Upper Midwest Region of Narcotics Anonymous

2nd Quarter Minutes - 2019

2nd Quarter Meeting

Fairhills Resort, 24270 Co Hwy 20 Detroit Lakes, MN 56501

10:00am, May 26th, 2019

3rd Quarter Meeting

Eagle Park, 10900 NW Hwy 1804 Bismarck, ND 58503

11:00am on July 21st, 2019

11 Addicts present: Sly W., Amanda G., Nicole A., Shawn O., Erica R, Brandon F., Julie S., Roxane G., Brian D., Erica R., Richard B.

Part 1: Quorum Report and Motion to Accept Quorum

Quorum Accepted

Part 2: Approval of Minutes

Minutes Accepted

Part 3: Housekeeping

Meeting Place:

Fairhills Resort, 24270 Co Hwy 20 Detroit Lakes, MN 56501

Elected Positions:

None

Positions Open for Nomination:

Fellowship Development Chair

Co-Chair

Web Resource

Treasurer

Secretary

Chair

Nominations:

None

Part 4: Reports

Chair: Sly W

2019-- 2nd Quarter

Chair’s Report

Verbal Report Given

Co-Chair: Vacant

Secretary: Amanda G.

2019 – 2nd Quarter

Secretary’s Report

Verbal Report Given

Treasurer: Roxane G.

2019 – 2nd Quarter

Treasurer Report

Verbal Report Given

Budget Attached

Regional Delegate Team: Nicole A. and Shawn O.

2019 – 2nd Quarter

RD Report

RDA Report for May 26, 2019

Hello everybody,

So much has happened since we met last, It’s tough to remember it all.

Reviewed the new Guide to World Service Manual, went down to Nebraska with Sly and Erica to the MZSSNA event. That was awesome. We did the Zonal Meeting by Zoom, that was cool. Did 3 other Zoom meeting for the World Board to further the ongoing project. The last one was for the Mental Health/Mental Illness IP.

Upcoming: I still have go on line and review the draft for the Rural and Isolated Communities. I have until the end of July. We also have our Zonal Meeting in Utah this year, July 26 and 27 to review the upcoming CAR material.

Thank you for letting me Serve.

Always willing,

RDA UMR Shawn O.

Web Resource Chair: Richard B.

2019- 2nd Quarter

Web Resource Chair Report

Verbal Report Given

Activities Chair: Julie S.

2019 – 2nd Quarter

Regional Activities Chair Report

Verbal Report Given

Fellowship Development Chair: Vacant

2019 – 2nd Quarter

FDC

(Sly W. has starter kits)

LCASC RCM: Brandon F.

2018 – 1st Quarter

LCA

Lewis and Clark Area

RCM Report

LCASC-Brandon F.

Hi everyone, since our last RSC which seems like a long time ago, the LCASC has had a couple meetings. All of our positions are filled at our area. We had a speaker jam in March called the “Jimmy Jam Jamboree” which went over well. We have a couple campouts this summer, including the BISMAN campout “Spiritual in Nature” June 28th-30th at Eagles Park near Bismarck. Our area campout will be July 19th-21st at Eagles Park also.

Our PR chair for our area, Tony F. was looking to get the PSA that LAASC or RSC has but have our phoneline number on it at the end so we can get it out in our area. I believe he has been in contact with someone. Our H&I is still going into the State Pen in Bismarck, but we are looking for more people to get involved with it. As of right now it’s just Sara our H&I chair and myself going into the prison. Our contact there is looking for us to get them some literature.

We haven’t had any representation from Dickinson at our area in a couple years but at our last ASC we had 4 members come, including one that was elected to our open Co-Chair position. We will have to update our website for the list of meetings. Lastly, the LCASC is donating $500.00 to the RSC. Thank you for allowing me to be of service!

New Meetings:

“Fellowship of the Spirit” Open, Sunday 12pm 518 10th Ave. SE Jamestown, ND Justin 701-368-0215

“Step Study” Open, Mondays 7pm 520 E. Villard Dickinson, ND Steve 701-290-5871

The JONA JFT meeting is Friday at 7:30 not Thursday at 8pm, it is wrong on the website.

Also “Saturday Night Live” Open, at New Freedom Center in Bismarck 8pm is not on the website.

Brandon F.

