



**February 5th, 2022, URMN Business Meeting (Virtual)**

**Begin meeting with Serenity Prayer. 10:32pm**

**Readings:**

12 Traditions: Dave  
12 Concepts: Stephano  
Service Prayer: Derrick

**Clean time recognition since our last meeting:**

Austin – 4 years in January  
Gail – 25 years in January  
Kaleb – 4 years in December  
Derrick – 5 years in December  
Karen – 16 years in January

**Roll Call:**

Chair: Kaleb H - present  
Vice Chair: Vacant  
Treasurer: Shawn S- present  
Secretary: Maggie K - present  
Regional Delegate: Gail W - present  
Alternate Delegate: Ray B - present  
Convention Chair XXII: Ben H - present  
Convention Chair XXIII - TBD  
Web Servant: Derrick T - present

**Regional Committee Members:**

Central Basin: Stepheno - Present  
Central Wyoming: Billy – present  
Freedom Seekers: Austin R- present- present  
Wyo-Braska: Dave W - present  
Wyoming Western: Lara H- present

**Other Guests:**

CJ – RCM 2 Central Wyoming  
Talon – RCM 2 Central basin  
Karen M – Nominee from Wyo-Braska for URMRCNA XXIII

**Do we have a quorum to conduct business? Yes**

**Number of voting members that equals 90% - Yes**

**Approval of Previous Minutes - Gail motioned Ray 2<sup>nd</sup> – Approved**

**Reports:**

**Chair:**

Verbal – Apologizes for not attending last meeting, he was very sick. Thank you to Gail for chairing. Is grateful to be here and excited for convention coming up in the Wyo-Braska area and is excited to be a part of and to help. He liked the workshop this morning, thanks to the delegate team. Asked if there were any questions.

**Report Questions:**

Chair – no questions

**Vice-Chair** – vacant

**Treasurer:**

February 5, 2022 Treasurer’s Report

Hello Upper Rocky Mountain Region. As of today, the checkbook balance is \$10,668.79

The following is a list of donations that have been received so far in 2021:

Central Basin Area	\$250.00
Wyo-Braska Area	\$901.00
Freedom Seekers Area	\$200.00
Wyoming Western Area	\$712.88
Alive & Free Group	\$425.00
Living Proof Group	\$241.58
Cheyenne Strong Group	\$73.10
URNRCNA 21	\$7068.79
Donations to World 2021	\$1886.44

If you have any questions, please give me a call at 307-679-0473.  
For any donations, please mail them to:

208 Center Street Evanston, WY 82930

Thank you for letting me be of service, Shawn S.

**Report Questions:**

Treasurer – Sending on to world - \$7,158.79

**Regional Delegate:**

URMR Delegate Report 02/05/2022

Hello Regional Committee Members!

An email went out to the fellowship from NAWS thanking members for donating and reported that for the first-time member contributions exceeded 25% of NAWS' operating income for the last fiscal year.

The SPAD approval process is ongoing, there have been several corrections that will be included when approving the literature at the 2022 WSC. The corrected pages are located at [World Service Conference \(na.org\)](http://WorldServiceConference.na.org)

The delegate team has attended 2 conference participant webinars and the Rocky Mountain Zonal Forum since we last met, Ray will be reporting on these.

Ray and were told about an event that we could attend:

Northeastern States Service Symposium of Narcotics Anonymous (NESSNA)

Being held on 7/28/2022 – 7/31/2022, in Boston Mass, with a registration of \$25.00

The room for one person will be 266.40 Flight is 524.96 which is a total of 817 for one person.

The issues with this event that I see are first the cost, then it is scheduled around the same time as our Zonal Forum. As much as I would love to go to Boston, I think it prudent to see if the July Zonal Forum will be held in person and if so, then direct the plane ticket to that event.

That is all I have to report on at this time.

Thank you for allowing me to be of service Gail W – URMR Regional Delegate

**Report Questions:**

None

**Alternate Delegate:**

URMR Alternate Delegate Report 2-5-22

Committee members & guests,

On Dec 18<sup>th</sup> we met on zoom to cover the CAR/Cat it was one of the shortest meetings we have attended as the subjects covered were as someone stated (no brainers) so we had very little discussion over the questions.

