

Monday, February 12 at 6:30 PM Regional Meeting Minutes

1-866-390-5250 / Access Code 7488087

Meeting started with Moment of Silence followed by the Serenity Prayer and Reading of the Twelve Traditions and Twelve Concepts of Service

Amendments to the Agenda (None)

Approval of October 7, 2017 Minutes (Susan moved to approve, Shawn seconded - all vote yes)

Roll Call

ADMINISTRATIVE COMMITTEE REPORTS

1. Chair – Lou Ann P. (Present)

AK Region – Chair Report

Thank you for the opportunity to serve and I want to thank everyone for all of their work in Carrying the Message across Alaska. This work requires lots of time, effort and more time and effort. It can appear to move slowly, but I believe it happens when it is supposed to happen because this is a spiritual program and it is important to remember this and be mindful of the NA Traditions and Concepts as we are active in our service roles.

ILS,

Lou Ann P.

2. Vice-Chair – Vacant

3. Secretary – Paul H (pro tempore)

Doug says that Shannon will post the minutes soon to the website

4. Treasurer – Lou Ann, acting (Present)

ARSC Treasurer Report – February 2018

All bills have been paid including a check to Tony L. for hotel expenses at the WSZF. The check to Tony hasn't been sent pending discussion and vote at the regional meeting. Dennis from Kenai had sent out comments about others who might need the same type of support from Region and the current budget line items for RD and ARD WSZF specifies only their expenses and not other members helping out.

The current balance is \$12,775 including the deposit from the Anchorage 2017 Regional Convention of \$4,227.74, that included \$2,000 of additional contingency funds over the \$6,000 seed initially given to the 2017 convention committee.

The Anchorage 2017 Regional Convention's net profit was \$2,227.74. This amount is less than both the Golden Heart and Kenai Area Convention proceeds in previous years and is well below the budgeted estimate of \$6,000 net income for an Anchorage convention.

This information will be important when drafting the 2019-2020 budget later this year. The current spending rate is not sustainable with this income from regional conventions. Expenses exceeded revenue by over \$4,000 in 2017.

Treasurer report discussion:

Dennis wondered why Tony's hotel room was paid for without being voted on. Lou Ann says she wrote a check to take care of it and it may have been housekeeping. Tony has not been given the check. Lou Ann says the vote will be taken care of after new business today.

Shawn clarifies a small amount of money on budget that is used for Western State Zonal Forum. Dennis clarifies the money was for the RD and alternate RD only. Doug moves this item to the end of the meeting.