**LAASC RCM: Brian D.**

2019 – 2nd Quarter

LAASC

Verbal Report Given

Part 5: Old Business

Web Domain:

-Chari has been reaching out

-We are able to keep our domain name

-Looking for someone who knows what they are doing

- Requires a certain skillset

- IT is expensive

-Building it wouldn’t be a position

- Possible Ad- Hoc ?

-Position would be maintaining

How much to hire a professional?

-Look into a college student

-Our current website is unmanageable

-Maybe the zone can help?

PO Box:

-Needs to be paid by the end of December every year

-It is a continuous issue

-Autopay is an option

Part 6: Open Forum and New Business

-Inventory

- Last inventory was Feb. 2016

- Tabled to discuss @ next RSC

-Zonal Forum

- Can we afford to send them both?

- Its to far to drive

- Committee feels they both need to attend

- It’s the only 1 this year

-Its in the budget

-Regional Activities

- Regional Activities should have an ipad/ tablet

-An addict offered to donate a tablet

-Bean Bag

- Subcommitee can vote on this

- Supplies continue to be purchased year after year because they disappear

-Some regions have their own trailer

-Things are destroyed

-Trailer is very expensive

-Motion made to purchase trailer

-Bean bag boards

-Look into the costs

-Bring a budget

-Tabled until next quarter

-Buy the materials and addicts make them

-Regional Activities will bring a budget for boards and trailer

-Vote on Budget

-Didn’t go back to the areas

- Take 2019 & 2020 to areas to get voted on ( No RSC 1st Quarter)

Part 7: Voting

Motion 1: To have automatic payments come out of the checking account for the PO BOX

Intent: So we do not lapse in payments and pay to keep the same box

Made by: Roxanne G. Second by: Shawn O.

Vote: 6/0/2 RCM Vote: 1/0/2 Motion Passes

Voting on Guidelines

Vote: 6/0/2 RCM Vote: 3/0/0 Motion Passes

Motion 2: To buy a small enclosed trailer for supplies for Regional Activities

Intent: To keep activities supplies and inventory safe and accountable.

Made by: Julie S. Second by: Erica R.

Part 8: Service Resumes for Nominated Positions

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)

UMRSC PROPOSED BUDGET 2018 $2,200 is Prudent Reserve for 2018

Executive Committee:

$1,500.00 Preapproved Travel/Lodging to/from RSC (Sect. III Part C. 1)

$300 Chair

$300 Vice Chair

$300 Secretary

$300 Treasurer

$300 Activities Chair

$200.00 Rent for RSC ($50 for each)

$120.00 Miscellaneous (Postage and papers)

$60.00 PO Box fee

$25.00 Check printing

$1,905.00 Total for Executive Committee

Web Resource Person:

$15.00 Domain Name for Site

$300.00 Preapproved Travel/Lodging to/from RSC (Sect. III Part C. 1)

$315.00 Total for Web Resource

FDC:

$300.00 Group Starter Kits

$150.00 Literature Order

$600.00 Travel to FDC Meetings

$400.00 Lodging if Appropriate

$200.00 Workshops & Supplies

$250.00 Participation in Public Events

$150.00 Miscellaneous Expenses

$300.00 Preapproved Travel/Lodging to/from RSC (Sect. III Part C. 1)

$2,350.00 Total for FDC

RD Budget:

$1,200.00 MZF for 2018

$400.00 Workshops 2017 s 2018

$600.00 Preapproved Travel/Lodging to/from RSC (Sect. III Part C. 1)

$300 RD

$300 RDA

$1,000.00 Travel and Lodging for AD WSC 2018 2018

$3,200.00 Total of RD Team for 2017 2018

$7,770.00 Total 2018 Budget for the UMRSC

Part 8: Service Resumes for Nominated Positions

Appendix D

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

Name: Roxane Gilbertson

Clean Date: 9/30/2013

Address:15377 Connie Street, Thief River Falls, MN 56701.

Phone: 218-686-9259

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.

Stepping Stone Treasure 2014-Present

Mixed Nuts Treasure 2016-Present

New Hope Treasure 2017-Present

Member of local H and I committee 2017 –present

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?

Willingness to be of service and excellent bookkeeping/accounting skills

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 have held many professional positions where managing a budget was part of my duties.

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

Yes

Please include any other information you consider relevant.

I have attended many regional meetings and am familiar with the current budget.