On Jan 8<sup>th</sup> we met again & discussed in depth going from a 2-year cycle to a 3-year cycle. The highlights that were discussed were the financial aspect of it costing less to meet every 3 years & that we would have more time to workshop the information. On the other end of the spectrum, it was discussed that the commitment would be a longer if the terms for the AD & RD stayed the same 2 terms per conference cycle. I thought it was a good break out session & I was able to see the logic on both sides, although I personally think a 12-year commitment would be very difficult.

In Loving Service URMR Alternate Delegate Ray B.

**Report Questions:** Alternate Delegate – Gail thinks the Jan 8 thing was the zonal forum and asked Ray if he had anything to report on the zonal forum, he replied no.

**Web Servant:**

From: urmr-committee@googlegroups.com <urmr-committee@googlegroups.com> On Behalf Of Derrick Torres

Sent: Friday, February 4, 2022 9:32 PM

To: URMR Committee <urmr-committee@googlegroups.com>

Subject: Web Report February 5th, 2022

Hey Region,

I hope everyone is staying safe and healthy. Since our last business meeting, we have been able to get the URMR Convention XXII pre-registration up and functional on the website. As well as a printable registration option. We got Lander meetings updated and current on the meeting list. We also added Austin R to our Google Group, as RCM for Freedom Seekers. If we failed to update or add any new meetings, please let us know. Thank you, ILS Derrick T.

**Report Questions:** None

**Convention XXII:**

From: 'ben horton' via URMR Committee <urmr-committee@googlegroups.com>

Sent: Friday, February 4, 2022 5:57 PM

To: URMR Committee <urmr-committee@googlegroups.com>

Subject: Convention report

Hello Region, the 22nd convention is one it's way. Date May 20-22-2022. You should be receiving trifold in the mail shortly and u can register on are website. So please let your home groups know. We have been working on the checking account and hopefully we have gotten it figured out. We have are speakers and Chris and Boyd are going to do their history of Na. In person they are paying for there own travel and we are supplying there room. Hence the want to vacation in Yellowstone. Haha lucky us. We will be reaching out for workshop speakers. We have done numerous fundraisers and did some Yeti mugs and water bottles. They seemed to be a hit. We just did are first order of clothing so that will be available shortly. Are next meeting is February 12th at 11:11 am in Powell and zoom will be a option if anyone wants to join. We will be doing a walk through the hotel on March 12th. If u reserve a room u have to say you are with NA to get the rate we have posted. Hope to see u all there. ILS Ben H

**Report Questions:** Convention XXII – Gail asks if they are trying to add more merchandise to PayPal? Ben answered no - Karen asks with all the problems with the bank do we have to stick to Wells Fargo? Ben answers that it might be a little simpler and maybe something we discuss when we turn the convention over. Gail mentions that Katina was the whole issue. Ben talks about having to meet in person before you can access the bank account. Discussion on why the owner of the account is Ray, as he is

the alternate delegate and will be at region for a longer term than anyone else, and to maintain continuity on the convention account.

## **Convention XXII - TBD**

### **RCM Reports:**

#### **Central Basin Area:**

Report Date: 2/5/22

RCM: Stepheno; 307.921.0880

Alternate RCM: Tallen; 307.254.8891

Number of Groups: 5

Number of Meetings Per Week: 12

Average Number of Members: 26

Number of Newcomers: 4

Do You Have Any New Meetings? No

Area Chair and Contact Information: Dana K.; [dana.kinney@pvhc.org](mailto:dana.kinney@pvhc.org)

Area Sub-Committees:

Activities: N/A

H&I: Cedar Mt. Center, Cody meets Friday nights @ 6pm. Meetings are currently cancelled until further notice due to Covid. Hot Springs Co. Detention Center. Meeting every other week at 7pm, Thursdays. Currently holding meetings with Covid protocols in effect.

Literature: All good.

PR: Panel Project on hold till after the convention in May.

Phoneline: Report only 1 call over the past 2-month period; numerous spam calls continue-upwards of 20 recorded. Number & scan codes are posted on the Area meeting & help flyer used by H&I in local communities.

Upcoming Events: Friday Night GSR Assembly Kickoff: Dinner, Chili Cook-off, Speaker, Fundraiser. TBA; Riverton, April 1st, 2022

Area Concerns:

How can URMR better serve your Area?

Any topics for sharing session?

Donation to Region: \$371.00

Next Area Service Committee Meeting Date: March 12, 2022, Thermopolis

Additional Comments: Continuing to assemble parts and pieces for a 'RCM Welcome & Best Practice Guide'.