2017 Treasurer Report

Date	Check no.	Cleared	Payee	Check Amt.	Deposit	Description	Ending Balance	Category
						balance from end of 2016=	\$ 12,760.24	
				\$ -			\$ 12,760.24	
1/31/2017	2319	x	Lou Ann P.	\$ (2,000.00)		WSZF	\$ 10,760.24	WSZF
2/4/2017	2320	x	Summer K.	\$ (30.00)		Copies	\$ 10,730.24	Administration
2/6/2017	2321	x		\$ (61.00)		Lit to barrow	\$ 10,669.24	Public Information
3/12/2017	2322	x	US Postmater	\$ (200.00)		PO Box Rent	\$ 10,469.24	Administration
3/12/2017	2323	x	ATT	\$ (157.93)		Teleconference	\$ 10,311.31	Administration
3/12/2017	2324	x	Switchboard AK	\$ (131.71)		Help Line	\$ 10,179.60	Help Line
3/12/2017	2325	x	ACS	\$ (10.32)		Phone line	\$ 10,169.28	Help Line
3/12/2017	2326	x	Doug P.	\$ (150.30)		Postage Mailout	\$ 10,018.98	H&I
3/31/2017	2327	x	HUB International	\$ (250.00)		Insurance	\$ 9,768.98	Insurance
4/6/2017	2328	x	Philadelphia Insurance	\$ (1,303.00)		Insurance	\$ 8,465.98	Insurance
4/6/2017	2329	x	Switchboard AK	\$ (55.75)		Help Line	\$ 8,410.23	Help Line
4/6/2017	2330	x	ACS	\$ (2.31)		Phone line	\$ 8,407.92	Help Line
4/6/2017			Convention Deposit		\$ 3,891.40	2016 Convention	\$ 12,299.32	Convention
4/6/2017			Anchorage Area Donations		\$ 65.13	Area Donations	\$ 12,364.45	area donation
4/6/2017			Kenai Area Donations		\$ 750.24	Area Donations	\$ 13,114.69	area donation
4/25/2017	2331		ATT	\$ (12.74)		Teleconference	\$ 13,101.95	Administration
4/25/2017	2332	x	Lou Ann P.	\$ (200.00)		School of Addiction Table	\$ 12,901.95	Public Information
4/26/2017			Anchorage Area Donations		\$ 59.74	Area Donations	\$ 12,961.69	area donation
4/26/2017			Anchorage Area Donations		\$ 29.87	Area Donations	\$ 12,991.56	area donation
6/1/2017	2333	x	ACS	\$ (2.90)		Phone line	\$ 12,988.66	Help Line
6/1/2017	2334	x	ATT	\$ (195.49)		Teleconference	\$ 12,793.17	Administration
6/1/2017	2335	x	Switchboard AK	\$ (58.54)		Help Line	\$ 12,734.63	Help Line
6/12/2017			Ketchikan Area		\$ 149.50	Area Donations	\$ 12,884.13	area donation
6/18/2017	2336	x	ACS	\$ (6.39)		Phone line	\$ 12,877.74	Help Line
6/18/2017	2337	x	Switchboard AK	\$ (57.38)		Help Line	\$ 12,820.36	Help Line
6/18/2017	2338	x	ATT	\$ (18.14)		Teleconference	\$ 12,802.22	Administration
7/27/2017	2339	x	ACS	\$ (5.38)		Phone line	\$ 12,796.84	Administration
7/27/2017	2340	x	Switchboard AK	\$ (55.00)		Help Line	\$ 12,741.84	Help Line
8/17/2017	2341	x	Regional Convention	\$ (2,000.00)		contingency for conv.	\$ 10,741.84	Convention Contingency
9/6/2017	2342	x	ACS	\$ (10.00)		phone line	\$ 10,731.84	Help Line
9/12/2017			paypal convention transfer		\$ 1,000.00	Convention	\$ 11,731.84	in
9/12/2017	2343	x	paypal convention transfer	\$ (1,000.00)		Convention	\$ 10,731.84	out
10/4/2017	2344	x	Switchboard AK	\$ (220.42)		Help Line	\$ 10,511.42	Help Line
10/4/2017	2345	x	ATT	\$ (82.90)		Teleconference	\$ 10,428.52	Administration
10/4/2017	2346	x	Doug P.	\$ (127.60)		PI activity	\$ 10,300.92	Public Information
10/3/2017			paypal convention transfer		\$ 254.89	Convention	\$ 10,555.81	in
10/4/2017	2347	x	paypal convention transfer	\$ (254.89)		Convention	\$ 10,300.92	out
10/14/2017	2348	x	PI Literature	\$ (52.30)		PI activity	\$ 10,248.62	Outreach
10/23/2017	2349	x	PI Literature	\$ (88.00)		PI activity	\$ 10,160.62	Outreach
11/12/2017	2375		Doug P.	\$ (500.00)		PI activity	\$ 9,660.62	Outreach
11/12/2017	2376		ATT	\$ (82.90)		Teleconference	\$ 9,577.72	Administration
11/12/2017	2377		ACS	\$ (1.42)		Phone line	\$ 9,576.30	Help Line
11/12/2017	2378		Switchboard AK	\$ (80.52)		Help Line	\$ 9,495.78	Help Line
1/1/2018	2379	x	ACS	\$ (5.39)	\$ -	Phone Line	\$ 9,490.39	Help Line
1/1/2018	2380	x	Switchboard AK	\$ (123.25)		Switchboard	\$ 9,367.14	Help Line
1/1/2018	2381	x	ATT	\$ (322.97)		Teleconference	\$ 9,044.17	Outreach
2/11/2018	2382		ATT	\$ (226.18)		Teleconference	\$ 8,817.99	Outreach
2/11/2018	2383		ACS	\$ (7.52)		Phone line	\$ 8,810.47	Help Line
2/11/2018	2384		Switchboard AK	\$ (112.70)		Switchboard	\$ 8,697.77	Help Line
2/11/2018	2385		Zoom (Doug)	\$ (149.90)		Zoom Account	\$ 8,547.87	Outreach
				\$ (10,413.14)	\$ 6,200.77			

Categories	2017 subtotals	2017 Budget	category balance
Public Information	(\$388.60)	\$350	(\$38.60)
Help Line	(\$941.52)	\$1,200	\$258.48
web host	\$0.00	\$12	\$12.00
Translation	\$0.00	\$0	\$0.00
Outreach	(\$1,339.35)	\$1,200	(\$139.35)
Entertainment	\$0.00	\$0	\$0.00
H&I	(\$150.30)	\$1,000	\$849.70
Administration	(\$785.48)	\$600	(\$185.48)
Donation to NAWS	\$0.00	\$300	\$300.00
Insurance	(\$1,553.00)	\$1,700	\$147.00
WSC	\$0.00	\$0	\$0.00
WSC Assembly or Workshd	\$0.00	\$250	\$250.00
WSZF	(\$2,000.00)	\$2,000	\$0.00
Convention Contingency	(\$2,000.00)	\$2,000	\$0.00
Total Budget	(\$9,158.25)	\$10,612	\$1,453.75

Income			
Convention	\$3,891.40		
Area Donations	\$1,054.48		
revenue total	\$4,945.88		

**Income is assumed to be \$3800 from the 2016 GH convention
 ***Donation to NAWS is 10% of the estimated convention
 *includes pre-Assembly CAR workshops in FAI, Kenai, and Juneau

Revenue - Expenses	-\$4,212.37		
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2018 Treasurer Report

