

Alaska Region of Narcotics Anonymous

Wednesday August 27, 7pm

ZOOM Meeting ID: 835-729-936

Phone Numbers: 408-638-0968 (please use this one), 877-853-5247, 646-876-9923,
877-369-0926

Meeting started with the Serenity Prayer.

Frank (RD) chaired meeting since Tony couldn't make it.

Reading of the Twelve Traditions and Twelve Concepts of Service.

Roll Call

Chair Tony NOT PRESENT (Frank Chairing)

Vice Chair (Nominee) Yvonne PRESENT

Secretary Paul (Pro Tempore) PRESENT

Treasurer Bob (Pro Tempore) PRESENT

Anchorage RCM Susan PRESENT

Anchorage Alt RCM

Fairbanks RCM Shawn PRESENT

Fairbanks Alt RCM

Kenai RCM - Dennis PRESENT

Kenai Alt RCM

Regional Delegate Frank PRESENT

Alt Regional Delegate Dave S PRESENT

Convention Chair Audrey C

H & I Chair

Public Information Doug P PRESENT

Literature

Outreach Paul PRESENT

Amendments to Agenda

None proposed.

Approval of Last Meeting Minutes

Shawn motions to approve. Susan has just got them and hasn't read them. Dennis hasn't reviewed them. Dennis thought we were only going to vote on the previous nominations. Paul sent out the minutes in advance and thought this was a regular Regional Committee Meeting. Minutes not approved cause motion isn't seconded.

Shawn mentions it has been discussed that we were planning to have extra Regional Meetings for the next couple months to get a little more organized and that it is in the previous minutes.

Tabled for approval of last two minutes till next meeting. Motion seconded.

Frank explains that people can reach out for help with the minutes in advance and Shawn mentions that it is the Chairperson's responsibility to send out the Agenda prior to the Regional Meeting.

Reports

Anchorage RCM: Susan

Oral report given. They are ready to vote. No written report submitted. Susan has a new email address.

Fairbanks RCM: Shawn

There are eleven groups active with two to three meetings per day seven days a week in Fairbanks, two meeting a week on North Pole, three meetings a week in Utqiagvik, a meeting in Nenana and a Zoom internet meeting on Tuesdays at 7:00pm. There are between three and forty members attending each meeting. Some of our meetings have changed location and are be updated on the Area Meeting Schedule but slow to update on the website. GHANA (Golden Heart Area Narcotics Anonymous) has all Committee sub-committee positions but RCM alt filled. We have a nomination for RCM alt the groups need to vote on now.

I continue to reach out to the groups and GSR's 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 continue to share at local groups and Area the purpose of Region and how Region helps the Area carry the message of recovery throughout the State of Alaska. I informed GHANA that Regional positions are on their two-year rotation and that we need nominees for those positions.

Activities: meets on the second Wednesday of every month at First Presbyterian Church at 8:00pm and has hosted local events to help raise funds, build unity and communities among the Groups. Some of the events were Karaoke nights and bowling. We have posted these events and dates to the Regional web page. We invite all Area's Activities committees to join on Zoom. Some of the activities are is month where bowling.

Public Relations: meets on the third Wednesday at First Presbyterian Church at 8:00pm. PR committee continue to promote volunteering to support all our institutions commitments and continuing to reach members to go to the halfway houses and jails for both male and female. They are working continued support for the Nenana meeting. As well as participating in the Outreach committee to organize a meeting in Delta and get the line of communications open statewide. We invite all Area's PR committees to join on Zoom.

Vote:

We have voted on nominations to this Region.

Nominations:

Nomination: Paul H. for Regional Secretary. Passed

Nominate: Bob L. as Regional Treasurer with Resume. Passed

Nominate: Yvonne A. as Co-Chair with wave of clean time requirement. Passed

Discussion Items:

Motions

Thank you, for the opportunity to serve,

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

Kenai RCM: Dennis

No report.

Secretary: Paul

Please email your reports to me.

Thanks,
Paul

Regional Delegate: Frank

Frank will give his report at the convention if possible. A new alternate delegate will be needed soon. It would be nice to get more women involved.

Susan asks Dennis about insurance. Insurance is Paid up until April next year. Susan brings up comingling of regional money with individual members money in the past.

