

February 2019

The meeting opened with the serenity prayer and a moment of silence.

Karen read the Twelve concepts.

Region Elected Positions:

	Member	Present	Absent
Chair:	Katina	✓	
Vice Char	Ray	✓	
Treasurer:	Ron	✓	
Secretary:	Kyle	✓	
Regional Delegate:	Carla	✓	
Alternate Delegate:	Gail	✓	
Convention 19 Chair:	Shawn	✓	
Web Servant:	Usef	✓	

Regional Committee Members:

	Member	Present	Absent
Central WY:	Daniel	✓	
Wyoming Western:	Allison	✓	
Wyo-Braska:	Karen	✓	
Freedom Seekers:	Maggie	✓	
Central Basin:	Lauralin	✓	

Other Guests:

Cody, Jenny, Steve, Steve, Chad, Dave, Kayla, Nick, Kaycee, Laura.

A quorum was reached.

Gail motioned to approve previous minutes, Daniel seconded. Motion passed with 9 for, 2 present not voting.

Usef made a motion to approve the August 2018 amended minutes. Daniel Seconded. Motion passed with 9 for, 2 present not voting.

No opening balance was given.

Elected Position Reports

Chair Report: Katina reports that she is stepping down from this position for personal reasons at the end of this meeting.

Vice Chair: See Attached

Treasurer: Balance is 6620.16, hasn't received any bank statements. Has 3 receipts for Living Proof Group, to hand out for donations to region. Will try to provide a written report. Attached is a ledger.

Regional Delegate: Not provided to Secretary

Alternate Delegate: See Attached

Web Servant Report: Not Provided to Secretary

Ad Hoc Phone: Waiting on input from the Areas, haven't met since there hasn't been any input.

Convention 20 Chair: Not Provided to Secretary, amended his written report verbally to include a \$150 for travel.

Regional Committee Members

Wyoming Western: Not Provided to Secretary

Central WY: See Attached

Wyo-Braska: Not Provided to Secretary

Freedom Seekers: Not Provided to Secretary

Central Basin: Not Provided to Secretary

Sharing Session:

H&I Coordinator:

Gail: I feel region would benefit with an H&I coordinator, who would speak with each area and be a single point of contact for penitentiary. It would also be of help to the areas to get them where they need to be as they are currently struggling. But is not sure how it would look, but there are some guidelines put out that we could use. Maybe we can brainstorm and get some people together to see what it would look like. Atleast get a conversation started.

Carla: We are looking at a phone line, PR has come up. The way a lot of regions around the world that PR is the umbrella where contact with the outside world happens. To look at the way an typical H&I committee works at the regional level, I would be unable to drive to another place and carry a meeting on a monthly basis. One person could potentially meet with each contact point(Website, phonline, and

H&I) for the areas and report back. PI is also important, and we do nothing. This person wouldn't necessarily have to travel to every area, but instead use things like a Zune meeting. I like the idea.

Gail: I agree.

Shawn: I agree with Carla, we shouldn't just focus on H&I alone because there is a lot more out there for PI. PR was designed to fit that all under an Umbrella. Being as we live in Wyoming, distance is a factor. IE taking meeting into Rawlins which is in our area isn't something I'd be able to do. We have a PR chair for the first time and meeting the professions last week. We have a lot of addicts bringing meetings in to institutions without any accountability to anyone. This would bring that accountability and region could stay abreast of what's going on. I do agree a PR coordinator could meet with the PR chairs at the area levels and there is a lot of value in that.

Allison: We have a lot of interest, but distance and weather can be an issue for us. We do have a PR chair and that is new for us. This is new for us, having a PR and PI umbrella under on umbrella. Our area would like to see that kind of support at the area level from region. Sometimes support isn't someone driving all the way across the state and instead just having someone to reach out to.

Ray: Carla brought up a great idea with Zune given the vast distance of our state.

