

Upper Midwest Regional Service Committee of Narcotics Anonymous
 UMRNA Minutes – **January 12th, 2008** – Grand Forks, ND

Attendance	Term Ends	Position Holder	Status
Regional Chairperson	July	Currently Paul S	present
Regional Delegate (RD)	July	Currently Wendy F	present
Alternate RD	July	Currently Wes K	present
Secretary	July	<u>Open</u>	N/A
Regional Activities Chairperson	July	Currently Chris C	present
Fellowship Development Chairperson	July	Currently Alex P	absent
Web Resource Person	July	Currently Daryl F	present
Treasurer	January	Currently Wes K	present
Regional Co-Chairperson	January	Currently John F	present
RCMs: Jim N (Lake Agassiz), Rob H (L&C Alt RCM). Also present: Dave W, Jeremy T, Rich, Craig, Nick			

1.) **Opened** meeting with Serenity Prayer, 12 Traditions, 12 Concepts, Introductions.

2.) **Quorum** was met (LAASC & LCASC RCM's present). 6 voting participants.

3.) **Executive Reports** Chair's Report – Paul S – Greetings fellow addicts -- I finally have something to report! I worked with Wes K. on the process for nominating him for the Human Resources Panel. Good luck Wes! Thanks to Vice Chair John F. for updating the Guidelines.

I still do not have any notes from the Spring and Summer 2007 RSCs... Former Secretary Charles E. has ignored repeated phone message and e-mail requests, so I would suggest everyone e-mail me (or our new Secretary) their reports from those time periods so we can at least get those cobbled together. My notes as Chair are mainly long lists of people's names, so if anyone took notes that might be helpful.

Please let me know ASAP if you have any New Business. Also, please make sure you e-mail a copy of your reports to the Secretary, or whoever is doing the minutes from this meeting. Thanks to Karen M. for doing October's minutes!

Secretary's Report – Position Open – October 2007 Minutes approved 6-0-0 (*Paul will assemble April and August 2007 minutes and put together January 2008 minutes.*)

Treasurer's Report – Wes K – (*Financial and Books Reports at end of minutes*)

Hello All, I am glad to say we have some money and the bills are paid. I have spent some funds between the last and this meeting, all within the budgets with the exception of the \$300.00 for group starter kits for the FDC. There is no budget for FDC as of this writing but is an item for business at the meeting. I noticed the PO Box was paid in Jan of 2007, we have not received a bill in the box for renewal as of Saturday, I plan to stop in there this week to make sure of the date it comes due. We will have some more expenses between this and the next regional meeting for GSR assemblies in 3 cities. That is great.

I am attaching the financial report and a copy of the books (this time number lined for easier reading). There is \$3582.84 in the checkbook, as well as the ledger. Please keep your receipts for your gas expenses for this meeting.

I see that my term is also up as treasurer; I would like to fulfill another term for 2008.

Thank You for the opportunity to serve, Wes Kukert tippyturtle@hotmail.com

4.) Subcommittee and Resource Reports

Activities Subcommittee – Chris C – (*at end of Minutes. Guidelines to be presented July 2008*)

Fellowship Development Committee (FDC) – Alex P – no report.

Web Resource Person Report – Daryl F –

Website Activity For Period October 2007 to December 2007

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 Hits 27,617  
 Visitors 3,439

Views:

Meeting lists:

|                      |     |
|----------------------|-----|
| Lake Agassiz Area    | 391 |
| Lewis and Clark Area | 263 |
| Manitoba Area        | 282 |

~~~~~  
Updates 26
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Disk space used 66% of 100 megabytes.

The trial of the RSC Forum on umrna.org was completed. It quickly got adopted as a means to communicate and started becoming a standard before it was actually approved. We had 50 posts in 9 topics by 11 members. Now we just RSC approval to make it official. Should that be added to New Business or discussed now?

Work continues on Web RP Handbook. This is the information my successor will need to administer the website and domain on behalf of the RSC. Yours in service,  
Daryl F.

## 5.) Regional Committee Member (RCM) Reports

**Lake Agassiz Area RCM** - Jim N – The LAASC (Lake Agassiz Area Service Committee) will meet January 19, 2008 at the Presbyterian Church, 650 2<sup>nd</sup> Ave N, in Fargo, ND. We will hopefully fill the following positions: Chair, Treasurer, Parliamentarian, and Literature Chair. We have two nominations for Treasurer: Jeremy T and Jeff R. Two motions that will be decided on, after having being sent to the groups are: That all auctions and raffles at our events are silent auctions and raffles, and a motion to condense our group reports to utilize our time better.

Wes K, Region Alt. RD, will present the CAR Report February 9<sup>th</sup> at the Old Depot, 701 Main Ave in Fargo, ND from 1pm - 8pm. Food and fun included.

The LAASC has a \$90 donation for the Region.

We have approved the following budget: Executive - \$1890. H&I - \$482.25, PI - \$1529, RCM - \$440.

A successful Fall Banquet was held October 13, 2007.

- **H&I (Hospitals & Institutions)** - The committee held a H&I Learning day in October and has had increased attendance at the weekly H&I meetings, with from 5 - 12 members present. Many are short on clean time and can not participate in many of the Jails. They do help with the NA meeting in the Clay Co Juvenile Center. The Cass Co. men's and women's Jail meetings are temporarily on hold. We hope to restart them again soon. A weekly H&I meeting will begin January 23<sup>rd</sup> in the Clay Co Jail. Literature has been placed in the Clay Co. Juvenile Center, and 11 Basic Texts and a starter kit will soon be placed in the Becker Co. Jail. Literature has also been donated for the Clay Co. Jail.
- **PI (Public Information)** - The committee distributed new meeting lists in December. Efforts have been made to distribute electronically when possible to preserve funds. The phone line is effective and current. A Flyer Project (with tabs with the NA phone line #) is underway.
- **Activities** - Cathy S. is the new Activities Chair. The committee held a successful New Years Event that followed the Fargo Monday Night Candlelight Meeting. An all night NA Lock-In Event is scheduled for January 25<sup>th</sup>-26<sup>th</sup> at the 1<sup>st</sup> United Methodist Church, 906 1<sup>st</sup> Ave S in Fargo, ND. The committee will be part of the CAR Report workshop on February 9<sup>th</sup> at the Old Depot, 701 Main Ave in Fargo, ND from 1pm - 8pm. The committee is looking at holding Pot Lucks after the LAASC monthly meetings.
- **Area Inventory Committee** - The committee has brought forth the first two recommendations to the LAASC. They are: Hold Workshops that teach how to facilitate Workshops, and to develop a list of former trusted servants who are willing to mentor present trusted servants.
- **LAASC Guidelines Ad-Hoc** - Recommended guideline changes have been sent to the groups for review.
- **Service Positions Flyer Ad-Hoc** - Chair position open.

**Lewis & Clark Area RCM** – Rob H (Alt. RCM) – Hello all! Our biggest news from our area currently is the addition of two new meetings, (“*The 5:15 at the 518*” Wednesdays in Jamestown) and the (“*Coal Country Region*” meeting Tuesdays in Beulah). They have been added to our meeting list on the web. Thank you Tony F., for getting us up to date on our meeting list. We are looking forward to the CAR report workshop with Wes on February 2<sup>nd</sup>, at the **Ramada Limited Suites, 3808 E. Divide (I-94 and Exit 161)** in Bismarck from 12:00P – 7:00PM. Car reports have been distributed to the Gsr’s in Bismarck. As reported in our ASC minutes in October, the suggested changes to the guidelines could read something like the following.

**Section IV: (Seating procedure) to be changed to – “a group GSR may be seated as a voting member of the RSC provided the group lies within the geographical boundaries of the Region and is not a member of a represented Area Service Committee.**

**(Section V (b) (non-Participants) to be changed to – GSR or their recognized alternate have a voice but not a vote in the RCM belonging to an Area.**

Swan regretfully will not be able to attend as he is traveling to Rapid City this weekend to be with his family. Yours in service, Rob H.

