

Upper Midwest Region of Narcotics Anonymous
1st Quarter Minutes - 2016

1st Quarter Meeting

- Gladstone Inn, 111 2nd St NE, Jamestown, ND
- 10:00am on February 14th, 2016

2nd Quarter Meeting

- Fair Hills Resort, 24270 Co Hwy 20, Detroit Lakes, MN 56501
 - 10:00am on May 29th, 2016
- 15 Addicts present: Tina R., Paul S., Broch V., Joe M., Tom W., Jeremy T., Nicole A., Brandon F., Alex R., Shawn O., Richard B., Tim B., Brad M., Evan J., Candi B.

Part 1: Quorum Report and Motion to Accept Quorum

Quorum Accepted

Part 2: Approval of Minutes

Motion: Minutes Approved

Part 3: Housekeeping

Meeting Place: Gladstone Inn, 111 2nd St NE, Jamestown ND

Elected Positions:

Treasurer – Shawn O.

Positions Open for Nomination:

Fellowship Development Chair (current willing to continue acting position)

Web Resource Chair (current willing to continue acting position)

***Job Descriptions attached to end of Minutes pg. 8**

Nominations:

Treasurer – Shawn O. (Accepts)

Web Resource Chair –Richard B. (Declines)

Part 4: Reports

Chair: Paul S.

2016-1st Quarter

Chair's Report

Hey everybody,

Will you all be my Valentine??? I am grateful that Ruth and Tom agreed to facilitate the Regional Inventory. I assume a fair amount of our business today and 2nd Quarter will regard implementation strategies and resource assignments.

We will try to use Open Forum again this month. A recap: it is led by the Co-Chair, as stated in our Guidelines. What seemed to work very well was to have Open Forum be less rigid than the rest of the meeting – bursts of back and forth between two or three people was often the best way to further discussion efficiently. So participants will still be led by the Co-Chair, and will need to raise hands to be put on a list, but a more conversational tone may arise here and there. Participants are expected to be self-aware and not dominate discussions. If we need a lot more discussion on an Old Business topic, it likely will be moved to the start of Open Forum. The formal voting section, back under the structure of Robert's Rules, will likely go quickly. Any New Business will be handled in Open Forum first, if possible.

I suggest we hold the 2nd Quarter meeting on Sunday, May 29th, at Fair Hills Resort.

Paul S.

Chair

UMRNA

Co-Chair: Broch V.
2016 – 1st Quarter
Co-Chair's Report

(Verbal Report Given—and grateful to be of service (:)

Broch V.
Co-Chair
UMRNA

Secretary: Tina R.
2016 – 1st Quarter
Secretary's Report

Hello Everyone!

Things have been going well over in secretary-land. :) I have received a few emails on the regional email account in regards to meetings. One email I received was in regards to a meeting in Dickinson and whether or not it was still an active meeting as it was not opened that night. I attached the RCM for the area on to the email trail in hopes to find a contact person and alternative meetings for that person. The second email I received was from someone looking for Nar-Anon meetings. I responded back letting her know that I too could not find any in our region but forwarded on their contact information on their website in hopes she could get in contact with someone. I received an email asking for the Spiritual Refreshment flier. I responded letting them know it was not out yet but I would send one to them when it was available. *This was forwarded to me during the 1st Quarter RSC and I sent a copy of the flier in regards to this email. The last email I received was someone letting us know that the Minnesota Region Webpage had a virus on it. The Minnesota region was contacted about this and the issue was resolved. All other emails received have been in regards to the UMRNA webpage and event fliers to be posted on the page. These have all been forwarded on to the UMRNA web email and posted on the site.

Tina R.
Secretary
UMRNA

Treasurer: Jeremy T.
2016 First Quarter
Treasurer Report

Hello Fellow Addicts,

Due to the Activities Committee setting up the online banking only the Activities' account can be seen with online banking. Being this the case I will be working on this so the next treasurer is able to view both accounts and will be the controller of both online accounts and will set it up so that the appropriate members of the Activities Committee can view that account.

Although I know I was to write this report 10 days prior to the RSC I am writing it after. This being the case and as we all know that Shawn was elected the new treasurer I would like to take the time to thank the UMRSC for allowing me to serve this body as the treasure. I believe that Shawn will make an excellent treasurer and look forward to working with him.

In Grateful Service,

Jeremy T.
Treasurer
Upper Midwest Region of NA

*Checking account info attached to back of 1st Quarter Minutes, Page 9

Regional Delegate Team: Jeremy T. and Tom W.