Usef: One of the things getting out the penitentiary we get a lot of recourses, but we don't meetings in those resources. I would like to see someone start getting that attempt in those pamphlets handed out. Some people don't understand commitment and don't know what service is and just think people are doing it to look good. Maybe we could have a service day to change that opinion.

Jenny: H&I Casper got in contact with Pastor Shanor to get 4 women involved to going to the prison and will be providing packets for those 4 people. She made a point that she told the pastor commitment is important to us, and people who will show up. I am willing to be the point of contact for Lusk.

Kayla: having a panel and Q & As to get people a correct image for what service is outside of just the guidelines instead of a focus on what you have to have to do what, and instead a description on a down to earth level.

Usef: That's what I was talking about, doing something like that on the service.

Laura: Our report was kinda and this is beautiful and the intention was to bring this to region and I want to put out to the areas to see if we have someone who is willing to do that. Having a single point of contact, to filter that information has been great. My suggestion: Do we have anyone who is willing to do that? We may not have to have an exact image of what it would look like. Our area didn't know what it would like and it's turned out beautifully.

Ray: I do have a member who asked about guidelines and wants to do this. They have been rouge for a while though. It would bring them under the umbrella of Region. They have been rouge in the sense, they've been doing this, taking a meeting in.

Laura: This individual needs to be apart of region, and not push their personal opinions and agendas.

Gail: I would like a resolution, as we don't can just talk about this and table it then not talk about it.

Carla: Do we need create an ad hoc committee for this?

Daniel: Can we move this into the Ad Hoc Phonenumber committee?

We merged this into a Ad Hoc Phonenumber committee. Gail, Ray, Daniel, Shawn, Carla, Allison, Lauralin, Johnny, and Jenny volunteered and will get in contact with each other.

Google Group:

Gail: Last region we have set up a Google Group, and some people who haven't joined. We have some new faces, and everyone who is a part of region, needs to participate. Usef can you get a list of everyone email and invite them?

Maggie: Is there an app for this?

Usef: No, you just need a gmail account to do that. This invite has 7 days from sending and then it expires.

Kyle: Is your position at Region contingent on you participating in it?

Katrina: Just so your aware, Kyle will not join that group, so any information that needs to go to him, you need to send to him.

Kyle: I can also just step down, I have no qualms with that.

Gail: I was under the impression, this regional committee decided this was how we are going to do our communications from here on out period. So if we are going to ignore that get rid of the fucking fmail group or google group and we'll go back to not everybody getting the emails and not everybody being on the emails.

Daniel: Kyle did express his opinion on this right from the get go and we so chose to do this by excluding him which isn't really consensus based in my opinion. We made exceptions for Jay for like 2 years and that wasn't super strenuous on anyone's part. It just sucks when 5 people were accidentally missed and it all goes from there. We all know this is one person and I don't see a huge deal in that.

Allison: We need to be more accessible to addicts, not less. This is the first time Jay's not here and he was a great guy. IF somebody else comes here and wants to be of service, that is not for whatever reason will not be a part of this one thing, we cannot turn people who are here to be of service away. That makes on sense to me. We want to bring more people here, we don't want to say no no go home. That's crazy. That's not narcotics anonymous to me.

Usef: I cannot go to Gillete, I cannot go to Evanston, for somebody to tell me. So lets create this, so I have a means of communication. That's my only intention. If anybody thinks it spyware and I'm spying on them, that was not my intentions. I could care less what's going on in your little life. Let me tell you that right now. So I don't know if there is anybody thinking that so if you all want me to discontinue that I'll be happy to.

Ray: I think the google group works really well.

Gail: That wasn't the main reason we decided on it. We decided on it because people weren't putting everybody on emails. People were missing important things like changes in dates, changes in places, or not getting reports, not getting agendas, not getting minutes. Because it was a free for all. And random people from 5 years ago on there instead of the current people. So our solution was one thing so everybody could be a part of it and everybody can get something and get the same thing all the time. I for one will continue to use the google group as long as it is a tool for our region.