**Manitoba Area RCM** – not present.

**6.) Regional Delegate (RD)** – Wendy F -- I had the pleasure of facilitated an inventory using the Area Planning Tool with the LAASC on October 27th. At the end, an ad hoc committee was formed and continues to work to implement the result.

The CAR Report came out. It is about 5 times as big as in 2006 (because it includes the Basic Text Stories). I have distributed them to all the groups in Winnipeg and about 2/3 of the groups outside of Winnipeg. While searching for contacts, I found out that one group no longer existed and another has completely changed their meeting date. Wes is distributing the CAR reports in North Dakota.

I received the Travel Memo for the World Service Conference and will be able to make travel and hotel plans starting January 15<sup>th</sup>. The WSC takes place (including Travel Days), April 25<sup>th</sup> - May 4<sup>th</sup>.

I received the Regional Report Form with questions for us to answer and get back to NAWs by February 15<sup>th</sup>. I sent the Area specific questions to Jim (LAASC) and Swan (LCASC) for their responses. Jim has sent me his answers. I hope to have LCASCs by this meeting. I filled in the information for MASC since we still don't have an RCM. I have asked Wes to answer some of the questions as treasurer, and have a few more for Activities.

I have scheduled a GSR Assembly in Winnipeg on February 23<sup>rd</sup> to discuss the CAR motions and seek guidance on new literature direction. If I can squeeze it in, I will also try to workshop one of the current Issue Discussion Topics. They are “Who is Missing from Our Meetings”, “Our Service Structure” and “Building Strong Home Groups”. Wes has also scheduled some GSR Assemblies in North Dakota.

The CAR Report itself contains 12 motions, 6 for the Basic Text changes (New Stories, etc), 2 for the new Youth IPs, and 4 regional motions (2 related to medallions, one relates to Service Pamphlet approval and 1 region is requesting financial support).

We will compile any discussion information we receive from the GSR assemblies. Areas, Groups and members can also add their comments by going to [www.na.org/conference](http://www.na.org/conference) and selecting “Answer the Discussion Questionnaire Online”.

The Conference Approval Track material is scheduled to come out January 25<sup>th</sup>. It contains information generally not of interest to Groups (The NAWs budget, project plans...etc), but if we receive it in time, Wes and I could discuss it at the GSR Assemblies.

To see other new things on the NAWS website, select "New Additions!" from the front page of [www.na.org](http://www.na.org). Two of the latest items are:

- You can sign up to receive today's JFT reading through email, and
- The Medallion Survey. Select from 4 choices of medallions.

Yours in Service Wendy F/UMR RD

**Alternate Regional Delegate (Alt. RD) – Wes K** – Hello all, I am glad to report that there will be 2 GSR Assembly's; one in Bismarck on Feb 2 and the other in Fargo on Feb 9. I have done some preparing by ordering CAR's for some groups and photocopying partial CAR's for some group. I have a reminder/ invitation letter to be sent out within the next week to each group on the US side.

I have made up some flyers for the assembly in Fargo; the LAASC Activities committee is helping out with having a potluck and a fun and fellowship day. I do not know the exact location for the event in Bismarck. It will be after an ASC and a potluck perhaps a speaker meeting to follow. I will have extra copies of the report and will hopefully be able to go over some of the issue discussion topics as well.

I have found a couple of people who are interested in the RDA position that will be helping out with and checking out the process of this assembly to get a better grasp of what this position entails. It has been a "learn as you go" process for both Wendy and I. I would like to set a good pattern for a future RD team.

I have been watching the airline prices for the flight to LA, depending on the day the prices change frequently. I will do my best to save some money on the flight. The hotel reservations can be made anytime by 3-15. I will have the exact dollar amounts for the hotel, air travel, and per diem by the next RSC meeting.

Thank You for the opportunity to serve,  
Wes Kukert [tippyturtle@hotmail.com](mailto:tippyturtle@hotmail.com)

## 7.) Elections:

- a. Treasurer – Wes K was re-elected.
- b. Co-Chair – John F was re-elected

## 8.) Old Business

A - Budget for FDC, Literature Distribution Center idea (*no representative, budget addressed later*)

B – Regional Inventory update (*addressed*)

