

Regional Business Meeting

Ray opened the meeting – made an announcement that Gail is currently at the hospital visiting her uncle that won't be alive much longer and she is saying her final goodbyes.

Ray lead the regional body in a moment of silence and the serenity prayer

Karen read the 12 traditions

Allison read the 12 concepts of service

Carla read the service prayer

read the just for today

Clean Time Recognition since our last meeting

Carla 21yrs April 5

Kyle 4yrs April 30

Laralynn 14yrs March 1

Ron 29yrs March 24

ray 15 May 24

Roll Call

Chair - vacant

Vice Chair Ray - present

Treasurer Ron F – present

Secretary Kyle - present

Regional Delegate Carla W - present

Alternate Delegate Gail W – present

Convention XX Chair Shawn S – absent - graduation

Convention XXI Chair Jenni W – present

Web Servant Usef – present

Regional Committee Members

Central Wy Daniel M – present

Wyoming Western Allison C – present

Freedom Seekers Maggie K – present

Central Basin Lauralin W – present

Other Guests Red

Quorum YES

Approval of last business minutes

Carla - Change Zoon to Zoom

Jenni - Asked where the minutes were

Kyle provider Jenni with a hard copy of the minutes

Maggie motioned with amendment to approve minutes

2nd to accept

Passed 8 YES 2 PNV

Reports

Chair Ray – see attached

(moved tables to for better acoustics for the entire regional body)

Vice Chair – Vacant

Treasurer Ron –

on Feb report I got a check from Shawn last time. The date was wrong. Bank kicked it back to me. 6164.22 then got deposit 89.54 total 6223.76 Usef said the webpage needed paid for. Lots of different names on and around the account so went ahead and paid it so it wouldn't go down. Paid for the mailbox and the rent on this room. My report will not go in until after I go to the bank.

Ray brought up that the report only needs to be up to the current meeting.

I have also talked to Carla about the prudent reserve. If I talked to the last real treasurer then it was at \$2500 then I talked to Carla and it been bumped up to \$3000. Then there is another \$500 in there. And I think there is another \$500 in and there and I think there might even be another \$1000 in there somewhere. I need to be updated on what the prudent reserve so I know what to keep and what can be given away. Prudent reserve added to sharing session.

Carla mentioned that the bank also needs to be updated so that the signers card is current.

Ron talked about some of the expenditures that he incurred.

Ron mentioned that the only time that he was going to issue a receipt for reimbursement is if he doesn't write a check.

Total – 6133.88

Motioned to accept the report 2nd

RD – See attached Talked about the Regional Assembly. 1st draft of the SPAD has been posted on NA.org/spad. Mental health project was just passed. Rural area workshop during the regional assembly. Reimburse \$704 (travel, print, and lodging)

AD – April Webinar went over well. SPAD, Mental Health, Toolbox

Request \$630 for travel, lodging, and rental fees for transportation to be able to attend the Zonal Forum

Web Servant – Not a whole lot to report. Typo with someone's name. was not clear who Usef was talking about. Talked about the website and the domain needing to be renewed. Touched on the areas about keeping in touch with him about posting events or new groups on the site. Usef made it known that he did not receive any monies directly. The money went straight to the website provider.

PR AdHoc Committee – one meeting – discussed the direction and goal of the adhoc committee. Wanted to clarify that. Discussed the direction of the committee. Asked about purchasing Zoom for the regional body in order to lower travel costs for the people on the committee. Named members that has shown interest in being on the committee. Added Zoom subscription to sharing session.

Convention XX report – Shawn S – Chair – See Attached Shawn was unable to be at the business meeting but posted his report. Carla read the report. Discussion about the amount of seed money \$5000 or \$6500. Discussion about if the motion for higher amount for seed money was passed. It was concluded the voted was to increase to \$6500 seed money for the Convention 21

ConventionXXI – Jenni W – named the committee chairs

3 meetings so far. The 4th meeting is June 4 2019.