2016 First Quarter
RD/RDA Report

Hello Fellow Addicts,

The two GSR Assemblies or CAR/CAT Reports for the Lake Agassiz Area and Lewis and Clark Area are set. March 5th beginning at noon in Fargo will be the LAA's and March 19th after 4pm will be L&CA's, look for more specifics on the Regional website. These events are extremely important. At these two events the Regional Delegate and Alternate will solicit input from GSRs who are informed by their groups on how to vote in regards to the CAR (Conference Agenda Report) and the CAT (Conference Approval Track). These casted votes from the GSRs will be forwarded on by the RD Team at the 2016 World Service Conference of Narcotics Anonymous in April. If you are a GSR or and interested member please make sure to well verse yourself with both the CAR and CAT. You can download both for free at na.org/conference.

In the fall of this year the RD Team will have two more workshops or Assemblies for GSRs and interested members explaining specific happenings of the 2016 WSC. The RD Team feels as though the best option for gaining the precious input from the GSRs and disseminating the results of the WSC is by having these workshops or assemblies. It is strongly encouraged that all interested members review these documents and attend, especially GSRs.

In Grateful Service,

Jeremy T. & Tom W.
Regional Delegate Team
Upper Midwest Region of NA

Web Resource Chair: Richard B.

2016-1st Quarter
Web Resource Chair

Good Afternoon team,

The website is still up and functioning. We receive compliments regularly so thank you for providing content to allow a helpful and functional site. Since our last RSC around 2k people have visited the site, 5 events have been posted and took place. May 2015 is the most current meeting list posted for upper Midwest Region. Dec 2015 is the most current meeting list posted for Lewis and Clark Area. Sept 2015 is the most current meeting list posted for Lake Agassiz Area. I don't know the process but I suggest this body produce a more current grand meeting list as it is becoming outdated. We were routinely charged \$214.80 by Dreamhost, our hosting site for a two-year renewal for the UMRNA.org domain.

After today the term for this position has been fulfilled and after today it is open. I have been unsuccessful finding a replacement. If anyone knows a willing person I am willing to train a replacement. As far as me as an individual, I am willing to act in this position until it is filled or my life changes to prevent this offer.

Respectfully,

Richard B.
Web Resource Chair
UMRNA

Activities Chair: Joe M.

2016 – 1st Quarter
Regional Activities Chair Report

(Verbal Report Given)

Joe M.
Regional Activities Chair
Upper Midwest Region of NA

Fellowship Development Chair: Wes K.

2015 – 4th Quarter

FDC

(No report given)

Wes K.

FDC

UMRNA

LCASC RCM: Nicole A.

2016 – 1st Quarter

LCASC

We are finally starting to get our bank account situation figured out thanks to our awesome new treasurer. We have about \$1100 in our account. I received a forwarded email about an addict who went to a meeting in Dickinson, and there was no meeting. We are trying to figure out if there are still meetings going on there, or if they have all folded so we can get it fixed on our meeting schedule. I also received a forwarded email of a letter that an inmate from the James river correctional center. It was actually a very inspiring letter to read. They have two na meetings a week in the facility, Thursday at 6:30 and Saturday at 2:30. They are desperately seeking help from na members from the outside to come in and share their experience strength and hope. Anyone who is interested must coordinate with the chaplain prior to attending. I received this info after our last ASC, so I have not been able to bring it up at our ASC yet. Currently we do not have a H&I chair, or a secretary but the last secretary is still filling in. I am hoping that Lake Agassiz will be able to coordinate with us and help. We have our “crash a meeting” every other month, and I will be pushing for us to go to this meeting at our next ASC. My hope is that Lake Agassiz will join us in crashing this H&I meeting. H&I is currently struggling in our area. Hopefully when we elect a chair it will pick back up. Minot will be having an annual chili cook off Saturday feb. 20th at our redeemers. The flyer is online. We have a motion-

-if a bid is not submitted by the 4th quarter regional meeting, the regional convention will move to a rotational fashion that will be conducted by regional activities. It will rotate through the major NA communities/towns in the region, alternating back and fourth between the two areas.

Our next ASC will be March 19th in Bismarck. Location is to be determined. The rd team plans on doing a car workshop after our ASC at about 5 or 6pm.

Nicole A.

LCASC RCM

Upper Midwest Region of NA

LAASC RCM: Tim B.

2015 – 4th Quarter

LAASC

(verbal report given.)