Questions:

Regional meeting minutes timely availability in order to report at Area meetings; source material access (audio files, etc.). ??? Possible Abridged/ condensed GSR specific minutes subset.

**RCM Questions:** None

**Central Wyoming Area:**



## RCM Report Form

Report Date: 2-5-2022

Area Name: Central Wyoming

RCM: Billy P

Alternate RCM: Cj

Number of Groups: 7

Number of meetings per week: 18

Average number of members: 18

Number of Newcomers: 3

Do you have any new meetings? No

Meeting name

Day it meets

Time it meets

Location

Format

Registered with NAWS (Group number) NAWS Registered

**Area Chair and contact information:**

Ashley G  
307-247-4905

**Area Sub-Committees:**

**Activities**

Sledding event happening feb 5th 2022 around noon

**H&I**

H&I had their annual fundraiser that made 1323.23 they had 7 new members join and was a great turnout.

**Literature**

Literature is now stocked up and have funds to purchase more if needed. We were struggling to have enough funds to cover purchases for the groups but have that under control

**PR**

PR is printing out new meeting lists about 500 our prices have doubled for the cost to print these out. They are also making Cards for our areas hotline that are like a business card.

**Upcoming Events:**

No upcoming events currently

**Area Concerns:**

Looks like for our meeting times and dates are not updated on NAWs but should be able to resolve that.

**How can URMR better serve your area?**

No concerns at this time

**Any topics for the sharing session?**

no

Donation to Region: not at this time

Next Area Service Committee meeting date: Feb 24th 2022

Additional Comments:

**RCM Questions:**

Central Wyoming Area – Ben mentions that they need to update their meeting list on their webpage – Billy answers that he just learned that those meetings weren't meeting. Stephano is thankful for the archives page being posted on the website CJ mentions that the newcomer count is low, but they do get people from Wyoming Recovery – They are working on a PowerPoint for PR – CJ adds that Breath of Life Wednesday needs to be removed but she will double check

**Freedom Seekers Area:**

Verbal – 3 groups with 13 meetings a week, average members are 12 average newcomers are 2. No new meetings.

H&I is taking meetings into Campbell County on the men's side but there are not enough willing or approved females for the female side.

PR has members scheduled to hand out meeting lists

Speaker Jam on April 9

**RCM Questions:** None



**Wyo-Braska Area:**



## RCM Report Form

Report Date: 02/04/22

Area Name: Wyo-Braska

RCM: Dave W.

Alternate RCM: Vacant

Number of Groups: 8 active groups and 1 zoom

Number of meetings per week: 43

Average number of members: 10

Number of Newcomers: 1-2

Do you have any new meetings? No

Meeting name

Day it meets

Time it meets

Location

Format

Registered with NAWS (Group number) NAWS Registered

**Area Chair and contact information:**

Robert K. +13072213290 although he will be stepping down and making a move to Illinois for a Job. Robert has been an awesome and committed chair. We've been able to do lots of work with him and he will be dearly missed.

**Area Sub-Committees:**

**Activities**

Brandon T. Was nominated and accepted Activities Chair and has been doing a great job.

**H&I**

I believe talks with various institutions are ongoing with many of the institutions. I've been informed Albany County has opened up to H&I meetings on the 3rd Tuesday of the month at 6pm and there is an approval process for interested members. Also on an irregular bases depending on health concerns the VOA treatment center in Cheyenne

**Literature**

Our literature Chair is Sara M. And we have supplies and the position is solvent.

**PR**

PR is chaired by Alyssa C. They have a subcommittee which is meeting monthly and they are currently working on guidelines for that committee and have absorbed the web servant position.

**Upcoming Events:**

None are on the list at this time

**Area Concerns:**

Our service body is in need of trusted servants..

**How can URMR better serve your area?**

I need to ask area

**Any topics for the sharing session?**

No

**Donation to Region: No dispersments were mad**

**Next Area Service Committee meeting date: Saturday the 12th of Februa**

**Additional Comments:**

We as an area have spent the last 6 weeks have gone through an overhaul of how Area votes. We are using CBDM almost all matters now. Looking for an RCM2, Vice Chair, secretary and treasurer. We commissioned an Adhoc to review and revise our Area guidelines and have finished the work. A big thanks to those adhoc members. Brandon T. Gail W. and I had the honor of working on that committee. We have nominated an 2023 Regional Convention Chair. They being Karen M. Who we hope this body will approve she's an excellent nomination and hope Jay T. Will accept co chair.