All positions full

Alt Chair – Wayne

Treasurer – Katina

Secretary – Riley

Sideny – Arts & Graphics

Fundraising – Layne

Hospitality – Cassidy

Programs – Reno

Registration – Phyllis

Convention Information Chair – CJ

Brought the approved convention logo for region to see. First convention planning meeting was focused on filling the chair position of secretary and treasurer because those positions are important. 2nd planning meeting was focused on the dates for the convention. May 16-18 2020. Also talked to the hotels to start that process. Reviewed the logos and theme. About 8-10 different options. Voted “Universal Program.” Have the option for 4 different vendors. Cassidy is looking into the hotel, will know more tomorrow. Voted on having one workshop going on at one time with 3 speakers. In total there will be 4 workshops so that means there are going to be 12 speakers. Already have some speakers locked in.

Question: Have you figured out the topics for the speakers? Usef mentions he would like to see a topic about go out one way or another. We did lose a couple members to suicide. Would like to see a topic labeled Reaching out instead of going out – if you don’t reach out you could go back to using or you could go out the other way and we all know about that.

Committee meetings the last Sunday of the month. During the summer we are going to take a couple months and we have to wait for the money anyway. The card is available to use for the hotel. As of right now there isn’t any needs for any funds

Ron brought up that the current logo looks a lot like another conventions logo that has already taken place. Ron passed some things on to Allison. Then he talked about giving 20 banners and 4 totes containing the convention items.

Wyoming Western – See attached

Central Wyoming – See attached

Freedom Seekers – See attached

Wyo Braska – See Attached

Central Basin Area – See attached

Sharing Session

Group Me - Maggie brought up the Group Me app. Talked about how easy peasy pie! Was brought up that it was already voted in to use the Google Groups. We had this discussion last time about printing reports. Usef brought that I would wanted to be opted out. Maggie restated that she is not opting out. Carla made a suggestion to have people look at it and see if it would be something the regional body could use. Maybe put it on the agenda for next time.

Payment of reoccurring bills – Allison talked about how it is already approved to pay any of the budget items without meeting and talking about it multiple time. If it is approved in the budget then to just pay it. Ray brought up that the body has agreed to pay the post office automatically and the website is also an automatic payment. Probably not a good idea to automatically pay the website. Ron asked if that is

what the regional body wanted the domain name to be attached to the bank account. Carla mentioned that it shouldn't be a problem for something that we are already subscribed to that it should just get paid. Ron also said that he does not have access to the post office and that he doesn't know that these items are sending mail to the post office box. Usef talked about the website admin company had been paid. But he brought up that the domain GoDaddy is going to be due next month. He called and talked to a live person about how we could set up the payments. The options available are yearly or tri-yearly. Usef suggests paying tri-yearly. Brought up that it should be tri-yearly because then whoever comes in next to the web servant next would have an easier time with making sure this service is paid for. Maggie asked if the tri-yearly meant 3 times per year or every 3 years. Usef confirmed that tri-yearly means every 3 years. Usef confirmed that this is for the payment this year, not next year. Next time this year this expense will come up again. Website and domain name are 2 different things. Ray asked if you can set it up to be an automatic payment so that it is not a future issue. Kyle made the motion for the website and domain name and post office to be set up as an automatic payment. All in favor 9 Opposed 0 Abstain 0 PNV 2 Grew another person in voting. Gail returned