Date	Check no.	Cleared	Payee	Check Amt.	Deposit	Description	Ending Balance	Category	Categories	subtotals	2018 budget	category balance
						balance from YE 2017	\$8,547.87					
							\$8,547.87		Public Information	\$0.00	\$500	\$500.00
1/23/2018					\$ 4,227.74	2017 Convention	\$12,775.61	Convention	Help Line	\$0.00	\$1,250	\$1,250.00
2/11/2018	2386		Tony L.	\$ (243.00)		WSZF Expenses	\$12,532.61	WSZF	web host	\$0.00	\$12	\$12.00
2/11/2018	2388		NAWS	\$ (222.77)		NAWS Donation	\$12,309.84	Donation to NAWS	Translation	\$0.00	\$0	\$0.00
2/28/2018	2389		Tony L.	\$ (180.90)		WSZF Expenses	\$12,128.94	WSZF	Outreach	\$0.00	\$500	\$500.00
2/11/2018	2390		Dave S.	\$ (1,364.21)		WSC Expenses	\$10,764.73	WSC	Entertainment	\$0.00	\$0	\$0.00
2/28/2018	2391		Dave S.	\$ (120.00)		WSZF Expenses	\$10,644.73	WSZF	H&I	\$0.00	\$750	\$750.00
							\$10,644.73		Administration	\$0.00	\$700	\$700.00
							\$10,644.73		Donation to NAWS	(\$222.77)	\$750	\$527.23
							\$10,644.73		Insurance	\$0.00	\$1,500	\$1,500.00
							\$10,644.73		WSC	(\$1,364.21)	\$2,000	\$635.79
							\$10,644.73		WSC Assembly or Workshops	\$0.00	\$1,500	\$1,500.00
							\$10,644.73		WSZF	(\$543.90)	\$2,000	\$1,456.10
							\$10,644.73					
							\$10,644.73		Total Budget	(\$2,130.88)	\$11,462	\$9,331.12
							\$10,644.73					
							\$10,644.73		Income			
							\$10,644.73		Convention	\$2,227.74		
							\$10,644.73		Area Donations	\$0.00		

AREA REPORTS

Anchorage RCM – Susan S. (Present)

Anchorage Area Report

This is my first regional report as the Anchorage Area RCM. Anchorage has approximately 14 active groups meeting seven days a week at various times throughout the day. We currently have \$1412 in the area bank account and have paid all of our bills.

PI and H&I are active with various commitments and we continue to look at new opportunities to serve. The Valley groups, including Eagle River members have been carrying the message to institutions in the Mat-Su including Goose Creek and Nugent's Ranch. Frank Z. is the new H&I chair.

We have nominated Tony L. for Regional Chair and the Motion for the Prudent Reserve amount of \$3500 did not pass due to nine abstentions.

ILS,

Susan S.

Anchorage Alternate RCM - Vacant

Golden Heart RCM - Shawn (Present)

Golden Heart Area of Narcotics Anonymous Regional Report

February 12, 2018

- There are ten groups active with two to three meetings per day seven days a week in Fairbanks, two meeting a week on North Pole, and three meetings a week in Barrow. There is a new meeting starting in Nenana. There are between three and forty members attending. Some of our meeting are changing location. This will be updated on the schedule in the Fairbanks Area website as soon as we have the changes confirmed. GHANA (Golden Heart Area Narcotics Anonymous) has all Committee sub-committee positions but RCM alt filled. We are looking for that candidate now.
- I continue to share to groups that Region needs help filling Regional Service Committee positions. Anyone interested can view the rights and responsibilities as well as clean time requirements at www.AKNA.org, Region, ARSCNA guidelines. I will continue to share at local groups the purpose of Region and how Region helps the Area carry the message of recovery to the State of Alaska. I informed GHANA that Regional positions are on their two-year rotation and that we need nominees for those positions.
- My apologies to the Golden Heat Area for missing the previous two Area meeting on medical. I did attend the January 8th, 2017 meeting and there some new faces and switching of positions. I talked to Yvonne the Secretary and she will have the minutes to Shannon for posting to our Area page for all the new committee chairs and General Service Representatives (GSR)'s. There is still some logistics of getting familiar with the new position's, but we appreciate everyone's service and willingness to serve. With the changing of sub-committee member are changes of meeting time and place. If any of the Regional sub-committee's chairs would like contact information don't hesitate to contact me and I will see what we can do. Some of the business at Are was continued out reach. Trying to schedule event out far enough that we can post them to our Regional Calendar and well as the World Calendar. We have a Blowout chair now and activities will work with that chair to coordinate Blowout 2018. There is no date set yet. Again, all this should be available in the minute at www.akna.org shortly.
- Activities has been busy the last few months with helping to host of the Western States Zonal Form (WSZF) in Fairbanks. Thank you to all for the hard work. I attended the (WSZF) as the Golden Heat Area (GHA) Regional Committee Member (RCM) in Fairbanks on January 26-28, 2018. All that attended were very thankful that the Alaska Region and GHA invited them up to Fairbanks Alaska at -30 below and showed such great support for the fellowship. They aren't always so well attended in other Areas. They put on an Public Relations (PR) presentation training as well as CAR and CAT instructional information for the zonal members with a member of the Narcotics Anonymous World Service (NAWS) board member Mark explaining the upcoming agenda. He also tried to help us understand the struggles of our growing World-

Wide fellowship. There will be much to vote on in the upcoming months before the August 30th-September 2 2018 Narcotics Anonymous World Convention (NAWC)

Golden Heart Area did an outreach meeting in Nenana on Friday January 27, 2018 in addition to our remote meeting in Barrow. This was to show the WSZF attendees the logistics in Alaska from one of our closer, road accessible villages. Our Regional Delegate (RD) in addition explained some of the difficulty to reach remote off-the-road villages. The Nenana Chief and the Nenana people were very thankful that we brought the meeting to Nenana. I want to say that there were twenty-five or thirty of us in Nenana. Nenana had one new member attend. Our PR chair Adam P has committed to keep the meeting going.