Maggie: I agree with Daniel, Kyle has expressed his opinion from the very beginning about not wanting to be a part of it. We made exceptions for Jay for 2 years, we would mail him the minutes, we would mail him the agenda. It was all snail mail with Jay because he doesn't do technology at all. He won't even send a text message. I don't think it should be a requirement to be part of the regional body.

Ray: It was absolutely more difficult to go to the post office and mail this than it is to make one click on my computer.

Kyle: Before this becomes a bigger deal, my position is up in May, if this means I get to step down, it is not a big deal to me

That's how this was left. Kyle still is Secretary and the body moved on.

Elections:

Convention 2020 Chair:

Daniel nominates Jenny from Casper. Carla seconded. Katina read the responsibilities.

Jenny Qualified herself. The body discussed her as a candidate for this position. She was voted in: 8 for, 3 present not voting.

Old Business

None.

New Business:

Workshop Ideas:

Carla: When were rotating between areas the hosting area choose the workshop topic. Since we aren't traveling as a region body any more, do we continue rotating the topic for each hosting meeting or do we have the Delegates pick the topic?

Daniel: I feel the Delegate team is more abreast of the what's going on in general.

We looked for this in the guidelines and couldn't find it. This was voted on with 8 for, 3 present not voting.

Carla: Do we have any ideas for the regional assembly?

Maggie: Maybe and H&I workshop we are having a problem with women and H&I(Secretaries note: The implied problem is not enough women available and/or willing to carry meetings in)

Daniel: Can we have a list of topics?

Gail and Carla: Carrying the NA message and making NA attractive, Attracting members to service, Drug Replacement therapy and medication assisted treatment as it relates to NA, 3 minute idea exchange.

The topics are: 3 IDTs and 3 minute idea exchange.

Ray: Has anyone set up the hotel so we get discount rates(for assembly)?

Carla: No, Gail can do that, but Riverton has been always been easy to work with

Zonal Forum Hosting:

Where in the city would we host that?

Carla: I'd suggest in Casper or Cheyenne.

There was a lot of discussion. It was very fragmented with people talking over each other quite a bit. I was unable to parse who was saying what but the general points were: it's cheaper to fly into Denver but weather may be a factor.

The vote was opened to everyone in the room.

Casper: 10 For

Cheyenne: 10 For

The tie breaking vote is dependent on the chair. The chair voted for Casper. More information will be reveal.

Convention Website:

Shawn to Usef: Could you find out what it would cost to have a form for convention registration for next conventions?

Usef said he would.

Up Convention Seed Money:

Shawn: The cost of goods have increased but the conventions seed fund hasn't changed for a long time.

Ray made a motion to increase the seed fund for future conventions by \$1500 to \$6500.

Shawn seconded. 10 for, 2 present not voting.(Secretaries note: Some how we acquired another voting member, this was brought up but decided this is acceptable in this instance.)

Moving the convention date:

Shawn: We have discusses this before, we have members miss because of Graduation. Sometimes we struggle on having it over memorial day or mothers day. I say we bring it back to the Areas.

Gail: It's brutal to go to the convention and the following obligations(as an RD and AD) again a 2 weeks later.

Carla: Costs jump after memorial days

Shawn: We need to look at the calendar. April is shit for everyone, and there is always something to going on near us. This is why I think we should bring it back to the areas and think hard on this. I think over time the region has found this to be the best time.

The conclusion was go home and sit with your calendars to determine what you want.