Regional Meeting Lists who's responsible – process

Ray asked Who is the point of accountability. Carla asked Kyle if he was ready for her. Trinia told a story about computers. Carla helped Usef about making changes. She usually uses a PDF but hasn't done that in a while. Usef asked to jump in. He mentioned when he took it over that he would just changed meeting lists as he was told that they needed changed. He didn't know that there was supposed to a PDF. Carla said they needed to be together. They need to be working together so that they can work together. She also said that a printable PDF should also be available so that memners can just print off the list and go with it. Carla mentioned that a PDF needs to be made and that she used to be the one who made and she has no problems continuing to make it but she just wanted to get some things ironed out when it comes to this. Gail looked at the position duties and confirmed that it is the web servants duty to make this list and post it on the website and make it available to all. She makes a suggestion, Wyo Braska has implemented the Basic Meeting List Toolbox and it is fucking amazing. It generates a printable meeting list every time you update the Meeting List Toolbox. If you have a change it is so easy to go in there and change it. You can go to the website for the WyoBraska website and see how it works. It gives directions, address, meeting format. She is utilizing a member from Colorado that helped get this tool implemented on the website. It also has an event tab and when you list an event and the events happens and is done and over with, it automatically takes the event off the website so that the webservant is going onto to the website and adding and removing events on a regular basis. Carla asked if Gail could get with Usef. Usef brings up that it sounds great and all but there is one catch, it is up to GoDaddy if they will allow this addon to be added to the site. Gail mentions that their website provider is GoDaddy. Usef operates pretty cheap because they provide the bare bones of a website and they make their money from the addons. Maggie mentioned that it has its own website because she just looked it up. Ray mentioned bringing this to the next meeting agenda. Danny is the one that did that from South Carolina. And Carla can pass his number on. Gail mentioned that he is current;y in Greeley. Ray mentioned that it is also the RCMs responsibility to get with the web servant to include new meetings or meetings that have changed times or dates. Carla brings up that a discussion was had about groups that are having meetings that are not currently participating at their area level should they still be included in the meeting list. Carla believes that as long as the group that wants to be added has a main point of contact then they should be included in the list. Carla is asking if that is how we remember

that or should we include them. Ray believes that any meeting that is NA affiliated should be included in the meeting list. Carla said that she thinks that as long as the region has a contact person for that group and are able to get in touch with someone then they should be included. Carla brings up that she didn't know the Moorcroft group isn't meeting anymore and is it Usef's job to be in touch with those groups. Gail read the web servants positions duties. Carla and Ray talked about Usef about making contact with the areas that have groups that are not participating in the area. Carla brought up a situation concerning meeting in Rawlins. People are always calling and asking where the meetings are in Rawlins and then no one knows for sure if any of the meetings are still being held and if they should be included on the regional website. She feels they should be included and asked what the workable solution to this problem is. Ray said they should form their own area and then be included in the region. Kyle mentions the solution is in the guidelines right now. Right now we do not have contact information so they cant be on the website. Gail said that she doesn't see that in the guidelines. Carla asks again who is supposed to contact those groups and get the correct information. Allison says that is her area and she is happy to get contact with the people running these meetings. It was asked if this is something that the region wants in the guidelines, if it is something that should be added. Gail reinforces that we are talking about whether or not these meetings should be included on the regional meeting list. She is asking what the criteria for a meeting to be o the meeting list and then the adhoc should be in charge of that. Carla states that it would be up to the adhoc to figure out if these meetings should be added to the meeting list and what should be added to the guidelines. The adhoc would be under the region and that would be responsible to the region. It needs to be somewhere. This just needs ironed out. Jenni mentioned that she knows that meetings are being opened but no one is showing up.

Archives – Kyle asks if we have a stated goal or purpose behind them and what their purpose is because hauling them around sucks. If it just because it's a cool thing to have then putting that on somebody I don't think is something reasonable but if theres having the history of the minutes all the way back to 1992 is a good thing then sure but do we really need the minutes from 1992? Carla says yes, I don't think that you should haul them around all the time but I think we should keep them. Gail apologizes for I was working on my report until like 11 last night and for not including this in her report but she spoke to a guy at the convention who gave us a proposal for archiving everything. He gave a price list for putting the archives all on an external drive or thumb drive. His name is Daniel Rutt and he was the guy that was doing the taping at the convention. His proposal is that he will take everything we have, {floppy disk, cassette tape, MP3}

Conversion Pricing

Cassette Tape – MP3 \$25 (whole convention cassette set to convert to MP3)

CD – MP3 \$10 every convention set

External 500GB up to \$60

2GB Flash drive \$3

But he would take all our stuff and convert it. Gails reads paper – All archives are to be provided and he would take everything we have and put it on an external hard drive. Ron talked to him about that about the bulk. Ron brings up about the paper documents would be an extra charge. Also what do we do with the people that leave the region? Shawn? Delinda and Steve? Tommy? Ron thinks these people