At a local meeting some of the WSZF members found out that the GHANA women do a Women's Retreat in the summer in Interior Alaska they were very excited and want to come back up when Fairbanks is a little warmer.

- It's that time of year again when we must navigate the Corrections bureaucracy to get approved for the jail. PR is working on that now. Normally GHANA has two H&I (Hospitals and Institutions) commitments at both Fairbanks Correctional Center (FCC) facility, men's and women's as well as the Ralph Perdue Treatment Center. H&I is continuing to reach out to members for support filling the women's FCC facility. H&I has no movement on permissions to return to North Star Center. The meetings at FCC continue to have good attendance when we can attend. I believe that will be soon, about fifteen to twenty inmates. The literature taken in disappears, so that is encouraging. We continue to encourage the inmate to start their own meetings.

- Again, Activities has a new chair Ashlie T. So, the meeting place and time has changed and that should be posted in the minutes soon.

I have GHANA group conscience on the Regional agenda items and am ready to vote.

o Region carry a Prudent Reserve: Pass

o Regional Guideline change: Pass

Thank you, for the opportunity to serve,

Shawn M. RCM (Regional Committee Member) Golden Heart Area Narcotics Anonymous.

Golden Heart Alternate RCM - Vacant

Kenai RCM - Tera (Present)

Kenai Peninsula Regional Report February 2018

The Kenai area is doing well. We currently have 8 active groups in our area. I have just got word that there is another meeting in Ninilchik, we are encouraging them to join our area.

We are very excited about hosting the Regional convention this year. We have a venue are excited to announce it will be held at The Lands' End in Homer this year. We are working to find feasible air fare for the event.

Our area currently has several vacant positions. We are working to fill. I have recently been made aware that the number linked to the Kenai area in akna.org is and has been incorrect. I had headed phone line ad hoc committee 2 years ago and had given the info to be relayed to region. Our area had decided to use the Regional hotline as well. This information has yet to be changed on the website.

Sorry for the short report next time I will be better prepared.

Tera M

Alternate RCM - Vacant

SUBCOMMITTEE REPORTS

Regional Delegate – Frank P. (Present)

To: Alaska Regional Service Committee of Narcotics Anonymous

From: Frank P. Regional Delegate

Re: **RD February 12th report**

Date: 2/12/18

Trusted Servants:

The World Service Conference is approaching and it is important to set and schedule dates to have CAR/CAT workshops. We need to discuss a prudent way to get the CAR information out to our Areas and Groups. Some ideas I have is to see if former AD/RD's with experience would like to help Workshop in Anchorage. And have the AD and RCM workshop in Golden Heart Area. Since we have Zoom equipment in Anchorage maybe we can have a CAR/CAT zoom event that Region 51 is hosting Feb 24th @9am (zonal support). Interested members can call in for this event to listen and ask questions. I would like to work with the RCM from Kenai to determine the best way to present the CAR. Some options are to work with the RCM to gather ballot information or have the delegate team or a former experienced Delegate member from Anchorage to workshop in Kenai. It seems from my AK CAR/CAT experience last cycle is that though Workshops are a good idea and suggested by WSO, that it may not be best practice here in AK. I found that it helpful to meet with the GSR's or leaders of the Groups and individually go through the Ballot with them so they can bring it to their groups and then email back the data. Lastly, after being in contact with a member from Juneau, it was revealed they met last month as an Area and, I think it would be best to travel there and meet with them and go over CAR/CAT material along with encourage and support fellowship development. Anyways, this is something we need to discuss today, as well as funding for CAR/CAT workshops, and, for the upcoming WSC in May 2018.

The Zone got a lot done. Our two workgroups - the administrative and technology workgroup have been doing some innovative things. The Tech work group used Zoom technology to video in Pacific Cascade Region to the forum and seemed to work out fairly well. The tech workgroup will continue meeting and are working toward getting us communicating better. Both workgroups are moving toward becoming committees, thus, requiring funds. The tech group is requesting 40 per Region for Loomio and Zoom accounts. The admin work group will continue meeting and are moving toward a more organized body that will work toward creating positions such as facilitators and requesting 240.00 from each Region for travel and technology expenses for facilitators.