Money Matters

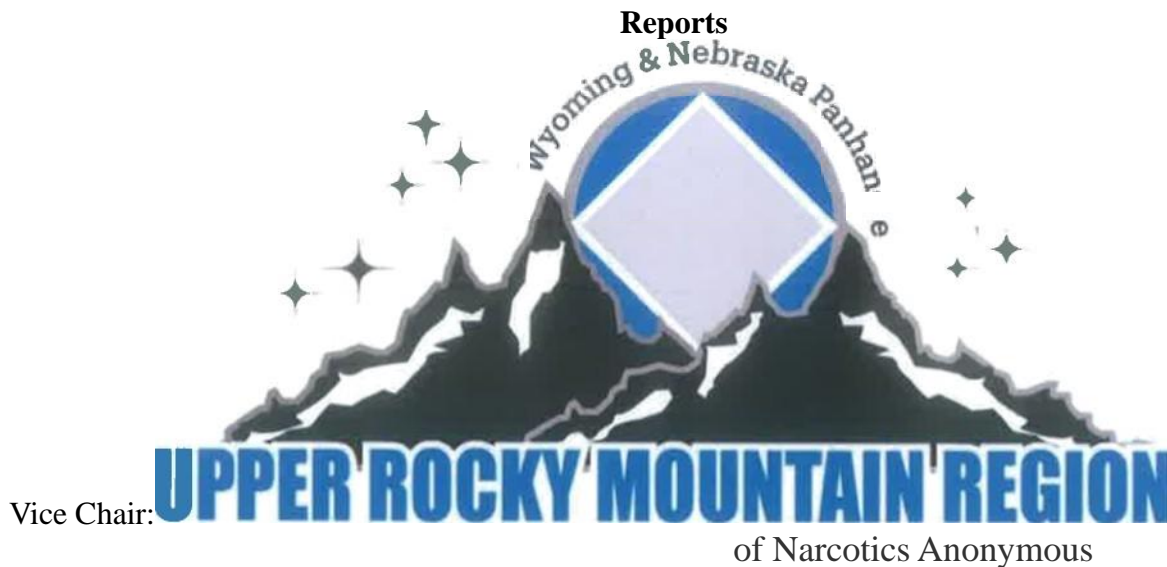
Carla: 422, todays travel, Regional assembly, church food, hotel, gas, and 35 for coffee.

Gail: 290 GSR assembly..

Shawn: 150

Kyle 203.44, August Regions Printing, February's printing, February Travel

Next Region, June 1st.



URMRNA Vice Chair report

02-02-19

Good Afternoon fellow members & guests,

I thought our last meeting was a great success & I hope moving forward we can look for ways that we will help our Areas work at fulfilling our Primary Purpose, carrying the message to still suffering addict in and out of the rooms. I believe from listening that we need to improve in the Area of Hospitals & Institutions.

I hope I did a good job on the minutes & I would like to move forward with the idea that we as a body be responsible and read these minutes discuss it with our Areas & have changes written down (if needed) so as to help our secretary do a better job. As I discovered this was one of the most challenging duties at this body.

ILS

Ray B.

Treasurer:

Leb in Casper

Balance	October	February 6777.01	June	August	October
	Check # / Comment	Check # / Comment	Check # / Comment	Check # / Comment	Check # / Comment
Chair Travel					
Chair Expenses					
Office Chair Travel					
Office Chair Expenses					
Secretary Travel		#1007 203.49			
Secretary Expenses					
Web Servant Travel					
Web Servant Expenses					
Delegate Travel		#1002 #1004 578.85			
Delegate Zonal Forum Funding					
Delegate WSC Funding					
Delegate Expenses					
Alternate Delegate Travel		#1006 290.00			
AD Zonal Forum Funding					
AD WSC Funding					
Alternate Delegate Expenses					
Convention Chair Travel		#1005 150.00			
Convention Chair Expenses					
Convention Profits					
Central Basin					
Central Wyoming		#1132 338.00			
Freedom Seekers					
Wyo-Braska		#2150 100.00			
Wyoming Western		#832 100.00			
Misc Living Proof		#2468 31.95			
Misc		#2477 21.50			
Misc		#2487 100.00			
Misc					
Misc Church Rental		#1008 50.00			
Misc to Denial					
Ending Balance		6195.90			
		6195.90			



URMR Alternate Delegate Report 02/02/2019

Committee members,

Carla and I participated in a webinar for conference participants December 8th where we went over the environmental scan that will be presented in our workshop Saturday morning. It was well attended by other participants. Our next webinar will be February 9th.