should be our historians. The reason I say this is because of the archives. Use them as guides. Talked to Carla about earlier. What is going to happen to her and her experience. What are we doing with our people? Just throw them away? What about the bulk of the archives? What about the cost it took to have those posters remade? I don't know. But I know that we had to replace some of them at some time. Carla 1st question – I might sound a little crass but I don't really care about archiving the speakers. It might be cool but I don't feel that would be our top priority. I feel that getting our historical documents as far as old minutes. That's what I think we need to keep, as a priority. Maybe not everyone feels that way. But I think Steve has a lot of that. We need to check with Steve. I feel like he had a lot of that archived digitally and available. Someone needs to check with Steve and see if he is willing to get us that info. I know its not a pressing issues but it would be nice to have that kind of stuff available on the website again. We had old RD reports on there. He spent a lot of time scanning all this stuff in. Maggie agrees with Carla when it comes to archiving the minutes and reports instead of the speaker tapes. But he gives you a list of converting CD and cassette to MP3 but he doesn't give you a list for him scan our minutes. Gail said she didn't ask and that she is sorry. The conversation wasn't about that. The conversation was about taking everything from those convention totes and getting them archived. Because that was the original thing that was asked of me. That was one of the things that Ron and I were tasked to do. I did send out an email asking if anyone knew anything about archiving when it comes to everyone else before I got here and I don't know if everyone got the email but I didn't get a response on that. Carla says that she didn't get that email. Gail sent an email asking if anyone had any minutes and not only that were we asking for the minutes but we were also asking about the guidelines that we were asked to look at. So I apologize, I talked to him, Ron talked to him and we were mainly talking about what were sitting in those convention totes, but I have his email address and get more information from him. Maggie asked for clarification on who the last web servant was. Maggie said that Steve spent a lot of time archiving it and asked how far did he make it? Maggie mentions that she has a printer/scanner at her house and said that it would take a couple months but she could do it. Usef said that he isn't sure if this guy knows anything about SSD drives because they are much more reliable than regular hard drives. Regular hard drives have a tendency to crash sometimes and the SSD aren't as prone. Usef mentions if the region wants to invest in a scanner and do it that way then that is something we can talk about. Maggie ask is that really money that we need to spend when she has a scanner at home and can do it for free. Usef said that was going to be he next question, if all of us have scanners at home why couldn't we all take a pile of them and scan them ourselves. This could be a solution. Not trying to take something away from that guys but we could do this. Carla and Ray agreed that they believe that one person should be responsible that way the archives aren't being spread out among the member s and getting lost. There should be one point of accountability. Ray believes that one person could take all of the archives and take a weekend and scan it. Ron circles back to what are we going to do with our own people. Carla is going to be moving out here in a year, Gail is going to move up and what are we going to do with that? What are we to do with the old people. Jokes were made about old people. Would you not like to be asked to help after your gone. Ray summarizes the entire discussion concerning the archives and mentions we have other pressing issues that need to be discussed. Carla brings up that we could just use this guy just for the sound stuff and then asks if this is a cost that the region wants to incur? Ray mentioned that we should probably research this more and figure out what the total cost would be before we could vote on to spend the money on this service or not. Gail said that she just gave the price list. It was mentioned that there wasn't a total cost brought to the table. Gail says that there is no way she could have a total cost of this service without having he totes. Carla brings up

that we do have some of the convention speakers on MP3 so that would bring down the cost. Gail mentioned to Jenni that she would need to get the convention speaker sets from Jenni as soon as she got the totes from Shawn so that she can get a closer final cost to bring to the next region. Ron said that he talked to Tommy and he has some of these things and Carla also mentioned that she has some as well.

Usef wants to bring up another quick topic. Trina looked up the Basic Meeting Toolbox and the question was asked if it would work with GoDaddy. Usef read off the answer to the question. Lots of technical terms. And frankly it is hard to follow when I am typing. Trina kinda translated and said that it can be done but will take some work. Ray asked for the laymans terms if it can be done? Usef answered not directly. He worded it like this: Hey GoDaddy will this work? in order for this to work then this will have to be added to work on there. So then you have to go outside in order to get this to apply it to get this to work. So Gail said that we will have to pay for another service in order to get the Meeting List extension to work. Ray asked if it is complicated and the answer is yes it is complicated. So its probably not cost effective. Usef said that he is going to do some more research and bring it back to the region.