Tim B., 218 – 443 – 3199

LAASC RCM

Upper Midwest Region of NA

Part 5: Old Business

- Budgets
 - o Budget already spent
 - Website Payment Made, \$214.18
 - RSC Rent, \$150.00
 - AD Travel/Lodging WSC 350.00
 - o Activities still has about \$6,600.00
 - o Vote to pass budgets
 - 8/0/2; RCM Vote 2/0/2

- Motion 8 (RSC Voting – Was tabled from last meeting)
 - o Motion to take off table & into discussion
 - Made by Richard B., Second Tim B.
 - o Passes
 - o Motion brought by Regional activities
 - Discussed if violated 7th concept
 - Discussed issue of balance between Lewis and Clark Area and Lake Agassiz area
 - o Levels of participation
 - Discussed if this motion goes back to trust/lack of between service bodies
 - o Motion to end discussion
 - Made by Richard B., Second: Nicole A.
 - o Vote
 - 8/0/2; RCM Vote: 2/0/2
 - Motion Failed

Part 6: Open Forum and New Business

- Regional Inventory
 - o Ideas/Implementation
 - Separate set of minutes will be created
 - o A lot of individual action needed
 - o Group action
 - Outreach
 - o PSAs, Open Facebook Page, Communication and Professionals
 - When to create a plan of attack
 - Outreach ideas with FDC and Area P.I.
 - o Do not want to duplicate services

- P.I./Meeting Lists
 - o Lake Agassiz meeting list overdue to be updated
 - o Regional Meeting lists needs updated

- Motion 1 (Regional Convention)
 - o Would need to decide rotation and what classifies as a “major city/town”
 - o Difficulties with planning event in a different city
 - o Comparison to current bid process
 - o Need of manpower
 - o How open to common sense?
 - In regards to location and economy
 - o Motion to Table
 - Made by Tom W./Evan J.
 - 8/0/2; RCM Vote: 3/0/1
 - Motion to Table Passes

- Motion 2 (Facilitator Reimbursement)
 - o Covered in Quarter 3 Minutes, Motion B

- Withdrawn by maker
- Motion 3 (RSC Rent – Gladstone Inn)
 - Vote
 - 10/0/0; RCM Vote: 2/0/0
 - Motion Passes

Part 7: Voting

Motion 8: That the voting members at the RSC change to only include the following:

- Fellowship Development Chair
- Web Resource Chair
- Regional Activities Chair
- RCMs
- Alt. RCMS

Intent: To better serve NA as a whole.

Made by: Alex R.

Seconded by: Richard B.

Motion Failed 8/0/2; RCM Vote 2/0/2

Motion 1: If a bid is not submitted by the 4th Quarter Regional Meeting, the Regional Convention will move to a rotational fashion that will be conducted by Regional Activities. It will rotate through the major NA communities/towns in the region, alternating back and forth between the two areas.

Intent:

Made by: Nicole A.

Seconded by: Tina R.

Motion Tabled; 8/0/2 (RCM Vote: 3/0/1); Motion to table by Tom W., Second: Evan .

Motion 2: For the reimbursement of the facilitators for the 2016 inventory 188.02 for lodging.

Intent: To reimburse facilitators of the inventory as this wasn't budgeted for.

Made by: Jeremy T.

Seconded by: Tom W.

Motion Withdrawn by Maker

Motion 3: To pay the Gladstone Inn and Suites \$235.40

Intent: To reimburse facilitators of the inventory as this wasn't budgeted for.

Made by: Jeremy T.

Seconded by: Tina R.

Motion Passed 10/0/0 (RCM Vote 2/0/0)

UPPER MIDWEST REGION ELECTION SCHEDULE

Position	Current Trusted Servant	Opens for Nominations	Date Elected
Chair	Paul S.	3 rd Quarter	4 th Quarter -2015
Co-Chair	Broch V.	3 rd Quarter	4 th Quarter - 2015
Secretary	Tina R.	3 rd Quarter	4 th Quarter - 2015
Treasurer	Shawn O.	1 st Quarter	1 st Quarter - 2016
Regional Delegate	Jeremy T.	4 th Quarter	4 th Quarter - 2014
Alternate Regional Delegate	Tom W.	4 th Quarter	4 th Quarter - 2014
Activities Chair	Joe M.	4 th Quarter	4 th Quarter - 2015
Fellowship Development Chair	Wes K. (acting)	3 rd Quarter	2 nd Quarter - 2014
Web Resource Chair	Richard B (acting)	1 st Quarter	2 nd Quarter - 2015

Part 8: Service Resumes for Nominated Positions

Nomination for Regional Treasurer: Shawn O.

Upper Midwest Region Service Resume

Name: Shawn O.

Clean Date: 03/23/2009

Please list all the group, area, regional and world service positions you've held that you consider relevant to the position to which you are nominated. Please include the positions served within the past five years and approximate dates of service for each position.

I go to nine groups a week, just started at the Mixed Nuts meeting and am the secretary at Area.

If you have not completed a term or have been removed from a service position in the last five years, please explain.

N/A.

What resources do you believe you can bring to the position to which you were nominated?