Upper Rocky Mountain Zone had a Zoom meeting this last Sunday, we discussed several topics. The main reason for meeting was to elect a Zonal Contact person. This person would serve as the contact for other Zones to pass information and requests through. We elected Kevin H from the Southern Idaho Region.

We also discussed some details regarding our next Zonal Forum being held in the Utah Region, ideas on where and possible costs for lodging were tossed around, Utah Region will get more details of choices and send them out.

Another matter that was discussed was possible collaboration with Western States Zone, we were told there will be a learning day held in Denver, I checked their web site however and didn't see anything posted yet. Our Zone thought that may be something we could get involved with.

Our Region will be hosting the next CAR/CAT in December 2019, South Dakota Region would like to join us for the workshop only. Our Region should start planning on where we would like to host the CAR/CAT now so that we can begin planning.

The World Board will be meeting next week, and we should see a release of information and updates regarding current work groups and projects.

I would like to discuss having a Regional H&I coordinator – could we please put this on the agenda in sharing?

Today I am requesting funds for the GSR Assembly \$290.00 for gas/hotel/meals.

JFT –

Gail W. Alternate Delegate

Central WY

February 2, 2019

CWA REGION REPORT

1. SUB COMMITTEE ACTIVITY

Central Wyoming Area has three sub committees: H&I, PR, and Literature

A. H&I meets every month the Wednesday before the last Thursday of each month

- i. Currently taking 7 meetings into various lock down facilities each month
- ii. Contact with Lusk prison established after many months of effort. H&I member now has forms for application that facility and due date being the end of February, orientation to follow.
- iii. After numerous attempts at contact with cwcc over the course of several months there's been a meeting with some staff members and H&I meetings are able to continue.

B. PR meets every 2nd Wednesday of each Month

- i. Held the bi annual phone line training, unfortunately only three members are now on the phonline as that is a requirement to be on it.
- ii. Working on a PowerPoint presentation for professionals.
- iii. Trying to establish a relationship with Reach high school as currently their students are not allowed to go to na meetings and have an na sponsor to fulfill the requirements they have (including going to two meetings a week and having a sponsor)
- iv. As reported in October the committee is working mostly to maintain current responsibilities than establish new ones due to the loss of two long time trusted servants.

C. Literature as outlined in CWA's by laws is a subcommittee, however the duties of this committee has been and is currently being taken care of by the Literature Chair and doesn't meet on a monthly basis.

- i. Continues operations of ordering literature and meeting material for the area, home groups, and sub committees.
- ii. Participated in new year's eve fundraiser and sold literature at the event.
- iii. Working to have a "discount sale" on items that have been in inventory for a subjective eternity. More details to follow.

2. AREA ACTIVITY

Currently has 6 home groups, all located in Casper with all 6 home groups participating at the area business meetings. (most of the time)

A. Area motions and business

- i. Area held a fundraiser on New Year's Eve for the purpose of obtaining enough self-support for PR and H&I for the year. Family game night was the theme. Lower participation than previous year believed to be in part by the frigid cold of the day as well as being on a week night perhaps. Funds raised are going only to H&I as PR has become exponentially more efficient in carrying out their current responsibilities with the funds they already have.
- ii. No meeting changes for the meeting list this report!
- iii. 5 of 6 home groups chose between possible workshop topics for CWA to be conducted by the region (general fund workshops) and the most preferred is anonymity and social media 2nd being how to host online meetings 3rd being the role of world, zones, region, etc.
- iv. Home groups are mostly business as usual with two beginning planning annual activities for the summer, Solutions campout 19-21st at alcove cottonwood pavilion, and one a st patricks day event! Will have details and/or flyers to region web servant to be put on urmna.org as soon as possible.
- v. Also here, the trusted servant our area believes could be a great convention chair! Will bring up in elections.

With gratitude,

Daniel M. RCM CWA