WSZF2018 went over the room book agreement with Westmark of 80 selling 89 rooms. Expenditures were 3,254 for supplies, meals, coffee and desserts. Special thanks to the local fellowship for help planning the WSZF. Our secretary was Timothy B. and together with Co-secretary's Yvonne A., Ashlie T. and Susan L took minutes, coordinated rides to and from airport, sold banquet tickets and were welcoming hosts! We sold 62 banquet tickets and 25 lunch tickets. The banquet NA meeting had over 100 in attendance (room was filled) which included Ralph Perdue Center (RPC) treatment facility. We thank Golden Heart RCM Shawn M. for preparing moose hot plate and; Adam P. & Ashly B. also of the Golden Heart Area PR team, for their help with getting the word to RPC, setting up the PR/outreach event in Nenana and getting word to the local fellowship about the lunch/events. Lastly we would also like to thank Paul H. & Tony L. for facilitating the forum and the entire Golden Heart Area/local fellowship/community for their support. The Forum had a surplus of \$954.00 which in my suggestion should/could be used for expenses such as the travel expenses for the delegate team and/or facilitators.

During the event we had Regional Reports, Outreach/Fellowship Development events, Region innovative reports/lunch and rap with the local fellowship, Zonal/Work Group Planning, Zonal/Outreach Support discussions and CAR/CAT presentations. These sessions brought out challenges, solutions and actions with some of the main points illustrated below. For more detail, I have attached the recorded minutes of the forum along with this report.

Here are six main points that came out of the four day event:

-The Zone is in favor of supporting Rural/Remote Alaska Outreach i.e. toll free number for telephonic meetings, IP's, racks, and postage to villages. This came about organically during the local fellowship discussion and innovative ideas at lunch on Friday. This is where local member asked questions and talked about lack of local resources in villages. A handful of Regions pledged their support and asked for an annual budget to bring back to their regions for approval. Paul H. was able to develop an Outreach committee right on the spot during the discussion with interested members who want to help with these endeavors. It is my suggestion that the regions Outreach committee which is currently defunct be used for this committee i.e. budget/policies.

-Further Zonal commitment to outreach to Native American/ Alaska Native Tribes/Nations

-Administration Work Group formation of service positions (facilitator/co-facilitator) and the Zone is requesting 240.00 from each Region for travel and technology expenses.

-Technology Work Group/Zone is requesting 40.00 per Region to purchase ZOOM and Loomio.

-We had a very successful PR/outreach/fellowship development in Nenana at the tribal hall. The zonal forum put together money to rent a tour van for support transporting. The cost of the van for the Thursday North Pole outlaws meeting and the Nenana event was 225.00. We had a potluck and two members did a PR power point presentation and held an NA meeting. In attendance were the Chief of the caribou tribe and a handful of local people. The local PR chair held the first NA meeting at that tribal hall 2/6/18 and plan to hold regular meetings there every Tuesday at 7pm.

-We had two other successful outreach activities where the forum attended two separate struggling meetings in Golden Heart Area. This gave a chance for newer members to have lunch after the meeting and hear some fresh experience, strength and hope.

The forum agreed to have the WSZF next year either in San Diego or Las Vegas with the thought that it will most likely be held in Las Vegas.

The AK RD team budget for the Zonal Forum is \$2,000 and the RD's expenses were 375 for airfare and 190 for food. I did not have hotel expense because the hotel comped the RD the room for being the host.

The total of the RD's expenses were 565.00 and I would like that as soon as possible. The AD will need to be reimbursed for his meals and gas which total around 100.00 dollars.

Spring time is approaching and please remember to let GSR's or the Web servant know so to post upcoming events. Some of the current events are listed below.

Dates to remember

Feb 18th Convention Fundraiser IBEW Hall Anchorage AK 6-9pm

Feb 24th , 2018 Virtual CAR/CAT via ZOOM @ (<https://zoom.us/j/887873329>);

(phone 669 900 6833 Meeting ID: 887873329) or (iPhone one-tap : +16699006833, 887873329#) Hosted by Region 51

Feb 24th-25th 5th Annual NA Women's Retreat Soldotna AK

In Fellowship,

Frank P

The Chair suggests the RD coordinate efforts with the Areas on the CAR/CAT. The Chair pointed out the Alaska Region's Outreach committee is not defunct and the RD's report is inaccurate. Golden Heart RCM points out that meeting minutes are available online.

Alt. Regional Delegate – Dave S. (Present)

Dave gave a report to add more to Frank's report. Mentions that regions indicated interest in providing financial help for Alaska Outreach. Frank clarifies some of the budget voting points. Lou Ann asks if the

requests for money are annual. She suggests these items go under new business to go back to the areas for voting.

Regional Convention Chair – Kenai Chair (Not Present - Audrey B)

Dennis (Hotels and Hospitality) offers report about Kenai convention. Logo is in the works. Programming is listening to speaker tapes. Hotel is all tied up (\$1200 deposit). Comping rooms for speakers. Some transportation puzzles are being solved and possibility of charter flights for members. There will be another meeting soon. Dates of convention are October 5-7, 2018. Convention is in Land's End in Homer, Alaska.