I am very anal and am a perfectionist..

What life experiences (i.e. school, work, volunteer, etc.) have you had that you believe will help you serve in the position to which you are nominated.

I was a radio man in the military and have been in leadership roles all my life. Have been in leadership schools and trainings.

Have you read the job description and are you willing to fulfill the necessary commitment?

Yes I have.

Please include any other information you consider relevant.

I am proud of the work that you guys are doing and would be honored to serve.

Job Descriptions:

Fellowship Development Chairperson:

A. Chairperson

The Chairperson has these responsibilities:

- 1) Follow the business meeting format.
- 2) Preside over business meetings.
- 3) Be a resource and assist all other members in carrying out their responsibilities to the region.
- 4) Maintain a positive working relationship with all committee participants.
- 5) If the Chairperson has an opinion on any subject under discussion, he/she must get their name on the list and only speak on the topic when it is their turn.

Web Resource Person:

Web RP Requirements

The Web RP position has requirements:

1. Incumbent must have Internet access.
2. Incumbent must have, and now how to use, an FTP client to update the web pages.
3. Incumbent must have ability to create CD-ROM archives.
4. Incumbent must be able to handle incoming documents in Microsoft® Word format and convert them to Adobe® Portable Document Format (PDF).
5. Knowledge of HTML 4.01 and the ability to edit it without using an HTML editor, just a text editor.
6. Knowledge of robots.txt and how to use it to control what search engines index about the Website.
7. Prior experience maintaining a website.

UMRSC TREASURER REPORT (Checking Account)

FOR FOURTH QUARTER 2015

Description	Executive	FDC	Web Res.	R.D. Team	Credits	Date	Balance
Beginning Available Balance						11/15/15	\$3,337.59
Deposit					\$374.07	11/17/15	\$3,711.66
CK# 1003 3rd Quar. Minutes Printing	-\$26.13					11/15/15	\$3,685.53
Credit - Interest					\$0.03	11/30/15	\$3,685.56
Credit - Interest					\$0.03	12/30/15	\$3,685.59
Flight Travel for AD 2016 WSC				-\$321.20		01/20/16	\$3,364.39
Fee for Booking Flight Travel 2016 WSC				-\$30.00		01/20/16	\$3,334.39
Credit - Interest					\$0.03	01/30/16	\$3,334.42
CK# 1004 PO Box Payment - 12 Months	-\$60.00					02/11/16	\$3,274.42
CK# 1005 DreamHost - Website Payment			-\$214.80			02/11/16	\$3,059.62
Ending Available Balance						02/13/16	\$3,059.62
							Total Budget
Beginning Budget 2015.....	\$1,812.50	\$2,300.00	\$315.00	\$3,200.00			
End of Last Quarter Budget.....	\$1,307.98	\$1,745.94	\$315.00	\$2,374.57			
Remanding Budget at End of 2015	\$1,281.85	\$1,745.94	\$315.00	\$2,374.57		12/31/15	\$5,717.36
Total Credits	4	\$374.16					
Total Debits	5	-\$652.13					
		~ ~ ~ In grateful service ~ ~ ~					
		Jeremy T.					

Appendix D

NA Service Resume Upper Midwest Region of Narcotics Anonymous RSC Approved 05/09/2009

Name: _____ Clean Date _____

Address _____ Phone _____

Please list all the group, area, regional and world service positions you've held that you consider relevant to the position to which you are nominated. Please include the positions served within the past five years and approximate dates of service for each position.

If you have not completed a term or have been removed from a service position in the last five years, please explain.

What resources do you believe you can bring to the position to which you were nominated?

What life experiences (i.e. school, work, volunteer, etc.) have you had that you believe will help you serve in the position to which you are nominated?

Have you read the job description and are willing to fulfill the necessary commitment?

Please include any other information you consider relevant.

Bid Form

Name of Host Entity

Relation to the Upper Midwest Region within the service structure

Year(s) to be considered

Proposed Theme for Convention

Possible theme graphics, merchandising ideas, etc.

Proposed facility (name, address, phone, web site)

Description of location(s) (nearby highways, nearby attractions or features)

Basics of location(s) (# of rooms, types of rooms, price per room and/or per person, banquet prices, other facility charges – like coffee, taxes, etc.)

Room sizes and prices for meetings, workshops, entertainment, etc.

Special amenities offered (Pool? Restaurant? Activities for Children? Karaoke? *Casino? Bar?*)

Name (first and last), clean date, phone, email, and service resume of Host Chairperson and Vice-Chair

Name (first and last initial), clean date, phone, and email of all other committee members

(Be sure to attach service resumes of Chair and Vice-Chair, and include any Letters of Support, on separate pages)