Treasurer: Bob

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		Income	Income Discription	2019 income	Income to collect
1							
	Convention Donation	2,500		2,500.00		2,500	
	Interest income						
	Area Donations	2,000		2,000.00		2,000	
	Other Donations					- 0	
	Fund Raising Event						
	Income total	4,500		4,500.00		4,500	4,500
	GRAND TOTAL - INCOME	4,500		4,500.00		4,500	-
	EXPENSES	2019		Runng total 2019			
1				Expense	Expense Discription	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,Commucation s..	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	6,674
	Net +/-	-2,174					

Date	Check no	Payee	Amount	Deposit	Description	Ending Balance	Category
1/23/18				\$ 4,227.74	2017 Convention	\$ 12,775.61	convention income
2/11/18	2386	Tony L	\$ 243.00		WSZF expenses	\$ 12,532.61	WSZF
2/11/18	2388	NAWS	\$ 222.77		Donation	\$ 12,309.84	Donation to NAWS
2/28/18	2389	Tony L	\$ 180.90		WSZF expenses	\$ 12,128.94	WSZF
2/11/18	2390	Dave S	\$ 1,364.21		WSC	\$ 10,764.73	wsc
2/28/18	2391	Dave S	\$ 120.00		WSZF expenses	\$ 10,644.73	WSZF
3/7/18	2392	Dave S	\$ 603.11		WSC workshops	\$ 10,041.62	wsc workshops
	2392	Dave S	\$ 541.40		WSC	\$ 9,500.22	WSC
4/9/18	2393	Hub Insurance	\$ 250.00		Insurance	\$ 9,250.22	Insurance
4/9/18	2394	Switchboard	\$ 63.26		Help line	\$ 9,186.96	Helpline
4/9/18	2395	USPS	\$ 200.00		Po Box	\$ 8,986.96	Admin
4/9/18	2396	ACS	\$ 2.54		Help line	\$ 8,984.42	Helpline
4/9/18	2397	AT&T	\$ 243.74		Teleconference	\$ 8,740.68	
5/4/18	2400	ACS	\$ 5.24		Help line	\$ 8,735.44	Helpline
5/4/18	2401	Switchboard	\$ 119.15		Help line	\$ 8,616.29	Helpline
						\$ 8,616.29	

						\$ 8,616.29	
7/4/1 8	2403	Doug P /	\$ 1,210.50		insurance	\$ 7,405.79	insurance
7/4/1 8	2404	AT&T	\$ 142.15		Teleconfere nce	\$ 7,263.64	
7/4/1 8	2405	Switchboar d	\$ 111.00		Help line	\$ 7,152.64	
7/4/1 8	2406	acs	\$ 3.67		Help line	\$ 7,148.97	
7/23/ 18	2398	ACS	\$ 20.00		Help line	\$ 7,128.97	Helpline
7/23/ 18	2399	Switchboar d	\$ 166.33		Help line	\$ 6,962.64	Helpline

Alternate Delegate: Dave

To: Alaska Regional Service Committee of Narcotics Anonymous 8/22/18 From: Dave S. –
Alternate Regional Delegate
ARD Report – World Service Conference 2018

Saturday – pre conference

WSO tour was conducted by members of the office staff. WSO currently prints almost all of the non-hardbound NA literature on-site and has expanded its warehouse space to accommodate this.

The decision making process on the floor of the conference has changed (pursuant to decisions made at WSC 2016). In moving towards a more 'consensus-based decision making' process, a 2/3 majority is required to approve a new proposal. A straw poll will be taken first and if there is an initial strong consensus (80% support or not in support), then the conference will have the option to discuss and decide without further amendments. Additionally, the original maker and the board will not present their rationale in order to save time. There is limited discussion and the conference is polled to see if consensus continues. In practice the cofacilitators 'test the waters' during discussions and continue while there is still movement in the polling until a consensus (2/3) is reached.

Voting is: 1) for 2)against 3)abstain 4)present not voting

In the last option, the vote is not added to the total when calculating the consensus. This becomes very different from a vote to abstain as that is often a de facto vote against.

Sunday – CAR

Began by approving the above changes to how motions, now called proposals, will be handled on the floor for this conference. Conference passed a proposal that allows seated regions who are unable to attend due to travel restrictions to participate remotely. This became a more heated discussion as certain kinks in the new process were ironed out.

As an aside, it should be noted that setting the WSC agenda also sets the 'narrative', and is a subtle and powerful tool. Future delegates may want to be aware of this.

An evening delegate sharing workshop encouraged delegates to make contacts with each other. Monday – CAR

As the actual motions and results are detailed in the Alaska Regional Delegates' report, they won't be repeated here. The proposals were broken up into categories.