C – Discussion on Regional Convention moving to each area (*Tabled*)

D – Web Trial Forum discussion (*Daryl may do a presentation at April RSC*)

**Motion D:** To approve and implement the UMRNA Forum and create Guidelines for its usage.

Maker: Jim N            Second: Chris C

Motion Approved 6-0-0

E – Resource Person(s) vote?

**Motion E:** To make the Web Resource Person position a UMRSC officer position to be included in the Guidelines under Section VII-G.

Maker: Jim N            Second: Wendy F

Motion Approved 6-0-0        **(By-law change)**

F – Seating GSRs (*Discussions to be taken to the UMRNA Web Forum*)

G – Automatic Donation to the World (*I have no record of discussion or results – Paul*)

H – Budget for FDC

**Motion H:** To approve \$700 FDC Budget.

Maker: John F            Second: Rob H

Motion Approved 4-2-0

**9.) New Business**

**Motion 1:** To remove Alex P as FDC Chair.

Maker: Jim N            Second: Chris C

Motion Approved 5-0-1 (*Paul S will retrieve Starter Kits*)

**Motion 2:** That all expenses to be re-imbursed by the Regional Treasurer will require a receipt of expense PRIOR to any re-imbusement.

Maker: Chris C            Second: John F

Motion Ruled Out Of Order

**Motion 3:** To give \$55 to the LAASC to pay ½ of the cost of 11 Basic Texts for the Becker County Jail.

Maker: Jim N            Second: Chris C

Motion Approved 4-1-1

4 – Interim FDC Chair – Jeremy T nominated, declines.

**Motion 5:** To suspend the FDC Committee until a Chairperson is elected.

Maker: Wes K            Second: Wendy F

Motion Approved 4-1-1

**10.) Disbursements** (*Were made, none recorded in notes.*)

**11.) Next RSC to be held in Minot, ND on April 12<sup>th</sup>, 2008, noon-4 PM (Lewis & Clark Area)**

Tentatively scheduled July RSC in Winnipeg, Manitoba, and October RSC in Fargo, ND.

**12.) Closed meeting with Circle of Unity and 3<sup>rd</sup> Step Prayer.**

**Treasurer's Reports: Books07\_08.xls:**

|                           | Admin        | Chair        | Co-Chair     | FDC                | RD         | RDA           | Sec            | Tres         | Web          |              |
|---------------------------|--------------|--------------|--------------|--------------------|------------|---------------|----------------|--------------|--------------|--------------|
|                           | <b>\$450</b> | <b>\$150</b> | <b>\$100</b> |                    |            | <b>\$400</b>  | <b>\$2,200</b> | <b>\$150</b> | <b>\$100</b> | <b>\$204</b> |
| Explanation               |              |              |              |                    |            |               |                |              |              | 3            |
|                           |              |              |              |                    |            |               |                |              |              | 4            |
| monthly fee               | 3            |              |              |                    |            |               |                |              |              | 5            |
| return check fee          | 2            |              |              |                    |            |               |                |              |              | 6            |
| monthly fee               | 3            |              |              |                    |            |               |                |              |              | 7            |
| return check fee          | 2            |              |              |                    |            |               |                |              |              | 8            |
| LAASC donation            |              |              |              |                    |            |               |                |              |              | 9            |
| L&C ASC donation          |              |              |              |                    |            |               |                |              |              | 10           |
|                           | 3            |              |              |                    |            |               |                |              |              | 11           |
|                           | 3            |              |              |                    |            |               |                |              |              | 12           |
| Dayrl for web bill        |              |              |              |                    |            |               |                |              | 109          | 13           |
| monthly fee               | 2            |              |              |                    |            |               |                |              |              | 14           |