Elections – Daniel nominates Ray as Chair

Ray accepts the nomination and asks if he needs to qualify himself and if he needs to leave the room or if there are any questions. Daniel asked since we don't have a vice chair to call the vote and asked if one of us should call the vote. Usef motions to call the vote Kayle 2nd

All in favor 9

Opposed 0

PNV 1

Nomination confirmed

Daniel nominates Reno for Vice Chair

Reno says this is the 1st Regional meeting he has ever been to.

Gails reads the vice chair requirements – stand in for anyone that is not present

Ray clarifies that Reno only came in interest of H&I Carla asks how that would be in conflict

Gail says that being vice chair would be a great combo Carla agrees

Maggie asks if he could be on the H&I adhoc committee without holding the vice chair position

Gail and Carla both mention that yes many of us hold a service position and are also on an adhoc committee

Reno asks how long the term is – Carla says that it is a 1 year term but can hold the position for 2 terms, then asks if it was one of the positions that the term limits were changed Gail says she will look. Carla said that we would want to know if he doesn't want the position or if he tried it for a year and then

decided that we all are fucking nuts and doesn't want anything to do with us and not serve another term. Gail read off the term requirements for this position. Reno confirms that he would be willing to give it a shot.

Ray ask Reno to qualify himself

Reno states his clean dates H&I chair twice at area GSR – Reno states that he needs to be more open minded when it comes to the regional level of NA and he has always been standoffish. My major concern when it comes to NA is to help the still suffering addict, having meetings and making sure meetings happen and that has always been his concern. He knows that this has to happen in order for that to happen. I think it is important for him at this point in his recovery that he get to know this side of it as well. I guess its Gods work that I am here.

Everyone is quiet then a couple say oh shit, laughs, and says that it was awesome and beautiful. I have been quiet this whole meeting and I talked about it at the break about the finances part and I am thinking what about the meat and potatoes part of it. I know the money is part of it and I don't like it but it is part of it. I don't ever want to be complacent in my recovery and this is just another step in that.

Daniel formally nominates Reno as the vice chair. Carla 2nd

Carla asked Reno if he ever absconded with NA funds – Reno answers no

Do you have an NA sponsor? – yes step 8 Rob is my sponsor – Carla asked if he could get his sponsor to come back to the region – laughter – Reno says that he is actually one of the reason Rob is no longer in service any more, thought he needed to back off a little bit.

So for this year, after this year the region has a possibility of traveling again and would that be a possibility for you? Yea that's fine

Any other questions? Gail – do you have any pending felonies? No

Anyone else that would like to do this? Any other nominations? Red stands up, Ray asked him if he wanted to be considered for this position and he states No I would not be a good chair person, disorganized as hell. Reno leaves the room.

Daniel says that he thinks is great idea. He has seen Reno be chair and he was chair when he first got into service. He does it very level headed even if he doesn't like this shit at all.

Jenni – not being biased by being his wife but he is super organized even at a super annoying level – he is a very good chair person. Really glad that he is the area H&I chair person and he keeps everything together – and I am surprised he even agreed to do this and we even talked about this being selfless service last week

Carla is super excited about this, even though she doesn't know him that well she thinks that he will be a great addition to the region.

Call to Vote

All in favor – 9

PNV – 1

Nomination confirmed

Secretary – Gail reads the positions requirements

Daniel asks if Red or ? if they are interested in this position and Red states that he types with one finger. Then other person asks said that he still uses his flip phone so wouldn't be a good candidate. Trina was brought up. Trina asks how long the position is for. Said that she would love to do this. Also said that the only issue is that school starts again in September and even though she finished well she was bat shit crazy in the middle. Brought up that we only meet 4 times a year. Trina asks what she needs to do this. Maggie asked if she has a computer. Trina says yeas, right here. Then gets excited and says that yes! Yes! Ill do it! Trina says that she is flat ass broke until September and mentions that her car isn't working all the great. And asked if the meetings are going to be in Casper.