The topics:

Literature

FIPT (regarding the recent request for an audit from the South Florida Region) WSC related

The role of Zones

Events

Issue Discussion Topics

Drug Replacement Therapy

Tuesday – Reports

There was a presentation on Public Relations work and materials developed and used throughout the world as well as resources developed locally by various regions. Some of the media developed by various regions was quite remarkable. A sampling was presented during each break. Some of these can be accessed on the NAWS website under PR and the RD and ARD have access to some additional materials.

Human Resource Panel gave a report about the process for selecting World Board members, future HRP members and the Cofacilitators for the next World Service Conference.

NAWS presented their report which is on the website and contains a lot of information.

There was a discussion of the Fellowship Intellectual Property Trust that holds the literature and logo rights for the fellowship. This was written over 25 years ago and does not seem to properly address the changes that have come to Narcotics Anonymous and to media in general. More will definitely follow from this in the future.

Wednesday – Future

Some presentations and discussions on effective planning and future discussion topics.

Western States Zonal Forum met during dinner break and discussed/developed guidelines to be taken back to the regions for approval and inclusion as well as starting up the Zoom/Loomio platforms for work between zonal meetings.

Thursday – Discussion and Decisions

Originally slotted for Fellowship Development, the WSO and the World Board used the first morning session to discuss South Florida Regions audit request. An agreement was made to begin this audit shortly after the conference, and the findings will be available.

The afternoon and evening were spent in discussion and decision of the Conference Approval Track materials (budget, project plans, etc.)

Friday and Saturday – New Proposals, Election results and moving forward.

A list of new proposals from the regions was handed out earlier in the week and Delegates rated their importance. From that a list of proposal was discussed in small groups and large group forums. This appears to have been a significant improvement from how this has been done in the past (very painfully, by all reports), The downside to this was that perhaps more new business could have been accomplished, The decision of how much to cover is an important one.

This was an incredible experience and an opportunity to see first-hand the Worldwide Fellowship and to hear how other members face challenges that I was unable to imagine. Thank you Alaska for allowing me to participate!

In loving service, - Dave S

Public Information: Doug

Public Relations Report

Bethel Meeting -- We have been re-booting the radio ad, KYUK, resubmitting the public service announcements. Also posting the ads for the NA meeting in the Tundra Drums.

Nome Meeting – Plan to re-boot the PSA in the Nome radio, KNOM. Also it appears that the Fairbanks public radio tv plays in Nome. Planning to put PSA there as well. Ad in the calendar of the Nome Nugget going on.

Arlene went to Nome a couple of weeks ago and went to the meeting on Fridays at 6:30pm. Meeting is happening. Bethel meeting is good with 4 or 5 persons.

The AKNA.org site has had an over haul. Kudos to Alec. Plan is to make the site robust enough to give Areas management and maintenance of their sites. There has been concern that members could “upset website appletart” if we grant this kind of access. Alec is building this kind of robustness into the site.

I want to acknowledge Shannon’s volunteer work over past six years. He is busy with school and backed off from the web site maintenance last month.

We need to be doing phone line training for members that are answering our regional help line, and public relations training for members interacting with gatekeepers. Let me know and I will work out a time.

ILS

Doug P

Shawn mentions that there are people in Fairbanks that would like to receive emails about future committee meetings, particularly involving the website. Doug mentions that he reached out to Adam in Fairbanks and got nothing back. He encourages members to reach out to him and he will get back to them.

Outreach: Paul

We were given ftp access to the region outreach page. We have updated the page and posted some of our meeting minutes. We are still waiting for some business at region to finish up. The Kenai region contributed some great outreach ideas and unfinished outreach projects to work on. Our next meeting is scheduled on the Zoom line at 8 pm August 27.

In Loving Service,

Paul H

Frank mentions Hybrid Zoom/Real Life meetings have been discussed in Fairbanks. Susan mentions there is no outreach committee in Anchorage. Shawn mentions that members interested in outreach in other areas of Alaska are welcome to join the committee zoom meetings. Future outreach committee meetings are scheduled and posted on the website.

Old Business

Nominations

Paul H Secretary Fairbanks - Kenai abstain, Fairbanks and Anchorage yes.

Bob L Treasurer Fairbanks - Kenai abstain, Fairbanks and Anchorage yes.

Yvonne A Vice Chairperson with Clean time requirements waived - Kenai Abstain, Fairbanks and Anchorage yes.

New Business

Nothing

Meeting Discussion

Susan thinks we are going in right direction and thanks everyone for their service.

Next meeting at convention in Homer @ 345 pm on the Saturday October 6.

Susan motions to close and its seconded.

Closed with the third step prayer.