give to Frank Z. the Valley GSF Treasurer for Learning Days. Their next Valley GSF is Sat, Feb 20th, 2016. They are still looking for Rally in The Valley Chair.

I hope that was everything.

- In loving service. Arlene L. Anchorage Regional RCM



Regional H&I Report  
1/19/16

1. *Working Steps Behind the Walls*

I've been in touch with the DOC head of addiction, Veia Autumn. The WSBTW guidelines were submitted and she responded with the following communication:

“The Working Steps Behind the Walls program has been approved by Acting Director of Institutions Dean Marshall and Chief Mental Health Officer Adam Rutherford. When NA is ready to start please provide me with the location(s) and an instructional flyer on how offenders can participate. The flyer will be reviewed by me and then disseminated to the appropriate institutional staff for disbursement to offenders. “

I plan to pilot the program to Hiland and Palmer Correctional, because she thinks that would be a good idea because there is some treatment in those institutions. It is wide open once the “instructional flyer” is complete.

I did a workshop at the Convention on WSBTW, so I have some letter writers.

2. Literature distribution

I did a mail out to 11 institutions. Lou Ann helped out a great deal. The DOC substance abuse person was helpful. She provided a PO name at each institution to address the mail out to. (helpful because many of the institutions have multiple POs.)

The cost of the literature was \$663.04. The cost of the postage \$12.95 per box (USPS) and \$142.45 altogether for 11. Total cost \$805.49.

Subsequently, Lemon Creek PO Wilson passed on that some inmates want a It Works How And Why.

I will work on inviting members to submit H&I Logos for tee shirts to kick off selling tee shirts for inmate literature. Maybe I will look through *Reaching Out* issues for a suitable tee shirt logo.

I will be attending the WZF on 1/29/16-1/31/16 with Tony L. in San Francisco. I have found the resources to pay for my flight. Tony said I can share the room with him. I am grateful to be able to attend

Since I have been elected to ARD I have:

1. Attended WCNA 36 in Rio, Brazil. I brought along with me 50 lbs. of left over ARCNA merchandise from Kenai. I gave the money (500.00) to Corey at the rally in the valley and notified Dave L. the treasurer of the convention. I had to pay 125.00 in transportation/baggage costs. I took that money out of the sold merchandise.
2. I brought an Alaskan NA newcomer to tour the World Service Office and introduce him to the staff and myself as the ARD for Alaska.
3. I attended a portion of the NAWS webinar on Dec. 12th. We discussed issues which pertain to the upcoming WSC.
4. I have spent 5 hours studying the CAR and reading the motions on the table. I went through the proposed traditions guide.
5. I have made contact with Kenai and Juneau with the Aim of helping the groups understand what is on the table with the agenda and getting the groups to review the CAR at their prospective home groups and put forth their votes. I also made myself available to the groups if they have any issues that they want brought to Region or World.
6. I have met with AD, Tony L., on three phone calls discussing Regional business.

I would like to propose the idea of setting up a Teleconferenced CAR workshop which could include Anchorage, Fairbanks, and Kenai. I have a place here in Fairbanks that can be used. If the region feels this is a good idea we could collaborate and find locations in Anchorage and Kenai. There may be a cost for Teleconference time. The intent of this is to promote unity within the Alaska Region.

I would like to reach out to other outlying groups in Valdez, Homer, Kodiak, Sitka, and any other known NA meetings in remote areas. If anyone has any information or contacts please forward them to Frank P [frank\\_379@yahoo.com](mailto:frank_379@yahoo.com) or 773-981-0620. Please ask around to your friends if they know any NA groups that are meeting in AK that are not listed on our website or directories.

We should discuss how our Region is doing. I am preparing a report to bring to the WZF and if we could gather information on things that are working and not working it is possible to get suggestions on how other groups, areas, or regions have navigated through. On the other side of the coin, we can share info on what we have been doing successfully and effectively.

Though I covered airfare to the WZF. I am requesting that the region pay for me to go the WSC.

In Fellowship,

Frank P.