| return check fee          | 3            |              |              |                    |            |               |                |              |              | 15           |
| MASC donation             |              |              |              |                    |            |               |                |              |              | 16           |
| monthly fee               | 3            |              |              |                    |            |               |                |              |              | 17           |
| return check fee          | 2            |              |              |                    |            |               |                |              |              | 18           |
| facility rental rda       |              |              |              |                    |            | 100           |                |              |              | 19           |
| start-up kits fdc         |              |              |              | 300                |            |               |                |              |              | 20           |
| monthly fee               | 3            |              |              |                    |            |               |                |              |              | 21           |
| return check fee          | 2            |              |              |                    |            |               |                |              |              | 22           |
| rda supplies gsr assembly |              |              |              |                    |            | 98.8          |                |              |              | 23           |
|                           | <b>419</b>   | <b>150</b>   | <b>100</b>   | <b>&lt;300&gt;</b> | <b>400</b> | <b>2001.2</b> | <b>150</b>     | <b>100</b>   | <b>95</b>    | 24           |
|                           |              |              |              |                    |            |               |                |              |              | 25           |

**Financial Report 1.08.xls:**

| Position / Committee  | 2007-2008 Budget  | Actual amount spent | Amount remaining |
|-----------------------|-------------------|---------------------|------------------|
| Chair                 | 150               | 0                   | 150              |
| Co Chair              | 100               | 0                   | 100              |
| Secretary             | 150               | 0                   | 150              |
| Treasurer             | 100               | 0                   | 100              |
| Web resource          | 204               | 109                 | 95               |
| UMR Admin             | 450               | 31                  | 419              |
| RD                    | 400               | 0                   | 400              |
| RDA                   | 2200              | 198.8               | 2001.2           |
| FDC                   |                   | 300                 | <300>            |
| <b>Totals</b>         | <b>3754</b>       | <b>638.8</b>        | <b>3115.2</b>    |
| beginning balance     | <b>\$3,689.18</b> |                     |                  |
| total deposits        |                   | 526.46              | {300+30+196.46}  |
| error reconcile       |                   | add 5               | (monthly fees)   |
| total expences        |                   | 638.8               |                  |
| leaves an decrease of |                   | 107.34              |                  |
| today's balance       | 1.07.2008         | <b>\$3,582.84</b>   |                  |

**UMRNA Activities Committee**

# Committee Chair Report

Report Submitted: 01-12-2008

Reported by: Chris Corbet, Chair

Since our last Report, the UMRNA Activities Committee has been working in two primary directions:

1. **UMRCNA XXV** – We are fervently working toward another successful Upper Midwest Regional Convention: “Spiritual Refreshment” at Fair Hills near Detroit Lakes, MN.
  - a. We have purchased 1,500 Flyers, distributing between 600-700 via the mail as well as at meetings and ASC’s. Flyers were mailed prior to the Holidays to addicts on our mailing list, and just after the Holidays to addiction professionals throughout the Region. Unfortunately, many of the flyers sent to addicts were returned as a result of changed addresses, etc. We are prepared to distribute as many flyers as requested to those in attendance at this quarter’s RSC. The flyer may also be viewed, downloaded and printed from the Regional website. A second mailing to addiction professionals will be distributed about a month before the Convention. All registrations must be submitted via mail, at UMRCNA Registration, P.O. Box 174, Fargo, ND 58107-0174. (We already have received our first two registrations!)