Hospitals and Institutions Subcommittee Chair – Audrey B (Not present and no written report)

Public Information Regional Subcommittee Chair– Doug P. (Present)

Public Information Report

Public Information Report

Nome Outreach

We had an opportunity, ongoing, to do some PR/Outreach to Nome. Nivi wanted to start a meeting and this was a big part of it. We discussed at the Convention. Nivi's information is

We trained up Joe L and Chris on PR presentations. Having drafted an NA informational from Chapter 2 and 4 out of the Public Relations Handbook (see pdf "Communicating the NA Message to the Public", I went over this with Chris and Joe over a couple of days. I sent a copy to Nivi as well. I have attached it as well.

Nivi contacted Kawerak, Sitnasuak, Bering Straits, and NSBHS "Matrix". I contacted Seaside and Anvil Mountain.

Kawerak Inc. 443-5231 contact@kawerak.org <http://www.kawerak.org/>

Sitnasuak Native Corporation 907.387.1200

Bering Straits Native Corporation 907.443.5252 info@beringstraits.com

<http://beringstraits.com/>

Norton Sound/Behavioral Health Services 907.443.3344

Seaside Center 907.443.6390

Anvil Mountain Correctional Center

Joe and Chris traveled to Nome on November 13 and returned on Thrs. the 16th. They did a presentation at Rural health conference to a "lot of people" on a 10 am slot on Tues. Chris held a meeting at Anvil Mountain for addicts. Chris and Joe held a meeting at the half way house (Seaside) for addicts.

NSBHS "Matrix" did not respond for whatever reason. Bering Straits did not participate either, but since they are "for profit" corporation, it is not that surprising.

Nivi has since followed up by assuming responsibility for H&I meeting at Seaside and a regular meeting at the Cultural Center on Fridays at 7 pm.

I recently contacted the Nome Nugget, who are going to put the Friday NA Meeting time and place on the Calendar of the Nome Nugget.

Expenses for this were the tickets for Joe and Chris. Also some literature expense for Nivi group.

Tuesday Phone Meeting:

We started this up easily enough on Tuesdays at 7 am. We had pretty good action early on. After a couple of months we received the AT&T phone line invoice, and this meeting was running about \$160 per month, and really we rarely ran more than 3 or 4 persons at a meeting. The cost is based on per line basis. Thus this meeting was unsustainable.

We switched to Zoom. Zoom is more cost effective, but it has liabilities such as poor internet and long distance block inaccessibility. We have not tried lifeline yet.

Rural Alaska going forward (I would just as soon call it "off the road system" as "remote" since it is more descriptive)

I have been talking about Bethel to members and we are looking to reach out to Bethel. Bethel has a couple of NA meetings in the YKHC Behavioral Health treatment center, on Thursdays and Fridays, but they are subsidized by the treatment center. We are looking to get one started outside of the facility, and know of places to host, but need "the" member to step up. In this case we would reach out to the City, YK Behavioral Health, DOC facility, the Tribes, POs, and etc.

I need to maintain contact with Ketchikan, Juneau, and Kodiak. As far as unorganized Areas go Ketchikan and Juneau are solid these days. I cannot say about Kodiak.

AKNA.org

I plan to launch and overhaul of our web page. Alex here in Anchorage is a good IT guy and he wants to help. Our site has some good things; the Area sites with records of minutes and newsletters. I would like to restore responsibility for maintaining those sites back to the Areas. Our site lacks resources for the professional.

It would also be good to better inform the Areas about what is happening in the Region. I would like to use Google Groups communication to send out e-blasts periodically.

Outreach Expenses

Literature	\$88.
Round trip Airfare to Nome for two	\$500
Teleconference Recover Meeting	\$549.15
Zoom	\$149.90
	\$1287

In Loving Service

Doug P

Attachments: "NA Presentations to the Public"

Discussion: Shawn mentions we may be overlapping in outreach and that we need to stay in contact. Doug contacted Adam and offered to help with PI communications. Frank asks question: who is on the committee and when does it meet? Doug responds: there isn't a time. Frank suggests that maybe Doug could use a committee. Paul brings up some stuff about PI and it gets to be mentioned in new business.

Literature – Vacant

OLD BUSINESS

Regional Position Nominations

- a. Chair (Tony nominated by Anchorage) He has a great resume. Paul was nominated by Fairbanks and would like to step aside so Tony can be chairperson. Paul does not have clean time or service requirements.
 - a. ADD TONY'S QUALIFICATIONS
- b. Vice Chair (none)
- c. Secretary (none) Paul is pro tempored into Secretary by Lou Ann. Nomination needs to come to region from an area.
- d. Treasurer (none)
- e. Literature (none)

Treasurer needs a nomination. The election of Shannon was for the balance of a term that ended in last October. Lou Ann discussed treasurer position location and says it has traditionally been held by someone in Anchorage because of the PO Box location.

Voted on prudent reserve policy (\$3500). Kenai votes yes. Golden Heart RCM voted yes. Anchorage voted No. 2 Yes, 1 No, so the motion passed.

Update on Convention Policy ad hoc committee to get started. Dennis A is chairing it. Dennis is stepping down from Regional service and the Convention Policy ad hoc committee has ended.

NEW BUSINESS

- A. Vote on the payment for Zonal Forum expenses for Tony (\$443). Tony asked for airfare and hotel. RCMs vote: Anchorage Yes, Fairbanks Yes, Kenai Abstain. Vote Passes.