**RCM Questions: None**

## **Wyoming Western Area:**

Verbal – There are 9 groups with 25 meetings a week, average of 2-5 members a question about the newcomers, what is the definition? Would it be the first meeting? 30 days or 60 days or 90 days? How would they track that?

Events are the Learning days and a campout.

Topic for sharing is the region meeting in person vs zoom how do we come to that decision?

**RCM Questions:** Wyoming Western – Maggie mentions the chart recording for each meeting and how they record newcomers – Kaleb mentions that his group does the same thing. This is the group reporting form – both Kaleb and Maggie say first 30 days is how they count it.

## **Sharing Session:**

Timing of releasing minutes - should be released within 30 days – Maggie talked about some of the struggles when it comes to getting the minutes finished and released.

Region meeting in person vs zoom – moved to old business

## **Serenity Break:**

### **Elections:**

Vice Chair – no nominations

Web Servant – Derrick re-elected for another term

Convention XXIII Chair – Wyo-Braska is next hosting area, they put forth Karen M – nomination confirmed

## **Old Business:**

**Guidelines** – Kaleb asked what was going on with the guidelines – asked for any opposition – Austin relays that he has not received the guidelines. Gail emails it to him.

**Alternative means of communication** – talked about using the web servant email – talked about using just a plain email thread – dismissed GroupMe – Austin mentions a program that he uses at work – it is called Microsoft Teams – Old school method was talked about. Nothing was decided on. Microsoft Teams was discussed in further detail.

**In person vs virtual meetings** – Shawn says that we can't have all these decisions made in an email, google groups, or anything like that. We need to start being accountable for everything that we got going on. Need to set parameters to decide whether we should have a meeting in person because the numbers are drastically going up. We should discuss what those parameters are when it comes to meeting in person. Shawn talks about there being zero commitment to going to a regional meeting. In-person, meetings

are vital and show there is a commitment to our region. Gail talks about being prepared for anything that might come our way. In the past, if there was a snowstorm, we would normally cancel but now that we have zoom, we don't have to cancel just change it. Gail talks about getting and spreading covid. We need to be making decisions that affect all of us, not just a few. Gail reads the guidelines which state that meetings are to be decided by the delegate team. Gail brings up that NAWS states they are having a virtual conference and they are saying that it is still too early to be meeting from the end of March to the beginning of April. Lara talks about extensive guidelines that are used by the public. Billy thinks that we are future tripping. He thinks that we are going to have to deal with it as it comes. Billy likes the idea of Microsoft teams. Austin asks for a show of hands that goes to in-person meetings at their home groups and who goes to the grocery store and wants to know what the difference is between doing those things and going to a regional meeting. Austin thinks that we have gotten lax on meeting in person. He thinks that more business gets accomplished when we meet face to face. Thinks that we wouldn't have communication issues if we just met in person. Dave is happy to do whatever the body wants to do. He doesn't think that covid is going anywhere. Dave asks if you are attending in-person meetings please don't get on members if they want to wear a mask and ask if people want to hug or not. He would like to meet in person but understands about safety. Karen talks about still experiencing symptoms. Kaleb doesn't think this conversation is going to go anywhere as of right now. Is there anything that we can do now and between the next meeting? He also doesn't see a solution to this right now. Gail asks if we are going to change the guidelines today? Gail reminds us of the decision that we would try to make a more informed choice as the next meeting gets closer. Gail also brings up that if there is a proposal for changing the guidelines then we can do that but if everyone is fine with the way the guidelines then we need to move on. Stephano believes that we are already committed to a zoom meeting in April. He also brings up that we have been discussing this for a year now and if we are going to plan then we need to stick to it. Kaleb asks if there is a proposal pertaining to the guidelines.

**Regional Assembly** – Are we going to have it in person or are we going to have it in zoom? Gail mentions that this is the first time she oversees putting together the assembly. She asks Ben if the delegate and RCM of the area set up the assembly or is it just the delegate's job. Ben answers that it is usually both. Stephano thinks that we should proceed as if it is going to be in-person. Stephano is going to research a place to go and Gail and Ray will work on the workshop for the GSRs.