  - b. In the coming months we intend on finalizing the schedule, selecting workshop topics, soliciting workshop presenters and speakers, and determining merchandise options.
2. **Regional Activities Survey** – Approximately two months ago we distributed a Survey to the Fellowship in our Region, in an effort “...to address and meet the desires and needs of addicts throughout the Region.” We, specifically, wanted to address the possibility of returning the UMRCNA to a geographically rotating format. We hoped to create the opportunity for addicts to express their opinions regarding the UMRCNA and “Spiritual Refreshment.” We are not prepared to report any findings from this Survey at this time. A very limited number of Surveys (less than 30) have been returned to date, primarily from within the Lake Agassiz Area. We are hoping to gather additional Surveys from those Areas in attendance at this quarter’s RSC. At that time we will compile and share all the information that has been gathered, as well as present our recommendations regarding future Regional Conventions and “Spiritual Refreshment” to the RSC. As promised, every returned Survey is read by the entire Committee. All feedback will be heard!

The challenges of addict participation in the Regional Activities Committee is no different from that of any other NA Committee in our Region. The UMRCNA has been coordinated by the same core of addicts, with a limited influx of new participants, over the past few years. Those of us working on the Committee do so with a significant level of gratitude, while at the same time a certain level of concern that some may “burn-out,” leaving even fewer to perform the much-needed tasks of pulling off one of the premier NA events in the country. We strongly petition those of you reading this Report to pass the word along: although coordinating the UMRCNA requires following tried and true methods and practices (no need to re-invent the wheel), it does NOT happen automatically. WE NEED MORE HELP! The pride that comes with knowing that “Spiritual Refreshment” is an Upper Midwest Regional event comes, itself, at a cost. That cost is making sure that we have enough addicts to do it, again. If you know of anyone who may enjoy participating in this Committee, please have them contact us. Participants need not live in the Lake Agassiz Area or be able to attend all of our Committee meetings. Help can come in many forms, so encourage your friends in Recovery to join in.

On a personal note, the Regional Activities Committee Vice-Chair (Jason M.) and his wife (Tawnya M.) recently celebrated the arrival of their first child (Jayden). If nothing else, the Committee is working on growing our own. Maybe in a few years.....

Input regarding any of these issues is heartily welcomed. We currently are meeting every 2 – 3 weeks in Fargo. For more information, please call or e-mail me as listed below, or write to the Activities Committee at the above Registration address.

Activities Committee Checking Account balance is as follows:

| <b>Ck #</b> | <b>Date</b>      | <b>Item</b>                | <b>Description</b>                    | <b>Clear<br/>?</b> | <b>Out</b> | <b>In</b> | <b>Balance</b>         |
|-------------|------------------|----------------------------|---------------------------------------|--------------------|------------|-----------|------------------------|
|             | <b>8/11/2007</b> | <b>Beginning Balance</b>   | <b>2008 On-Site Pre-Reg<br/>Total</b> |                    |            |           | <b>\$1,322.0<br/>0</b> |
| 2061        | 8/11/2007        | Lewis and Clark Area       | 4 T-shirts for XXV Raffle             | Y                  | \$26.00    |           | \$1,296.00             |
| 2062        | 12/10/2007       | Mathison's                 | 1500 Flyers, Tri-folded               |                    | \$217.94   |           | \$1,078.06             |
| 2063        | 12/10/2007       | Office Max                 | 500 Mailing Envelopes                 |                    | \$7.93     |           | \$1,070.13             |
| 2064        | 12/10/2007       | Cash Wise Foods            | 260 \$.41 Stamps and Tape             |                    | \$110.80   |           | \$959.33               |
| 2065        | 12/12/2007       | USPS                       | Postage                               |                    | \$10.48    |           | \$948.85               |
|             | 1/2/2008         | Deposit                    | Mathisons and 2 '08 Regist.           |                    |            | \$82.51   | \$1,031.36             |
| 2066        | 1/7/2008         | Copies of Treatment Letter | Kinkos                                |                    | \$5.84     |           | \$1,025.52             |

In Service,

Chris Corbet  
701-388-4064  
cacorbet@cableone.net