- B. The RD requested in his report technology funds for the Zonal Forum and the funds will be used for facilitators the help move the forum along. This position will last three (3) years and the request is for \$300 per year for three years and the funds will be used for airfare and Zoom/Loomio. The Chair suggests this should be a motion and go back to the groups and the PI chair clarified the specifics of the motion. Anchorage RCM moves the motion be brought to the Areas for a vote and with further discussion concerning budget, the Golden Heart RCM seconds the motion.

Motion to Fund Technology Facilitator for Three (3) Years

Intent: The motion requests funds of \$300 per year for three (3) years to help fund facilitator(s) and Zoom technology from each of the regions that are currently members of the Western States Zonal Forum.

Outcome: To help the regions communicate more effectively.

Financial Impact: \$300 per year / Total \$900

- C. Paul H. from Golden Heart asked to be included in new business because he has new ideas concerning regional outreach.
- a) Lively discussion about the state of the regional outreach committee followed.
 - b) Tony L. suggested Paul H. send his information to regional PI subcommittee chair to see how we can make everything work through region as suggested by Anchorage RCM.
 - c) Paul agreed to send his information to regional committee.

Next meeting – Monday April 9, 6:30 pm 2018

Motion to Adjourn and Close with NA Third Step Prayer.

Action Items:

a) Vote on Tony L for ARSC Chair

b) Vote on the Motion from WSZF:

Motion to Fund Technology Facilitator for Three (3) Years

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Attachments

- Tony L's Qualification for ARSC Chair
- Communicating the NA Message to the Public

Tony L. Chair Qualifications

Qualifications for service:

I have been involved in service for 25 years

I've made coffee and cleaned ashtrays opening and closing meetings

Been doing the jail meeting for 24 years weekly except when traveling

I've had every position at area except Chair, Vice Chair , secretary, and treasury

Regional convention chair and all subcommittee positions except Secretary and treasury including RD and ARD twice

I am willing and able to serve as regional Chair if voted in.

Thank You

Tony L.

NARCOTICS ANONYMOUS PRESENTATIONS — COMMUNICATING THE NA MESSAGE TO THE PUBLIC.

Introduction

Narcotics Anonymous may be a community resource for your members, clients, family or anyone affected by addiction.

- NA's program of recovery has been working in the lives of hundreds of thousands of addicts around the world for over 62 years.
- Going to NA meetings may provide your clients or members access to support from NA Members and an ongoing 12-step program of recovery.
- After attending some meetings to see what NA has to offer, clients/members/family/patients can decide for themselves whether recovery in Narcotics Anonymous is a path for them.
- We have a solution to addiction. It may not be a fit for everyone, but it is a fit for some.

What is Narcotics Anonymous

- NA is a world wide, multilingual, multicultural, nonprofit fellowship based on complete abstinence from mood- or mind-altering drugs, including alcohol.
- There are nearly 67,000 NA recovery meetings held weekly in 139 countries.
- Membership is open to all drug addicts, regardless of the particular drug or combinations of drugs used.
- NA's 12 Steps are adapted from those of Alcoholic Anonymous.
- When adapting AA's First Step, the word "*addiction*" was substituted for "*alcohol*", thus removing drug specific language and reflecting the "disease concept" of addiction.
- NA defines "addiction" as a spiritual, mental, and physical diseases.
 - The "physical" aspect is the compulsion to use drugs and the inability to stop once an addict starts using.
 - Obsession, an overpowering desire to use drugs, despite the destructive consequences of using, is the "mental" aspect of the disease of addiction.
 - The "spiritual" aspect is the total self-centeredness of addicts when using.
- NA links together a recovery process and a peer support network.
 - One of the keys to NA's success is the therapeutic value of addicts working with other addicts.
 - Members share their successes and challenges in overcoming active addiction and living productive, drug free lives through the application of the principles contained in 12 Steps and 12 Traditions.
 - These principles are the core of the NA program.



- NA is a non-religious program of recovery. Members are encouraged to cultivate his or her understanding of God or Spirit to apply in the program and life.

Many of us understand God to be whatever force keeps us clean. The right to a God of your understanding is total and without any catches.

Step Three, Basic Text

- **The 12 Steps of NA:**
 1. We admitted that we were powerless over our addiction, that our lives had become unmanageable.
 2. We came to believe that a power greater than ourselves could restore us to sanity.
 3. We made a decision to turn our will and our lives over to the care of God *as we understood Him*.
 4. We made a searching and fearless moral inventory of ourselves.
 5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
 6. We were entirely ready to have God remove all of these defects of character.
 7. We humbly asked Him to remove our shortcomings.
 8. We made a list of all persons we had harmed, and became willing to make amends to them all.
 9. We made direct amends to such people wherever possible, except when to do so would injure them or others.
 10. We continued to take personal inventory and when we were wrong promptly admitted it.
 11. We sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of his will for us and the power to carry that out.
 12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts, and to practice these principles in all of our affairs.