Ray asked if Trina can qualify herself. She answers I qualify. I have 3 years 9 months and in college right now. I have a sponsor and step 11. H&I service as of right now. Carla asks about former service experience – Trina states she used to be GSR of Noon Miracle. CWCC and Natrona County H&I

Gail asks how many years Trina has done service – Maggie asks how long she was the GSR of Noon Miracle – Trina steps that she did it long enough – not exactly sure – I can't tell you how long. Chair every single week, meeting a day if not 3, Im a junkie, a junkie. If Im not doing something right then I will change it. I absolutley love service. I take direction, I am a follower, I like bring cut off at meetings and interrupted if I am talking too long. Carla asked if she typed well and if she can capture the meeting in minute form. Trina answers with getting an A in English. I lose myself when talking but I do better in translation when I type. And I type well. Maggie asks if she can type fast and she answered Fast! Trina then asks why she is fighting for this position because Im a born fighter. Maybe I don't want. Maggie states that this position is important because everything we talk about in these meetings are recorded through your minutes through what you type on that computer. Everything we talk about everything we vote on, the people that get voted into positions. Trina asks if she has to type everything word for or or if it has to be paraphrased. Maggie clarifies that this position is important because the secretary has to be able to convey everything that was talked about and everything that was voted on through the minutes. Trina says that there isn't anything she can't do but she isn't saying that she is going to do it right the first time and that's the beauty of being humble and that shes sure that Kyle would spend some time with me and that she gets loud when she gets embarrassed and if he doesn't want to tell his neighbors that he doesn't know me and I didn't ask. I just said that you knew me. I don't like that kind of stuff. I didn't ask for this and I don't need this kinda stuff. Usef brings up that there is a recorder that Trina can always fall back on. Because if she has any questions she always has the recorder to fall back on. Trina gets asked to leave the room. Trina gets upset and asks if she is going to get turned down for something she didn't even know that she was going to apply for. The she states that she has to remember that it isn't as bad as getting indicted. Laughter fills the room.

Carla asks to hear from people that have served with her

Usef states that she is one of those people that if she puts her mind to something that she will get it done. Believes that if she can get focused then she can get the task done. Knows that if someone can go to school and get good grades in school then they can fulfill this position.

Jenni states that she has done service work with Trina and that she is very willing to take direction and that she will follow suit. She can get off task but is able to be steered back. She means well and I love her to death.

Maggie asks if she is going to be able to deal with the stress of the fast paced environment that we have here because we don't just slow down unless. Ray brings up that she has a voice recorder and there are members there willing to support her. Maggie states that she isn't saying no just asking if she will be able to handle that kind of stress. Ray believes that she will and that she will add life to the region. Usef brings up that there are a lot of empty positions and if someone is willing to fill the position why not let them. Maggie agrees whole heartedly because Gillette is having similar issues. Kyle says that she can do it but it is going to be painful. Kyle brings up that he sits down for almost a whole day after the meeting and is capable of doing this faster and retain faster than he feels that she can. Not saying that she can't do but she could do it. Personally his vote would be no. Carla mentions that this isn't a training ground, would like to see her get some more service experience. We have to think about what is best for the region. Carla states that she isn't very big on electing people into region the first time they show up to region. She realizes that she just did this with Reno. Many members say they know Trina for a while and that she has made vast improvements. When put on the spot she falls apart but to the task she comes through. Maggie asks what are we to lose? Allison brings up that Trina told us what she needs and its something we don't do very often and that is support new people. I think that we make this place scary and off putting and I think we should let her try. Daniel agrees with everything said and also wants to put out that the secretary is also a voting member of the service body and that is something she doesn't have a lot of experience with.

Call to Vote

All in favor: 6

Opposed: 1

Abstain: 3

6:4 Nomination Confirmed

Jenni nominates Trina 2nd Usef

Trina comes back

Phoneline Meeting Times –

4th Sunday 11am

4th Monday 530pm

1st Friday 530pm

4th Sunday 6pm

Maggie asks clarification what these meeting times. Daniel says that he is going to clarify this in a few minutes. Zoom has been brought up. Asked what Zoom is. Daniel suggests that the timing is something

that should be decided last. Daniel asks who is going to be on this. Allison states that it would determine the time if she would be able to be included. Daniel then asks what the goal and direction should be. Reads the goal and purpose. Investigate and draft a structure which duties to