**Guidelines** – Austin has been reading the guidelines. Kaleb asks if there are any objections to the guideline changes. No objections. Guidelines passed.

**PR Ad-Hoc** – Made the Adhoc and met for an entire year. We have not shut down this committee and so the RCMs haven't been able to take this information back to the Areas. There hasn't been any notice that the Adhoc committee stopped meeting. Gail proposes we decide if we should continue or shut it down. Also, there isn't a chairperson for this committee either. Kaleb asks if there is a proposal? Stephano proposes to let it dissolve. He feels that the areas take command of their PR responsibilities. Dave doesn't even know what that Adhoc was about. Dave 2nds a proposal to dissolve the committee. Ray

explains the reason for the committee was to have more of an idea of who was going to the institutions. There was also a member that was going into institutions without reporting to anyone in the region. Billy mentions that we don't what the boundaries are when it comes to the region as far as institutions we can go in and which ones we can't. Gail wants to clarify that if we dissolve this committee that the Region is there to support any area when it comes to this committee. There are different institutions in different areas. Gail doesn't see why boundaries are an issue. Shawn agrees with dissolving the committee and it is something that needs to be taken back to their area. He also mentions that boundaries should be made. Kaleb wonders if he should let the discussion continue or cut it off at this point. Gail lets him know that he can ask at any time if anyone has an objection. There aren't any objections. Consensus has been reached and the committee will be dissolved. There will be continued support to the areas that need it. Stephano brings up that there is a single point of contact within the prison system and all in-person meetings have been shut down. He believes that if there is a serious request to have meetings in the prisons there should be a serious effort to do that. Billy mentions there are contacts for Torrington, Lusk, and the Honor Farm. RCMs can take back to their areas and Central Wyoming does have contacts if there is anyone interested. And the areas are encouraged to collaborate.

## **New Business:**

**Convention Guidelines** – The last time approved was March 2<sup>nd</sup>, 2010. This is a good time to look at them and revise them. Gail brings up that there have been times that we have approved new parts of the guidelines. Gail emails the Google Groups with the Guidelines. The only version available was from 2010. She went back and looked for changes and then looked at the formatting. Other areas need to be consistent with other areas. Stephano brings up that it would be nice if some of the past convention chairs would step up and help us get through this and pass off any extra to an Adhoc committee. Kaleb asks if there are any proposals for the convention guidelines. Kaleb screen shares the guidelines.

Proposed Changes include:

**Section 2** – Adhoc committees

**Section 4** – nominations of chair – no objections

**Article IV Section 1** – Election or Appointment – no objections

**Article VI Section 1** – Duties of Committee Members Who pays for what – Should provide an example but do not dictate – unsure of how that will work – Stephano mentions that previously trusted servants could provide an example based on the past conventions. Ray thinks that it is important for the convention to have some sort of guideline or budget just not sure it was added to the official guidelines. Shawn thinks that it is a lot of micromanaging. Shawn mentions that the amount of money spent will vary by area. The convention committee should make their own budget. There is a flash drive in the convention stuff, and everything is on that flash drive. Ray agrees with Shawn. Ben agrees with Shawn and Ray. Dave mentions that it is against our guidelines to govern it. Leave it to the committee. Gail mentions that this suggestion doesn't include any amounts of money. It simply suggests what their responsibilities are. Sounds like there are objections but if you go back to the original intent of the question. Does anyone have

objections? Shawn still thinks that this is micromanaging. He thinks it will be taken care of without a budget. Ray says the question is worded incorrectly. He thinks it should be adding a list of responsibilities, not a budget. The question is changed to "should we outline what comes out of each committee's suggested responsibilities. A lot of discussions to clarify this question. Objections? No oppositions. Adhoc committee to be created that involves the current and future convention chair and any interested parties are involved on this committee. Ben volunteers Carla for the ad-hoc committee chair. Gail proposes that the ad-hoc committee handles the just the responsibilities.

### **Money Matters:**

Delegate team asked for funds for the assembly to be taken off the debit card, requested and authorization of \$600.00, there is not a vote on this as it is just stating the amount needed for the assembly. The treasurer is to expect no more than \$600.00 to be used, all receipts will be forwarded on to the treasurer. With that, the amount that will be sent on to world is now \$6,568.79.

**Next Meeting:** Virtual on April 9<sup>th</sup> at 10:00AM