NA Membership Requirements --

- There are no social, religious, economic, racial, ethnic, gender, or class-status membership requirements or restrictions.
 - There are no dues or fees for membership, though most members contribute something to help with meeting space rent or coffee...
- **The 12 Traditions are our group and service guidelines**
 1. Our Common Welfare should come first, personal recovery depends on NA Unity.
 2. For our group purpose there is but one ultimate authority – a loving God as He may express himself in our group conscience. Our leaders are but trusted servants; they do not govern.



3. *The only requirement for membership is a desire to stop using.*
 4. Each group should be autonomous except in matters affecting other groups or NA as a whole.
 5. Each group has but one primary purpose – to carry the message to the addict who still suffers.
 6. An NA group ought never endorse, finance, or lend the NA name to any related facility or outside enterprise, lest problems of money property, or prestige divert us from our primary purpose.
 7. Every NA group ought to be fully self-supporting, declining outside contributions.
 8. Narcotics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
 9. NA as such ought never be organized, but we may create service boards or committees directly responsible to those they serve.
 10. NA has not opinion on outside issues; hence the NA name ought never be drawn into public controversy.
 11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
 12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.
- Tradition Three – The basis of this tradition “desire” is not quantifiable. It is from the heart. As members, we cannot judge the heart. Even if someone keeps relapsing, we keep welcoming them back!
 - Tradition Five – Our primary purpose is to carry the message, which is that any addict can “quit using, lose the desire to use, and find a new way to live”. This is true; we do not live challenge free lives, but we stay clean.
 - Tradition 11 – We keep our face and name out of press, radio, and films. This protects the fellowship and the addict.

Meetings and the “Program”

- While the steps are the core of the program, we share our message, one addict to another, foremost in a Meeting. Meetings are generally 60 to 90 minutes in length.
- General information that Applies to NA meetings (from *An Introduction to NA Meetings*)
 - We are not concerned with types or amounts of drugs used. We focus on the ways addiction and recovery affect our lives.
 - NA meeting are not classes or group therapy sessions. We do not teach lessons or provide counseling. We simply share our personal experiences with addiction and recovery.
 - Meetings are often held in churches, treatment centers, or other facilities,



- because these places tend to be affordable, available or convenient. NA is not connected with the host facility or any other group or organization.
- To respect the anonymity of all of our members, we ask that people who attend our meetings not discuss who was at the meeting or what they share.
 - NA has no membership dues but it does cost money to hold meetings and provide other services to further our primary purpose. Our members make voluntary contributions to support the group. Nonmembers are asked not to contribute so that we may remain “self-supporting through our own contributions.”
 - Our program of recovery begins with abstinence from all drugs including alcohol.
 - Sometimes people come to NA meetings while still using drugs, or on a drug replacement therapy.
 - Regardless of what one is taking when they come to NA – *We – the group – works to make them welcome.*
 - NA has no opinion on medication for pain or mental illness. These are outside issues for us, and NA does not have opinions on outside issues. These are issues between the member and his doctor (and probably his sponsor).
 - NA deems the use of medication assisted therapy (such as Suboxin and methodone) as contrary to the program of complete abstinence. However, we cannot see into the heart of the addict, “if they have a desire to quit using”, which is the desire or basis for “membership” in NA.
 - Sponsorship is an important part of this. We have members who have got clean after 6 months or a year from various drug-assisted programs and are active in recovery today.
 - Things you might see at a Meeting:
 - Meetings are wide variety and we deem diversity as our strength.
 - Meetings are either discussion or speaker or literature. Speaker meeting is one or two persons share during the meeting. Discussion is members sharing in turn.
 - Visitors and newcomers are asked to introduce themselves by their first name.
 - Newcomers are usually welcomed with a welcome key tag and hug or handshake.
 - It is customary to circle up at the end of the meeting and close with a prayer. Though we have prayer, ours is a spiritual not religious program.
 - Groups often will sign attendance sheets, but they may not. It is a group decision.
 - Most groups provide schedules and some sell literature.



- About Sharing in a Meeting
 - NA relies on the “therapeutic value of one addict helping another”. Nonmembers are usually asked not to share, except for the occasional clean date anniversary or like circumstances but family or close friends..
 - Members are usually asked to only share once per meeting mindful of the meeting’s time limitations. Many meetings ask members to limit sharing to 5 minutes or less.
 - Members are encouraged to avoid “crosstalk”, which means we share our own experience and not respond to other members. Individuals have conversations before or after meetings.
 - Some groups ask members to avoid sharing explicit details and descriptions of drugs and using in meetings, and to focus instead on how addiction and recovery have affected us.
- An Atmosphere of recovery
 - We do not allow drugs or drug paraphernalia at a meeting. (we do not search people either).
 - We discourage harassment, threats, or disturbing behavior before, during, or after the meeting. This includes unwelcome sexual, romantic, financial, and religious solicitation. Our meetings are for sharing NA recovery.
 - We ask latecomers to find a seat quietly and avoid distracting people.
 - We discourage side conversations. Even in low whisper, they can interrupt.
 - We generally ask members to turn off their phones at the meeting to avoid calls or texts that can interrupt the meeting.
 - In many places Hugs are a common NA meeting. If one is not comfortable hugging, they should just say so. Members understand this, particularly of newcomers.

ANY QUESTIONS, PLEASE.